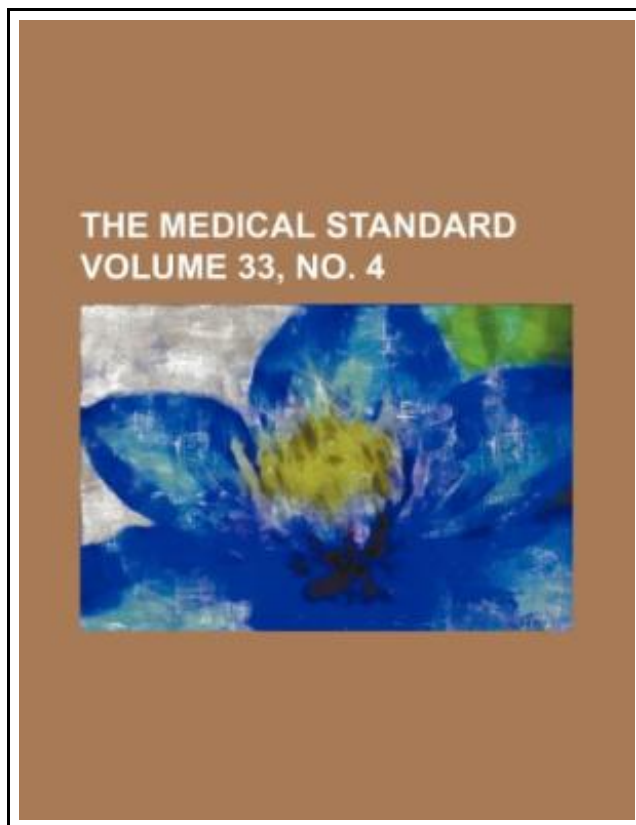


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Rarebooksclub.com, United States, 2012. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can download a free scanned copy of the original book (without typos) from the publisher. Not indexed. Not illustrated. 1910 Excerpt: .short a time as four days. I wish to express the opinion that all such experiments are of little scientific value. Our best diet lessons can be learned from observing the diet and health of whole tribes of people during long periods of time. They are all to be found for the looking, for the world is large and in some place, among some people, every class of food known is used as a principal diet. Experimental attempts to feed animals upon an ash free diet have all shown that the animals die in a shorter time than if given no food at all. This is no doubt due quite as much to the introduction of deleterious matters generated in the processes of preparation as to the absence of the salts. It is plain that a diet consisting of bacon, beans, cheese, butter and such foods rich in ash can not be long endured, and practical experience has clearly shown that laborers working on-such a diet in apparent good health break down early in life in spite of their out-door living, and the labor is wrongfully blamed. The people of greatest physical endurance, such as the people of Asia, are those whose diet is rice and other foods equally low in the mineral salts. A Word About Common Salt. Before closing there is one inorganic salt that demands special mention because its use is so universal, and its detrimental effects on digestion and nutrition are so...



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