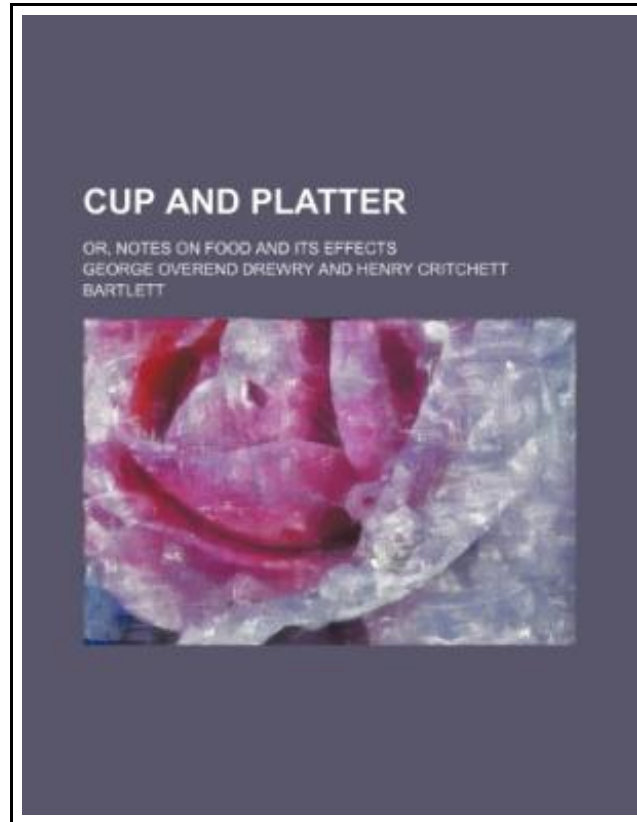


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CUP AND PLATTER; OR, NOTES ON FOOD AND ITS EFFECTS



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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. 1876 edition. Excerpt: .in demonstrating their total want of consistency, those who uphold the use of vegetables alone are usually found to be still more egregious in the manner in which they actually carry their theories into practice. Dr. W. B. Carpenter estimated the average quantity of nonvegetable food consumed in the house of a friend of his, professing these untenable principles, to be considerably in excess of the animal food consumed by the members of his own household. The crude notions of monomaniacs on these subjects occasion, fortunately, but little injury, while they merely essay to demonstrate the effects upon their own persons; nature is almost invariably sufficiently powerful in its impulses to prevent them from undermining their constitutions by any too strict adhesion to their particular fancies. It is only when children, invalids, and others unable to select for themselves are forced and compelled to eke out what little nourishment they can obtain from purely vegetable sources, that it becomes necessary to step in with the authoritative declaration that a vegetarian diet pure and simple is utterly unsuited for the nutrition of man. CHAPTER VI. FOOD ACCESSORIES. ANY articles of consumption which cannot be termed food, but which yet contain principles either essential for the digestion of food or stimulative to assist in that digestion, may be enumerated as food accessories, and one absolutely necessary to life cannot conveniently otherwise be classified. Of course, we allude to common salt (chloride of sodium). The peculiar type of...



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