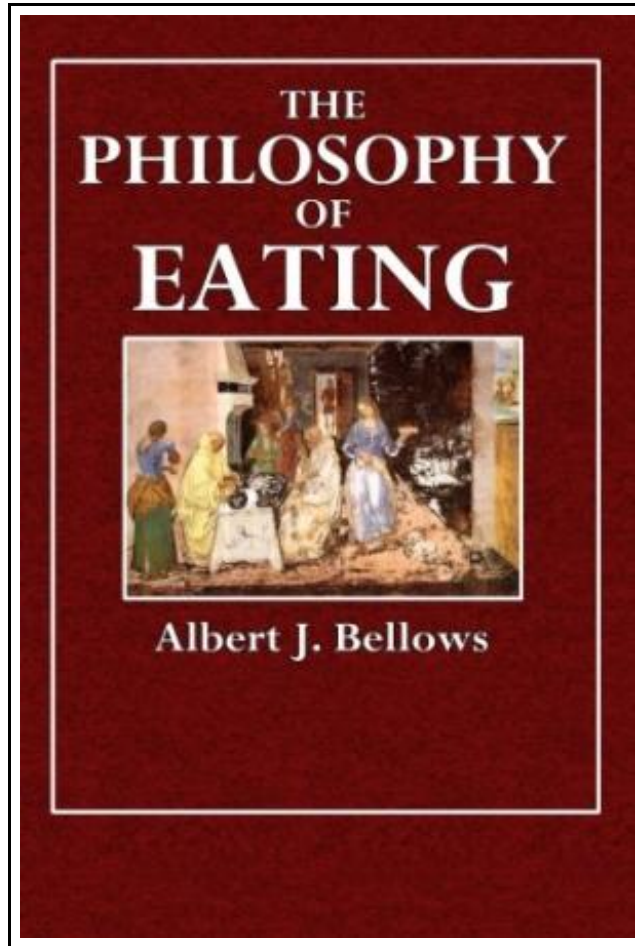


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Reviews

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THE PHILOSOPHY OF EATING

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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.THE first edition of this work has been much read, and has called up considerable discussion. We have it now in an attractive form, improved in many points, with an alphabetical Table of Contents. The purpose and object of the author is to find, by all the aids furnished by science, the exact chemical composition of the human body, and then to decide upon the relative merits and qualities of the various articles of food which have been, or may be used for keeping up the supply of the materials which the body is continually throwing off. We may ask this intelligent witness, Modern Alchemy, a question of some importance: What are a few of the constituents of the body of a healthy man whose whole weight is 154 pounds? Answer-He has in him Oxygen in quantity sufficient to form 750 cubic feet of Oxygen gas, and Hydrogen sufficient to form Hydrogen gas which would fill a balloon of 3000 cubic feet. These two gases have been united into the form of water before they were taken into the body: and thus united they weigh 111 pounds. There are also many other ingredients in this wonderful and complicated structure, of which the largest in proportion are: Carbon, which enters into fat, and is used also as fuel to create animal heat, 21 pounds; Nitrogen, the basis of the muscles and solid tissues, 3 pounds 8 ounces. Phosphorus, 1 pound, 12 ounces, 190 grains; Calcium, the metallic base of Lime; the two last existing in the body as Phosphate of Lime and Carbonate of Lime, which enter into the structure of the bones. We have also a catalogue of...

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