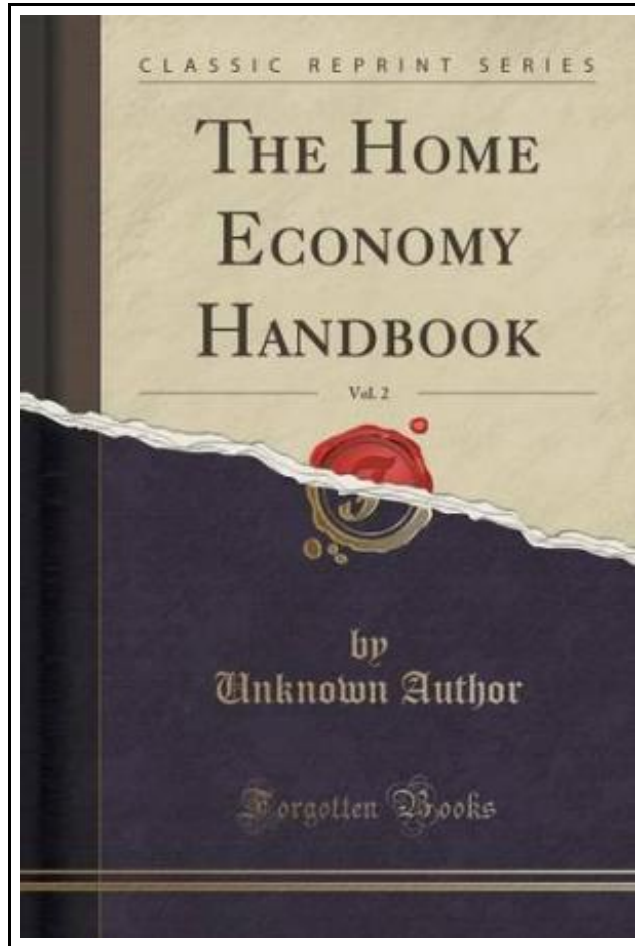


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Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Excerpt from The Home Economy Handbook, Vol. 2 His muscles will waste away for want of repairs. By a balanced ration is meant the proper amounts of both repair and fuel foods. The Calory Before we can judge the relative fuel values of the different foods, we must know what the calory is. The calory is the unit for measuring energy, just as the pound is the unit of weight, and the dollar the unit of money. Energy may be in either of two forms: heat or power (and may be changed from one to the other). A calory of energy in the form of heat is that amount of heat necessary to raise one liter (about one pint) of water four degrees Fahrenheit. Thus it takes 45 calories of heat to raise a pint of water from the freezing point to the boiling point. A calory of energy in the form of power will raise one ton to a height of a little more than 1 1/2 feet ( 1.54 ft.). A calory of power will raise a pound to the height of 3,080 ft. We have seen that a man at light work requires about 1/5 lb. of protein and about 3,000 calorics of fuel per day. A man at moderately heavy labor requires about .28 lb. of protein, and about 3,500 calories of fuel per day. The ration of a man doing heavy labor must provide 1/3 lb. of protein and 4,000 calories of fuel. Composition of Food Materials At this point will be given a table showing the protein and fuel values of a large number of foods. This table is very important,...

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