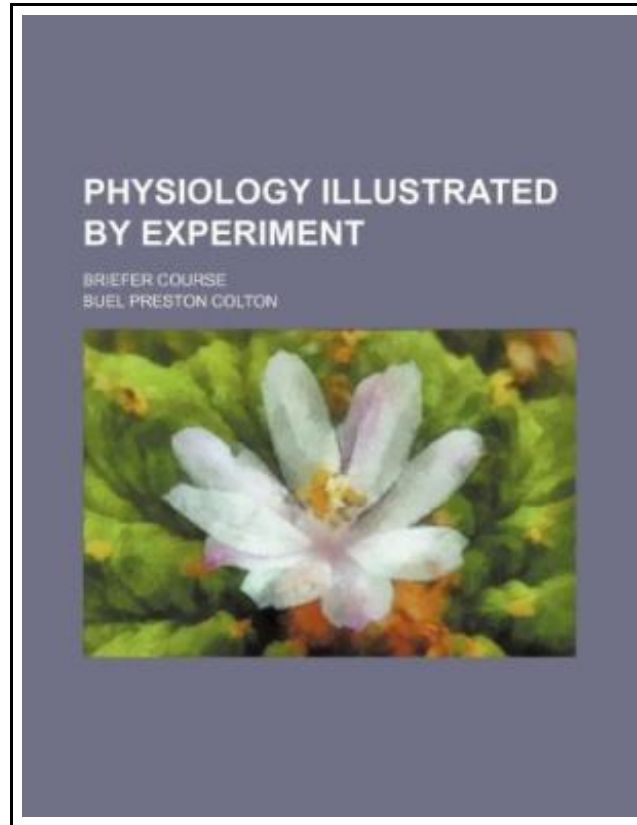


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Rarebooksclub.com, United States, 2012. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can download a free scanned copy of the original book (without typos) from the publisher. Not indexed. Not illustrated. 1900 Excerpt: . for himself. It is the opinion of many leading physicians that the majority of mankind eat too much. The fasting enjoined upon some is undoubtedly hygienic; and it would be a valuable lesson for more persons to experiment in the line of fasting. Errors of Diet.--Sir Henry Thompson, one of the foremost authorities in the world on the subject of foods, says: I have come to the conclusion that more than half of the disease which embitters the middle and latter part of life is due to avoidable errors of diet; and that more mischief, in the form of actual disease, of impaired vigor, and of shortened life, accrues to civilized man from erroneous habits of eating than from the habitual use of alcoholic drink, considerable as I know that evil to be. Reading.--Disorders of Digestion, Brunton; Indigestion and Biliousness, Fothergill; A Plea for a Simpler Life, Keith. Summary.--1. The hairlike villi lining the small intestine absorb the liquefied food. 2. Sugars and peptones are carried away by the blood capillaries and pass through the liver, but the fats are taken by the lacteals into the lymph stream to join the blood in the subclavian vein. 3. Digestion is greatly influenced by the condition of the nervous system. 4. Mastication should be thorough. 5. Chat at meals is hygienic. 6. Rest after meals. 7. Soups and desserts have a physiological justification, though the latter often become harmful. 8. There is a great amount of suffering...



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