



Eating for Strength: Or Food and Diet in Their Relation to Health and Work, Together with Several Hundred Recipes for Wholesome Foods and Drinks (Classic Reprint)

By M L Holbrook

Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Excerpt from Eating for Strength: Or Food and Diet in Their Relation to Health and Work, Together With Several Hundred Recipes for Wholesome Foods and Drinks In no period of the world s history has there ever been so deep an interest in the subject of foods as at the present. At no time since Adam and Eve left the Garden of Eden has agriculture and horticulture been so perfect, and the human race supplied with so many choice and nourishing articles of diet. And, also, at no time have so many been engaged in laborious researches on the nature of that which we eat and its relations to health and work. It would almost seem as if the time had nearly arrived when mankind would eat to live, would feed themselves so as to nourish their bodies most perfectly and render themselves capable of the most labor, and least liable to disease. The object of this volume is to present the most recent facts of science in a way to make them valuable for actual use...



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