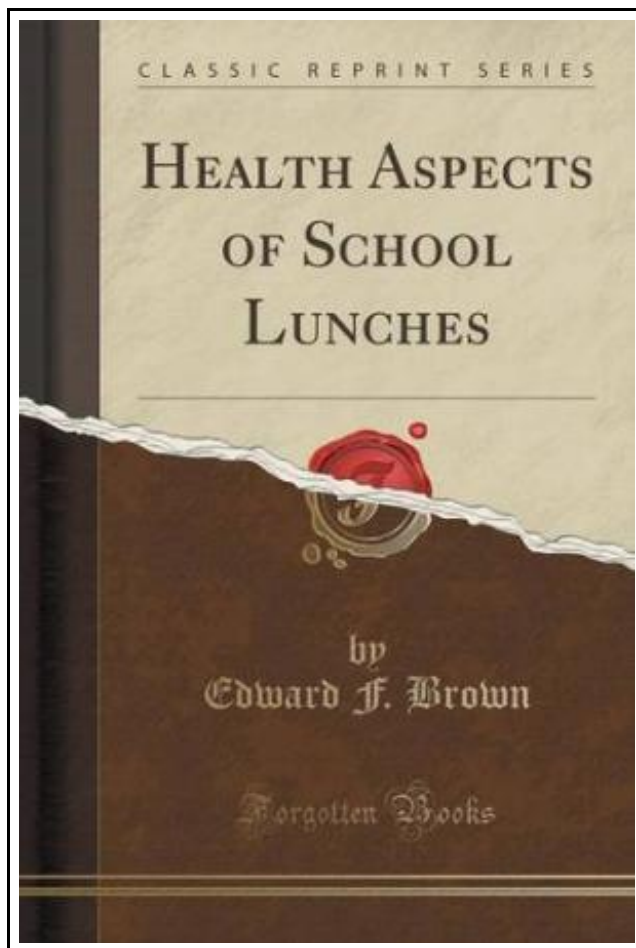


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Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Excerpt from Health Aspects of School Lunches There is a growing recognition on the part of the medical profession of the value of the prophylactic uses of food. Rosenau has indicated the importance of the relationship between diet and the prevention and treatment of tuberculosis, diabetes, nephritis; arteriosclerosis, gout, rheumatic affections, other disorders of metabolism, dyspepsia, gastric ulcer, infantile diarrhoea and many other disturbances. Unfortunately, the significance of the relationship is not apparent until the victim, stricken with disease, is compelled to restrict or alter his diet to adjust the body to its normal process. Given improper food, man ails, degenerates and eventually must succumb. Food education, therefore, especially to the young, is a social precaution which should result in more healthful living, lessen the incident of sickness and lengthen life. The organized feeding of school children recognizes the possibilities of the school lunch as a factor in the public health propaganda. The health aspects of the school feeding movement are varied, and any discussion of it leads us to consider the larger problems of food and how it affects health. We give here a summary of how food may disastrously affect health, taking the admirable material collected by Rosenau: 1. Some foods may be directly poisonous; an example of this is seen in plants which contain poisonous alkaloids. 2. There may be a development of poisons in foods as a result of bacterial contamination; an example of this is sausage poisoning. 3. Foods which are poisonous because of adulterations, such as, from the addition of lead, copper, arsenic, formaldehyde, sulphites, etc., to preserve appearance or color, or to alter taste. 4. Foods containing animal parasites such...

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