



What to Eat and When

By Susanna Cocroft

Rarebooksclub.com, United States, 2013. 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 usually download a free scanned copy of the original book (without typos) from the publisher. Not indexed. Not illustrated. 1916 edition. Excerpt: .sleep, and, therefore, it is not ready for a meal on arising. Pawlow s experiments, however, show that digestion continues during sleep, though less actively; and it must be borne in mind that the average evening meal is eaten about six o clock and that there are about four waking hours between this meal and the sleep period; also, that the average individual is awake and moderately active an hour before the morning meal. This gives five waking hours between the evening and the morning meal. About the same time, five hours, elapses between the morning and the midday meal, and between the midday and the evening meal, so that three meals a day divide the digestion periods about evenly. If the amount of food supplied by two meals seems to be sufficient for the needs of the individual, and it is not practical...



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