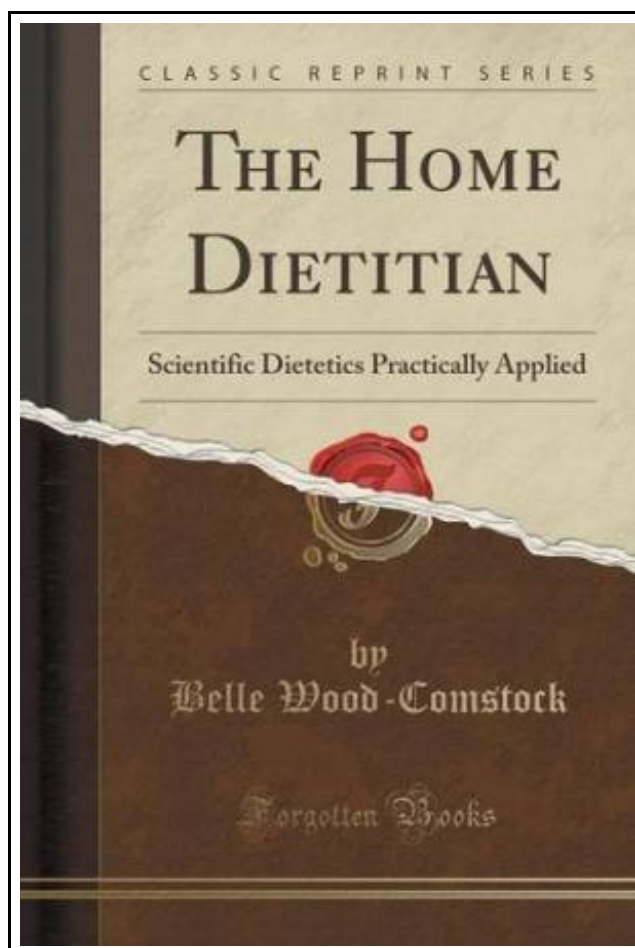


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Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Excerpt from The Home Dietitian: Scientific Dietetics Practically Applied Mendel says: Let us welcome the day when the food market and the kitchen are taken into consideration by the physician as seriously as are the apothecary shop and the fashionable watering place. When people eat the proper kind and amount of food, there will be little need for the physician save as a teacher and guide. Today the people's greatest need is education along the line of normal living. Little good can come from spasmodic desultory teaching. The mother, the housewife must be thoroughly trained in the science of home-keeping and child culture, a most important phase of which is the feeding of the bodies of those in her care. What the average woman at the head of a home does not sufficiently grasp in all its importance is that the very centre of the household - the most important thing in the home - is the spread table with a meal on it. Look at the church. It is by no accident or mere coincident that the central sacrament of the Christian religion takes the form of a common meal. It represents a universal fact of human life. The domestic table is really the pivot upon which the whole home turns. - Elizabeth Harrison. To keep the body in a healthy condition, to develop its strength that all its machinery may act harmoniously, should be the first study of our lives. - Ellen G. White. The body is the foundation and not to be ignored. The people of power are those who have an efficient tool to carry out the mental and spiritual ideas. -...



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