

**DIET AND HEALTH:  
WITH KEY TO  
THE CALORIES**

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Diet and Health: With Key to the Calories by Lulu Hunt Peters

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**LULU HUNT PETERS**

**DIET AND HEALTH:  
WITH KEY TO  
THE CALORIES**



# Diet and Health

*With*

## Key to the Calories

By

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Chicago

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**Diet and Health**

Dedicated  
by permission to

**Herbert Hoover**



Illustrated by  
The Author's Small Nephew  
**Dawson Hunt Perkins**  
The little rascal



## Read This First

I am sorry I cannot devise a key by which to read this book, as well as a Key to the Calories, for sometimes you are to read the title headings and side explanations before the text. Other times you are supposed to read the text and then the headings. It really does not matter much as long as you read them both. Be sure to do that. They are clever. *I wrote them myself.*

I have been accused of trying to catch you coming and going, because I have included in my book the right methods of gaining weight, as well as those for losing weight. But this is not the reason—though I don't object to doing that little thing—the reason is that the lack of knowledge of foods is the foundation for both overweight and underweight.

I did want my publishers to get this out in a cheaper edition, thinking that more people could have it, and thus it would be doing more good; but they have convinced me that that idea was a false claim of my mortal mind, and that the more you paid for it, the more

## *DIET AND HEALTH*

you would appreciate it. I have received many times, and without grumbling on my part, ten dollars for the same advice given in my office. Perhaps on this line of reasoning we should have ten dollars for the book. Those of you who think so may send the balance on through my publishers.

L. H. P.

Los Angeles, California

• June, 1918

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