

**EATING FOR STRENGTH; OR, FOOD
AND DIET IN THEIR RELATION TO
HEALTH AND WORK, TOGETHER WITH
SEVERAL HUNDRED RECIPES FOR
WHOLESOME FOODS AND DRINKS**

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Eating for strength; or, Food and diet in their relation to health and work, together with several hundred recipes for wholesome foods and drinks by M. L. Holbrook

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M. L. HOLBROOK

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HEALTH AND WORK,**

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*SEVERAL HUNDRED RECIPES FOR WHOLE-
SOME FOODS AND DRINKS.*

BY M. L. HOLBROOK, M. D.,

PROFESSOR OF HYGIENE IN THE NEW YORK MEDICAL COLLEGE AND HOS-
PITAL FOR WOMEN, EDITOR OF THE "HERALD OF HEALTH,"

AUTHOR OF "HYGIENE OF THE BRAIN," "HOW TO
STRENGTHEN THE MEMORY," "PARTURITION
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P R E F A C E .

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 in daily life. There is no doubt but man may double his capacity for work and for enjoyment by improving his dietetic habits. Many have already done this, and multitudes more are only waiting for the knowledge which will help them to do it. A thorough understanding of the different divisions of food and their right relation to the needs of the body is necessary, and this has been fully stated. Several new features have been introduced. To meet the requirements of that constantly increasing class who have more and more desire so far as is possible to draw their nourishment from the vegetable kingdom, carefully and elaborately prepared tables have been arranged showing just how much of each particular food one needs to consume in order to provide the body with the required amount of proteids, carbo-hydrates and fats.

PREFACE.

These tables have been especially prepared for this work and are full of interest as well as being of practical value. Another interesting feature of the work relates to the cost of the different articles usually consumed, as for instance the cost of proteids, fats and carbo-hydrates in oatmeal, beef, mutton, corn, eggs, butter, cheese, beer, etc., etc. These tables are so arranged as to show at once which are the most economical articles for the table and which the most expensive, and will be of great value to all who would choose their food wisely, and also for those who desire to reduce the cost of living to a minimum and yet nourish themselves perfectly.

The chapter on the use of the apple as a means of preserving health and the one on the grape cure will, the author believes, meet a need long felt, as will also what has been said concerning the importance of the thorough mastication of our food.

The subject of drinks has also been treated fully, and a very large number of recipes for wholesome ones given. What has been said on this subject cannot fail to prove helpful to those who are in doubt on many points.

The directions for feeding young and delicate children have in practice proved most satisfactory.

The time is near when a knowledge of the principles of diet will be considered as important a part of our education as a knowledge of the multiplication table. That this little work may help to hasten this time is the sincere desire of the author.

M. I. H.

CONTENTS.

CHAPTER I.

The Uses of Food:.....	9
A Happy Illustration	11

CHAPTER II.

Classification of Foods:	13
The Proteids	13
Fats.....	14
The Amyloids, or Carbo-Hydrates	20
Starch.....	20
Sugar	21
Mineral matter.....	22
Water	34
Amount of Water Required for Men and Women	34
Amount of Water Required for Animals.....	35
Amount Required for the Sick	35
Purity of Water	36
Distilled Water	36
Gaseous Food—The Atmosphere	37
Accessory Foods	39

CHAPTER III.

The Daily Requirements of the Body.....	43
What is a Day's Work.....	43
How much the Heart does.....	44
Constituents of a Sufficient Diet	45
Average Diet of Farm Laborers.....	48
Diet According to Work done	48
Composition of the Body	51

CHAPTER IV.

Digestion	53
Mouth Digestion—Mastication	55
Stomach Digestion	53
Conditions of Perfect Digestion.....	57
Chewing Food Thoroughly	58
The Eat Your Food Slow Society.....	58
Conditions that Favor Digestion	59

CHAPTER V.

The Sources of our Foods	61
A Practical Chapter from a Chemical Standpoint.....	66
Diet for Hard Work	67
“ “ Light Work.....	67
Normal Weight in Proportion to Height—a Table	68
Table Showing Amount of Proteids to the Ounce in Principle Foods...	69
Table Showing Carbo-Hydrates in each Ounce of Principle Foods	70
Table Showing Amount of Fats in each Ounce of Principle Foods	71

CHAPTER VI.

The Economy of Foods.....	75
Tables Showing the Relative Cost of Nutriment in Principle Foods.....	80
A Practical Lesson in Economy	88
How to Live Well at Small Expense	89

CHAPTER VII.

Simplicity in Living	93
Feeding Children	93
An Argument for Plain Living and High Thinking.....	94
How our Great Workers Live	94

CHAPTER VIII.

Food and Intemperance	98
Why People Want Stimulants.....	99
The Cook and Temperance.....	100

CHAPTER IX.

Alimentary Products of the Vegetable Kingdom.....	102
Wheat	102
A Beautiful Microscopic Object.....	104

CONTENTS.

vii

Oats	105
The Most Strengthening Food	106
The Cooking of Oatmeal	109
Oatmeal Gruel and Milk.....	111
Barley	112
Rye	112
Indian Corn	113
Rice.....	115
Best Method of Preparing Rice.....	116
Buckwheat	116
Peas, Beans and Lentils.....	117
Composition of Peas, Beans and Lentils—a Table.....	119
The Potato.....	120
The Sweet Potato.....	121
The Onion.....	122
Other Roots.....	122
The Cabbage.....	122
Spinach	123
Rhubarb.....	123
Celery.....	123
Asparagus.....	123
Lettuce.....	124
Cress.....	124

CHAPTER X.

Fruits:	125
The Apple, its Use and Healthfulness	127
Grapes.....	132
The Nutritive Value of Grapes.....	133
Their Physiological Effects	134
The Grape Cure.....	135
Methods of the Grape Cure.....	133
Choice of Grapes for the Grape Cure	142
Other Fruits.....	143
Nuts.....	144

RECIPES.

Soups.....	145
Porridges, including Mushes	148
Remarks, Rules and Recipes for Making Good Bread.....	149
To Cook Eggs.....	161
Preparations of Cheese	163
Sandwiches	163
Cooking Vegetables	164
Pies and Pie Pastry.....	170