

FRUIT AND BREAD. A SCIENTIFIC DIET

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Fruit and Bread. A Scientific Diet by Gustav Schlickeyesen & M. L. Holbrook

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GUSTAV SCHLICKEYSEN & M. L. HOLBROOK

**FRUIT AND BREAD.
A SCIENTIFIC DIET**

FRUIT AND BREAD.

A SCIENTIFIC DIET.

BY
GUSTAV SCHLICKEYSEN.

Translated from the German,

BY

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EDITOR OF THE "HERALD OF HEALTH," AUTHOR OF "PARTURITION
WITHOUT PAIN," "EATING FOR STRENGTH,"
"LIVER COMPLAINT," ETC.

WITH AN APPENDIX.

ILLUSTRATED.

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TABLE OF CONTENTS.

PART I.	
THE ANTHROPOLOGICAL ARGUMENT.....	Page. 7
PART II.	
THE PHYSIOLOGICAL ARGUMENT.....	107
PART III.	
THE DIETETIC ARGUMENT.....	174
GERMAN AND ENGLISH WORDS QUOTED BY THE AUTHOR.....	209
APPENDIX.	
DR. JACKSON'S LETTER.....	211
NAPIER'S CURE FOR INTEMPERANCE.....	218
INDEX.....	225

LIST OF ILLUSTRATIONS.

Figure.	Page.
1. Teeth of the Horse.....	19
2. Teeth of the Gorilla.....	20
3. Teeth of the Hare.....	21
4. Teeth of the Wolf.....	23
5. Teeth of the Shrew-mouse.....	25
6. Teeth of the Swine.....	26
7. Teeth of Man (front view).....	27
8. Teeth of Man (side view).....	27

9. Eye-teeth of old Gorilla (natural size).....	28
10. Eye-teeth of young Gorilla (natural size)....	29
11. Eye-teeth of Man (natural size).....	29
12. Eye-teeth of Tiger (natural size).....	30
13. Stomach of Hyena.....	34
14. Stomach of Lion.....	34
15. Stomach of Sheep.....	35
16. Stomach of Man.....	36
17. Ideal Section of the Non-deciduate Placenta of the Herbivora.....	50
18. Ideal Section of the Zonary Deciduate Pla- centa of the Carnivora.....	51
19. Ideal Section of the Discoidal Deciduate Placenta of the Frugivora.....	53

TRANSLATORS PREFACE.

OF works on food and cookery there is no end, but in most cases their writers regard man as an omnivorous creature, deriving his sustenance from the animal, the vegetable, and even from the mineral kingdom. The author of the present work has departed from the dietetic belief and practice of centuries, and has undertaken to prove, upon the ground of physical organization and original habit, that man is by nature frugivorous, using this word in its broadest sense, so as to include fruits, grains and nuts, and that these are sufficient to maintain him in a perfect condition of physical and mental health.

The arguments by which he maintains his theories are drawn from the accepted conclusions of modern science, and are presented with such originality and force as to entitle them to respectful consideration, even where his conclusions may seem too radical for adoption in the present state of society. His strikingly original treatment of the question of cookery will serve a useful purpose if it excites reflection concerning the present elaborate, costly and unnatural methods, regarding which there is, unquestionably, cause for a very radical reform. The system of diet and methods of preparing food which he recommends have been verified in his own experience for many years, and have, besides, the high merit of extreme simplicity and naturalness.

To the American reader the work will have an especial interest, as presenting in the main the views of a certain class of German health reformers, concerning whom

very little has hitherto been known in this country. It is a noteworthy fact that a parallel development of similar views has taken place in Germany, England and America having no direct connection, and yet reaching the same general conclusions, and it is hoped that the present translation may contribute in some degree to that international acquaintance and friendly exchange of thought which must essentially promote the common good.

A considerable number of English and American works of this character have been translated into German, but this is, so far as I am aware, the first translation of the kind from German into English. There are, however, a number of able German writers with whom it would be well for English and American hygienists to become better acquainted. The most prominent of these are Edward Baltzer, of Nordhausen, and Theodore Hahn, now of St. Gallen, in Switzerland. The cause of popular hygiene is also represented in Germany by a number of periodicals and by several influential societies.

This translation, while adhering faithfully to the spirit and meaning of the author, is not altogether literal, and at various points it has been somewhat elaborated by new material and by additional extracts from scientific authorities, especially from Darwin and Huxley.

In the Appendix will be found two valuable papers, one by Dr. James C. Jackson, who is so widely known in the hygienic world, and one by Charles O. Groom Napier, F.G.S., which, it is hoped, may prove serviceable to the victims of intemperance.

I take pleasure in acknowledging here my indebtedness, in the translation of this work, to Mr. Edwin F. Bacon, who has been an instructor of the German language in my family during the past three years, and whose zeal and faithfulness in his profession are deserving of all praise.

NEW YORK, 1877.

M. L. H.

FRUIT AND BREAD.

PART I.

ANTHROPOLOGICAL ARGUMENT.

No task more closely concerns the life and health of man than that of providing for his nourishment. The consciousness of this necessity lies deeply rooted, not only in man himself, but in every other living creature, and is the cause of that "struggle for existence" which prevails throughout the entire organic world. But experience has shown that it is by no means a matter of indifference how and wherewith this nourishment is effected, for upon the quality and quantity of our food depend in a marked degree our physical and moral condition. It is therefore highly important that we possess a scientific foundation on which to estab-