

**A COMPREHENSIVE
GUIDE-BOOK TO
NATURAL,
HYGIENIC & HUMANE DIET**

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A Comprehensive Guide-Book to Natural, Hygienic & Humane Diet by Sidney H. Beard

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By
SIDNEY H. BEARD

Editor of
"The Herald of the Golden Age"



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PREFACE

THE subject of Food-Reform is beginning to be seriously considered by thoughtful and enlightened persons in all parts of the world; and the extent of this newly awakened interest is increasing every day. The fact that the nature, quality, and quantity of our daily food largely determines our physical, mental, and spiritual condition, and that consequently our own welfare and that of our children depends upon our holding correct ideas concerning diet and upon our living in accordance with the same, is becoming generally recognized.

In addition to this, the realization that the abandonment of the carnivorous habit by the Western Nations would bring about the emancipation of the animal world from the system of ruthless tyranny and wholesale massacre which prevails in what are called Christian countries, is now exercising a powerful influence upon the minds of a large number of men and

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women who, in consequence of having reached a comparatively advanced stage of evolution, feel humanely disposed toward all creatures who share with them the gift of life upon this planet. Such souls cannot avoid the conviction that man was never intended by the Infinite Spirit to play the part of a remorseless and bloodthirsty oppressor toward the sub-human races.

On every hand those who are laboring to bring about the adoption of dietetic customs which neither violate those laws of Nature that regulate our physical well-being nor outrage the humane sentiments of the "higher self" within us, are now met by earnest requests for information concerning the way of escape from the bondage of ancestral barbaric custom and the path to a healthy and harmonious existence. "How may we live out our full length of days, joyfully and vigorously, instead of dying of disease or premature senile decay?" "How may we avoid the painful maladies which afflict our friends and neighbors, and escape the surgeon's knife?" "How may we be delivered from participation in the guilt of needlessly shedding innocent blood, and wash from our

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soul-garments the stain of the shambles?" "How may our dinner-tables be sufficiently spread with the kindly fruits of the earth, instead of with the remains of fellow-creatures who love life and happiness just as we do?" Such questions as these are being asked by thousands of earnest souls, and it is to help such inquirers that this guide-book is published.

My aim has been to give useful, practical, reliable and up-to-date information in a concise form, avoiding superfluous matter and "faddism," and only supplying such recipes as are not so elaborate as to require the skill of a French "chef" for their interpretation. By spending a few hours in the thoughtful study of the following pages, and by practising this reformed system of diet and cookery in daily domestic life for a few weeks, any intelligent person can master the chief principles of Food-Reform and become qualified to prepare and provide natural, hygienic, and humane diet which should satisfy the taste of an ascetic or a *bon vivant*, provided that its possessor be not hopelessly enamoured of the "flesh-pots of Egypt" and the taste of cooked blood. A system of living which is enthusiastically recom-

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mended by thousands of disinterested advocates who speak from experience, which comes to us so full of promise both for ourselves and others, which bids fair to humanize and transform Society and to solve many of the world's social problems, and which is now endorsed by so many of the highest authorities in the medical world, merits such attention and study, and is worthy of a serious trial.

As I am writing a *Guide* to reformed diet for domestic use—not an elaborate treatise to justify it—I have refrained from introducing medical and experimental testimony concerning the dangerous and injurious nature of flesh-food and the advantages of living upon the kindly fruits of the earth. Numerous works are obtainable which demonstrate that the principles and arguments upon which the Food-Reform Movement is based are supported by an array of scientific evidence which is more than sufficient to convince any unprejudiced, logical, and well-balanced mind. For such information I must refer my readers to other publications dealing with this phase of the subject—books and papers which are multiplying day by day, as the interest in the movement increases.