

SCIENTIFIC FEEDING

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Scientific feeding by Mrs. Dora C. C. L. Roper

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MRS. DORA C. C. L. ROPER

**SCIENTIFIC
FEEDING**

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By

MRS. DORA C. C. L. ROPER
D. O.



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1914

M. E. Gaffa

· DEDICATION ·

THESE PAGES ARE DEDICATED TO ALL WHO READ THEM,
WITH THE EARNEST DESIRE TO MAINTAIN HEALTH
AND PREVENT DISEASES WHICH ARE CREATED
BY WRONG AND INTEMPERATE
EATING AND DRINKING

♥ ♥
♥

Eat not to dullness;
Drink not to elevation.

— Benjamin Franklin



Man is composed of what he has
assimilated from his spiritual
mental and physical
food

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INTRODUCTION



THIS is a practical and hygienic cook book for all who consider life and health valuable. Intelligent homekeepers, nurses, managers of institutions and factories, all who are interested in furnishing the most nutritious food at the least cost, or wish to distribute such a work, will find this book worth its weight in gold.

After twenty years of persistent study, combined with practical work as nurse and physician in private and in institutions, beginning in Germany, I am able to-day to present this valuable work, and hope that it may be placed in the hands of every home-maker in the country. It is designed for the purpose of modifying the cost of living and of eliminating, to some degree, the hardships and drudgeries of our women. It is excellent for school feeding, and presents the keynote to health and longevity, helping to prevent mental, physical, and moral diseases.

The great facilities for research work in the modern laboratory offer a wide field for the study of preventive medicine and hygiene. The world is beginning to recognize the fact that a large number of diseases are the result of wrong conditions. Improper eating, drinking, sleeping, unsuitable work, excess of amusement, and wrong educational systems are to blame for a large number of germ diseases and chronic ailments.

The body is the temple of the soul, therefore the laws of hygiene (concerning our internal and external body) are divine. Many of the orthodox teachings and divine laws in reference to hygiene, fasting, and feeding are a safe guide for the prevention of disease.

It has been my object to present a practical and sane method of living, free from fads and the teachings of one-sided extremists. All natural foods are wholesome, if properly combined, prepared, proportioned, and selected with care to agree with the temperament, environment, age and climatic conditions. I

have devoted a special chapter to economical menus for people of moderate means, and have endeavored to show how it is possible to feed a family of five on a moderate sum, without injury to health. The amount of food and the proportions agree with what is demanded by modern standard dietaries.

A large number of cook books have been written during the last one hundred years to tickle the palate. Much valuable time has been wasted and many innocent victims have paid the price for the sins of gluttony, caused by modern methods of living.

The most learned and advanced thinkers are turning their attention more and more to scientific dietetics. The question of feeding is one of the most important subjects our present generation has to deal with. It is my desire that this book may contribute to this cause, and that it may awaken thousands of mothers and daughters to appreciation of the dignity and importance of their life work.