

**DELUSIONS IN DIET;
OR PARCIMONY IN
NUTRITION**

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Delusions in Diet; Or Parcimony in Nutrition by Sir James Crichton-Browne

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SIR JAMES CRICHTON-BROWNE

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BY

SIR JAMES CRICHTON-BROWNE

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PARCIMONY IN NUTRITION

[From the Presidential Address to the Section of
Preventive Medicine at the meeting of the Royal
Institute of Public Health at Buxton, England, in
July, 1908. Revised and expanded by the Author.]

CHAPTER I

THE UP-KEEP OF THE BODY

THE health and welfare of individuals and of peoples must depend on right methods of living, and of all methods of living the most momentous are those relating to the up-keep of the body by alimentation. It is food that supplies the material for that perpetual series of transformations in which life consists, and it must be adequate in quantity and suitable in quality if these transformations, of so many different kinds, in so many different organs, are to proceed with that nicely balanced adjustment that is known as health. Fuel for heat and energy, stuff for repair, in proportion to work done and waste incurred, must be requisitioned if a man is to live and prosper, and any excess or deficiency in these is followed by impairment of

Alimenta-
tion.

Health Re-
quirements.