

**DIET AND FOOD. CONSIDERED IN  
RELATION TO STRENGTH AND  
POWER OF ENDURANCE,  
TRAINING  
AND ATHLETICS. THIRD EDITION**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649562367

Diet and Food. Considered in Relation to Strength and Power of Endurance, Training and Athletics. Third Edition by Alexander Haig

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# DIET AND FOOD

Considered in relation to Strength and Power  
of Endurance, Training and Athletics

BY

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THIRD EDITION

WITH FIVE ILLUSTRATIONS

PHILADELPHIA

P. BLAKISTON'S SON & CO.

1012, WALNUT STREET

1901

PRINTED IN GREAT BRITAIN



*First Edition, September, 1898.*  
*Second Edition, January, 1900.*  
*Third Edition, January, 1901.*

ATLAS TO VINU  
JOHN B. LIPINCOTT

QP1A1  
H1A  
1901

## PREFACE TO THE THIRD EDITION.

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THE year that has elapsed since the last edition has been one of great activity in uric acid research; but this has entailed no alteration in the prevention of suffering, which remains as before, the exclusion of the poison.

It has, however, borne most emphatic testimony to the far-reaching importance of the subject, and I feel that I should fail in my duty if I did not speak out on some points.

I would say, then, that in hospital work, where there is no selection of cases, something like seventy-five per cent. of the sorrow and suffering which I, as a physician, am asked to relieve, could have been prevented by exclusion of the poisons.

Yet only too often when it comes before us it is too late, and fatal damage of structure cannot be repaired.

It is to me, for instance, always a painful experience to see children with severe morbus cordis, forging through months of suffering to certain death; and the knowledge that it might have been prevented, only increases my regret that it was not. It is a matter

of little consequence whether the uric acid is driven into the fibrous tissues by cold, or the action of a microbe ; but it is a matter of vast importance that, if the uric acid is absent, neither the cold nor the microbe can destroy life, as they are now constantly doing.

With those who have grown up on our present diet customs it is again too late, the time for prevention has gone, and only a patch-work repair can be attempted.

But for the children, the coming race of the new century, seventy-five per cent. of the present suffering can be avoided, if the points can be grasped.

The fact that uric acid controls the circulation would almost alone suffice to carry this statement ; and I appeal to those of the profession who have followed my reasoning and applied it in their work, to say whether I am overstating the case.

The new century can easily be better and happier than the past one ; but if it is to be so to any great extent, I am sure that humanly speaking this can only come about through a widespread and intelligent appreciation of the fact, that man is indeed what he eats.

7, BROOK STREET, LONDON, W.

*January, 1901.*



## PREFACE.

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IN attempting to alter people's diet so as to free them from the poisonous xanthins and uric acid, I have met with so much ignorance, and its results prejudice and superstition, that I have been led to write these pages in the hope of making rather clearer the position that diet holds in relation to these matters of strength and nutrition.

And I believe that I speak no more than the truth when I say that once a clear knowledge of the facts is obtained and a workmanlike and useful grasp of the subject is attained, it will be found that in diet lies the key to nine-tenths of the social and political problems that vex our nation and time.

Diet, as at present used, is often the product of a vast amount of ignorance ; it is the cause of a hideous waste of time and money ; it produces mental and moral obliquities, destroys health and shortens life, and generally quite fails to fulfil its proper purpose.

It is my object in the following pages to show that it may be easily made to fulfil its proper purpose, and that with even a partial removal of the ignorance

that surrounds it, the waste of time and money may be prevented, and the dangers to life and health averted.

But after pointing out the possibility I shall leave the facts to speak for themselves, as those will most completely understand them who put them to the test of experience.

7, BROOK STREET, LONDON, W.

*August, 1898.*

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