

**FOOD FUNDAMENTALS; DISCUSSION OF
FOOD BASED ON EXPERIENCE FROM THE
VIEW-POINT OF AN
OSTEOPATHIC PHYSICIAN, TOGETHER
WITH A STUDY OF ILL-HEALTH CAUSED
BY WRONG HABITS OF LIVING**

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Food fundamentals; discussion of food based on experience from the view-point of an osteopathic physician, together with a study of ill-health caused by wrong habits of living by E. H. Bean

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BY
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PREFACE SECOND EDITION

The first edition of Food Fundamentals was prepared chiefly for the author's own use in his practice as a convenient means of instruction in matters of food and diet. To his surprise and pleasure it was cordially received not only by his patients, but by physicians and a considerable number of the general public, among whom it was scarcely expected to circulate. The exhaustion of the first edition is evidence that the message sent forth has found practical application far beyond the limits of the author's practice; and the necessity of publishing a second edition has afforded opportunity for a revision of the text in preparation therefore.

It is found that the book is being extensively used as a household guide, and that, moreover, it is being read and its truths absorbed by those of tender years. These facts have been kept in mind in the revision and have largely determined its character. Every page has been carefully scrutinized; not a little new matter has been added, and some of the old omitted; all with the purpose of presenting the fundamental truths more clearly and thus increasing the usefulness and availability of the volume. The two editions are substantially the same, there being no essential differences. The work does not claim to contain the solution of all diatetic problems. If it has one chief merit it is that of causing people to think for themselves, for "action is born of thought."

Material assistance in the revision has been rendered by my classmate and colleague, Dr. Paul S. Nichols, to whom grateful acknowledgment is hereby made.

E. H. BEAN.

Columbus, Ohio, October, 1918.

PREFACE

Only those who have freed themselves from the habit of thinking in the ordinary and much worn channels turn to osteopathy as their profession. And in the early days of osteopathy this applied with even greater force than it does now. The author spent three and one-half years in Kirksville, Mo.; the first half year to regain sufficient health to enter the school, and the remainder of the time to take the course in osteopathy. During this time he greatly profited by his close association with Dr. A. T. Still, the Founder of Osteopathy, who chose to make use of the author's services in getting out "Osteopathy, Research and Practice," Dr. Still's last work. Whatever was left the author of mental narrowness, biased opinion, prejudice in thinking, or following the customary paths of mental activity, received a forcible and lasting rebuke when he began to comprehend that wonderful mind, expanded by original thinking, a mind which found it easy to soar above the clouds which limit ordinary thought—that master mind of Dr. Still. His words are still ringing in the author's ears: "Keep your mud valves open and your engine in such condition that you can move out of the hearing of theories, and halt for all coming days by the side of the river of the pure waters of reason and be able to demonstrate that which you assert."

The author having been educated as a teacher and having followed that profession for ten years, it was only natural that he should try to answer the questions addressed to him as a physician in a manner that would readily convey his own point of view. To keep constantly doing this led to ceaseless observation, extensive investigation, and an endless amount of reading.

A life-long battle with stomach and intestinal trouble impelled him to an open mind regarding the

importance of a properly selected diet. From the beginning of his practice he supplemented his osteopathy with diet along lines indicated in this work. He believes his percentage of cures has been materially increased and his sphere of usefulness greatly enlarged by his attention to the diet of his patients. His views as to disease, diet and osteopathy have not always been readily accepted by his clientele, who by their questions and observations have kept him constantly awake and alert to what is going on in the different fields of medicine, and as time passed, he found himself as truly engaged in educational work as though he were spending every hour of the day in the schoolroom.

The author found that people could not or would not follow any diet rules at all comprehensive unless reduced to writing. Hence for years he has refused to give dietary instructions except in writing. Having the principles constantly before his patient he was able to give them specific details easy to grasp and carry out. But this required much additional explanation. This book is the result of the fearless acceptance of truth by an open mind, and of experience gained through a practice along these lines. It was written primarily for those with whom the author comes in professional contact, for it requires personal effort on the part of the physician, personal instructions frequently repeated, to bring about a change in the patient's usual diet. The point of view and the presentation of the dietaries both are new and may appeal to some physicians who might well teach them to their patients. If a single physician should make such use of them the author will be amply repaid for putting them in this form.

The quotations used have been gleaned in an unusual way. They are not an unbroken section of the writings from which they were taken, but a collection of short passages, rearranged and assembled with slight omissions or additions or changes necessary for the present arrangement, and because of this the customary markings showing just where the

passages came from could not well be used. Care has been exercised to use these assembled quoted expressions in such a way as to carry their original meaning, and to give credit in each case. Certain expressions and phraseology taken from "Christianizing the Social Order," by Walter Rauschenbusch, have been used in such a way as to make the proper markings difficult, so this indirect acknowledgment is made and credit given.

E. H. BEAN.

Columbus, Ohio, June 28, 1916.

PART ONE

VIEWPOINT AND GENERAL PRINCIPLES

People will read extensively on almost any subject except health. They will read carefully a short magazine article along this line if written to entertain rather than to instruct; or, if it discusses in a light vein the curative power of some medicine it will be read with due reverence and awe, and will be considered of particular value if it is amply colored with superstition. Too much of the literature on health topics is fragmentary, consisting of the advancement of one meritorious idea with no thought nor notice of its relation to other vital conceptions. Too much of it is wholly false and results in increasing the total amount and severity of illness. Much of it is written from a wrong point of view. Literature characterized by such weaknesses prepares the reader for a ready acceptance of quackery and pretension, not as practiced by known charlatans, but by imposters with a high standing in society and the community.

Of the vast amount of literature published concerning health and the cure of disease, much is not fundamental. And such superficial and incomplete articles are intended for a public a large proportion of whom have not as yet gained so much as a glimmering notion about the underlying principles of the subject. A few authors have published a limited number of books on this subject which do in fact deal with fundamentals, and a study of such literature