

THE FUNDAMENTAL BASIS OF NUTRITION

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The Fundamental Basis of Nutrition by Graham Lusk

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GRAHAM LUSK

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NUTRITION**

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By

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PREFACE

This lecture is published in its present form that educated people may be able to obtain a better understanding of the principles of nutrition than is to be derived from current popular writings. The lecture was delivered in November, 1913, as the Anniversary Address of the New York Academy of Medicine.

GRAHAM LUSE.

Cornell University Medical College,
New York City.

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HISTORICAL

The object of this paper is to present the subject of nutrition in its broad general aspects and to suggest the possibility of the practical application of some of the facts which years of labor through many generations of workers have brought to light.

It seems as though mankind had a right to a knowledge of the value of the foods which a bountiful Nature has provided for his use. Even among educated persons one may hear the grossest errors of judgment regarding the nutritive value of a hen's egg and few of those who eat in restaurants realize that the greater quota of nourishment which is brought to them lies not in the specific dish served but in the bread and butter which ostensibly is presented as a gift.

From the earliest times it was evident that although an adult partook of a great deal of food, he did not gain in weight. Hippocrates believed this to be due to a constant loss of insensible perspiration and to the elimination of heat, which he conceived to be a fine form of matter. Galen, six hundred years later than Hippocrates, was no further advanced in his conception of nutrition. For thirteen hundred years after Galen intellectual progress lay dormant under the spell of the Dark Ages.