

FOOD AND LIFE

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649256723

Food and life by Marion Florence Lansing & Luther Halsey Gulick

Except for use in any review, the reproduction or utilisation of this work in whole or in part in any form by any electronic, mechanical or other means, now known or hereafter invented, including xerography, photocopying and recording, or in any information storage or retrieval system, is forbidden without the permission of the publisher, Trieste Publishing Pty Ltd, PO Box 1576 Collingwood, Victoria 3066 Australia.

All rights reserved.

Edited by Trieste Publishing Pty Ltd.
Cover @ 2017

This book is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, re-sold, hired out, or otherwise circulated without the publisher's prior consent in any form or binding or cover other than that in which it is published and without a similar condition including this condition being imposed on the subsequent purchaser.

www.triestepublishing.com

MARION FLORENCE LANSING & LUTHER HALSEY GULICK

FOOD AND LIFE



UNIV. OF
CALIFORNIA

FOOD AND LIFE

BY

MARION FLORENCE LANSING

IN COLLABORATION WITH

LUTHER HALSEY GULICK

GINN AND COMPANY

BOSTON • NEW YORK • CHICAGO • LONDON
ATLANTA • DALLAS • COLUMBUS • SAN FRANCISCO

TO THE
LIBRARY OF THE
ATLANTIC

COPYRIGHT, 1920, BY MARION FLORENCE LANSING
ALL RIGHTS RESERVED

320.2

(TX-05)
L35

Gitt
Publisher
EDUCATION DEPT.

The Athenaeum Press
GINN AND COMPANY • PROPRIETORS • BOSTON • U.S.A.

PREFACE

Children have a normal, spontaneous interest in food. To a child each meal is a matter of fresh and vital consequence. His own experience prepares him to appreciate that what he eats has a direct and important bearing on his health and comfort. He responds readily to a call to take a more intelligent interest and a more active concern in his food needs and habits. War did a real service in bringing people back from the conventionally remote attitude of modern civilization to a vivid realization of the interest and importance of this universal human need. It drove home also the truth that while their elders have a responsibility for children's food, children have in their own right a relation of their own to this as to other concerns of daily life.

To Dr. Gulick there came as an inspiration the vision of a new rating of boys and girls in all their social relations. He saw them not only as "futures," not only as potential citizens and homemakers, but as "presents," contributing everywhere by doing their part as boys and girls. To him the book owes its inspiration and inception. His faith in the power of boys and girls as an effective factor in national life and service was amply justified during the war. To-day the government is making every effort to capitalize this youthful enthusiasm and persistence as a permanent asset in our individual and

community life, and as a part of our national share in banishing famine, waste, and misery from the world brotherhood. This book is intended to aid in that movement.

From its pages the child will learn the facts he should know concerning the great Food Business into which he is born and in which he is a partner. He will be led to see the need of his becoming an intelligent and active partner. He will come into a sense of the world brotherhood which is the hope of the future. The ethical side is often more natural to the child than the technical details. There is hardly a virtue or an ideal of family, community, and world life which does not take a natural place in a study of the fundamental human problem of food. The actual facts are most interesting when presented simply and entertainingly. Knowledge recently contributed by science has made this a new subject, and one far more readily grasped by boys and girls than it could have been five or even two years ago. With a sufficient amount of information to make the book a complete and satisfying whole, the aim has been to suggest as well as to inform. From this book the child goes to the geography lesson, to the physiology and domestic-science class, to the garden, to the store, and to the home with a newly awakened interest. Not only does he *know*; knowing, he is stimulated at each point to *do*. The chapters will serve their purpose best if the knowledge each imparts is a stimulus, not an end. Together they provide the necessary background of information, education, and inspiration for the child's life as it relates to and is interpreted by his food.

M. F. L.

CAMBRIDGE, MASSACHUSETTS

CONTENTS

CHAPTER	PAGE
I. A LIFE BUSINESS	1
II. THE FOOD TETHER	6
III. IN BUSINESS FOR YOURSELF	14
IV. FOOD AS FUEL	21
V. FOOD AS FUEL (CONTINUED)	27
VI. OUR DAILY BREAD	36
VII. THE MAGIC TOUCH	43
VIII. LIKES AND DISLIKES	53
IX. A WORLD APPETITE	60
X. THE FIRST STEP	67
XI. THE MOMENT OF EATING	75
XII. IN THE WORLD'S FOOD MARKET	82
XIII. THE PITCHER AND THE LOAF	89
XIV. THE GIFT OF A GARDEN	96
XV. KITCHEN SERVICE	107
XVI. FOOD AND MONEY	119
XVII. FOR FUTURE USE	128
XVIII. FOOD AND HEALTH	137
XIX. FOOD AND THE GOVERNMENT	145
XX. AT A WORLD TABLE	153
 FACTS AND FIGURES	 161
WEIGHT AS A TEST. THE GARRISON RATION WITH ITS SUBSTITUTES. THE CALORIE. THE 100-CALORIE PORTION. TASTE AND SMELL. MILK. SCHOOL CHILDREN AND THE GOVERNMENT. THREE MEALS A DAY. FOR FURTHER REFERENCE.	
 INDEX	 181



THE FRUGAL MEAL.
From a painting by Joseph Israëls.