

FOOD IN WAR TIME

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649274734

Food in War Time by Graham Lusk

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

GRAHAM LUSK

**FOOD IN
WAR TIME**

FOOD IN WAR TIME

By

GRAHAM LUSK

PROFESSOR OF PHYSIOLOGY, CORNELL UNIVERSITY MEDICAL COLLEGE IN
NEW YORK CITY



PHILADELPHIA AND LONDON ✓

W. B. SAUNDERS COMPANY

1918 ✓

Copyright, 1918
by
W. B. SAUNDERS COMPANY



PRINTED IN AMERICA

DEDICATED
TO MY
FELLOW-COUNTRYMEN

Public Health
7-28-43

CONTENTS

	PAGE
I. A BALANCED DIET.....	7
II. CALORIES IN COMMON LIFE.....	23
III. RULES OF SAVING AND SAFETY.....	43
—	
INDEX.....	45

NOTE

The major parts of this small volume appeared under articles entitled "Food in War Time" in the *Scientific Monthly* and "Calories in Common Life" in *Saunders' Medical Clinics of North America*.

FOOD IN WAR TIME

I

A BALANCED DIET

There is no doubt that under the conditions existing before the war the American people lived in a higher degree of comfort than that enjoyed in Europe. Hard times in America have always been better times than the best times in Europe. As a student in Munich in 1890 I remember paying three dollars a month for my room, five cents daily for my breakfast, consisting of coffee and a roll without butter, and thirty-five cents for a four-course dinner at a fashionable restaurant. This does not sound extravagant, but it represents luxury when compared with the diet of the poorest Italian peasants of southern Italy. Two Italian scientists describe how this class of people live mainly on cornmeal, olive oil, and green stuffs and have done so for generations. There is no milk, cheese, or eggs in their dietary. Meat in the form of fat pork is taken three or four times a year. Cornmeal is taken as "polenta," or is mixed with beans and oil, or is made into corn bread. Cabbage or the leaves of beets are