

**FOODS OF THE
FOREIGN-BORN IN
RELATION TO HEALTH**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649448852

Foods of the Foreign-Born in Relation to Health by Bertha M. Wood

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

BERTHA M. WOOD

**FOODS OF THE
FOREIGN-BORN IN
RELATION TO HEALTH**

THE
FOODS OF
THE FOREIGN-BORN

In Relation to Health

By BERTHA M. WOOD

Dietitian, Food Clinic, Boston Dispensary

WITH A FOREWORD BY MICHAEL M. DAVIS, JR.

THIS ITEM IS NO LONGER
PROPERTY OF THE
JOHN GERRARD LIBRARY - 1984



WHITCOMB & BARROWS

BOSTON, 1922



PREFACE

THE purpose of the study which resulted in the collection of the enclosed material was to compare the foods of other peoples with that of the Americans in relation to health. The inspiration for the work came at the request of Mr. Michael M. Davis, Jr.

A deep sense of appreciation is felt toward many friends and fellow workers who very kindly coöperated. Acknowledgment is here given to a large number of men and women of different nationalities for their patience and help in teaching the recipes which had to be made many times before the measurements were standardized.

Mrs. Mary L. Schapiro's article, "Jewish Dietary Problems," was of great value in making the study of Jewish food habits.

Many thanks are due to Miss Minnie Newman, of the Foreign Department of the National Young Women's Christian Association, for much information secured in relation to both the Polish and Hungarian diets.

To all others who from time to time added valuable information, this piece of work is gratefully dedicated.

BERTHA M. WOOD.

BOSTON, December, 1921.

641.59

457873

5200 III



CONTENTS

CHAPTER	PAGE
FOREWORD	vii
I. DIETARY BACKGROUNDS	i
II. MEXICANS	6
III. PORTUGUESE	13
IV. ITALIANS	18
V. HUNGARIANS	39
VI. POLES AND OTHER SLAVIC PEOPLES	49
VII. THE NEAR EAST: ARMENIANS, SYRIANS, TURKS, AND GREEKS	65
VIII. JEWS	82
IX. APPLICATIONS	96

Portions of Chapters I, IV, VI, VII, VIII, IX, were published in "Immigrant Health and the Community," by Michael M. Davis, Jr., Harper and Brothers, New York, to whom acknowledgment is here made.

FOREWORD

A FAMOUS doctor has referred to this medical age as having witnessed "the passing of pills and powders." Although the patent medicine advertisements in newspapers and magazines seem to belie the remark, yet the fact remains that physicians nowadays give less medicine to their patients than formerly and pay much more attention to hygiene, diet, and occupation, both as therapeutic agents in curing disease and as factors in maintaining the individual in the best of health and at a high level of working efficiency.

Of these personal and environmental factors affecting the hygiene of life and the physical efficiency of the individual, food ranks among the first. The physician, the public health nurse, the social worker, must deal at every turn with problems of diet. These present themselves in economic form when the income of a family is so low as to make adequate nourishment difficult, even with very careful selection of foods. The problem presents itself in a medical form in the treatment of many diseased conditions: diabetes, nephritis, tuberculosis, "malnutrition," constipation, etc.

Thus the dietitian has entered the area of medical and public health service as an aid to the physician and as an agent in the curing of disease and the maintenance of health. In this capacity the dietitian has entered the hospital, the clinic, and the homes of patients. Books have been written and courses are given for the training of dietitians for such service, but to a large extent the dietitian, the physician, public health nurse, and social

worker have approached the problem of diet merely from the standpoint of foods, food elements, and food values. The approach needs also to be made from the standpoint of the persons who are to be fed. The patient's food habits, his tastes, inherited or acquired, are often vital considerations because the practical question in securing results is often not what diet the person needs, but what diet he can get or will take. Knowing the technique of adapting diets to individual needs in terms of food elements, calories, mineral content, vitamins, etc., is essential; knowing the technique of adapting the diet in terms of the patient's food habits and financial circumstances is no less so.

From this point of view the physician, the nurse, the social worker, and the dietitian must study *people* as well as dietetic technique. The contribution made by Miss Wood in this book is to the study of people in relation to diet: people, in those large groups which we call nations or races, aggregations of individuals who for historical reasons have acquired certain physical and psychological characteristics in common, and among them similar tastes and habits of diet. In the melting pot of America these food habits too often conflict rather than fuse or evaporate. The changing of food habits among adults is not an easy process, as any reader will realize if he faces radical changes in the things he habitually eats and likes. To know the characteristic foods of the foreign-born, the food flavors, food habits, of each of the chief races of immigrants found in this country, is an essential part of the knowledge which should be possessed by the physician, the public health nurse, the social worker, and the dietitian who deal with these newcomers in America.