

**FOOD FUNDAMENTALS: A VIEW OF ILL-
HEALTH AS CAUSED BY WRONG HABITS
OF LIVING AND A
DISCUSSION OF FOOD BASED ON
EXPERIENCE FROM THE VIEWPOINT OF
AN OSTEOPATHIC PHYSICIAN**

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Food Fundamentals: A View of Ill-Health as Caused by Wrong Habits of Living and a Discussion of Food Based on Experience from the Viewpoint of an Osteopathic Physician by E. H. Bean

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Food Fundamentals

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E. H. BEAN, D. O.

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E. H. BEAN

TO MY MOTHER

Who is seventy-three years of age and has never been ill.

PREFACE

Only those who have freed themselves from thinking in the ordinary and much worn channels turn to osteopathy as their profession. And this applied with greater force to those who championed osteopathy in its earlier days than it does now. I 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 I greatly profited by the privilege of close association with Dr. A. T. Still, the Founder of Osteopathy, as he chose to make use of my services in getting out his latest book, "Osteopathy, Research and Practice." Whatever was left in me of narrowness of mind, of biased opinion, of prejudice in thinking, of following in the customary paths of mental activity, received a forceful and lasting shock as I gathered a close glimpse of an invincible mind expanded by original thinking; a mind which finds it easy to soar into the clouds above ordinary thought — that master mind of Dr. Still. His words are still ringing in my 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."

Having been educated as a teacher and having followed that profession for ten years it was only natural that the author would try to answer the questions directed to him in practice in such a manner that the inquirer would be able to get his point of view accurately. To constantly keep doing this lead to extensive investigation, observation and an endless amount of reading.

A life-long battle with stomach and intestinal trouble impelled him to an open mind in regard to the usefulness of a proper diet. From the first he supplemented his osteopathy with what he knew on the subject of diet. He believes his per cent of cures has been materially increased by using diet and his sphere of usefulness very much enlarged. His views of diseases,

diet, and osteopathy have not always been readily accepted by his clientele. They 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 spent every hour of the day in the schoolroom.

The author found that people would not or could not follow any ideas of diet that were at all comprehensive without they were reduced to writing. For years he has refused to give instructions in diet without writing them out. Having the fundamentals before his patient he was able to give them details which they could easily grasp and carry out. But this required much additional explanation. This book, then, is the result of an open mind accepting truths fearlessly, and of carrying out a practice along these lines. It is to fill a need of my clientele. It was written primarily for those with whom the author comes in contact, for it requires personal effort, personal messages frequently repeated, to bring about a change in habits of eating. If, perchance, a single physician may grasp these fundamentals and teach them to others, the author will be highly 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 passage 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.

1

PART ONE
THE POINT OF VIEW

A book of this character will be given a hearing only by a few. People will read extensively on most any subject except health. They will read carefully a short magazine article on the subject of health if written to entertain rather than to instruct; or, if it discusses in a light vein the curative power of some medicine; and the article will be considered of particular value, and read with due reverence and awe if it is amply colored with superstition. Too much of the literature on health is fragmentary, consisting of the advancement of one meritorious idea with no thought or 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 the wrong point of view. Literature characterized by such weaknesses prepares the reader for a ready acceptance of quackery and pretension, not as practiced by those known to be charlatans, but by impostors with a high standing in society and the community.

Of the vast amount of literature that has grown up about health and cure of disease, much is not fundamental, does not deal with fundamentals. But these superficial and incomplete articles are to be read