

**DIET AND FOOD: CONSIDERED
IN RELATION TO STRENGTH
AND POWER OF ENDURANCE,
TRAINING AND ATHLETICS**

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Diet and Food: Considered in Relation to Strength and Power of Endurance, Training and Athletics by Alexander Haig

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ALEXANDER HAIG

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Considered in relation to Strength and Power
of Endurance, Training and Athletics

BY

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"URIC ACID: AN EPITOME OF THE SUBJECT"

FIFTH EDITION

WITH SEVEN ILLUSTRATIONS

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PREFACE TO FIFTH EDITION.

THE interval which has elapsed since the last edition of this book has served only to deepen my conviction of the importance, mental and physical, which attaches to the right understanding of dietary questions. It is scarcely an exaggeration to say that many matters which agitate the public mind are not worth a thought in comparison with this subject to which a thought is seldom given. Yet a little consideration should demonstrate that what a man thinks he becomes, and that a science which controls the building of brain-cell and therefore of mind-stuff lies at the root of all the problems of life. For mind is a function of the body, and the body is dependent on the material at its disposal for the purposes of stability and renewal, and though we may not agree with the philosopher who pronounced every sick man to be a scoundrel, it is obvious that each power must be dwarfed or distorted when the instrument of its manifestation is impaired. On the moral side it becomes increasingly apparent that many perversions and deformities formerly believed to be wilful and deliberate are to be recognised as falling into the domain of the

physician, and are as certainly diseases as the broken-down heart or crippled joint. In other words, they are things which may be prevented by human means and the necessary conditions, but are otherwise unavoidable. Doubtless palliatives have been and will be tried, but for a cure the world has looked far and wide, whilst, in my opinion, it has been a simpler matter than was supposed, and has lain all the time at our gates. Briefly, experience and experiment strengthen my belief that in adopting the stimulative forms of diet the race entered upon a path which could only lead, as it has done, to the mental and physical diseases which now baffle the scientific man and the moralist alike. Those who have understood this subtle degenerative influence and retraced their steps before it was too late, have found the result of their choice in an accession of health and an equipoise of mind and body which, increased and disseminated throughout the nation, would have more effect than any other measure for its well-being known to me at present. It is impossible to overstate the necessity for this reform, the neglect of which is already visible in many ominous signs, and bids fair later on to menace our very existence.

7, BROOK STREET, W.

August, 1904.

PREFACE.

In attempting to alter people's diet so as to free them from the poisonous xanthins and uric acid, I have met with so much ignorance, and its results in prejudice and superstition, that I have been led to write these pages in the hope of making clearer the position that diet holds in relation to matters of strength and nutrition.

And I believe I speak no more than the truth when I say that once a clear knowledge of the facts is possessed and a workmanlike and useful grasp of the subject attained, it will be found that in diet lies the key to nine-tenths of the social and political problems that vex our nation and time.

Diet, as at present used, is the product of a vast amount of ignorance; it is the cause of a hideous waste of time and money; it produces mental and moral obliquities, destroys health and shortens life, and generally quite fails to fulfil its proper purpose.

It is my object in the following pages to show

that it may be easily made to fulfil its proper purpose, and that with even a partial removal of the ignorance that surrounds it, the waste of time and money may be prevented, and the dangers to life and health averted.

But after pointing out the possibility I shall leave the facts to speak for themselves, since those will most completely understand them who put them to the test of experience.

7, BROOK STREET, W.

August, 1898.

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