



The Home Dietitian; Or Food and Health: Scientific Dietetics Practically Applied (Classic Reprint) (Paperback)

By Belle Wood-Comstock

Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Excerpt from The Home Dietitian; Or Food and Health: Scientific Dietetics Practically Applied Mendel says: Let us welcome the day when the food market and the kitchen are taken into consideration by the physician as seriously as are the apothecary shop and the fashionable watering place. When people eat the proper kind and amount of food in the proper way, there will be little need for the physician except as a teacher and guide. Today the peoples greatest need is education in normal living. Little good can come from spasmodic, desultory teaching. The mother, the housewife, must be thoroughly trained in the science of home-keeping and child culture, a most important phase of which is the feeding of the bodies of those in her care. What the average woman at the head of a home does not sufficiently grasp in all its importance, is that the very center of the household - the most important thing in the home - is the spread table with a meal on it. Look at the church. It is by no...

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