FOOD.

The tissues of our bodies are constantly wearing out. We cannot perform a single act, or even think, without wearing out some portion of the tissues, and these require to be constantly replenished; otherwise, the whole body would soon be used up. It is **this wearing-out process that creates a demand for food**. And as with all other things, so with the human body; its nature, form, properties, and other qualities, depend largely on the nature and properties of the material from which it is constructed. In order that our bodies may be properly maintained, it is necessary that our food should be just adapted to the wants of our systems.

The food we eat should contain all the elements required to build up the body; otherwise, some part, or the whole, of the system will be improperly sustained. If our food is mingled with, or contains, elements that are not usable in the system, the organs of depuration have additional work to do in removing these unusable elements from the system, and **this extra work will soon wear them out**.

Regularity should be observed in the time of eating; for the digestive organs become weary by long-continued labor, and require rest. In order that they may obtain this rest, it is necessary that the food should be taken at stated times, and **never** until the previous meal has been digested, and the stomach has had sufficient time to rest *(this takes a minimum of 5 hours)*.

The ***quantity*** of food taken at a meal has also an important influence upon the health. If food is taken in too great quantities or too frequently, it cannot be properly digested; consequently, the health and strength of the body will not be properly maintained, and a great amount of the vital force will be expended in expelling this same improperly digested food; for **food which has not been properly digested, is not usable**, **and is regarded by the system as a poison**, as really as is any other foreign substance.

NUMBER OP MEALS.

The American people, as a general rule, eat altogether too frequently to be healthy. After a child is three or four years of age, it should **not be allowed to eat more than three times in the twenty-four hours**, unless it is sick and able to take only a very little nutriment at a time. It is this **pernicious habit of eating between meals that ruins the stomachs**, and thus under mines the constitutions, of children. They do not eat because they are hungry; for such children know nothing of real hunger. They have a morbid appetite, an unnatural craving, but this is not hunger. **Infants under one year of age should take food four or five times in the twenty-four hours, at regular intervals**. **After they are one year old, three meals a day will be far better than more in the majority of cases**; but of this, the mother or nurse must be the judge in each case. Adults who have always been in the habit of eating three meals a day, or of eating **late suppers**, usually rise in the morning with but little appetite for breakfast. The mouth has a bad taste, and they do not feel as well as after having been up a few hours. **This is because they fell asleep with undigested food in their stomachs**, **and a part of the organs had to remain awake to digest this food**; **consequently, the sleep was not as refreshing as it would have been had all of the organs rested and slept together, and especially is this true of the stomach.**

The stomach is in direct connection with the brain by means of the pneumogastric nerve; therefore, when the stomach is actively at work, the brain must of necessity be more or less disturbed. It is for this reason that late suppers should never be indulged in. **Those who have properly tried the two-meal system invariably find that they are much better able to endure severe, protracted labor, either mental or physical, than they were when in the habit of eating three times a day**. And, in addition, they find that their sleep is much more refreshing, they are not troubled with a disagreeable taste in the mouth on rising, and no longer suffer from sour stomach, heartburn, water brash *(occurs when a person produces an excessive amount of saliva that mixes with stomach acids that have risen to the throat; ie indigestion)*, or

eructations *(an act or instance of belching)*, **unless they overeat, which is sometimes the case even with those who eat but twice a day**.

THE KIND OP FOOD.

Each species of animals is just adapted to subsist on certain kinds of food. Some species will thrive and maintain themselves in good condition on certain kinds of food upon which other animals would starve. Various as are the species belonging to the animal kingdom, they all derive their food, either directly or indirectly, from the vegetable kingdom. It is true that some classes of animals subsist wholly upon animal flesh, and that other classes, man included, make flesh a large portion of their aliment; yet the animals that are thus eaten derive their nourishment directly from the vegetable kingdom, so that all the nourishment taken by even the flesh-eating animals is derived indirectly from the vegetable kingdom.
The reason why one animal can subsist upon food upon which another would starve, is that the digestive apparatus of each species of animals is just adapted to digest certain special kinds of food, and no other kind of food can be so readily converted into blood as can that to which the digestive organs are just adapted. An examination of the organs of the various species of animals, and of their habits when in a state of nature, with no artificial habits, will show us why one animal can subsist on small twigs and boughs of bushes or trees, while another uses straw or hay, and yet another subsists wholly upon grain, while a fourth uses no other food than fruit. The teeth, jaws, stomach, intestines, and other organs of these animals, will be found to differ as widely in form and texture as the foods upon which these animals subsist differ in quality, solidity, and nutrient properties. There is no doubt but that man can subsist for a time, at least, upon very many kinds of vegetable substances, and also upon most kinds of flesh. In fact, nutrient properties are to be found in all these; but in many of them there may also he found innutritious substances that are not only useless, but actually injurious, if not poisonous, when taken into the system. **In the vegetable kingdom, all those substances which possess narcotic properties, or that stimulate or irritate the nervous organism, should be rejected**. This class includes **spices of all kinds, peppers, pungent and aromatic roots, plants and herbs, tobacco, tea, coffee, and herb drinks of all kinds, all vegetable extracts and essential oils, together with large quantities of sugar in any of its varied forms. It leaves, however, for the free use of man, all the cultivated, and many of the uncultivated, fruits and grains, and many varieties of esculent *(fit to be eaten)* roots, all of which, when properly prepared, are proper food for man, as well as the most nourishing that he can use**.
Flesh-meat is not as good food for man as are vegetable substances. It contains no nutrient property that is not to be obtained from vegetable substances, since the animal from which the flesh is obtained derived its nourishment from the vegetable kingdom. **All flesh, also, even while the animal is still in life and health, contains more or less broken-down tissue in a state of decomposition**. **After the animal has been slaughtered, decomposition speedily becomes much more extensive and rapidly progresses to putrefaction**. In fact, freshly slaughtered flesh is not considered by epicures *(gourmet)* as being as palatable as that which has been slaughtered a few days. **It is not as sweet, juicy, or tender as it is after the process of decomposition has commenced.** These three properties are all due to its partial decomposition.
Flesh-meat is said to be stimulating. **This is because it contains decomposed and effete matters, the debris and worn-out tissues of the body, which are regarded by the system as poisonous.** It is the effort of the system to expel these which produces the effect called stimulation.

FATS AND OILS.

These substances should never be made use of as food, for **they do not contain the proper elements to build up the vital tissues**. All our food contains more or less **saccharine matter, as starch and sugar**, and

these **are converted into fat in the body**, so that we **have an ample supply** of such material **without eating** the **fats and oils of** either animals or **vegetables**.

MANNER OF EATING.

Food should always be thoroughly masticated. When this is done, no inconvenience will be experienced in partaking of a full meal without drink. There are two benefits to be derived from thorough mastication of the food. 1. The stomach will have less work to do, since it will not be obliged to perform any extra labor in reducing the food to a homogeneous liquid, and thereby become prematurely worn out. 2. The food becomes thoroughly insalivated *(mix food with saliva during mastication)* only when properly masticated. The saliva is a digestive fluid, and without its aid, the food cannot be properly digested; therefore, **let every person eat slowly and masticate his food well**. **Thirty minutes is as little time as a person should occupy in eating an ordinary meal.** A portion of this time should be spent in cheerful conversation on some pleasant topic, for there is nothing more promotive to digestion than cheerfulness of mind *(it is best to abstain from eating when upset or greatly emotional).*

FOOD FOR INFANTS.

Infants should take their nourishment in a fluid condition until nature furnishes them with teeth with which to masticate more solid kinds. The stomach of the infant differs quite materially from that of the adult, both in form and also in the texture of its walls. In infancy, its shape is much more conical than in adult life, and it is better adapted to make use of fluid food then than at any other period of life.

A babe **under two months** should be nursed or fed once in three hours in the daytime, and once in the night, if restless. If the child is between **two and six months old**, it should be fed every three and a half or four hours in the daytime, and no oftener; and if of fair health and strength, it should not be fed during the night.

The food of the infant should be its mother's milk; but if this is not to be had, cows' milk should be substituted for it *(we know now with the advanced light on the health message that **dairy products are no longer applicable**)*, always selecting a young, healthy, new-milch cow *(a cow in milk or kept for her milk)*. Milk from very old, or diseased, or farrow cows is not fit for any human stomach. If for any cause the child cannot have its mother's milk, it may be fed on the fresh milk of a young, healthy, new-milch cow. The milk should be warm when fed to the child, and should never be given to it after it has stood **twelve or fourteen hours** *(interesting!)* if new milk can be had. The cream should not be removed from the milk, but should be well stirred into it. If the milk is found to be too rich, a little water should be added. In some cases, it should be half water. If the right kind of milk cannot be obtained, g**ruel may be made that will be as good as cows' milk, if not better**. Take **powdered barley** (it may be ground in a perfectly clean coffee mill, or pounded in a mortar), a teaspoonful to a gill *(a unit of liquid capacity equal to four fluid ounces)* of water, and boil it fifteen or twenty minutes. Strain through a fine sieve or strainer, and add a very little loaf sugar *(molded into loaves or small cubes or squares)*. If good milk can be had, add one-third milk. This should be given to the child blood warm through a nursing bottle, keeping the bottle and mouthpiece in water, when not in use, to keep them sweet and clean. For infants under six months old, this diet will be found better than a diet of cows' milk only. Do not add much sugar, as it will make the child costive *(constipation)*, and will occasion torpidity of its liver.

If the child becomes very costive, give it gruel made of oatmeal, or of unbolted wheat meal. Always cook it well and strain it. If barley or barley meal cannot be had, use oatmeal and graham *(whole wheat)* flour instead. Graham meal, constantly used, will be apt to cause diarrhea. In this case, it should be used alternately with oatmeal, the child being given a tepid enema, followed by a small, cool enema. When diarrhea first sets in, the child should fast one meal.

The child will do better if its food is frequently changed from one of these grains to the other. **Never overfeed the child**. **Many mothers allow their babes to nurse or feed until they have to vomit**. **This is wrong**. **Overfeeding and hot and foul air *(gas)* are the chief causes of summer complaint** *(an acute condition of diarrhea, occurring during the hot summer months chiefly in infants and children, caused by bacterial contamination of food and associated with poor hygiene)*.

As the child advances in age, it will bear a larger proportion of milk in its food than was formerly used, and will also require a greater variety of food. Unbolted wheat-meal bread, and most of the various grains, and sound, ripe, sweet, or subacid fruits, may be given it. Baked apples and pears are excellent, if given in small quantities.

Infants should not be allowed to eat sugar, butter, nor much cream, for these are the substances which go to make fat in the body, none of them being convertible into flesh. While it is better that these things should be abstained from entirely in most cases, yet it is true that a little cream, if diluted with soft water, is not very objectionable if only occasionally taken. The same is true of sugar used sparingly in the gruel; and in some cases, it is better that these things should be used. The chief objection to these things is their excessive use. It is impossible to lay down a rule that shall say just how much sugar or cream a person can use without injury to his system, for the organs in one individual differ so much in tone and activity from those of a other that the same amount of sugar or cream that one person might eat without injury would, if eaten by another, occasion most serious results. Therefore, it is far safer to let these things entirely alone. **Children should not be allowed to overeat, to eat between meals, nor to eat candies, confectionery, nor condiments of any kind**. One of the chief reasons why children have sores break out on various parts of their bodies is because they do not observe these rules.

FOOD FOR ADULTS

Adults, and in fact all persons over two or three years of age, require solid, or semi-solid, food. By the term solid food is meant any food that is not in a sufficiently fluid state to admit of its being swallowed readily without mastication. As previously stated, the stomachs of infants are just adapted to digest milk and similar food; but as the child advances in years, its stomach gradually undergoes a change in form and structure, so that solid food is digested much more readily than is milk or other fluid substances. For this reason, our meals should be taken without drink. When we use drinks with our food, we are apt to wash it down half masticated, and, what is equally as detrimental to digestion, we fill our stomachs with fluid which serves only to dilute the gastric juice and prevent it from doing its work properly; for the food can never be digested when the stomach contains much other fluid besides the gastric juice. Even in infancy the watery portion of the food is all absorbed from the milk or fluid food before the work of digestion can commence.

The work of absorbing the fluids we drink not only retards the work of digestion, but also wearies the stomach and unfits it to do its work well.

Another fact worthy of notice is, that if we accustom our teeth to masticate hard food, they will be sound, strong, and firm; whereas if they are not so accustomed, they become weak and soon decay.

HOT DRINKS.

There is one habit, very detrimental to health, which is freely indulged in by almost every family in the land; viz., that of taking warm or hot drinks with their meals. An incalculable amount of injury is done to the teeth by the use of hot tea, coffee, and the various slop drinks which are prepared to take the place of these, and the same is eminently true of the stomach. Hot food or drink relaxes and weakens the muscular coats of the stomach and thereby disqualifies it to do its work properly. In addition to these evils, many diseased actions and conditions are occasioned in the system by the poisonous constituents

of the tea and coffee, such as the theine of the tea, and the poisonous drugs with which it is prepared and adulterated, and the caffeine of the coffee, and the foreign materials with which prepared coffee is often mixed. The same is also true of all stimulating drinks— all distilled and fermented liquors; hence, all such drinks should be avoided, and no drink taken at any time except pure, soft water, if obtainable, ~~or milk~~ *(no longer applicable since animals are now heavily diseased)*, or the freshly expressed juice of sound, ripe fruit. The last, however, should be taken immediately after it is pressed from the fruit, as fermentation soon takes place. It should also be taken in very small quantities, for if taken in excess, more or less of it will ferment while in the system, before it can be used by the tissues.

The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine, pg. 15-28 by M. G. Kellogg