



The Itinerary of a Breakfast

By John Harvey Kellogg

Theclassics.Us, United States, 2013. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can usually download a free scanned copy of the original book (without typos) from the publisher. Not indexed. Not illustrated. 1919 edition. Excerpt: . NUTS A COMING FOOD STAPLE In these days when the question of foodstuffs is daily becoming more urgent and absorbing it is natural that all available sources of supplies to meet one of the most urgent of all our human needs should be made the subject of careful investigation. The exigencies of the great European war have compelled not only Germany but others of the belligerent nations to study nutritive values and the economics of food more critically than ever before. Every possible source of food supply is being drawn upon to the fullest extent possible by the nations of Central Europe. Efforts have been made to extract nutrient material from such unpromising sources as straw and sawdust, naturally with no encouraging measure of success. The writer has followed these researches and discussions with great interest. Numerous important facts in relation to human...



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