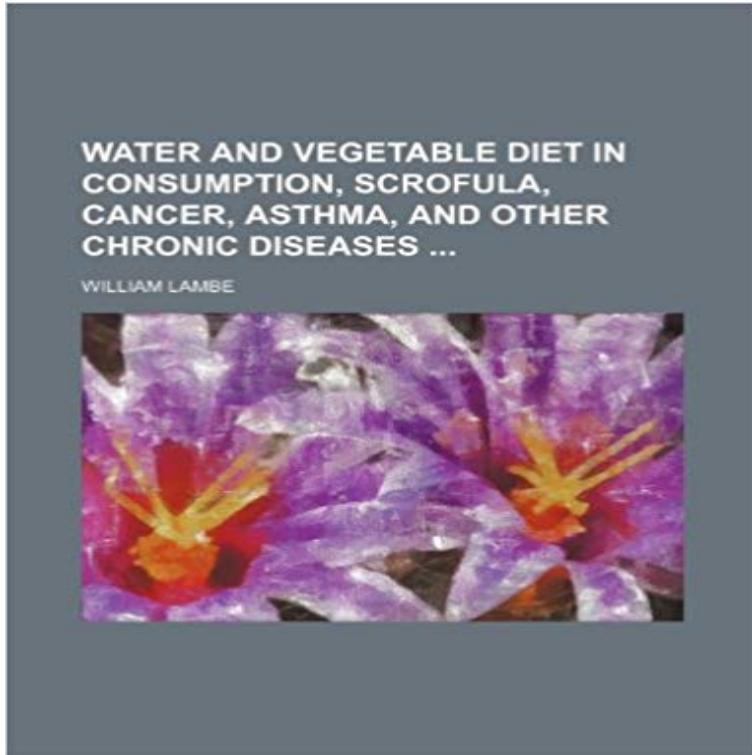


Water and Vegetable Diet in Consumption, Scrofula, Cancer, Asthma, and Other Chronic Diseases



This historic book may have numerous typos and missing text. Purchasers can download a free scanned copy of the original book (without typos) from the publisher. Not indexed. Not illustrated. 1850. Excerpt: ... reason. But I abstain from subjects on which I am conscious that I have nothing of value to offer. I shall, therefore, conclude with making a single inquiry with regard to bread, which I shall leave to the determination of those who are competent to pronounce on such questions, and who have proper opportunities of observations. What I would ask is this, Is the farina of wheat, or any other, improved or injured--is it made more or less wholesome by fermentation? or, in other words, which should be preferred, leavened or unleavened bread? The leaven or fermented bread sits lighter upon the stomach; but this is no proof that it is really more salubrious. We know very well that the coarsest black bread, which is as heavy almost as a lump of dough, gives much nourishment and strength. A sensible writer says, that he has heard a seafaring man observe that he was always sensible of a diminution of muscular strength when he left off the use of biscuit and ate common bread. Hippocrates has given a corresponding testimony. His words are Leavened or fermented bread is lighter in digestion, and passes easily through the body; but unfermented bread does not go off so easily, though it nourishes more where the stomach can bear it. If these observations are correct, the fermenting of bread and the cookery of vegetables are practices adopted by mankind from the same motives; they accommodate the matters to which they are applied to the factitious delicacy of our digesting organs, which is effected, however, at some expense of their strengthening and nutritive powers. CHAPTER VII. Noxious habits of slow operation.--Erroneous statements.--Vegetable food necessary to a

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