

HEALTHFUL DIET
FOR
INDIA.

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Most of the recipes contain a serving for six people.

FOREWORD.

It is the writer's ambition to make available in easy language important information regarding food essentials which is otherwise obtainable only from technical medical books and journals. If in this way he is able to help in making life in India more healthful, happy, and efficient for the readers of this book, he will have accomplished his purpose.

Among the authorities upon whose research, writings, and teaching the author has drawn most heavily, should be mentioned the following :—

Col. Walter B. Cannon, M.D., Harvard University.

Professor Russell H. Chittenden, Yale University.

Professor E. V. McCollum, John Hopkins University.

Professor Lafayette B. Mendel, Yale University.

Dr. Harvey W. Wiley, M.D., U.S.A. Government Service.

Dr. John Harvey Kellog, M.D., Battle Creek Sanitarium.

Dr. George Henry Heald, M. D., Editor, "Life and Health."

Professor Irving Fisher, Yale University.

Professor Ivan Petrovic Pavlov, Military Academy of
Medicine, Petrograd.

Dr. Eugene Lyman Fisk, M. D., "How to Live."

Department of Agriculture Bulletins, U. S. A. Government.

I hereby acknowledge my indebtedness to my wife, and offer her my formal thanks for preparing the section on "Suggestive Menus," and for rendering other valuable aid in the preparation of this book.

The present volume provides a convenient and popular treatise dealing with the essential scientifically demonstrated food facts, adapted to such conditions and foods as obtain in India.

Barring infectious diseases and accidents, seventy-five per cent of human ailments may be traced to errors in diet and wrong methods of feeding; also to faulty selection and preparation of foods. Therefore, it is very important that we know as much as possible about foods and their relation to health and disease; about the kinds of food best suited to promote health, and about those responsible for physical disorders.

Attention is particularly directed to the chapter on "Big Food Facts" dealing with the newly discovered food factors, Vitamins, and with the important rôle of inorganic food salts. The section on "Suggestive Menus" is intended to provide a selection of wholesome, nourishing, and appetizing dishes, supplying all the elements of nutrition for maintaining a sound mind in a sound body, while discarding such articles of common diet as are responsible for physical discomfort and actual disease.

Some one spoke in the presence of a veteran colonel of the Indian Army about the bad climate of India. "Bad climate!!!" exclaimed the veteran. "There is no better climate in the world; but a lot of young fellows come out here and eat and drink, and drink and eat, and then they die; and then they write home and say that the climate has killed them. Of course lots of people die in India. Tell me where they do not and I will go and end my days there."

H. C. MENKEL,

"Belvedere," Simla.