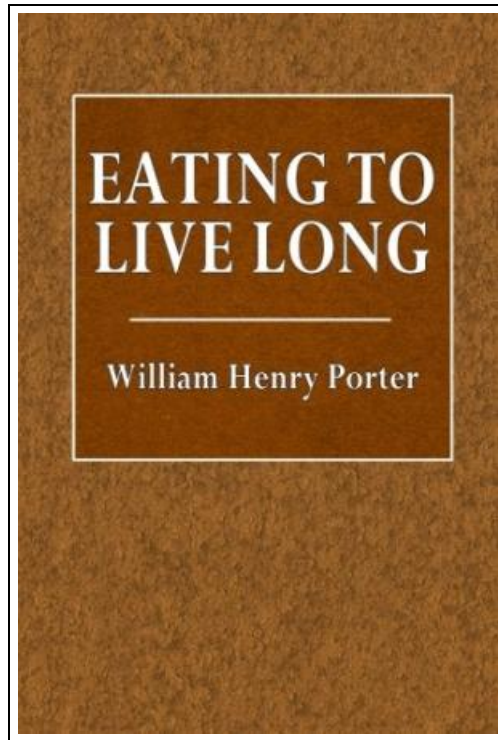


## Eating to Live Long (Paperback)



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.From the PREFACE. Man is an organism built around a food-tube. All man is, all he ever has been, has had its original motif in his need for food, and in the means he has evolved in order to secure it. History itself, in the main, is merely a series of accounts of how certain peoples pushed certain other peoples out of the way, in order to avail themselves of the others food supply, or of their potential sources of food. Ethnologists and students of anthropology also tell us that by far the most important determining factor in racial development is the character of food upon which any people has lived. It has governed their stature, their intelligence, or lack of intelligence, their disposition. Upon whether a race is well or poorly nourished depends its status as conquerors, questing, energetic, civilization-making; or as docile serfs, blood-brothers to the cabbages, manioc, or rice they cultivate. Upon the difficulty of securing an adequate supply of balanced nutriment depends also their cultural development; for, if the aim and end of existence revolves around a grubbing of arid acres, it is obvious that not much energy can remain for speculative and creative endeavor. However, it is with the physiological aspects of food, as they concern the individual, that our attention is now engaged\* In this connection, one might rather expect that in the half million or more years in which human beings have been inhabiting this planet, they would have developed an ample and adequate understanding of the uses of food, or an instinctive if not an acquired knowledge of proper food selection. Such is not the case. Even the greatest scholars have shown,...



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