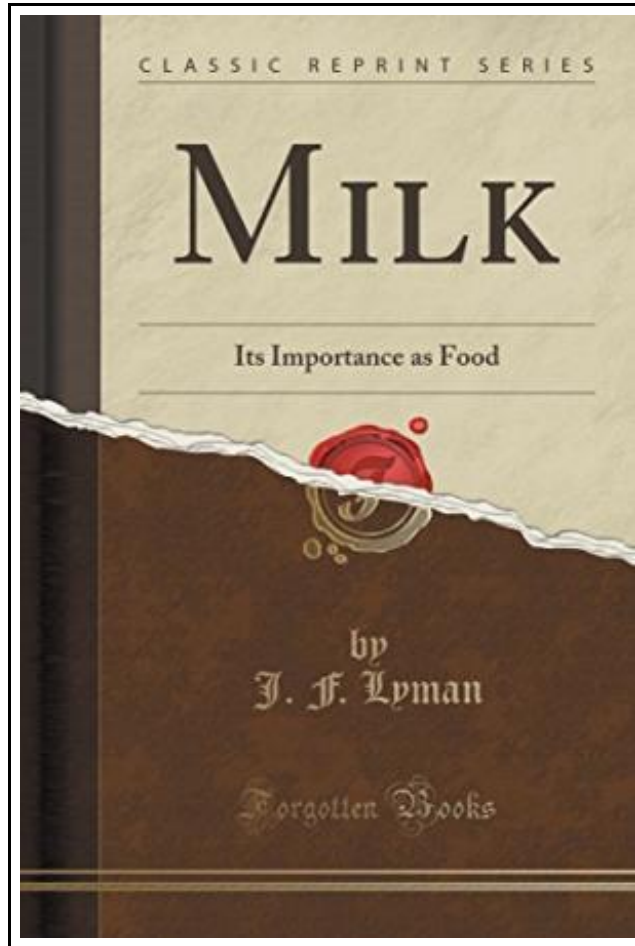


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Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Excerpt from Milk: Its Importance as Food McCollum believes that the achievements of any race of people in science, art, and literature depend more on the milk consumption of that people than on any other factor. In other words, a nation that consumes milk liberally is bound to be a healthy, virile, and productive nation. The Chinese, Japanese, and the peoples of the tropics generally have employed the leaves of plants as almost their sole protective food. They are characterized by small stature, relatively short span of life, high infant mortality, and by continued adherence to the employment of the simple mechanical inventions of their forefathers. It is said that the Japanese child, fed without cow s milk, requires two or three years longer than the American to reach maturity, while the Japanese farmer of 60 corresponds in health and vigor to the American of 80 years of age. Several diseases which afflict mankind are known to be caused by a faulty diet. Beri-beri, prevalent in the Orient among peoples subsisting almost entirely on degerminated grains, and characterized by extreme nervous debility and degeneration, disappears when protective foods are added to the diet. Pellagra, which is common in localities where the diet is poor, especially where meal made from degerminated corn is used as the chief food, is practically unknown in regions where the protective foods are consumed in liberal amounts. Scurvy appears only among people restricted to a diet of preserved foods devoid of fresh fruits, vegetables, milk, and fresh meat. Rickets is common among the children of the very poor who live on a diet of degerminated wheat, corn, and rice together with tubers and...



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