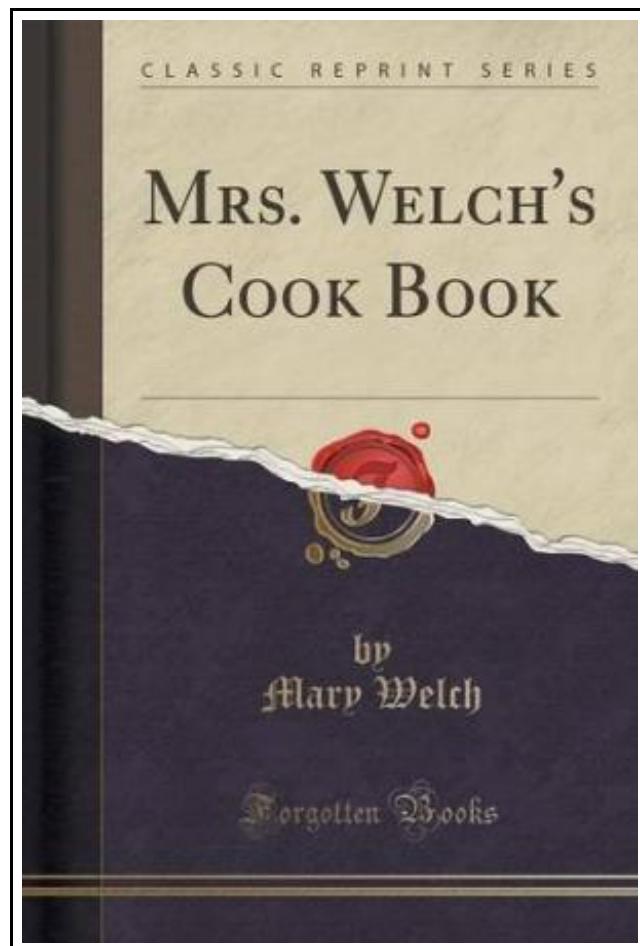


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Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Excerpt from Mrs. Welch s Cook Book A genuine civilization and good cooking are more closely related than is usually appreciated. Savages live on food either wholly or partially raw and have not the faintest conception of the routine of meals, variety of diet, and combination of flavors that are to us absolute necessities. They gorge themselves when food is plentiful, and starve when it is scarce. They eat the coarsest and grossest substances without subjecting them to the refining effects of fire, or the transforming influence of condiments, herbs, or extracts. They know nothing of the subtle combinations by which the palate may be tickled and the digestive powers stimulated to easy and effective work. To their habits of eating may be ascribed, in great measure, their imperfect physical development, their mental dullness, and their moral obtuseness. Improve their diet and you have taken the first step towards a better life. Philanthropists and missionaries of all kinds are beginning to understand that no appeal can be effectually made to the higher nature until the stomach has first been revived, and that all reforms in the individual must proceed from this center to the head and heart. Coarse food, even though perfectly digested, produces coarse natures. Indigestible food is even worse in its effect, for it results in actual disease, and disease of such a character as to influence in marked degree the whole mental outlook. A sour stomach is apt to produce a sour temper. Melancholy, suspicion, envy, false and distorted views of men and things, follow dyspepsia as the shadow follows substance. The effect of diet in stimulating evil passions is well known. Its effect...

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