



## Essentials of Diet, Or, Hints on Food in Health and Disease

---

By Edward Harris Ruddock

General Books LLC. Paperback. Book Condition: New. This item is printed on demand. Paperback. 68 pages. Dimensions: 9.7in. x 7.4in. x 0.1in. 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. 1876. Excerpt: . . . Graves, Dr. , on Rickets. 170. Gravel, diet for, 144--148. Green artichoke, 82. Green tea, 101. Groats, or grits, 66. Embden, 66. Ground rice pudding, 231. Gruel, 66-67, 232. Grouse, 40. Guatemala coffee, 108. Guerin on Rickets, 194. Guinea fowl, 39. Gum Arabic, 88. Gum water, 238. Haddock, 42--43. Hare, flesh of, 45. Hard water, 94--95. Haricot beans, 73. Heart-disease, diet for, 175--176. Herring, 41. Loch Fyne, 41. Honey, 90. Hysteria, 184--185. Ice, 99--100. a therapeutic agent, 99--100. in fevers, 172 Iceland moss jelly, 236. and milk, 240. Indian corn, 69. Infusion of malt, 69. Invalids jelly, 236. Iodine in cod-liver oil, 135--136. Iron in water, 95. Isinglass, 43. Jelly, arrowroot, 237. arrowroot wine, 237. bread, 234--235. chicken, 236. Iceland moss, 237. invalids, 236. nutritive, 235. orange or wine, 235--236. pearl barley, 236. tapioca, 236. water, 237. Jerusalem artichokes, 79. Koumiss, 55--56. plan of...



**READ ONLINE**  
[ 4.01 MB ]

### Reviews

*This book may be really worth a read through, and far better than other. it was actually writtern extremely completely and valuable. I am just very easily will get a satisfaction of looking at a published ebook.*

-- **Lillie Toy**

*It is easy in read through easier to fully grasp. it had been writtern very completely and useful. I am pleased to let you know that here is the greatest book we have read during my personal life and could be he very best book for possibly.*

-- **Miss Marge Jerde**