

PREFACE

In preparing this new edition of "Food and Cookery" for publication, our object has been to present a collection of simple, wholesome, and inexpensive recipes, many of which are new, together with suitable text matter on foods, and their uses in the body. This idea was suggested by the need of such a book in the training school for nurses and medical evangelists at the medical school and sanitarium, Loma Linda, California. It is hoped that the book will be found useful in other schools, as well as in many homes where the teaching of this subject is receiving attention.

While we have not attempted to write a treatise on vegetarianism, we do advocate the total disuse of the flesh of animals as food, and a more extensive use of grains, fruits, nuts, and other products of the vegetable kingdom, thus propagating a principle that tends essentially to true civilization, to universal humaneness, and to health and happiness generally.

The history of vegetarianism is as old as human history itself; and probably in every age there have been some who have practiced it either as a religious duty, or under the belief that they would thereby conserve the life forces, and be the better fitted for the pursuit of peace and happiness. Again, there are those who adopt a vegetarian course of diet in the belief that many diseases, such as gout, and gastrointestinal disorders, would largely disappear if the vegetarian diet were strictly adhered to. Another motive for adopting vegetarianism is undoubtedly economy. To a great extent, the human race is virtually vegetarian from necessity. Nor do we find that feebleness, either of mind or of body, necessarily ensues. Rather, experience shows the opposite to be the case.