

SIDNEY BEARD

A COMPREHENSIVE
GUIDE-BOOK TO
NATURAL, HYGIENIC
AND HUMANE DIET

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Sidney Hartnoll Beard

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PREFACE TO SEVENTH EDITION

Dietetic Reform is now being considered seriously by thoughtful people in all parts of the world and interest in this important though long neglected subject is increasing every day.

The fact that our physical, mental, and spiritual conditions are greatly influenced by the nature and quality of our daily food, and that, consequently, our welfare depends upon a wise selection of the same, is becoming generally recognized.

Popular illusions concerning the value of flesh-food have been much dispelled during recent years by revelations concerning the physical deterioration of the flesh-consuming nations, and the comparative immunity from disease of people who live on purer and more natural food; also by a succession of remarkable victories won by fruitarians who have secured numerous athletic Championships and long distance Records.

Demonstration has been provided by the Japanese, that a non-carnivorous and hygienic Race can out-march and out-fight the numerically superior forces of a colossal Empire; and that its national and social life can be characterized by conspicuous efficiency, sobriety, health, and vitality.

A vast amount of emphatic personal and medical testimony to the advantages of the more simple and natural *fruitarian* system of living is being given by thousands of witnesses who speak from experience; and such evidence is preparing the way for a complete change of popular thought and custom concerning dietetics.

In addition to such influences, an ever-increasing consciousness that the emancipation of the animal world from systematic massacre and ruthless cruelty awaits the abandonment of the carnivorous habit by the Western races of mankind, is exercising a powerful effect upon the lives of multitudes of men and women. In consequence of having reached a comparatively advanced stage of evolution, they realise the solidarity of sentient life and feel humanely disposed towards all fellow-creatures; and they cannot avoid the conviction that Man was never intended to play the part of a remorseless and bloodthirsty oppressor of the sub-human races.

Those who are labouring to bring about the adoption of dietetic customs that neither violate the physical laws of our being, nor outrage the humane sentiments of the higher part of our nature, are consequently now met by serious requests for information concerning some way of escape from bondage to ancestral barbaric custom, and the safest path to a more rational and harmonious existence. "How may we live out our full length of days in health and vigour, instead of dying of disease?" "How may we avoid the painful maladies that are prevalent, and escape the surgeon's knife?" "How may we be delivered from further participation in all this needless shedding of innocent blood?" "How may we in a scientific way feed ourselves with simple and hygienic food – with the kindly fruits of the earth instead of the flesh of murdered creatures who love life just as we do?" Such questions as these are being asked by thousands of earnest souls, and it is to help such enquirers that this Guide-Book is published.

My aim has been to give practical, reliable and up-to-date information in a concise form, avoiding superfluous matter and 'faddism,' and only supplying simple recipes which do not require the skill of a 'chef' for their interpretation. By spending a few hours in thoughtful study of the following pages, and by practising this reformed system of diet and cookery in domestic life for a few weeks, any intelligent person can master the chief principles of fruitarian dietetics, and become qualified to

prepare appetising dishes suited to the taste of a hermit or a *bon vivant* (provided that its possessor be not hopelessly enamoured of the "flesh-pots of Egypt" and the flavour of cooked blood).

A system of living that is earnestly recommended by thousands of disinterested advocates who have personally tried it, that comes to us full of promise both for ourselves and others, that bids fair to humanize and transform mankind and to solve many of the world's social problems, and that is now endorsed by so many progressive medical authorities, merits such attention, and is worthy of trial.

As I am writing a *Guide* to reformed diet for domestic use – not an elaborate treatise to justify it – I have refrained from introducing medical and experimental testimony concerning the dangerous and injurious nature of flesh-food, and the advantages of living upon the fruits of the earth, supplemented by dairy products. Numerous standard works are now obtainable which demonstrate that the principles and arguments upon which the Food-Reform Movement is based are supported by an array of scientific evidence which is more than sufficient to convince any unprejudiced, logical and well-balanced mind. For such information I must refer my readers to other publications, and I have printed a short list of useful works on the final pages of this book, for the benefit of those who are as yet unacquainted with such literature.

For some of the recipes contained in the following pages I am indebted to certain of the Members of The Order of the Golden Age, and to other workers in the Food-Reform Cause – but especially to Mrs. Walter Carey, who has devoted much time to the task of preparing and testing them. Most of them are original, being the result of thoughtful experiment; and they should, *if carefully followed*, result in the production of dishes which will give satisfaction. But if certain recipes do not commend themselves to some of my readers, they are invited to remember that human palates differ considerably, and to try other dishes with the hope that they will like them better.

With the earnest desire that all who read this book will make some sincere endeavour to seek emancipation from the barbaric habits that are prevalent in Western lands, and to cease from that physical transgression in the matter of diet into which our forefathers, at some period of the world's history, appear to have fallen with such disastrous consequences to themselves and their posterity, it is sent forth upon its humble but beneficent mission. And I trust that many, when they have proved that such a way of living is both possible and advantageous, will strive to persuade others to live as Children of God, rather than as the beasts of prey.

Those who have reached that spiritual plane where the sacredness of all sentient life becomes recognised, and who find it painful to contemplate the wanton and cruel slaughter which at present takes place throughout Christendom – involving the death of at least a million large animals every day – must instinctively experience a longing to apprehend some way by which this butchery can be brought to an end. Such will be able to perceive the real significance of, and necessity for, the twentieth-century crusade against human carnivorousness – the Moloch idol of these modern days. They will also feel individually constrained to co-operate in the great work of bringing about this practical and beneficent Reformation, and of giving to mankind the blessings that will result from it.

As in the case of all previous editions of this book, any financial profit derived from its sale will be devoted to the exaltation of these humane and philanthropic ideals – hence its presentation to The Order of the Golden Age. My readers, therefore, who feel that its circulation will tend to lessen the sum total of human and sub-human suffering, are invited to assist in securing for it a large circulation, by lending or presenting copies to their friends, and making it widely known. And to attain this end, the sympathetic aid of journalists and other leaders of public thought will be especially appreciated.

Sidney H. Beard.
January, 1913.

THE TRUE IDEAL IN DIET

The physical structure of Man is declared by our most eminent biologists and anatomists to be that of a *frugivorous* (fruit-eating) animal. It is, therefore, our Creator's intention that we should subsist upon the various fruits of the earth – not upon the products of the shambles.¹

The accepted scientific classification places Man with the anthropoid apes, at the head of the highest order of mammals. These animals bear the closest resemblance to human beings, their teeth and internal organs being practically identical, and in a natural state they subsist upon nuts, seeds, grains, and other fruits. Hence those who have studied this subject thoroughly can hardly entertain any doubt that the more largely our diet consists of these simple products of nature, the more likely we shall be to enjoy health and to secure longevity.

The number and variety of such fruits and seeds is very great (including all the nuts and cereals *and their products*, as well as the pulses, legumes, etc.); and the Science of Dietetics has made such rapid progress in recent years that nuts and grains are, for the benefit of those who possess weakened digestive organs, now prepared in various ways which make them easily digestible and very savoury when cooked. To such foods may be added, for the sake of convenience and variety, vegetables of various kinds and dairy produce, such as milk, butter, cheese and eggs.

Personal Testimony. Nineteen years of abstinence from flesh-food (practised without any illness, and resulting in increased strength, stamina and health), and of observation and experiment during that period, combined with the knowledge obtained through helping hundreds of men and women to regain health by reforming their habits of living, have convinced me that a well selected fruitarian dietary, thus supplemented, will prove beneficial to all who desire physical and mental fitness. Temporary difficulties may be experienced by some in adopting such a simple style of living, or in obtaining adequate provision in their present domestic conditions; mistakes may be made – certain necessary elements being omitted from the new diet – and temporary failure may sometimes result in consequence; but if some preliminary study and consideration are given to the matter, and *variety* in the food is secured to ensure complete nourishment, success is easily obtainable.

A Step at a Time. In most cases where there is a desire to adopt this purer and better way, it will be found that the policy of proceeding slowly but surely, a step at a time, is the wisest in the end.

The first step must be total abstinence from the flesh and blood of animals, and the substitution of less objectionable food containing an equal amount of proteid; this will soon lead to a distaste for fowl, but the use of fish should be retained by those commencing to reform their ways until some experience has been gained, and any serious domestic difficulties which may exist have been removed. Then this partial vegetarian diet can be still further purified, until it is more entirely "fruitarian" in its nature. Circumstances, and individual sentiment and taste, must regulate the rate of this progress towards what may be termed Edenic living; I can but show the way and give helpful information.

Advantages of Fruitarianism. A few of the reasons which lead me to advocate a fruitarian dietary as the ideal one, are as follows: —

Persons who live chiefly upon fruits of all kinds do not injure themselves by consuming the poisonous waste-products (uric acid, &c.), contained in flesh; and they are not often tempted, like those who partake of very savoury and toothsome dishes, to eat after the needs of the body are satisfied. They thus escape two of the chief causes of disease and premature death — *auto-intoxication and excessive eating*. They also avoid, to a great extent, the temptation to eat when they are not hungry, and thus they are more likely to obey the dictates of natural instinct concerning *when to eat*. Even if fruit should be taken in excessive quantity, very little harm results from such indiscretion.

¹ See "The Testimony of Science in Favour of Natural and Humane Diet."

Fruitarians thus lessen the amount of work put upon the digestive organs, and consequently have more energy to expend upon mental or physical labour. The grape sugar contained in sweet fruits – such as dates, figs, raisins and bananas – is assimilated almost without effort and very quickly.

The juices of ripe fruits help to eliminate urates, waste products, and other harmful deposits from the blood and tissues, as they act as solvents. Fruit, therefore, tends to prevent ossification of the arteries, premature old age, gouty and rheumatic disorders, sickness and untimely death.

Fruitarian diet – if scientifically chosen and containing all the elements required by the body – prevents the development of the "drink crave," and it will cure nearly all cases if properly and wisely adopted. Dipsomania is induced by malnutrition, by eating stimulating food, such as flesh, or by eating to excess; a fruitarian drunkard has not yet, so far as I am aware, been discovered in this country.

Pure blood is secured by living upon such food, and consequently there is little or no tendency to develop *inflammatory* maladies. The wounds of Turkish and Egyptian soldiers have been found to heal three times as quickly as those of shamle-fed Englishmen; the reason is that they live chiefly upon dates, figs and other fruits, milk and lentils, etc.; and the same tendency has been observed in the case of the Japanese wounded. A wonderful immunity from sickness is enjoyed by those who live in accord with Nature's plan; microbes and disease germs do not find a congenial environment in their bodies. This I have proved by nearly twenty years of uninterrupted good health, and freedom from medical attendance, and my experience is corroborated by that of a multitude of witnesses in the ranks of the food-reformers.

Fruitarian diet, if complete, tends to lessen irritability, to promote benevolence and peace of mind, to increase the supremacy of the 'higher self,' to clear and strengthen spiritual perception, and to lessen domestic care. Those who desire to develop the higher spiritual powers which are latent in Man, to cultivate the psychic or intuitive senses, and to win their way to supremacy over their physical limitations, will find fruitarianism helpful in every respect. Such have only to *try it*, intelligently, in order to prove that this is true.

Such a system of living may thus become an important factor in the great work of uplifting our race from the *animal* to the *spiritual* plane; and herein lies the great hope for mankind. The harbingers of the 'Coming Race' – a more spiritual Race – are already treading this Earth, known and recognized by those whose eyes have been opened to the vision of the higher and transcendent life. And that which tends to accelerate the development of these characteristics is worthy of our serious consideration and earnest advocacy.

Such a diet does not necessitate the horrible cruelties of the cattle-boat and the slaughter-house – therefore it must commend itself to every genuine humanitarian.

It does not contain the germs of disease that are found in the dead bodies of animals – frequently afflicted with tuberculosis, cancer, foot-and-mouth-disease, incipient anthrax, swine-fever and parasites of various kinds.

It is free from that potent cause of physical malady, uric acid – which is contained in all flesh; and from "ptomaines," – which develop in corpses quickly after death and often prove fatal to consumers of meat. And it will be found, if wisely chosen, to produce a stronger body, a clearer brain, and a purer mind.

The testimony of thousands of living advocates, both in cold and warm climates – many of whom are medical men, or athletes who have accomplished record performances which demanded prolonged endurance and unusual stamina – bears evidence to this fact; therefore those who are desirous of commencing this more excellent way of living need not fear they are making any reckless or dangerous experiment.

The food which our Creator *intended* us to eat must be the *safest* and *best* for us. Man does not resemble, either internally or externally, any carnivorous animal, and no unprejudiced student of the subject can well escape the conclusion that when we descend to the level of the beasts of prey,

by eating flesh, we violate a physical Law of our being, and run the risk of incurring the inevitable penalties which Nature exacts for such transgressions.

These penalties are being lavishly dealt out with inexorable impartiality in the civilized lands of the Western world, where, in spite of the rapid increase of our medical men, and the 'wonderful discoveries' of panaceas by the representatives of unscrupulous pathological search, such maladies as appendicitis, consumption, cancer, lunacy, gout, neurasthenia and other evidences of physical deterioration are still prevalent or steadily increasing.

And, although the fact is not so apparent to the superficial observer, a still heavier penalty in the form of spiritual loss is being suffered by those who err in this respect, for *carnal food* produces *carnal-mindedness*, dims the spiritual vision, chains the soul to the material plane of thought and consciousness, and makes the supremacy of the 'spirit' over the 'flesh' well-nigh impossible.

It is natural for every man and woman to live at least a century. The fact that thousands have done so, proves that the majority might attain this age if they would cease from transgressing Nature's laws. Seneca truly said, "Man does not die, he kills himself."

By "eating to live," instead of "living to eat" – introducing into our bodies pure and vitalizing energy by means of wisely chosen natural food – and by amending our ways generally in accordance with the dictates of reason and common sense, we may live to benefit the world by useful service with our faculties matured and our minds stored by the teachings of experience. Instead of being in our dotage when we reach threescore years and ten, we should still be fit to serve our day and generation.

The Highest Motive. Those who decide to adopt this reformed system of diet will be fortified in their resolve if they are actuated by loyalty to the Divine Will and regard for Humane Principle, in addition to reasons which are based merely upon self-interest. The desire to lessen suffering, and to live in accordance with God's laws, furnishes a stronger incentive than the wish to escape disease and to secure longevity.

A philanthropist or humanitarian who embraces the sublime ideal of helping to lift mankind to a higher plane of experience, to deliver our degenerate Race from some of the worst evils which afflict us, and, at the same time, to prevent the infliction of pain and death in most revolting forms upon countless millions of innocent animals, will either conquer the initial difficulties which confront those who thus make practical protest against the flesh traffic, or will cheerfully endure temporary inconvenience and self-denial "for Righteousness' sake."

Each new recruit who joins the Food-Reform Movement should therefore give such preliminary study to the subject as will produce the unalterable conviction that flesh-eating is an *unnatural* habit for Man, that it is totally *unnecessary*, that reliable medical evidence proves it to be generally *injurious*, and that it involves cruelty and bloodshed which are barbarous and indefensible, *because quite needless*.

A deaf ear will then be turned to the warnings of any well-disposed friends who, being under the spell of ancient fallacies, or ignorant concerning the nutritive advantages which the fruits of the earth possess over the products of the shambles, would seek to deter him from the path of self-reform by prophesying physical shipwreck and disaster.

Popular illusions concerning the necessity for animal food are rapidly being swept away, and public opinion has already changed to such an extent that leaders of thought in every land are now impressed with the full import and beneficence of this Reformation. And so many forces are now converging and combining to influence and impel mankind in this direction, that the 'signs of the times' indicate a rapidly approaching Era in which Man will return to his original food, and, by so doing, enter upon a happier and more peaceful period of existence upon this planet.

A PLEA FOR THE SIMPLE LIFE

Simple meals and simple dishes are easily prepared, they lessen domestic care, are less likely to cause indigestion, and soon become appreciated and preferred.

Few persons realize how little they know the true taste of many vegetables; the majority having never eaten them *separately* or cooked in a proper manner. A cauliflower skilfully served as a separate course, either "au gratin" or with thin melted butter slightly flavoured with a few drops of Tarragon vinegar, or with tomato sauce, has quite a different taste from that which is experienced when it is mixed up with gravy, meat, potatoes and other articles or food.

Young green peas, or new potatoes steamed in their skins and dried off in the oven so as to be "floury," will, if eaten with a little salt and butter, have a delicacy of flavour which is scarcely noticeable if they are served with a plate of beef or mutton and other vegetables. A few chestnuts carefully cooked in a similar manner, make a dish that an overfed alderman might enjoy; and the same remark will apply to many simple and easily prepared fruitarian dishes.

It is a mistake to think that this reformed diet necessarily involves a great amount of cooking, for the reverse is the fact if *simplicity* is aimed at and its advantages are appreciated. It is well to remember also that our most enlightened and progressive physicians are now recommending uncooked foods of all kinds to all who would retain or regain health.

An excellent lunch can be made with some well chosen cheese and brown bread and butter, and a delicate lettuce (dressed with pure olive oil, a small quantity of French wine vinegar, and a pinch of sugar), followed by fresh and dried fruits such as bananas, almonds, raisins, figs, etc. Such a repast is inexpensive, nutritious, and easily digestible. A large variety of foreign and fancy cheeses are now obtainable, so that even such a simple meal as this can be varied constantly. The best lettuces are produced by our French neighbours, but our own market gardeners are beginning to learn that it is easy to get them tender by growing them under glass.

The Simple Breakfast. In most fruitarian households the cooking for breakfast soon becomes simplified and lessened. Eggs served in different ways on alternate mornings, fresh and dried fruits, nuts, brown bread, super cooked cereals such as granose biscuit, butter and preserves, are found to be quite sufficient as accompaniments to the morning beverage. French plums, figs and other dried fruits, when carefully stewed in the oven for some hours, and served with cream, are very nutritious. A small plate of 'Manhu' wheat, rye, barley, or oat flakes, served with hot milk or cream, can be added so as to make a more solid meal for growing children or hard workers. And those who are accustomed to a more elaborate breakfast, because of the difficulty of obtaining a mid-day substantial meal, can select one of the items which are mentioned in the list of recipes under the heading of "Breakfast Dishes."

Avoid Dyspepsia. One reason for urging simplicity is that, owing to prevalent ignorance concerning food-values, it is more easy for the *inexperienced* food-reformer to make dietetic mistakes than the flesh-eater.

By partaking freely of stewed acid fruits and vegetables at the same meal, or by blending a great variety of savouries, vegetables, sweets and rich fatty dishes together in a ghastly 'pot pourri,' or by eating to excess of porridge, beans, or fried dishes, many have made serious blunders. They, for want of proper instruction, have hastily come to the conclusion that "vegetarian diet does not suit them," and returning to the flesh-pots, have henceforth denounced the evangel of dietetic reform, instead of profiting by the useful lesson Nature tried to teach them.

The wisest plan is to make one's diet generally *as varied as possible*, but not to mix many articles together *at the same meal*.

Abstainers from flesh should begin to live to some extent (say two days a week) in picnic style, and the practice will soon become more habitual. A picnic luncheon which is considered enjoyable

in the woods or on the moors will be found to be just as nice at home if the articles provided are well chosen and tastefully prepared. Variety can be obtained by introducing daintily cut sandwiches made with mustard and cress, tomato paste, potted haricots, or lentils, scrambled eggs, fancy cheese cut thinly, flaked nuts and honey, etc. Fresh and dried fruit, nuts, almonds, raisins and sultanas, fruit cakes, and custard or rice puddings, provide useful additions; and it will soon be found that the old-fashioned three or four-course meal which involves such laborious preparation is a needless addition to life's many cares.

Necessary Elements in Food. It is important to bear in mind that our daily food must contain a sufficient quantity of certain necessary elements:

(1) Protein. To be found in nuts and nut foods (such as Protose, Nuttoria and Fibrose, &c.), eggs, cheese, brown bread, oatmeal, haricots, lentils and peas.

(2) Fat. To be obtained in nuts, nut-butters, olive oil, cheese, milk, cream, butter, and oatmeal.

(3) Phosphates and Mineral Salts. Contained in the husk of wheat, barley, oats, and rye (therefore included in brown bread, granose biscuits and other whole-wheat or cereal preparations), cheese, bananas and apples.

(4) Sugar. To be obtained from all starch foods, but most easily and in the best and most readily assimilable form from sweet fruits and honey.

A PLEA FOR MODERATION

One of the most frequent mistakes made by those who commence to live upon a fleshless diet is that of eating too much – an error, also committed by the general public. Often, through ignorance of the fact that lean beef consists of water to the extent of about 75 %, and through having been brought up under the spell of the popular delusion that meat is a great source of strength and stamina, they jump to the conclusion that they must consume large plates of cereals and vegetables in order to make up for their abstinence from animal food. They bring upon themselves severe attacks of dyspepsia – either by eating excessive quantities of starch in the form of porridge, bread and potatoes, or of such concentrated foods as haricots, lentils or nuts (being ignorant of the fact that these latter are much more nutritious than lean beef and that only a very small quantity is needed for a sufficient meal)².

Nothing does more injury to the Food-Reform Movement than the discredit which is brought upon it by those who upset themselves by over-eating, and who feel led to justify their defection by attacking the system they have forsaken. Among the numerous cases brought to my notice, I remember one of a minister's wife, who by partaking of seven meals a day, and finishing up at ten o'clock in the evening with cocoa, cheese and porridge, brought herself to such a state of nervous prostration that her local doctor ordered her to return to a flesh diet, "as she required *nourishment*." He thus diagnosed her condition, instead of attributing it to preposterous over-feeding.

A Golden Rule for every food-reformer is this —*Eat only when you are hungry*, and never to repletion. An exception must be made, however, in certain cases of anæmic and delicate persons. When there is not sufficient vitality to cause appetite, or to digest food normally, it is often necessary to insist on regular meals being taken, notwithstanding the patient's distaste for food. Drowsiness and stupor after a meal are sure signs of excess, and I cannot too strongly urge temperance in diet. During my long experience of philanthropic work as an advocate of natural and hygienic living, I have only heard of a few cases of persons suffering any ill effects from eating too little, whereas cases of the opposite sort have been rather numerous. Ninety-nine per cent. of the centenarians of the world have been characterized by *abstemiousness*; however much their ways and customs may have otherwise differed, in this one respect they are practically alike – declaring that they have always been small eaters, and believers in moderation in all things.

² See Table of Food Values.

ARTISTIC COOKERY

In every household where reformed diet is adopted, effort should be made to prepare the meals in an artistic manner. If a dish is skilfully cooked and tastefully served it is not only more enjoyable but more easily digested.

The general custom in English homes is to serve vegetables in a rather slovenly style. To see how nicely such things as legumes, vegetables, salads and fruits can be prepared, one requires to go to a good French or Italian restaurant. But it is quite easy for us to learn the ways of our friends abroad, and to make our dishes look tempting and appetising.

One of the first lessons to be learned by the vegetarian cook is how to fry rissoles, potatoes, etc., *quite crisp*, and free from any flavour of oil or fat. To do this a wire basket which will fit loosely into a stewpan is necessary, and it can be purchased at any good ironmonger's shop. Nutter (refined coconut butter) is a well prepared form of vegetable fat, and it is retailed at a moderate price; it keeps for a long period and is equally useful for making pastry – three quarters of a pound being equal to one pound of butter. Where nut-butters cannot be obtained, good olive oil should be used.

The temperature of the fat or oil must be past boiling point, and should reach about 380 degrees. When it is hot enough it will quickly turn a small piece of white bread quite brown, if a finger of it is dipped in the fat. Unless this temperature is reached the articles to be fried may turn out greasy and unbearable. If the fat is heated very much beyond 400 degrees it may take fire. Haricots, lentils, and many other legumes are more tasty if made into cutlets or rissoles and fried in this manner, after being mixed with breadcrumbs and seasoning, than if merely boiled or stewed in the usual crude style.

The Art of Flavouring. The art of flavouring is also one which should be studied by every housewife. By making tasty gravies and sauces many a dish which would otherwise be insipid can be rendered attractive. The recipes for "Gravies" will prove useful on this point.

Many valuable modern scientific food products are not fully appreciated because people do not know how to serve them. Take 'Protose,' 'Nuttoria' and 'Nuttose' for instance – very useful substitutes for flesh which are made from nuts (malted and therefore half digested). If *slightly* stewed, and eaten without any flavouring, some persons dislike the distinctive taste; if, however, they are well cooked, according to the recipes printed later on in this book, and served with such garnishings as are recommended, they are usually much enjoyed, even by those who are prejudiced against all vegetarian ideas.

Cooking by Gas saves Labour. Cooking by gas appliances is more easily controlled and regulated than when the old-fashioned fire is employed, and much labour for stoking and cleaning is avoided. Those who can do so, should obtain a gas hot-plate, consisting of two or three spiral burners, and a moderate-sized gas oven. If they cannot afford the ordinary gas cooking oven, a smaller substitute can be obtained, which can be placed upon any gas jet; this is very economical for cooking single dishes, and for warming plates, etc. A gas cooking jet can be obtained for eighteenpence, and two or three of these will take the place of a hot-plate if economy is necessary. In summer-time the kitchen range is quite a superfluity unless it is required for heating bath water.

A New Mission for Women. The ordinary public know very little of the variety and delicacy of a well chosen fruitarian dietary when thoughtfully prepared; ignorance and prejudice consequently cause thousands to turn a deaf ear to the evangel of Food-Reform. All women who desire to bring about the abolition of Butchery, and to hasten the Humane Era, should therefore educate themselves in artistic fruitarian cookery, and then help to instruct others.

To illustrate the truth of these remarks I may mention that at a banquet given by the Arcadian Lodge of Freemasons, at the Hotel Cecil, in London – the first Masonic Lodge which passed a resolution to banish animal-flesh from all its banquets – one of the Chief Officers of the Grand Lodge of England attended. He came filled with prejudice against the innovation and prepared to criticise

the repast most unfavourably. In his after-dinner speech, however, he admitted that it was one of the best Masonic banquets he had ever attended, and said that if what if he had enjoyed was "vegetarian diet," he was prepared to adopt it if he found it possible to get it provided at home.

By practising the recipes which are given in the following pages, and by utilizing the hints which accompany them, readers of this book will find no difficulty in acquiring the skill which is requisite to win many from the flesh-pots, even when they cannot be induced to abandon them from any higher motives than self-interest or gustatory enjoyment.

Every woman should resolve to learn how to feed her children with pure and harmless food. Every mother should make her daughters study this art and thus educate them to worthily fulfil their domestic responsibilities. Here is a new profession for women – for teachers of high-class fruitarian and hygienic cookery will soon be greatly in demand.

WHAT TO DO WHEN TRAVELLING

The difficulty of being properly catered for when staying at Hotels was formerly a very real one, but owing to the enlightenment concerning diet which is now taking place, and the rapid increase of foreign restaurants and cafés in English-speaking countries it is becoming lessened every day. The great variety of fleshless dishes now supplied in nearly all light-refreshment restaurants, in response to the public demand, is compelling even the largest Hotels to modify their cuisine accordingly.

For breakfast it is sometimes a good plan to order what one wants the previous night, if any specially cooked dishes are required, but it is *not* advisable to inform the waiter that one is a vegetarian. It is generally possible to obtain porridge, grilled tomatoes on toast, poached or fried eggs, stewed mushrooms, etc., without giving extra trouble or exciting comment. Where these cannot be obtained, a plain breakfast of brown bread or toast and butter, with eggs, preserves and fruit should be taken.

At large hotels in our chief cities a Restaurant and a Grill Room are provided. The food-reformer should go to one of these for his dinner, rather than to the dining room, as he will then be able to obtain various simple *à la carte* dishes. One 'portion' of any particular dish will often suffice for two persons, thus enabling those whose means are limited to obtain greater variety without increasing expenditure. Care has to be exercised, however, concerning certain dishes; for instance, if macaroni is required, it is well to ask the waiter to request the cook not to introduce any chopped ham. He should be told that you wish macaroni served with tomato sauce and cheese only, in the "Neapolitan" style.

In most Continental Hotels and Restaurants the simplest, cheapest, and best plan is to take 'table d'hôte' – telling the head waiter well beforehand that the lunch or dinner is required 'maigre' (that is without flesh, just as it is usually served during Lent). A varied, well selected, and ample repast will then be supplied at a moderate cost. The same plan is best in 'Pensions.'

The general rule to be adopted in small British hotels is to think beforehand what dishes the cook is in the habit of making which are free from flesh; these should be ordered in preference to those which are strange and not likely to be understood. At the same time it is well to insist upon being supplied with anything which it is reasonable to expect the proprietor to furnish, because such action tends to improve the catering of the hotels of the country, to make it easier for other food-reformers, and to sweep away the difficulty which at present exists in some towns, of obtaining anything fit to eat in the orthodox hotel coffee rooms, except beasts, birds, or fishes.

Railway Journeys. Those who are making railway journeys can easily provide themselves with a simple luncheon basket containing fruits, sandwiches made with flaked nuts, eggs, cheese or preserves, or with such delicacies as haricot or lentil potted meat (directions for making which will be found later on, in the section devoted to Luncheon Recipes.) Travellers may perhaps be reminded that cheese and nuts contain much more nutriment than lean meat.

Food-reformers who are about to pay a prolonged visit in a private house should inform the hostess, when accepting her invitation, that they are abstainers from flesh, but that their tastes are very simple and that they enjoy anything except flesh food. As she might have erroneous ideas about the requirements of vegetarians she might otherwise feel perplexed as to what to provide. If the visitor takes fish the fact should be stated.

No Faddism. Care should be taken not to involve the hostess in any needless trouble, and she should be shown, by the simplicity of one's requirements, that she is easily capable of affording complete satisfaction. When she realizes this, she will probably take pleasure in learning something about hygienic living, and will be ready to read a pamphlet or a guide-book upon the subject, and to produce some of the dishes contained in it.

The Humane Diet Cause has been much hindered by the 'fads' of persons who have adopted very extreme views about diet and who worry themselves and other people about trifling matters in connection with their food until they are almost regarded as being pests in a household. Instead

of cheerfully partaking of anything that is provided, except flesh, they parade their scruples about almost everything on the table, and, consequently, those who entertain them vow that they will never become such nuisances themselves or entertain such again.

I have always found that by letting my friends clearly understand that I abstain from butchered flesh chiefly because of *humane reasons* and for the sake of *principle*, they respect my sentiment, and evince a desire to discuss the matter without prejudice. If fruitarianism is adopted merely as a 'fad,' discordant vibrations are often aroused because one's acquaintances consider that one is giving needless trouble by being unconventional without sufficient justification.

Sea Voyages. Those who are making a sea voyage will find that many of the large steamship companies are quite prepared to furnish substitutes for flesh-diet if an arrangement is made beforehand. In such cases there should be a clear stipulation that brown bread, dried and fresh fruit, nuts, farinaceous puddings, omelets, or dishes made with cheese, macaroni, lentils, haricots, tomatoes, etc., should be obtainable in some form and in sufficient variety. A list of a few 'specialities' (such as Protose, Nuttoria, &c.) should be furnished when a long voyage is contemplated, so that the steward may stock them.

ADVICE FOR BEGINNERS

The following suggestions will prove helpful to those who are desirous of adopting the reformed dietary: —

1. Give up flesh meat *at once* and *entirely*— replacing it by dishes made with eggs, cheese, macaroni, peas, lentils, nuts, and nut-meats. Later on you will be able to do without fish also, but it is best to proceed slowly and surely.

2. Eat *less* rather than *more*. Fruitarian foods such as the above are more nourishing than butcher's meat.

3. Try to like *simple* foods, instead of elaborate dishes that require much preparation. Avoid 'frying-panitis.'

4. Eat dry foods rather than sloppy ones; they are more easily digested. Take toast or Granose biscuits with porridge to assist proper salivation. If porridge causes trouble, use wheat or rye flakes (Manhu or Kellogg brands), with hot milk or cream, instead.

5. Do not mix stewed acid fruits with vegetables and legumes; take the former with cereals, cheese, or eggs. Green vegetables should be taken very sparingly, and with savoury dishes alone. If eaten with sweets they are apt to disagree.

6. Persons of sedentary habits should let at least one meal a day consist of uncooked fruit only — or of fruit with brown bread and butter — the bread being *well baked*.

7. Dried fruits, such as figs, dates, prunes, raisins, sultanas, etc., are very easily digested; and if blended with nuts or almonds they make a perfect meal. Such fruits may be taken freely and with advantage by almost everyone.

8. Nuts should be flaked in a nut-mill to aid digestion; cheese can also be made more easily assimilable in this way (or by cooking). Many nut products are now sold which are malted and partially pre-digested.

9. Give a few hours' thought and study to the important subject of your diet; learn what to do, and what newly-invented scientific foods are obtainable.

10. Do not make the mistake of attempting to live on potatoes, white bread, cabbages, etc., or merely upon the ordinary conventional dietary with the meat left out. Obtain and use well made and well cooked wholemeal bread every day. Take sufficient *proteid*, 1½ to 2-ozs. per day, to avoid anæmia — indigestion often results from *lack of vitality* caused through chronic semi-starvation.

11. If you feel any symptoms of dyspepsia, and can trace it to *excess* in eating, or to dietetic errors, reduce your food, fast temporarily, and take more exercise. Consider what mistakes you have made, and avoid them in the future. Eat only when hungry, in such cases.

12. If you are not getting on, obtain advice from a Doctor who is a *fruitarian* or from an experienced Food-reformer.

Commercial Dietetic Inventions

A large number of special proprietary substitutes for animal food can now be obtained to supplement the ordinary ones provided in the household. The latest particulars concerning these can always be known by reference to the advertisement pages of *The Herald of the Golden Age*, and full information as to their use is supplied by the various manufacturers. But although they are *useful* and *convenient* in many households, they are not *absolutely essential*. 'Home-made' dishes are often the best, being most economical, therefore it is advisable that all food-reformers should learn how to make nut-meats, &c., at home. Some of these substitutes are as follows: —

For Meat-Extracts: Marmite, Vegeton, Carnos, Nutril, Mapleton's Gravy Essence, Cayler's Extract, Wintox.

For Joints of Meat: Protose, Nuttose, Savrose, Fibrose, F.R. Nut-Meat, Vejola, Nuttoria, Shearn's Nut-Meat, Nutton, Brazose, Nuto-Cream Meat, Mapleton's Frittamix.

For Cold Meats: "Pitman" Nut-Meat Brawn, Ellis's Tomato and Nut Paste, Pasta-sol, Lentose, Nuska Viando, Savoury Paste, Potted Beans and Lentils.

For Meat Fat: Nutter Suet, Vegsu, Nutter, Nucoline, and Nut Margarine.

Pine Kernels, which contain 10 ozs. of oil to the pound, and which when rolled and chopped exactly resemble suet, are also an excellent substitute.

Delicious Nut-Butters are also now obtainable for high-class cookery – such as Almond, Walnut, Cashew, and Table Nutter. Although superior, these are as cheap as ordinary cooking butters.

For Lard and Dripping: Nutter, Darlene, Albene, Nut-oil, "Pitman" Vegetable Lard.

For Meat proteid: Emprote, Hygiama, Horlick's Malted Milk, Casumen Dried Milk, Gluten Meal.

For Gelatine: Agar-Agar, or Cayler's Jellies.

For Animal Soups: Mapleton's Nut and proteid Soups, and "Pitman" Vegsal Soups.

Prepared Breakfast Cereals: Manhu flaked Wheat, Rye, Barley and Oats, Kellogg Wheat and Corn Flakes, Granose Flakes and Biscuits, Shredded Wheat, Archeva Rusks, Puffed Wheat, Power, Kornules, Toasted Wheat Flakes, Melarvi Crisps and Biscuits.

For Picnic Hampers: Savage's Nut Foods or Cream o' Nuts, Wallace Cakes and Scones, Mapleton's Nut Meats, Winter's Nut Cream Rolls, "Pitman" Fruit and Nut Cakes and Nut Meat Brawn, Wallace P. R. or Ixion or Artox or "Pitman" Biscuits.

Meat Stock is substituted by vegetable stock, produced by stewing haricots, peas, lentils, etc. The latter is far more nutritious, and is free from the uric acid and excrementitious matter that are present in meat decoctions. A tasty and meaty flavour can be at once given to soups or gravies by adding some vegetable meat-extract selected from one of the varieties already mentioned.

In the following pages recipes will be found for preparing dishes which closely resemble, in taste, appearance, and nutritive value, those to which the community have been accustomed, some of them being of such a nature that persons who are fond of flesh-food find it difficult to detect whether they are eating such or not.

RELATIVE VALUES OF FOODS

How to Regulate our Diet

Our food must contain certain elements, and in proper quantity, if the body is to be well sustained, renewed and nourished. These are mainly as follows:

1. Protein to form flesh, build muscle, and produce strength.
2. Fat and Carbohydrates, to provide heat and energy.
3. Salts and minerals (such as phosphates, lime, iron, citrates, etc.) to build bones and teeth, feed the brain and nerves, and purify the body.

No hard-and-fast table or rule can be laid down concerning the proper proportions in which these elements should be combined, because the amount needful for each individual varies according to his size, the sort of work he does, the amount of physical or mental energy he puts forth, and the temperature of the atmosphere surrounding him.

Until Professor Chittenden made his extensive and conclusive series of experiments in America, in 1903-4, to determine the real amount of Protein and other elements required to keep the body in perfect health, the average estimate for a person of average size, who does a moderate amount of physical labour, was about 4-ozs. of Protein per day.

But these official experiments, conducted with scientific precision, extending over a long period, and made with thirty-four typical and carefully graded representatives of physical and mental work, demonstrated that half this amount of Protein is sufficient, and that strength and health are increased when the quantity is thus reduced; also that a smaller amount of Carbohydrate food (bread, etc.), than was previously thought necessary, is enough.

One may therefore now safely reckon that men of average size and weight (say 10 to 12 stone) doing a moderate amount of physical and mental work, can thrive under ordinary circumstances on a daily ration containing about 800 grains of Protein (nearly 2 ozs).

The following food chart will enable the reader to calculate (approximately) how much food of any particular kind is necessary to provide the above amount. Adult persons below the average size and weight, and living sedentary rather than an active physical life, will naturally require less than this normal standard. The relative cost and economy of the different foods can also thus be ascertained.

If care is taken to secure a sufficient quantity of Protein the requisite amount of Carbohydrates is not likely to be omitted, and hunger will prove a reliable guide in most cases. It is advisable, however, to see that enough Fat is taken, especially in winter, and by persons lacking in nerve force.

The table of food-values will easily enable the reader to ascertain the proportion of Fat in each kind of food.

The following indications of dietetic error may prove useful: —

Signs of Dietetic Mistakes. Excess of proteid matter causes a general sense of plethora and unbearableness, nervous prostration or drowsiness after meals, a tendency to congestion (often resulting in piles, etc.), headache, irritability, and bad temper. A continuous deficiency of it would tend to produce general weakness and anæmia.

Excess of carbohydrate matter (starch), especially if not sufficiently cooked and not well masticated, produces dyspepsia, flatulence, pain in the chest and abdomen, acidity (resulting in pimples and boils), and an inflammatory state of the system. Deficiency of it (or its equivalent, grape sugar) would produce lack of force and physical exhaustion.

Excess of fat tends to cause biliousness. Deficiency of it results in nervous weakness, neuralgia, and low temperature of the body.

Food for Brain Workers. It is important to remember that the more *physical* energy we put forth, the larger is the amount of proteid we require in our diet – and vice versa. Brain workers of sedentary habits require but little proteid, and quickly suffer from indigestion if this is taken too freely. For such, a very simple dietary consisting largely of dried and fresh fruits, nuts (flaked or ground), milk, eggs and cheese, and *super-cooked* cereals (such as wholemeal biscuits, and toast, Granose and Kellogg flakes, and well baked rice dishes) will be found to be the most suitable.

Конец ознакомительного фрагмента.

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