



Lectures on the Science of Human Life; Containing Three Lectures--Eighth, the Organs and Their Uses; Thirteenth, Man's Physical Nature and the Structure (Paperback)

By Sylvester Graham

Theclassics.us, United States, 2013. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can usually download a free scanned copy of the original book (without typos) from the publisher. Not indexed. Not illustrated. 1872 edition. Excerpt: . tribe of men on the face of the whole earth--both continents and islands--in all periods of time, when accurately understood, concur to demonstrate this general law of the human species; that, all other things being right, whether man subsists on vegetable or animal food, the more perfectly his diet is adapted in simplicity, plainness, and naturalness, to the constitutional laws of his nature, the more perfectly all the interests of that nature are sustained. LECTURE FOURTEEN. Having extensively exemplified the doctrines laid down by the general experience of mankind, so far as the importance of a plain, simple, and natural diet is concerned, we are now prepared to inquire, -- WHAT IS THE NATURAL DIETETIC CHARACTER OF MAN? The prevailing opinion on this subject, in our country and in many parts of Europe, is, that man is naturally an omnivorous animal; that the...



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