



Nutrition and Victory: Food Problems in War and Peace

Erwin Pulay

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Nutrition and Victory: Food Problems in War and Peace focuses on the problems associated with nutrition, including the use of vitamins, allergies, sicknesses, food requirements, and preparation of food.

The book first offers information on the Four Years' War, particularly noting the prevalence of infectious diseases, allergies, constipation, and hunger cedema. The text then takes a look at food requirements and vitamins. Discussions focus on vitamin sugar, bread and potatoes, vitamins A, B1, C, and D, and soya beans. The publication elaborates on the boiling of vegetables, balanced diet, dietetics in modern therapy, and acids and alkalis. The manuscript also examines epidemics, fatigue and efficiency, food and the mind, and civilization and diet.

The text is a variable source of information for readers interested in nutrition.



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