



The Home Hand-Book of Domestic Hygiene and Rational Medicine Volume 1

John Harvey Kellogg

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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. 1891 Excerpt: ... equaling in size a small marble. Combining many observations, it was found that cheese, on an average, contains in every pound nearly twice as many germs as there are people upon the face of the earth. Notwithstanding these scientific facts, there are doubtless many persons who will continue to consume, under the name of "cheese," the usual quantity of decayed milk; and after swallowing some millions of microbes at a meal, will wonder why they suffer from sour stomach, heart-burn, flatulence, biliousness, and a variety of other symptoms which are due to germs. Effect of Diet upon Meat, Milk, and other Animal Foods.--The effect of food upon the flesh of animals in rendering it unwholesome has already been referred to in another connection. We wish only to call attention here to a few of the more common dangers. In certain parts of the country and at certain times of the year, the flesh and milk of cows is rendered unwholesome by their eating plants poisonous to human beings. There is reason to believe that both the flesh and the eggs of fowls are affected in a similar manner, by the use of bad food. Both fowls and hogs are very apt to eat carrion and other foul substances which come in their way, which cannot be otherwise than detrimental to their flesh and to the eggs of fowls. This subject has received little or no attention, but we believe it to be important. It is well known that in certain parts of the country some varieties of birds, especially pheasants, are likely to be poisonous. This is said to be the case in Pennsylvania, where it is supposed to be due to their eating laurel buds. Fish of some kinds are sometimes poisonous at certain seasons of the year, and some varieties of fish are always poisonous, producing death when eaten, almos...

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