

**DIET AND HEALTH,
WITH KEY TO
THE CALORIES**

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Diet and health, with key to the calories by Lulu Hunt Peters

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LULU HUNT PETERS

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By

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Chicago

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Diet and Health

Dedicated
by permission to

Herbert C. Hoover

in whose capable hands
lies the gigantic task
of feeding the world

Excerpt from Editorial
in the
California State Journal of Medicine

"Diet and Health, with Key to the Calories" is an entertaining and vastly instructive book by Dr. Lulu Hunt Peters. It would be worth while for every doctor to have a copy, even though the book is designed for lay consumption. The attention of the obese is secured at the very start by the declaration that "in war time it is a crime to hoard food, yet hundreds of thousands are hoarding food, and that one of the most precious of all foods. They have vast amounts of this valuable commodity stored away in their own anatomy."

The point is well taken, and it ought to be considered a patriotic disgrace in these war times for any individual to exhibit or harbor undue embonpoint. While we doctors are thus preaching, let us turn a timely eye toward our own proportions. For charity begins at home and so should patriotism. Physical efficiency is a patriotic duty for men and women alike. Obesity is lese majeste. Let us be patriotically thin. And read Dr. Peters' book.

Illustrated by
The Author's Small Nephew
Dawson Hunt Perkins
The little rascal

Read This First

I am sorry I cannot devise a key by which to read this book, as well as a Key to the Calories, for sometimes you are to read the title headings and side explanations before the text. Other times you are supposed to read the text and then the headings. It really does not matter much as long as you read them both. Be sure to do that. They are clever. *I wrote them myself.*

I have been accused of trying to catch you coming and going, because I have included in my book the right methods of gaining weight, as well as those for losing weight. But this is not the reason—though I don't object to doing that little thing—the reason is that the lack of knowledge of foods is the foundation for both over weight and under weight.

I did want my publishers to get this out in a cheaper edition, thinking that more people could have it, and thus it would be doing more good; but they have convinced me that that idea was a false claim of my mortal mind, and that the more you paid for it, the more you would appre-