

FOOD

ITS INFLUENCE AS A FACTOR
IN DISEASE AND HEALTH

By

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"Care of Children," "Impaired Health, Its Cause
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"Diseases of Women and Easy Childbirth,"
"Venereal Diseases."



*The haphazard style of eating that prevails, and is
popular, is a builder of disease and crime*



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FOREWORD



FOOD is not a book describing the different articles of food; it is not a book of menus; neither is it a book of formulas and instructions of how to cook or prepare dishes; it does, however, give a number of menus for winter and summer eating, with a few comments on same.

“Food,” per se, is, if technically classified, a book on the pathological, etiological, and therapeutical action of food on the body in health and in disease.

Average people, the same as average professional men (physicians), eat in a haphazard way; their lives are lived in a haphazard manner; and, what is worse, many professional men declare that they know nothing about diet; that, indeed, there is not anything to know about it; that people should eat what they want, when they want, all they want, and as often as they want. This sentiment is promulgated in the face of the great truths that have been discovered in stock-growing—in the improvements made in the lives of animals and plants.

Aside from injuries and the derangement sequential, disease comes from the labor incident to man's struggle for existence, and the wear and tear necessary to maintain a physiological balance.

Food is necessary for growth and the supply of waste, and, in the procuring and eating of food, man meets with abuses galore that injure his health, bringing on disease and premature death.

The subject of food is large, and in “Food” I have endeavored to give much general information regarding the relationship of diet to health and disease.

J. H. TILDEN.

DEDICATION

TO people who are
looking for truth
on the subject of
food in its relation-
ship to health and di-
sease.

INTRODUCTORY



THE first edition was so large I never expected to see the end of it, but the end came, and the end also of some of the ideas I advanced in that edition. I have revised and rewritten, but the foundation—the **Toxin Theory**—as I have worked it out stands, and it will stand so long as time lasts, for it is founded on **ultimate truth**—fundamentals—that can't change.

My **Toxin Theory** covers the whole field of disease, and is the only **rational explanation** of Cause and Effect as related to **Health and Disease**; and, of course, being fundamental it is the key to ethics, social and political economy, applicable alike to domestic, national and international ethics and economics! How do I know? Because truth is unchanging and eternally applicable!

Theoretically all workable minds agree with me, but in the application, convention, selfishness, superstition, and commercialism have rendered the reasoning power impotent, and as a consequence fallacious reasoning pierces the skies with its towers, exhausts wealth with its foundations, rends the earth with its wars, and converts universal sanity into insanity!

The **Toxin Theory** is not a Tilden theory, any more than the gravitation theory—the mathematical theory of the universe—is a Newton theory; or the globular theory of the earth a Galileo theory. These theories are explanations of facts—great truths—as they exist in nature; they have been, are, and will continue when there will be no humans to be sick—when there will be no apples to fall—when there will be no earthly globe to roll on its axis.

There is tether attaching everything pertaining to man back to fundamental principles, and when this attachment is understood and traced back, mystery, mysticism, false theories vanish, and truth—the knowing how to do things—is made easy even for the novice.

Only yester ethical medicine would persecute and prosecute those who would teach the layman how to cure himself; and today only quacks teach the people how to cure themselves.

Toxemia explains why people are sick. The food books, familiarize those who read them with the causes, in every-day life, that bring discomfort and disease, enabling the student to avoid the contingency of disease; but if disease has already appeared, then the knowledge can be used in removing cause and allowing nature to cure; for the power to cure disease resides in the organism itself, and is not delegated to doctors (fetichmen) or gods; and immunization, as interpreted by the **Toxin Theory** of the fundamentals on which it rests and interpreted by this book, consists in keeping nature's laws inviolate.

All other systems of so-called healing encourage man in breaking law, by offering cures and immunization to disease, declaring that disease does not exist, or its cause is an entity that can be overcome by exorcism.

Modern medical science is not a science at all, but the rankest materialism damned, if possible, by commercialism.

The "Food Books" should appeal to any mind not rendered impotent by this age of selfish sensualism.

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