

The N.C.R Volume 17

THE N.C.R. VOLUME 17



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Reviews

This type of publication is almost everything and helped me looking forward and much more. I am quite late in start reading this one, but better then never. You wont really feel monotony at whenever you want of your own time (that's what catalogs are for relating to if you ask me).

(Prof. Buddy Leuschke)

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Rarebooksclub.com, 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. 1904 edition. Excerpt: .Athletes and Soldiers Tested. To determine whether the commonly accepted dietary standards represent the actual needs of the human organism or merely indicate what men are in the habit of eating was the object of the research. It was through Mr. Fletcher s appeal to the Secretary of War that the soldiers were allowed to volunteer for the test, and his claim that careful attention to mastication and insalivation resulted in great economy of food was carefully borne in mind. Professor Chittenden s detailed report is still to come, but Mr. Fletcher s main contention is admitted to have been amply confirmed. In Mr. Fletcher s own words to an Express representative: The professor s experiment, based upon discoveries by myself and my colleagues during a period of six years, shows that by feeding the human machine on from one-third to one-half of what it has been taught to consume, more than double the ordinary strength, endurance and general efficiency can be maintained. Better Than Being in Training. By eating less, we learn, the subjects of the tests become stronger. It means, declared Mr. Fletcher, kceness, elasticity, mental alertness, and a surplusage of energy always at command, a constant tone of muscular fitness which makes it possible to indulge in unusual mental or physical exercise without fear of muscular fatigue--in short, it is an improvement on what is generally known as being in training, or in the pink of condition. Here, surely, is a...

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