



## Colon Hygiene; Comprising New and Important Facts Concerning the Physiology of the Colon and an Account of Practical and Successful Methods of Combati (Paperback)

By John Harvey Kellogg

Theclassics.Us, 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. 1915 edition. Excerpt: . Bowel Habits of Uncivilized Man Civilized human beings have departed so far from natural primitive modes of life, and have adopted so many unphysiologic practices, that it is quite impossible from the conventional usages of civilized people, to form any just conclusion of what are natural or biologic modes of life for human beings. This is particularly true of customs and habits in relation to human alimentation. From a study of the modern hotel bill of fare one could not possibly obtain even a suggestion of man's primitive and biologic diet. The natural conclusion would be that man is a universal feeder, since the average hotel menu presents practically everything that any animal eats; but biology teaches us that man is naturally frugivorous, and science offers no reason why he should have departed from his original bill of fare, to which his...



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