



Directions for Cooking by Troops, in Camp and Hospital (American Antiquarian Cookbook Collection)

Florence Nightingale

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During the Civil War, this edition of Florence Nightingale's classic volume on nutrition for the military was published by the Army of Virginia, but the book was also published in the North by order of the surgeon general. The introduction of nutrition into American military food prevented some losses from malnutrition and poor sanitation and could have saved more if Nightingale's recommendations had been more widely implemented. Her book contains recipes to maintain health and to feed hospital patients suffering from scarlet fever, typhoid, dysentery, and many medical conditions. It was based on her experience with soldiers in the Crimean War. Her attention to food as being linked to particular ailments and conditions was not a completely new idea, but in the armies, doctors usually assumed that invalids could eat the same ration given to men in the field. A healthy soldier could barely chew the hardtack supplied to troops, so it was impossible for a man suffering from a jaw wound. Nightingale's recipes took this distinction into account, and they were designed to include specific nutrients she had come to recognize as important during her earlier wartime experiences, emphasizing meat and milk (for protein) and whole grains, fruits, and vegetables (for carbohydrates). Thirty-five years later, essentially similar recommendations would emerge in the first *U.S. Family Food Guide* (1916).

This edition of *Directions for Cooking by Troops, in Camp and Hospital* was reproduced by permission from the volume in the collection of the American Antiquarian Society, Worcester, Massachusetts. Founded in 1812 by Isaiah Thomas, a Revolutionary War patriot and successful printer and publisher, the society is a research library documenting the lives of Americans from the colonial era through 1876. The society collects, preserves, and makes available as complete a record as possible of the printed materials from the early American experience. The cookbook collection comprises approximately 1,100 volumes.

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This Directions for Cooking by Troops, in Camp and Hospital (American Antiquarian Cookbook Collection) book is absolutely not ordinary book, you have it then the world is in your hands. The benefit you receive by reading this book is definitely information inside this reserve incredible fresh, you will get information which is getting deeper you read a lot of information you will get. This specific Directions for Cooking by Troops, in Camp and Hospital (American Antiquarian Cookbook Collection) without we know teach the one who reading it become critical in considering and analyzing. Don't always be worry Directions for Cooking by Troops, in Camp and Hospital (American Antiquarian Cookbook Collection) can bring whenever you are and not make your carrier space or bookshelves' turn into full because you can have it in your lovely laptop even cell phone. This Directions for Cooking by Troops, in Camp and Hospital (American Antiquarian Cookbook Collection) having excellent arrangement in word and layout, so you will not experience uninterested in reading.

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A lot of people always spent their own free time to vacation as well as go to the outside with them family members or their friend. Were you aware? Many a lot of people spent these people free time just watching TV, as well as playing video games all day long. If you wish to try to find a new activity here is look different you can read some sort of book. It is really fun for yourself. If you enjoy the book that you read you can spent all day long to reading a e-book. The book Directions for Cooking by Troops, in Camp and Hospital (American Antiquarian Cookbook Collection) it is extremely good to read. There are a lot of folks that recommended this book. These folks were enjoying reading this book. In the event you did not have enough space to deliver this book you can buy the e-book. You can m0ore quickly to read this book out of your smart phone. The price is not to fund but this book possesses high quality.

Houston Estes:

The book untitled Directions for Cooking by Troops, in Camp and Hospital (American Antiquarian Cookbook Collection) contain a lot of information on that. The writer explains the woman idea with easy means. The language is very easy to understand all the people, so do not worry, you can easy to read it. The book was written by famous author. The author brings you in the new period of time of literary works. You can easily read this book because you can continue reading your smart phone, or device, so you can read the book within anywhere and anytime. In a situation you wish to purchase the e-book, you can open their official web-site in addition to order it. Have a nice learn.

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