



A Handbook of Health by Woods Hutchinson (World Cultural Heritage Library)

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A Handbook of Health by Woods Hutchinson (World Cultural Heritage Library) Woods Hutchinson An adequate supply of clean-burning food-fuel for the human engine is so absolutely fundamental both for health and for efficiency - we are so literally what we have eaten - that to be well fed is in very fact twothirds of the battle of life from a physiological point of view.



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