



Vegetable Diet - As Sanctioned by Medical Men, and by Experience in All Ages

William Andrus Alcott

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This fascinating book contains a detailed treatise on the employment of a vegetable-only diet for humans, with comments on the viability and safety of such a regimen. The information contained herein is the product of the experiences and testimonies of over one hundred individuals, all of whom were of considerable distinction in society, and many of whom were experts in the fields of hygiene, anatomy, physiology, pathology, medicine, or surgery. The intention of this book is nothing more than to prove that a vegetable diet is safe, rather than to champion it over a traditional diet. Vegetable Diet is a great book for anyone with an interest in the benefits and dangers of a vegetarian diet, and will prove to be of considerable value for existing or prospective vegetarians. This antique text was originally published in 1838, and we are proud to republish it now, complete with a new introduction on the subject.

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