



Unpolished Rice, the Staple Food of the Orient: A Lecture to the Vegetarian Society of America, to Which Is Added Over One Hundred Receipts for Cooking Unpolished Rice, Rice Flour, Rice Polish, and

By Henry Stephen Clubb

Forgotten Books, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Excerpt from Unpolished Rice, the Staple Food of the Orient: A Lecture to the Vegetarian Society of America, to Which Is Added Over One Hundred Receipts for Cooking Unpolished Rice, Rice Flour, Rice Polish, and Testimonials of Eminent Food Reformers My attention was called to the subject of rice, by observing the great muscular development and strength Of the athletes of Japan, who are said to train chie?y, if not entirely, on a diet of rice. A correspondent in Connecticut inquired if I could procure him a sample of Japanese rice, as he had understood it was richer in protein or ?esh-forming element than the South Carolina rice commonly grown in this country. Wheat here is considered so much richer in flesh-forming ele ments that rice in the Middle, Western and Northern States is used only as a dessert, in the form Of puddings, or blanc mange, whereas in the Southern, or rice - producing, states, it is served daily as a vegetable, largely taking the place Of white potatoes in the daily meals. About the Publisher Forgotten Books publishes hundreds of thousands...



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