CONTENTS

SE	CTION I: OUR FOOD SUPPLY A HISTORY	
1.	Man Finds His Food	2
2.	Processing the Cereal Grains	14
3.	Food Preservation	27
4.	Manufactured Foods	42
5.	Imports	56
SE	CTION II: LEGAL REGULATIONS	
6.	There Ought to be a Law	68
7.	There is a Law	79
8.	Still Another Law	91
SE	CTION III: THE NUTURE OF FOOD AND DIGESTION	
9.	Why Do We Eat?	108
10.	How Much Should We Eat?	119
11.	What is Food?	133
12.	Digestion	145
SE	CTION IV: THE ESSENTIALS OF NUTRITION	
13.	What Must We Eat?	152
14.	Essential Minerals	164
15.	Trace Elements	172
16.	Salt and Water	178
SE	CTION V: THE VITAMINS	
17.	Discovery of the Vitamins	184
18.	Fat Soluble Vitamins	194
19.	Water Soluble Vitamins	202
SE	CTION VI: OUR FOOD SUPPLY THE FUTURE	
20.	What Now What Next?	216
	Bibliography	228
	General References	232
	Appendix: A Useful Table	234
	Index	236