



## Bulletin of the Committee of One Hundred on National Health: Being a Report on National Vitality, Its Wastes and Conservation; Prepared for the National Conservation Commission; July, 1909 (Classic Reprint) (Hardback)

By Irving Fisher

Forgotten Books, 2017. Hardback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Excerpt from Bulletin of the Committee of One Hundred on National Health: Being a Report on National Vitality, Its Wastes and Conservation; Prepared for the National Conservation Commission; July, 1909 Sec. 2. Alcohol and fatigue - The Committee of Fifty found that alcohol gives no persistent increase of muscular power. It is well understood by all who control large bodies of men engaged in physical labor that alcohol and effective work are incompatible. Rivers, writing on the influence of alcohol on fatigue, found that when workmen were provided with a moderate amount of wine it resulted in a considerable diminution of their Capacity for work. Sec. 3. Tobacco and fatigue - Athletes recognize that smoking interferes. With one's wind or staying power. Inhaling tobacco smoke brings carbon-monoxide directly into the blood stream. It is found that smoking increases blood pressure, which fact possibly partly explains the reduction in. Endurance. Sec. 4. Diet and fatigue - When excessive amounts of the protein element in food (exemplified in white of egg or the lean part of meat) are taken, they. Putrefy in the large...



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