



# Directions for Cooking by Troops, in Camp and Hospital (American Antiquarian Cookbook Collection)

*Florence Nightingale*

Download now

[Click here](#) if your download doesn't start automatically

# Directions for Cooking by Troops, in Camp and Hospital (American Antiquarian Cookbook Collection)

*Florence Nightingale*

## **Directions for Cooking by Troops, in Camp and Hospital (American Antiquarian Cookbook Collection)** Florence Nightingale

During the Civil War, this edition of Florence Nightingale's classic volume on nutrition for the military was published by the Army of Virginia, but the book was also published in the North by order of the surgeon general. The introduction of nutrition into American military food prevented some losses from malnutrition and poor sanitation and could have saved more if Nightingale's recommendations had been more widely implemented. Her book contains recipes to maintain health and to feed hospital patients suffering from scarlet fever, typhoid, dysentery, and many medical conditions. It was based on her experience with soldiers in the Crimean War. Her attention to food as being linked to particular ailments and conditions was not a completely new idea, but in the armies, doctors usually assumed that invalids could eat the same ration given to men in the field. A healthy soldier could barely chew the hardtack supplied to troops, so it was impossible for a man suffering from a jaw wound. Nightingale's recipes took this distinction into account, and they were designed to include specific nutrients she had come to recognize as important during her earlier wartime experiences, emphasizing meat and milk (for protein) and whole grains, fruits, and vegetables (for carbohydrates). Thirty-five years later, essentially similar recommendations would emerge in the first *U.S. Family Food Guide* (1916).

This edition of *Directions for Cooking by Troops, in Camp and Hospital* was reproduced by permission from the volume in the collection of the American Antiquarian Society, Worcester, Massachusetts. Founded in 1812 by Isaiah Thomas, a Revolutionary War patriot and successful printer and publisher, the society is a research library documenting the lives of Americans from the colonial era through 1876. The society collects, preserves, and makes available as complete a record as possible of the printed materials from the early American experience. The cookbook collection comprises approximately 1,100 volumes.

 [Download Directions for Cooking by Troops, in Camp and Hosp ...pdf](#)

 [Read Online Directions for Cooking by Troops, in Camp and Ho ...pdf](#)

## **Download and Read Free Online Directions for Cooking by Troops, in Camp and Hospital (American Antiquarian Cookbook Collection) Florence Nightingale**

---

### **From reader reviews:**

#### **Lewis Lin:**

Often the book Directions for Cooking by Troops, in Camp and Hospital (American Antiquarian Cookbook Collection) will bring that you the new experience of reading a new book. The author style to elucidate the idea is very unique. In the event you try to find new book to study, this book very acceptable to you. The book Directions for Cooking by Troops, in Camp and Hospital (American Antiquarian Cookbook Collection) is much recommended to you to see. You can also get the e-book from the official web site, so you can more readily to read the book.

#### **Maria Asbury:**

This Directions for Cooking by Troops, in Camp and Hospital (American Antiquarian Cookbook Collection) is great guide for you because the content which can be full of information for you who have always deal with world and get to make decision every minute. This kind of book reveal it info accurately using great organize word or we can say no rambling sentences within it. So if you are read the item hurriedly you can have whole information in it. Doesn't mean it only offers you straight forward sentences but hard core information with splendid delivering sentences. Having Directions for Cooking by Troops, in Camp and Hospital (American Antiquarian Cookbook Collection) in your hand like getting the world in your arm, info in it is not ridiculous 1. We can say that no e-book that offer you world throughout ten or fifteen second right but this e-book already do that. So , this is certainly good reading book. Hey there Mr. and Mrs. stressful do you still doubt that?

#### **Lynda Alford:**

In this period globalization it is important to someone to get information. The information will make someone to understand the condition of the world. The fitness of the world makes the information better to share. You can find a lot of recommendations to get information example: internet, paper, book, and soon. You will see that now, a lot of publisher that will print many kinds of book. The actual book that recommended for you is Directions for Cooking by Troops, in Camp and Hospital (American Antiquarian Cookbook Collection) this e-book consist a lot of the information on the condition of this world now. This particular book was represented how can the world has grown up. The language styles that writer require to explain it is easy to understand. Often the writer made some analysis when he makes this book. Here is why this book appropriate all of you.

#### **Warren Cruz:**

That publication can make you to feel relax. This specific book Directions for Cooking by Troops, in Camp and Hospital (American Antiquarian Cookbook Collection) was vibrant and of course has pictures on the website. As we know that book Directions for Cooking by Troops, in Camp and Hospital (American Antiquarian Cookbook Collection) has many kinds or type. Start from kids until young adults. For example

Naruto or Detective Conan you can read and feel that you are the character on there. Therefore , not at all of book are make you bored, any it offers up you feel happy, fun and loosen up. Try to choose the best book for you personally and try to like reading in which.

**Download and Read Online Directions for Cooking by Troops, in  
Camp and Hospital (American Antiquarian Cookbook Collection)  
Florence Nightingale #J3X096FN8BI**

## **Read Directions for Cooking by Troops, in Camp and Hospital (American Antiquarian Cookbook Collection) by Florence Nightingale for online ebook**

Directions for Cooking by Troops, in Camp and Hospital (American Antiquarian Cookbook Collection) by Florence Nightingale Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Directions for Cooking by Troops, in Camp and Hospital (American Antiquarian Cookbook Collection) by Florence Nightingale books to read online.

### **Online Directions for Cooking by Troops, in Camp and Hospital (American Antiquarian Cookbook Collection) by Florence Nightingale ebook PDF download**

#### **Directions for Cooking by Troops, in Camp and Hospital (American Antiquarian Cookbook Collection) by Florence Nightingale Doc**

**Directions for Cooking by Troops, in Camp and Hospital (American Antiquarian Cookbook Collection) by Florence Nightingale Mobipocket**

**Directions for Cooking by Troops, in Camp and Hospital (American Antiquarian Cookbook Collection) by Florence Nightingale EPub**