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## NINETEENTH CENTURY POTTERY AND PORCELAIN IN CANADA

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[the world being built from a few fundamental food factors has certain quite constant characteristics hence the displacing groups herewith considered](#)

[As a further approach to our problem it is important to keep in mind that in general the wild animal life has largely escaped many of the degenerative processes which affect modern white peoples we ascribe this to animal instinct in the matter of food selection it is possible that man has lost through disuse some of the normal faculty for consciously recognizing body requirements in other words the only hunger of which we now are conscious is a hunger for energy to keep us warm and to supply power in general we stop eating when an adequate amount of energy has been provided whether or not the body building and repairing materials have been included in the food the heat and energy factor in our foods is measured in calories in planning an adequate diet a proper ratio between body building and energy units must be maintained it is important to keep in mind that while the amount of body building and repairing material required is similar for different individuals of the same age and weight it is markedly different for two individuals one of whom is leading a sedentary and the other an active life similarly there is a great difference between the amount of body building and repairing material required by a growing child or an expectant mother and an average adult](#)

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[The advance in our knowledge of body building and body repairing materials from a biochemical standpoint makes it possible even with our limited knowledge of organic catalysts to draw comparisons between the primitive and modernized dietaries if we use the generally accepted minimal and optimal quantities of the various minerals and vitamins required as indicated by sherman 1 we shall have at once a yardstick for evaluating the primitive dietaries](#)  
[Of the eighteen elements of which the human body is composed all of which are presumably essential several are needed in very small quantities a few are required in liberal quantities the normal adult needs to receive from the foods eaten one half to one gram of calcium or lime per day few people receive more than one half of the minerals present in the food the requirements of phosphorus are approximately twice this amount of iron we need from one seventh to one third of a gram per day smaller amounts than these are required of several other elements in order to utilize these minerals and to build and maintain the functions of various organs definite quantities of various organic catalysts which act as activating substances are needed these include the known and unknown vitamins](#)  
[Unlike some experimental animals human beings have not the ability to create some special chemical substances not elements such as vitamins within their bodies several animals have this capacity for example scurvy which is due to a lack of vitamin c cannot be produced readily in rats because rats can manufacture vitamin c similarly rickets cannot be produced easily in guinea pigs because they can synthesize vitamin d the absence of vitamin d and adequate minerals produces rickets in young human beings neither rickets nor scurvy can be produced readily in dogs because of the dogs capacity to synthesize both vitamins c and d we are not so fortunate similarly the absence of vitamin b1 produces in birds and man severe nervous system reactions such as beri beri these symptoms are often less pronounced or quite different in other animals](#)  
[From our knowledge of the dietaries used by the various primitive racial stocks we can calculate the approximate amounts of the minerals and vitamins provided by those dietaries for comparison with the amounts provided by modernized foods our problem is simplified by the fact that the food of the white man in various parts of](#)