

9. The human race is spread all over the world, from the polar regions to the tropics. The people of which it is made up, eat different kinds of food, partly according to the climate in which they live, and partly according to the kind of food which their country produces. Thus, in India, the people live chiefly on different kinds of grain, eggs, milk, or sometimes fish and meat. In Europe the people eat more flesh and less grain. In the Arctic regions, where no grain and fruits are produced, the Eskimo and other races live almost entirely on flesh, especially fat.



The men of one race are able to eat the food of another race, if they are brought into the country inhabited by the latter ; but as a rule they still prefer their own food, at least for a time—owing to custom. In hot climates, flesh and fat are not much needed ; but in the Arctic regions they seem to be very necessary for keeping up the heat of the body.

The kind of food eaten also depends very often on custom or habit, and sometimes upon religion. Brahmins will not touch meat ; Mohammedans and Jews will not touch the flesh of pigs. Most races would refuse to eat the flesh of many unclean animals, although, quite possibly, such flesh may really be quite wholesome.

All races of mankind have their own different ideas on this matter. Thus the English used to laugh at the French because the latter ate frogs' legs and some kind of snails ; the Australians dislike rabbits although the English eat them ; and the Burmese eat the flesh of crocodiles and elephants.

Nevertheless there are many reasons for these likes and dislikes. Thus, swine in eastern countries are very dirty feeders, whereas in Europe they are kept on clean food. The result is that their flesh is eaten in Europe but not in India. Men dislike eating the flesh of all draught animals. Hence the Englishman will not eat horse-flesh, and the Hindu will not touch the flesh of cattle.

Lastly, certain savage peoples used to be cannibals—that is to say, they ate human flesh—though this custom has now fortunately almost ceased throughout the whole world.

There is another reason for disliking certain kinds of flesh, and a very good reason too. It is because these kinds are apt to contain dangerous parasites, which may get into the blood of those who eat the flesh. Certain kinds of swine, for example, are dangerous as food, as their flesh contains a parasite in the form of a little worm.

Factors Affecting Dietary Habits

Different human races around the world ~~are~~ rely on various kinds of food. This variation depends on climate and ^{the} local food produced in their region. People in hot climatic region rely more on grain, meat, and dairy while Arctic dwellers eat more flesh and fat to keep their bodies warm. Moreover, different religions and customs have varying believes regarding food. A wholesome food in one religion may be untouchable in other, some extinct tribes even ate human flesh in the past. Furthermore, human likes and dislikes are also shaped according to the kind of feed of those animals and also the kinds of parasites they may carry that would be dangerous for human health.

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