

DIET, THE WAY TO HEALTH

A complete course of instructions in the correct
use and combination of food in health
and disease



✓ REUBEN SWINBURNE, 1913

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Chicago, 1902.

Published at
"Beverly Hall"
Quakertown, Pa.

"Dietetics"

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INTRODUCTION TO FIRST EDITION

Fifteen years ago I was persecuted for writing and publishing as follows:

"Dietary science is the most modern form of healing known. It is the best, because it eliminates the cause of diseases instead of treating the effects. Modern medicine has discovered the secret of doing this. Instead of treating the effects, it treats the cause, and therefore brings about a sensible, logical, readjustment. Instead of dosing the patient with drugs that are poisonous and habit forming, instead of lulling the pain and discomfort with temporary relief, it goes to the seat of the trouble and corrects that condition which was the original cause; by restoring the stomach to a healthy, normal and vigorous state, cleansing the blood of impurities and the body toxins, and the tissues of accumulated waste, it banishes the pains and aches, the dizziness, the flatulency, the headaches and lack of vitality, the torpidity of the liver, the inactivity of the kidneys, and makes you well. It restores the blood to that vitalized, life-giving healthfulness that makes for real health of the whole body.

"Food is the basis of life! A philosopher said: "Tell me what you eat and I will tell you what you are." We say: "Let us dictate your food and we will indicate you the road to health and long life."

"To be well, to be strong, to be vigorous in body and mind, it is necessary to do three things:

First—You must use the foods that are easiest to digest, and that give the greatest amount of life force to the system.

"Second—You must use the food that is most *natural*.

"Third—You must combine the foods so that they preserve the natural balance of the body, and will not induce constipation, the cause of so many bodily disorders.

"It must be remembered that the body is a most delicately adjusted piece of mechanism, each part co-related to the others, that when the balance is destroyed, the whole mechanism is out of running order. To preserve this balance and to keep the whole system running smoothly and without friction, it must be supplied with the proper fuel, the proper lubricants, and the correct amount of exercise to keep it from growing rusty from misuse.

"Do not imagine this dietary course difficult to follow, or that it will deprive you of all things worth while. This is not the case. The diet can be so arranged as to make your meals just as attractive, just as varied and as palatable as ever. It does not mean that you must confine yourself to a few articles of food doing without everything else. It does not require you to eat less food than you really need. It merely prescribes a balanced diet of the various food elements indicated in your individual case, and tells you of a few you should avoid, and how to make your food give you the best results by a proper allowance of each variety. Some foods are builders, others supply energy, while some furnish the heat. Some make bone, others muscle, while some cleanse the system and aid the process of elimination; some assist the digestion, others are cleansers of the system and blood sources. Therefore to get the proper balance required for best results, it is necessary to know thoroughly the character and characteristics of the various foods. The preparation of a proper dietary to suit varying cases is not a haphazard matter. To know just how to balance the rations properly, one must be thoroughly qualified, and know every characteristic and component of the various foods. This is not given to the layman, nor is it possible for him to know just how to obtain the right balance of food values,

"Dietetics is not a fad. There have been food fads in the past, and there are such in existence today. To differentiate between a diet fad and a course in dietetics, is important. We have nothing special to say about diet fads; they come and go, serve their purpose, but have nothing to do with a serious course in dietetics. The one is harmless and useless, appealing to the fancies of the hour, the other is a science based on accurate knowledge, and capable application in the treatment of the human body for almost all ills. Diet fads have served to awaken an interest in the merits of real diet. The Milk Diet, Potato diet, Grape diet; the Cereal and the Vegetable diet, all have merit in certain cases, but universal healing by their use is impossible.

"The human body requires nourishment; it requires certain elements to restore the tissues destroyed by expenditures of energy and heat. Certain kinds of food serve one purpose, others serve entirely different. Therefore, if we wish to preserve the proper balance it is necessary to regulate the food supply to meet the requirements. If you take too much fat into the system the body is unable to dispose properly of the surplus. It is deposited in the layers of tissues throughout the body, accumulates in the shields of tissue which surround and protect the vital organs, and becomes waste matter which weakens the body.

"Too much acidity has its effects on the system, being taken up by the circulation and carried through the various organs, where it produces a super-abundance of bile, uric acid, fermentation in the bowels, and what is known as Acidosis.

"When the food is digested, it is first acted upon by the secretions of the salivary glands. Improper mastication causes many attacks of indigestion, by retarding the flow of the gastric juices and other important processes; forcing the digestive organs to perform a duty which should have been completed by the teeth. With the addition of saliva, the food is carried into the stomach where the digestive and gastric juices attack it and reduce it to a fine pulp. This is then carried on into the intes-

tines where the process of assimilation begins. The process of digestion requires from three to seven hours, according to the nature of the food. When it is thoroughly digested and has gone through the various processes of disintegration through which it must pass, it descends to the colon, remaining in the caecum from ten to fourteen hours, to permit the absorption or assimilation of the vital and nourishing elements. These elements are then taken up by the blood, and distributed to the various parts of the body. This is the life-giving, energy-producing and body-building routine through which all food taken into the human body must pass.

“A disturbance of this condition upsets the whole system, and if the faecal matter is retained too long in the caecum it ferments, then putrefies and forms those toxins which poison the source of the blood and wreck the health. If you furnish your body with too many units of a certain element of food, that over-supply becomes a burden, and the food as a whole will not be properly treated in the various processes, with the result that the blood is forced to take up elements not required, and does not receive others needed.

“You may say that a vigorous, healthy, young body will throw off impurities. This is true to a certain extent, but the repeated use of improper food, overtaxes the glands which secrete the digestive juices of the stomach and intestines, with the result that they soon cease to respond, so weakened do they become from overwork. A strong, vigorous body can often take food of all kinds, and indulge in excess of drink and solids and still keep well. It is playing with fire, however, and the conditions mentioned above are gradually being induced, and the body will pay for those excesses at some later day.

“Constipation is the worst enemy of health of which we know. To remedy this trouble it is futile to keep dosing the body with drugs and laxatives. These merely bring temporary relief, and do not produce a cure. They dissolve the contents of the lower bowels but do not scour the colon or remove the

accumulations that have adhered to its lining. This faecal matter hardens and attacks the lining membranes of the bowels, and causes such serious disorders as inflammation, ulceration, hardening of the walls, and many others. Even tuberculosis has been traced to this.

"Rheumatism, blood diseases, skin diseases, appendicitis, gout, gall stones, dropsy, biliousness, neurasthenia, sick headache, catarrh, cancer, etc., all these are very often caused indirectly by the accumulation of faecal matter in the large intestines. This faecal matter is resultant in practically all cases of wrong foods, or incorrect combinations of right food; by an over-supply of starches and sugars, without enough of cellulose so essential to the keeping clean of the assimilative tract. Not alone is food value required, but bulk as well, because it is only through bulk that the peristaltic action of the bowels can be kept normal.

"The process of aging is itself directly caused by destructive bacteria; the great scientist, Prof. Metchnikoff, declared old age to be due to the preponderance of a destructive bacteria, and proposed combating it with another culture of bacteria which would be inimical to the old age germ.

"Dr. W. H. Hammond, ex-surgeon of the United States Army, declared that with the knowledge of physiology and the science of life we possess today, there is no reason why the human body should ever deteriorate; that from a scientific standpoint, man should, barring accidents, be able to live indefinitely.

"Physiologically, the body should live far beyond the ordinary three score years and ten, and anyone should be able to rival the characters of the Bible who lived for centuries.

"The principal theory on which this claim is founded, is the modern discovery that both the destructive and the constructive processes of the human body are far more rapid than was formerly supposed.

"The destruction of tissue and its rehabilitation day by day is so great it is practically certain that a normal, healthy and

vigorous human body is completely destroyed and renewed once a year or sooner. Every part, every organ, every protoplasmic cell, destroyed and rebuilt once in every twelve months, hence *the body never grows old* as long as it is normal, healthy and vigorous. It is only when the body deteriorates from improper functional conditions that this renewing process ceases and the tissues then become old, vitiated, and the evidences of age manifests itself.

"The normal, healthy, vigorous body should receive only such food as it can absorb and eliminate by natural processes. When it ceases to have these characteristics, then you eat more than you can get free from, and the surplus remains in the body, and makes it old. Constipation and its attendant ills are a *prime* cause of deterioration of the body, therefore old age. Constipation of itself is resultant of wrong foods, improper combinations, and failure to obey simple laws of hygiene.

"Physical activity in youth and early life keeps the body healthy. As men and women reach the age of thirty-five or forty years, they lose interest in their physical activities and with the lack of exercise should come a corresponding decrease in the food actually consumed. Food furnishes us with heat and energy; if we diminish our activity, if we live in overheated apartments, if we call less and less on our body to use strength, energy and heat, we need less food, and should reduce our diet accordingly; yet most of us continue as before, and many eat to excess, overworking the digestive apparatus and the consequent derangement of the process of digestion and assimilation.

"This derangement may result in obesity or emaciation, the former by an over-deposit of fatty matter in the blood, and the latter by the inability of the body to absorb the vital and nourishing elements from the food ingested.

"In either case, the tissues fill up with waste matter which should be carried off in the regular way, and these deposits in the tissues cause the joints to stiffen, the muscles to grow flaccid and inactive, the circulation to become tainted by the bodily poisons

which are known physiologically as toxins, and physical deterioration sets in at a rapid pace.

"This is the reason why men and women age rapidly after a certain period in life. Your body does not grow old except through your own neglect and indiscretions. If kept active, if waste is eliminated day by day as it should be, if the circulation is kept strong and clean and only such food ingested as can easily be handled by the digestive and assimilating processes, then there need be no aging of the body.

"To constantly replace that which is being destroyed, and to continually renovate all of the bodily cells by right living, dieting and proper exercising, is therefore to protect yourself against both age and disease.

"Give your body a chance to perform naturally and simply the daily processes of rehabilitation, and you will keep young, strong, vigorous, clear-eyed, smooth skinned and supple-limbed.

"Health is happiness; health is success; health is long life and the full enjoyment of all life's gifts. There is no reason why men and women should not retain their complete faculties together with the full enjoyment of all life's gifts until the very end. All animals of the lower kingdoms remain in full control of their powers to the very end of their span of life; the normal, healthy man or woman should be able to do likewise.

"Drugs will not restore you to this normal and efficient condition. Drugs are insidious, dangerous, destructive poisons. You place yourself in danger every time you take them into your system. The body does not require them as long as you live right and preserve your bodily health, and every man and woman can do this by a correct diet, proper exercise and observing the rules of hygiene.

"You can build up and rehabilitate your body by proper care and treatment. You can restore your digestive and assimilative processes to a vigorous and normal condition by observing the proper food regulations and the rules of hygiene. You can be healthy, strong, energetic and active, mentally and physically,

by keeping yourself free from accumulations of waste matter in the bowels and toxins in the blood. This you can do through the proper combinations of food."

These extracts are given in such detail because it would hardly be possible to improve on them at the present day and because for them I was forced to suffer mentally and financially for many years. Maintaining that food had much to do with health, was, fifteen years ago, to be considered a quack or a fool and to be scorned by both the laity and the profession. Claiming that disease could be prevented or cured by certain combinations of food was considered little less than insanity, and one making such claims a fit subject for arrest and imprisonment for quackery.

However, time vindicates all truth, though it has not been an easy matter, and anything but pleasant, to face public opinion and to know that even your friends considered you as "sort of queer, though a mighty good fellow."

It took a world war and the necessity of meats for the feeding of the boys in the field, to show mankind generally it could live easily and healthfully without meat, and it took this same world war to cause scientists to make investigations which have shown the people food may really be the cause of disease, and again, through a correct combination of the right food, disease may be cured, health and strength restored.

While this same world war is destroying millions, the knowledge gained if actually used, will save tens of millions from sin, sickness and early deaths.

The instructions given in this work have been thoroughly tested at "Beverly Hall" and have been the means of restoring many to health, efficiency and happiness without the use of any drugs, though in this connection I beg to state I make a distinction between drugs and medicines; considering as drugs those agents which are themselves poisonous, while classing medicines

as agents which are non-poisonous and therefore legitimate in helping to restore to health those ailing. I freely admit there are ailments, especially those acute, which demand prompt attention and the use of active agents wherewith to bring relief.

R. SWINBURNE CLYMER.

“Beverly Hall”
August 15, 1917.

NEW TERMS FIRST USED BY US

Toxo-absorption

The term 'Toxo-absorption' was coined and first used by us to indicate self-poisoning VIA the assimilative organism. The term Auto-intoxication is a misnomer as generally used; it actually refers to SELF-POISONING which takes place in diseases such as Bright's disease, diabetes etc.

Nuclein

The part nuclein plays in diet was first made prominent by us in the earlier edition of 'Dietetics.' No other authority ever gave the subject the consideration we did, connecting the organic minerals, nuclein and vitamine as equally essential in the diet.

Spirit of Food

A term used by us for eighteen years until Dr. Funk termed this volatile substance 'Vitamine.'

The Essentials and what they Represent

VITAMINE -- The Vital Principle
NUCLEIN -- The Life Principle
ORGANIC MINERAL ELEMENT -- The
Balancing Principle

PREFACE TO SECOND EDITION

The original chapters of "Dietetics" were prepared as a course of instructions and delivered before the classes convened at "Beverly Hall" during June and July of 1917.

The classes considered them of the utmost importance, not merely to themselves but to the people in general and especially to those who desired to make Dietetics a life work, suggesting that the lessons as delivered be published in a book, so giving a more compact form for ready reference.

When the author consented to do this he did not believe the medical profession generally would ever admit diet had an important part in the maintenance of the health of the people, nor that the people would be willing to accept dietetic teachings.

He admits freely he was mistaken in both conclusions; many medical societies in convention have expressed themselves as convinced the American people are reckless eaters, consuming more food than required by the system, and of a kind bound to produce disease.

The "North American" date June 21, 1919, quotes Dr. William F. Baker, of Philadelphia, in an address on "War Foods and Reconstruction" delivered before a session of the Homeopathic Association at Asbury Park, N. J., as saying:

"It is wise to emphasize the effect upon food consumption that will follow prohibition. Homeopathic physicians must lend themselves to the aid of the government in showing the way to right living by means of proper foods and non-stimulating mixtures. The tendency of the thought in medical reconstruction is

now towards a scientific dietary which includes a thorough revision of our methods of treating dietetics and our practice thereof."

For nineteen years we have not merely believed this identical thought but *we have been fearless enough to teach it openly*. During our experience as Superintendent of a Nature Cure Sanitarium in New York City, in 1902, we had the opportunity of witnessing the benefits to be derived from a correctly balanced diet on people suffering from various ailments, and since then have followed the knowledge there gained.

As already indicated in the Introductory remarks of the present edition of the book, we suffered in various ways for our conclusions and had the effrontery to voice them at a time when the medical profession generally would not admit diet had much to do regarding the state of health of the people and certainly would deny disease could be eradicated from the system by means of a carefully balanced diet.

Our entire system of dietetics, as one can readily prove, by examining either the first edition of "Dietetics," written more than two years before the speech reported as delivered by Dr. Baker, is founded upon the basis of giving the system only such foods, drinks and *remedies which contain the same chemicals, in organic form, as found in the human system and only in proportion as required by the individual system*. We call attention to this because of the statements made by Dr. Baker, which follow:

"Food must consist of readily soluble compounds containing the same chemical elements which are found in the human system and a considerable element of energy can be eliminated by oxidation. When food is oxidized in the human body heat is liberated, and this heat can be utilized by being transformed into other energies. Thus we have a scientific base for stimulation."

In other words, stimulating drinks or drugs are actually not required in the treatment of disease because in foods we can find the natural elements, of like nature as the body, which if correctly prescribed will supply the body with the stimulation re-

quired in the eradication of disease. This has been our method for more than seventeen years and has always been followed by uniform success.

The statements made by Dr. Baker are positive in the extreme, possibly more positive than any ever made by us for he clearly says: "Thus we have a *scientific* base for stimulation," indicating thereby that drug stimulation, no matter how apparently scientific, is sometimes at fault while food stimulation is actually scientific.

Dr. Baker continues: "All data show the diet of the ordinary individual to be overbalancing in favor of protein by a too great consumption of meats and protein. The average daily ration of food, if used as mechanical energy, would raise one ton nearly a mile high."

We do not think any remarks necessary, referring the reader to the original edition and to the present volume, wherein is clearly indicated that the diet should consist of no more than one-sixth of the total in protein, while at least *one half should be in the nature of vegetables and foods principally cellulose*.

The "Philadelphia Inquirer" under date of July 30, 1919, quotes Dr. Wilmer Krusen, of the Department of Health and Charities, Philadelphia, as stating that improper feeding is a big factor in causing summer complaints, and that: "Improper feeding, improper handling of foods intended for infants and lack of attention to personal hygiene are factors contributing toward diarrheal complaints."

These quoted are not the only authorities in the medical world giving attention to the diet; one who is a student of dietetics can almost weekly find some articles by medical writers, bearing on the important subject of diet. We regret to say that many of these writers are totally inexperienced along constructive dietetics and their efforts are not at all constructive but would be highly destructive to health if followed.

The fact that the present volume is to be republished in its completely revised form and that the edition is to be a very large

one, consisting of a people's and a physician's edition, is indicative of its value; another proof of this is the fact that a large publishing concern which makes a specialty of publishing books eagerly bought by the public, has copied the entire book, with the exception of one chapter, and issued under the title of "How to Stay Young" by one Dr. Armitage.

The book in question was published by the Advanced Thought Publishing Co., Chicago, Ill., one year after the first edition of our book had been issued.

We were unaware of this until students who had heard the original lectures, and had the book, as well as many others who had not heard the original lectures but had bought the book, began writing to us, calling our attention to the copying.

One who had been present when the lectures were delivered mailed us a copy of the book mentioned. We at once compared notes and found that, as previously stated, the entire volume had been used and in many instances glaring mistakes had not even been corrected.

Thus, for instance, in the Introduction to the first volume, we had quoted from one of our own booklets issued in 1909, using, because quoted in this book, quotation marks. The publishers of "How to Stay Young" evidently thought we had quoted from some other author and, following our example, in some instances used quotation marks but without giving credit to our book from which they quoted.

In the introduction we had quoted, in one instance, from Dr. Hammond. In our original booklet of 1909 we had the name of this authority correctly spelled, but typesetters made a mistake in resetting for "Dietetics," misspelling the name. The publishers who deliberately used the contents of our book, made the same mistake.

Through our experiments in dietetics at Beverly Hall we were forced to invent terms so as to fit the principles in food; we first used "Vital" principle, "Active" principle, as well as first treating the Nuclein in food as one of the most important

elements. The people in question apparently deliberately copied these new terms without a single credit.

On page 124, paragraph 4, of our first edition the printers made the serious mistake of having us say, regarding contents of milk: "it may be as low in phosphoric acid as twelve per cent. while in its highest state it may contain as much as forty-eight per cent. of this element." What should have been said, was: "It may be as low in phosphoric acid as .12 per cent while in its highest state it may contain as much as .48 per cent of this element." However, the one who did the copying from our book apparently did not notice, possibly did not recognize this serious mistake, but used it word for word, thereby furnishing positive proof of the copying.

We have the record before our Attorney, as well as copies in our possession, which can be seen by anyone, that no less than twenty original discoveries, treatments etc., never before mentioned by any other dietetic authority, were boldly copied and used as original matter.

We regret statements such as we here make should be necessary, but maintain that the man who establishes a system, allows others to deliberately take it and make capital out of it, and who does not defend his position, is a weakling and unfit to pose as a teacher or public benefactor.

R. SWINBURNE CLYMER.

"Beverly Hall"
Quakertown, Pa.
Sept. 24, 1919.

VITALITY

The Basis of Health, Happiness and Efficiency

The human body is a storage battery made up of millions of cells, and each of these cells should be charged with vital force; it is the vital force stored in these cells which ward off and prevent disease, making life worth the living and giving man the power to accomplish that which his imagination can picture.

All the power man possesses, all mental and physical energy, all power for good, depend entirely upon the amount of vital force stored within these cells. The more fully charged the cells of the body, the more of vital force stored in the battery, the greater are the possibilities for great work, mighty achievements, for health and happiness.

This vital power fluctuates from day to day, depending upon **the** amount of energy consumed in a given time, the exercise **taken**, the amount of rest, the mode of breathing, the kind of air **inhaled**; above all, the kind and combination of food.

Let us consider these last statements more fully because by **so** doing we may solve the complex problem:

Vital energy is used up or wasted in various ways. By the **work** we do, that is, by the physical efforts made; by the thoughts **we think**, thoughts requiring nerve force and brain material, **therefore** energy; by speech and the digestion of food.

Vital energy is created by the food we eat through assimilation, though it is well known some food, or poor combination of **good** food, require more energy in their digestion than is yielded by **them** when finally digested; by exercise **taken**, because exer-

cise requires us to breath naturally and deeply and energy is taken from the air we breath; through rest, especially if such rest is taken in well ventilated rooms; and lastly, through what has already been mentioned in connection with rest and exercise, breathing pure air.

If the food consumed is of the wholesome kind, rightly combined, the proper form of exercise taken and pure air correctly breathed, then no matter what amount of energy used, the supply will be sufficient, and health and strength result.

Another factor which governs the amount of vital power with which each cell is charged, is the digestion and assimilation of the food consumed, because even the best of food cannot give vitalizing energy to the cells if it is not properly digested and the food elements assimilated.

Up to the present time, mankind has not come into the realization that the amount of vital power a man may possess can be determined even before he takes in the food which are to supply him with this force. With our present knowledge of the organic cell salts, nuclein and vitamines contained in the various foods, menus can be so arranged as to contain such quantities of these elements necessary for any special person and for any special work for which he may be preparing.

This vital force, often called Life forces, magnetism, vital electricity and by various other names, is not only the means of vital power, but is actually the universal medicine; because he who is filled with it can laugh at disease; he is fortified against them all; and so long as his cells continue fully charged, the invasion of his system by any disease, is impossible.

In case of epidemics when the air is filled with microbes, the cells if charged with vital force, will simply destroy or counteract all these disease germs as fast as they attempt an invasion of the system; it is for this reason that in the most severe and fearful epidemics there are many men and women who remain immune.

As with the storage battery, when fully charged, gives the full quota, the maximum of light without showing any deprecia-

tion, so the human battery, if fully charged and if kept charged by the vital foods will allow the expending of vital energy and yet not show any weakness whatever.

If the vital forces are kept up to par then we can laugh at all the microbes in the world; weakness will be unknown; nerves and brain will work in harmony and the world seem a bright place to live. If, however, we allow the voltage to fall below standard, an invasion of disease is not only possible, but probable.

There is but one way in which the vital energy of the cells may be kept normal, and health, strength and efficiency maintained; that is through the consumption of vital foods, correctly combined.

If we had a storage battery and the liquids therein required replenishing and we simply mixed any kind of liquids and filled the jars with the solution, then started the dynamo and expected it to charge the cells to full capacity, they to keep up to full strength, we would be considered either very foolish or terribly ignorant. This however, is just what we expect of the human cells. We give them all kind of mixtures, harmonious and otherwise, through the food we consume, and then but half charge these food elements through artificial breathing, and expect to have the full quota of health, strength and vital force.

On the contrary, the man who understands the mechanism and needs of the storage battery, will make a careful mixture of the proper acids and water, testing each one for its purity, and when he finds them to be of the required standard, he mixes them carefully, fills his batteries and then fully charges them. There is no slipshod system by which he attempts to accomplish his aims. *He must know and demands the proper material* Through his knowledge and carefulness he produces the maximum of power with the minimum of waste or loss.

In this manner proceeds the man who understands the human machine, its needs and requirements and the method whereby life may be maintained at its highest, he selects the natural

foods, combines them properly and after consuming them at the right time and in the correct proportion, charges them fully by deep breathing, and in such manner he finds health, strength and power.

The known, the essential agents in the vitalizing process are found in nuclein, vitamine and the organic salts, these are the *life* principles in food.

These active principles are to be found in practically all of the natural foods, such as the vegetables, fruits, cereals and legumes, and in food of animal origin, such as milk, cheese, butter and eggs.

It is from the vitamine that we obtain the vitalizing power with which each individual cell within the body of man is charged, and it is from nuclein we obtain the antiseptic agent which charges every cell, making of each a potent agent in preventing the invasion of disease whatever its nature may be.

Science has amply proven these assertions, and instead of teaching man the proper diet in order that sufficient of these agents might be taken into the system in a natural manner, eliminating from the diet other substances which not only are unable to give vital power to the system, but which weaken it by clogging and congesting, have attempted, and are now securing from animal bodies, the nuclein, which they use in their practice in the cure of diseases. Many good physicians have gone so far as to combine this active agent with other remedies, thereby forming the basis of their curative remedies.

Nuclein is not only an active building, vitalizing, protective agent, and known as such to medical men of all schools, but it is the most powerful germicide as well for the reason that it not only destroys noxious life, but it builds up natural life at the same time; it possesses this double power.

The mistake is made by taking as food such substances which not only contain little of the active life principles, but which clog the system and thereby make the invasion of bacteria a simple and easy matter.

Moreover, why should we wait until we are ill and then take as medicine the active principles obtained from animal life, when it is within our power to continually take these agents in their more active, natural form, by the simple means of selecting our foods in a rational manner from the various non-animal kingdoms, more especially from the rich and tasty fruits and vegetables, all heavily laden with the building, vitalizing agents so essential to life, health and well being.

In the accumulating and storing of vital energy, it is necessary that our food contain all of the organic elements which are required in building up the healthy, normal body. This means we must have protein for muscle building, carbons for heat and energy production, fats and phosphates and the organic mineral salts for the building of nerve and brain.

It is the organic salts in fruits which make them of such great value to man as food, and it is from these minerals that we obtain the agents that make it possible for the cells to get their life, while the nuclein and vitamine is the life. The acids in the fruits are of like importance since they are essential to balance, which means health.

Just as in the storage battery there are plates wherein to hold the electrical energy, so is it necessary that in the human cells there shall be mineral elements to hold the life current. This holding power is found in the organic mineral or cell salts. *The life comes from the nuclein and the vitamine, and the acids from fruits and vegetables must hold the mineral elements in solution.* It is easily possible to have too much acid in the system just as it is possible to have too much sulphuric acid in the solution of the storage battery.

The organic acids in fruits are in union with the alkalies in the form of the organic salts, and these salts split up in the system and leave the alkalies free. The alkalies may then combine with the acids found in the body and form carbonates and phosphates. Because of the nature of the acids found in fruits,

they are of such great importance in the maintenance of health, or in the restoration of health in those who have lost it.

The minerals found in fruits are of like importance. They consist mainly of potash united with various acids such as tartaric, citric etc. These, when burned up in the body, are converted into the corresponding carbons and help thereby to render the blood more alkaline and the urine less acid.

Diet is the basis of the vital forces. The vital forces are the foundation of health, strength and efficiency. When we find disease, such for instance as diabetes, gout, rheumatism, neurasthenia, renal calculus, dyspepsia, "nerves," constipation, intestinal fermentation, torpid liver and others of like nature, it is proof that the diet contained too rich and stimulating food and an insufficiency of fruit and vegetables. The means to relief from such conditions is found in greatly reducing the stimulating foods, such as red meats, and all highly seasoned combinations, as well as all stimulating drinks, and to replace them with green vegetables, green pulse if obtainable, and with plenty of fruits.

We have mentioned torpid liver in the last paragraph, we have previously stated that happiness and efficiency is impossible unless one has health. Let us put the question to those who so often claim diet, the food that man eats, has nothing to do with happiness and success: "Have you ever met a man who was happy or who could successfully close a deal when suffering from a disordered liver?"

On the contrary, there is no living creature half as miserable, as disgusting to both himself and those who would do business with him, as the man whose liver is inactive. He is a grouch and he himself knows he is. Everything looks dark to him, no matter how bright the sun shines or how bright his own affairs really are, thus is he in business. Let him mix with a jolly, happy, care-free crowd and every joke sprung by one present and at which the rest of the assembly almost go into hysterics, seem to him foolish and something to sneer at. In

affairs of the heart it is the same, he has no faith in his best **friends**, his wife or sweetheart must be faithless and as a fact, he **can** see good in none and is a burden to himself.

Clean the liver, give it the food it requires, make it active, and **all** his gloom vanishes, he is ready to meet the shrewdest in **business**; he thinks he has the best friends living; his associates **are** of the jolliest and as to his sweetheart, she is the finest, the **best**, the most desirable, on earth.

This is only an example. All other ailments and diseases have **some** sinister, depressing or morbid influence on the mind; all of **life**, every action of man, and woman, is colored by, or controlled through the state of health.

To be successful in life one must have confidence and be optimistic. These are supposed to be purely mental, but as a fact, they **are** based on the physical, because if the vitality is low the mental **state** is low and instead of confidence and optimism, there is **depression** and pessimism.

When you find the pessimist, you will, if you search beneath the **surface**, find one whose nerve forces are depleted. Likewise, when you find a man, or woman for that matter, whose nerve forces **are** depleted, you will find one whose mental forces are below **par**, hence the depressive, pessimistic state.

If the **mind** is to be bright and alert, if mental ability is to be at its **best**, then there must be strong vital force, the nerves must be **keyed** up to the highest point; when the nerves are well nourished **and** harmonious then the mind will be active, clear, analyzing **and** ready to seize every opportunity.

If **man** is to possess courage, if he is to be hopeful of the future, he **must** be in possession of health. This signifies that he must **have** energy stored sufficient for every emergency. It likewise **means** that he is regularly consuming food such as will not only **give** him the required vitalizing elements for the daily needs, but **an** additional amount which he stores.

What is virility but vitality? What is vitality but the energy which gives a masterful mind, a spirit which nothing can

daunt, a health which can resist all disease, a state of soul which no dark cloud can depress, a faith which still believes in humanity even though it has been keenly tried by the unfaithful, a love which can continue to love though it has been betrayed and a faith in God when all claim God no longer exists. All these desirable things, or call them what you will, in spite of an universal unbelief, and because the being is so full of life that the *life forces illuminate the mind* and thus refuses the mind to see ought but brightness, sunshine where others see naught but darkness.

Taking one who has had every opportunity that friends and money can offer, who has had an education second to none, and an experience covering most of the important phases of life, not having had health and energy, vitality and nerves tingling with life, he had no incentive to accomplish, no initiative to help him make opportunity, he is a failure.

On the contrary if you find the man who understands life, who has had experience, the advantage of a thorough education, besides, a knowledge of how to not only maintain health and strength, but likewise how to store vital and virile power, who lives a simple life, eating only those foods which are necessary in the maintenance of health and strength, and you *will have a Napoleon of power*, one who has incentive, imagination and above all, the *courage* to act.

We see men, countless numbers of them, that we call shiftless, who lack the energy to attempt anything that is worth while, and when they do make an effort, it proves absolutely futile. We condemn these for not having the stamina to hold out until they succeed. We consider them as failures, not worthy of any consideration.

All this is superficial judgment, unworthy of the man who thinks. If we look below the surface, if we seek the cause, we will quickly find it could not be otherwise; they had not the strength, the courage to continue in their effort, they had used up every ounce of energy they possessed and could not do otherwise than let go.

These derelicts are like a machine which has the mechanism, the engine, the gasoline, but which refuses to haul the load attached to it. If we seek for the cause we can find no trouble with the machinery, it is in first class order, the machine itself is built for heavy work, but the engine is filled with carbon, the gasoline (food of the engine) is of the lowest grade and unable to do more than barely keep the engine running.

If we give the engine a thorough cleaning, freeing it from the carbons and dirt (congestions,) if we replace the low grade gasoline, it will not only run smoothly and easily, but will just as readily draw the load attached to it.

Likewise with these failures, if the system were to be freed from the congestions, the skin given a good rubbing and cleansing so that it could breath in life, the lungs developed so they could draw in oxygen and oxidize the iron in the blood, and the denatured foods: the sugars, starches, pies and cakes, coffee and tea replaced with vitalizing food, cereal coffee and milk, fresh vegetables and juicy fruits, the former failure would soon become the future success.

A diseased human frame, lacking in vitality, a nervous system starved for energy and a mind drained of power, a creative system with not a grain of virility, lungs so artificially used that they draw in only a fourth of the amount of vitalized air they would under normal conditions, and skin that does not know what a real bath would feel like, such a human frame cannot be expected to house a Soul which has courage; incentive, force, power and the spirit of self-confidence necessary to succeed.

VITAMINE

The Vital Principle in Food

Throughout the writings and teachings of the past we recognized a certain element in food which science did not recognize. We called this the *vital* or *life* principle.

Our claim has been and is still maintained, that food is not always food, but often is a destructive, rather than a constructive, agent, even though it satisfies the appetite.

We taught that Nature created food perfect and that if a man interfered and in some way separated certain parts, as for instance, the outer coatings and heart of wheat and other grains; the peelings of potatoes; the boiling of vegetables and throwing away of the water, he thereby denatured these foods and destroyed much of their value, thus making himself liable to disease.

Within the last five years all that we claimed has been proven true through the efforts of Dr. Casimir Funk, a Russian Scientist who has given this *vital* principle the name of Vitamine.

No one has as yet been able to say what the chemical constitution of the Vitamine is, but we do know that if this food accessory is missing, there cannot be health, nor can health be restored by the use of the food which do not contain a certain amount of it.

Dr. C. H. Goudiss, editor of the Forest Magazine, made the following statements:

“Not the wisest man living can tell just what vitamine is. **All** we do know about these mysterious substances which have

appeared so suddenly on the scientific horizon is that, while they do not appear to be foods themselves, they are in some way essential to the digestion and assimilation of foods. Their withdrawal from a diet, otherwise well-balanced, results in disease and death as surely as would the withdrawal of protein or of water.

"These substances are excessively minute and elusive, very sensitive to irrevelent handling, and so diverse in their behavior that it is perhaps a mistake to think them as belonging to the same group.

"Little as we know about vitamine, we have learned enough to throw a new light on dietetic science and revolutionize many of the old theories.

"We have learned that there are vitamins that promote growth; vitamins that prevent scurvy, and vitamins without which the baby will soon become rickety. Some of them are destroyed by cooking, but cannot be dried out, while others are not apparently affected either by heat or drying."

It is now generally agreed that the vitamins are a non-protein nitrogenous compound and hold the bodily elements, through their action on the Organic Mineral Elements, in balance much like the magnetic forces in the earth hold the universe in balance.

It is because of a deficiency in the Vitamine and a like deficiency of the organic mineral elements, that we have illness and the various diseases. We speak of the organic mineral elements in connection with the vitamins because health is impossible if either one is missing and the vitamins cannot act except in connection with the mineral elements. Moreover, where the vitamins are found there also are found the organic mineral elements more or less in abundance.

While this substance, or *principle*, which we have *always* called the *spirit of food*, has loomed up so suddenly as Vitamine, the Dynamic force itself was known long ago. We have always taught that besides food as a food, there is a something as before stated, we called the Life of Vital principle, the *spirit of food*, es-

sential to health, and that this vital principle is to be found in fruit, vegetables, cereals, nuts, legumes, potatoes, etc., but not in animal flesh except in minute quantities, consequently, the flesh of animals is not a true food. It may be a builder, but it is not a vitalizer.

Dr. Goudiss fully agrees with us, namely, that if a certain element is withdrawn from food, such for instance, as the outer covering and the seed eye of wheat and other grains; the covering and seed eye of the potatoe; the outer covering of the legume, then even though the meals are otherwise well-balanced, disease and death results before time.

The vitamine are also found in all fruits, and in the orange for instance, we find a great deal but little of the organic mineral elements. In the apple and pear both the vitamine and the mineral elements abound, the latter being found in the skins.

It is to be taken for granted that the vitamine are found principally in the fruits, in the grains, legumes, vegetables and potatoes, while the mineral elements are found in the outer covering.

Both these extremely valuable elements are richly proportioned in all the vegetables but may be readily lost in various ways, as for instance, in boiling them and pouring away the water wherein boiled. For this reason the water should always be sufficient only to enable boiling without burning and if any remains it should be saved and used for making dressings or boiling of other food.

That the substance now called vitamine is elusive and sensitive, is unquestionable, *for it is the life of the food, just as fragrance is the life of a flower.* Boil the flower or superheat it and its fragrance takes flight and it is a thing dead. Boil certain of the fruits and vegetables and the vitamine or vital principle is lost.

We agree with Dr. Goudiss that there are vitamins which promote growth; others which prevent scurvy; others which are necessary to bring health to the rickety baby, but we go a step

farther and maintain our former stand, that *by the proper combination of food we can cure scurvy, rickets, anemia, tuberculosis etc. Because these diseases are a result of a deficiency of these vital elements in the food consumed.*

To more clearly illustrate this, and because we cannot tell in an understandable manner just what vitamine is, we state what certain vitamins will do.

The orange, it is readily conceded, is one of the most tasty and desirable of fruits. It is practically a specific for boils and carbuncles and we have never known it to fail when used in the necessary quantity. We have had patients with as many as fifteen boils and have instructed these to eat a dozen or more oranges a day. In *each* case the result was relief from the boils.

Likewise in the cure of scurvy, and without any other treatments, the orange has proven a specific. In such cases, however, we recommend that oranges be eaten between meals and that the meals themselves be composed of a combination of whole grain breads, plenty of fresh vegetables, both raw and boiled, and a great deal of the whole grain unpolished rice.

As we have learned from long experience that the vitamine in the orange will cure most of the skin diseases, we conclude that it is nature's remedy in such cases. It further indicates that the food formerly consumed by the sufferer was lacking in this vital principle.

Oranges, however, are very sensitive to heat and though boiling might not totally destroy the value of the vitamine, it is far better to eat them in their natural state and without heating.

In waste diseases such as anemia, rickets, tuberculosis, as well as the nerve and waste diseases known as Beri Beri, the vitamine necessary for a cure is found in the natural, unpolished rice. In all nerve and waste diseases of whatever nature, we have made the Basic food of our Diet out of it, adding to it a large proportion of fresh, unheated milk and have never found any but the most desirable results.

Rice may be boiled for any length of time without harm to

its vitamine and organic cell salt constituents, while milk should not be more than heated, because the boiling of milk, while not interfering with its organic mineral elements, does frequently entirely destroy the vitamine.

Science does not as yet seem to know just what the vitamine in rice actually does in the cure of Beri Beri and other diseases in which a low state of vitality and wasting are characteristic, but we do know what organic mineral elements are found in rice and what the nature of their work is, and this would indicate to us that the vitamins are in affinity with these elements and possibly suggest to us a method for investigation.

Experiments made with chickens on "Beverly Hall Farms" show that in feeding them either white bread or polished rice they become weak and stiff. They apparently lose all vital force; are listless, purple of comb and stop laying.

When a change is made, and the whole wheat given them together with the unpolished rice, they begin to change for the better within a very few days and it is not long before they are again healthy and begin to "sing" and to lay. These are experiments that any one, layman or scientist, can make in a little back yard, and will soon point the way to a natural, normal diet.

Chickens that are to be sold in the markets for food, when fed on white bread soaked until soft, will rapidly become fat, but if held beyond a certain time, will lose weight just as rapidly. When fed on white bread in order to fatten them, as they usually are, what of the food value of such fowls, considering that such food is denatured and does not contain either vitamine or organic mineral elements, and would therefore cause their death in a short time? The food, being deficient in these important elements, can certainly not give them to the fowl, consequently the fowl is not fit for human consumption and is death-dealing if given to invalids as it so often is, under the impression that it is a food rich in building elements.

Time and again have we made the assertion that because a

meal is apparently well balanced, is not proof that it is actually all it should be, or that it is healthful and strength producing.

For instance, countless numbers of people prepare the principle meal of the day of a combination of meat, potatoes, white bread with butter and vegetables. In Calories or the heat and energy giving elements this meal is correct, but:

The meat may have been diseased, though for illustration in the present instance we will consider it to have been healthy.

The potatoes are pared and consequently the part which contains the organic mineral elements and vitamine was thrown away. Only the starch remains.

Likewise with the white bread. The health giving parts; the bran and the seed eye of the wheat grain, were taken out, consequently all parts containing the organic mineral elements, nuclein and vitamine are missing from the bread and little else than starch remains.

With the vegetables it is as bad. Boiled in a large quantity of water, (the water actually holding in solution the mineral elements, and vitamine), is considered unfit to use and is thrown away. Only the cellulose (indigestible matter) remains.

This meal, as a consequence, is apparently well combined and balanced, and does contain the necessary number of calories, but is totally deficient in real food value; is a starvation, disease producing, death dealing meal, and nothing more. With this conclusion, long advanced by us, Dr. Goudiss agrees when he states:

"No longer can we regard ourselves as properly fed because our meals show a scientifically correct balance of protein, carbohydrates, fats and mineral matter: for without that evasive element which in some mysterious manner gives the word to the forces of the body to digest and assimilate these nutrients, we might as well eat sawdust. For a time, it is true, we may get on very well, for the body stores vitamine against the time of need; but these cannot last long and without a constantly renewed supply, disease and death inevitably awaits us."

Dr. Goudiss makes one mistake in this statement, he includes "mineral matter," forgetful of the fact that the process of milling cereals, for instance, which eliminates the vitamine, also eliminates the mineral elements. Likewise, the cooking of vegetables eliminates both vitamine and mineral matter. In some certain food, it is true, the mineral elements may remain even after the vitamine is eliminated, but it is the exception and not the rule.

Mothers who really love their babies in arms, and the children by their sides, think to protect them from disease by buying either sterilized or pasteurized milk, unaware that by so doing they are purchasing milk which may actually have lost much of its food value.

Boiling, sterilizing or pasteurizing milk, whether done at home in the kitchen or in some laboratory with a high-sounding name, is not the best food for the baby or the child, and very often is really not fit for use as a food because the process may have totally destroyed its vitamine contents.

From the standpoint of purity, nothing in its favor can be said. If we do admit that the milk is full of bacteria and that this heating process destroys, then, instead of *having an aquarium we have a graveyard*, and we do know that the living germ life is not as hard to destroy by the digestive juices and the natural acids in the system, as are the dead germs; moreover, the vitamine in the milk, if the milk is at all fit for human consumption, when it combines with the secretions of the digestive tract, will destroy this bacterial life.

But we are not alone dealing with the health of the present generation, but with the health of the nation of the future and therefore must we seek the cause of things. Hence we contend that if the cow is properly fed, receiving the necessary elements: organic minerals, nuclein and vitamine in her feed, the milk will be normal and destructive or disease breeding bacteria will *not* have a part in it. However we consider the question, milk is healthier without heating, regardless of any bacteria present. If

the contents of the milk is such as to make artificial treatment actually necessary, *then it is totally unfit for food and should be destroyed.*

To obtain the vitamins in largest amount we must give careful consideration to the preparation of the foods that contain them. Milk and eggs, both rich in vitamins, should not be boiled.

Fruits should be eaten raw. All fruits whose skin are eatable should be so eaten. If fruit is so contaminated that heating seems necessary, *they should not be used at all.*

Vegetables may be boiled. Lettuce, cucumbers, tomatoes are best without boiling.

Dried fruits should be soaked but not boiled.

Dried vegetables should first be soaked, then boiled.

Cereals may be boiled. Cooking does not interfere with their contents and will render them more readily digestible.

In the making of bread from any of the whole grain flours, baking soda must *not* be used unless sour milk is used with it. Soda without the addition of sour milk destroys the vitamins.

In the making of all raised breads it is best to use a good yeast, one made from potatoes is especially desirable.

It will be noticed that we usually mention the organic mineral elements in connection with the vitamins. It is impossible for any food: fruit, vegetable or cereal, to contain vitamins unless it also has these elements, and it is likewise true that food, such as the cereals, legumes, potatoes etc., contain the seed, or life germ, the base of nuclein (Life Principle,) in connection with these other elements.

If the proportion of the organic mineral elements in a food is correct, the amount of vitamins contained therein is also correct. And in the case of grains, nuts, potatoes etc., the nuclein will be normal. If this nuclein, or active life germ is not normal, then the seed when planted, would not germinate, or if it did would be so weak, so lacking in vital force, as to soon die.

The nuclein (active Life principle) in the seed depends on

the vitamine for its reproductive power, just as the organic mineral elements depend on the vitamine for their constructive power. The organic mineral elements are all *alkaline in nature, and are organic because of the living* (spiritual) *organic vitamine with which they are always associated to a greater or lesser degree.*

This last statement requires an explanation.

We admit that we do find vitamine in fresh meats but this meat is decidedly deficient in mineral elements. Likewise in milk. The vitamine is associated more closely with the butter fat than with the milk proper while the organic mineral elements are associated with the milk itself.

In the cereals, however, we find a larger percentage of the organic mineral elements, the nuclein which is not found in milk or meat, and some vitamine.

In vegetables and fruits we find a balance of the vitamine and organic mineral elements, and no nuclein, as such, though it must be admitted the spirit of the nuclein is there otherwise the vegetable plant could not flower and bear seed. We therefore claim that in the plant, before it flowers and seeds, the nuclein is present in embryo, and this may be the reason why there is a greater proportion of the vitamine found therein than in the foods which really contain the seed germ, such for instance as the cereals, legumes, potato etc.

Heretofore food has been considered valuable according to the number of calories (heat or energy producing units) it contained, a calorie being the *amount of heat which would raise the temperature of one kilogram of water 1° centigrade, or about one pound of water 4° fahrenheit*, but as previously stated, a meal may consist of food containing more than sufficient heat units or calories, and yet be entirely lacking in actual building value, because of the absence of vitamine, nuclein and the organic mineral elements.

Heat units, the energy supplying power, may and do exist in food even if the life element (vitamine) is missing, but *vita-*

mine cannot exist in a food if the organic mineral elements are missing, because such elements are the carriers of vitamine.

Refined sugar and peeled potatoes both contain an immense number of calories or heat producing energy, but no one would claim they contain either nuclein (life of seed) vitamine or any degree of organic mineral elements. Nevertheless millions of people base their daily rations on these two articles and believe they thus are well nourished.

In a late editorial appearing in the "Journal of the American Medical Association" it is stated:

"That the nutritive value of a diet does not wholly depend on its calorific value must be admitted. The importance of flavors, spices, and of the preparation of food so as to arouse the esthetic senses—in other words, the nutritive value of good cooking—has been pointed out by Sternberg of Berlin, who insists that the science of cookery is not merely the application of chemistry and physics, but rather an application of the physiology of the senses, applied psychology and esthetics. The spices and the flavors used by the cook, Sternberg suggests, may be closely allied to the vitamine, if not identical with them. They may stand in the same relation to loss of appetite and health in general that the specific vitamine does to particular diseases."

The above quotation is given because in its admission is made by medical authority that a diet cannot be judged wholly by its calorific value. If we desire the real, scientific reason why food prepared in one way is almost indigestible, while the same food prepared in a natural manner becomes a life-giving, body-building agent, we should study the great English authority Albert J. Bellows, M.D., who tells us that:

"The experiment has been tried of shutting up a dog with good natural food, containing *all needed elements but osmazome*, but having been cooked and re-cooked till all taste and smell were removed; the stomach would not receive it, and the dog pined away until it was evident that he would starve without this element, although all others were supplied. And this one experi-

ment, it seems to me, is worth more than a volume of commentaries on the importance of osmazome. It shows us not only that it is a duty to eat good food, containing nutritive elements in right proportions, but it is duty to eat it also with a good relish.

"Does any one say he cannot afford to eat good ripe fruits and berries, and well-flavored meats and vegetables? Let him make a calculation comparing the amount of fine flour, butter, sugar and other carbonaceous food consumed by his family, with the requisite amount of that class of elements, and calculate the amount of money thus uselessly expended, and he will find that, by bringing his commissary department under physiological rules, he will have surplus funds sufficient to procure every natural luxury which is needed to enable him to enjoy, to the fullest extent, the very highest gustatory pleasures of which he is capable.

"Our gustatory pleasures are not in proportion to the amount of osmazome in our food or drink. Nature's flavors are very delicate, and the very choicest relish is that produced by very slight traces of osmazome. For example, take nutmeg, a very slight grating of which will flavor a large bowl of porridge. Attempt to increase the relish by increasing the quantity of the spice, and you utterly fail, making your beverage less and less agreeable as you increase the quantity of nutmeg, till it becomes disgusting, and positively injurious to the digestive process; and this is true of all other condiments, and indeed *all other good things*. Delicate flavors are agreeable and useful in promoting digestion; but every article which is capable of promoting health and happiness, in appropriate quantities, is capable of doing harm in unnatural quantities, just as every other blessing is converted into a curse by being perverted and misused."

From this we must conclude that osmazome which is the base of the taste in all food, whether fruit, vegetable, cereal, legumes etc., is itself based on the vitamine in the food or possibly identical with it, and that the correct preparation of food

intensifies this desirable quality in it, while improper preparation destroys it.

Food, to be palatable, digestible and nutritious must be properly combined and prepared. Spices added to food will make it eatable but will neither add to the value or make it digestible. Food, when properly prepared does not need spices. If the taste demands condiments then there is but one Law to follow: *Do not eat until there is actual appetite for naturally prepared, unspiced food.* We except salt and red pepper.

Food properly prepared is tasty and this in itself will arouse the esthetic sense. If it does not, there is no natural hunger and one should *not* attempt to create an appetite under such conditions, because to do so would not serve any good purpose, since it is *impossible for the system to digest the food or absorb the vitamine when there is no natural hunger.*

The assimilation of the vitamine and other vital principles in food does *not* in any way depend upon the spices used in cooking, but upon the correct preparation of the food itself. Spices used in cookery create an *artificial* appetite, and as natural hunger is the basis of proper digestion and assimilation of food, one can readily understand the danger from an artificially created appetite.

To eat when we are not actually hungry is to give the stomach food to digest when it is not prepared to digest it properly, and the system is then not only unable to assimilate the vital forces and vitamins, but the food taken is like a foreign substance in the stomach, and becomes poisonous to the body.

It is not a hard matter to recognize the difference between appetite and hunger. Appetite is a sensation in the stomach, and is usually known by a faintness, a craving, gnawing, all-goneness or empty feeling, and is based on dyspepsia or indigestion. People generally take this for hunger and think they need food. It is, on the contrary, a proof there is food in the stomach which has not been digested and which is rapidly approaching the stage of fermentation or putrefaction, and to add more food to this mass is like adding wood to flame. It is for this reason that indigestion is usually the fore-runner, the beginning, of serious ailments or dangerous diseases.

If we eat when there is no actual hunger neither the vitamine, nuclein nor organic mineral elements are assimilated.

VITAMINELESS DIET

Cause of Nervous and Wasting Diseases

AXIOM: A well nourished nervous system is the basis of health, strength, poise, contentment and the incentive to *do*, to *create*, to *become*. Likewise, it is the foundation of morality.

When the nervous system is ill-nourished or starved, life does not appear desirable, the mind is unable to choose between right and wrong; it is impossible for such a man to look on the bright side of life, because to such the cloud has no silver lining.

This statement is readily proven when we considered the almost universal ailment known generally as Neurasthenia. Here we have a condition which defies definition. An examination of one suffering fails to show any organic disease or lesion, apparently the functions are all healthy, and in spite of this, the victim suffers the tortures of hell every minute of the hour and every hour of the day.

So fearful is the suffering at times that the victim thinks constantly of suicide, or is afraid to be with children for fear he will harm them though actually he would not harm a fly. There is no possibility of sleep for hours at a time because as soon as the eyes are closed the mind conjures up fearful pictures. If the sufferer attempts to make plans he finds himself thinking just the contrary of what he wants to think. He begins to look into the future and there he sees nothing. All the work before him will take him just so long to accomplish and beyond that there is a blank, what, thinks he, is he going to do with all the long years stretching before him.

He walks the streets and finds men and women look alike to him; has no desire for the companionship of woman, to him she is no more than man. As to love, for him there is no such thing. He looks backward and attempts to think of his past

love for friends, for sweetheart, wife, or for children and he is forced to smile, such a thing is a delusion and the most beautiful woman he meets appears undesirable from any view point.

When night comes he fears; he does not retire alone. At the slightest noise he thinks he must scream and in order to prevent himself from doing so he bites his lips until the blood comes. He retires at eleven P. M. and at three A. M. can no longer remain in bed because of the pictures of the disordered mind conjures before his starved brain. He arises, he leaves the house, he walks miles and miles thereby utterly tiring the physical being.

He seats himself at the table and one glance at the food is sufficient. He flees, fearing that merely looking at the food will cause him to scream. He rushes to his friends and gives them a tale of woe. He constantly dreads becoming insane.

He fears to touch any work because to do so is torture and brings mental impression that through it he will become worse. Insanity stalks before him urging him to do this or that. Life is such misery as one can only find pictured in Dante's "Inferno" and one wonders whether that Immortal writer was not a sufferer of this frightful ailment.

For want of a better name we call this awful condition *Neurasthenia*. In reality, we now know it is a "Vitaminless Diet Disease" caused by starved nerves; a starved brain, an unfunctioned human machine.

Only those who have themselves suffered from this ailment or who have had extensive dealings with *Neurasthenics* can imagine the fearfulness of the suffering caused by it. These alone can understand how destructive to mind and body is a diet which is denatured and therefore lacking in the vitamins.

The development of this ailment, which we give first consideration here because it is so pronounced, is gradual. At first there may be a disordered stomach, the bowels become irregular, this is followed by a listlessness and a desire to rest, then follows troubled sleep, fearful dreams, this in turn by physical weakness,

possibly a lifeless, pale skin and the climax comes when sleep is either totally impossible or with a violent aversion to food.

We have known sufferers who started by having trouble with the digestive organism, being able to take but little food, then a disinclination to follow unusual labor or occupation and the climax came. Then followed months when it was practically impossible to take food, when possibly only one or two varieties would be borne by the stomach, the lungs working only through a conscious effort and death seemingly only hours distant.

We have known of others who had no trouble with the digestive organism, but who felt their manhood weakening, taking an unaccountable dislike to the opposite sex. The climax came upon retiring, they found to their horror that in attempting to put out the light or close the eyes, horrible forms appeared before them which could not be dispelled because no mental power remained, and sought relief by rising and walking for hours, until physical exhaustion afforded them temporary rest. Thus they suffered for months before peaceful rest could be had.

How can such conditions exist? Those who have given the subject of Diet a careful study and have made experiments know both the cause and the remedy, though they do not find it easy to convince others who have given no thought to the subject and have no experience.

In the food we eat we should find all the material to nourish all parts of the body. There must be a food for the nerves, brain and sex. This we call the nerve food, the basis of which are the Vital Principles—vitamine, nuclein and the organic mineral elements; there is the starch which is muscle building, and the fats which give heat and energy and so on along the line.

If the food consumed is lacking in vitamine, the nerves suffer in the beginning and as the nerves begin to be starved, they draw on the sexual or creative organism and that is drained. This is followed by a drain on the brain. When both the creative centers and the brain is drained the muscular system is next attacked.

We know, and the statement remains uncontradicted, that when nerve energy is deficient, there can be neither complete digestion of food nor perfect assimilation of the food digested. This means indigestion, malassimilation and Toxo-absorption.

As this process of nerve starvation continues, the next step is a deficiency of the creative energy and therefore a *lack of vim, or desire to accomplish*, and an aversion to womankind.

This is followed, as the brain is weakened through the drain, by an impossibility to *desire* to be active, a disorganized thought-action, which soon becomes morbid and causes the mind to have fear instead of confidence, worry instead of peace, distress instead of happiness, and often hatred in place of love. The emotional nature is now completely disorganized and man is the victim of fear in its most awful form.

When the nervous, creative and mental system has been completely disorganized the next to be drained is the muscular system as the nervous system will now begin to draw upon it and the resultant physical break is complete.

All this suffering because of an irrational diet; because man has allowed avarice to denature all his important foods for him and fed him the husks which are totally insufficient to maintain even the life of an animal. He has left the ways of his fathers and has chosen to eat foods which taste well but which combine and nourish poorly.

We have considered Neurasthenia first because the symptoms are more pronounced than in any other ailment; yet it cannot be considered a disease as it is a combination of weakness and starvation. It should be called the Supreme Dietetic Disease.

It would be going too far in claiming that all nervous diseases are caused by a vitaminless diet, but one can safely claim and be within the limits of truth, that more than sixty per cent of all nervous disorders, are caused by a diet either poorly balanced or deficient in vitamine content.

The disease known as Neuritis is second only to Neurasthenia in the suffering it causes, though it is altogether different

from that of Neurasthenia in that it is a physical suffering, pain, and not a mental agony and over-balancing fear.

Neuritis is, in practically every instance, caused by a diet poorly balanced and lacking in the vitamine content. Almost every case can be cured if careful consideration is given to the selection, combination and preparation of the food.

The nerves, when poorly nourished, act identically as do the telephone or telegraph wires when the batteries or the connections are poor. The message sent over them may reach headquarters, but in many cases when it does it is so weak that it is not understood and the resultant delusion, misconception, misconstruction, contra-mental pictures, as in the case of Neurasthenia, or the agonizing pain as in Neuritis.

Tuberculosis, which is now causing widespread alarm, is actually, in the vast majority of cases, the direct result of the improper combination of good food, and the eating of denatured, vitaminless, saltless (deficient in the organic mineral elements,) and nucleinless foods.

Even physicians unconsciously grant this when they base the treatment of tuberculosis on foods rich in these elements, such as eggs, milk, fresh meats, vegetables etc., as all of these foods are exceptionally rich in all of these elements.

Although we claim that tuberculosis is a *dietetic* disease, we do not wish to be understood that Diet alone would cure every case of tuberculosis. We know that the average victim is negative, inert, an artificial breather, and averse to exercise. In the correct treatment the Diet is of first and greatest importance, and next to this exercise, fresh air and plenty of it, bathing, recreation, an incentive to live and various other considerations.

Influenza, the fearful scourge which has killed more people than the unholy war, is entirely a Dietetic disease though it is not to be considered a purely vitaminless one. It is in reality a disease based upon a diet deficient in vitamine and other necessary elements and *congestion* through overeating.

Just in proportion as the food of the people has become de-

natured so has the craving for food increased. Why? Because the foods we eat today satisfy the appetite or desire for food, but they do not supply the needs of the body, consequently there is a constant craving for more food and the result is a congestion of the entire system and yet a starvation of that same system.

Where the diet is such as contains the necessary vitamins, and the system is kept free from congestion, hence free from Toxo-absorption, Influenza is absolutely impossible, and for this reason the first effort is to cleanse the system and free it from the absorption of poisonous matter through withholding all food for a time and then commencing to give the patient only those foods which are rich in the Life elements.

In spite of all that has been said to hide the facts, we maintain that the fearful scourge of influenza during 1918 and 1919 was the direct result of the denatured cornmeal and other wheat flour substitutes in America, and the substitution of the various denatured meals in other countries for the wheat flour.

Not alone was the corn and other substitute meals denatured, but the people were not taught that it is absolutely essential to combine plenty of milk with these meals *in order to balance the food* and plenty of vegetables and fruit *in order to prevent the congestion* and consequent self-poisoning.

Though the white wheat flour is destructive enough in itself it is not as deadly as the denatured corn, rice and other flours because it is much easier of digestion and for this reason the results of constantly using white bread as a basic food is not followed by the fearful ailments and deaths that so quickly follow other denatured flour breads.

We have given consideration to only a few of the vitaminless diseases; to those which cause the greatest amount of suffering and the most deaths, let us give some consideration to the question of food as eaten by our forefathers and as now consumed by his weakling progeny.

Potatoes, both white and sweet, but especially sweet, were

usually baked with the skins, so served and eaten with good dairy butter, itself a carrier of rich vitamine.

At present all potatoes are carefully peeled; thus throwing away all the vitamine and organic mineral elements. The seed eye, container of the nuclein, is also cut out and thus eliminated from the diet. This is not all, but it must be baked with denatured sugars or syrups, robbers of lime already in the system, but which the system is totally deficient as a general rule.

Rice, once the staple food of countless millions, is now so carefully milled in order to have it smooth and white, that only the starch remains, all of the actual food elements, including the vitamine, minerals etc. have been eliminated. In fact, so wonderful is this modern milling process that those fed on it will quickly starve and it is the direct cause of scurvy, beri-beri, anemia, tuberculosis and other wasting diseases.

Our wheat and other cereals to be used in the making of breads, are milled so that very little but starch remains. As with milled rice, the result of feeding on such bread causes scurvy, rickets, weakness of bone in children, mental deficiency, physical degeneracy etc.

Vegetables are boiled in plenty of water and the water thrown away; in the country possibly fed to the pigs. The cellulose remains, but the actual food value is gone.

The milk to be had in cities is questionable, to say the least. It may be pure or it may be not, but even if it is, the treatment it undergoes before it is delivered is often such as to make it unfit for food.

As to butter, that food so necessary to the child in order that its growth may be normal, has given way to butter substitutes, totally insufficient in their contents to maintain growth.

What then has the modern family with which to sustain health or normal life? Can we wonder that we are a nation accursed with physical and mental degeneracy, with Tuberculosis, Cancer, Neurasthenia, Neuritis, Influenza and various other destructive diseases.

Practically nothing but the fruits are eaten as they should be and these, because of the method of cultivation, growing on soil deficient in various mineral elements, picked long before the active principles are fully developed, transportation, handling etc. are often not what they should be.

Unless the people face this question fairly and squarely and abolish the destructive milling processes, learn the combination of foods and dietary laws, the physical and mental degeneracy will soon become so great as to warrant the claim that modern humanity will go the way of the Roman Empire, the Greeks and other wonderful peoples of the past who had reached great attainment but who gradually fell victims to their desire for fancy food and dainty dishes.

DIET --- A KEY

A Combination of Food Which not Merely Gives Man Existence, but Which Makes for Health, Strength and Efficiency.

That which man can eat has been considered as food. It is, however, food only when it possesses elements useful to the body, containing building, energizing, vitalizing material, not detrimental or destructive to health.

The Diet, to be constructive (and all food should be constructive,) must, besides being palatable, contain the active principles which give life. These principles, concisely stated, are: First: Nuclein, the *life* principle. Second: Vitamine, the *active* principle. Third: Organic Mineral Elements, the Regulating and Equalizing principles. Unless the food we consume contains one or more of these principles it cannot be classed as *real* food, though it may, and often does, take the place of such.

There are many articles, both single and in combination, classed as food, though not actually detrimental to health, so deficient in the Life principles that they should not be used by man; these give the system work to do in digesting and eliminating them thereby using up stored energy without in any way replacing it. All such foods should be avoided.

In the selection of a proper diet, it should not be merely from the point of nourishment—i.e. food such as will build up the body, restore waste, and furnish heat and energy required by the physical being.

There are other requirements of vital importance; we have reference to the vitilization of the entire man, and because of

this need we have termed the elements which are required for this purpose as the Vital or Life principles. These are found abundantly in the cereals, fruits, vegetables, nuts and berries; we have been called Vegetarians because of our beliefs, though this is a misnomer because we do not believe in the exclusive vegetarian diet.

Nevertheless, these active principles are found in greater abundance in the food of vegetable origin, in fruits and nuts; and if health, strength and vital power is desired, then the true diet, which we call *the diet*, must include a large proportion of vegetables and fruits.

This necessity is readily proven. We know that men can live and grow fat without fruit and vegetables. These men may seem strong and powerfully built and apparently healthy in every respect, but the foundation for the easy inception of disease is always present. As an example, we may take the sailor who lives almost exclusively on a non-fruit, non-vegetable diet, and though he is apparently well-nourished, waste material removed, necessary heat and energy furnished, there is nevertheless a vital necessity lacking; this is manifested through the disease known as scurvy.

To prove that this disease is altogether resultant from an unbalanced diet, one lacking in the elements contained in fruits and vegetables, we need only supply one suffering with scurvy some fresh vegetables, especially the vegetables of the nature of lettuce, spinach, Swiss chard; or fruits, such as apples and oranges and the disease will soon be a thing forgotten. This quickly proves that something besides elements in food which build body, restore waste tissue, and gives energy, is required if man is to be healthy and normal.

We leave the meat diet entirely out of the question and feed men on a diet of fish and the commercial polished rice and we will soon find them weakening in so far as vital power is concerned (though fish alone would furnish sufficient body nourish-

ment); they become afflicted with Beri-Beri, a very dangerous disease, one akin to tuberculosis.

Change this diet but slightly, give fish or other sea food as before, give rice also, but let it be the unpolished, uncoated, natural rice and add to the menu one or two vegetables, or fruits between meals, and health will be quickly restored. In the outer coating of the rice, just as in the bran of wheat, and in the fruits and vegetables, there is an element, considered by the millions of profiteers as unnecessary, and undesirable because of its color; which is actually as essential as the body builders and energy producers, if health, energy, efficiency, that is to say, if Vital power is desired.

The much maligned white potato, as usually used by the people, is composed principally of starch, is a muscle builder and heat producer, but if extensively consumed without the addition of vegetables, will cause congestions, indigestion, and be an incentive for the inception of waste diseases, but if it is served with its skin, becomes more perfectly balanced because in the skin we find the nuclein, vitamine and cell salts which create a balance.

In the digestion of starches and sugars calcium is required; **all** starchy foods, in their natural state, carry this with them in **their** outer coatings, thus in the bran of wheat, oats, rye, corn we **find** one of the mineral elements to be lime; if this mineral is **eliminated** in the process of preparation, then in the digestion of **the** starches the lime in the fluids of the body is drawn upon and **a** deficiency results; this is the reason why nearly all people who **live** principally on starches suffer from gastritis, indigestion, **mal**-assimilation, Toxo-absorption etc. As a matter of fact, **all** **star**ches and sugars which have been denatured, are vampires.

In the combination of food so as to form a natural, normal, **health** building diet, it is these apparently small items which we **must** carefully consider, otherwise we will fail in securing the **desired** results.

Do all foods, fruits, vegetables; rice, wheat, corn etc. which

ordinarily possess these vital principles, actually contain them to the degree usually supposed.

This is a question seldom, if at all, answered, but is herein made clear thereby avoiding in the future the confusion of the past.

Science has at last partly awakened to a mystery which has been known and taught by this school for years. I refer to the knowledge of the vital principle in cereals, fruits, vegetables, pulse etc.

But a question which science has not yet answered and which we here propose to answer, is: Does spinach, lettuce, and other vegetables; apples, oranges and other fruits; wheat, corn and other cereals; peas, beans and other pulse, and various nuts *always* contain the vital principle, and if not, *why* not?

If when these foods are properly combined with other foods, do *not* restore to health and strength as they certainly should, did they actually contain the vital principles? If not, *why* not?

Apparently this is a mystery and the cause not to be found; in reality the difficulty is not unsolvable.

As an example: Take the mother who is sickly, weak, lacking in strength, whose blood is filled with poisons, can *she* give birth to a healthy child? If not, *why* not? Because the child is *blood of her blood, flesh of her flesh*.

If we take a pound of healthy flesh, and a pound of healthy soil, and analyze them, we will find in the flesh the same seventeen elements we find in the soil.

If one or more of the elements are missing in the flesh, health, strength and vitality is lacking. If, for instance, lime is seriously lacking in the system, there is sour stomach, consequently, indigestion, resulting in physical weakness.

Likewise, if one or more elements are missing in the soil it is not healthy soil and cannot produce healthy vegetables, fruit or cereals. If lime is lacking in sufficient quantity then the soil is sour and will not produce either healthy vegetables, fruits, cereals or legumes.

Consequently, if we plant lettuce, celery, spinach or other vegetables; if we attempt to raise wheat, corn or other cereals; or plant fruit trees on soil lacking in certain mineral elements, it is utterly impossible for any of these to obtain from the ground that which the ground itself is lacking; though these things may grow, to an extent, on such soil, they are not healthy and in their turn cannot give to the system of either man or animal something in which they themselves are lacking.

We make the claim, and without any fear of successful contradiction, that throughout the United States more than fifty per cent of the soil is not in normal condition; is lacking in one or more of the necessary elements, and therefore, anything grown in such soil *must necessarily be deficient in the element the soil is lacking. It is against nature and all natural law to consider that vegetables, cereals, pulse or fruit can draw from the soil that which it does not contain, and for this reason, lettuce is not always lettuce, potatoes not actually potatoes, nor wheat always wheat.*

Here we have the mystery, the *reason* why America is becoming a nation of Neurasthenics. It is because of the large area of fruit, vegetables, cereals and pulse growing in soil which is abnormal; deficient in some of the necessary elements; therefore unable to give to the food grown therein the proper food value, and further, much of this food is still more denatured in the **process** of preparation.

It is our desire to teach man a natural, normal, properly **combined** diet; consequently necessary to carry these arguments **still** further, because upon them will we build; and unless we **know** the things lacking in diet, we will not know where to seek **for** the cause, should an apparently proper combination of food **fail** to bring the results we rightfully expect.

Milk, we have always held, is a complete food in itself. **When** we claim this, we have in mind milk healthy and normal **in** every respect, containing elements necessary to give it the **proper** food value.

Heretofore we have bought milk that had been examined and certified as containing the necessary amount of fat, as being pure and free from the undesirable germ life; therefore, because it contained sufficient fat, had no more germs than permitted by law, it was passed as, and considered to be, proper food for man and child.

We gave this certified milk to our babies as their food expecting them to thrive and grow strong, but we found they would not develop as we expected they should; that it produced colic, sour stomach and many other ills, and we blamed the condition on the children and not on the milk.

We did not know, did not even think, that though the milk had no more germs than permitted it, and as much fat as required, there might be something important lacking, an element necessary to make it a natural food.

Our school has made a life-long study of this question and have sought deeper than the germ and fat content of milk; we have found the amount of fat and the germ life is taken care of if the milk *contains the necessary elements*. By this we mean that, *if the milk contains the necessary mineral elements to make it healthy, which in turn signifies that if the milk contains the vitamine normal milk should, then it will contain a sufficient amount of fat to meet all the requirements of the law, and the germ life therein is carefully controlled.*

Normal milk contains just the right proportion of lime and other organic elements, and a proper proportion of vital food. The result: *When it is fed the child in right proportion, the lime will sweeten the stomach and prevent vomiting, other elements will draw the digestive fluids and start digestion, and still other of the contents will cause the vital forces in the body to perform their proper functions.*

Why should not all milk be normal and contain all the necessary elements, including the vitamine, organic mineral elements, fat, albumen, casein and germ life in proper proportion?

The answer is identical with that given regarding the

question of fruits, vegetables, cereals, pulse etc. If the soil in which is grown the grass and grains upon which the cow feeds, does not contain the necessary elements such as lime, phosphate, nitrates etc. then it is impossible for these elements to be in the milk, and *in proportion to the lack of those elements which control germ life will the germ life increase.*

The cure for this condition: It is necessary for our Department of Agriculture to make careful examinations of the various farms throughout the country and induce farmers to supply such elements as a scientific chemical analysis of the soil proves to be lacking.

When this is done, then the soil will become normal and healthy, and in the same ratio will the vegetables, fruits, pulse, milk etc. become healthy and fit food for man.

The mighty law of Nature has always been: "As above, so below," as it is in the lesser, so it is in the greater. Thus the earth is the basis of food and if the soil is healthy, which is to say, if it contains the proper elements, then all that is raised in it will contain these elements in proportion. If the food, which include vegetables, fruits, pulse, grains, milk and beef, contain the proper food value, *then man will receive it from them, and if he* uses the same wisdom in selecting and combining his food *that* he does in feeding his cattle, he will be healthy, normal, natural and efficient.

We have not forgotten the Southern scare of a few years back when Pelagra made such inroads to the population of the Southern States.

The cause was finally traced to corn, because it was found that in the districts where the products of corn were the principle foods, the disease was most prevalent. Though it was traced to the corn, and many eminent medical men gave it their opinion that corn was the cause; after many experiments and careful investigation, they could not find any disease in the corn.

If the corn had been examined for the purpose of finding whether it contained all the necessary elements, instead of

whether it was diseased, the real cause for the Pelagra would quickly have been uncovered, and the remedy found in fruits and vegetables.

In the past Man has considered all foods which were body building, waste restoring and energy producing all he required. These he found in the starches, the meats, sea foods and animal products. But in spite of consuming them he was continually inefficient, lacking in vital power, and had disease and weakness to contend with.

He took his grains and carefully eliminated all that was not white, reserving for food only that which was within the cover. The rough and dark part he did not consider as fit food for himself, but admitted these cast off products as necessary for his cattle *because experience had taught him these were essential if the cattle were to be healthy, strong, virile and profit producing*. He did not reason that if it were necessary to give husks or outer covering of fruits, vegetables and grains to his cattle to make them healthy, strong, productive and quickly maturing, these same foods might be just as necessary to himself. The result is, his cattle are healthy, strong, virile and productive while he continues to become weaker, less efficient, prone to disease and unable to withstand adverse conditions.

When the final history of tuberculosis is written, the epitaph will be: "Caused by an insufficiency of the vital principles in the food man ate, primarily caused by his own ignorance or the desire of a few to profit at the expense of the ignorance of the many."

Men are beginning to reason; they sense there must be something radically wrong when they can keep their cattle healthy and strong by careful feeding, though these are poorly housed, while they, carefully housed and clothed, continue to grow weaker and less efficient.

The vital principles are found in fruits, vegetables, outer coverings of grains, in pulse, milk and other dairy products and in eggs. *They are, let us repeat, found only in proportion as*

they are contained in the soil in which they grow, or from which the animal derives its food.

The food of man must therefore be a wise selection, in proper proportion, of the products of the grains, including rice, barley, wheat, corn etc.; and of fruits, vegetables and animal products.

Meat, of any nature, is entirely unnecessary for either the maintenance of health or for the restoration to health of those who have become weak and ill. Fish and other sea food, milk and other dairy products, and eggs, will take the place of meat, and these do not contain the unhealthy ingredients or the acids and toxins contained in meat. However, we admit freely that meat is more desirable than the average combination of sweets and starches usually served by those who have given up a meat diet.

There is a Jewish Law, one to be highly recommended; when meat is served at a meal, milk shall not be taken at the same time. Either milk or meat may be eaten, but the two shall not be taken together.

Milk forms a perfect substitute for meat; it does more, it is lacking in the acids which are detrimental to health, while it contains food value not found in meat.

There is, however, one consideration in the use of milk as a Basic food and in place of meat, it must not be Pasteurized or boiled; for the reason that boiling coagulates the albumen and makes inert the casein content, and it is these which take the place of meat.

Wheat, rice, barley and corn are to be considered as Basic foods and each able to take the place of meat, but it must be the whole of the grain, and not a denatured product.

While wheat is a basic food, man could not now subsist on it alone, because the human stomach, through centuries of misuse is no longer able to fully digest and completely absorb the entire food value of the wheat grain.

Nuts are a basic food and like wheat, can readily take the

place of meat, but for the same reason, the stomach is unable to fully digest and absorb all the food value found in them.

This being true, it is necessary to carefully balance the cereals and nuts with milk and dairy products, vegetables and fruits, giving the stomach the foods in combination which may be digested and the nutritive value absorbed.

Vegetables, no matter how valuable they may be, are not basic foods, they are accessories to the meat substitutes and balance the diet, but even in this they may readily fail if not properly prepared, i. e. if the one preparing them will throw away the water in which they are boiled, because it is in this we find the organic mineral matter just as the chemist finds the medicinal constituents in the tincture extracted from the herbs and not in the macerated herbs from which the tincture has been drained.

Practically all fruits should be eaten with their skins, with the exception of the orange, lemon, lime, grapefruit, pineapple and fruits of like nature. The Organic mineral elements are found in the skins of apples, pears, plums, peaches etc. While the vitamine is in the fruit beneath the skin.

Potatoes whether Irish or sweet, should never be eaten except with the skin or jacket, because it is in these outer coverings that we find the organic mineral elements and the nuclein.

Some may argue that in eating potatoes, other foods, such as lettuce, spinach, Swiss chard, dandelion etc. containing these elements, may be substituted and thus make up the deficiency resulting from paring the potatoes, but this is false and illogical reasoning; *the amount of these elements in the outer covering of the potato is just sufficient to balance the starch in the potato, while the elements in the lettuce or spinach are in proportion to the other contents of these vegetables thereby making them balanced as food. If any of the necessary elements are thrown away, there is no possibility of making up the deficiency unless one were able to have a concentrated extract of these elements, which is not possible, even then, the best results would not be*

obtained because it is necessary these elements be combined with their own bases in order to be absorbed by the system.

Consequently, when any one attempts to reason that wheat, rye, oats, potatoes etc. may be robbed of their Vital principles and that this can be made up by eating of other foods rich in these elements, it is both illogical and false reasoning, misleading and destructive to health and strength.

Attempts have been made to extract the Active principles from oats and these prescribed in tablet form; though the results have been fairly successful, this success cannot be estimated as forty per cent efficient; such active principles cannot be handled by the stomach in this form as readily as it can when combined with its native element.

With milk it is the same. If we drink it while it is fresh and before chemical action has separated the cream from the milk, the fat is readily digested and made use of by the system, but if the chemical action of separation of the cream from the milk has taken place before we drink it, and we again mix it even if the milk is still sweet, the process of digestion is much slower and absorption more difficult.

Chemically it does not matter whether the cream is with the sweet milk, or separated from its natural element; it is merely butter fat in either case. The stomach, it is true, is a sort of chemical laboratory, but it is not an inert, unfeeling one; it has its own laws, and demands food naturally combined and not Synthetic combinations.

In attempting to establish a correct system of dietetics all these items must be given careful consideration; especially must we be watchful when prescribing a diet for one who is ill. In many cases we must begin with those foods which we know contain great value, and which the stomach can digest and the system absorb. In other cases it may be necessary to prescribe foods whose value is not great but which are easily digested.

We know the number of calories each article of food contains; for instance, while wheat bread contains 75 calories to the

ounce. However, it is not enough to know the number of calories in whole wheat bread, and we dare not base our diet upon caloric value alone. The important question is, *will the stomach of the person for whom we prescribe whole wheat bread be able to digest it?* If it is in such weakened condition that it cannot do so, then a food with possibly a third of the caloric value, if digested, would be of greater value than the whole wheat bread.

Again, an egg contains 100 calories and is a good food, but if the person to whom given is suffering with some gastric trouble, or with acidity of the stomach, he will not only be unable to digest or absorb any of its food value but it would cause distress and still greater digestive trouble.

In like manner, butter fat contains 124 calories to the ounce, but in many cases the stomach is unable to digest it, just as it may be unable to digest olive oil, and in consequence, the butter fat or olive oil, though an excellent article of diet is not only wasted, but causes trouble.

If it were merely a question of calories then the solution of dietetic problems would be an easy matter. Chemistry would quickly indicate what food to eat and the amount thereof, but chemistry is totally ignorant of what food a certain stomach will receive and digest and only experience and common sense will help one to solve the problem.

The individual law as to the acceptance of different foods is manifested even among people who are apparently healthy; it is necessary we recognize these same individual laws in the treatment of disease by Scientific Dietetics, though in general the law of values may be used and such foods as radically disagree should be eliminated from the diet prescribed.

It is, however, a law that if a person is normal, and if, for instance, fruit, such as oranges, disagree, to continue them in spite of the temporary ill effect, until a balance be established and the person be able to eat them without disagreeable effect.

The Dietitian must always remember to give but one Basic food at a meal. By this is meant a food that is clearly funda-

mental, containing practically all the elements necessary for healthful existence.

The principle foundation foods are: Fish and all sea foods; milk and all dairy products; eggs and eggs in combination with milk; Peas, beans and all pulse; wheat, corn and other cereals. One of these should be selected and to it added one or more vegetables, with exception of tomatoes in certain cases, to have sufficient to eat.

It may be said we uphold the Mono-diet. Mono, means one. A mono-diet would therefore mean but one article of food. This has been so interpreted as to mean one should take only one article of food, as for instance: whole wheat in some form, and eat nothing but that, morning, noon and night, for a considerable time. Strictly speaking, this would be true, but it is equally true that mono-diet may mean but one kind of food, or one class of food, at a time, changes to be made at every meal.

When we recommend a meal of fish, potato and vegetables, we have a combination of food entirely harmonious, and this would be practically, though not literally, a mono-diet. Such a meal might be had at noon, while in the evening one might serve whole wheat bread and honey, and milk, and again have a meal fully harmonious in its nature.

If we were to add fruit to either one of these meals, we would not have a meal harmonious, because the acid of the fruit would be inharmonious to the potato in the first meal, and to the milk in the second; both a cause for serious disturbances.

While in the ultimate harmony might be reestablished in the system after the process of counteraction between the milk and fruit had taken place, difficult work has been given the digestive organism; work wholly unnecessary and undesirable, and it would have been far better for us to have the mono or harmonious diet for noon and evening, and to eat the fruit between meals, thus counteracting the acid from the meal, if any, without raising a digestive disturbance and incurring the necessity of using much vital energy to reestablish harmony.

It may be desirable to have meals of fruit, but in that case the entire menu should be made of fruit; especially is this true of the early breakfast. Fruit taken at this time will give the system the necessary acids making it unnecessary and undesirable to take fruit with the meals.

HARMONIOUS FOOD COMBINATIONS

*Proper Combinations of Food in Health and Disease
To Begin With, Use Reason*

In taking up the natural system of dietetics, whether it be for the maintenance of health or for the purpose of regaining health, *reason* should be followed not fanaticism.

Dietary rules are actually extremely simple when one has once learned the fundamentals; the Law should always be, in sickness or health: *Diet as varied as possible but with few articles of food at any one meal. Have a foundation, or basic food, and a few harmonious articles in combination.*

Continually vary the diet, but do not have many varieties of food at any one meal. Have a Basic or Foundation food, and combined with it a few harmonious articles not considered Basic.

THE FIRST REQUISITE: Whether one desires to maintain health, or is seeking for a reestablishment of the shattered forces which will mean health, the first requisite, absolutely essential is hunger.

To eat when not really hungry is to give the stomach food to digest when it is not actually prepared to do so properly, and unless food is properly digested it is not possible that its nutritive value, building material, energy producing, vitamines, mineral elements and nuclein be absorbed. Food taken when there is not actual hunger is like a foreign substance in the stomach, it becomes poisonous to the body.

It is not a difficult matter to recognize the difference between appetite and hunger. Appetite is a sensation in the stomach, and is usually known as faintness; a craving, gnawing, all-goneness

or empty feeling, and when this is felt, people generally think they are hungry and in need of food.

As an actual fact, food is neither required nor desired, because these sensations are symptoms of dyspepsia, indigestion etc. and proof there is food in the stomach which has not been digested, which is rapidly approaching the stage of fermentation or putrefaction; to add more food to this, is to add fuel to flame. It is for this reason that dyspepsia and indigestion are usually the forerunners of other serious ailments.

Hunger, like thirst, is felt in the throat and *not* in the stomach. When one actually is hungry, there is a sensation in the throat just as there is when one is thirsty; and if there is health, the stomach is not felt at all. If the stomach makes itself felt through any sensation whatever, it is *never* an indication of the necessity for food, but always a warning there is something not as it should be.

In hunger, the saliva flows freely, the digestive juices are abundant; the food tastes good without spices; and there is a desire to chew it thoroughly in order to get out of it all the good taste there is in it. Under these circumstances the food is thoroughly masticated, hence properly prepared when it reaches the stomach; normal digestion results and the absorption of its food value is assured.

The daily food must consist of some part of the following classes and a sufficient quantity of each to meet the demand of every individual; this depends entirely upon the occupation of the man or woman and upon the state of health.

FATS: These are to be obtained principally from nuts, olives, vegetables, milk, cream and butter.

PROTEIN: Also found in nut products, eggs, whole meal breads, oatmeal, cheese, pulse etc.

PHOSPHATES: Contained in the outer coverings of all grains, in many vegetables, in cheese, bananas, apples etc.

SUGAR: In all starchy food, such as potatoes, cereals, fruits, beets, maple sugar, and most important of all honey.

From the above it will be noted that some foods, such for instance as cheese, contain most of the food elements required: fat, protein and phosphates, though no sugar. Adding honey and whole wheat bread, we have one of the most perfect food combinations known; one of equal benefit to the laborer, the brain and nerve worker, or the invalid.

If such a diet were followed daily, then vegetables must necessarily be added for the cellulose as well as the additional vitamins and organic mineral elements. However, such a combination indicates how extremely simple food combinations may be and still be perfect from both the dietetic and practical standpoint.

JUST TWO CLASSES OF FOOD

For the reasons given, some of the most successful Dietitians have claimed there are actually just two important groups of food, and if we had a perfect understanding of these we can be successful in practice.

GROUP ONE: The proteids; nitrogenous or albuminous.

GROUP TWO: The carbonaceous: starches, sugars and fats.

The first of these build up the muscular fibres of the body, form flesh, and take the place of waste.

The second class are converted into heat and force, sustain physical energy; muscular, nervous and mental power.

One other fact must be borne in mind however, though some foods are harmonious according to their food value, they are not agreeable to bodily chemistry, especially the tomato with the starches. However, these exceptions are notably few.

NITROGENOUS MATERIAL

Nitrogenous or proteid matter is found in the flesh of animals (we will give substitutes for this proteid), and also richly abounds in certain vegetables; in peas, beans, lentils; in nuts, milk and milk products; and in eggs. Apart from proteids, the vegetables are richer in other nutritive constituents than beef.

Thus we find that while the total nutriment found in beef is about 28 per cent, in lentils it is about 83 per cent and whole wheat bread contains 88 per cent. Beef contains no carbonaceous matter, and is therefore less valuable as food.

CARBONACEOUS FOOD

These are the starch and sugar yielding foods. They embrace the cereals, the pulse, nuts, fruits and beets; are usually cheap foods, rich in carbohydrates or starchy matter and also in nitrogenous or proteid matter. They contain in themselves all that is essential in building up the body, bone, muscle, flesh, blood and supply heat and energy; though are lacking in the eliminating agents.

In many diseases these foods, or some of them, must be limited in order to free the system from an already over-abundance of one or more of the elements they supply.

Milk, cheese and eggs form a group in themselves and are

DISTINCT CLASSES OF FOOD

strictly Basic foods. Milk is the ideal food for all; cheese is far richer in protein than beef; containing more than twice the nutriment, being too a nerve and brain builder without stimulation.

These dairy products must therefore form the *base* of all food combinations where the *restoration of nerve and brain power is the chief consideration*; must be fortified by the cereals and vegetables, as well as the fruits, in order to supply an extra supply of the organic mineral elements, nuclein and vitamine.

MEAT SUBSTITUTES

The most important substitutes for meat, because easiest of digestion and assimilation, are: milk, cheese, eggs and fish.

Next in importance are the cereals, closely followed by the legumes.

Most people regard milk merely as a drink and not as a food. A great deal of education will be required before they will

accept milk as a foundation food around which to build a perfect menu.

Cheese is more widely used as a Basic food, many families making a meal of cheese, bread and butter, and some vegetables, but in nearly all cases it is the denatured white bread which is served and this in part neutralizes the value of the cheese.

Fish also, is widely known and used as a Basic food, and the housewife has learned to prepare a splendid dinner with fish, potatoes and vegetables, but also makes a mistake of serving white bread with the combination, thereby having two heavy and inharmonious starches at the same meal.

Peas, beans and lentils are next in order and are gradually coming into regular use; the mistake made by the people is, they are not used as meat substitutes, but as side dishes with meat; thereby doing more harm than good, because such a combination is entirely too heavy and undigestible, causing gastric disturbances and indigestion.

All nuts are meat substitutes and should be used as Basic food for the meal and not merely as an adjunct.

PROPORTIONATING FOOD VALUES TO BE FOLLOWED IN SUBSTITUTING

The official value of these foods, taking one pound of meat as the standard:

Two and one-half quarts of milk.

One and one-half pounds of fish.

Three-fourths of a pound of dried fish.

Two-thirds of a pound of ordinary cheese.

A little less than a pound of nuts.

Nine eggs.

One-third of a pound of peanut butter.

Two-thirds of a pint of dry peas, beans or lentils.

One pint of orange juice.

All of these contain food value such as the organic mineral elements, nuclein, vitamine etc. not found in meat, and do not contain the acids and toxins therein.

COMBINATIONS

Great mistakes are made in the combination of food and this causes most of the digestive trouble. Especially is this likely to happen when meat is eliminated from the dietary.

Fruits should *never* be served with meals but should be partaken of in the morning, one-half hour before breakfast, between meals and at bed time.

Cream or milk should never be served with fruit. The combination is almost impossible of digestion and the result in the stomach is like that which takes place in a retort when two counter-acids are placed together.

Fruits combine well with nuts.

Whole meal breads may be served with fruit salads.

A perfectly balanced meal can be made with a combination of fruit and nuts.

Vegetables and fatty foods combine well. For this reason fish and vegetables make a good combination, as do vegetables and dairy products. Tomatoes cannot be combined with dairy products but combine well with fish, provided no starchy food is served.

Starchy food combines well with all vegetables except tomatoes. Tomatoes may be combined with all classes of fish, with all vegetables and with green pulse.

Combinations should be simple, not too great a variety, but sufficient of each.

In the matter of vegetable combinations, such for instance, as vegetable soup, almost all vegetables, grains and even pulse may form part of it with great benefit. A meal composed of vegetable soup and whole wheat or other whole grain bread, is perfect.

ERRORS TO AVOID

The cause of much illness is directly traceable to too much of the starchy food, such as all white flour preparations; cakes,

potatoes, white flour puddings, corn starch, macaroni, and these combined with milk and sugar.

To such meals are often added: cheese or nuts, and even fruit. Such a combination *must* and *will* cause dyspepsia, indigestion, mal-assimilation and Toxo-absorption, and from these spring all the varied ailments.

Again, most people start the day with a breakfast the first dish of which is oatmeal or some other cereal with milk and sugar. This is an inharmonious combination certain to cause trouble. Those who favor any of the cereals with milk, should have them for lunch or dinner, with whole wheat bread, and in place of using cane sugar, should use honey as a sweetener; forming a vitalizing, building, energy producing combination.

If one feels breakfast necessary, then the less starchy and sweet food should be eaten. Among these we have corn or whole wheat bread or muffins, buckwheat cakes, bran muffins etc. and for drink a cup of hot cereal coffee to which may be added cream but no sugar.

Too much commercial cheese should not form part of the menu, the cottage cheese is much to be preferred. Most of the hard cheese bought is adulterated with acids to preserve it, and these react in the system. Moreover, such cheese is hard to digest, is *always* constipating and acid forming.

Care is always to be exercised to avoid over-eating, or rich foods forming too great a part of the diet; especially such food as nuts and staple cheese. Under-feeding—the use of too much white bread, starches and sugars is just as certain to cause trouble in the form of nerve starvation, neurasthenia, anemia, tuberculosis etc.

We give below a table of the approximate value of various foods. Values differ slightly according to the locality and climate in which grown, and especially is this true in regard to the organic mineral constituents; these are in proportion to their presence in the soil in which food is grown.

THE ORGANIC MINERAL ELEMENTS

Often Called Organic Cell Salts

Numberless books have been written on food and their contents in Carbohydrates, Hydrocarbons, Proteins etc. and in practically all of them the claim is made that food sufficiently rich in these material and in proper proportion are good and desirable diet for man. Much more has been written on the number of Calories in the various foods and the necessity of so many Calories per day for each individual whereby health and strength is maintained.

With much of this we agree, but we make the positive statement that *a combination of food may contain the necessary carbohydrates, hydrocarbons and proteins, and may have a sufficient number of calories, but if the organic mineral elements are missing then it is impossible to maintain health, strength and efficiency, and just as impossible to regain health, however correct the treatment may be.*

These organic elements forming between five and six per cent of the weight of the body, are found in the bones, teeth, hair and present in the tissues of the body and in solution in the various fluids. While these elements yield no energy, they are necessary to life and equilibrium.

In the United States alone more than half a million of children die each year who are below the age of ten years, and more than half of these are victims of a diet deficient in the organic mineral elements, this being principally white bread, denatured rice, barley, oats and corn, and the denatured products of these cereals commonly known as breakfast foods.

When we feed the child with white bread, corn starch,

polished rice or barley, and too frequently of white potato combinations, we serve it poison, because these denatured foods not only fill the stomach and cause indigestion and congestion, but by reason of having been robbed of their life-giving, vitalizing, equalizing elements, are the direct cause of non-assimilation, mal-assimilation, Toxo-absorption and death.

Any denatured food, no matter in what form it is served, is a poison to the system, the giving of it is a crime, because to give poison to another, even in minute quantities, is a crime.

All the fluids of the body: the blood, the gastric juice, the pancreatic juice, the saliva, the bile, all contain the organic mineral elements *in solution*, and unless these are in the food we eat the fluids will be lacking in them and cannot be in a healthy, vital state and weakness, illness, inefficiency, low vitality and general inertness will be the result.

We can do without food for days, often weeks and remain in health, but we cannot do without water, or fruits containing water, for a few days. Unless we take water daily, illness and death quickly results because the system is composed of three-fourths water and you might just as well expect to be healthy and strong without the full quota of mineral elements as to remain so and be drinking only a third of the amount of liquids required by the body in maintaining health. Water and the organic elements are the *basis of life*, the other foods we eat simply sustain that life.

As just stated, three-fourths of the body of man is liquid and this ratio must be maintained by drinking water or by eating fruits and vegetables containing liquids if we want health, strength and vital power.

Of the solid part of man, one-fifth to one-sixth is composed entirely of the mineral elements; the chlorides and phosphates, with the carbonates and sulphates, being the chief among these elements. *These cannot be taken into the system in the form of medicine or concentrated extracts, but must be in the food we*

eat and if any element falls below its quota, then weakness, illness and low vitality, with lack of virility, is the result.

All schools of medicine recognize the necessity of the **mineral** elements; proven by the fact that they prescribe **iron** in anemia and other conditions where lack of vitality is the cause of trouble; phosphates in nerve deficiency; lime in sour stomach etc., but these mineral elements are not assimilated by the system, they act by affinity.

The child that is given food deficient in the organic **lime** element will soon be troubled with sour stomach, usually indicated by baby's sore mouth. The physician prescribes **lime** water; this lime water cannot be assimilated, any effect it may have is not due to assimilation but to a neutralization of the acid which always is present when there is a deficiency of organic lime. At other times it acts through the law of attraction; by drawing to itself that which is of like nature and thereby causing all the lime contents in the food given the child to be absorbed by the system, instead of only a part as before. It is through this process of attraction and consequent assimilation of the organic lime, the inorganic lime acts as an agent in helping to re-establish a normal condition.

The reason the inorganic lime cannot be absorbed by the system is, *it has neither the nuclein or vitamine in combination to give it life, and because of this it is called inorganic.* Were it in combination with nuclein and vitamine it would be organic lime and would be assimilated, because of the vitamine and nuclein contents.

Likewise in prescribing iron, the physician does so with the idea iron is assimilated. This also is a mistaken idea. The system cannot absorb any inorganic matter, *for the reason just cited*, but the iron may act as a tonic, causing the system to make greater effort to digest the food consumed, and through the law of attraction, or affinity, draw out as much of the iron as the food contains and this the system assimilates; the inorganic iron is then eliminated from the system in the form of waste product.

Inorganic iron is an active poison when it enters the blood stream as readily proven by the fact that when we tread on a rusty nail severe soreness is caused thereby which may result in blood-poisoning.

The blood is made up of countless corpuscles in which are contained the various mineral elements; as is the blood, so will be the entire system. For instance, if there be sufficient iron in the blood, this organic iron passing through the lungs, is charged, oxidized by the air we breathe, and becomes Magnetic power; because of this we say that a man with plenty of iron in his blood and who breathes *naturally*, is magnetic and full of life and action. Without this iron in his blood he could not be strong *even though he followed a perfect system of breathing*. On the contrary, if the blood were full of iron and he failed to *breathe properly*, he would not be magnetic, vital or virile.

The blood must absorb these organic mineral elements from the food that man eats, and the chief of those from which it can obtain the cell salts we term vital foods, because they are richest in the building, vitalizing, life-giving elements and contain the greatest amount of nuclein and vitamine besides. Unless some of these are used daily, health and strength are impossible.

Nature in her great wisdom, sets up danger signals. When there is a feeling of weakness and tiredness in the morning, it is not as yet a disease, but it is a warning of a deficiency of iron in the system, and unless this is rectified more serious results will follow, these becoming so pronounced as to end in Anemia or Tuberculosis.

If there is a sufficiency of iron in the blood, when morning comes one feels like jumping out of bed into a tub of cold water and then out of doors for deep draughts of the life-giving elements in the air, for which the iron in the blood is calling.

It must not be understood that all weakness is caused by lack of iron. There may be nerve weakness, mental inefficiency and these be caused through lack of nerve force or phosphorus

in the system. Likewise may there be weakness because of **lack** of other mineral elements.

The theory so often advanced by interested parties, that **one** food may be denatured and the lack supplied by combination with other elements is totally wrong. For instance, it has **been** advanced that we may take the denatured wheat product—**white** flour—and make up the deficiency therein with other foods **rich** in the elements that had been removed from the wheat. This **is** a dangerous theory, and the propaganda which inculcate such teachings is criminal. *No food grows, be it what it may, which contains more of any one element than necessary to make it a natural food, and a deficiency in one food cannot be made up by any other, whether by the use of other foods or through the isolation and concentration of such elements.*

Apparently health may be enjoyed for a time even if one or more of the elements are missing, but a gradual depleting or tearing down process will take place and this will manifest itself after it has reached a certain stage of the destructive process.

The whole of wheat, for instance, contains all of the organic mineral elements, while the white flour of wheat contains practically nothing but starch. When wheat is denatured in the making of white flour these organic salts are thrown aside, and this means that when we eat white bread we are actually robbing the system of the necessary mineral elements and at the same time congesting it.

Nature made no mistake in the creation of wheat as a Basic food for man. She never expected man to denature that which she had taken such pains to create; there is no logical argument in its favor. All that is in the wheat, bran, middlings and starch, was intended for use and when we rob it of that which Nature placed therein, we do not actually cheat nature; *we cheat ourselves and those for whom we are responsible.*

Not alone does denaturing of wheat and other food simply rob the system of the necessary elements, it does a great deal more; it helps to poison the system. For instance, if a denatured

wheat product is taken as a food, it results in the creation of free sulphuric acid from the albumenoid sulphur in the intestines. This sulphuric acid in turn, abstracts basic elements from the tissues, and through this, impairs or destroys them, depending upon the intensity of the process taking place.

From this it will be apparent to the novice that the organic minerals not only act as constructors, as builders and as vitalizers, but that they are like policemen; controlling the destructive processes continually taking place in the body of man.

In considering the organic mineral elements and their work, we are greatly indebted to Dr. Scheussler, who had given a life study to these elements and their work, though we do not agree with his conclusions that the concentrated inorganic salts will be taken up by the assimilative system and changed into organic elements.

These mineral elements and their work are readily catalogued:

SILICA: Is a positive antiseptic and helps the body to defend itself against the invasion of disease bacteria. It also has a beneficial influence over the nervous system, enabling it to perform its work properly. With sulphur, it forms and helps in the development of the hair, and keeps it healthy.

We readily understand that if the food we eat lacks in silica, the guardian is removed and all manner of bacteria can enter and take hold. If silica is missing, the nervous system will soon be without a master or with a very weak one.

The body without a sufficient amount of silica is like a liquid which requires a certain amount of alcohol to preserve it. Unless this is constantly supplied it will spoil. Silica may be called the preservative of the body.

FLUORINE: Fluorine is necessary in the building and preservation of the enamel of the teeth; it is also required in the building of the bones and to keep the spine in health. Possibly some day we will be willing to admit that the many Spineless humans are really lacking in the element fluorine and this sup-

plied they will quickly pass up to the grade of heroes. The eyes also require fluorine and vision cannot be normal without it.

So essential is this salt to animal life, that if we pen **up** chickens and do not give them either oyster shells, clam shells, egg shells or crushed granite, from which they may obtain **the** salt, they will quickly cease laying, because it is absolutely necessary in the formation of the yolk; moreover, they will develop cholera during the damp and chilly months, cholera being identical with diphtheria in man.

Experiments have been made on our farms and always with uniform results, and we have had the statement made by those who have made the tests, that where a deficiency of this salt is found, it can be quickly remedied by prescribing eggs from chickens where crushed granite has taken the place of grit and clam shell.

Understanding these laws, can we not readily comprehend that robbing the wheat of its mineral elements, likewise the oats, rice and barley, feeding our children these denatured foods with but few green vegetables during the Winter months, they cannot escape those fearful diseases holding full sway during these months?

The question might reasonably be asked: Why do not these diseases manifest during the Summer months, knowing as we do, that the same denatured foods are then constantly used? Though it is true these foods are consumed during the Summer months, the amount is greatly lessened because we have all of the greens: dandelion, lettuce, spinach and others, all rich in vitamines and the mineral elements and through them the invasion of these diseases is prevented. Moreover, during the Spring, Summer and Fall months less meat and sugar are consumed than during the Winter months, therefore less of the destructive acids are created in the system.

CALCIUM: Calcium, assisted by phosphorus, magnesium, silica and fluorine, has the work of building up the bones and

the teeth. If the food consumed does not contain sufficient calcium, then weakness of bone, or rickets result.

Because most of the Basic foods consumed by children are denatured is the one great reason why the majority of them are cursed with defective teeth. In the building of teeth, calcium-phosphate and calcium carbonate are necessary, and these are not to be found in denatured food.

In connection with the lime salts we must mention a fact not generally known. Besides giving children denatured food which have been robbed of their lime contents, they are also given the cheap candies, cakes and confections. These are all made from refined sugars, lacking in necessary elements and act as vampires; they rob the system of what little lime there is left; still more depleting the tissues and nerves.

SODIUM: Sodium is one of the most important of the elements; without it digestion would be impossible, therefore, life would be impossible. It is found in all the fluids and tissues. These two salts, Lime and Sodium, if in proper proportion, prevent the stomach from being either sour or acid, and likewise impart the alkaline reaction in the blood and fluids.

POTASSIUM: Equally important with Sodium. It is a force which gives life to the muscular, nervous and mental system. Without it, nerves would be in a shattered condition and reason itself would be dethroned.

Because of the lack of this element in the food generally consumed by people, we find the source of many of the nerve weaknesses and diseases and the *cause of crime*. If the nerves are starved, then the reasoning and thinking power of man cannot be normal. Morality and Spirituality has no meaning to those whose system is deficient in this all-important salt.

Because of the starvation of the nerves, the mind at times becomes abnormal, just as the messages sent over a telephone wire may be so weak, because of the deficiency in current, that they cannot be understood. At such moments many crimes are com-

mitted and the one committing them, if potassium starved, *is not responsible*.

Knowing this to be a fact, we assert that the men who rob our food of this important element, thus weakening the nervous and mental system of the people of the nation, thereby causing weaklings and criminals, *are arch-criminals*.

Potassium also gives assistance to the heart by influencing the relaxation and the resiliency of the muscles. In many cases of so-called heart trouble we find that it is not organic, though often diagnosed as such, but simply a lack of this important element. This also points to an important lesson, namely, *that* many of the sudden deaths daily reported, as well as the prevalent trouble with diseases of the heart, may be traced directly to denatured food.

The muscles of the heart must have the strength, the relaxability, given it by the potassium, in order that it may act as a pump, sending the blood into the lungs, there to be oxidized by the oxygen breathed in and thus become a *living stream*.

That these are not wild imaginings can be readily proved by the fact that during the examinations for the war, more than fifty per cent of our young men were found unfit for service. If this is true a few years after the universal use of denatured food, what will it be in a hundred years hence?

Potassium has another great and important duty to perform in destroying the hardening influence which would cause the muscles to become brittle, the joints and arteries to harden. But what if there is no potassium in the food we consume? Can we wonder that countless young men suffer from hardening of the arteries, not to mention the older ones?

A sufficiency of potassium must be taken into the system thereby keeping the tissues flexible and active, and to assist sodium in carrying off the carbonic gas manufactured through combustion.

IRON: Iron is the element found chiefly in the blood. It enriches the red corpuscles and on this richness depends their

power to carry oxygen to the tissue cells. A deficiency in iron always results in Anemia, Chlorosis, Tuberculosis and other wasting diseases.

Iron combines with oxygen; when the air is breathed into the lungs the oxygen in it oxidizes the iron contents of the blood, thus giving life and vitality to it; causing it to be magnetic and to carry this magnetic or vital force to every cell and tissue in the body. The more iron in the blood, the more fully and naturally we breathe, the greater will be our magnetism, our vital force and our virility.

The oxidizing process continues in the tissues and produces carbonic gas. This poisonous gas must be taken up by the sodium and discharged through the lungs as carbon dioxide.

PHOSPHORUS: This salt or organic element is the life and the health of the nerves and the brain. Without a sufficiency of it, there is mental deficiency, idiocity, brain fag, hallucinations, neurasthenia and most all of the other diseases resulting from nerve and brain starvation. Phosphorus is also found in the fluids, the heart of the cells and in the bones. *To the cells in the human body phosphorus is what nuclein is to the kernel of wheat—it is the life of it.*

SULPHUR: With silica it is found in the hair and necessary if healthy hair is desired. The yolk of egg is rich in this element. Sulphur is also found in the nails and the bile. When the bile is deficient in sulphur, eggs form the remedy, but when there is an abundance of it in the bile then gas is quickly formed after eating eggs.

CHLORINE: Is found in the blood and an ingredient in hydro-chloric acid. A deficiency in Chlorine results in indigestion, dyspepsia, mal-nutrition and Toxo-absorption.

CALCIUM CARBONATE: A deficiency of this salt may cause one to be hard of hearing. An over-abundance—that is—an accumulation of it in the internal ear will do likewise.

SILICON: This is necessary in the formation of enamel of the teeth and in the hair and nails.

PHOSPHATE OF POTASSIUM: Necessary in nerve and brain building; is almost as essential as phosphorus.

Summary

FLUORINE: Required in the building and preservation of the enamel of the teeth; in the building of bone and maintaining the spinal column in health.

CALCIUM: Assists phosphorus, magnesium, silica and fluorine to build bone and teeth. Required in the treatment of rickets and defective teeth.

SODIUM: Necessary in digestion, especially indicated in sour or acid stomach; and in general acidity of the blood.

POTASSIUM: Gives life to the muscular, nervous and mental system. Required in the treatment of all diseases of the muscles, nerves and mind.

Potassium gives strength and relaxability to the muscles of the heart, therefore often of great benefit in so-called heart diseases. It destroys the hardening influence which causes muscles to become brittle, joints stiff and arteries to harden.

IRON: Enriches the blood. Is a carrier of oxygen; and necessary in all cases of anemia, chlorosis, tuberculosis etc.

PHOSPHORUS: The life of the nerves and brain. Required in all nerve and mind deficiency.

SULPHUR: Necessary to the health of the hair and in the formation of bile. It is an energizer.

CHLORINE: Essential to the blood and an ingredient of hydrochloric acid; needed in all cases of indigestion, dyspepsia, mal-nutrition and Toxo-absorption.

CALCIUM: Required by the bone and teeth, found in all of the tissues, is necessary in cell growth, normal development and indigestion.

SILICON: For the formation of the enamel of the teeth and in the hair and nails.

PHOSPHATE OF POTASSIUM: For nerve and brain building, almost as essential as phosphorus.

ORGANIC MINERAL ELEMENTS AND ACIDS: All of the Natural Acids are *always* found in combination with the organic mineral elements, and often in combination with the vitamine.

Natural Acids

In all edible fruits, as also in many of the vegetables, are found acids essential in eliminating from the system various toxins, acids of animal origin and other impurities.

Many of these acids are transformed into carbonates, and thereby aid in maintaining alkalinity of the blood and secretions. These acids also often counteract the acids of the legumes and starches, thereby preventing acidosis.

OXALIC ACID: The commercial oxalic acid is inorganic and highly poisonous, but the Organic oxalic acid obtained from plants such as rhubarb, sorrel etc., are not only healthy, but acts as eliminators of congestions in the system and also as an agent in eliminating poisonous acids which would induce disease if allowed to remain in the system.

Tomatoes and plums contain this acid, and with rhubarb, sorrel, yellow dock and tomatoes are to be prescribed in the treatment of diseases resultant on Toxo-absorption, and where the liver is inactive and constipation exists.

Fruits and vegetables containing oxalic acid should not be prescribed in any disease where superacidity is the basic cause; the oxalic acid would act as an irritant in such cases.

CITRIC ACID: Lemons, limes, citrons and oranges contain citric acid, as do also the berries: cranberry, red currant, strawberry, raspberry and cherries. These latter also contain malic acid in about like proportion.

All of the acids secured from these fruits, with the exception of that from orange, it being too mild, are essential in the treatment of diseases resultant on subacidity and where the poisons in the blood are more or less alkaline.

TARTARIC ACID: Is obtained from grapes, pineapples

etc. It exists in combination with organic potash; from **this** is manufactured commercial cream of tartar, tartaric acid, **argol** etc. During the process of manufacture these products become disorganized; resultant, a disorganized or *inorganic* substance.

Tartaric acid is highly important in the treatment of **all** diseases due to superacidity; in weak or sore throat, indigestion, tuberculosis etc.

MALIC ACID: Obtained from apples, pears, quinces, plums, apricots, pineapples, peaches and from the berries **such** as cherries, gooseberries, currants, strawberries, raspberries, blackberries, elderberries, grapes and from tomatoes. It is **nearly** always found in combination with citric acid and in prescribing these fruits careful consideration must be given to the intensity of the acid in each fruit.

Thus for instance, the apple is nearly neutral and may be prescribed in nearly all disease; likewise the pear, plum and apricot. Peaches and pineapples in superacidity; gooseberries, currants, strawberries and tomatoes in subacid conditions; while grapes in sub-acidity and where the vital forces are low as in tuberculosis, anemia and neurasthenia; while tomatoes should never be prescribed in any superacid conditions.

In the fruits and berries named, there is an active principle in combination with the malic or the citric and malic, namely, pectine and pectine acid. This active principle is also found in carrots, turnips, beets, onions, and in lesser amount in some of the other vegetables. Thus, whenever these fruits are indicated the vegetables named are likewise indicated.

LACTIC ACID: Principally found in clabber and butter milk. It is highly essential in the treatment of all diseases where fermentation, putrefaction, Toxo-absorption and subacidity is present. In hardening of the arteries it is of great importance; lactic acid having been termed the enemy of old age and senility.

ACETIC ACID: Not found in any fruit or vegetable, consequently has no part in the dietary except as a substitute taking the place of the highly organized citric acids obtained from

lemons and limes if these be too expensive or cannot be secured.

In subacid stated pure cider vinegar may be used in place of the citric acid of lemons and limes, but the amount must be strictly limited.

FOUR DISTINCT CLASSES OF FOOD

Proteids

Proteids Repair and Build Up the Bodily Structure.

The proteins are found in meats, legumes, cereals and certain vegetables. They are the acid producing foods. These acids are uric, carbonic, carbolic, sulphuric, phosphoric, *oxalic* and several minor ones.

Protein is obtained from the lean flesh of beef, mutton, pork, fowl and game and from shell and other fish. In these the protein is in the form of Myosin.

The cartilage and ligaments contain it in the form of Gelatin, and this is the most nutritious and easiest of assimilation for those who are ill.

In the form of Fibrin it is found in blood and because of this, fresh blood is often prescribed for the anemic and tubercular.

Eggs contain it in the yolk, in the form of Vitalin; in the white, in the form of Albumin.

Milk and cheese are very rich in protein, here it is known as Casein, the nerve and brain builder.

In the outer part of wheat, rye, corn, barley, oats, buckwheat, and rice it is known as Gluten. Often these cereals are milled for the express purpose of obtaining the gluten and bread made from it prescribed in certain cases. Generally it is a failure because of its separation from the organic mineral elements, nuclein and vitamine, which alone can balance the gluten as a food readily digested and assimilated. Gluten foods form acids and gases which are impossible of formation when the mineral elements, nuclein and vitamine is in combination with it.

The legumes; peas, beans and lentils, and nuts, contain protein in the form of Legumin.

The proteins are necessary for growth and bodily repair of the system. For this reason they are of greater importance to the youth and those weakened through illness.

All of these foods are constipating in their nature, therefore it is essential that fresh vegetables be combined with them.

The meat proteins are constipating because of lack of fat. The legumes because the protein is highly concentrated, and the milk and cheese because of the casein.

Protein food is any digestible substance in combination containing nitrogen. The nitrogen is the source of energy and gives activity. Life cannot exist without protein. Plants obtain nitrogen from the ammonia and its salts and the nitrates in the soil. Animals from plants, cereals and legumes, and man from the animal, the cereals, the legumes and the growing vegetables.

Protein is never a single substance, but includes all substances which contain nitrogen in such proportion or combination as may be assimilated by the animal body. It can be obtained only from organic foods; there is no substitute for the element nitrogen.

Carbohydrates

Carbohydrates are Hydrates Combined with Water—in Organic Food Elements.

The carbohydrates are foods which contain an abundance of sugars and starches and are found mainly in the vegetable kingdom; they should form a large part of the daily diet, though an over-abundance causes congestions; resulting in diabetes, neuritis, Toxo-absorption and its long train of ills.

CARBOHYDRATES IN FORM OF STARCH

In the cereals it is found in the white part of wheat, rye, corn, rice, oats, buckwheat and all other edible grains. By using

the term "white" or "Denatured" flour of grains we quickly come to an understanding of what the carbohydrates are. The Dietitian condemns them all. He claims the starches should not be separated from their affinities—the Proteids, Organic Mineral Elements, Nuclein and Vitamine.

The vegetables rich in starches are both the Irish and sweet potato, parsnips, beets, rutabagas, carrots, turnips and yams.

The legumes: peas, beans, lentils and nuts; it is to be understood reference here is made to those when dried or cured and not to the fresh legumes which are to be considered more in the light of vegetables and eliminators rather than as starches.

Practically all the nuts contain much starch but as these are eaten whole they form a combined food, the starch hardly ever being separated from the parts containing the nuclein and mineral elements. Nuts should therefore actually be classed as a complete combination food.

CARBOHYDRATES IN THE FORM OF SUGAR

Undeniably sweets are required by the system, this is indicated by the universal desire for them, but one can hardly imagine the Creator had in mind the modern refined and denatured sugar products when He gave this to man.

In order of importance may be thus given: Honey, the purest and most vital of the sweets. How long honey has been used as a food to sweeten and flavor other food no one knows. That it is many centuries since, is indicated when we read the Twenty-sixth Chapter of Deuteronomy.

Next to honey both in importance to health and in their purity are the genuine fruit sugars, then maple sugar, next to this the unrefined brown sugar, and lastly the refined white sugars—the vampires of lime in the system.

The sugars from the cane, corn, beet and melon are practically all refined to the highest degree and the Dietitian does not consider them as food. These are known as the Saccharines.

Sugars obtained from the grape, raisin, date, figs, currant,

plum, apple, pear, orange and other fruits and berries are known as Dextrose, and are more quickly absorbed than any of the others.

Lactose or the sugar of milk, especially valuable in the feeding of children, is quickly absorbed.

Malt sugars, known as Maltose, are usually prescribed for invalids and those physically weak. It is questionable whether these contain any real value.

After the carbohydrates are digested and absorbed the portal vein takes them up and carries them to the liver where they are stored as glycogen. Here they are converted into dextrose as needed by the blood.

Those requiring the greatest amount of the starches are all who do long, laborious work, active exercise and work of any nature which requires physical exertion.

CORRECT USE OF CARBOHYDRATES

Honey is a natural food of great purity, easily digested, and has great nutritive value. It is composed of dextrose and levulose. These possess the advantage of being quickly absorbed and taken into the blood without in any way interfering with the lime contents of the digestive organism or blood. In this they have a great advantage of other and refined sugars.

It is not only a food, but may be classed as a food-medicine; strictly speaking, it is *a medicine*...

Honey should take the place of sugar whenever possible and if sugar be detrimental honey can take its place and good only result.

The principle reason why the sugars from cane, corn, beets and melons are detrimental to health is in the method of refining. They cannot be considered as organic food, but belong to the inorganics. As well known, inorganic substances are not real foods and cannot be prescribed as such.

On the contrary, honey is an organic food, contains the essential organic mineral element, the richest of vitamines, though

not in as large proportion; besides this, it contains an organic animal vital element which chemistry has not been able to classify.

The fruit sugars are next in value to honey though they do not, as far as we know, contain the vitamine found in honey and none of the vital animal element. They do contain slight amount of the mineral elements, and being Dextrose in their nature and similar to honey, do not require the digestion other refined sugars must pass through, but are quickly absorbed. It is likewise with sugar of milk.

The system requires starches, they are as important as any one of the other class, and more of them are required, but we maintain they should be the *vital* starches. By this we have reference to those obtained from the wheat, rice, barley, oats, legumes etc., and in combination with their natural elements; because in these there is the life germ containing nuclein, the vitamine and minerals.

In the refined sugar there is neither nuclein, vitamine or mineral elements; and in many of the starches, for instance, in the squash, pumpkin etc. there may be vitamine and the mineral elements, but no nuclein.

For the above reasons our school has always believed, and still maintains, there is a vast difference in the starches, and it classes those starches as vital which are secured from the grains, legumes, nuts etc. which produce their kind. Under this *vital* class we place wheat, rye, oats, barley; peas, beans, corn, lentils; all of the nuts; potatoes (if served whole); beets, parsnips, carrots and onions.

Among the sugars, honey and milk sugar. Fruit sugars are semi-vital.

The natural starches are found in the squash, pumpkin, grape, date etc. where the vital or life germ is in the seed and is not used as food.

The devitalized starches and sugars are all those which have passed through a refining process.

It is necessary to make a special mention of the potato, because it is universally used and often considered as a Basic food and used as such.

When baked and served with its jacket, we consider it a vital starch food. The skin is rich in organic mineral elements and in its seed is the vital element nuclein. Because of this combination, when served as a whole, the body receives the starch, the mineral elements and the vital principle.

The starch is readily digested and quickly assimilated. When served with a meal no other starchy food should be served with it, and cane sugar should be prohibited.

With fish or meat, and with several vegetables, a perfect combination is formed, provided white bread is not eaten at the same meal.

Potatoes may be boiled with green legumes, or with green vegetables, but should not be served at the same meal with Winter dried peas, beans or lentils. It may be served with green corn dried.

The practice of frying potatoes and serving them for breakfast with white bread and coffee, is a deadly one; a more unhealthy or unnatural practice cannot well be conceived. Potatoes do not digest very readily if fried because the starch is antagonistic to the fat. Served with another devitalized starch in the form of white bread, and a different fat in the form of butter, together with a poison in the coffee, and an inorganic starch such as sugar, we have a combination such as must make even his Satanic Majesty weep, especially when he sees it given to smiling little children.

Potatoes served as in many of the Tutoic countries, with sour milk or clabber, and black bread, forms a wholesome and complete meal.

With milk foods, sea foods, dishes of which eggs or other nitrogenous foods are the basis, potatoes are a healthy and desirable combination.

Hydrocarbons

The Combination of Carbon-Hydrogen-Oxygen, Usually Termed Fats.

The hydrocarbons are composed of the animal fats, cream and vegetable oils. They give the heat and warmth to the body; has a mechanical laxative effect; and are lubricators of the organism and the intestinal tract; because at the body temperature they are liquid.

When taken in excess, they will congest the system, cause constipation instead of relieving it; result in disorders of the liver, mal-nutrition, Toxo-absorption and great harm generally.

The most valuable of the fats are found in cream, butter, cheese and the yolk of eggs. These are the organic fats, rich in organized elements quickly absorbed, and in vitamins and organic minerals. As far as possible all fats should be chosen from the dairy products.

Next in importance are the fats obtained from animals; fish, both shell and otherwise; fowl and game. In short, from the animal kingdoms.

From olives, seed of fruit and nuts may be obtained fat of great importance though this is not as readily digested or as quickly assimilated as the fats obtained through the animal kingdom.

Another class of fat is obtained from the cereals. These are extremely valuable in their natural form, that is, before they are separated from their natural environment. Thus, the fat in corn is easily digested and quickly assimilated when it is eaten with the whole corn meal, but separated it is more difficult of digestion and less easily absorbed. It is thus with all fats obtained from the cereals.

To be of greatest benefit, fats, like the starches, should be served as nature combines them, and not separated from their natural elements and combinations.

The most perfect combination is found in sweet milk before

it has time to undergo the process of separating the cream from the milk. It is then a completely organized food, all the nutritive value is quickly absorbed.

Next in importance to the fresh whole milk is cheese, butter, cream. All of these are of highest importance in the dietary of man because of the fat contents.

The fat from fish are of next importance because these remain in combination with their natural elements until consumed. We condemn all fish oils of whatever nature.

The fats from animals are valuable though in our system of Dietetics we do not consider animal food a necessity.

Next in line are the vegetable fats and lastly those from the cereals.

Organic Mineral Elements

Eliminators of Waste Matter and Impurities from the Blood and Body; Tissue Builders and Preservers; Vital Energy Producers.

To the organic mineral element group of foods belong those which are poor in proteids, carbohydrates and hydrocarbons, but rich in the organic salts consisting otherwise chiefly of Cellulose—called undigestible bulk—which gives action to the bowels.

These are lettuce, celery, string beans, green peas, green lima beans, dandelion, yellow dock, spinach, Swiss chard, all beet tops, water cress, wheat bran, coat of barley and oats, the outer layer of rice etc.

These salts are also found in cabbage, kale, rutabagas, asparagus; in the roots, such as radishes, carrots, parsnips, onions, horseradish, Chinese cabbage etc.

They are found in abundance in most of the fruits, notably in the orange and in the grape, both of which are also rich in *Vitamine*.

All the blood and the tissues of the body contain some of these mineral elements, and these can only be supplied in the organic form, by the food we eat.

While the human stomach has been likened to a crucible, and no doubt is much like it, it cannot accept inorganic substances and transmute them into the organic, nor will it accept counter-acids, and produce health and vital power.

If the best results are to be obtained, man must give as careful consideration to the combination of food as he would to the chemicals that he would place into a retort.

If he makes a mistake and combines chemicals opposed to each other, there will be an explosion. If he combines foods that are not in harmony, health, strength, and vital power will be lost.

THE NORMAL BODY

There are seventeen elements composing the healthy human body. Of these, fifteen are well known and recognized.

The healthy human body is composed of the following elements in about the proportions given:

<i>Elements</i>	<i>Pounds</i>	<i>Ounces</i>	<i>Grains</i>
Oxygen	97	12	
Carbon	29	8	
Hydrogen	12	2	
Nitrogen	2	12	
Calcium	2	2	
Phosphorous	1	12	190
Sulphur		3	270
Sodium		2	196
Chlorine		2	248
Fluorine			217
Potassium			292
Magnesium			338
Iron			182
Silica			114
Manganese			90

A NORMAL DIET

The correct diet for the normal human being should consist of the combination of food as given below, selected from the four classes as given in the foregoing chapter.

ORGANIC MINERAL ELEMENT FOOD

One half or three parts of the meal must be selected from those foods rich in the organic mineral elements and cellulose.

The Cellulose is required by the bowels to enforce natural movements and prevent congestions.

The mineral elements for the purpose of *building tissue; stimulate the secretions of the body; aid in the digestion of the food; preserve the tissues; feed nerve, brain, bone and hair; prevent putrefaction and toxo-absorption; produce vital energy and prevent infection and the invasion of disease.*

PROTEIDS

One-sixth of the meal must be selected from the protein foods. These furnish the *material required in repairing wear and tear; material helping growth; build tissue; create vital energy and create both heat and energy while undergoing change in the chemical digestive apparatus. When the diet is lacking in fats the proteins are substituted by the system for the creation of heat and energy.* Long continued this is dangerous to health and vitality.

DANGERS FROM TOO MUCH PROTEIN

The average American diet is too rich in protein and deficient in Cellulose and mineral elements, this is often the direct cause of such ailments as rheumatism, gout, hardening of the arteries, all diseases resulting from congestions, Bright's disease, and wasting diseases.

CARBOHYDRATES

One-sixth of the food should be selected from the carbohydrates. These supply the material for the building of muscles, create the energy required in physical labor and help to maintain the normal bodily temperature.

DANGERS FROM EXCESS OF CARBOHYDRATES

Generally too great a proportion of sugars and starches are given part in the diet; this is the cause of diabetes, neuritis,

congestions, torpidity of the liver, mental deficiency, nerve weakness, sex excitement and wasting diseases.

The greatest danger is in the fact that denatured sugars are universally used. If sugars and starches were secured from the natural and vital foods and in combination with their native elements, a much greater proportion might be consumed without ill-effects.

HYDROCARBONS

One-sixth of the diet should be selected from the hydrocarbons.

These create heat and energy; are lubricating to the entire system; help in functional activity; create physical energy, stimulate muscular activity and *are the base of sex life*.

DANGERS FROM EXCESSIVE USE OF HYDRO-CARBONS

In all conditions where there is a miasma (scrofulous condition) in the blood, an excess of fats will quickly aggravate it; mental dullness, stupidity and obesity are also caused by an excess of hydro-carbons, also biliousness and all the ills following this condition.

DIET IN DISEASE

The above rules are given for the healthy person, where disease exists there is a deficiency in one of the elements and selections must be made from those foods which will supply this.

LAWS OF DIGESTION

Abridged

Food taken into the stomach must pass the lining surface of the digestive tract. That which reaches the liver must undergo a general assortment, and temporary storage. After leaving the liver it enters the blood stream and must pass through the lining surface of the capillary blood vessels to reach the lymph stream. Finally, it must penetrate the wall surrounding each separate cell, of each separate tissue and organ, before reaching its destination.

If we exclude water, formerly considered simply as an eliminating agent, but now *known to contain very important animal matter which is used by the nervous, mental and especially the creative system*, there are but three broad types of food material which form the body; these are:

1st. Protein, to build up and repair the bodily structures.

2nd. Carbohydrates (sugar and starches), and Hydrocarbons (fats), often used interchangeably by the system, to warm the body and supply a resisting material which will control and regulate the flow of the life forces.

3rd. Organic mineral elements to keep the blood stream and the body generally, free from waste and impurities and help to rebuild the bodily structures and functions.

All food materials used are combinations of:

OXYGEN, HYDROGEN and CARBON, and these in combination with nitrogen.

The first three are the producers of force in the body, these in combination with nitrogen are employed in the building of tissue and supplying of energy.

PHOSPHOROUS, life of the fluids, cells, brain, nerves and marrow.

SULPHUR, life of the hair, nails and energy of the bile.

SILICON, in combination with sulphur is the builder of hair and nails, and in itself an important element in the enamel of the teeth.

IRON, important in the blood, the gastric juices, and found in the pigment of the skin and hair, and in the eye.

MANGANESE, in combination with iron is an important element in the blood.

SODIUM, found in all fluids and tissues.

POTASSIUM, usually in combination with Sodium in the fluids and tissues.

CHLORINE, found in the blood and an important element of Hydrochloric acid. If this element is missing Sub-acidity and Indigestion always results.

CALCIUM, found in bones and teeth, is really the force of the equilibrium of the framework of the body. It is essential to normal digestion and counteracts a super-acid state of the body.

MAGNESIUM, in combination with Calcium and Magnesium, found in bones and teeth, also required in digestion.

FLUORINE, usually in combination with Calcium and Magnesium, is lesser in amount but of equal importance.

CALCIUM CARBONATE, required in the structure of the inner ear.

MINOR ELEMENTS: There are minor elements forming part of the food which are yet unknown as to their composition. These are, for instance, the germs found in milk and the millions of animalculae in drinking water. These have been considered as inimical to the life of man but as an actual fact, they are *more necessary to him than any* part of his food. If any part in food required by the system is missing, disease results, but if these tiny animalculae were altogether missing in the milk, the water we drink and the air we breathe, then generation

would cease and man become a sex weakling incapable of the reproduction of the specie. We first advanced this theory some five years ago and our convictions are daily becoming stronger.

PROTEIDS: These consist of living organisms, varying in size from the very small microzymas, which we can see under the microscope, in the sap and leaves of all flesh living vegetable foods, in the cells out of which fully matured plants and their seeds are formed. They are present in all living organic foods and are especially abundant in eggs, cheese, nuts, gluten and pulse. After a meal, especially if rich in living proteid, the clear part of the blood is found to be teeming with these tiny organisms, showing whence they come and demonstrating the fact that our bodies are actually composed of them.

When these proteids break down as a result of assimilation in the body, they disintegrate into five different acids; Hydrochloric, Uric, Carbonic, Sulphuric and Phosphoric.

The secret of health, of a correct diet, is that these acids be neutralized and rendered harmless as soon as they are found and this is what actually takes place in a normally functioning healthy body when the food is correctly proportioned and *contains the organic mineral elements*.

CARBOHYDRATES AND HYDROCARBONS (starches, sugars and fats): These, the second class of food material, are composed of the warm mineral elements, a combination of about 78 per cent carbons, held in combination with Hydrogen, in such combination, as to readily unite with Oxygen.

These include cereal grains, breads, rice, potatoes, nuts, many of the dried fruits, honey, sugars, butter, cereal, vegetable fats and oils.

This type of food, in process of digestion, before being allowed to pass the first lining portal of the digestive tract, is stopped and sorted. The fats and oils, after digestion, are taken up by the lacteals, known as the lymphatics of the small intestines, and are passed, *via* the chyle channels, into the blood direct, whence they are taken to the interior of the long bones to

make the bone marrow or to be burned into muscle, or stored up in the various parts of the body as fat.

The starches and sugars are sent to the liver, *via* the portal circulation. Here they undergo certain changes, and are stored up in the form of animal starch, termed Glycogen, from which we have the term Glycerine. The fat in the bone marrow and the animal starch in the liver, are the fuel deposits of the body; and out of them are constructed the red coloring matter, called Haemoglobin, which forms an essential part of the red blood corpuscles.

The carbohydrates and fats are of much simpler construction than the proteids, and consists, as before stated, of the three gaseous elements—oxygen, hydrogen and carbon. These occur in various proportions, according to their type and nature. In a normal state, they break down into water and the one gaseous acid—carbonic.

All natural food, however, contains proteid indissolubly combined with the carbohydrates and hydrocarbons. Besides this, the two predominating types of food material are usually eaten together, as for example: bread and cheese, or fruit and nuts. If digestion is strong and normal, no trouble occurs, but if weak, then fermentation of the starches and sugars, and putrefaction of the proteids occur, resulting in the formation of a number of highly complex acids which are extremely injurious in their effects upon the system. These are:

LACTIC ACID: Produced in the stomach or bowels when their contents are sour and mixed starches or sugars and proteids are undergoing septic degeneration. *Because we desire to prevent this condition is the reason we are extremely careful in prescribing a correct diet.*

NOTE: The lactic acid created by foods in the stomach is *not* to be confused with the same acid found in buttermilk or sour milk. The latter is a natural, healthful product which often eliminates the poisonous lactic acid manufactured in the system.

BUTYRIC and SIMILAR ACIDS: Created from abnor-

mal decomposition of the proteids when mixed with the fat foods.

TOXINS AND PTOMAINES: Sub-acid substances of the advanced stage of abnormal digestion, from the destructive degeneration of the mixed types of nutriment.

THE ORGANIC MINERAL ELEMENTS: The third type of food material, found abundantly in all green vegetables, fruits, grains, nuts, dairy products and eggs.

A diet consisting of fruits and nuts, with or without grains, is not found satisfactory unless vegetables are added. The organic salts in these food substances are: Soda, potash, lime, magnesia, iron, silica and other elements in more minute quantities. Such mineral salts are chemically known as the alkaline bases, because they are the opposite to the acids. They *combine with the acids and acid substances*, and produce the neutral, or Basic salts.

There is a *continuous* chemico-vital process taking place in the human body, between the waste acids, emanating from the proteid and carbonaceous foods, and the organic mineral basic salts released from the vegetable type. Continuance of life and health must necessarily depend upon the efficient performance of this chemical acid and can only be made possible if a sufficiency of these salts or mineral elements are supplied through the means of fruits and vegetables.

When the organic salts are able to neutralize the waste acids, creating thereby what we have called Basic or neutral salts, all is well and health reigns supreme, because the neutral salts are soluble and can readily pass out of the system. On the contrary, if the bodily structures are filled with acids and poisons and there is an insufficiency of the organic mineral elements or alkaline substances wherewith to neutralize them, these acids and poisons begin a campaign of destruction which can only end in the breaking down successively of the four protecting portals, ending finally in the partial or complete destruction of the body.

Unnatural food, or the wrong combination of good material, faulty hygiene, the neglect of the bodily functions are the starting

factors which cause most of our physical ailments. We are apt to forget that no part of this wonderful mechanism, the human body, can safely be ignored, or treated as unimportant.

If we eat excessive quantities of proteids, especially meat, the nervous mechanism which controls the bodily functions, is unable to cope with the work of digestion. Through this, the stomach and bowels become filled with a sour, fermenting, putrefying mass. The surface of the digestive canal becomes coated with a form of sticky material through which the digestive fluids *cannot pass*, the visible sign of which is the furred tongue, and this blocks the absorbing pores of the lining membrane and eventually, erodes, blisters and even ulcerates the tender cells which line the surface of the bowels. *For this reason we always prescribe an acid fruit the first thing in the morning, and never permit the taking of milk at the early meal by those suffering from a sub-acid condition.* It is impossible for such to digest or absorb either milk or any other food so long as the membranes are covered by this slimy substance, and the *physiological indications are always for fruit acids to scour these membranes.*

When the coating has taken place, the first protecting portal breaks down, thereby allowing the acids and toxins of decomposing food to percolate directly through the walls of the digestive canal, into the capillary blood vessels which lead to the liver. These streams of acid and septic substances, pouring through the denuded lining of the injured bowel, flood the liver tissue and sicken and stifle the cells. The liver then ceases to do its work, and these objectionable and injurious acids pass directly into the blood stream. In this manner the second portal ceases to be effective.

The third stage now commences in which the blood itself becomes flooded with acids, causing fermenting, poisoning products. These first attack the red corpuscles and break them up. A red corpuscle is a cell consisting of a number of tiny organisms, which work in, and are enveloped by, a red chemical substance known as Haemoglobin. The whole corpuscle is encased by pro-

teid substance, or cell wall, and the material from which this wall is constructed is called fibrin.

When acid substances predominate in the blood stream, they attack the fibrin walls of the red cells. The first effect of this is to make them, as a whole, sticky and hard to propel along the blood vessels, thus raising what is known as blood pressure. This occurs in all catarrhal and rheumatic diseases.

Eventually, if the eroding process is allowed to continue, the red corpuscles begin to lose their fibrin envelopes and their contents escape into the surrounding liquid portion of the blood stream.

If this destructive action is allowed to continue, the next or fourth stage, follows. In this the acids break down the lining surfaces of the capillary blood vessels, the third portal defense, and thereby enter into the lymph stream which places them in direct contact with the actual cells of the tissues and organs of the body. They attack and erode them in much the same manner as they did the lining of the bowels, the liver tissues and red corpuscles, or as sulphuric acid does when it is allowed to come into contact with the wires that connect two batteries, gradually cutting the connections, therefore the life, between them.

This destruction of the fourth defensive portal occurs in certain acute fevers, in diphtheria, scarlatina, pneumonia, etc. and also in advanced chronic diseases, as in tuberculosis, diabetes, Bright's disease, cancer; from this it will be noted they are not actually caused by external germ life, but because of an unnatural diet which does not supply the organic mineral elements, the nuclein and vitamine, so necessary to maintain equilibrium in the human body.

PROCESS AND DIGESTIVE FLUIDS IN NORMAL DIGESTION

FIRST: The crushing or mastication of the food taking place in the mouth; mixing it with the saliva, the active principle of which is known as Ptyalin, having an alkaline reaction. The

process of mastication is an extremely important one and is a form of digestion which *must take place in the mouth*, helps to convert the starches into sugar. Unless this occurs, final digestion is greatly retarded.

SECOND: Food enters into the stomach and the gastric juices, consisting of Hydrochloric acid, Pepsin and Rennin of acid reaction, are called into action. These prevent fermentation, changes the protein into peptones, and coagulates casein and albumen.

THIRD: The conversion of sugars into dextrose so that it may be assimilated. The intestinal juices are known as Invertine and of an alkaline reaction. Fruit sugars and honey do not require this conversion as they are in the form of dextrose and quickly assimilated.

FOURTH: The conversion of proteins into peptones, disintegrating fats into acids and glycerine, and starch into maltose, by the Pancreatic juices known as Tripson, Stripson and Amylopsin, all of alkaline reaction.

FIFTH: The bile, neutral or alkaline, emulsifies the fats and promotes their absorption, prevents putrefaction in the intestines and stimulates peristaltic action.

We thus have: The consuming of food, its mastication and beginning of digestion in the mouth; digestion of food in the stomach through the action of the digestive fluids; the absorption of the food into the lymphatics and blood vessels in the intestines, and the elimination of waste material.

Unless the food is of the right kind, the combinations correct and each function properly performed, best results cannot be expected.

THE SPIRITUAL SIGNIFICANCE OF FOOD

The world tragedy following the abuse of Dietary Law.

How many of the world's peoples would be willing to accept the statement that the World War with its destruction of millions of lives, of property beyond comprehension, of the rape of countless women and girls and of cruelties that cannot be told, had its beginning many decades back in the disobedience of one woman to Dietary Laws? Nevertheless, such is the fact.

Dr. P. B. Randolph, whose system of Dietetics we have been taught and followed, writing in 1865, in his book "Love, Woman, Marriage" says:

"Isabella of Spain, by injudicious feeding, became affectionately deranged. II. That derangement was beyond the power of her husband, the king-consort, to remedy. III. There thus was engendered in her nature a morbid want, sufficiently energetic to cause a desire to forget both her dignity and wifeness; and under its devilish impulse she cast about her for an object upon whom to place her diseased affection. That object she found in Marfori, an ordinary soldier in the ranks, (this affair was the inspiring idea of Offenbach's "Fritz," in his Opera Bouffee, "The Grand Duchess of Geroldstein.") Isabella raised Marfori from his subalternship to the rank of Grandee of Spain, and Queen's favorite, thereby offending the pride and blood of Arragon and Castile, the arrogant dignity of the Hidalgos and the Cid, and laid, with her own hands, the fatal train whose explosion shattered two of the proudest monarchies of earth,—France and Spain—raised a third-rate power of Europe to the first rank and leading position of States,—Prussia,—disrupted the Roman Church, shattered the Papacy, devastated a dozen

nations, spread havoc through the world, and changed *the fate of empires*, affecting the very bases of civilization itself.

IV. The next step witnessed her dethronement and contemptuous flight to Paris,—itself steaming with moral filth and corruption, and ready at a touch to burst forth in self-consuming fire and flame. V. The attempt to enthrone a Hohenzollern in her stead; and the awful war that followed that attempt, culminating in Sedan and a series of compound disasters to all concerned, including the silly woman, Isabella, and the miserable fool, Marfori, the whole culminating in a still more dreadful, because fratricidal, civil war. *The end is not yet* (note this prophecy made in 1865), for out of all this trouble will yet spring greater ones, involving the slaughter of Myriads, the overturning of other dynasties, the abrogation, finally, of kingship the wide world over; the installation of his majesty, *the people* on the throne of the earth, and the beginning of the better end. All springing—these tremendous effects, the last being God's part direct in the vast drama! not man's—from a disorderly love-life; *a specie of amative madness in a woman, caused by too high living*, too much play, and no work at all."

Few of the world's authentic prophecies have been as completely fulfilled as this one made more than fifty years before the finale of the world's greatest tragedies.

Had Isabella been taught Dietary Law and *obeyed* it, Spain might have remained one of the greatest nations on earth. France could have held her place. Prussia would never have been able to become the world's greatest war power, the Hohenzollerns would not have been enthroned, and the peoples of the world would not have been obliged to witness the *great madness*.

Most of us have witnessed only the end of the great tragedy, but in the millions of smaller kingdoms—the homes—throughout the world, like destructive dramas are daily taking place. The end of these may be as fearful as the one just illustrated for who may visualize the results of a child born today from a mother whose diet is such that she is a universe of unsatisfied and unful-

fillable desires, and possibly of a father whose entire blood stream is filled with a scrofulous poison from the continual combination of pork, fresh and cured, potatoes, white breads and intoxicating drinks?

We freely admit that in a sense the mind of man is master of the body but how many men and women in the habitable universe today have so completely developed the mental powers as to be able to offset the conditions of the body. Who for instance, with severe Neuralgia can laugh and smile as though all were well? Who, under the influence of a temperature producing delirium can talk rationally? We have heard of those who make claims to the impossible, but these claims were never verified by their actions.

In like manner, the body filled with irritating poisons cannot be at peace. The blood filled with poisonous matter *will directly affect the mental attitude* and cause thoughts in harmony with the condition of the blood, for *the life of man is in the blood* and his mind is in harmony with his life.

Likewise the young girl who is served with food which stimulate, irritate and cause passions to be aroused, will fall an easy victim to the first shrewd libertine with whom she comes in contact.

Germane with this thought, Dr. Randolph says: "The grandest oration ever delivered could have been made to terminate in lugubrious pathos by a few tiny drops of Croton oil; and the greatest hero the world ever saw will quit the heroics suddenly, when impelled thereto by a few grains of tartar emetic; and even a person with suicidal thought intent will experience a sudden and perduring change by the persuasive power of a spoonful of lobelia; while all human experience demonstrates that happiness and misery alike depends quite as much upon physical and chemical states as they do on more mystical causes."

If the mind were able to control the entire catagory of sensations felt and experienced through the body then these things would not cause any untoward acts, but it is not true that the

mind can totally overcome or control sensations or conditions of the physical being. And just as the oil, the tartar emetic and lobelia will at once upset the entire schemes, plans and resolution of the mind, so will an inharmonious combination of food be able to cause temporary insanity, murderous melancholy, a fit of immorality, or a period of imbecility, *no matter how strong the mind of the person may ordinarily be, or how pure and moral the thought and life of a woman.*

Why? Because "very slight chemical changes in a person's body, whether produced by matter in any of its subtle forms, or whether they result from emotional reactions, are competent to entirely alter the aspect of a whole life and determine the groove of a human career."

Science has been able to prove that a fit of anger, hate, jealousy or malice creates a poison in the blood which is able to kill animals. In like manner, chemistry readily demonstrates that in some food there are chemicals which will destroy diseased tissues, others heal disease, others again, cause disease. Some causing insanity, while others help to cure it.

Likewise, certain combinations of food, because of the sedative, calming, satisfying chemical action will soon reduce the most passionate man or woman to a state of moral rectitude. While others if continually eaten will cause the purest minded most noble hearted religious woman to become irritable, passionate and morally irresponsible, and in this condition consent to a *liaison* resulting in a child which will be the beginning of a long line of progeny wholly irresponsible morally, a race of criminals, thieves, debauchees, libertines and Magdalenes.

EXAMPLES OF FOOD COMBINATIONS CAUSING LICENTIOUSNESS AND MORAL IRRESPONSIBILITY

A combination of beef and beer, potatoes and white bread will soon create a passionate desire, irritability and moral weakness.

ening in the man or woman who would otherwise be above reproach.

Such a diet, long continued, would be the means of making man a libertine. Woman an outcast.

It would set up such an inharmonious chemical action in the mind and body of the young man that companions could easily lead him astray or to become an habitue of solitary vices.

Likewise in the young girl, the desire, passions and thoughts it would arouse would pave the way for the first shrewd libertine with whom she might meet.

A combination of beef and whiskey or wine, potatoes and white breads will have the same action. This served once a day, or interchangeably with the first combination mentioned, will end physical health, moral strength and responsibility.

Why? Because it is an inharmonious combination, totally unbalanced, congesting, one-sided, non-eliminating, irritating, disease and passion producing.

Dried beans, in any form, especially baked, with beer, potatoes or white bread, will create passion beyond the possibility of satisfaction through normal and natural means, cause an irritation which no amount of license can check, and end in immorality. Dried beans in any form, especially baked with bacon or ham, with beer as a drink, and served with bread or potatoes is destructive to clean thoughts and habits, clean life, health and peace.

Dried beans however prepared, especially baked with black pepper and catsup are equally disastrous.

We know that dried beans are a staple food, consumed by the millions, but we also know the fearful immorality holding sway in the present age.

Do we desire to be understood as teaching that dried beans are not a good food, or one unfit for human consumption? By no means. Dried beans are a good food, especially during the cold months, but it is in the combining where we find the cause of the trouble.

Dried beans, even cooked with bacon, if served with lettuce or celery, one or more cooked vegetables, either fresh or canned and a glass or two of milk, make a splendid meal and one that is health producing and vitality creating, though it must be admitted that dried beans, in any combination are more or less constipating and for this reason should be served sparingly to youths, save to those deficient in vital power, the anemic, tubercular etc.

Dried beans contain all the elements of white breads or potatoes, hence these two starches should not be combined with beans at a meal, on account of the congestion that must always follow. Congestions mean irritations and consequent ill effects.

Oatmeal and rolled oats in any form, served with sugar and cream, produce an irritating and inharmonious combination, and this is passion creating unless the other foods served with it will offset this. For this reason such a combination should be served sparingly to boys and girls and to those who are in their full power, otherwise untoward results will certainly follow.

Oatmeal and rolled oats are good and desirable foods, from a dietetic standpoint, provided the combinations are right; the sugar should be eliminated. With the combination should be served milk that has been creamed and corn bread and honey. Vegetable soup may be served and this followed by oatmeal with cream and some fresh vegetables, or with milk or cereal coffee.

Dried fish of any kind, baked with, or served with baked beans give an irritating, passion producing result; This may be offset by adding to the menu one or two fresh or boiled vegetables, neither bread or potato.

Fresh fish, beans, fresh and boiled vegetables make a splendid combination for the man or woman who does manual labor for the anemic, tubercular and all lacking in vital power, should be served sparingly to the boy and girl.

Dried beef, which so often forms the basis of many meals in numberless American families, when served with intoxicating liquors, whether beer, wine or whiskey, is a combination to

shunned by all who would retain a clean mind and natural desires.

Oysters, crabs and lobsters, especially when served with water cress and black pepper, and with whiskey, wine or beer, as a drink, are destructive to the moral nature. These foods should never be served to the young except when carefully combined with plenty of vegetables.

Let one make it a habit to serve lobster salad, white bread, potatoes and dessert to the boy and girl and he will soon have them in such a passionate, irritable condition that the disruption of their morality is a mere incident. They will fall victims to anyone with a desire to take advantage of them. These foods reduce the power of resistance in proportion as they cause a desire for satisfaction, and this desire is such that no amount of indulgence can possibly satisfy because it is abnormal and unnatural.

Snapper and turtle soups with brandy, Soups with condiments and wine, Plum pudding with brandy dressings, Fried apples with brandy dressings, Fried sweet potatoes with brandy dressings, all these are passion creating, irritating and reduce the power of resistance.

If food, or combinations of food, has the faculty to reduce the power of resistance in man, woman, boy or girl, and at the same time cause an irresistible desire, a passion which demands indulgence, yet one which cannot be satisfied, which becomes so strong that self-respect, friendship, honor, moral laws, aye, even God, Himself, could not hold in check, must it not be admitted that food has a Spiritual Significance?

Again, if there are foods and combinations of food, whereby health is maintained, strength and vitality created, irritations reduced, passions made normal even in the abnormal, the mind balanced, the nerves fed, the blood cleansed, must we not admit these to be truly Spiritual foods?

We have given a brief description of the foods and their combinations which should be avoided in all cases except where

such results are desired. Foods and their combinations which should not be given to the boy and girl if we desire them to live clean, normal life.

There are other foods which are of a different type but equally destructive, because they are negative and their consumption starves the nerves and the brain and through this process greatly reduce the power of resistance, that moral stamina which helps the mind to decide between right and wrong, and in that state the positive mind readily overrules the weaker for its own selfish benefit. These foods are even more destructive, because the victim does not have enough energy to attempt a return to normal when an error has been committed.

Among these negative foods we have cornstarch, maize, milled tapioca, arrow-root, sago, pearly barley, milled rice etc. They are frauds. Why? Because they do not contain anything whatever which can supply protoplasm or the life-principle to the system, consequently they satisfy hunger while not supplying anything true foods would. They are counterfeit.

ALL FOOD HAS A SPIRITUAL SIGNIFICANCE.

It is not a hard matter to be a saint when the food consumed feeds the nerves, creates a clear, clean mind, keeps the blood clean and vitalized, the body filled with vital power, the passions and desires natural, the system free from congestion and all the functions working normally.

Reversely, it is most difficult, in fact, well nigh impossible for man or woman, boy or girl, to be good and kind, strong and free from vice or immorality, when the food consumed starves the nerves and brain, causing abnormal thinking, the blood filled with miasma, the body low in vital power, the creative function irritated, the passions and desires on fire, the body congested, and the functions in a chaotic condition. It is as difficult for such a one to be spiritual as it is for a reverend gentleman to keep from saying a "dam" instead of a prayer when he desires sleep and finds his room filled with "Jersey Mosquitoes."

INFLUENCE OF MENTAL STATES ON HEALTH

From all we have said favorable to diet in the prevention and cure of disease and the maintenance of strength, virility and vitality, it would appear to many as though we claimed it as a panacea for all the ailments flesh is heir to. We disclaim such an assumption since we know many factors enter into the whole fabric on which normal animal (in the human being) life is based.

The diet may be perfection itself and ideally combined and balanced for an individual, thereby assuring health, strength and efficiency, but if the person for whom prepared labors under mental depression, the digestive fluids will be held back, locked up as it were, if not actually poisoned, and correct digestion and proper assimilation cannot follow the ingestion of this perfectly balanced ration.

Again, the diet may be as carefully selected, prepared as in the previous illustration, but if fear is king of the mental throne the digestive apparatus will be semi-inert, the digestive fluids lacking in power and if such condition prolonged any length of time, tuberculosis, anemia or insanity may develop despite the perfect food combinations.

In other cases hatred may be enthroned, and this hatred has a poisonous effect upon the digestive juices, these poisons mixed with the food and assimilated, may poison the entire system.

Numerous instances indicate that the diet may have been as perfect as possible and the mental attitude normal, but the person partaking of the meal suffering from fatigue, disease follows in its wake. All these assertions can readily be substantiated by innumerable instances and we shall consider it our duty to slightly enlarge on the subject.

INFLUENCE OF MENTAL STATES ON HEALTH

Professor Elmer Gates, in an address before the Mothers Congress, Washington, D. C., in February, 1897, stated "he had *demonstrated* in his laboratory that evil emotions create *chemical* products in the blood (digestive juices are obtained from the blood) which are poisonous in effect, retarding or stopping all cell growth."

Not only do the evil emotions, such as hatred, malice, jealousy and resentment poison the blood stream and thereby the digestive fluids, thus poisoning the food digested by these fluids and through assimilation throw them back into the system in reinforced form; but these emotions likewise retard or entirely stop cell growth. Both of these processes mean a tearing down of even the normal cells and when we poison, pollute and tear down faster than we can build, then disease, weakness and ultimately death will follow the destructive process. No food combinations known, however perfect they may be, can effectively offset this self-poisoning.

Prof. Gates further stated: "good and sublime emotions create in the blood products which augment every physical condition, and help to produce normal cell development."

This statement, based on sound scientific premises, accounts for the seemingly contradictory instances where we find people of a highly devotional nature subsisting on a diet which apparently is wholly insufficient to maintain health and strength. The secret is found in the fact that the entire blood stream, therefore all the digestive fluids, are highly charged with that peculiar essence we term spiritual, hence the food ingested is entirely digested and every particle of value absorbed, allowing all the crudest part of the food for waste.

Another statement made by Prof. Gates, one of vast importance to teachers of eugenics, is this: "during gestation there are certain periods when certain organs commence to form, and if at the time the organ is beginning to form, the mother throws in

her blood, through harboring some evil emotion, some of these poisonous products, she will feed the child with them, and thus arrest that organ of cell multiplication, and that organ will fail to attain to normal growth and size and be otherwise vitiated."

This is the explanation to the clouded question why women apparently in poor health, with an insufficiency to eat, should give birth to children who are strong, virile, perfectly formed and spiritually above the average—the mother lived in and from her emotions, emotions truly spiritualized, and this spiritual selfhood entered into the making of the child.

The subject just considered may be thought foreign to diet and more in harmony with a thesis on higher race development, but it is not, *through the identical process nature employs in the development of a new creature, she also uses in the rebuilding of the being already created.* Cell-metabolism is the same in all cases whether it be in creating a new being or in the recreation of the old.

Still another statement by Prof. Gates and which science bears out, is: "If all good emotions are dirigated into activity, then the child will get all of the normal nutritive products essential to complete growth of all its parts."

As we reversed the explanation of the former statement we will likewise do so with this, and account for the fact that women living in luxury, splendidly appointed houses, all the choicest foods money can obtain, servants making self-effort unnecessary, often give birth to children who are deformed, ill-nourished, lacking in mentality and totally deficient in honor. With all things desirable, nursed by luxury, the mind of the mother to be, was a source of poison and dissatisfaction and this poisoned the choicest food and therefore the new creation.

ACT OF POISONING FOOD

We have considered the possibility of self-poisoning and of the mother poisoning the child yet unborn. We proceed a step

further and consider those instances where a mother, through a fit of anger poisons her milk and so in turn the child.

A case in mind is that of a young woman of emotional nature and an erratic, possibly we might more truthfully say, an errotic temperament, gave birth to child while at the Hall. For the first few days all was well but four days after the child was born she decided to have hysterics; action following closely on the decision, she soon developed into a perfectly perfect specimen of the hysterical woman. The entire body rigid, cold, clammy, cold sweat breaking out, with every symptom of death. We paid little attention to her knowing these symptoms and the ultimate recovery from them, through former experience. It required possibly thirty minutes for the lady to "throw the fit" and by entirely ignoring her, another thirty minutes for her to recover. Shortly after having completely recovered from the hysteria she nursed the child, with the result that within a few hours a temperature had developed in the child and several days later it had a perfectly developed case of yellow jaundice from which it has not fully recovered though it is now nearly ten months of age.

In this case the victim had not alone self-poisoned herself thereby inducing a condition resembling both nerve and muscular spasm and that of death, but she likewise poisoned her child of which it is not yet free.

Another instance of self poisoning is that of a lady arriving at the Hall three days before she gave birth to a girl. Labor passed normally, child seemed fully nourished though below normal in weight, and all was well. On the fifth day of confinement the patient received a letter from a friend which completely unnerved her with the result this nervous condition disorganized the entire nervous system and she developed a temperature of 103° with every symptom of Puerperal Ephemera, and only our knowledge of the cause saved us from taking active steps to combat the dreaded condition.

FATIGUE

Fatigue follows extreme mental or physical activity. To

feel utterly weary is a signal that the forces are being depleted and a call for a rest whereby the vital elements may be reorganized.

If effort is continued despite of the warning, the resisting forces will be so effectively lowered that the invasion of disease is easily accomplished.

This is not all, but when the condition reaches a certain stage, a poison or toxin is resultant, and this in turn, poisons the blood stream, and in consequences, the digestive juices, just as a fit of anger or malice will.

If food is taken, no matter how perfectly combined, during this time, it will be acted upon by the poisoned digestive juice and be assimilated into the blood, doubly poisoning the system.

When one is fatigued, known by that "utterly weary" feeling, food should not be touched, but instead, the sufferer should lie down for a short rest, say of 15 minutes duration, then take a drink of cool water and follow this by a light meal, or one of fruit.

Science *knows* the system of the healthy person is balanced between two forces, on the one side the constructive, on the other the destructive, these two are constantly fighting for supremacy.

If, for any reason, or through any force of circumstances, as for instance, through fatigue from too intense labor, the vital forces are lowered, the destructive agents will at once commence the manufacture of poison, so it may be possibly that fatigue itself does not create the poison; but it permits the creation of them, because the vital forces no longer have the strength sufficient to prevent the manufacture of such.

THE EMOTIONS AND THEIR EFFECT ON HEALTH

All the emotions have their direct influences on health. For instance, consumption may be directly traceable to the emotion of love, pure in itself, but which has, for some reason or another, remained unsatisfied or been denied.

In the "New York Medical Journal" an ethical magazine

of the Medical fraternity, Thomas J. Mays, M.D., Philadelphia, quotes the following to illustrate this contention. This is a history of the life of a genius, written by Marie Bashkirtseff herself, and published in "The Journal of a Young Artist," published in 1889.

Marie Bashkirtseff was born in Russia of noble parentage in 1860 and died in 1884. In her fifteenth year she fell passionately in love with one who failed to return her affections, and when she learned that he was engaged to another lady she became very much perturbed in mind and body, and felt "as though a knife had pierced her heart." About this time she became hoarse and unable to sing. She also fainted, her voice trembled with emotion, and she was unable to play the piano on account of the coldness and stiffness of her fingers. In the course of another year the effects of the love disappointment made a serious inroad on her health. Suffering was depicted on her countenance and she was in a constant state of mental depression. Somewhat later she complained of pain in her chest and spit blood. About this time, 1877, some physical trouble was found in her right lung. She also became very tired, feverish, and emaciated. She travelled through Spain and Italy without benefit in 1878. "I am afflicted," she says, "with a terrible disease. I have too much of some things in nature, too little of others—a character not made to last. One could not live long with a brain like mine."

In 1880 she coughed constantly, was voiceless, and had serious ear trouble. In spite of her precarious health she kept up her interest in art and for this reason became subject to trouble of a new sort. She came to Paris in 1881 to study and entered in competition with another student, who won the first prize. This vexed and tortured her sensitive nature almost beyond endurance. However, at the end of that year the tide of fortune turned in her favor, and her high artistic skill was acknowledged by the Academy of Art, and the medal was conferred on her for her painting.

In less than two weeks, 1882, after this gratifying event, she writes: "I have renewed my life, my arms that were so thin ten days ago are now rounded. A week more of this and I shall have to stop growing fat." Everything seemed to come her way now. The artists of Paris bestowed the most favorable criticism on her. Her family gave a great soiree in her honor which was attended by many notables and of which Figaro gave a very auspicious eulogy, and called Marie a beautiful artist etc. She continued to be deeply wrapped up in her art, working enthusiastically, and was apparently much improved in health. Speaking of her health, November, 1882, she says: "I am growing stout, my shoulders are broader, my arms rounder and my chest fuller." The improvement seemed to last for nearly a year. Another physician, 1883, discovered alarming trouble in her left lung. However, she continued working, finished another picture, and received another prize in 1884. Her father, her uncle, and her aunt died, and she became very ill and expressed the fear that she was doomed. Towards fall she became greatly exhausted, and this notable and exceptional personality came to an untimely end."

In analyzing this case we have a girl with a highly sensitive nature to whom affection meant life. Being disappointed in her love it reacted upon herself, as note the statement "as though a knife had pierced my heart." This disappointment interfered with metabolism and consequently resulted in an ill-nourished body inducing tuberculosis.

The disappointment suffered through failure to gain first prize had the same effect upon her as malice has on many others, with the result she was even less nourished than before.

The favorable tide in her fortune had the tendency of creating a more peaceful mental condition and possibly an unconscious desire to live which stimulated digestion and normal metabolism, as witness the great improvement in her health.

This might have continued but for the criminal foolishness of the physician whose suggestion to her of having serious lung

trouble acted as a deadly poison, breaking down the power of resistance, interfering with digestion, inverting metabolism and ending in her death.

Every passion has a direct influence on digestion and assimilation. The evil passions poisoning the digestive juices, retarding digestion and interfering with assimilation. Every noble sentiment or passion has the directly reverse force, transmuting even the poorer foods and imperfect combinations into life-giving forces.

In attempting to treat disease dietetically it is of paramount importance to not only investigate carefully the dietetic cause of the trouble but to learn also whether some emotion is not basically responsible.

TWO BASIC FOOD MEDICINES

Milk and Eggs

The average physician, when he has an anemic patient, prescribes iron as a tonic. In theory, this is correct because the patient is deficient in iron; practically, it is incorrect because the iron he prescribes is inorganic, and as the system of man has no power to absorb and make use of inorganic substances, as has the plant, there can be no direct benefit from the use of inorganic iron, though there may be an indirect action, through its affinity to organic iron.

The food scientist, knowing that the system of an anemic person is in need of iron, does not prescribe an inorganic substance of questionable value, but prescribes food known to contain an abundance of organic iron, which may be absorbed by the system, and a gradual improvement will commence and ultimate recovery assured through rebuilding the system and supplying it with the lacking elements. One of the foods most clearly indicated in such cases, and containing the greatest amount of iron, is the apple; this may be taken in any style; raw between meals, stewed or baked at bed time, but without sugar or cream.

Spinach also contains much iron and may be boiled and served with the regular noon or evening meals as a vegetable. Other food rich in cell salts, such as whole wheat bread, milk, eggs, fish etc. should be served with it.

As previously stated, one of the most important medicines indicated in both anemic and tubercular cases, is iron; the vegetables in which this is found in its highest organic form are, lettuce, spinach, Swiss chard, and in some slight degree, in cabbage. We also find this mineral element in some form in the

potato, but to get its benefit the potato must be eaten as a whole because the mineral is found in the outer covering.

The anemic is not deficient only in the iron element as so generally believed by both the profession and the laity, he is even more lacking in phosphoric acid; it is this deficiency which so often causes a gradual weakening of the lungs; this may, and often does, develop into tuberculosis.

In the treatment of these cases dietetically we are liable to fail if we consider all milk under one classification, there is milk and milk, one rich in phosphoric acid while another is decidedly poor. Milk may pass the official test for germ life and still be low in its phosphoric acid content. In fact, some milk is as low as .12 per cent while good milk may be as rich as .48 per cent in phosphoric acid.

Likewise with eggs; to all appearance they may be fresh and rich in food value, while as an actual fact they are almost worthless as a food in these cases where a richness in mineral elements is required.

Why is this? Experiments carried on at our farm have demonstrated the reason. The cow to be healthy, should have as its feed: fresh grass in Summer and as late in Fall as possible. This is always rich in *all* the organic mineral elements so essential to the health of the cow, and in the production of milk with a full quota of these elements; this green food must be reinforced with other feed, consisting of a combination of corn, wheat bran, whole oats, sugar feed and oil meal.

It must be remembered that unlike the food to which man is accustomed, it is not the inner, fine, starchy matter that can be fed the cow but the *whole* of the grain, including all of the outer covering which is full of the organic elements.

These grains, rich in the life principle or vitamines, nucleic and mineral elements are the basic food of the animal, while the grasses, equally rich in vitamines and organic elements, serve as vegetables.

Food of this nature given the animal will produce a mill

high in the contents of vitamine, organic salts, phosphoric acid etc. and when this is prescribed for sufferers from anemia or tuberculosis, there will be an immediate absorption of these necessary elements and a gradual improvement will commence, provided, of course, common sense is exercised in bathing, breathing, and physical exertion.

The organic salts, vitamine and phosphorus are *actual, vital, energetic* medicines in the true sense, and not mere substitutes such as are inorganic iron, salts and phosphorus usually prescribed.

There is another side to this question and one which vitally concerns not only the Dietitian, but all physicians who treat cases of this nature and who have the welfare of the people at heart. This has to do with the class of milk, passed by inspectors as of good quality but actually possessing very little food value.

We have considered the healthy milk and the reason for it; consideration will now be given to the other kind, milk which has failed to nourish those greatly in need of super-nourishment, as well as the means of indirectly causing countless deaths.

The average owner of cows, looking only to the profit he can derive from his stock, and totally ignorant of the results following the use of milk deficient in the food elements, or possibly caring little if he did know, will not go to the expense of buying the high priced, carefully balanced basic foods, but purchases the by-products from breweries, which can be obtained so abundantly and cheaply.

These grains have gone through a process of fermentation and thereby have been robbed of practically all the food value, of the vitamine, nuclein and mineral elements.

Once the brewer has extracted all the elements he can, it becomes so much waste to him and he must rid himself of it, he is therefore willing to sell very cheaply.

The large feed houses throughout the country buy this material and in turn sell it to retail houses and mills, these again

sell it to the farmer. The farmer finds it a cheap food, one that *actually increases his milk supply*, thereby giving him a better profit on his investments. His milk passes both the butter fat and germ test and is labelled as healthy milk, fit as food for both the sick and the well.

Herein is the secret why milk often fails as a builder in those diseases where it is indicated as the proper food and correct medicine. The cows being fed on feed which has been robbed of practically all its vital or organic salts, cannot by any stretch of the imagination, be supposed able to give milk containing the necessary elements, hence such who take the milk with the expectation of being built up, or rejuvenated, through its use, are sadly disappointed.

This is not a theory, it is *fact*; personally demonstrated on our farms, in this manner:

Buying the finest Guernsey cows, we had them on test for Advance Registration, fed them on brewer's grain and hay, and our milk not only passed the test as to the necessary amount of fat, but also as to quantity of milk. In other words, the milk was considered healthy, a desirable food, and all the difference that could be noted was, the cows did not show as healthy a condition as under correctly balanced rations. That is, though healthy in so far as tests could demonstrate, they were not so lively as when fed whole grain food.

Noting this, we changed the food, gave them either hay in Winter, or pasture in Summer, and instead of the deficient brewer's grain, a mixture of the whole corn (ground), bran, or sugar feed and oil meal, and the sleek appearance gradually turned and more life shown. However, under test the milk did not show any great increase in butter fat content, nor any considerably greater amount of milk.

Thus, under the two feedings and under the present method of testing, one kind of milk was as desirable as the other food, though actually one class of milk was totally unfit, but passable as a drink, and would have been a detriment to ei

an anemic or consumptive, because it gave the system much **labor** to digest it, without adding much building material; **while** the other milk was a true food, builder and medicine.

This is the reason so many sufferers have taken **quantities** of milk daily without the least improvement in their **condition**. These being facts, immediate changes should be made **in the** system of testing milk, whereby we may learn whether it is **rich** in butter fat, vitamine and the mineral contents. Unless **we do** this we will continue to add countless victims to our list of **those** resulting from taking food which adds the burden of **digestion** and elimination to the system without giving commensurate **nour-**ishment in return.

Normal milk, that is, milk containing all the elements **it** should, is the most perfectly balanced building food known **to** man; because it contains all of the seventeen organic mineral **ele-**ments in their correct proportion; all the elements of food **re-**quired by man; and at the same time is a neutralizer to an **acid** system. That it was considered a perfect food is unquestionably proven when we read Deut. 26:9, wherein it is clearly indicated that the perfect diet of man may be based on milk and honey and the greatest promise held out to the Israelites was that they should find a land "abundant with milk and honey."

Normal milk contains rather more of the elements of potas- sium and calcium than necessary to the fully matured and healthy man, and because of this and to offset it, the use of fruits deficient in these elements, should be eaten in conjunction with the taking of milk, though these must not be eaten with the milk, but be- tween the taking of it.

Consumptives should eat plenty of apples and oranges be- tween the drinking of milk, and vegetables rich in iron and nervines with the meals.

Although we have mentioned milk only in connection with the rebuilding of anemics and consumptives, it is indicated in many other conditions, *especially in those where starved brain*

and nerves and where weakened generative organs are the cause of the trouble.

Eggs, like milk, are both food and medicine. They contain in the white, an almost pure albumen; while the yolk, fat, phosphorus and sulphur.

All these are medicines to the weakened system; the fats and albumen are builders while the phosphorus is an absolute essential in the treatment of anemia, tuberculosis, all wasting diseases and neurasthenic conditions.

The sulphur is essential in the treatment of tuberculosis and in *all* other conditions where the cause is supposed to be found in germ life.

In the use of eggs either as a food or medicine certain results must be guarded against; these are the danger of creatine, sulphuric and sulphurous acid as well as phosphoric acid. These, in limited quantities, are curative in their nature, but they accumulate beyond the normal amount they become dangerous to health. This accumulation may be avoided if the counter acids be supplied in the form of fruits and vegetables.

The rules governing the use of eggs in the dietary are those which regulate the taking of milk; all fruits between eating of the eggs, all vegetables served with them. Fruit to be eaten before retiring and on arising.

In all conditions where the stomach is found much weakened and the digestive power below the average, the egg diet must be started very gradually, otherwise there is a tendency to create gas, distending the stomach and intestines, this in turn creates other digestive and assimilative trouble. When gas accumulates after the eating of eggs it must be dispelled by eating plenty of fruit.

Much of the trouble may be avoided by eating no eggs but if they are at least three days old, and never after they are four weeks. Before they are three days old, their mineral content is not fully *organized*. After three weeks, these elements begin to *disorganize*.

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In all conditions where the digestive power is extremely weak, but one yolk should be taken with every six whites even then the whites should be well beaten. The stomach also be prepared to receive and digest them by giving it a leaves of crisp lettuce on which has been added a little good a vinegar, one-half hour before the eggs are served.

Like milk, eggs are of two classes; those forming good food and those unfit for use.

During the war we were told to save all scraps and feed to chickens, that any food fit for human consumption should be fed to them. If these instructions were carried out, the fowls fed only waste scraps, unfit for table use, to his fowls and may have been one of the reasons why the fearful epidemic during the latter period of the war.

All who have experimented with poultry know it is impossible to raise chickens, and just as futile to maintain health of the flock, if the food given them is not clean and enough for human consumption.

Time and again the test has been made of feeding principally on stale white bread. This tends to fatten for a time, but gradually a breaking down process results and fowls become what may be termed consumptives.

Unless the food supplied chickens is in correct proportion disease results, moreover, it is utterly impossible for them to contain the correct elements of food if the material consumed these be not fed the fowls in like proportion.

The result is, if we rob the fowl of its correct and proper food, we will most assuredly rob the egg of the nutriment proper constituents, and instead of it being a splendid food it actually is a source of danger, because it will be unhealthy, unbalanced, deficient in nutriment, containing of the acid and gas forming material.

Because of this the egg has found so much disfavor those who should consider it their best food, and consequently a universal system of wrong feeding of both cows and

should not wonder why these foods, so necessary in the treatment of wasting diseases, fail to do that which chemistry says they should.

The greatest reason for failure in the treatment of tuberculosis, anemia and like diseases with diet, is because of food not containing the elements which it is supposed to, and should contain; in the wrong combination of these with other foods, principally the fruits, and in not recognizing the danger line in prescribing food-medicines.

Milk is nature's most potent medicine for all wasting diseases, but if it is robbed of its medicinal elements it cannot bring good results any more than one would expect to see any great improvement in a case where the physician prescribed Hydrast for some abnormal condition of the stomach and the patient instead of taking the number of drops indicated, were simply to flavor the water with a few drops and take this dilution instead of the full strength of the medicine. Milk without its full quota of nutriment and vital content is just like the diluted medicine except it requires greater effort on the part of the digestive and eliminating organism to take care of it.

Milk consists of carbohydrates in the form of milk sugar, hydrocarbons in the form of fat, protein in the form of casein (the most powerful nerve and brain builder known to science), the mineral elements, principally potassium, iron, sodium, lime, magnesium and other salts. Of these salts the iron and phosphorus are of greatest importance. Besides the food and the mineral elements which we term super-food elements, milk and all dairy products are rich in the life principle vitamine.

That the benefit of the vitamine, albumen and casein be obtained, it should be taken in the natural, unboiled state. Cooking, even slightly heating, will partly destroy the vitamine in milk, eggs and dairy products.

In all wasting diseases and those conditions which can be classed as wasting, but in which there is a low state of vitality it is the iron, phosphorus and potassium which acts as builders.

helping to rebuild the wasted tissues and restore the vital power. Unless we can accomplish this rebuilding, we cannot establish an equilibrium, and a normal, healthy, virile state is impossible. Milk contains all of these necessary elements, therefore is the natural, logical remedy.

People universally believe tuberculosis a germ disease, instead of what it actually is; a condition, a low state of vitality being the base. They cannot yet comprehend that when the system is fortified with vital power, and the correct amount of true foods consumed, supplying the system with all the necessary elements, no amount of germs will be able to make any headway against such.

Neither germs or bacteria are the actual cause of disease, but on the contrary, a low state of vitality will allow the resisting forces to become so weak that germs which in health are natural, become the enemies and invade the system, producing disease. In the body of man there are millions of valiant soldiers ever ready to battle against any enemy that may attempt an attack; these soldiers are the corpuscles in the blood, and the power behind them is the organic phosphoric compound which we call nuclein.

When these little soldiers are fully supplied with the phosphorus compound they are able to resist any attack of the enemy disease, and invasion is impossible. It is because of this that men and women have been able to be in the midst of the world's worst plagues and pass through them in safety. If these little soldier-workers are not supplied with sufficient phosphorus, then like the ill-fed army that has to fight against a well nourished one, they wage a losing battle.

Let all clearly understand the enemy is always at hand. Examine the throat of a healthy man, woman or child and one will find the germs of Diphtheria, but of this nothing is thought, it is, actually a normal state *because these germs act as scavengers*. But the moment the vital forces fall below a certain stage, the

instant the phosphoric contents of the blood corpuscles is below normal, that moment these scavengers may become the enemy invaders and produce the disease. In other words, the Hun (the outlet who may be a willing worker while the master is strong) becomes the invader, conqueror and destroyer when the master loses his strength.

Contrary to what one might suppose, it is not difficult to supply the necessary mineral elements; the phosphorus, iron and potassium. All we need to do is to compose the menu of health from natural, complete foods, and refuse to partake of those which have been robbed of their vitalizing principles.

Every time we buy white bread, buns and sweet cakes, every time we accept white rice, polished barley and denatured corn meal, we act the traitor to this army of little soldiers; we give them a stone when they ask for bread, and then expect them to fight the invading enemy. We give them starch when they ask for food that contains phosphorus, potassium, iron and the fourteen other cell salts essential to their life and energy.

Every time the housewife or cook boils a vegetable and throws aside the water in which they are boiled, she wastes the actual food which these workers require in their fight to maintain health and strength.

Whenever a potato is peeled and the peelings thrown away or fed to the hogs, the hogs are fed and the army of workers starved.

When we boil milk or eggs, we coagulate the albumen and destroy the vitamins, thus robbing the workers of the food which would give them vital power.

In feeding hogs on brewer's grain and other offal, instead of sour milk and grain feeds, we perpetuate a robbery on society because we sell the hogs as good food when in fact it is not fit for human consumption, the necessary food elements being lacking.

When the skin is removed from the apple, pear or other

fruit and discarded as unfit to eat, we rob ourselves of the active food value which is essential to health and vital energy.

The chemist who would take an herb and macerate it, filter it and throw away the tincture, keeping the dregs as medicine, would be considered ignorant and unfit to serve his vocation, but throughout the world countless housewives are daily stewing fruits, vegetables and all manner of other foods, draining the water wherein boiled and throwing it away as of no value, keeping the refuse or waste and serving it as food.

THE SECRET OF CONTINUED YOUTH

An Associated Press Correspondence item appeared in the Philadelphia Evening Bulletin, Nov. 6, 1919, as follows:

LONDON, Oct. 17.—Dr. Josiah Oldfield, known internationally as a physician and writer, has published a prescription for keeping old age at bay.

According to him it is not a question of an operation, but a daily diet. This includes dandelion leaves, fowl's eggs, grapes, lettuce, cow's milk, watercress, honey and fresh salads.

"Old age" he says, "is largely caused by deposits in the blood vessels and cells of the body of waste matter. By adopting a part fruitarian diet a man, however old, may become young again, because every cell in the body will be replaced by new, young cells."

Dr. Oldfield considers a normal person, rightly fed, should live from 90 to 105 years."

We first became acquainted with Dr. Oldfield and his work through his contributions to the "Herald of the Golder Age," a magazine published in England. Much of the dietetic science taught by him has been followed by us in our practice. Through the references made in our publications to "The Herald of the Golden Age" many people in America have become acquainted with that magazine and its dietetic propoganda.

FOOD AS MEDICINE

LETTUCE: Rich in vitamine, contains the alkaline ce salts. It is a nervine, feeds the nervous system, relieving nerv tension.

Eaten raw with some other light food before retiring, i often relieves insomnia if there is no physiological cause for it For those nervous from overwork, hurry or worry, lettuce will often be found an actual sedative unequalled by drugs.

Even in severe cases of nervous trouble, lettuce should form one of the daily combinations of the diet. Not only is it indicated in all nervous conditions but in all where there is mental irrita-tion.

In anemic, tubercular and wasting diseases where appetite is lacking it is always very beneficial to take some fresh, crisp let-tuce with a few drops of vinegar an hour before the noon and evening meal.

TOMATO: This is neither a fruit nor a vegetable, but a combination of both. Because of this it can seldom be served with the meal being best served as a fruit.

In planning a meal of which fish or meat is the basic food, tomatoes should be included in some form, though if the meal is to be balanced neither potatoes, rice or white bread may be in-cluded.

The greatest influence of tomatoes is on the liver; they have a specific medicinal virtue which acts favorably upon it; it is a mild aperient and increases the gastric secretions.

Tomatoes have been called vegetable mercury because of the presence in them of an active principle which produces saliva-tion; and are for this reason indicated in diseases of the blood.

In the treatment of cancer the tomato is a valuable aid and should be served daily in one form or another, especially during the Summer months when an entire meal may be made of fresh raw tomatoes and a boiled vegetable.

In these cases it is desirable to arrange the noon meal composed of fish or other sea food, sliced or stewed tomatoes and one or more vegetables such as lettuce or celery.

So great is its influence on the poisons causing cancer that at one time it was condemned as a cause of this fearful disease.

Not alone is it of importance as a food for those suffering from cancer; it should be served in some form to all who are ill unless suffering from a super-acid condition, in this it is counter-indicated.

CUCUMBERS: Though relished by most people, they have been considered the curse in the vegetable kingdom; this is because people do not understand how to serve them.

The proper preparation of them is to pick them when still tender, wash carefully, slightly scrape, lay on ice until thoroughly cold, slice thinly, salt, add a little red pepper and lemon juice to taste.

They may be served with almost any combination of food are splendid when served with fish or meats, but must not be served with any sweetened dishes.

Many people pick and wash them, add a little salt and eat them as they would fruit, this is a desirable way and highly beneficial to the system.

Cucumbers are eliminators. Their special work is to eliminate poisons from the system, such as uric and other acids which have been accumulated through the eating of meat. As a counter acid to those of flesh foods they have no equal.

In cases of diarrhoea caused by unripe fruit or fruit germ they are almost a specific. In such cases it is best to crush the cucumber, extract the juice and add some red pepper, taking this in teaspoonful doses.

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Cucumbers are classed as Anti-acid. They are cool in their nature, therefore a desirable Summer vegetable.

When sliced, slightly salted, a little red pepper and juice or apple vinegar added, and served with fish, they greatly aid the digestion. Potatoes or other starchy food combine with them.

In some people, eating cucumbers will cause an eruption. Because of this they have been considered poisonous to such; is a mistaken idea. As previously stated, they are anti-acid eliminators, and if the system of those who eat them is filled with poisons, they may cause eruptions. Their use should not be discontinued because of this, but should be encouraged until the symptoms disappear.

HORSERADISH: This is not to be considered as a vegetable but as a natural condiment. It is a splendid counter irritant in low states, especially in colds and coughs, and in cases where a mild stimulant is indicated.

It is best prepared by grating it, adding an equal part of grated turnips and some pure cider vinegar. Prepared in this way it is desirable served with fish and other sea food, and on all meats. When prepared with vinegar it should not be used at meals when milk or any casein food forms part of the menu.

As a medicine, it has a direct and beneficial influence on the throat, lungs and lining of the bowels.

WATER CRESS AND ASPARAGUS: These vegetables are highly prized by many people and certainly are very desirable food, containing many of the valuable cell salts necessary to health. They are actual tonics and eliminators, acting directly on the kidneys and the entire urinary system. They also possess a positive action on the liver, inducing a torpid liver to action.

Water cress is best when served raw with fish, other sea foods and meats; asparagus when boiled and served with cream dressing.

When either one is given as medicine, no other vegetable should be used at the same meal.

RUTABAGAS: These are usually considered as turnip and though a desirable food, few would believe they contain an medicinal principle.

They are valuable for all who suffer from croup or catarrh. Children subject to croup should be fed with boiled mashed turnips when they show symptoms of cold, while adults suffering from catarrh would do well to have them mashed with butter or creamed rutabagas several times a week.

They may be baked in same style as sweet potatoes and served with butter, or may be creamed. In either style they combine perfectly with fish or meats and potatoes.

RHUBARB: This is highly prized by many, but is not be classed as a vegetable. It is actually of the nature of fruit and should never be served with the meal, but between meals, before retiring or in the morning as fruit. It is an exceptionally valuable counter-acid to those acids resulting from a meat diet and slightly laxative.

Because it is slightly irritating to the mucous membrane especially of the small intestines, its use should be limited and never used in super-acid conditions.

SPINACH: One of the most desirable vegetables grow rich in iron and other organic mineral elements, an eliminant and consisting of cellulose valuable in chronic constipation.

In all anemic and consumptive conditions it should form part of the daily ration; likewise in weakened conditions of the nervous system and even in irritability and organic nervous diseases. It is more valuable than lettuce as a tonic though beneficial effects are not as quickly apparent.

SWISS CHARD: This is in the same class as spinach though not as valuable. The use and preparation is identical the same. Whenever spinach is indicated Swiss chard may be substituted and is to be had when spinach is out of season.

EGG PLANT AND SQUASH: These are to be considered as the meat of the vegetable kingdom and readily take the place of it. They may be prepared in every style meat can be prepared; fried, boiled, baked or creamed.

Both of these combine readily with peas, beans, corn and lentils and with starchy foods such as potatoes.

An ideal meal may be made of a combination of egg plant or squash, peas, beans or corn and baked potatoes and a vegetable such as lettuce or celery.

CARROTS, PARSNIPS AND BEETS: These are usually considered simply as vegetables but they rank next to the squash and egg plant as basic food and are as nutritive as meat with none of its faults.

All three are rich in the organic mineral elements and natural sugars. The mineral elements are readily absorbed by the system and the sugar is easy of digestion and the energy quickly made use of.

They contain elements which are both blood purifying and building and must form part of the menu for anemic and consumptive people.

Perfectly balanced meals may be made by serving either carrots, parsnips or beets with cream dressing, whole wheat bread, butter, and milk. The milk may be eliminated and spinach or Swiss chard served in its place.

The expectant mother will do well to have one of these served at least three times a week. Experiments made with high bred Collies have shown that when parsnips, carrots or beets are boiled with or without meat, and given to the matron when in whelp, they not only supply the necessary building and developing material so essential if the young are to be fully developed, but the mother will have a rich neutral milk, and what is more and generally unknown, they prevent the scourge of baby dogdom—the stomach and intestinal parasite which destroys so many young animals.

They are not merely true foods, but they actually act as a vermifuge and for this reason they are valuable in the dietary of children. The active principle in carrots, is known as Carrotin.

◁ TURNIPS: An Italian scientist has found that white turnips grated, skin and all, will act in the same manner as quinine in all conditions where the drug is indicated.

A tablespoonful of the grated turnip is given every time the quinine is indicated.

This may seem unbelievable, but both turnips and parsnips contain an oily principle which is both an aperient and diuretic, it is similar to the drug solanin. >

◁ ONIONS: The desirability of onions as a food is too well known to require any special mention here. They have great value as an eliminator of acids and poisons in the system and are exceptionally valuable as medicine in the treatment of coughs, colds and croup.

The specific medicine value of onions is that of a blood purifier, and in this respect is one of the best vegetables. It is slightly demulcent and an expectorant. They contain a volatile oil the odor of which is objectionable to many people; but is positive medicine, valuable to both sick and well.

The actual medicinal agent in onions is in the form of sulphur, chemically known as Allyl Sulphide; because of this sulphur content they are a valuable agent in Scrofula, Syphilis and all skin diseases.

Onions promote digestion and for this reason should be added to all vegetable soups and to all fish and meats when baked.

In neurasthenic conditions, when vitality is low, prevent sleep and often causing a state of insomnia, onions will help induce sleep.

For coughs and colds, a combination of juice obtained from baked onions with honey is exceptionally valuable.

In rheumatism the onion should be combined with tomato

in the form of soup; baked with fish or in any form that suits the taste; is not to be combined with starchy foods.

In the late epidemic of Influenza it was clearly demonstrated that onions grated fine, mixed with equal parts of rye-flour and spread on a cloth in the form of a poultice, then heated in the oven, applied to the chest and changed whenever near cold, would cure every case of Pneumonia.

They are the most desirable eaten raw though some people have difficulty in digesting them; in such cases it should be stewed, creamed or served in combination with other boiled vegetables.

Creamed onions, stewed carrots or parsnips, spinach or lettuce and whole wheat bread, make a splendid combination especially valuable for all suffering from internal congestion whether in the form of cancer, tumor or any ailment resulting from insufficient elimination.

Boiling or baking does not injure the oil or the mineral elements contained in onions.

CELERY: Though desirable as a vegetable it is of greater importance as a medicinal agent and exceptionally able in all nervous and mental conditions, combining well with the other basic foods indicated, such as milk, butter, cheese, fish etc.

For such as are given to work which is a drain on the nervous system and brain there is no other vegetable of equal importance; it contains a salt which is both nerve and brain tonic and tincture made from the seed is decidedly aphrodisiac.

All who feel the need of spices or condiments in their food should substitute the seed or salt of celery, together with a small amount of red pepper.

Celery is indicated in all nervous, mental and wasting diseases. It should form part of the soups served to such patients and as a green no less than once a day.

Celery chopped fine and added to tuna fish, one part

to two parts of the fish, with a dressing containing a slight amount of red pepper; a baked potato, one or two glasses milk, is a perfectly balanced meal for all who do nerve or brain work.

DANDELION: A green that grows wild and is a great favorite with many people. It is a blood purifier of great value has tonic properties and because of its bitterness acts as such.

It does not contain as large an amount of the organic mineral elements as does spinach though it is rich in iron and because of its iron content, bitters and tonic effect, should form part of the dietary of those suffering from anemia, tuberculosis or other wasting diseases; likewise, in all ailments where purification of the blood is necessary, dandelion is indicated.

Prepared as a salad, served with fish and baked potato it forms an ideal combination and its use should not be limited during the time it may be had.

YELLOW DOCK: This is another green which grows wild and may be gathered during the early Spring months. It is not as rich in iron as dandelion and not as good a tonic but as an uncultivated green, is second only to dandelion.

Its preparation is identical with dandelion and it may be combined with dandelion, spinach or Swiss chard and served in similar conditions.

CABBAGE: As a vegetable for salads or boiling, is known to almost all peoples. It is generally known, however, that it is rich in sulphur and an ideal remedy in all scrofulous conditions, likewise in scurvy.

Wherever sulphur is indicated as the proper remedy, cabbage will supply this element in its organic form.

GRAPEFRUIT: Called the Queen of the Fruit and considered as the Golden Apple.

In all cases of nervous irritability, in those of pronounced neurasthenia, half a grapefruit taken in the evening before retiring, is the ideal remedy.

If there is lack of oil in the system, a tablespoonful of good olive oil should be added to the grapefruit and allowed to stand half an hour before eating. If the digestive power is poor it may not be possible to take this combination and the grapefruit alone should then be eaten before retiring.

In all diseases of an inflammatory febrile character it is excellent. It may be taken between meals, before retiring and the first thing in the morning.

When the system is sub-acid, the tongue coated, belching of gas, grapefruit should be eaten early in the morning, between meals and before retiring, avoid the oil until the digestive power is fully restored to normal.

Many people have experienced serious digestive difficulties after partaking of grapefruit; on investigating we usually find these partook of it immediately before beginning with their regular undigestible mass of food consisting of oatmeal with sugar and cream, bacon and eggs and possibly corn cakes, followed by coffee served with sugar and cream. Under these conditions it becomes a decided irritant, because the fruit acid cannot harmonize with such a combination, and especially not with sugar and cream. Indigestion, gas and distention of the stomach naturally follow such an abominable combination.

Like all fruit of its nature, grapefruit should be eaten entirely alone, not to be followed by any other food for from thirty to sixty minutes.

In fevers of whatever nature, especially scarlet and typhoid, it is one of the best fruit acids that can be prescribed and ranks well with lemon juice as a corrector of abnormal intestinal conditions.

LEMONS: All that has been said of the grapefruit may be said of the lemon. It is indicated in all conditions where grapefruit is advisable; it is slightly more acid and because of this should be prescribed in the acute sub-acid conditions.

PINEAPPLE: Exceptionally valuable in sore or irritated

throat, indigestion and inflamed mucous membranes of the intestines.

In chronic irritability of the throat or any part of the mucous membrane, pineapple is a valuable therapeutic agent and should be used daily.

It ranks between the lemon which is decidedly super-acid and the orange which is sub-acid. It may be combined with oranges in all super-acid conditions and with lemon juice in sub-acid.

In *all* feverish conditions when the digestive organism is exceptionally sensitive and will accept no food, the juice of pineapple may be given in limited amount and this followed within half an hour with the white of an egg. This helps to overcome the irritation, reduces the temperature and gives strength to the entire system.

◁ ORANGES: The ideal fruit in all super-acid conditions and in fevers resulting from super-acidity.

It is rich in vitamins and in the organic mineral elements. Can be prescribed even in sub-acid states when combined with lemon juice and in La Grippe or Influenza is the ideal remedy.

When the system is superacid, one or two oranges should be eaten on arising and as many before retiring. They may also be had between meals.

The orange, always considered merely as a fruit, actually contains a great deal of nutriment and it is possible for those whose digestive functions are so weak that no other food can be digested, to live on oranges for weeks.

Milk is rich in food value as already pointed out, orange juice is almost equally as rich.

A pint of macerated oysters has less food value than a pint of orange juice and does not contain the power of elixir that the orange juice does.

A pint of orange juice has greater food value than a p

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of the finest meat that money can buy; it is also acids and toxins which meat contains.

One half pint of orange juice has the nutritive value of eggs and is not nearly as difficult to digest.

A pint of orange juice has a food value greater than one half pounds of good fish. Requires energy to digest and assimilate.

Orange juice aids digestion instead of retarding it only counter-indicated where there is sub-acidity in the stomach. The juice is a natural eliminant of toxins. Six to ten oranges a day is a positive specific in freeing the system from boils and other skin eruptions.

<APPLES: Of this, the King of the fruits, much has been said because almost every one is familiar with its value both as a fruit and a medicine.

It has therapeutic power as a cleanser of the system, rich in the organic mineral elements and may be eaten by all. The sweet apple should be selected by those whose system is super-acid, while the sour apple is best for those with acid. The healthy may use either with equal benefit.

Apple, like other fruit, should be eaten raw but it may be eaten in that state before retiring but it is best baked.

A combination of apples, pineapples, oranges and grapes, together with nuts, will make a perfect salad, sufficient for a meal during the warm months. It contains in all the elements required by the system.

They are especially indicated in all anemic, toxic and wasting diseases and should predominate in these diets along with other fruits with the exception of grapes. >

PEARS: Much has been said against the palatability and desirability as a food, nevertheless, the fact is that it is about as rich in the mineral elements and

an eliminating power, as the apple, though it is slightly harder to digest.

APRICOTS AND PLUMS: These have been considered as of greater value as food and food medicine than the pear. While they do contain a large amount of sugar, they are not as rich as the pear in mineral elements therefore harder as desirable.

FIGS, PRUNES, RAISINS AND DATES: These may all be considered as fruits while in their fresh state. They are rich in natural sugar and in vitamins, contain the organic mineral elements and are highly desirable as both fruits and fruit medicines.

When dried they still contain the natural sugar and mineral elements but are then congesting rather than eliminating and must be carefully combined with foods rich in bulk and eliminating power, otherwise their action will be to the contrary.

GRAPES: Of all this class of fruit, grapes are the richest in all the necessary elements. They are rich in blood making material, full of organic mineral elements and vitamins and are perfect eliminators of the poisons in the system. We do not know of any conditions in which they will not be of benefit, especially in those where there is a low state of vitality, anemia, tuberculosis and other wasting diseases, as well as all nervous conditions, the grape is an ideal fruit.

STRAWBERRIES: Beloved by all it is one of the best of the Spring berries. They are safety valves to those who have indulged in a heavy diet during the Winter months; because they are cleansers and will eliminate all the meat acids and toxins from the system if given an opportunity.

On account of their acid they often cause a rash to appear which is rather annoying hence are condemned by many. They contain no poison themselves but are inimical to uric acid and other poisons in the system.

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When a rash appears after eating them it is simply that the system is full of poisonous toxins, and their use should be continued until the rash disappears. If this were done in all instances, many severe cases of rheumatism, sciatica and afflictions of like nature, might be avoided.

BLACKBERRIES: The dewberry is a creeping blackberry and all country folks are familiar with the positive value of dewberry root tea in looseness of the bowels even when it reaches the Cholera Morbus state.

The blackberry has medicinal virtue in all disease conditions of the bowels and should be eaten freely by those who suffer from such ailments. Neither cream or sugar may be served on it and it must be eaten between meals or as a meal never with other food.

CRANBERRIES: In malaria and in all other diseases of like nature, cranberries act as a specific medicine.

◁ **HONEY:** Not only a desirable food, requiring little energy to digest because sugar needs no conversion in order to be assimilated; it is an aid to digestion, of great benefit in colds and coughs, and a specific in ailments of the bladder where there is no organic lesion. >

LONGEVITY

Interest continues unabated in the question of longevity raised by Dr. Oldfield of London (see page 132). The "Evening Bulletin," Philadelphia, Nov. 11, 1919, prints views of a number of prominent physicians, one of these we reprint here.

"Says Dr. J. Madison Taylor, professor of Applied Therapeutics and Dietetics, Temple University Medical Department and one of the city's foremost exponents of clean living:

"Among the most cherished privileges of human freedom self determination is to maltreat and abuse our own bodies. We are perfectly willing to applaud platitudes about the simple—diet, exercise, proper hygiene generally, even to preserve serenity of mind for others, especially when uttered in sonorous tones by a popular spellbinder.

"If he can seize and hold the attention of the harassed business man to this matter of his own welfare, he is to be congratulated. If there is one point in the conservation of life and health and the avoidance of old age decrepitudes, it is to put aside use of over-stimulating, over-heavy, over-nutritious foods and confine one's self to a lacto-vegetarian diet. Then will one be able to enjoy the flower and fruition of a serene old age."

We deeply regret the present work was in the hands of the printer before this controversy arose, allowing us only these serial inserts. However, we believe the present book is complete on subjects outlined by Dr. Taylor.

MILK

A More Complete and Perfect Food than Meat

Milk is one of Nature's most perfect foods. It contains within itself practically all of the elements required by the body of man to build bone, muscle, nerve and brain, and in its milk sugar are the elements which create heat and energy to run the human machine.

It is more complete and desirable than meat. With meat it is necessary to combine foods which contain those elements missing in itself, such as the *Organic Mineral Salts*, *Vitamine*, *Nuclein* and cellulose for bulk. Moreover, it is also essential that fruits and vegetables be combined with it in order to eliminate the acids contained in meat.

Milk is, besides being a perfect food, a remedial agent. Its use alone has resulted in the cure of many diseases, especially of those caused by toxins and acids with which the system has become filled through the consumption of too much meat and denatured foods.

Milk contains the organic mineral elements, the vital elements known as *Vitamine*, so absolutely necessary for health and strength in the adult and normal growth in children.

Meat has been called a complete food, but it contains little of the *Vitamine* and practically none of the organic mineral elements, while milk is rich in these.

For the reason that milk is such a complete food, it is the ideal diet for those who are ill with any of the ailments classed as "deficiency" or "wasting" diseases, and for the very young. When used in such cases it must be the whole milk; that is,

the butter fat must not be removed, because in it is found most of the necessary *Vitamine* and the salts.

Though a perfectly balanced food, it will not maintain health continually in grown people, because its bulk (cellulose) is insufficient and it does not contain an eliminating agent; therefore, when the milk diet is given to either invalid or child it should be reinforced by fresh vegetables and fruits. These make up the cellulose and supply the eliminating agents.

THE ORGANIC MINERAL ELEMENTS: These elements, often called the organic salts, are the tissue builders, tissue preservers, producers of vital energy, stimulators of the glands, and prevent disorganization and putrefaction as far as possible exactly in the same manner as common table salt (Chloride of Sodium) will preserve meats and other food.

These elements are found in vegetables, grains, legumes, fruits and nuts, but in their richest state are found in the milk of the cow and especially of the goat. Nations where milk cannot be obtained, substitute fish and natural rice, soy beans, millet, barley, cocoanuts, etc. All of these combinations are rich in the organic elements but cannot possibly replace milk in the feeding of the young; for this very reason the death rate is extremely high among children in countries where milk is not readily obtainable.

In good milk there is found nearly one per cent of the organic elements in the hundred weight; these are known as calcium, potassium, sodium, magnesium, iron and various other elements required by the human body if it is to be kept in a normal condition.

Whenever we find a deformed child or young animal, other than from accident, it clearly indicates that the mother ate food deficient in the organic mineral elements thereby preventing the body from forming harmoniously, resulting in the deformity.

In the animal kingdom the feeding of the female and her young has almost reached a science and it is seldom that

deformed young results unless through accident. There are cases however, as for instance, where the food fed the animal did not contain the necessary elements.

In the human kingdom, where diet is far from a science, because mankind has not yet reached a state of enlightenment where it will accept dietetics as necessary to its welfare, or believe that diet has anything to do with health and development, we still find thousands of cases where deformed children are born and almost any cause, except the true one, is given the blame.

The organic mineral elements are rich in milk which has had its cream removed, and in cases of weak bones in children, rickets or undeveloped bony structure, skim milk is better than the milk with all its cream, because if the fresh milk were given to drink in large quantities and other food rich in fat given to eat, the amount of fat consumed would be too great, and indigestion, malnutrition, etc., would result. However, where milk is made the basic food and little else containing fat given, as for instance where breads and milk form the base of the diet with the simple addition of fruits and vegetables, the whole milk should be used.

This involves a delicate dietetic question, and it is for this reason that the science of dietetics has been condemned: those who claimed to understand it making the mistake of recommending whole milk and much of it, in connection with other foods rich in fat; or the skim milk when practically no other foods rich in fat were combined with it.

Very young children, up to the age of two to three years, should be given the entire, fresh milk, diluting it only with water to the proper strength. After that age, part of the butter fat may be removed, this however, only in accordance as other foods, containing the necessary fat, are given in combination with the skim milk.

There is no food known healthier and better for the grow-

ing child than plenty of whole grain bread and butter and milk. It will keep the supply of energy at the best, supply the organic elements for natural growth, and supply the material to nerve and brain so essential in the normal mental development.

The ideal food for children, from the age of three to eighteen may be found in a combination of whole grain breads, milk and butter, vegetables and fruit. Meat unnecessary and undesirable. Milk for the child, contains warmth and energy producing material, protein which renews or builds tissue, and a large percentage of minerals required in the repair and strengthening of the bones.

Young animals fed on milk, develop rapidly and normally show strength and vitality while those fed on substitutes are weakly, sickly and undeveloped. It is exactly the same with children.

ALBUMEN: Another food element contained in milk is albumen, the muscle builder, and from it the muscles of the body of both men and animals are built. This albumen in milk is in the form of protein; in the white of eggs it is found in the form of albumen.

Milk, to be in its best form for food, whether given to young animals, children, or to adults, should never be boiled, because heating coagulates it and may totally destroy its value as a proteid or albuminous food.

It is for this reason that we cannot agree with many authorities in their claim that Pastuerized milk is a food. One authority, Mr. H. N. Parker, states:

“The effect if pastuerizing requires a temperature of 140 degrees Fahrenheit and it varies between 135 and 150: If milk contained tuberculosis germs, I would expect some of them to survive the process. The albumen in the milk would probably be partly coagulated.”

In other words, according to this authority, and his statements are widely accepted, pastuerizing at this degree would

on the one hand, kill all the tuberculosis germs, while on the other it would partly or wholly destroy the food value of the milk. This process is therefore both useless and destructive. Useless in that it does not kill the germs, destructive in that it makes useless or inert, the albumen in the milk.

The proteid in milk differs from all other proteid food. The reason for this is in the fact that most other foods of like nature are digested in the stomach while the albumen of milk and eggs is *not* digested in the stomach, but passes into the small intestines where it is digested.

SUGAR: All mothers who have fed babies on bottle milk are familiar with the sugar of milk. This milk sugar is obtained from the milk of cows and not, as some consider, a vegetable or chemical agent denatured through a process of refining.

Sugar of milk is one of the most desirable energy producing agents, because, like the whole milk, it does not long remain in the stomach, but mixes readily with water and albumen, and the system quickly absorbs it, obtaining its full value of energy. In this respect it is quite different from all manufactured sugars which are only partly absorbed and are actually, in most cases, to be considered as foreign agents. Honey cannot be considered in the same list with other sugars, but may be classed with the sugar of milk in the ease with which it is digested and assimilated and the amount of energy it produces.

The Nerve and Brain Builder

CASEIN: Casein, because some have classed it with the albumen in milk, has been considered chiefly as a muscle builder, while it should be considered, above all else, as a *nerve and brain builder*.

If the American people as a whole could be induced to appreciate this one truth, and to accept it, it would be the means of making them fifty per cent more efficient and the stigma of

"America being a nation of Neurasthenics" would soon be removed.

Casein is easily digested and perfectly assimilated. It repairs and builds tissue, stimulates the cells of the body to greater activity and acts as a tonic, while to the nerves and brain it is *an actual food*.

In neurasthenia, anemia, the debility present in organic and inorganic diseases, malnutrition, nerve diseases, tuberculosis, rickets, pellagra, and as a food for chronic invalids and old people, casein is the ideal medicine, and is found in both *skimmed milk* and the *fresh uncreamed milk*.

Casein is able to replace *all* other forms of protein in the food of man and for this reason it has such great value as a food in cases of tuberculosis, anemia and chlorosis.

BUTTER FAT: The fat of milk, usually termed butter fat, is a compound of many substances, and forms on an average of four per cent of the milk if the cattle are correctly fed; is rich in carbon and hydrogen, and as an energy producer it furnishes more than two times as much energy to the ounce as the sugar in milk does. It is not only because of its great energy producing power that butter fat is of such great value and so absolutely essential in the dietary for children but because, as before stated, it is rich in the vitamine which is not found in other fats, although vegetable and nut fats do contain it in a slight degree.

Butter fat is most valuable when taken with the milk before the cream has separated itself from the milk. A chemical change takes place in both the milk and the cream when they separate and they are no longer the same as when forming their primary natural mass. When milk and cream are mixed and given as food, digestion is retarded, because the fat is retained in the stomach with the casein, causing the digestion to be much slower. For this reason it is best that only fresh milk be served to children and invalids.

MILK AND OTHER FATS: The difference between

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milk fat and other fats in their relation to growth in the young, and the health producing power in the adults is in the contents of the milk fat of the elusive substance known as Vitamine and of the organic mineral salts.

Fats from peanuts, known as peanut oil, the cocoanut oil and oil from cocoanut, nut butter made from the cocoanut and other nuts, are exceptionally valuable in the dietary of children and adults. They are free from disease producing constituents, but they are deficient in the mineral elements and Vitamine, and they therefore become dangerous to health if they are substituted in place of butter in the dietary of children or invalids.

These butter substitutes should be partly used in frying and cooking as well as in baking, and the butter continue served in breads, muffins and cakes as before.

When it is possible to get a sufficient amount of butter to make up the shortcoming of Vitamine and mineral salts may be offset partly by using as much milk as may be had, and plenty of fresh vegetables and fruits, especially must plenty of fruit and fruit juices be served to children and invalids.

If milk and butter is entirely unobtainable, then animal fats and the richest kind of fish, should be plentifully given to old people and invalids. Fish especially, will help to make up the deficiency in milk fat and may readily be served to children.

MILK FOR THE HEALTHY: Some may consider milk valuable only as a food for the young, and as a food-medicine for the invalid, and such as suffer from tuberculosis, anemia, neuritis; for the nervous wreck, the neurasthenic, the rheumatic. This is not a fact. Milk is as valuable a food for the healthy as it is for those who are ill, and may take the place of meat.

For example, let us consider the family who usually has for lunch: Meat in some form; potatoes, bread and butter and a vegetable. Let us say both the meat and the wheat bread is unobtainable, or so scarce that they should not be used as a food by the

normal, healthy adult. This family would do well to serve luncheon of baked potatoes with milk dressing, corn bread a substitute butter, celery or lettuce, and one or more glasses milk. They would then have a perfectly balanced meal, even more correctly than the meat and wheat bread and have no acid or toxins to contend with. However, in case there are children in the family, they should be served with butter for the corn bread in place of the substitute butter. Adults would require this butter, receiving sufficient animal fat from the meat.

MEAT SUBSTITUTES: From all that we have said it might be concluded by many to be necessary to serve the whole milk. That is, milk with all the butter fat, in order to be a perfect substitute. This is incorrect.

Skim milk may readily and correctly be compared to lean meat, while milk with its cream may be compared to the richest cuts of meat. The fat in the meat takes the place, in a degree, of the cream in the milk.

Skim milk, however, is a more than perfect substitute for lean meat, because it contains the organic mineral elements which meat does not contain. When skim milk is used, a substitute butter must be supplied to take the place of the butter fat.

The danger found in substituting milk, whether skim or whole with all the butter fat, is in not understanding the basic principles of dietetics; if man is continually fed on substitutes which do not contain the necessary elements there is certain to be trouble.

It is not necessary to drink the skim milk that it may take the place of meats. All kinds of soups may be made with it but care should be taken to add the milk just before serving thereby avoiding coagulating the albumen; although the heat might not totally destroy the Vitamins and has no effect on the organic mineral elements. It does destroy the nerve building power contained in the milk. This is always to be avoided.

When skim milk is used as a food without adding

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butter fat, about one tablespoonful of substitute fat, cocoanut butter or oil, peanut oil, nut better etc. should to each cup of milk, thereby making up the deficiency.

CHEESE: Cheese is one of the most perfect substitutes for meat; it contains about one-sixth to one-fourth of its weight in fat, depending on the kind, and more than one-third weight in casein (the balance being water), it is a splendid solid meat substitute; can be used as a basic food in itself or in the preparation of other dishes.

Cheese containing a fairly large amount of fat, no fat substitute is required in serving it. A meal made of bread, but cheese and milk or of bread and cheese and several cream vegetables, is a perfect combination, satisfying to the brain worker as well as the laborer, though the laborer may desire the addition of baked potatoes for muscle building.

A HOME PRODUCT: In country districts, the value of cottage cheese as a food is well recognized, and the careful, economical housewife takes great care to so use all skim milk. If there be no other use for skim milk it should be allowed to clabber, then heated to blood temperature until it separates from the whey, drain, salt to taste, and mix with a little milk; serve on bread in place of butter with some good honey. It is both satisfying to the taste and a splendid nerve builder. Children prefer it to most other foods and were this served more frequently in place of sweet cakes made of denatured flour and refined sugars combined with irritating spices, the United States would not be accursed with four million of defective children.

The contents of cottage cheese being more than one-third casein, fruit syrups should never be served with it. The acids of fruits coagulate the albumen and casein, destroying its nerve building power. This is true with all milk products and the world's greatest physicians and chemists recognize the fact that fruit acids are always destructive to albumens and casein.

BUTTERMILK: Many people have the mistaken idea

that buttermilk is not a food. This should be dispelled at once. Buttermilk differs but slightly from skim milk except that it has undergone a chemical change in which lactic acid has been created and contains more fat than usually found in skim milk.

The casein content of the buttermilk is the same as in skim milk, likewise the percentage of organic mineral elements, it is, therefore, in all respects, as valuable a food as the one often indicated where skim milk is not.

In cases of malnutrition, Toxo-absorption (usually termed Auto-intoxication), consumption and where ordinary milk does not agree with children, buttermilk has often been the means of correcting the digestive trouble.

It is of benefit to give a small amount of buttermilk to invalids, old people and children above the age of six months occasionally, but this should be served between meals and not with the meals. For children, great care must be exercised that the baby's bottle is thoroughly cleaned and sterilized to avoid the possibility of souring the fresh milk at next feeding.

RESUME

FAT: About four per cent of the milk. Rich in carbon and hydrogen. An energy producer more than two times greater than sugar of milk. Contains vitamins necessary for health.

SUGAR: About five per cent of the milk. A natural energy and heat producer.

CASEIN: Nerve builder. Invaluable in all cases where a low state of vitality exists. Digested in the stomach.

ALBUMEN: Muscle builder. To furnish greatest amount of power, should not be coagulated either by boiling or by acids with it.

ORGANIC MINERAL ELEMENTS: The organic and bone builders. Almost one per cent of good milk is composed of organic mineral elements invaluable to man.

BY-PRODUCTS: Cottage cheese. Almost a pure casein.

the perfect food for the nervous, the neurasthenic, and people with low vitality. It is the most perfect food-medicine, nerve and brain builder.

SKIM MILK: Rich in casein and organic mineral elements.

Food Value

A quart of fresh milk containing all the butter fat has the actual value of: three-fourths to one pound of beef, depending on the kind; seven to ten eggs, depending on weight; one-half to three-fourths of a pound of fowl, depending on the kind; one pound of fish; one-half pound of nuts; one-half pound peas, beans or lentils.

However, in the cases of beef and fowl, there is a difference which cannot be fully estimated, because the milk contains vitamine and organic mineral elements which the meats do not. In the eggs, peas, beans, and lentils, these elements are found.

The actual value of milk, per quart, is a pound of the finest beef.

COTTAGE CHEESE

Official Value

Cottage cheese is practically pure casein. It contains, as stated before, all of the elements such as the organic mineral and vitamine, is a blood, nerve and muscle builder, as well as a regulator (through the organic mineral elements) of the bodily functions.

A pound of cottage cheese contains an equal value of one pound of either beef, pork, lamb, veal, game or fowl.

All that cottage cheese lacks is the fat, which can readily be added when prepared as a food.

Cottage cheese at its highest price, sells for less than one-half of the price charged for any of the meats mentioned. It is of greater value in many respects than the official value mention-

ed, because it is a true food, and contains none of the acid toxins contained in meat. Moreover, it can be given to children where meats should not.

Milk and the Idiosyncracies of Children

An Example

QUESTION: "I know a child about one year old, she seems to be poisoned by cows milk which causes an itchy rash to break out on her body and in the past she has gone into convulsions after a feeding of cows milk made in the usual manner."

ANSWER: Despite of what may appear to be an individual idiosyncrasy in this case, milk is the natural food of the child.

Mother's milk is best, but where this cannot be had, milk should be substituted and when possible, arrangement should be made to secure the milk from one cow only, and use a mixture from several.

At first glance, this case might appear an unusual one but there are many such cases to be found. Usually one is in the hands of a physician in one community, while diseases are under the care of other physicians in their respective districts, and notes seldom compared because physicians treat these cases as a matter of course and do their best to meet an unusual condition. For this reason the public remains in ignorance of both the cause and remedy.

However, this condition is not peculiar to children frequently met with in adults. Naturally one is at first led to believe that milk is a poison, or acts as one, to some children and adults. This is not borne out by experiments.

The cause of the trouble is seldom found in the milk in the person affected. Generally speaking, milk is sub-acid and best borne when the system is slightly acid.

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Milk given an adult whose system is Super-acid causes a feverish condition, followed by a rash; if continued the symptoms become aggravated. At the average person concludes milk to be an improper food and discontinues its use, thereafter claiming he could not because of it acting as a poison.

If there is a physician in charge of the case with experience, he will at once inform the sufferer that being a poison to him, it is actually a remedy; that the fever, even to the extent of a temperature of 103, convulsions, rash etc. are all the results of the milk acting as an equalizer and an eliminator of the Super-acid condition of the system.

When the milk is continued a number of days the symptoms gradually subside, the rash disappears, the temperature becomes normal, skin clears and it can be taken as readily as any food. The so-called idiosyncrasy has been overcome.

Why is this? The system being Super-acid, the milk is opposed to this condition. When it is first taken it is an opposing force to the condition present. The acid causes a coagulation of large lumps form of the milk and this may be so severe as to cause the feverish state and even convulsions. In causing this the acid is gradually counteracted, becoming less; as the milk is continued the symptoms become less severe as there is less acid to counteract. A state of balance is gradually reached and milk becomes a natural food.

It is actually unnecessary that milk taken into a Super-acid system induce this condition. If, when an adult takes it, there is trouble, a test of the system will soon show either extreme sub-acidity or super-acidity.

In case of sub-acidity, an acid fruit taken one-half hour before will prepare the stomach for the milk. In Super-acidity a sub-acid fruit or alkali taken half an hour before, will coun-

teract part of the acidity and the stomach will receive the milk and be able to digest it.

With children, the usual method is to give lime water either with the milk, or directly after. This works well when the stomach is acid, but there are many cases where it is sub-acid and in these the condition is aggravated, resulting in convulsions.

METHOD OF PROCEDURE

Whenever a case is found where milk produces an untoward result, we should at once institute a thorough investigation and not attempt to follow any empirical method.

The first thing to do is to make a test. This is readily done with litmus paper. By first taking the blue and making a test of both the saliva and the urine; if the blue turns red there is an acid state and we proceed to counteract this.

In the case of a child, dilute the whole milk to the strength indicated by age and general condition, then add one or two tablespoonsful of lime water, according to degree of acidity; if this does not remain, give one or more tablespoonsful of lime water without milk and an hour thereafter again give the milk and lime water.

Should the stomach refuse to retain the milk, prepare barley water and to this add lime water and feed. One hour before next feeding give the lime water, and when time to feed give the diluted milk and lime water. In this way the case can be overcome by a little patience and the use of common sense.

When children of one or more years cannot take milk the method is much simpler as we can then give the juice of a lemon or of an orange in half a glass of water, one-half hour before giving the milk, and thus counteracting the acid.

Besides the use of orange juice, other fruits may be used, such as pineapples, baked sweet apples, berries, and all

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sub-acid fruits. Any of these must be given one-half milk is taken. In adults the procedure is the same.

However, there may not be any acid reaction, though the system is either neutral or sub-acid. In these cases take the red litmus paper and test for sub-acidity. If it turns blue then we know we have a sub-acid condition with and in order to overcome it, in the case of children, a few drops of lemon juice in a few tablespoonsful of water give it one-half hour before feeding. We can also use sour apples, tart berry juice and the juices of other fruits. It must be exercised not to give too much in the beginning.

Children after one year of age can take more of these, and the adult may take the juice of half a lemon in water, a grapefruit; a plate of berries; baked sour apples or a plate of stewed rhubarb.

CLEMENCEAU TELLS THE SECRET OF YOUTH

From the "New York Evening Journal," Nov. 15, 191

"Paris, Nov. 15.—Yes, I have discovered the Fountain of Youth," remarked George Clemenceau, the ever-young "Ti of France, to a group of admiring friends immediately after speech at Strassbourg which, following a hard day of receptions and weighty discussions of state affairs, left Premier fresher and stronger than any of his suite.

"The secret is simple," said he. "Never let your brain inactive, and you will keep young forever."

"I am younger today than I was ten years ago, because I have worked hard and never been idle. Idleness and old age go hand in hand."

"This 'young' man of France rises with the birds at dawn and retires with sundown. His strictly vegetarian diet is the diet of his old cook who is unable to inject much variety in his menus.

"The Premier insists upon going to bed at 9 o'clock in Summer and earlier in Winter, unless extraordinary state affairs require him to be up late, as was often the case during war, when *at times he would not shed his clothes for three and three nights in succession.*"

The greatest truth ever voiced is in the few words: *secret is simple, never let your brain grow inactive, and you will keep young forever.*"

This is the fundamental truth taught by the "Humanitarian Society" in its "*conscious*" and "*creative life*," which has enabled thousands of derelicts to become successes.

The diet upon which Clemenceau subsists is not strictly vegetarian, but a combination non-meat diet such as taught in the present volume and followed in our practice.

ALL OF THE WHEAT

*One of Nature's Most Perfect Foods.**

Did good old nature make a mistake when she wonderful grain of wheat and so balanced it that it is actually a complete food for man? Does it not contain in its center which feeds and repairs the wasted part of the body; next to this a natural starch, producing heat and then the germ of life, called Nuclein, which is the most important life principle known; Phosphorus which is the food of the wonderful nervous system and the brain of man; the mineral elements, equalizers, eliminators and neutralizers. Besides these, the bran or roughage essential to health because it helps to bring about peristaltic action of the bowels and eliminates waste material.

Normal life does not exist unless there is supplied a proper proportion of starches, sugars and fat to produce heat and energy; protein and minerals to build tissue; as well as other essentials which have thus far been ignored by writers on Lectures.

Even though we have a sufficiency of the above named five elements, if the active life principle be missing in food a reaction will set in and disease results. This life principle is found in the agent known as Nuclein, the germ in grains which reproduces its kind. In this there is still another active agent, termed the

*Any reader desiring name and address of millers making the real whole wheat flour may send self-addressed and stamped envelope to the publishers of present volume and full information will be forwarded without any expense.

Vitamine. We therefore have the *active* principle as the basis of the *life* principle. These are all found in the grain of wheat.

All *balanced* food must, besides supplying the above elements, maintain balance in the system. That is, the stomach must always remain acid, while the rest of the system is to be alkaline, thus establishing an equilibrium.

The salts from all of the wheat are acid in nature, and if no other foods were supplied, the blood itself would soon lose its alkalinity and a state of acidosis result, this would mean death.

Because of this, it is necessary that vegetables and fruits be supplied to the system to balance the cereal food, unless this is done, digestive disturbances will be inevitable and the entire system will shortly be thrown out of balance.

Apologists for white flour, working in the favor of established interests, in making their experiments generally with whole grain products uncombined with vegetables and fruits, their findings on the results.

This is altogether wrong and not in harmony with the laws of nature, because there is not a single Dietitian worthy of the name who would for a moment claim man should live, or could live on whole grain products alone, but would always combine them with vegetables and fruits, though we do claim that basically wheat is a complete food.

We have said that the burning of cereals in the stomach produces an acid mineral salt, this is true, but this acid is entirely normal and just what nature intended it to be.

If the test is made with whole grain flour bread, it will be found there is practically no increase in acidity after mastication. On the contrary, if bread made of roller mill denatured flour is chewed, there will be found an increase of about 40 per cent in acidity during mastication; this acid generated while the food is being masticated is known as nascent lactic acid and is destructive to health and equilibrium. This in itself should be a universal condemnation of white flour products because it

cause of the decay of the teeth in children so universal America.

The most perfect camouflage is practiced by those who do not desire mankind to return to the natural whole grain flour: the reasons given seem so logical and conclusive that all but the deepest investigators would be readily fooled thereby in believing white flour the only real food for man. Thus we find in an article by Prof. Harry Snyder, in the "Northwestern Miller," apparently an apologist for the makers of white flour, the following:

"White flour is more completely digested and has a higher food value than whole-wheat flour. This conclusion is based upon a large number of experimental work done both in this country and other countries. At one time it was supposed, because whole-wheat flour contained more protein than white flour that it must therefore have a higher food value, but numerous experiments show that much of the protein in whole wheat is indigestible and unavailable for use in the human body."

And one not fully versed in food science would at once conclude this presentation of the subject to be both logical and conclusive, and in as far as it goes it is actually true, but *one* side only, of the subject has been presented.

It is true that in the white flour more of the protein is digested than in the whole of the wheat flour, and *if protein were the whole consideration then white flour would be the ideal food.*

Protein is a minor consideration in bread as a food. Why? Because we can obtain protein from many other articles of food, such for instance as meat, fish etc. All these are rich in protein, easily digested, but neither the white flour, the fish or the meat contains that which is essential to health and strength, I refer to the organic mineral elements, nuclein and vitamine, three things for which the people of America are starving.

Because white flour breads do contain more protein, or rather, because more of the protein in white flour bread is di-

gested than in the whole of the wheat bread, is not an indication that it has more food value. *The true diet is not based on either protein or calories but on the organic living elements which sustain the system and give activity and life to the organism.* This is not found in protein, but in the organic mineral elements, nuclein and vitamins of the food we eat, and because of this, we now know that the orange, once considered merely as a desirable delicacy, is actually a rich food, as nourishing as either meat or oysters.

Moreover, we repeat, *we can obtain protein of a kind readily digested and assimilated from many foods, but these are deficient in the three important essentials found abundantly in whole wheat, why then should we rob it of them?* Even if the whole of the wheat is not as readily digested as the white flour bread, we obtain the three essentials from it, it *would still be a highly desirable food even if we could neither digest nor assimilate a grain of the protein.*

The people of the nation suffer from all manner of diseases because the three necessary principles are lacking in their food. Give them the whole of the wheat products simply because of the contents of these elements, and supply them with protein food in another form, and health will be restored. If given for this purpose alone, whole wheat products would be highly desirable.

Another master stroke in arguing in favor of denatured flour by this writer is this: "The proteins of flour and of bran are separate and distinct bodies. The flour protein has bread-making qualities which the bran protein does not have. Then, too, bran has a low degree of digestibility. Because of the denatured nature of the bran tissue, it fails to be properly digested by humans, but animals with stronger powers of digestion are capable of digesting and utilizing it advantageously."

Truly the argument of a master, but this writer fails to take into consideration one important point, viz.: Dietitians do

and *never* did claim that bran was digested by the human stomach.

No authority on Dietetics who fully understands the subject would claim that bran is digested by the human stomach. What I do claim is:

1st. When white flour is made from wheat, Nature has been prostituted and the white flour product, being deprived of its native element and natural combination, produces a nascent acid both in the mouth and the stomach which is health destroying.

2nd. Though the protein and starch is easier of digestion when the other elements are eliminated, it does not serve its purpose as a food because it is denatured and does not nourish as a natural food does.

3rd. The bran is not prescribed with the flour because it is digested, but because it contains therein the *organic mineral elements* which the organs of assimilation *do* extract and these *organic* elements help in maintaining the equilibrium of the system and rebuild tissues.

4th. In white flour products the nuclein and the vitamine is eliminated, consequently the most active principle of the food is eliminated and the rest becomes so much dead material which is utilized by the system when it has nothing else to use.

5th. The bran, because it does *not* digest, acts as an eliminating agent, scouring the mucuous membranes or intestines and bowels, and helps to produce natural peristaltic action.

If the bran is not digested how can its mineral contents be assimilated?

The Pharmacist, when he macerates his drugs, does not expect them to be digested, but expects the menstruum to extract the virtues of the drug. His menstruum, if of the right kind, will extract the active principles and the dregs will be thrown away.

It is exactly the same with the bran consumed with the whole of the wheat flour. It is like the macerated drug in the percola-

tor, the digestive juices act as the menstruum and the assimilating organs as the percolator.

To prove that the Dietitian does not expect the bran to be digested, it is only necessary to say that in cases of pronounced constipation we give bran *because we know that it cannot be digested but that it passes through the eliminating organism and with it helps to cleanse and eliminate the poisons and toxins.*

While it is admitted as light a bread cannot be made with all of the wheat flour as with the denatured white flour, nevertheless, a bread both light and appetizing can be made of it if one is willing to learn bread making, and what it loses in weight and color, is fully compensated by the improved taste. Instead of being an evil smelling, sour product of the mills, it is a sweet smelling, delightfully tasting, nourishing *staff of life.*

While not as much of the protein is digested when we eat whole wheat bread, a greater percentage is assimilated. *Why? Because the protein is in combination with its native active agent—the nuclein and vitamines, and is therefore an active protein.*

That this is true we prove by the fact that many eminent physicians now use nuclein as a base for their medicine, because this active agent gives greater activity and quicker results to their drugs, and this is exactly what the Nuclein and Vitamines in whole wheat bread does to the protein.

If fifty per cent less of the protein in whole wheat bread is digested than in the white bread, the nourishment this fifty per cent gives the body will still be greater than that given by the protein in the white bread. Why? *Because this protein is active, natural, easily assimilated food being vitalized by, and in harmony with, its own life agent—the nuclein and vitamins—say nothing of the equalizing agent—the organic mineral salts.*

Speaking of the experiments made with breads from various flours, this apologist states: “Squads of men were fed on breads made from these different flours, and the actual diges-

ity of each kind of bread was determined. Thus a squad of three or more men was fed a ration in which white bread was an essential part. After the digestibility of this was determined, the same men were fed the same ration, except that whole-wheat bread milled from the same wheat, was substituted for the white bread. Then in the same way the tests were repeated, using the graham flour.

"In general, the digestibility of the ration, whether simply bread and milk with a little butter and sugar or a more varied diet, was decreased when the change was made from white bread to entire wheat bread, and still further decreased when either was replaced by graham bread, the remainder of the diet being, of course, the same in all three cases. The differences are sufficient to indicate that, even though the graham flour contains the most, and the white flour the least total protein of the three, the body would obtain more protein and energy from a pound of either wheat than a pound of graham flour, and still more from a pound of white flour than from either of the others."

Wonderful reasoning! Apparently logical and not to be contradicted, but destructive to health and life if logically followed out.

As to the digestibility of the white flour, we *admit this freely. But—we know when we feed bread from the white flour to chickens or dogs, rats or mice, this form of food is easily and quickly digested, but—the chickens and dogs, rats and mice, quickly die. Certainly! All the protein is digested and assimilated, and gives energy, but—they die just the same.*

We also know, and defy contradiction, that when men are fed on milled rice and barley, white bread and fats, they soon become afflicted with scurvy. But—when these same men are started with unpolished rice, whole grain breads and vegetables they soon recover.

We do not deny that *the unpolished rice, whole grain breads, vegetables etc. do not give the amount of energy that white flour*

and polished rice do, but it is a natural, lasting energy, there not destructive to health and life.

We freely admit that it requires more time and energy to digest the whole wheat bread than it does to digest the breads made of denatured wheat flour, but—health and strength does not depend on how quickly a food is digested, but whether the digestive process is natural, as free as possible from noxious acids and toxins, and whether it yields an amount of energy in proportion to the time required in digesting the food. White flour yields energy through its creation of acids, gases and a form of alcohol when it is split, but alcohol, though yielding a high percentage of calories, is not a natural energy, not favorable to health.

“According to the chemical analysis of graham, entire wheat and standard patent flours milled from the same lot of Scotch fife spring wheat, the graham flour contained the highest percentage of protein and the patent flour the lowest percentage of the total protein. But according to the results of digestion experiments with these flours, the proportion of digestible or available protein and available energy in the patent flour were larger than in either the entire wheat or graham flour. The lower digestibility of the protein of the latter is due to the fact that in both these flours a considerable portion of this constituent is contained in the coarse particles (bran) and so resists action of the digestive juices and escapes digestion.”

These learned experimenters would do well to take a course with some practical Pharmacist who would be able to teach them that a macerated mass need not be digested with its active principles can be extracted, but that the men used, in the case of the assimilation or extraction of value—*the power of assimilation will extract it.*

If the food value in wheat depended entirely on the protein, then all these authorities would be correct, but it depends on the *protein* nor on the *energy yielded by the protein*, nor

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the ease with which it is digested, but on the vitamins and organic mineral elements in the combination had created, because this combination, besides yielding, also prevents the formation of noxious acids which do form when the denatured white flour is food.

The most destructive, though apparently logical, reasoning is contained in the following paragraph:

"These investigations of Woods at the University and Snyder at the University of Minnesota show that white flour, because of its higher digestibility, furnishes the human body with the same amount of nutriment in the digestible protein and available energy as would be supplied by 106 lbs. of whole-wheat flour. As to the question of minerals, the special constituents commonly called 'vitamines,' they are abundantly supplied in a reasonable combination of foods. No single food, not even milk, makes a perfect adult diet."

The average man who eats a great deal of bread, eats more than two pounds of it a day. If it requires but six per cent of the whole wheat bread to furnish the amount of protein which white bread yields, then he would consume less than one our more of the whole wheat and he would have, in addition to the protein, the highly important nuclein, vitamins and organic mineral elements he misses in the white bread, and aside from this, he would be free from the nascent gas created by the white bread.

This, however, is not the important statement in this paragraph though it is important in that it clearly illustrates how little more of the whole wheat bread is required in order to give the amount of protein the apologists tell us would be obtained in a certain amount of the white flour, and draws our attention to the additional elements man would gain from the whole wheat bread.

The really illogical conclusion of the paragraph is found in the statement that the minerals, vitamins etc. are to be found in other food, when as a fact, these writers are fully aware the average diet of the people is composed of white breads, white potatoes, denatured cereal products, meats and fats, and denatured or refined sugars, *not a single one of which contains any of the essential nuclein, vitamins or organic mineral elements.*

What is the result of such reasoning and teaching by educators?

That there are more than 5,000,000 of boys and girls in the United States suffering from malnutrition. Malnutrition has its base in foods which fill the stomach, require energy to digest but do not yield the proper nourishment. Of these foods denatured white bread and cereal products, are easily in the list. Other causes are coffee and tea in place of cereal drinks and refined sweet cakes in place of vegetables; desserts in place of fruit

The official statement reads:

"Some 5,000,000 of our children today are anemic, more or less listless, nervous, underweight, backward in studies, under-developed physically, pale and perhaps crippled, because they are not getting enough food of the sort of which nature needs to build full-blooded, active, forward-going human animals."

Starchy foods, such as are made from the denatured flour, polished rice and refined sugars are the prime cause of constipation and the allied ailments. Until such time as physicians and investigators will be forced to give place to natural investigation and through the teachings of the latter the people again use natural foods as nature had intended, this fearful condition will continue, though we must look forward to a continued increase in the number of children suffering from malnutrition as the number of weakened parents increase.

"Insufficient or unsuitable food and drink, such as tea and coffee instead of milk, is generally conceded to be the chief

of undernutrition. The first requirement of a growing child is food. If the food supply is insufficient, the body itself is burned to provide the energy, and loss of weight results. It is essential, therefore, that the diet of the growing child should be, first of all, generous in amount."

It is safe to say that more than four-fifths of the appalling number suffering is *not* caused by an insufficient amount of food, but because of a lack of the right kind. What can we expect when the day of the average school boy and girl is started with such a combination as white potatoes fried, white bread; cookies and either tea or coffee. The energy in calories is there, the protein is there, but the actual *building and maintaining material is totally lacking*, and yet many bulletins are issued at public expense, apologizing for white flour and its products.

If these children were given a breakfast of whole wheat bread, butter and honey, and a glass or two of fresh milk, we would soon have a race of giants instead of a multitude of undernourished weaklings, a disgrace to God and the educators of a large, wealthy and supposedly enlightened nation.

"An insufficient and inadequate breakfast of bread and coffee, whether or not the midday meal is adequate, virtually always means too little total food, even though a hearty supply may be eaten. Indulgence in sweets and highly seasoned foods, habitual eating between meals, late hours, unventilated sleeping rooms and lack of exercise may all result in a "finicky" appetite and thus in the taking of too little food. Whenever the food eaten habitually falls below the actual need, no matter for what reason, malnutrition is the unfailing consequence."

Generally speaking all this is true, though the statement that an insufficient breakfast, if the amount of food at other meals is sufficient, will be the means of causing malnutrition, is not based on experiments. Experience has proven the contrary, and has shown the no-breakfast plan to be the *means* of restoring thousands to health who had formerly been ailing,

provided the food at the other two meals was sufficient at the right combination.

We maintain that a combination of white bread and *c* is highly destructive to health and strength and *must* inevitably result in malnutrition if continued.

"A diet inadequate in the right kind of food has equally disastrous results. To be well nourished, a child must every day some body-building material, or protein, to help his muscles, his blood, his heart, his lungs, his brain and other parts of the body. Without it his muscles cannot develop normally nor his organs be in the best condition. Certain proteins of animal origin—those of milk, eggs and meat are more valuable for growth than are those of cereals, beans, peas and vegetables. A liberal amount of the child's "building material" therefore, should be furnished by foods of animal origin. Failure to supply these in sufficient amounts may result in malnourishment."

The greater part of this statement may be considered sound, though it is not necessary, in fact, it is best *not* to give *meats to children*, and the statement indicating that vegetables are not essential, is illogical and if followed, the basis of malnutrition, because neither child above the age of two years nor adult, can be free from malnutrition if the green vegetables are eliminated from the dietary. *They are essential because together with fruits, supply the alkaline organic salts, of which without which the blood soon becomes acid, a state of developing, causing malnutrition, ending in death.*

"Another specific need of the child's body is for iron. He must have plenty of lime to build sound bones and iron to make red blood, and other minerals for just as many uses. Without suitable amounts of lime and phosphorus bones will surely be spongy and his teeth defective, while lack of iron causes anemia. In this condition the blood does not contain enough normal red corpuscles to carry sufficient oxygen."

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tissues to burn the food and loss of weight for is about the only liberal source of lime, and fruits, whole cereals and egg yolks, in addition to most of the other minerals, it is readily seen that most of the cases of malnutrition are caused by too little of one or two foods."

The same people who pay for the various issues in which denatured white flour is defended and also pay for the issue of the Bulletin from which they are quoted. In the one denatured flour is defended it is clearly stated the *whole cereals* are required and the minerals may be supplied and the fearful weakening cease.

"Van Leersum and Mink, of Holland, studied the digestibility of white and whole-wheat breads, and found whole-wheat bread less nutritive and economical than white bread when it represents the staple food of the population. The larger the amount of whole-wheat bread consumed, the less its digestibility. The loss in digestibility was not alone due to "the excretion of the bran, but was largely due to the interference with peristalsis and secretion of intestinal juices occasioned by brown bread."

Every thought of these investigators is given to the digestibility of the food, and none whatever to the actual nutritive value thereof. A food may be quickly digested, as for instance polished rice, and yet do little else than congest the system.

No Dietitian is ignorant enough to claim that a large amount of whole-wheat bread should be consumed at a meal, but if the bread is the basic food, then *it should furnish no more than one third of the amount of food consumed*. One half of the total food should be of vegetable origin and the rest of other required elements predominating in hydro-carbons and carbohydrates.

If the ratio is two-thirds of food of vegetable origin to one-third of whole-wheat, *as it should be*, then there is no need to

fear for the digestion of the bread or that it will cause irritation of the bowels, or that its nutritive value will not be assimilated.

Even when an abundance of fresh vegetables are combined with the diet the whole-wheat bread is desirable, but when the menu is lacking in fresh vegetables the *whole wheat product is absolutely essential if health and strength is to be maintained*.

Answering Criticism Before it is Voiced

An old adage is: "From the experience of others is wisdom." Being fully aware of all one may expect when one takes side with Nature against the adulterators, denaturers and apologists for denatured flour and other food products one must be prepared for unfairness from such in answering contentions.

We know of a man in the western part of the country whom we believe to be absolutely honest even though he is in favor of denatured flours, but who, instead of studying Nature and the laws governing dietetics, falls back upon the most unfair of all weapons, namely, sarcasm.

We are cognizant of the fact that the masses, as the superficial reader, will remember a sarcastic remark when real facts are forgotten and for this very reason we will try to answer criticism before it is voiced.

For instance, these apologists, in commenting on the practice of feeding dogs, rats and chickens with denatured products admit that whole wheat foods are best for animals, but that men are not animals. This argument is apparently well in playing on the biased feelings of the masses, who are disease ridden, weak, nervous, possibly even senile, and resent the idea that they be compared with dogs and rats. Despite this unfairness in meeting the conclusions reached by those who actually have the welfare of humanity at heart the fact remains, *that while the masses think themselves of great importance to be compared with animals, the human*

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is not in the slightest manner different from that of the body. The flesh of man and the flesh of animal are identical in every respect, even to the contents of the mineral elements, and all the sarcasm by all the mass cannot change this fact one bit, no matter how hard they

One correspondent knowingly states: "These people know that the surest way to kill the sale of whole wheat for human food is to associate it with dog food or chicken in the public mind." We agree with him, but truth will and will forever remain truth; we have found through experience, *that the people who yearly come to the market having tasted whole wheat biscuits, muffins and bread, thereafter demand whole wheat biscuits, muffins and thereby proving conclusively when once people have tasted real bread, nature's gloriously perfect product, they will condemn the denatured products.* Sarcasm may satisfy the illiterate and the superficial, but it requires cold facts to satisfy the investigator and the man or woman who is really seeking health—freedom from sickness and weakness and once these are convinced the downfall of those who produce denatured foods, will be sudden.

Because apologists refer to Dr. Wiley as "poor old Dr. Wiley," in no wise reflects upon his honor or integrity as a man of honor or as an authority. In fact, it does not answer a single accusation made by Dr. Wiley against denatured products. Such imbecile sarcasm may satisfy the men who profit by denatured foods, may look good to them when appearing in print, but all such comments will be quickly forgotten, as well as the men who rely upon it as their defense, while the efforts made by Dr. Wiley in behalf of the people will be remembered in years to come.

Other references to men who are working for the welfare of humankind, such as: "Brainy McCann who eats bran and whose children doubtless are freckled" will not answer the question of the conscientious seeker for the truth, or he who is seeking for

health through dietetics, because medicine has failed to when he propounds the question: "If bran, either in the form of all of the wheat, or when separately made into bread or muffins, cures chronic constipation when all medicine fails to relieve, why is it not a good thing for the people?" To answer such with cheap sarcasm, will hardly be satisfactory, nor will the apologists be able to win a convert to their denaturing through it.

Many of our correspondents who have bought "wheat flours" and "graham" flours tell us the bread is not edible or if eatible, gives no results. There are possibly thousands of brands of whole wheat flours and graham flours on the market, but hardly one in them all is the real product. Do not condemn whole wheat because you have used denatured whole wheat which is actually less beneficial than the denatured white flour you have been using.

Furthermore, let all those who seek for the truth, relief from disease and weakness, remember that there is a difference between digestion and elimination. While it is true that denatured flour breads are more readily digested than whole wheat breads, the starch therein, being dis-organized from its natural elements, *congests the system and induces superdyspepsia, malassimilation, (non-assimilation), toxo-abscission, consumption, anemia* and various other ailments.

The breads from whole wheat flour are slightly more difficult to digest but because of all the contents of the entire grain in its *organized form, act as self-eliminators and prevent ailments which denatured flours, so readily digested, pro-*

CORN

Corn is a basic food next in importance to wheat

It is regrettable to all who have given any consideration whatever to the value of corn as a food, that the American people do not use as much of it as they do of wheat.

Its value is second only to wheat. Various breads can readily be made from the corn meal and these are as tasty as any of those made from wheat breads. Moreover, as a rule these breads, in the form of corn cake and muffins, are easily made just before the time they are to be eaten, tasting much better when so served and what is greatly in their favor, they *are more easily digested if consumed hot than when cold*.

There is but a slight difference in the food value between wheat and corn, and this is found principally in the fat contents. This lack of fat is readily overcome in the making of the bread; if a slight amount of butter fat is added the bread really becomes of greater value than the white bread, being more easily digested.

One of the chief reasons why corn as a staple food has been discarded is because of the system of milling. Our forefathers, before the advent of the roller mills and the grinding out of denatured and deadly corn meals, were in the habit of drying their rich yellow corn. After it was thoroughly air and time dried, it was nicely and richly browned in an old fashioned oven, a process which not only added to the appearance of the meal when milled, but aided in digestion.

From the oven it went to the sheller, thence to the country grist mill and the *whole seed* milled on an imported Holland stone. When this meal was finished it was a rich, fatty, yellow

and *contained all of its original food value just as God intended it should.*

When we say it contained all its food value, we mean it was not robbed of all but its starch; that its outer covering was a fibrous skin rich in the Organic Mineral Elements, its first or second coating, rich in Phosphorus compounds, its third and lastly but of immense importance, its seed germ which contained the immensely important Nuclein, the basic principle of life itself.

The old farmer had a many-fold food in this real corn. His wife or daughter could quickly mix and bake a rich corn bread that fascinated the eye and satisfied the taste. A corn bread or muffin, served with butter from his own cow and a glass or two of milk, contained *all* of the elements necessary for health, strength and vital power. It was a real food, rich, and fit for the gods.

Gradually all this changed, roller mills were invented, installed, the farmer's wife was induced through shrewd advertising, to use the denatured corn meals, *because they were smoother and whiter*, and the real meal no longer made.

But if these roller milled corn meals had the advantage of smoothness and whiteness, they lacked in taste, and all wheat flours, also denatured, took the place of corn.

We cannot wonder that men who worked hard as a natural life, should not care for these unnatural products. The roller mill corn meal we have practically nothing but starch. This is not all, instead of air and time drying it, *then roasting it in an oven to give it its rich and tasty flavor*, corn is shipped, at best only heated, then ground and the elements, gluten and phosphorus compounds eliminated. The outer coatings; even the heart of the corn, the germ which contains the Nuclein, or Life Principle is separated from the flour and man is fed the corn starch; a congesting, unwholesome producing product totally unfit for man and beast.

Are we in possession of the proof of this latter statement? We certainly are. For more than twelve years we have made experiments on what is known as "The Beverly Hall" farms and on these farms we have kept cows, horses, chickens, Collies and pigs. If the denatured corn meal is fed to any of these animals and no other food added which contains the mineral elements, fats and Vital principles, they quickly become sickly and die; on the contrary, if the whole corn product is fed to them, they remain healthy and vital.

Man's body is animal, it requires the identically balanced food that animals subsisting on like foods require. How then can we expect the human family (cursed with millions of cases of Tuberculosis, Cancer, Neuritis, Neurasthenia, Defective Children, etc.), while it is forced to subsist, principally because of the ignorance and greed of a few, on food which quickly produces death in the so-called less intelligent and mindless animals to remain healthy?

In reality, it is infinitely more important that man should have these important elements of food than the animal, for in these so-called by-products of corn, wheat, rice and other meals we find the phosphorus, hydrates and Vitamines essential to the building of healthy nerve and brain cells. As man is a thinking animal, he requires double the amount of these food essentials; because man uses up the energy and force these create hence, his power to think and plan which the animal does not possess.

In other words, while the animal has only the maintenance of its physical health and receives all the real food value in the various grains, man must provide the right food not only for his body, but for his nervous system as well, yet receives none of them. How can a thinking human being with a grain of common sense, expect the present generation to be other than defective and physically degenerate under such conditions?

Th man of the present day is an animal of taste. He does not allow reason and knowledge to dictate to him the foods he

needs, but allows reason and intuitive knowledge to be governed by his desire to please his palate.

As men see the suffering of the almost countless multitudes and is taught that basically the cause is denatured foods which are manufactured to please the eye and the taste, will begin to think as did his forefathers before him and in order to avoid suffering in his own case, will commence to demand the foods which both please the palate and satisfy the bodily war.

Corn breads can again become one of the principle articles of diet, the ideal food for breakfast, but that this may be it will be necessary to eliminate the present tasteless and valueless corn meals and substitute the properly milled rich meals of the past.

If the wise wife and mother will secure the natural, correctly prepared corn meal and bake either corn bread or muffins in the morning, and serve these while hot, together with good butter and cereal coffee she will soon find that the family will not give a second glance to her former breakfast of toast, white bread, tasteless fried indigestible potatoes and nerve wrecking coffee, but that it will want the golden yellow corn bread every time. Moreover, she will have the knowledge instead of placing before her loved family food which actually constitute poisons because of its deficiency, she is giving food that will restore and maintain health, strength, vitality and efficiency, and if the whole truth were told, the basis upon which morality is built.

The wise farmer has long since learned this lesson and will tempt no man to sell denatured corn meal to him for his prize. He will frankly tell him that you have a product which is beautiful, white, soft to touch, in which you have eliminated all the trash and the middling, as well as the seed germs, so it will not last long, and he will give you a wise smile and tell you that *he* food for his hogs that will make them grow, make them give them strength in legs so they can stand, and add fat to

bones so they will not be mere skeletons. You could not give him the denatured corn meal for his hogs unless possibly he had *plenty* of milk to add to it thereby balancing it, the *farmer knows* that even hogs cannot be fed on this body destroying, disease producing de-elementized food.

Likewise the chicken fancier. Attempt to sell him the corn meal from which has been milled all the mineral elements, bran, second coating and the heart. He will not take it for a gift, unless as in the previous case, he has plenty of milk to mix it with and feeds the meal only for the starch.

Experienced men are fully aware of the fact that re-mineralized, degermatized corn will cause his hens to lose flesh, to become pale of comb, weak of legs, and give up laying. Such food, he knows is unfit for his chickens and would quickly destroy his valued flock. What he wants and will *insist* on, is the cracked corn, or ground corn in which remains the whole seed without the elimination of a single food substance.

As with these others so with the man who raises cattle for both milk and beef purposes. In the first instance the wise farmer will insist that he receive the whole corn meal and feed his cows only a sufficient amount to give the necessary fat building portion of food to the cow and add the necessary fatty, mineral and Vitamine elements to the milk. But the man who wishes to fatten his beefs will feed a greater amount of the corn meal and less of the brans, because he wishes to add beef, fat and health to the stock he desires to sell. He knows there is no other food, except possibly all of the wheat, that will as quickly add weight to his stock as will the whole corn.

Is it not a thing to be proud of to know that even the man in the back-woods who raises hogs, knows more of the value of foods as concerns his stock than the highly educated, University-polished man of the city knows of the correct food for his body. Truly it is a time for man to awaken before the race has degenerated physically to such a degree that it will be impossible to rebuild it.

A few years ago, in many of the Southern states, Pella fearfully ravaged the population. The cause was thought to be unknown, although at that time we made it a point to teach that the cause could be found in eating corn raised in soil containing an insufficiency of mineral elements and not adding a sufficient amount of vegetables and other foods to offset this. We were then sneered at, considered as food fanatics. Time, however, has indicated us, scientists and physicians now freely admitting that denatured corn meal, if the deficiency be not supplied by other foods, will quickly cause pellagra.

While we claim that corn bread is a perfectly balanced food, with the exception of a slight deficiency in its fat element we do not wish to be understood it would be sufficient to continually maintain normal life. It must be balanced with meat and fruits for children, and with plenty of vegetables and fruit for the grown person. It is a basic food, but as such it must be carefully balanced with other foods which act as eliminators, etc.

Contents to the Pound of Corn

Maize or so-called Northern Corn:

		oz.
Water		2
Gluten	Nitrates	1
Starch		9
Sugar	Carbonates	0
Fat		1
Fibre	Cellulose	0
Mineral Matter	Phosphates	0

NOTE: In the present day process of milling, practically all of the Phosphorus compound, gluten, protein and vitamin nuclein is eliminated.

Also, three-fourths of the fat is eliminated, and it is because of the elimination of this fat that the denatured meal is so destructive to man and animal as a food, and because of this, no young animal or child fed on it can either

or maintain health. Think of it, throughout America, with its nearly four million of defective (physically and mentally) children, none but the denatured products of corn can be had though we *know* it cannot induce growth or maintain health.

Southern Corn

		oz.	gr.
Water		3	0
Gluten	Nitrates	4	215
Starch		3	218
Sugar	Carbonates	0	200
Fat		0	20
Fibre	Cellulose	1	21
Gum		0	200
Mineral Matter	Phosphates	0	250

The mineral matter, scientifically known as organic mineral matter, is also eliminated in the milling, and with it the vitamine, because it is believed the meal will not keep if the seed-germ, which contains the Vital principles nuclein and vitamine, is allowed to remain in the meal.

The so-called Fibre or waste is valuable because it helps to maintain a normal bowel action as do all other cellulose or indigestible matter.

Corn is almost again as rich in the mineral elements, often called mineral salts, as the best wheat and for this reason is exceptionally valuable in the dietary; especially for those who are tubercular, anemic and deficient in vitality. Among these salts we find iron, potassium, magnesium, lime, phosphorus, etc. All being necessary in body and nerve building.

Pregnant women and children should have one of the corn breads for at least one-third of their meals, and this should be served with plenty of good butter and with milk and vegetables, fresh if possible, dried or canned if the fresh are not to be had. If this rule were faithfully followed we would soon enormously reduce the number of defective children throughout the United States.

During the winter months, corn meal dishes should take place of meats, especially so in the dietary of children. Corn meal may be boiled into a mush, allowed to cool and thicken, then cut in the form of steak and fried in butter or vegetable fat. Mush so fried is actually of greater value as a food to the adult and child than is meat, because it contains all the elements with the addition of the mineral, etc., but none of toxins.

A meal of fried corn mush, some vegetables and plenty of milk, is ideal and will be relished by old and young alike.

A perfectly balanced meal can frequently be had in the morning consisting of boiled corn meal served with butter and milk and the addition of vegetables. No potatoes or bread.

THE LEGUMES

Peas—Beans—Lentils—Peanuts.

When the meat diet is discarded, it is *essential* other food substances should be selected which are rich in protein, to take the place of the protein formerly had in the meat.

Converts from a meat diet usually make the serious mistake of imagining that giving up the meat diet is all that is necessary to obtain health; forgetful of the fact that the food consumed must contain a sufficient amount of proteins and fats, hence when meat is no longer used, substitutes must be supplied.

This is readily found in the legumes and it is not difficult to make these the *center*, or Basis, of a correct diet, though we must not be forgetful of the fact that of the legumes, beans at least generate gases almost as inimical to health as those created by a meat diet, and with the exception of tomatoes, all the vegetables indicated as correct combinations with meat, should also be used with beans and other legumes.

The nutritive value of the legumes is found in the protein contents, and this is in the form of nitrogen. As yet, few people are willing to believe that beans are as conducive to health, strength and vital power as meat, the actual fact however, is, all of the legumes will readily take the place of meat and are of *greater value as basic foods than any of the meat, because they contain mineral elements, nuclein and vitamines*, neither of which are found in meats.

Many people fond of the legumes and who would gladly substitute them for meat, have found serious difficulty in digesting them and because of this concluded they were not good for them, when the whole trouble was caused through an incorrect combination of other food with them, or possibly be-

cause they served the legumes as a side dish and in connection with meats, milk etc.

Besides being far better food than any of the meats, legumes are also much cheaper. The best beef that we can buy, contains as much as seventy-five per cent of water filled with acids, often with disease serums of the same type and only twenty per cent of protein.

The legumes contain only about ten per cent of water, much as twenty-five per cent of protein, and fifty-five per cent of starches. It should be carefully remembered that when the legumes is served with other basic food, potatoes should not be served as the legumes contain a sufficient amount of starch, nor for the same reason should white bread be served. Serving either potatoes or white bread with dried peas, beans or lentils, is to the system an over-abundance of starch and these congest, causing the trouble so many people complain of when they eat any of the legumes. This is a Law in the dietary of both the sick and the well and should be strictly adhered to.

The principle elements contained in the legumes are carbon, oxygen, hydrogen, nitrogen, phosphorus and sulphur. All of these are of great importance to the system and during digestion are broken down; in doing so, different poisonous acids are formed which must be taken care of and because of this need vegetables, such as spinach, lettuce, Swiss chard, cabbage, and other greens must be served with them and the minerals, alkaline in their nature, will counteract the acids and gases. It is also essential that fruit be eaten between meals.

All legumes are best when green; they are then low in protein and starchy material, but rich in natural sugar and other elements. As they advance to the ripe or dry state they change into starches and proteids, they are therefore not considered as vegetables.

It is generally during the winter months that the dried beans and lentils are used for food, and usually at the

few of the green vegetables can be obtained. As a result, nearly all people serve them with meat, potatoes and white bread. This forms a congesting, inflammatory, irritating mass; is there any wonder we have all the zymotic diseases during these months? That fevers of all kind, small-pox, measles and chicken-pox are rampant then? We should wonder how it could possibly be otherwise, when we are comprehensive of the fact that all of these are the result of congestions and poisonous accumulations in the system.

Meat as a Basic food, served with white bread (starch), a dried legume (another starch), potatoes (practically all starch), the whole meal forming a congesting, acid and gas generating combination, which cannot be offset by any other food.

Of the bean family the one held in the highest esteem is the lima; this is at its best when not yet full grown and still green; it is then richest in mineral elements and contains the least amount of proteid, while at the same time it is a vegetable, free from the elements that create acids while undergoing digestion. Those who understand dietary laws will secure the green lima and can it, thus having a supply for the winter months.

Next to the lima are the different varieties of the string beans. These, when young, may be eaten with the pods and are more truly vegetable than the lima and have almost as great a food value.

Few realize the value of green beans as a combination of legume and vegetable; when they do, they will have it served in some form at least once a day during the Summer months. While it is green it may be boiled with white potatoes and be a balanced food. The nearer maturity the greater the percentage of starch the bean will contain, and the less like a vegetable.

There are actually only two varieties of beans, dietetically speaking. One is the lima bean and the other generally called the string bean. The so-called kidney bean is really a string

bean and while very young may be served with the pod like other variety, as it matures it can be prepared in same style as the lima bean.

The Basic food of the Chinese is rice, that of the Americans the native bean of Mexico. If the bean can be made the Basic food of Mexico and the Southern States then there is a reason why it is not accepted as such throughout America.

The Soy bean cannot be classed with either of the others because its contents are far different. It is high in protein and exceptionally rich in fat. Many people make flour and cheese out of it. The flour is far richer than the finest wheat flour and the milk and cheese compares very favorably with the best grade of milk and cheese from the cow.

Cow's milk contains about four per cent of protein, about five per cent of sugar. The ordinary pulse contains about twenty-five per cent of proteid, and often as much as sixty per cent of starchy matter. Reference is here made to the dried legumes.

When man attains wisdom of a kind which he will use to his own benefit, he will arrange during the Summer months to store up a sufficient amount of the various kinds of green beans to use these for Winter use. By doing this he will have a valuable vegetable of great value, and avoid the acid forming habit of eating the dry bean.

Likewise when man learns to substitute the whole wheat bread for the life-destroying white bread, he will be able to eat more of the other starchy foods, but as long as he is served after meal with white bread and peeled potatoes, and in place of thereto, the dried legumes, he should not expect to have long life.

Next in importance to the bean and equally well known though not as universally used because often harder to digest is the pea. All that has been said of the bean may be said of it. There is but slight difference in their constituents. Some variety of peas contain more sugar than others.

Like the bean, there are varieties which can be served with their pods and these are the most desirable, because they are more in the nature of vegetables, the pods exceptionally rich in mineral matter.

Peas may be readily canned, and for this reason, every family in America should either buy or raise enough of them to last during the Winter months.

If green peas cannot be had during the cold season it is well to buy the dried varieties; in that case it is necessary to serve some vegetables with them to offset the acid forming tendency.

The lentil, next in importance, but least known of the three principle legumes, is as old as civilization, in fact, was well and favorably known before the time when the Old Testament was written, as attested by the story of Esau and Jacob.

As a food, the lentil compares favorably with both the bean and pea, though it is richer in the mineral elements, especially iron, than either of the other two. It is almost impossible to obtain them in America. If obtainable, they should be served in soups, as a base for vegetable, at least once or twice each week, especially during the cold months.

The part of milk which is of greatest value as a food, aside from the fat, organic mineral elements and Vitamine, we term casein, this in the legumes, especially in the soy bean, is identically the same.

This casein is generally termed nitrogen, but it is far different from that found in other foods and its effects on the system is not the same. Because of this casein in beans and other legumes, they are of greater value in building up a shattered nervous system, than many of the other foods. Care, however, must be exercised to properly combine them with fresh vegetables, and should be served sparingly to those suffering from any irritation of the generative organism as they are both heat and passion producing.

In prescribing any of the legumes for the rebuilding of the

nervous and mental system, they should be combined with lettuce and spinach, lettuce may be served with them meal, while spinach is served at the next. Spinach better of the two, because it is more correctly balanced mineral contents and rich in the oxygen carrying iron.

The legumes cause trouble only when the digestion ceptionally weak or when improperly combined. An ideal combination would be: One of the legumes, spinach, lettuce, Swiss chard, whole wheat bread and butter, and sweet

Vinegar should never be used on any vegetable when in combination with the legumes; it coagulates the casein makes digestion almost impossible. Because of this, dressings should be used on vegetables when these are in combination with the legumes.

All the legumes must be thoroughly masticated converting their starch before they reach the stomach, otherwise they require greater length for digestion and consume unnecessary energy.

Practically all vegetables may be served with the tomatoes excepted; these, more in the nature of fruit, and this coagulates the casein.

**DISEASES
THEIR DIETETIC TREATMENT**

PLAIN FOOD FOR HEALTH

For fifteen years we have been engaged in teaching a carefully planned and thoroughly tested system of Dietetics—the preparation and combination of good food in such manner as to produce dishes both tasty and health-bringing.

We were considered fanatic on the subject, but gradually public opinion has changed and now medical men of high repute endorse the identical system we have been teaching.

During the war practically half a million of books and leaflets were issued, the principle text book being the “Diet-Cook Book” wherein is taught the preparation and combination of food for health, strength, happiness and efficiency.

In the “Public Ledger,” Philadelphia, Nov. 22, 1919, under the heading “Plain Cooking Study Is Urged” it is stated that: “Fancy dishes are bad for health and digestion,” says State Educational Congress. The remarks in part, follow:

Harrisburg, Nov. 21.—Practical home economics that will teach the child how to cook potatoes, meats and plain foods, and not meringues and other fancy desserts, bad for health and digestion but good to look at, should be taught in the public schools. That practice was advised at the section on home economics of the State Educational Congress at the Capitol.”

Possibly in another half century the pioneers in the field teaching diet for health and strength will be given some slight credit; it would be too much to expect this at present.

SUPERACIDITY

Superacidity and hyperacidity are the same thing. When hyperacidity becomes chronic it is technically termed Hyperchlorhydria; while by the laity it is termed "sour stomach," "water brash," "heartburn," etc.

Many ailments considered as entities in themselves are actually dependent on the superacid condition of the system. This removed and the so-called disease would quickly disappear. Foods which induce the superacid condition are the cause of the disease, likewise, the diet which will remove the superacid state will cure it.

Some of the diseases, diagnosed from their symptoms, are: Catarrh of the stomach, constipation, appendicitis, rheumatism, gout, lumbago, hardening of the arteries, nervousness, irritability, insomnia, loss of self-control (temporal insanity), vulvular heart trouble (false), Toxo-absorption, emaciation, torpidity of the liver, biliousness, headache, eye blur, premature old age, etc.

Indigestion is very often the cause of ill-temper, irritability and leads to sudden passion, cruelty or temporary insanity; while in this state a man may commit fearful crimes against self or others. Many suicides are the result of these physical conditions, and those committing them are actually not morally responsible for them; taking it for granted they being ignorant of the producing cause.

We have mentioned in sequence: Constipation and appendicitis. One might reasonably question how superacidity could cause appendicitis. Concisely stated, improper combination of foods induce superacidity, superacidity causes constipation which

is congestion, the congestion produces an inflammation at or near the appendix, involving the appendix, so producing appendicitis.

Another instance is this: Improper foods or incorrect combinations induce superacidity, the superacidity prevents the feeding of the nervous system, this in turn starves the brain; neurasthenia and loss of nerve control follow in the wake of nerve and brain starvation; brain starvation prevents the victim from thinking or reasoning correctly and he commits suicide or crime.

Superacidity has its beginning in too much hydrochloric acid in the stomach, digesting the food too rapidly and before it is properly prepared for assimilation.

The reasons why there is too much of the hydrochloric acid are many and various and in attempting a cure the cause should be sought, found and remedied. At times this may be difficult and often impossible, in the latter case a menu radical in inception, must be prescribed.

DIET: Generally the diet is both incorrect and improperly combined; starches, sugars and acid food predominating, possibly fruit forming part of a starchy meal.

More than likely the basic foods are meats, potatoes (always peeled), denatured flour breads; dried peas and beans; and deserts. Such combinations, especially if taken in excess, will cause an over-abundance of hydrochloric acid to flow into the stomach and induce too rapid digestion, causing the foods to pass out of the stomach before they are prepared to be acted upon by the other digestive juices.

STIMULANTS: Stimulants are a prime cause for superacidity. All of them cause the hydrochloric acids to flow freely. Stimulants are nearly always taken with food and together with the meats, starches and sugars, form a combination almost certain to produce superacidity.

WATER: An insufficient amount of pure drinking water, by allowing the accumulation of acids and failing to eliminate toxins and poisons, is a prime cause for this condition. If less

of the stimulating drinks were taken there would be call for more of the pure water, thus greatly helping to avoid the trouble.

Symptoms

These have been given in the opening paragraph: Sour stomach indicated by the eruction of sour tasting watery fluids. Water brash, the eruction of semi-liquids which burn in the throat. Heartburn, a continuous burning in the throat and which nothing seems able to appease.

Often there are white spots in the mouth and on the inside of the lips, making mastication a torture. These last from two to seven days, starting with a little red pimple, gradually growing and when opening having a white appearance, then suddenly disappearing.

The tongue may be coated though this is not actually an indication of superacidity, because this is generally present in subacidity. The "brown taste" in the mouth always present in subacidity, is not in superacidity, because in the latter condition the food leaves the stomach too quickly, and this "brown taste" only shows when food remains in the stomach too long a time.

The Remedy

THE DIET: This must be a combination of food not having the tendency to draw too much hydrochloric acid, rather, to retard its flow. These are selected from whole grains, dairy products, fresh vegetables and fruits. Starches from denatured foods, sweets and stimulants must be eliminated from the dietary.

Fruits are of benefit but should be eaten only in the early morning and before retiring. Buttermilk between luncheon and dinner.

WATER: All stimulating drinks denied there should be a call for plenty of fresh water. If the system fails to call for it then it must be supplied without a desire, gradually educating the system to its need.

Half an hour before each meal at least a pint of water

should be drunk. If it is found that pure water causes eruptions and bloating, vegetable juices should be mixed with it, or this failing, the water from oatmeal or barley mixed with the drinking water. The waters of oatmeal and barley are demulcent and soothing, counter to the acid state, therefore of great value. The vegetable juice drinks are alkaline and of benefit to counteract the acidity.

CONSTIPATION: This must be overcome either through the cereals taken for breakfast, mineral oils or by means of the Internal Bath. The instructions given for the treatment of Constipation should be obeyed.

NERVOUSNESS, ETC.: Nervousness and other symptoms usually disappear after the cause is removed and the system becomes normal. Should weakened nerves, brain fag, irritability, etc., remain after the superacidity is removed, instructions given for neurasthenia should be followed. Proceed with the same if any other "disease" remains after superacidity is corrected.

Dietary

If the condition is so serious that little food can be retained, or that there is great distress after eating, then the Dietary prescribed for "Gastritis," composed of vegetable gravies should be followed for four to seven days, depending entirely on the condition. This preliminary treatment is to be followed by the regular Dietary:

ON ARISING: Either oranges, pineapples or baked apples. Other sweet fruit of choice may be substituted. Baked apples and pineapples are of greatest importance and more valuable than any of the other fruits. It may be necessary or desirable to drink one or two cups of hot water with small amount of salt, in place of the fruit served in the morning. Half an hour after eating fruit or drinking salt water breakfast may be taken.

Breakfast

FIRST CHOICE: Two bananas crushed, mixed with wheat bran and baked, cereal coffee and cream.

SECOND CHOICE: Whole wheat muffins, butter and honey, two glasses of milk.

THIRD CHOICE: Heated bran and honey, poached white of two eggs with corn bread, cereal coffee.

FOURTH CHOICE: Baked bananas, whole wheat bread, butter and honey, cereal coffee.

FIFTH CHOICE: Corn bread and butter with maple syrup, cereal coffee with cream.

SIXTH CHOICE: Crushed bananas mixed with boiled rice and baked, whole wheat bread and butter, cereal coffee.

The last two are best during the Winter months.

Luncheon

FIRST CHOICE: Baked fish, baked potatoes, creamed green beans.

SECOND CHOICE: Creamed carrots, baked potatoes, lettuce salad.

THIRD CHOICE: Baked parsnips, eggs on toast, salads and celery.

FOURTH CHOICE: Creamed tuna fish on toast, green peas, lettuce.

FIFTH CHOICE: Sea food, baked potatoes, creamed turnips, lettuce.

SIXTH CHOICE: Whole wheat bread with butter, cottage cheese, celery and milk.

SEVENTH CHOICE: Corn bread, poached whites of three eggs, lettuce and milk.

Dinner

FIRST CHOICE: Vegetable soup, fresh corn or peas, bran gems.

SECOND CHOICE: Eggs, milk and rice baked, whole wheat bread and butter, celery.

THIRD CHOICE: Creamed string beans (fresh or evaporated), buttered beets, spinach or celery.

FOURTH CHOICE: Green pea soup, asparagus, baked potato, milk.

FIFTH CHOICE: Whole wheat bread, butter and cottage cheese, celery, milk.

SIXTH CHOICE: Rice-vegetable soup, creamed carrots, gems, milk.

SEVENTH CHOICE: Salmon-milk soup, baked rice with cheese, cereal coffee.

Dried peas, beans and lentils should not be served to one suffering with superacidity. Those believing meats are necessary in the dietary may eat mutton, game and fowl.

SUBACIDITY

In superacidity there is an over-supply of hydrochloric acid, producing a too rapid process on the food and forcing it out of the stomach before it is properly prepared for the action of the pancreatic juices.

In subacidity the contrary is true; there is an insufficiency of hydrochloric acid; digestion of food does not proceed normally; food remains in the stomach too long a time; causing what is usually termed dyspepsia, indigestion, fermentation and various other appellations.

Superacidity—too much hydrochloric acid—is termed professionally Hyperchlorhydria; Subacidity—too little Hydrochloric acid, should be termed Subchlorhydria. The symptoms, of both conditions, it is regrettable, are very frequently the same, though as a general rule distress in superacidity commences one or more hours after taking food or drink, while in subacidity distress may begin almost immediately after eating or drinking.

Physicians who have given some study to the proper balance of acid in the system usually judge the state by an examination of the tongue, and diagnose the condition as superacidity if the coating on the tongue is white, while a brown coating, "the dark brown" taste, indicates subacidity—indigestion, fermentation and undigested food remaining in the stomach. This diagnosis is fairly correct, though the appearance of the tongue cannot always be depended upon on account of other complications and abnormal conditions in the system and the eating of food which will produce a brownish appearance of the tongue even in superacidity and *visé versa*.

Generally, in superacid conditions, the acid fruits such as grape-fruit, limes, lemons, rhubarb, cranberries, and the fruit—vegetable—tomatoes, are contraindicated. In the sub-acid state these fruits are indicated. In superacid conditions all dairy products, white of eggs and other foods lacking in acid, but requiring much acid to digest them, are contraindicated, but in superacidity these are indicated.

CAUSE

An unbalanced ration is usually at the base of the trouble. For instance, a diet composed chiefly of meats, dairy products and eggs, all requiring a great deal of acids to digest, and deficient in fruits and cereals, which create acids, will invariably cause subacidity.

Likewise an unbalanced ration, as for instance, the eating of fruits with starchy foods, forming a chemically inharmonious mass and counteracting the digestive acids and juices, is as liable to induce subacidity as it is superacidity.

Eating while under a nerve tension, or when in pain or sorrow, is as liable to "shut off" the hydrochloric acid and retard digestion as it is to induce too free a flow and bring about a too rapid digestion and resultant diarrhoea.

DRINKING OF WATER: Generally speaking, those suffering from superacidity do *not* drink a sufficient amount of water, thereby allowing the blood to become filled with acid and inducing acidosis. On the contrary, those suffering from subacidity usually are heavy drinkers, drinking water and other liquids not only between meals but with the meals as well, thus diluting the Hydrochloric acid too heavily and inducing slower digestion, giving the food time to ferment.

TREATMENT

DIET: The combinations of foods must be such as to require the least amount of hydrochloric acid in their digestion.

An equilibrium must be established and this will require food having the benefit of:

FIRST: Requiring little of hydrochloric acid in their digestion.

SECOND: Ease of digestion.

THIRD: Giving the maximum of nutriment with the minimum of energy required in their digestion and assimilation.

FOURTH: Helping in the manufacture of hydrochloric acid and other digestive juices, i.e. giving more in return than they require for digestion and assimilation.

FIFTH: Be in such combination as to prevent fermentation and putrefaction even if digestion is greatly delayed.

FRUITS: Juicy fruits, especially grapefruit, pineapples, baked sour apples, etc., should be eaten plentifully; in the morning, between meals and before retiring. It is well to have breakfast of baked apples on which is served pineapple juice and a little honey.

Grapefruit before retiring is essential, no oil of any kind should be used with it; this is just the contrary to the method of procedure in cases of superacidity where olive oil with the grapefruit is often of great benefit.

MEATS: All meats require a great deal of hydrochloric acid in their digestion, they should therefore be rigidly excluded from the diet.

DAIRY PRODUCTS: Like meat, these require much acid in digestion and the amount forming part of the menu should be limited.

SEA FOODS: Fish and clams may be prescribed. Clams should take the place of meat. They are in themselves acid and require little in their digestion, though the digestion is slow fermentation does not readily take place.

Fish should usually be served with tomatoes. In this condition tomatoes are of great value, both as a food and a fruit.

When eaten as fruit it should be between meals without any dressing.

LIQUIDS: Limit the amount of liquid taken to four glasses, or about one quart each day. Let this be taken at least one-half hour before meals.

DIETARY

Grapefruit, lemon or lime water, or apple juice on arising. One-half hour thereafter breakfast may be taken. This might advantageously consist merely of baked apples, served with pineapple juice and a little honey.

BREAKFAST

FIRST CHOICE: Heated wheat bran with honey, cereal coffee.

SECOND CHOICE: Whole wheat gems with butter, cereal coffee.

THIRD CHOICE: Heated wheat bran with lemon juice or buttermilk, buttermilk to drink.

FOURTH CHOICE: Heated wheat bran with honey, baked apple.

FIFTH CHOICE: Whole wheat gems and butter, clam bouillon.

SPECIAL NOTE: If a state of constipation exists the wheat bran breakfasts should predominate. In case of diarrhoea, present in many cases, no wheat bran may be taken, in these substitute the following:

FIRST CHOICE: Buckwheat muffins and butter, oatmeal water.

SECOND CHOICE: Whole wheat muffins and butter, barley water.

THIRD CHOICE: Whole wheat gems and honey, rice water.

FOURTH CHOICE: Baked rice, clam bouillon.

Oatmeal, barley and rice waters are made by boiling about two ounces of the cereal desired in a pint of water, let boil down

to one-half pint, filter and take as a drink with the addition of a little salt or mix with clam bouillon for taste.

LUNCHEON

FIRST CHOICE: Baked fish with onions, fresh or stewed tomatoes, creamed carrots.

SECOND CHOICE: Tuna fish on toast, baked potatoes, celery and lettuce salad.

THIRD CHOICE: Green peas baked, creamed parsnips, baked potato, spinach.

FOURTH CHOICE: Tuna fish salad, fresh or stewed tomatoes, Swiss chard.

FIFTH CHOICE: Lobster salad, fresh or stewed tomatoes, spinach.

SIXTH CHOICE: Baked potato with buttermilk, whole wheat muffins with butter and honey.

SEVENTH CHOICE: Whole grain rice boiled and baked with fresh vegetables, lettuce and celery salad.

NOTE: Oils are not to be used in the making of salad dressings; cream, yolk of eggs and either lemon juice or vinegar may be used.

DINNER

FIRST CHOICE: Fresh vegetable soup, baked potato, celery or lettuce.

SECOND CHOICE: Tomato puree, whole grain breads with honey, celery or lettuce.

THIRD CHOICE: Vegetable salad, whole grain bread, butter and cottage cheese.

FOURTH CHOICE: Salmon salad, fresh or stewed tomatoes, creamed onions.

FIFTH CHOICE: Fruit and nut salad, whole grain bread, celery.

SIXTH CHOICE: Fruit and nut salad, peanut butter sandwich, celery.

DURING HOT MONTHS

FIRST CHOICE: Fruit salad, pure graham wafers.

SECOND CHOICE: Fruit salad, nuts.

THIRD CHOICE: Vegetable salad, graham wafers.

FOURTH CHOICE: Vegetable soup, sliced tomatoes.

BETWEEN MEALS: Fruits or buttermilk.

GASTRITIS

From the Greek, combination word meaning gas and inflammation.

Constantly eating combinations of food which are inharmonious, causing gas through fermentation, will gradually set up a state of irritation, which passing to fermentation, becomes chronic, and Gastritis—a chronic inflammation or irritation of the stomach and intestines—is the result.

In almost every family in America, food combinations are daily served as the menu which are inharmonious and induces this condition, and because of this there is hardly one family in the United States wherein one or more may not be found who is suffering from ailments generally termed heartburn, dyspepsia, liver trouble, heart disease, etc., practically all of these, with rare exceptions, may be traced to ignorance of the foremost principles of Dietetics.

Examples of food and combinations directly the cause of this condition which actually effects the mind and the heart, though indirectly, can readily be given.

FRUIT AND STARCHES: Fruits require only between fifteen and forty minutes to digest. The fruit sugar being in the form of dextrose, requires no conversion in order to be absorbed. Starches, such as potatoes and white bread, require a much longer time because the starch must be converted before absorption takes place. The food which is most readily digested is set aside, as it were, until the food requiring the longest time is digested and passed on for assimilation. Thus it is that when fruit and starches are eaten in combination, the

starches are first digested and as fruit begins to ferment at bodily temperature, fermentation starts before the digestion of the fruit can commence. This fermentation may at first not be serious, but as such combinations are repeated time and again, an irritation in the stomach and intestines is set up and chronic Gastritis results.

FRUIT AND MILK: Fruit and milk are another source of this trouble. The casein in the milk requires a certain number of hours to digest and before this digestion has taken place the fruit will have started the process of fermentation and an acid is formed which will irritate the mucuous membranes.

In spite of this fact many physicians still prescribe fruits with the milk for young children and parents wonder why their children are constantly ailing with "stomach troubles."

TOMATOES AND STARCHES: Tomatoes are actually fruit and the acid contained in them cannot be made to form a harmonious combination with starches. The starches begin to digest at once while the action of the acid in tomatoes on the starches causes the creation of a poisonous gas which produces an inflammation.

TOMATOES AND MILK: The result of attempting to combine milk and tomatoes is the same as when we combine tomatoes and starches.

MIXED STARCHES: A number of starches, such as potatoes, white bread and beans, served at one time, having the tendency to create gas, are often the cause of Gastritis. Only one starch should be served at a meal, thereby avoiding the creating of gas in the stomach and the resultant trouble.

TOO MANY SWEETS: A large number of sweets, especially if of various kinds differing in their nature, often induce fermentation and this has a tendency to cause irritation.

The practice of serving sweet desserts at the end of a meal is a dangerous one because as a rule all the gastric juices are

used up and proper conversion of the sugar cannot take place. In all such cases fermentation *must* follow, with its resultant creation of gas.

STIMULANTS: All stimulants have a tendency to irritate the delicate mucous membranes, and this is especially true when served with highly seasoned foods.

Alcohols, no matter in what form, have a tendency to retard digestion because it is their nature to preserve, that is why we use alcohol to preserve bodies which we wish to keep in their natural condition.

Anything which retards digestion, has a tendency to also cause indigestion, because by the time the action of the alcohol is worn away or overcome, the digestive power is so weak, normal digestion can no longer take place and a state of fermentation results, creating gas and this in turn causing irritation.

TEA: Tea has this same tendency. The tannin in the tea is a preservative. The good old fashioned leather manufacturers used to extract the tannin from oak barks and therein tan the leather. The tannin in tea does identically the same thing to some of the foods we eat, digestion is thereby retarded and gastric disturbances follow.

Those who feel the actual need of stimulants, tea, etc., should always take it between meals, just as fruit should, and not with the meals.

SPICES: Because of their tendency to irritate the linings of the stomach and intestines, should be little used. Anything causing irritation is inimical to health and may be the direct cause of Gastritis.

OVERINDULGENCE: Any over indulgence of either food or drink may cause Gastritis. If an over supply is taken into the stomach, it is impossible for the mass to be digested within the required time, and in such instances fermentation *always* begins, this fermentation sets up gases which form acids, and these in their turn cause irritation of the membranes.

FOODS: All food which is not properly combined cause for fermentation, producing gas and the resultant irritating acids; therefore, the Dietitian must carefully watch combinations if his desire is, that health should result.

AVOID: Fruits with starches or sweets are the first to avoid in the treatment of this trouble. Gastritis may quickly become a dangerous condition because a distended stomach interferes with the functions of the nervous system causing tertiary insanity, or with the action of the heart, death resulting through so-called heart disease.

FRUIT: It may be necessary to avoid fruits entirely in some cases especially if the inflammation of the lining of the stomach and intestines has reached a serious stage.

There is possibly no other ailment in which fruits are absolutely contraindicated, but in Gastritis it may be necessary to prohibit the fruits considered neutral, whereas acid fruits may lead to death through the acute inflammation they may set up.

Symptoms

Many errors are made in diagnosis. We have found sufferers whose ailment had been diagnosed as being caused by a Sub-acid condition of the system. Others again who have been told they were super-acid. The diagnosis might not be considered as of much consequence, but the treatment of the ailment caused by Sub-acidity requires Super-acid fruit, while the treatment of Super-acidity demands sub-acid fruits, while Gastritis in most cases, especially when in a severe form, indicates the prohibition of practically all fruit. Hence the diagnosis is of great importance.

The dull, heavy, depressed feeling in the region of the stomach, followed by eruptions of gas, is usually the first sign of gastric trouble and should be the signal for attention.

If no attention is given to this preliminary symptom, acute inflammation may set in, causing vomiting of a dark color after which relief may follow for a time.

If the proper treatment is not undertaken, other like attacks will follow, one after the other at intervals, until the condition reaches a state where gastric ulcers, or even gastric cancer results.

There are many other symptoms, varying between the dull pain in the region of the stomach and the belching of gas, and the acute symptoms described.

These may be in the form of a heavy feeling or bloating of the stomach and pain or palpitation of the heart. This is always more or less dangerous because it may become so severe as to stop the action of the heart, or these symptoms may appear daily and actually cause a weakening of the heart muscles.

Again, the bloating of the stomach may produce a pressure on the nervous center and interfere with proper nerve action, in this case there may be mental depression, a gloom over the spirits causing a suicide mania, or an interference with mental clearness causing the person suffering to lose mental balance and commit suicide.

Palpitation of the heart, missing of heart beats, even to the severity of causing unconsciousness in the sufferer, may very often be traced directly to gastric disturbances.

Generally speaking, such disturbances are at the base of more than three-tenths of all ailments and the direct cause of much crime, because of the interference with the proper circulation of the blood on the one hand and correct nerve and mental action on the other.

Smothering sensations, where it seems impossible to draw breath, and usually supposed to be associated with true heart diseases, are very often traceable to Gastritis—the pressure of a gas-filled stomach against the arteries leading to and from the heart and lungs.

Treatment

“From the experience of *others* learn wisdom.” A wise old

saw but few follow it. However, in the treatment of di through dietetic means there is no safer way.

A case in view is of one suffering for a number of and who is typical of the many, beginning with the acute and gradually developing into the chronic sufferer.

"In 1907 I had a very severe attack of what the phy called acute Gastritis. I had severe colics and had to morphine to quiet the pain. Since recovery from that I have had no more colics, my main trouble occurs in St time during hot weather, rarely have any trouble in cool er. In 1916 I had an attack and took vacation for two or weeks, and finally became all right. My stomach bloats belch profusely, my food seems to lay long and dead stomach and intestines and I have occasional smothering

NOTE: At present I am eating sweet milk, raw e partly poached, toasted light bread and occasionally : soup or gravy. Have eaten a few ripe tomatoes but the me so I am going to stop eating them.

My meals consist of two eggs, two small slices of to a pint of sweet milk, a little soup or gravy, about one-half cup of plain unsweetened strong coffee, just once a day.

This, a typical diet, we often find recommended by cians who are otherwise of brilliant attainment. If one seek for a combination to *cause this trouble*, no better or possibly be found.

Toast often induces a sourness of the stomach ir whose digestive power is apparently good, especiall there is lack of lime in the system.

Nearly all people who suffer from gastric dist also have a deficiency of bile or inaction of the liver yolk of the egg when not promptly digested cause irritation, while the milk is allowed to ferment because of digestive juices. Coffee is stimulating and irritat entire meal, as described by this sufferer could not,

stretch of the imagination be of benefit in such cases but actually results in a still greater irritation, inflammation and creation of gases which produce acids causing such disturbances.

FIRST STEP: In severe cases all food should be prohibited for from 24 to 36 hours. Water to which has been added a little lime, or oatmeal water, made by boiling quarter pound of oatmeal in a quart of water for ten minutes and then filtered through a cloth and allowed to cool, should be given in tablespoonful doses every ten to fifteen minutes, discontinued for thirty minutes to an hour if there is formation of gas.

After the thirty six hours, a diet should be carefully arranged the base of which is entirely vegetable.

Even in sub-acute or chronic cases it is highly desirable to follow the same method, as this will give the stomach and intestines a needed rest and allow the inflammation to be reduced.

SECOND STEP: After having allayed the irritation and inflammation and created natural hunger and a normal desire for food, we must supply it without causing irritation. This we can do through the means of vegetable gravies and puree.

Any fresh vegetable, especially Swiss chard, spinach, dandelion and beet tops, should be taken and boiled for fifteen minutes in just sufficient water to avoid burning. Drain this water from the vegetable and add to it just enough of browned rye or barley flour to slightly thicken. Season with a little salt. Let the patient have four or five tablespoonsful of this gravy.

Use only one vegetable at a time, changing at each meal. Swiss chard in the morning, spinach at noon and dandelion in the evening. If one or the other of these cannot be had substitute some other vegetable though it is not advisable to use cabbage.

Besides the vegetables, especially during the Winter season, carrots, parsnips, turnips, yellow beets, pumpkins or squash may be substituted. These must first be ground, then boiled and afterwards drained.

By using either vegetables such as Swiss chard, spinach, dandelion, celery, turnip tops, endive, etc., and the beets such as carrots, parsnips, yellow turnips, rutabagas, squashes, pumpkins, the treatment may be followed any time during the year.

After four to seven days, part of the vegetable pulp may be used with the water, and also part of the pulp from the carrots and parsnips, gradually, to this may be added whole wheat and other whole grain bread and butter, then honey with the bread and butter. After the fifth or seventh day the breakfast should be discontinued, and in its place a few slices of pineapple served; this should be well chewed, the juice only swallowed and the pulp eschewed.

Gradually other fruits, especially the less acid, should be eaten between meals, then fish, cottage cheese and other products added to the menu. In taking milk it will be necessary to eat a little fruit one half hour before drinking the milk.

In the cure of Gastritis, several important factors must be borne in mind. 1st.—Removing the cause. 2nd.—Reducing irritation and inflammation and healing the irritated lining of the stomach and intestines. 3rd.—Nourishing the system while this is being done. 4th—Most important of all, to neutralize the acids and gases in the system and this is readily accomplished through the alkalie salts found in such abundance in all vegetables.

DETAILED DIETARY

FIRST DAY: Lime or oatmeal water every fifty to sixty minutes, according to condition and symptoms.

SECOND DAY: Breakfast, spinach gravy. Lunch, carrot gravy. Dinner, celery gravy.

THIRD DAY: Breakfast, dandelion gravy. Lunch, Swiss chard gravy. Dinner, parsnip gravy.

FOURTH DAY: Breakfast, Swiss chard gravy. Lunch, squash or egg plant gravy. Dinner, yellow turnip gravy with a slight amount of the pulp.

FIFTH DAY: If good progress has been made—Breakfast, two or three slices of pineapple, swallow only the juice. Luncheon, ground carrots creamed, one half baked potato. Dinner, vegetable puree.

SIXTH DAY: Breakfast, two slices of pineapple and one half orange, swallow only the juice. Luncheon, parsnips or squash grated, boiled and creamed, few stalks of celery or leaves of lettuce. Dinner, vegetable soup, one slice whole wheat bread and butter.

SEVENTH DAY: Breakfast, pineapple and orange. Nine o'clock, half glass of milk. Luncheon, Swiss chard or spinach, small piece of baked fish. Dinner, vegetable puree, thickened with barley flour, corn bread and butter.

After the seventh day white of eggs, cottage cheese, honey, milk and fruits may be added to the menu, though care should be taken in making the combinations.

Vegetables must predominate in the menu for a long time because of their tendency to allay irritation, and richness in Mineral Elements which neutralize gases and acids.

CONSTIPATION

Constipation is peculiarly an American disease. We get it this because an average of two people out of three suffer from it; even children are not exempted but suffer severely and continually through it.

The medical profession generally has given little consideration to the prevention of this prime cause of many ailments. It has depended upon drugs to relieve the condition, though actually having faith in them to cure.

It is questionable which will eventually do the most harm—the constipation or the continued employment of drugs for its relief. While it is true that the congestion resultant from constipation will poison the blood stream, it is equally true that drugs, used only by irritating the linings of the intestines and bowels, if continued too long a time produces ulceration of the delicate mucous membranes and can be the cause of tubercular cancer of the intestines and bowels.

Causes

These are legion and as varied as the temperaments and occupations of the people. However, there are many specific causes, all of which might be avoided.

FIRST: First and foremost of them all is our unhygienic practice of mostly living on denatured and easily prepared food. The diet must consist of practically one-half of cereals and food—food that contains important food elements but is not actually digested, acting as roughage, eliminating congestions and producing peristaltic action. This food must include the brans of all cereal and legumous food, all

vegetables, skins of potatoes, covering of beets, etc.

SECOND: Lack of physical exercise. Not only are the sedentary workers the guilty ones, but it has become a universal habit to allow the muscles of the body to be as inert as possible and consistent with the work necessary to perform. Thus it is that all who can avoid movements of the body will do so in spite of the fact that nearly all are aware a certain amount of active bodily movements are necessary if health is to be maintained.

This lack of movement allows all of the nerves, muscles and bodily functions to become flabby and inert. Even the muscles of the heart become so weak that the slightest exertion, such for instance as a short quick walk, will produce palpitation.

THIRD: In children, second to denatured food, negligence is the prime cause for constipation. If we question any child troubled with constipation it will tell us that "it will wait as long as possible before allowing movement of the bowels," this quickly becomes a habit; many children not having movements of the bowels for three to five days at a time. As these children grow older a chronic state develops which only the most heroic treatment will be able to eradicate.

FOURTH: Lack of liquids. In adults the cause responsible for the chronic constipation next to denatured food is in the lack of drinking water. Countless people can be found who, aside from tea or coffee they drink with the meals, would hardly consume more than a glass of liquid a day.

When an insufficient amount of water is drunk the system usually becomes superacid and this will result in a neutralization of the bile and inactivity of the liver.

FIFTH: Sedentary habits. It is universally true that almost all sedentary workers become so inert they will not take any physical exercise, and whenever possible will even avoid walking a square or two, taking a car instead.

Besides this inertness, these people seldom drink liquids, are given to candies, desserts and all variety of sweets, thereby reinforcing the congestion induced by the lack of movement and drinking of water.

TEA AND COFFEE: It is doubtful if tea and coffee are the direct cause of constipation though they do so indirectly because they take the place of pure water, which is a solvent while they contain an agent known as tannin, which is stimulating but binding.

MEATS: Undoubtedly all meats have a tendency to constipate, this is readily accounted for when we understand that practically all of the meat is digested; that it contains no solvent or eliminating agent; on the contrary does contain acids and toxins which are congesting or binding in their nature.

TREATMENT

The cause of the trouble indicates the treatment. The patient suffering should take a detailed inventory of habits and find out the "face about."

FIRST: The diet must be so arranged as to contain *more* than one-half of the so-called indigestible foods. In place of white flour toast, always constipating in its nature, heated bran with honey should be eaten. In the place of coffee with its sugar, barley coffee or any other good coffee, substituted; no sugar to be used with it.

Instead of white breads at other meals, the whole wheat breads; fish and sea foods in place of meat, and fresh vegetables, if at all possible, must over balance all other food.

SECOND: Physical exertion in place of inertness. Factory workers must make it a rule to take short walks in the morning and evening. This walk should be at a swinging gait, but not too deeply all the while. Two miles in the morning and two in the evening will help greatly. Should this be impossible then some other comes necessary to take some form of physical movement. This will bring every muscle and nerve in the body into play.

Laws of Health are such that it is *impossible* to maintain it if the nerves and muscles are not daily exercised.

THIRD: The formation of a habit of visiting the bathroom at certain hours each day. Constipation is a habit easily formed by allowing business to interfere with hygienic laws. Likewise it is a habit which can often be overcome by regularity.

Parents should insist that their children visit the bathroom regularly and should closely question them whether there has been a movement of the bowels. If there is failure in obtaining regular movement, steps should at once be taken to remedy the trouble.

FOURTH: A self imposed rule should be made to drink no less than six glasses of water a day. If necessary, subterfuge may be employed to make this possible, as the disguising of the water with orange or lemon juice.

Unless the system receives the required amount of water it can no more keep free from congestions, acids and toxins than could a sewer be kept clean without water to flush it.

Aside from the water required by the system to keep clean and free from acids and toxins; to flush the liver and kidneys, it is also required by the blood to keep it free from miasmatic poisons.

TEA AND COFFEE: Avoid tea and coffee. Substitute rye or barley coffee, or any other good cereal coffee; fruit juices in water, or milk. Milk frequently is constipating to people, consequently it is best to take milk only as a food with certain other combinations, and depend wholly on water, cereal drinks with sugar, and fruit juices in water without sugar.

MEAT: Substitute sea food and dairy products for meat and let vegetables predominate in the menu.

INTERNAL BATH: Many people seeking for a cure have become so used to drugs that it would be months before diet could induce peristaltic action.

In these cases it is essential to take the Internal Bath every

day or second day until natural movements are obtained. also of benefit to use the mineral oils after meals.

When natural movements result through the diet the anal Bath may be gradually discontinued, also the mineral o

Dietary

ON ARISING: The juice of either orange, grapefruit or lemon in water. It is best to change from one to the other beginning with grapefruit juice for the first morning; orange juice for the second; and lemon juice for the third. The juice of either half a lemon, half a grapefruit or whole orange in a glass of water, being sufficient.

One-half hour after the fruit water, breakfast may be eaten, this should be principally for the roughage, food being entirely secondary in most cases.

BREAKFAST

FIRST CHOICE: Dish of heated bran, served with honey, juice and a teaspoonful of olive oil, soaked prunes.

SECOND CHOICE: Dish of heated bran served with honey. Cereal coffee and cream.

THIRD CHOICE: Whole wheat which has been soaked over night, slightly heated and served with honey.

FOURTH CHOICE: Whole bran muffins, buttered with honey, cereal coffee and cream.

FIFTH CHOICE: (Only for those doing hard work) A dish of bran mixed with two crushed bananas, baked and served with honey, cereal coffee without cream.

SIXTH CHOICE: (For children) Bran heated and served with honey and a little cream, milk or cereal coffee to

BETWEEN MEALS: Fruits of choice, pineapples, oranges, apples, pears or soaked dried fruit.

AFTERNOONS BETWEEN MEALS: When obtained it is highly desirable to drink one or two glasses of buttermilk between luncheon and dinner. This is also advisable for children, though the amount should be less.

Luncheon

FIRST CHOICE: Fish baked with onions, creamed carrots, celery, whole wheat bread.

SECOND CHOICE: Nut roast, creamed turnips, lettuce, whole grain bread.

THIRD CHOICE: Baked fish, baked potatoes, creamed corn, cabbage salad.

FOURTH CHOICE: Baked or creamed clams, lettuce salad, creamed parsnips, whole wheat or bran bread.

FIFTH CHOICE: Baked beans, creamed vegetables, crisp celery, cereal coffee.

SIXTH CHOICE: Tuna fish on toast, creamed corn, lettuce, cereal coffee.

SEVENTH CHOICE: Green peas and onions creamed, baked parsnips, lettuce, whole wheat bread.

Dinner

FIRST CHOICE: Vegetable soup, creamed fresh beans, corn bread, cereal coffee.

SECOND CHOICE: Barley soup, whole wheat bread, cottage cheese, milk.

THIRD CHOICE: Vegetable puree, baked potato with green pea dressing, whole grain bread, cereal coffee.

FOURTH CHOICE: Celery and rice soup, baked rice custard, whole corn meal bread with butter and honey, milk.

FIFTH CHOICE: Sea food of choice, creamed parsnips or carrots, whole grain bread.

SIXTH CHOICE: Succotash:—cubed potatoes, green peas and beans; carrots and turnips; mixed and baked, celery and whole grain bread.

NOTE: In order to get the necessary cellulose (pulp) it is essential all denatured white breads be strictly prohibited; that a whole grain bread be served with every meal unless pota-

toes with the skins are substituted, and that one or more tables be included with every luncheon and dinner. *The in overcoming constipation is in giving the body exercise, stimulating liquids and cellulose in abundance.* These cel however, should be rich in mineral elements.

CHRONIC HEADACHE

Toxo-absorption

Auto-intoxication, as commonly understood, is the basic cause of Chronic Headache and allied ailments. However, scientifically speaking, Auto-intoxication is a form of self-poisoning resulting from preverted metabolism,—it is produced through imperfect combustion and elimination.

CHRONIC HEADACHES are caused by a form of self-poisoning resulting from improper food and poor digestion, the resultant retention of the fecal matter and absorption of the poisonous liquids in this retained matter into the circulation. This process has been termed Auto-intoxication by physicians and laymen, but *should* be termed *Toxo-absorption*—the absorption of toxic matter into the circulation.

INDICATIONS: Lusterless eyes; dull, lifeless hair; discolored complexion; possibly full of blemishes, blotches and pimples; often boils. Discolored teeth even when good care is taken of them. Breath fetid. Expression of face dull, listless, indifferent, or as though troubled; often a “dishonest” expression and a desire not to meet others eye to eye. Mental depression often amounting to a great fear and Neurasthenia. Headaches often continuous for days at a time.

CAUSES: The first and greatest factor is an incorrect diet. This may be primarily the fault of the food, though more often it is a wrong combination of good food. Sedentary habits. Lack of exercise. Insufficient bathing. Shallow and artificial breathing. Improper clothing. Lack of sufficient water, and the

substitution of "soft" drinks for water. Drugs taken for relief of constipation. Tea and coffee. Meats when other should be substituted.

CURE: Drugs should not be relied upon for the cure of constipation as they cannot effect a cure and give relief through their harsh, irritating action on the mucous membrane lining of the intestines. Instead peristaltic action of the intestinal tract must be stimulated through the Cellulose (indigestible matter) found in vegetables of all kinds, in fruits fresh and dried, and in the whole grain breads and cereals.

Those vegetables which have the greatest action on the liver and alimentary canal should predominate in the diet. Among these we find dandelion, dock, spinach, Swiss chard, lettuce, turnip, mustard and beet tops, etc. If an insufficient amount of these vegetables are taken as food it should be arranged that one or more of them be boiled for from fifteen to thirty minutes and the vegetable water resulting taken as a drink or made into a gravy and served on other food.

Starches must be practically forbidden. Potatoes with their jackets, may be served sparingly with vegetables. Whole unpolished rice may be served in place of either or potatoes. Unpolished barley well boiled and added to vegetable soups is exceptionally valuable not only because of the part of the barley which is indigestible and acts as a stimulant to the intestinal tract, but also because of the rich mineral contents in this outer coating of it.

All breads served, whether of wheat, rye, barley, or other cereals must be of the whole grain and not of the denatured white flours now universally used.

TEA AND COFFEE: Tea and coffee must be forbidden entirely. Hot cereal coffee, especially of rye and barley, take the place of ordinary coffee. Herb tea must be substituted for the regular tea.

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SODA DRINKS: We freely admit the c
caused by strong drinks, but we fearlessly *clai*
fountain drinks of today will cause more sickne.
acy of heart, liver and kidneys than all the beer
man could possibly consume. The superrenal glan
situated near the kidneys, which are of the utmo
in the maintenance of health, though stimulated
wines, *are totally dried up in time by the action of*
in soft drinks.

Children born to men and women undergoing th
acy of the kidneys and superrenal capsules, will be
and degenerates.

We are *not* in favor of the continuation of manu
intoxicating liquors, and do not wish to be understood
strong drinks, we are simply drawing a comparison
these intoxicating and stimulating drinks and those sold
soda fountain of which fanatical and irrational reformer
nothing to say,—usually because they themselves indulge.

MILK: In all ailments where *Toxo-absorption* i:
cause, the greatest and most important remedy is found in
milk.

The ease with which this can be secured makes it all
more desirable.

Good milk should be secured and this, jar or bottle ope
allowing the free entrance of air, should be allowed to sou.
As soon as it has turned sour it is ready to use, but should be
well stirred before drinking. It may be allowed to stand until it
becomes clabber, then well stirred and used as a food-drink.

The best time to take it is in the morning. The one suffer-
ing from *Toxo-absorption*, should, on arising, eat some acid
fruit such as grapefruit, or take a drink composed of one part
orange and two parts of lemon juice, with plenty of water. One
half hour following this, a breakfast composed of warm or cold
whole grain (wheat, rye, corn or buckwheat) bread and one or two

glasses of the sour or clabbered milk. The bread may be served with butter and honey if desired.

Those who wish may take some of the modern breads and eat these with the addition of some honey and sour or clabbered milk. A splendid dish is heated bran bread with honey and the sour or clabbered milk.

If a hot drink is desired, cereal coffee may be served in this combination. Cream (cream is a fat and not milk) may be served with the cereal coffee. Fresh milk is prohibited in some cases (except where the sufferer is a child) as the liver is not active enough to help properly digest it, and since in all of these cases a stage of Intestinal Torpor or sluggishness of the intestinal tract is present.

VEGETABLES: The diet for lunch and dinner should be composed principally of vegetables, whole grain breads, and berries. Legumes (peas, beans and lentils) are important if served green. In this form they are considered as vegetables but of much greater value as a food than the other vegetables.

There are two classes of vegetables:

In the one class we have such as turnips, parsnips, beets, radishes, etc. These are nearly all very rich in food value but contain practically no cellulose. These must be eaten for their food contents and not because they help to free the system of congestions.

In the other classes we have peas, beans and lentils, shelled and unshelled, corn, lettuce, celery, Swiss chard, parsnips, etc. Some of these are not rich in food value, but are very rich in organic mineral matter and contain much cellulose. A diet must be a combination of the two classes.

Peas, beans and corn are rich in food value, in mineral elements and in cellulose, and in summer, while they can be eaten in their green state, should form a part of the daily ration.

POTATOES: Let it be distinctly understood that potatoes are *not* vegetables in the true sense and must not be classed

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such any more than white bread is classed as a vegetable. Potatoes are almost pure starch and contain no vegetable (while very young) element except the skin, which is rich in mineral elements. Potatoes should be eaten as bread, in the form of it, and not as a vegetable.

In order to obtain the greatest amount of peristaltic action those vegetables requiring the least amount of cooking, are the most important. Others, rich in food value, such as beans, peas, carrots, parsnips, beets and corn, should be served in combination with those less rich in food value.

FISH: Fish are rich in all elements indicated in the above cases and should take the place of meat. As a rule, they are well received by the weakened stomach and readily digested. If meat is almost prohibited, plenty of fresh fish should form the base of the diet.

EGGS: Generally eggs have a tendency to create gas and where this happens should be avoided.

CHEESE: Cheese is a highly important part of diet and if digestible should be made a basic food.

As a rule it is best served with whole wheat bread, a simple salad without dressing, and sour milk.

FRUITS AND BERRIES: These are of the highest importance in all cases resulting from *Toxo-absorption*. They are rich in Vitamines, in Organic Mineral Elements, in Cleansing Waters and in Cellulose. Fruits, however, must be eaten on arising, between meals and before retiring. *Never* with the meals. A complete meal may be made of fruits and berries. This is very desirable in the evening during the Summer months.

Of the fruit and berries, *only* the acid ones should be eaten in the early morning and before retiring. Others may be consumed between meals.

DRINKS: Fresh water, plenty of it. Cereal coffee, sour and clabbered milk. These are the natural drinks. Water should be drunk between meals, on arising and before retiring. No

water with the meals except where people do not have opportunity to drink between meals, in such cases it is permitted to drink with the meals.

The sour milk and clabber should be served only with breakfast and whole grain breads or cereals. However, if a well-balanced meal can be made, composed of baked potatoes served with a little salt and clabbered milk. Celery or other fresh vegetable, *without* dressing, may be with this.

EXERCISE: Exercise is of great importance in all cases; walking, horseback riding, boating, swimming and physical culture exercises, especially all such as make it necessary to bend the body in various positions, giving exercise to the liver and spleen.

TIGHT CLOTHING: Women must eliminate tight corsets and men give up their belts. The stomach, except for certain foods, simply prepares it for its complete digestion in the small intestines. Tight clothing (corsets and belts) often congest the liver and pancreas, preventing them from performing their normal functions, and also compress the intestines preventing the food from becoming properly liquified and absorbed into the circulation as nutriment, and the passage of undigested matter out of the body. Fermentation results if this continues, putrefaction occurs. This is always the cause of rise in temperature, is also the beginning of *toxemia*.

MENUS

Monday

LUNCH: Fresh fish, baked or fried. Baked potato and vegetable salad. Creamed vegetable if desired.

DINNER: Vegetable soup. Creamed corn, peas and carrots (fresh). Whole wheat bread.

Tuesday

LUNCH: Creamed carrots. Lettuce salad. Baked potato. Celery. No bread.

DINNER: Puree of green peas. Egg on toast. Salad of vegetables.

Wednesday

LUNCH: Creamed parsnips or turnips. Fried or baked egg plant. Whole wheat or rye bread.

DINNER: Cream of celery soup. Creamed corn. Vegetable salad. Muffins. Cereal coffee.

Thursday

LUNCH: Tuna fish on toast. Dandelion and baked potato.

DINNER: Vegetable and barley soup. Creamed asparagus. Whole grain bread.

Friday

LUNCH: Clam chowder. Creamed parsnips or other creamed vegetable. Vegetable salad. Muffins.

DINNER: Buttered beets. Boiled spinach. Egg on toast. Cereal coffee.

Saturday

LUNCH: Creamed fish. Dandelion or lettuce salad. Whole grain bread. Celery.

DINNER: Cream of celery soup. Combination salad. Baked potato.

Sunday

LUNCH: Baked tuna fish or chicken. Baked potato. Dandelion or other salad. Creamed corn or creamed peas.

Other Combinations

Carrots, parsnips, squash, onions, corn, asparagus, beans, peas, beets, egg plant, okra. All these may be boiled and creamed and one can choose from this list.

Many of these, in fact most of them, can be fried as one would fry steak.

Most of these can also be turned into a salad with addition of one or more of the salads.

Lettuce, cucumbers, tomatoes, celery, beets, cabbage these will do well in salads, either with or without dress

Spinach, asparagus, Swiss chard, dandelion, dock mustard tops, all these can be boiled and served with juice, or they may be creamed.

Of the meats, mutton, chicken, and other fowl, are permitted, though it would be better to substitute fish in place. Mutton is of greatest value.

All fresh fish, including clams, are permitted. It is better to bake fish, though they do well when fried.

From these lists choice may be made. During the Summer months no dried vegetables should be used and it is well to use the corn, peas, beans, etc., for use during the Winter months.

HIGH BLOOD PRESSURE

High blood pressure cannot be called a disease but rather is the pinnacle of a number of conditions.

It is the result of a combination of causes, each one of which in itself is dangerous to long life, and does make health impossible.

It is vying with Neurasthenia in making life miserable for a host of people and is second only to Neurasthenia in the number of victims.

The cause is practically the same: Sedentary habits, lack of exercise, improper foods and poor combinations of good foods. Too much starch which causes congestions and constipation, over eating resulting in overweight and Auto-intoxication.

A book could be written on this subject and would not give as much information as one good case cited.

Mr. M. is an attorney of no mean repute. Takes practically no exercise. Gives most of his attention to his law business, though in Summer does occasionally play a game of golf, but as he weighs 232 pounds and is short of breath, he naturally does not indulge often in the game.

His blood pressure varies between 180 and 200. He is hungry all the time, even shortly after eating, which in itself is an indication of indigestion and malassimilation.

The general diet of his family is outlined below:

Monday

BREAKFAST: Cereal and milk. Boiled eggs. Pop-overs. Black coffee.

DINNER: Roast beef. Boiled potatoes. String beans. Berry pie.

SUPPER: Soup. Mushrooms on toast. Salad. Prune cake. Black coffee.

This is, we believe, the average American diet. Can one who has given a moments consideration to the proper food for man, wonder that the American nation is fast becoming a nation of weaklings, one wherein we find practically 60 per cent of its young men unfit for the Army?

A short analysis of these meals will be of vast benefit to all students who have the welfare of humanity at heart and will help us answer the question: "Why are the American people dying from Tuberculosis almost as rapidly as people centuries past died from the Plague?"

It is an admitted fact that we now rarely find a man whose liver is in such a normal state that it is possible to eat almost any food in the morning and digest it.

On the contrary, it is true that the entire mucous membrane surface of most people is covered with a form of slime in the manner that we usually find the mouth in the morning.

If on arising, before we cleanse the teeth and wash the mouth, we take a mouthful of milk and hold it for a moment, we find it becomes putrid and we are forced to spit it out. Just as we find the mucous membrane in the mouth so do we find them throughout the entire assimilative system.

Usually to the cereals and milk is added sugar, this makes matters still worse and this combination actually becomes *undigestible* as the oft-mentioned oyster and sugar.

If a person whose digestive apparatus is not in perfect condition, eats this combination, the milk becomes just as putrid in the stomach as it would in a filthy pail, it forms an undigestible mass, there will be fermentation and from the resultant heat we have the beginning of congestion, internal fever, malassimilation, Auto-intoxication, ending in high blood pressure. Cereals

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with milk and sugar, served in the morning are an anathema unto the Lord, and more destructive to health than the most toxicating drinks ever brewed and distilled—we say this because we are temperate. >

To this undigestible mass is now added the boiled potatoes and pop-overs. These foods are valuable if served at the proper time i. e., for lunch or dinner, but are altogether too heavy for those doing manual labor.

And finally, to complete the destructive work so well begun, black coffee, the world's most perfect nerve-wrecker, is served.

Is it any wonder that the man or woman who indulges in such a combination morning after morning, should be afflicted with all manner of disease? Is it any wonder that the child born from such parents should be candidates for Tuberculosis and all the other destructive diseases unknown in the time when our forefathers were served with home roasted rye coffee and whole wheat bread with butter made from the fat of milk?

The dinner served by this family, with the exception of the pie, is rather a good combination. The beef, which is a protein food, the potatoes (should be baked not boiled), supply the starch and balance the protein. The string beans supply the vegetable fibre. However, red meat is an active stimulant and must never be served the person who suffers from high blood pressure.

The supper served would be desirable if the prune cake and black coffee were eliminated.

Tuesday

BREAKFAST: Cereals and milk. Warmed over beans. Baking powder biscuits. Black coffee.

DINNER: Baked mackerel. Baked potatoes. Stewed tomatoes. Cottage pudding.

SUPPER: Cream of mushroom soup. Salad. Pear cake. Tea.

We have dealt with the cereals and milk for breakfast. The

warmed over beans are even worse served for breakfast than boiled eggs of the former breakfast and are totally destructive to health, even to the man who labors hard. Black coffee is at *all* times and for *all* people.

NOTE: We do not object to cereals and milk as a if served at noon or in the evening, for by then the mucous membranes have been cleansed or "scoured" by the fruit that is eaten, and the water that is drunk, during the day.

The Dinner is not a poor combination were the tomato potatoes eliminated.

< Tomatoes must *never* be served with starches. The always coagulates (word used for want of a better one) starch and makes it indigestible. Fish, potatoes and any vegetable, boiled, creamed or raw, make a good combination for morning or evening meal, but tomatoes must not be served with starch or casein in any form. >

The Supper is desirable if whole grain bread or milk were substituted in place of the fruit cake and cereal and in place of the tea.

Wednesday

BREAKFAST: Cereals and milk. Hash. Pop-overs. Black coffee.

DINNER: Cold roast beef. French fried potatoes. Creamed. Tarts.

SUPPER: Chicken soup. Creamed toast. Dried fruit. Dried stewed peaches. Cake. Black coffee.

This third breakfast is more disastrous than the two and far less digestible. No man can continue to eat such a diet and retain health and strength. This for noon or evening meal would be entirely too heavy and therefore cause indigestion.

The Dinner in this instance is not a poor combination though it is undesirable for one suffering from High Blood Pressure because of the beef.

Evening meal is altogether undigestible. The chicken soup, creamed toast and dried beef would be a good combination and desirable for those eating meat. Moreover, heavy enough for laborers.

When dried stewed peaches, cake and black coffee are added it becomes an inharmonious mass, causes fermentation and tensioned nerves.

Thursday

BREAKFAST: Cereals and milk. Dropped eggs. Muffins. Black coffee.

DINNER: Beef encasserole with vegetables—carrots, onions, turnips and celery. Baked potatoes. Grapefruit.

SUPPER: Tomato soup. Baked bean salad. Raspberries. Cake. Black coffee.

The breakfast is identical with that served on Monday and therefore open to similar objections.

The Dinner is a splendid combination for those who eat meat, with the exception that the Grapefruit destroys the entire balance of an otherwise well-balanced meal.

The Grapefruit should have been served *immediately on arising* in the morning, the acid acting as a scouring or cleansing agent for the mucous membrane surfaces. Fruit should *never be eaten with the meal*.

The Supper served is an abomination. The beans are a casein food and the acid of the tomatoes coagulates it destroying its food value and makes it almost undigestible. Added to this is the health-destroying combination of berries (acid), Cake (starch), and the nerve-racker, black coffee.

Friday

BREAKFAST: Cereal and milk. Bacon. Corn bread. Black coffee.

DINNER: Fish. Potatoes. Tomatoes. Rhubarb pie.

SUPPER: Tomato soup. Creamed fish. Dressed lettuce. Raspberries. Black coffee.

The breakfast served is on a par with that of Tuesday at which time Hash was served.

The laborer may be able to digest a combination of Bacon, Corn Bread and Coffee; but served with the cereal, sugar and milk, it becomes inharmonious and part of the food must be passed without being thoroughly digested to say nothing of the absorption of food value.

The Dinner is as impossible. The Tomatoes and Potatoes would be destructive enough as a diet, but add to this the acid of the rhubarb, and we have a mass which is always certain to cause fermentation, malassimilation and end in Auto-intoxication.

If the Rhubarb, well boiled, were served before retiring or in the morning as fruit is served, it would be of great value as a regulator and cleanser of the membrane, its mission would then be for health. Served with such a meal its mission is *death*.

The Supper in this case is not a poor combination if the raspberries and coffee were eliminated.

From countless reports before us, we have been forced to the conclusion that this is the diet of the average American family. The result is certain: Sickness, weakness, early death.

DIETARY

Special Rules

LEMON WATER: As a general thing, the liver is either totally inactive or not as active as it should be. It is necessary that the juice of half a lemon in a glass of cold water, be drunk immediately on arising, at least one half hour before breakfast.

BLACKBERRIES: In place of lemon water, blackberries either canned or fresh may be substituted. However, if this is done they must be eaten without the addition of sugar or of sweets.

BLUEBERRIES: Blueberries may be substituted for c

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er lemon water or blackberries, but the juice of half a
two teaspoonsful of honey should be added and well

RHUBARB: Rhubarb, canned or fresh, may
in place of either of the above. Very little sugar
added as it is taken as a liver stimulant rather than a
Where there is torpor of the bowels the well boiled rhul
be taken before retiring. Not more than three or fou
spoonsful should be taken at a time as the acid conta
rhubarb is rather sharp.

STRAWBERRIES: Strawberries may be eaten a
time between meals, without sugar or cream. They mu
be eaten with the meal. To do so is to increase the con
of Auto-intoxication always present.

PEACHES AND PEARS: These may be eaten betw
meals if they agree with the patient. Never with the meals.

MEATS: All red meats are absolutely forbidden if
sufferer really is looking for a cure. Red meats are heati
and stimulating and in High Blood Pressure this must be avoi
ed. Other meats, such as chicken, mutton, calves liver, swee
breads, tripe, lamb, etc., can be eaten in limited amounts, *thoug*
the patient would be benefitted more by their non-use. Fish of
all kinds should be substituted for meat. Fish serves the same
purpose as meat, is free from the acids which help to cause
the condition, and also free from the heating and stimulating
constitutents ever present in meat.

CONGESTION: Congestion is always present. For this
reason it is necessary that vegetables, fresh and canned, should
form the greater part of the two principle meals. Vegetables
contain the cellulose or undigestible matter and this helps to
cleanse the bowels as it passes through them.

STARCHES: These include white bread and potatoes. In
the condition under consideration there is always fermentation.
Because of its dangerous presence starches should be practically
eliminated, though occasionally a baked potato may be allow-

ed, especially if it can be served with sour milk or cottage cheese, whole wheat or corn bread.

EXERCISE: It is seldom that high blood pressure is found in those who lead an active, out-door life. On the contrary it is a fact that nearly all of those who lead a sedentary life are more or less afflicted with Auto-intoxication, and this is one of the basic causes of a high blood pressure. In the cause of this, the one afflicted should take from one to two hours of active exercise each day, this may be in the form of a swinging walk, tennis, golf, swimming, and *especially beneficial is it if these people can spend a few hours working in the garden each day.*

CONSTIPATION: Constipation is usually present. This must be overcome by the use of plenty of vegetables and vegetable salads, whole grain breads, and much of pure water between meals. If this is insufficient, it will be necessary to have breakfast three or four times each week composed of bran to which is added sour milk slightly sweetened with honey.

TEA AND COFFEE: These must be prohibited if a cure is desired. Cereal coffee, of which "Kono" is one of the very best and tastes almost like a good coffee (being composed of cereal and figs), should be substituted. Those fond of tea should substitute "Hercules," a purely herb tea substituted for foreign teas. To both the cereal coffee and the herb tea, cream may be added, though sugar is prohibited.

MENUS

Monday

NOTE: It is understood that lemon water, rhubarb, raspberries, blueberries, baked apple, etc., is served *each* morning at least a half hour before breakfast.

BREAKFAST: Whole wheat gems or muffins, served with good butter. Cereal coffee. Buttermilk or Sour Milk may be substituted for the coffee.

LUNCH: Baked salmon. Baked potatoes. Lettuce salad. Creamed parsnips.

DINNER: Vegetable soup. Scrambled eggs. Corn or bran bread. Milk.

Tuesday

BREAKFAST: Bran biscuits, honey and butter. Cereal coffee.

LUNCH: Baked salmon. Baked potatoes with dressing. Cucumbers sliced. No bread.

DINNER: Green pea puree. Lettuce with dressing of taste. Whole wheat bread. Cereal coffee or milk.

Wednesday

BREAKFAST: Corn bread, butter and honey. Sweet or sour milk. Cereal coffee.

LUNCH: Fried egg plant. Baked potato and dandelion. Graham bread or muffins. Additional vegetable if desired.

DINNER: Lentil soup. Eggs on toast. Creamed fresh lima beans. Milk if desired.

Thursday

BREAKFAST: Sour milk and hot whole wheat muffins. Or fresh baked carrots, whole wheat bread and cereal coffee.

LUNCH: Baked halibut. Fresh or stewed tomatoes, baked parsnips and a whole grain bread or muffins.

DINNER: Farina bisque. Combination salad. Bread and cheese. Milk.

Friday

BREAKFAST: Toast freshly made and nicely browned on both sides, served with butter and honey. Cereal coffee.

LUNCH: Sweetbreads. Special vegetable salad. Baked potatoes. An additional vegetable if desired.

DINNER: Vegetable soup. Creamed corn. Fresh tomatoes. Celery.

Saturday

BREAKFAST: Baked banana. Fresh corn biscuits. Cereal coffee.

LUNCH: Tuna fish on toast. Baked potato and dandelion. No bread.

DINNER: Cream of celery soup. Cheese and whole wheat bread. Milk.

Sunday

BREAKFAST: Toast, butter and honey. Hercules or other herb tea.

LUNCH: Roast chicken. Tomato and lettuce salad. Creamed corn. Baked carrots served like baked sweet potatoes.

DINNER: Peanut butter sandwiches, ice cream. Milk.

Other Combination Meals

BREAKFASTS: Modeled after those already given.

LUNCH: Fish pot roast. Tomatoes (fresh). Celery salad and whole wheat bread.

DINNER: Bean puree. Eggs on toast. Lettuce. Milk.

LUNCH: Roast mutton. Asparagus creamed. Baked potatoes.

DINNER: Cream of clam soup. Buttered beets. Lettuce. Whole wheat bread. Cereal coffee.

LUNCH: Salmon soup. Baked tomatoes. Dandelion. Creamed corn.

DINNER: Cream of corn soup. Baked egg plant. Asparagus. Rye bread.

LUNCH: Tuna fish on toast. Spinach. Creamed beans.

DINNER: Vegetable soup. Creamed asparagus. Celery. Whole wheat bread.

LUNCH: Tuna a la Hamburg. Boiled cabbage. Baked potato.

DINNER: Creamed lima beans. Celery and lettuce salad.

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Foods to Select From

The variety of food to select from is very large, though vegetables, especially green, should predominate.

VEGETABLES: Beans, peas, asparagus, beets, tomato, corn, parsnips, carrots (these two especially good), cauliflower, cabbage, (not so good), onions, lettuce and dandelion (these two very good), spinach and Swiss chard (these two very good). Cucumbers are also valuable but should be served at noon and with lettuce or tomatoes. *No starch whatever when tomatoes are served.* Egg plant and squash *will take the place of meat.* They are especially valuable either baked, boiled or fried. If these cannot be had, pie pumpkins may be substituted and served in the same way or prepared like pie or milk custard.

DAIRY PRODUCTS: Milk, butter and cheese. These are exceptionally valuable but the combinations must be watched. It is well to eat an acid fruit such as apples (sour), between meals. In fact, the sufferer from High Blood Pressure should eat a fruit of choice (banana excepted) between each meal. A glass of buttermilk or sour milk, between meals, in place of the fruit, is highly valuable.

BERRIES: Of the berries, such as strawberries, raspberries, blackberries, blueberries, etc., an evening meal may readily be made.

FISH AND SEA FOOD: All fish and sea food is highly recommended and these must take the place of meat. Lobsters are practically forbidden.

The entire regime for the sufferer from High Blood Pressure is that which should be followed in the care of a child from eight to fourteen years.

NO STIMULANTS: No stimulating food. Plenty of fruit and vegetables. Plenty of water. Whole grain breads. Plenty of butter in place of animal fats.

APPENDICITIS

Superacidity induces Constipation which is Congestion, Causing. Inflammation near the Appendix, resultant, Appendicitis.

The assertion has been made by eminent authorities that appendicitis is a disease caused by the use of meat as a food, which, being deficient in organic mineral elements, cellulose and vitamines, allows lesions to take place and through the inability of the organism to throw off the resultant congesting matter, become clogged and appendicitis results.

“The observation of army physicians have enabled us to ascertain that appendicitis is frequent in the Arabian who lives after the manner of Europeans and eats meat, while *it is never found in those who follow the traditions of their ancestors and do not consume the flesh of animals.*

“Members of those religious orders who are vegetarian never have appendicitis.

“But the most characteristic observation is that made upon children, and I invite your whole attention to this fact. We know that appendicitis is very frequent in children. Very well; I have *never yet seen a case of appendicitis in a child who had never eaten meat.*” Dr. Victor Pauchet, *La Reforme Alimentaire*” Paris. >

Why should eminent authorities teach that only meat eaters are subject to this disease? What is the actual reason a meat diet induces a condition making appendicitis possible?

Extensive experiments have shown us that a meat diet induces superacidity; in turn, the superacidity causes constipation. Constipation and congestion are one and the same thing.

When a congested condition becomes chronic, inflammation results, and we have the disease known as appendicitis, that is, if the inflammation occurs in the area of the appendix.

It is, however, unfair to claim that only meat eaters are subject to appendicitis. It is equally true that people who live chiefly on starchy foods, or even on cereals, are likewise subject to the ailment. Why? Because like meat, an abundance of cereals or starches, will produce acidity of the entire system, this, like in the case of meat eaters, causes constipation and congestion, resulting in appendicitis.

Authorities, investigating only from the one basis, have therefore claimed meat eating primarily the producing cause, when the fact is, *all* foods inducing superacidity may bring like results.

We have said that any food which may induce superacidity may be the cause of appendicitis. We should go much further than this and say: Anything which may induce constipation or congestion in the system may be the means of inducing an inflammation in the area of the appendix and this produces inflammation of the appendix or appendicitis.

LIQUIDS: Lack of liquids will allow a gradual change from the natural to the superacid state, or congestion. Liquids help the system to free itself from an over-supply of acids through the organs of elimination. Just as water is required to flush the sewer system so is it necessary if the system is to cleanse itself from poisons, toxins and acids.

STIMULATING DRINKS: It matters little whether the digestive organism is given whiskey, liquors, rich wines, tea or coffee, all of these are acid in their nature, establishing acidity of the entire system if continuously used; producing constipation, congestion and inflammation.

MEATS: As already indicated, meats, being acid in their nature, cannot help inducing acidity of the entire system, resulting in constipation, congestion and inflammation. The only way

whereby this may be prevented is through the combination of plenty of fresh vegetables with the meats. At any given meal, the vegetables taken with meat should be in proportion of at least two portions of fresh vegetables to one of meat.

CEREALS: While it is true as often indicated throughout the entire book, cereals are basic foods and are the natural diet for man, nevertheless, they are acid inducing and acid creating; therefore, like meat, must be combined with vegetables. At least two-thirds of cooked or raw vegetables should be served to each one-third of cereal food.

CEREALS WITH CREAM: This combination, served for breakfast, is about as dangerous to health as anything that could be set before one. The digestive apparatus is not prepared to accept such a combination, cannot digest it, allows fermentation to take place, and induces acidity.

Those who desire cereals served with cream as part of their daily menu should have them for luncheon or dinner, and combine the dish with boiled or fresh vegetables that harmonize with cereals and cream.

STARCHES: Starches from denatured cereals are dangerous to health at all times, far more so than whole cereals. Unless they are carefully combined with milk or vegetable dishes they will *always* induce acidity. In a rational menu all denatured starches should be proscribed.

EXERCISE: Lack of exercise may not induce acidity, but it certainly often is the basic cause of constipation, therefore, allowing a state of congestion to exist.

In many instances constipation has its beginning in the fact that the sufferer refused to take a sufficient amount of physical exercise or disregarded the call of nature. Even if the diet is correct and properly combined, lack of exercise may induce acidity.

SEEDS FROM FRUITS: The seeds from fruits so often found in or near the appendix by surgeons when operating on sufferers, have been condemned as the cause.

‘ We maintain that the seeds of fruits have never caused a single case, but on the contrary, that they act in the nature of cleansers and induce action; that fruit seeds if given with nothing but water may even cure many cases. ’

When one considers the nature of the colon, especially near the appendix and realizes that all fecal matter must traverse it against the laws of gravity we can at once understand that the heaviest part of the fecal matter is forced to settle at this angle when a state of congestion exists. If the congestion can be removed through natural action of the colon, the seeds will be the first to eliminate themselves.

Treatment

FIRST: Stop all solid food until the natural movement of the bowels has become reestablished. It is immaterial whether the condition is acute or chronic, the *modus operandi* is the same—stop all solids and prescribe liquid food only.

Liquid Diet

BREAKFAST: Orange, pineapple or apple juice in water, only.

LUNCHEON: Gravy of spinach water, mashed and filtered squash.

DINNER: Gravy of dandelion, mashed and filtered turnips.

NOTE: To make the vegetable gravies, boil the amount of vegetable desired in just sufficient water required. Add a little of whole barley flour to this and season to taste with salt and butter.

Carrots, parsnips, turnips, potatoes, fresh peas, beans, etc., must be boiled until very soft, mash them and filter through colander adding salt and butter to taste.

BETWEEN MEALS: Fruit juices between meals and all the water patient wishes to drink.

Second Day

BREAKFAST: Fruit juices in water only.

LUNCHEON: Gravy of Swiss chard, mashed and filtered carrots.

DINNER: Gravy of onions, mashed squash.

Third Day

BREAKFAST: Fruit juices in water only.

LUNCHEON: Gravy of fresh corn, mashed and filtered beets.

DINNER: Gravy of green peas, mashed and filtered potatoes.

Fourth Day

BREAKFAST: Fruit juices in water only.

LUNCHEON: Gravy of green beans, mashed squash.

DINNER: Juice of vegetable soup, barley water.

Fifth Day

BREAKFAST: Fruit juices in water only.

LUNCHEON: Gravy of parsnips, creamed celery soup.

DINNER: Gravy of oatmeal, mashed and filtered turnips.

By the fifth day the temperature should be normal and action of the bowels natural. The diet may now be gradually changed so that solids be substituted for liquids. The rest of the treatment should be continued until patient has fully recovered.

STIMULATING DRINKS: These must be forbidden, neither tea or coffee, nor any malted liquids can be allowed. Fruit juices in water as well as pure water, should be given the patient in abundance as these liquids will help to flush the system, reduce inflammation, irritation and the temperature.

MEATS: These should be prohibited during the entire treatment. All foods, acid creating in their nature, are dangerous during the various stages of the disease. Only such foods as will help to eliminate the congestion, reduce the inflammation, neut-

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realize the acids in the system and sustain life, should be lowered.

CEREALS: All cereals made of the entire grain of benefit and importance *after* a normal temperature and normal action of the bowels has become established, and the diet at least should be composed of cereals with honey.

STARCHES: All denatured starchy foods should be prohibited. Potatoes boiled with their jackets, mashed and fine and combined with the water in which boiled, may be allowed.

EXERCISE: Two or three days after the liquid diet has been discontinued, exercise should be commenced, this should be slight movements of the body at first, gradually increasing them as strength is gained.

REST: When the treatment of a case of Appendicitis is undertaken, whether it be acute or chronic, complete rest should be prescribed. Unless this is done the entire treatment may be a failure.

THE INTERNAL BATH: Of utmost importance in *all* treatment for appendicitis. The patient lying flat on the abdomen, should be given an enema of at least two to three quarts of water slightly warmer than the temperature of the body, and retain this as long as possible. Pure Castile soap may be added to the water. Such an internal bath should be given once, twice or three times a day, according to the severity of the case.

Diet After Fifth Day

BREAKFAST: Heated bran with honey, cereal coffee.

LUNCHEON: Baked egg plant, mashed potatoes, lettuce.

DINNER: Vegetable soup, mashed green beans, corn bread.

Second Day

BREAKFAST: Heated bran and honey, cereal coffee.

LUNCHEON: Creamed carrots, creamed celery, mashed green peas.

DINNER: Barley puree, whole grain bread and butter, cottage cheese.

Third Day

BREAKFAST: Heated bran, cereal coffee.

LUNCHEON: Baked fish, tomato puree, celery.

DINNER: Poached eggs, whole grain bread and butter, glass of milk.

Fourth Day

BREAKFAST: Whole wheat bread or muffins, butter and honey, cocoa.

LUNCHEON: Baked green peas, mashed potatoes, lettuce.

DINNER: Vegetable soup, baked rice pudding, whole grain bread.

Fifth Day

BREAKFAST: Corn bread with butter and honey, cereal coffee.

LUNCHEON: Baked oysters, creamed potatoes, celery and lettuce.

DINNER: Barley puree, pumpkin or squash cup custard, whole grain bread.

Sixth Day

BREAKFAST: Whole wheat muffins, butter and honey, cereal coffee.

LUNCHEON: Baked fish, tomato puree, celery.

DINNER: Baked carrots, whole grain bread, cottage cheese, glass of milk.

Seventh Day

BREAKFAST: Bran muffins, butter and honey, cereal coffee.

LUNCHEON: Baked green peas or beans, creamed carrots, celery and lettuce.

DINNER: Vegetable soup, whole grain bread, cottage cheese, milk.

FRUIT: Fruit should be eaten immediately on arising every morning, one-half hour before breakfast.

NOTE: Should there be a tendency toward constipation, the heated bran must be taken regularly for breakfast and it may be necessary to take a dish of it before the evening meal.

All peas, beans and corn should be green, during the Winter canned goods may be substituted for the freshly picked.

Carrots, parsnips, beets, turnips, winter squash, all can be obtained the entire Winter. Lettuce and celery may be substituted for other greens in making of gravies when the prescribed vegetables cannot be had.

ANEMIA

Derangement of the Processes of Metabolism.

Medical authorities generally agree that anemia is the result of derangement of the digestive organism, malnutrition, consequently impoverishment of the blood.

The first or direct causes are as many and varied as the sufferers, and it is the duty of the Dietitian to first find the *reason* for the condition, remove it and prescribe the correct diet to eliminate the effect and rebuild the system.

INDISCRETIONS: Undoubtedly many cases of anemia in youth, both male and female, are caused by indiscretions—abuse through the generative system. Before any progress could possibly be made toward a cure these abuses must be discontinued.

WRONG DIET: While countless victims of anemia are unquestionably the result of self-abuse, the greater number are a direct penalty for disobedience of dietetic laws.

Any diet which produces superacidity, and all food deficient in their natural elements do this, may help to produce anemia, as such foods impoverish the blood, depleting particularly of iron and phosphorus, so that anemia must follow.

The natural processes of metabolism become deranged quickly when there is a superabundance of acids and toxins, just as happens when there is a deficiency of certain acids; on the one hand there will be superacidity while on the other, toxo-absorption.

NERVE TENSION: Anything which may cause continued anxiety, suffering or grief will induce nerve tension and this

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continued for too long a time is certain to deplete the : such depletion in turn having a direct influence upon the organism, resulting in malnutrition.

CONSTIPATION: Constipation is not a primary secondary cause as through it toxo-absorption may be filling the blood stream with toxins, destroying the cells which carry the oxygen, thus allowing the system to become filled with poisons which otherwise would be thrown out through the lungs. It is usually when anemia is resultant from toxo-absorption that tuberculosis follows in its wake.

OVEREATING: Contrary to the opinion usually held by many of the medical profession and nearly all of the laity, anemia is seldom the result of undereating, but very often of overeating. Overeating induces congestion, this in turn toxo-absorption through this, as previously stated, the toxins are absorbed into the blood, breaking down the defensive system.

NEURASTHENIA: It might truthfully be stated that anemia is an abnormality, (we class as an abnormality, anything not natural) which can induce Neurasthenia can likewise be the cause of anemia, there is only the difference in the form the ailment takes.

In neurasthenia it is principally the nerves and brain which suffer, while in anemia it is an impoverishment of the blood, though malnutrition also is present.

STIMULANTS: In anemia all stimulants must be strictly forbidden. The system should receive only such food and drink as it can readily digest and assimilate, and this must not be at the expense of artificial stimulation which always follows the use of stimulants.

PREGNANCY: Many women suffer from anemia during their first pregnancy. Almost immediately after conception takes place there is acute interference with the digestion which may be so severe no food can be retained in the stomach. Gradually this produces impoverishment of the blood and anemia with its attendant ills.

SYPHILIS: Anemia may be caused by syphilis; in these cases it will be necessary to first eradicate the syphilistic poison from the system before much progress can be made in overcoming the anemic conditions, though great care should be exercised to select only such food as will help maintain strength while at the same time not supplying the toxins and poisons which would help feed the syphilistic germs.

CANCER, SCROFULA, BRIGHT'S DISEASE, ETC.: Just as syphilis, through its tendency to impoverish the blood, may cause anemia, so may these other blood diseases. The same method as employed in syphilis must be followed.

PROFUSE MENSTRUATION: In girls this is often the direct cause of anemia and must be corrected before any improvement can be expected. Likewise, it is true that girls whose menstrual flow is normal, may become profuse if anemia is induced by some other cause such as wrong diet, lack of fresh air and exercise, unsanitary surroundings and lack of sunshine, etc.

Symptoms

The appearance of the anemic person is too well known to need any description, however the symptoms which foreshadow the development are not as generally recognized, otherwise so many cases would not be allowed to fully develop before active steps were taken to overcome the condition.

First indications are paleness of the face, general muscular weakness and loss of energy, with exhaustion after slight exertion. Cold extremities, dizziness and palpitation; pulse gradually weaker; constipation is general, though often alternating with diarrhoea. Girls have a waxy and greenish appearance with skin soft and loose, giving reason for the name "chlorosis, or green sickness." Unless relief is found dropsy may develop and functional derangements of the various organs manifest. The stomach may become so sensitive as to make it almost impossible to take nourishment. Other symptoms multiply until the general derangement becomes so great that death results.

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Treatment

FIRST: If possible, find the cause and pregnancy induces a sensitive stomach, it is not various food and give only that which will be retained. *often the vegetable gravies will be the only food retained.* If this is found to be true one is indeed these will readily sustain health and strength until sensitive condition is overcome.

If syphilis or any other blood disease is the strength must be maintained by prescribing only such will maintain the strength until the poison is eradicated the system.

INDISCRETIONS: The experienced physician titian will quickly be able to learn if abuse is the cause trouble. No progress can be made in such cases until practice is discontinued.

DIET: Unquestionably diet is of greater importance food should be allowed in the menu merely because it is de Only food rich in building material and requiring the energy in its digestion should be prescribed.

All the food prescribed should be rich in the material quired to build red blood corpuscles, and containing nitrate and phosphates. These must be selected from fresh vegetable dairy products, milk, cream, butter and cottage cheese, eggs and whole cereals; nuts if readily digested, and fruits such as pineapples, oranges, bananas and apples.

The milk taken must be carefully balanced with vegetables and when the digestive power is weak then vegetable gravies are preferable to all of the vegetables; whole grain breads should be relied upon to overcome the tendency to constipation.

LIQUIDS: It is highly important that plenty of liquids be given the sufferer. Likewise, it is important that these liquids be only of the greatest purity, because of this, fruit juices

in water, supplying both a liquid and a food, are very essential. Thus it is well to have the patient drink one or more glasses of water on arising, containing the juice of an orange to the glass of water. During the day water between meals. The fruit juices may, in fact, should be changed continually so as not to tire the patient. One may give orange juice in the morning; pineapple juice in the forenoon; buttermilk in the afternoon, if well borne by the stomach, and pure apple juice before retiring. The entire object of the treatment must be to supply the system with *more than necessary* of the building and blood making material in its highest form.

CONSTIPATION: Active steps must be taken to overcome this. The internal bath should be employed until the diet will relieve the condition. Bran in the morning; whole grain breads with other meals, and possibly a mineral oil after eating, will soon bring relief.

BATHING: This is of as great importance as any of the other remedial agents. One or two warm baths each week before retiring may be indulged in, but the quick cold baths will give the greatest help.

The bath tub should be filled in the evening so that by morning the temperature of the water is that of the room. Patient should step into the water with one foot, then with the other, then kneel, splash water over the abdomen and chest, then quickly slide into the water so as to cover the entire body. As soon as the body has been fully covered, stand up, remain standing in the water until the body, down to the knees, has been carefully dried, step out of the water, dry the limbs, then exercise for a few minutes. Follow this method of procedure by drinking the fruit water.

SLEEPING: Practically all anemics require a great deal of sleep. Regular hours should be maintained, a time set at which to retire and arise and nothing allowed to interfere with these arrangements.

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SUNSHINE: It is highly essential that the patient be in the sunshine as much as possible. If strong walks, then slow walks, all the while breathing should be taken continuously throughout the day. If too weak then a chair should be placed in the sunshine and breathing practiced while sitting in the sun.

FRESH AIR: This is included in the sunbathing if the patient is willing to practice deep breathing in the open air, able whether a cure is possible.

FREEDOM FROM NERVE TENSION: Any condition may cause nerve tension, such as business, worry, etc., should be avoided. Especially is this true if there is a neuroasthenia.

TOXO-ABSORPTION: This must be remedied by the internal bath.

The Indican test will quickly show if there is toxo-absorption and should there be an indication of this it is well to use a natural antiseptic with the water for the Internal Bath.

Dietary

ON ARISING: One or two glasses of water and fruit juices.

NOTE: It is neither necessary nor desirable that the juice of oranges, pineapples or apples be taken. The juice of grapes, raisins, peaches, prunes, in fact, any of the sweet fruits and berries are good. For instance, either prunes, raisins, currants, dates or figs, may be soaked in water and this juice used with the water.

Also apples, peaches, grapes, etc., may be boiled, skin removed and all, and these juices mixed with the water.

Naturally the fresh fruit juice is best but the juice from almost any fruit, except lemon or lime, will be found of great benefit:

Breakfast

FIRST CHOICE: Heated bran with honey, cereal coffee and cream.

SECOND CHOICE: Two bananas well mashed, mixed with bran and baked, cereal coffee.

THIRD CHOICE: Whole wheat biscuits, butter and honey, two glasses of milk.

FOURTH CHOICE: White of two eggs well beaten in large glass of milk, bran biscuits with butter.

FIFTH CHOICE: Mix boiled rice, white of two eggs and milk and bake, whole wheat muffins and butter, cereal coffee.

BETWEEN Breakfast and Lunch one or two glasses of fruit water.

Luncheon

FIRST CHOICE: Baked fish, baked potato, creamed carrots.

SECOND CHOICE: Whole wheat bread and butter, poached eggs, creamed peas, milk.

THIRD CHOICE: Whole wheat bread and butter, cottage cheese, milk and celery.

FOURTH CHOICE: Crab salad, whole wheat bread and butter, creamed peas, cereal coffee.

FIFTH CHOICE: Baked fresh beans with eggs, corn muffins, spinach and celery.

SIXTH CHOICE: Baked eggs and rice, creamed parsnips or turnips, bran muffins, lettuce.

BETWEEN Luncheon and Dinner one or two glasses of buttermilk if well borne by the stomach, otherwise fruit juices in water.

Dinner

FIRST CHOICE: Vegetable gravy, whole grain bread and butter, cereal coffee.

SECOND CHOICE: Pea puree, whole grain bread, butter and cottage cheese, celery, milk.

THIRD CHOICE: Barley puree, creamed carrots, whole grain bread and butter.

FOURTH CHOICE: Whole grain bread and butter, figs or dates, celery.

FIFTH CHOICE: Whole rice baked with eggs and milk, whole grain bread and butter, cereal coffee and cream.

SIXTH CHOICE: Vegetable gravy, whole grain bread, butter and cottage cheese, milk.

SEVENTH CHOICE: Green beans mashed and baked with milk and eggs, whole grain bread and butter, celery and lettuce.

IMPORTANT: It should be practically impossible for constipation to continue with this Dietary. Should the organs of elimination be so weakened that constipation persists, then increase the amount of bran consumed by eating a dish of it before each dinner.

BEFORE RETIRING: Either grapefruit with olive oil, or several slices of pineapple. During the Winter months, baked apples with a little honey are of great value served before retiring in place of the grapefruit or pineapple. When pineapples are not to be had substitute baked apples. In fact, apples may readily be substituted for any of the fruits.

TUBERCULOSIS

Tuberculosis is a preventable disease. By this we mean that except in very rare cases it is *not* necessary anyone should fall a victim to it.

The means are very simple, in fact, so simple that very few people are willing to follow the instructions for the prevention of the Great White Scourge.

Fresh air and plenty of it, wholesome vitalizing food, exercise in the open such as walking, horse-back riding, etc., and plenty of water in which to bathe. These are the preventatives of this dreaded disease.

Tuberculosis may be a germ disease. However, more than nine-tenths of the cases are not caused by a germ, nor by contact with a person having the disease, but through a gradual lowering of the vitality of the victim-to-be, through over-indulgence in acts which sap the vital forces and a diet which does not contain the necessary elements to give strength, force, vitality and action to the body.

We do not deny there are germs present in the disease, we believe there are and *know* in many cases such germs may be isolated, but these germs are *not* the cause of the disease, they are the *result*.

A man full of vital power, rugged health and of clean habits might live a century in a house where consumptives dwell and never become inoculated with the Tubercular Bacillus. Why? Because the natural host in his blood would make an invasion absolutely impossible.

We do not wish to be understood as saying that anyone should expose himself to the disease; that would be foolishness

and an admittance of ignorance which should be punishable, we simply aim to point out the real facts.

Undoubtedly there is a natural disposition in some people to the easy contraction of the disease, but this is not because they are more susceptible to any germ life, the bacilla of Tuberculosis especially, but that they have allowed the state of health, their vital forces, to fall below normal, either through dissipation or through denatured or poorly combined food.

Tuberculosis is primarily a dietetic disease. We intend to fearlessly state that this disease cannot be overcome, eradicated from humanity as long as humanity will continue to indulge in devitalized foods to the exclusion of those articles of diet which contain the vital, nourishing elements.

This is admitted, in a certain sense, by the greatest physicians in the world, *because no sooner is a case diagnosed as tuberculosis than they prescribe a diet composed chiefly of milk and eggs and fresh rare meats, and fresh, green, succulent vegetables, and rich ripe fruits.*

We demand an answer to the question: *"If tuberculosis is a disease curable through the means of a diet rich in vitamins and organic mineral elements, including the vital nuclein, why cannot it be prevented by the same means?"*

It is now admitted by investigators that more than ninety per cent of all children suffer from a stage of Tuberculosis between the age of eight and sixteen years. Why? Because during these years the child changes from childhood to manhood or womanhood and it is then the system requires an enormous amount of vital force to stem the tide. More than this, it is also at this period of life that the youth is given to the eating of candies, ices, cakes and all the other denatured and devitalizing foods, to the exclusion of the vital foods. In short, the appetite of the youth during this time craves candies and pickles, creams and spices, and has little desire for vital foods and the rich vegetables.

The parents in America are to blame for the fearful loss of life in children through this dreaded disease. If they would teach them to eat wholesome, vital foods, instead of the deadly combinations they now place before them, no three out of a hundred would ever suffer from the disease.

Admitted there are other causes, such, for instance, as narcotic drugs, strong drink, dissipation, *but what is the first cause of these things?* Is it not a craving of the appetite for something, caused by a congested system, congested through foods that satisfy the appetite but not nourish? Why do people become drug fiends? Is it not because of illness and suffering which first induces them to use the narcotics for the alleviation of the pain and is not this suffering caused, in most instances, by improper and devitalized food?

The prevention and the cure of Tuberculosis is found in a natural, rich, vitalized diet and not in the destruction of germs or in the prescribing of drugs.

Such authorities as Colonel John D. McLean, Assistant Commissioner of Health, frankly states, irrespective of contrary opinions, that "A predevelopment stage exists, usually induced by malnutrition, or the after-effects of some disease such as measles, which leave the patient in a physically receptive condition for tuberculosis."

Malnutrition is, ninety-nine times out of a hundred, the result of an improper diet and can always be cured by a proper combination of the right kind of food.

Likewise measles, though a childhood disease, is the result of congestion in the system, induced through a diet composed chiefly of sugars and starches, with an insufficiency of fruits and vegetables. Here again it is the diet which is the cause of the predisposition.

The healthy lungs give a slight acid reaction with litmus paper. The acid is phosphoric and is present in the lecithin of the lung tissue. Milk and eggs are rich in phosphorus, therefore

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the natural remedy in all lung weakness. I prescribe phosphorus and lecithin secured from animals, and consider this the foundation of the trouble. However, it is a foreign substance even from the animal, because it is not in combination with the mineral elements, while in milk and eggs it is naturally simulated.

In tuberculosis the lungs give an alkaline reaction because of the absence of the phosphoric acid and there is a deficiency of lime.

In the beginning of the disease the deposit is small but gradually increases as the disease progresses and becomes so great as to be known as "chalky lungs."

If the system is supplied with the foods rich in phosphoric acid so that the lecithin would be normal, the disease would be impossible.

Lecithin is a phosphoric acid.

Nuclein, found in the seed-eye of all grains, is a phosphoric compound.

Both of these compounds are absolutely necessary to life and both of them must be secured from grains, legumes and vegetables where there is a life germ, which when planted will sprout and grow and produce its own kind.

If the blood is deficient in phosphorus, in its nuclein content, it is also deficient in the lecithin in the lungs. On the contrary, if the blood is rich in the mineral elements, it is likewise rich in phosphorus and the percentage of nuclein, and lecithin in the form of phosphoric acid is high.

When the phosphoric acid in the lungs decreases, the lime deposits increase thus an alkaline field is prepared for the inception of tuberculosis.

This does *not* mean that there is too much organic lime in the system, it simply means that the lime is not kept in *circulation but is allowed to deposit itself in a field it finds in the lungs.*

The phosphoric acid in the blood, if sufficient, keeps the lime in circulation and the system in health, just as a sufficiency of lime on the soil keeps it sweet and healthy in which normal growth of fruit, vegetables, legumes, etc., can grow.

Heretofore the mistake made by countless physicians has been in thinking the system contained too much lime and prescribing accordingly. The real facts are, that while a deposit of lime is formed in the lungs the balance of the system *is practically depleted of it and the resultant weakness*. The lime should not be eradicated from the system, but should be broken up, through proper treatment; circulated throughout the entire system, rather than being localized.

As the system is given those foods which increase the phosphoric acid it becomes more and more capable of supporting the nutrition of the lung tissues and health results, protecting the lungs against any possible invasion.

Likewise, if the one suffering from tuberculosis is given the foods rich in phosphoric acid, nuclein and vitamine, it will gradually gain the strength to fight the invasion and the phosphoric acid will gradually be able to break up and recirculate the lime deposits and heal the lung tissue and the cure results.

As previously stated, the food daily consumed by the American people which is deficient in the organic mineral salts, therefore in nuclein and vitamine, is the direct cause of this destructive plague and is becoming more general as mankind leaves the natural diet composed of the whole grain products, the vegetables and fruits and depends on the denatured foods, rich meats and the easily prepared artificial products.

There is but one way to restore health, that way is by substituting a natural diet rich in the organic elements, in nuclein and vitamine.

Combinations must be selected from the dairy products, eggs, grains, pulse, vegetables and fruit, including a liberal supply of the rich sea food.

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Dietary

IMPORTANT: All fruits or fruit juice be taken immediately on arising and nothing at least one-half hour.

Breakfast

FIRST CHOICE: Barley water with eggs well beaten, bran biscuits, plenty of butter with cream.

SECOND CHOICE: Oatmeal water with eggs well beaten, whole wheat gems, plenty of cereal coffee and cream.

THIRD CHOICE: Fresh milk with the eggs well beaten, corn cake with plenty of butter and cream.

NOTE: The third choice for breakfast should be taken cautiously as in many cases the stomach will not receive such cases one of the other menus should be chosen. If the food is well received it is best to make changes occasionally. Good results are then obtained.

BETWEEN MEALS: Oranges or baked apples, berries, or fruits of choice. Occasionally, but not often, before or after the fruit, a glass of milk with a little sugar.

Cane sugar must be avoided. Maple syrup may be substituted.

Tea, coffee and all stimulating drinks are avoided. Those desiring hot drinks may use cereal coffee. Those made from the pure barley or rye are best. A new cereal drink we have found of value.

Luncheon

FIRST CHOICE: Fish, lettuce, baked corn, bread, milk with two eggs sipped during the meal.

SECOND CHOICE: Fish, spinach, green peas, rye bread, milk, two eggs.

THIRD CHOICE: Baked fresh beans, celery, tomatoes stewed, cod fish balls, whole wheat gems.

FOURTH CHOICE: Baked potato, butter-creamed dressing, oat cream, eggs and milk omelet, lettuce-celery salad, corn gems.

FIFTH CHOICE: Green peas baked with eggs and milk, celery, baked onion, cream dressing, whole wheat bread or gems with honey.

Dinner

FIRST CHOICE: Bake bananas until very soft, serve with cream and honey, creamed rice, whole wheat bread.

SECOND CHOICE: Cottage cheese, whole wheat gems, honey, milk and white of two eggs.

THIRD CHOICE: Cream of celery soup, whole wheat bread, second service, barley creamed, green peas baked.

FOURTH CHOICE: Egg-milk omelet, lettuce-celery-nut salad, whole wheat bread, milk.

FIFTH CHOICE: Cottage cheese, baked parsnips, corn muffins, butter and honey, two cups of milk.

Oat cream is made by boiling rolled oats in water in a double boiler for fifteen minutes. Take two tablespoonsful of honey and some milk just below boiling point and mix. Add this to the oatmeal and stir.

This may be served with almost any combination of food except when acids form part of the meal.

If desired, the white of two or more eggs may be added after it is ready to serve. In this case no honey is added, but is seasoned with salt and a slight amount of red pepper.

Bananas, if well baked, may be served with cream and a little salt, or with cream and honey. Bananas are a food and should not be considered a fruit or eaten as a fruit.

The menus may readily be changed, but if this is done the food must be equally nourishing and building.

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White bread, sweet cakes, in fact, all denatured food of whatever kind must be forbidden. Whole wheat bread, rye and buckwheat cakes and gems, all these are valuable.

BED TIME: Baked apples with honey, grape peaches, etc.

Apples should be well baked and eaten with the skin before they are cold. Honey and orange juice may be added if desired. Milk, cream or cane sugar is not to be served with them.

LACK OF APPETITE: A splendid and never failing appetizer will be found in some fresh, crisp lettuce to which added a little good apple vinegar. Serve one-half hour before lunch and dinner. This may be served before *every* lunch and dinner until the appetite becomes normal.

CONSTIPATION: This must be overcome through vegetables and fruits, and by serving heated bran and fruit juice for breakfast. If other help is required the Internal Bath should be prescribed.

NEURASTHENIA

Probably no other ailment is the cause of such intense mental agony as neurasthenia. Though not a disease affecting the brain, and in fact, not itself a disease but the result of defective nutrition, its influence is directly on the mind, inducing depressions, delusions, judgment and opinion contrary to what reason dictates; fear of injury to self or to others; fear of losses in business or of friends; in short, hallucinations of the mind regarding practically all affairs of life.

CAUSES: The ailment does not start as such but gradually develops; usually there is defective nutrition, possibly dyspepsia, indigestion, malnutrition or gastritis, this becomes so severe that immediately any food, or even a drink of water, is taken into the stomach, at once gas forms, and the bloating becomes so great that breathing is difficult.

The nerve connection between brain and stomach is peculiar and similar to taking a strand of an hundred wires closely weaving them into a rope but allowing a matter of twelve inches at each end free, taking these free strands and carefully and systematically weaving them over an inflated globe, doing this at both ends of the wire rope, and the whole so arranged that in case one ball or globe were inflated more than normal it would cause the weave on the other ball to depress that ball to the extent the other were inflated beyond the normal size.

Thus it is that when the stomach becomes bloated beyond a certain normal degree there will be a depression on the brain because there is a "drawing together" as it were, of the brain. This, together with the interference of the normal action of

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the nerves in turn causes interference with the message passing over these nerves, in like manner as a short circuit in telephone wires would bring about a mixing of the messages, resulting in delusions, hallucinations, fear, horror, and all the other diverse phenomena of the mind.

It is seldom that any one working in the great world suffers from this ailment; it is general in the sedentary world, those closely confined, doing brain work, without sufficient physical exercise and with insufficient time to properly eat their meals.

A case in point is that of a young man given to writing and authorship. Arising in the morning and partaking of a light breakfast, attending first to his mail then taking up his literary work and continuing it until noon. Hurriedly partaking of the meal and at once proceeding with the work at which he remains until evening, repeating the eating of a meal in like manner and then a return to the work.

Gradually indigestion developed and gas formed producing an irritable feeling; this increased until barely any food could be taken with comfort. Now and then a nervous, unknown fear was felt but still the warning was left unheeded.

This gradual development of a serious trouble continued until one day, leaving the work to partake of the noon meal, it seemed the sufferer was almost forced to scream at sight of the food. Thence on symptoms multiplied rapidly, the most easily digested foods would create gas immediately after eating. Water would bloat the stomach so that breathing became impossible unless the victim forced himself to walk for hours. Sleep was out of the question except at rare moments and then only when in company with a second party.

Within a week after the actual break the sufferer lived a life of fear. He feared to drink, feared to eat, feared to retire at night, feared even to do the work which had been his life.

The only food that could be taken with any degree of

comfort was baked mutton and rice, and no fruit but baked apples. On this he lived for nearly one year and it required a matter of two years to overcome the trouble.

Usually any foods which create toxins, such as meats, or drinks such as tea, coffee or alcoholic liquors are forbidden, but it seemed the party in question had not eaten any meat for many years and when the break came the mind and desire was turned directly against all the habits and desires of the life previously lived.

The trouble in the case quoted was not brought on through the diet partaken of, but through lack of exercise, fresh air, sufficient sleep, and above all, through not giving the digestive organism the time required in which to digest the food; immediately after eating drawing up all nerve energy to the brain wherewith to do constructive work; leaving none for the work of digesting the food, thus causing fermentation and a gradual development of a gastritic condition, constipation and Toxo-absorption, which continued to increase until the final break came.

HOW TO PROCEED: When symptoms of neurasthenia appear, it is desirable to at once make complete changes of life. One sleeping but three or four hours a night should take six to eight. If tea or coffee was used as a beverage, give them up and substitute cereal coffee or cocoa. If the work is confining, arrange so as to rest at least one-half hour before the meal and either walk or rest for one hour after eating. If one glass of water was drunk during the day, take at least six, and if little fruit was consumed, eat plenty between each meal. Likewise with the food, it will generally be found the food consumed were such as build muscle and cause congestion. These must be eliminated and in their place foods substituted which help to build nerves and brain—the foods rich in phosphorus and iron.

Tea, coffee, and all stimulating drinks, as already indicated, must at once be discarded. It is well to use barley or rye

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coffee in their place. When possible it is highly c
drink plenty of fresh milk though care must be
to avoid constipation. This can usually be regulat
use of fruits.

There is another cause for neurasthenic condition,
a weakened or abnormal sex organism. We do not pr
deal with this question at present; being an entirely c
condition and frequently not based on broken laws of n

DRUGS: We have never known of any benefits to
rived from drugs, because neurasthenia is *not of itself a d*
but the results of an abnormal condition, which is usually .
in the stomach, either as indigestion, dyspepsia, gastritis, m
trition, toxo-absorption, etc. If a drug could cure then it w
be valuable but since it cannot, a palative to the nerves will
only in the nature of a blow, deadening the nerves for a ti
only to waken with increased intensity.

By this it must not be understood there is no difficulty w.
the nervous system. There is: It is an acute crying need of t
nerves and brain for nerve and brain food; both the nerve
and the brain having been long starved because the stomach
was given neither the time nor the energy to consume the food.
consequently there could be no assimilation of these essentials,
hence starvation of the nerves and brain.

The treatment must be two-fold: First, giving the stomach
only such combinations which will reduce its irritability, stop
the creating of gas, and readily digested. Second, foods which
will feed the starved nerves and brain.

TREATMENT: As already indicated, the cause of the
neurasthenic condition which we have in mind is: First, a con-
tinual use of nerve and brain energy without rest. Second, an
insufficient supply of the right kind of nourishment and refusing
to give the digestive apparatus time to digest what is given
it.

REST: It is essential the victim shall give the digestive

organism more rest. If at all possible it is well to take a complete rest, leaving the town or city for the country where long, slow walks may be taken in the open air, thus exercising all the muscles while at the same time developing the lungs, filling them with fresh air and thereby oxidizing the iron in the blood and thus creating vital energy.

BATHING: A cold bath should be taken every morning, followed by a quick rub with a rough towel. One hot bath, of about three minutes duration, every third day.

INTERNAL BATH: Seldom a case develops until there is pronounced constipation. Because of this, the Internal Bath, once each day for a certain length of time, is a necessity. It is well to use salt or a good tonic in the water to help cleanse the colon from toxins.

Dietary

ON ARISING: It is well to eat some fruit on arising. A fruit of choice should be eaten. Apples, pineapples and grapefruit are the three choicest. Breakfast may follow one-half hour after the fruit is eaten.

Breakfast

FIRST CHOICE: White of eggs well beaten, with fresh milk. Sip slowly.

SECOND CHOICE: White of two eggs well beaten, in cup of barley water.

THIRD CHOICE: Oatmeal water with white of two eggs.

FOURTH CHOICE: Robinson's barley with white of two eggs and honey.

NOTE: If severe constipation exists, a dish of heated bran, served with honey, should be eaten with one of the liquid breakfasts indicated.

BETWEEN MEALS: Between meals either fruit or milk. It is well to change. Between one meal eat fruit, between the

next two take milk. If the stomach will accept buttermilk it is well to take that at times in place of the milk.

Luncheon

FIRST CHOICE: Fish, baked potatoes, whole wheat bread.

SECOND CHOICE: Fish baked with onions, fresh or stewed tomatoes, creamed parsnips or carrots, whole wheat bread.

THIRD CHOICE: Cod fish balls, spinach, green peas, whole wheat bread.

FOURTH CHOICE: Chicken, creamed celery, sweet potatoes, hot corn bread.

FIFTH CHOICE: Baked green beans (shelled beans), spinach, carrots or parsnips baked or creamed, whole grain bread.

NOTE: In certain cases it has been found only meats would be borne by the stomach. In these the diet should be composed of mutton, fowl or game, combined with unpolished rice and plenty of such vegetables as the stomach will digest, the vegetables being essential to offset the toxins. Meats should *not* be part of the menu unless it is impossible to digest other foods indicated.

Dinner

FIRST CHOICE: Rice and salmon soup, cheese (cottage), whole wheat bread, milk.

SECOND CHOICE: Barley and salmon soup, creamed or fresh celery, bread and butter with honey.

THIRD CHOICE: Thick milk (clabber), baked potato, whole wheat bread with butter and honey.

FIFTH CHOICE: Rice baked with milk, whole wheat bread and butter and honey, creamed or fresh celery, milk.

SIXTH CHOICE: Tuna fish on toast, celery, carrots, milk.

BEFORE RETIRING: Baked apple with honey or grapefruit with olive oil.

IMPORTANT: It has been our experience that neurasthenics, with rare exceptions, desire too much food once it can be taken with any degree of satisfaction. It should be an absolute rule to stop eating before fully satisfied or before there is a sense of either fulness or sufficiency.

It is a peculiarity of "nerve" cases to feel they must eat. Real hunger seldom is present, but appetite is continuous and indicates dyspepsia or indigestion.

While some of the combinations given seem rather heavy, they are correct in both proportion and combination, and will bring desired results. If the sufferer overeats, there will be a clogging of the system and assimilation of the food value will not be possible.

Fish, milk, cottage cheese, all of these in some form, should be had at least every second day. In fact, it is well to have good milk and cottage cheese once or twice a day. Rice in some form once a day, barley water and white of eggs every day.

It is *not* essential the meals be taken in rotation given. Because we say "first choice" it does not necessarily follow that is the best of the selection, it merely indicates a system.

The diet must be selected from: Eggs, milk, cheese, butter, cream; rice, oats; celery, spinach, carrots, parsnips, lettuce, fresh beans, peas and corn, and fruits such as oranges, apples, grapefruit and pineapples.

SPECIAL NOTE: If the cause of the neurasthenic condition can be diagnosed as Gastritis, then the treatment for Gastritis should be followed in detail for at least two weeks before the Dietary for neurasthenia is begun.

FOOD DRUNKENNESS

Continued Fermentation of Food in the Stomach

If it were not for the acid gastric juices, all food taken into the stomach would at once begin to ferment and the stomach, instead of being a digestive apparatus, would become an alcohol distillery.

The Hydrochloric acid, the first essential in the digestion, acidates the food and prevents fermentation. If there is an insufficiency of this highly essential agent, a process of fermentation at once commences and this may reach such a degree as to cause a form of intoxication.

The pepsin changes, or converts the acidated protein into peptones, while Rennin coagulates albumen and casein.

Fermentation may be the result of various causes, and is the base of many diseases and ailments.

STARCHES: An abundance of starchy food with an insufficiency of the vegetables, is the main cause of the trouble. Without doubt, during the war, when large amounts of denatured corn meal, polished rice, white barley flour, etc., were substituted for wheat flour, and but few vegetables eaten, fermentation was basically at the foundation of the various ailments attributed to corn meal. These ailments might readily have been avoided had plenty of vegetables been combined with the starches.

SWEETS: Just as an abundance of starchy food will be the means of fermentation, likewise too many sweets with an insufficient amount of vegetables and fruits will set up this condition.

STIMULANTS AND ACID FRUITS: Stimulants and an over-abundance of acid fruits no doubt often cause this trouble, but in such cases it is not in a direct way, but rather through the establishing of a superacid condition which induces an inflammation and interference with the gastric juices, especially hydrochloric acid.

SYMPTOMS: The first symptoms in the average case of fermentation is a rising of undigested food several hours after eating. This is an indication that the food eaten has not been properly acted upon because of the lack of certain digestive juices.

These eruptions may be followed by a distention of the stomach, and the bowels and possibly a burning in the stomach and a "queer" feeling in the head.

Like in subacidity, a gas is generated through the fermentative process and it is this which causes the distention; this gas may pass into the intestines and the colon, causing a bloated, distressed feeling generally.

Usually, an unbalanced or inharmonious combination of food is at the base of fermentation and this could be treated under the general heading of "Sub-acidity" or an insufficiency of hydrochloric acid. However, we have under consideration those cases, and they are legion, usually incorrectly diagnosed as Neurasthenia, temporary insanity, moroseness, suicidal mania, etc., and the cause for which is found in *overeating*. We have designated these cases as *food drunkenness*. Whereby a clearer understanding of such may be had, therefore we will illustrate a typical case under our observation.

A gentleman of forty-five, of temperate habits, neither drinks nor smokes, lives on a non-meat diet; is generally in the open air, having a position as a traveling salesman.

History of the case shows that for many years there has been a recurrence of a melancholy, suicidal mania; during

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which time the victim ignores all the laws of social friendship and business.

Usually he is of jovial nature; light eater, good and successful in his line of work. In fact, it may be that he is a good companion, splendid friend; giving to none and above reproach in business, not for a moment permitting anyone to suffer loss if he can help it, and successful in his approach when doing business.

The first symptoms manifested is a desire for food between the regular meals. This may at first be an appetite for a piece of candy. Once this is gratified, the case develops rapidly.

Generally the sufferer does not eat breakfast, but once he begins to indulge in a little candy, he will want breakfast, more food between meals. At the same time developing constipation, hence congestion of the entire system.

Within a few days he commences to feel dull, gloomy, a sense of impending evil; the condition progresses rapidly. He fails to sleep, ignores his friends, stops his work as a salesman, fails to keep business appointments, and devotes his time to the consumption of food, and with each extra piece of candy, fruit or other food, the condition grows worse.

Within a week after the beginning of the attack, he will be consuming three or four times the normal amount of food, his friends ignored, business totally forgotten; system congested and shows it by its bloated appearance and the mind will be in a chaotic state.

Generally he will leave his usual abode without giving any notice whatever, will go to some distant city, take a room under an assumed name and then plan how to commit suicide. During this time, he will pass through all the symptoms of the genuine Neurasthenic; all its fears, artificial sorrows, all its sufferings and mind wanderings; and during all this time, he will continue to consume food, he will not think of eating while in a normal state.

This eating and suffering of both mind and body will continue until there is a break, or until he returns to friends who understand him. Then follows a course of abstinence from food, a system of careful dieting until health and equilibrium is restored.

THE CAUSE: Primarily the *recurrence of the desire for food and the consequent suffering*, is inherited; the father before him having suffered in like manner.

If, when this desire for food takes possession, the appetite is curbed, it passes and he becomes normal again until possibly another six months passes when there is a recurrence. In this the *food drunkard* is exactly like the regular periodical alcoholic drunkard.

Ordinarily, however, the will-power is not strong enough and the first forbidden food is taken. There is a *deficiency of hydrochloric acid and fermentation sets in, this fermentation produces an alcohol in the stomach which, through the nerve center, termed the solar plexus, has an action on the brain just as has the alcohol in the drink the periodical drinker consumes.*

This first unnecessary food turning alcoholic through fermentation, and effecting the brain, calls for more food producing this result, *just as the first drink taken by the drinker, calls for the second drink*, so with every particle of unnecessary food consumed the abnormality is intensified.

The food drunkard is much worse than the regular drunkard. Why? because the drinker may continue to drink and yet not forget his friends, his manhood, his business and his honor, but the food drunkard forgets all this, moreover, *it always arouses within him some form of mania*, usually that of suicide, though as a rule, none of them actually commit the deed.

This is not an isolated case, there are, in the United States, almost as many food drunkards as there are victims of the drink habit. It is maintained by all men who have given a study to the subject, that the *glutton, as a rule, is a more unprincipled*

man than the regular drunkard. This is because there is established a morbid condition in his laboratory, the stomach, which effects the brain center through *pressure*, thus interfering with the normal action of the nerve functions and preventing correct mental action.

It is conceded by science that many foods we eat are actually turned into alcohol in the stomach, but there is this difference: In fermentation the food is *not* actually digested, and it *remains* in the stomach as an undigested mass, causing not only the formation of alcohol, but a health destroying acid as well. These produce bloating and an interfering with all the normal functions, especially a pressure on the nerve center, through this center on the brain center, and thus a general morbidity. Moreover, the alcohol manufactured is not a natural product, but in combination with the acid created, quickly poisons the entire system.

Starches taken as food are split into alcohol. This carbohydrate radical converts the protein, into proteid or tissue building material and through this, growth of the animal being takes place. Neither the anabolic not catabolic processes can proceed without this carbohydrate radical $C_2 H_6 O$.

When the hydrochloric acid is deficient, *this natural process of splitting the starches and formation of natural alcohol cannot proceed, consequently there is a demand for sugars, candies and all sweets. This demand complied with, a morbid process at once commences and the results follow as outlined.*

The correct way to overcome the condition quickly, would be to immediately give up all food except the less acid fruit juices and vegetable gravies and continue this until normal action is again re-established.

Treatment

ELIMINATION: The first step is to eliminate all congestion. This is best accomplished by means of the Internal bath.

This Internal Bath by the use of from two to three quarts of water and a tablespoonful of salt to the quart, should be taken two or three times a day until all bloating ceases.

From two to three glasses of water should be drunk three or four times a day. If any food is taken, the water should be drunk almost immediately after eating.

FRESH AIR: If there is congestion in the system, the blood will be filled with toxins and poisons, these should be partly eliminated through deep breathing, for this reason it is well to be in the open air as much as possible, taking deep breathing while walking.

BATHING: Bathing is highly important; many of the toxins and poisons being eliminated through the pores of the skin. A warm bath in the evening, followed by a cold bath in the morning, will prove of great benefit.

DIET: As previously stated, this is of great importance. For the first day after the abnormal desire for food sets in, all food should be prohibited, only water taken.

If the victim has been too weak to resist the desire and the process of fermentation made any headway, then food should at once be prohibited and a liquid vegetable diet prescribed.

Following the vegetable liquid diet, the combinations served should be carefully balanced, but sufficiently nourishing to maintain strength.

BREAKFAST: Heated bran with honey. Cereal coffee.

LUNCHEON: Whites of two eggs poached. Dried bread. Creamed spinach.

DINNER: Vegetable soup, bran muffins, celery.

Second Day

BREAKFAST: Bran muffins with butter and honey. Cereal coffee with cream.

LUNCHEON: Creamed carrots or parsnips. Baked potato, lettuce and celery.

DINNER: White of two eggs poached, whole wheat bread. Creamed onion. Milk.

Third Day

BREAKFAST: Corn muffins, butter and honey. Cereal coffee.

LUNCHEON: Baked fish. Baked potato. Creamed turnips. Lettuce.

DINNER: Vegetable soup. Baked squash, whole wheat bread.

Fourth Day

BREAKFAST: Heated bran and honey. Cereal coffee with cream.

LUNCHEON: Baked or fried egg plant. Baked potato. Lettuce or celery.

DINNER: Baked green peas. Creamed beets. Whole grain bread. Milk.

Fifth Day

BREAKFAST: Whole grain muffins, butter and honey. Cereal coffee.

LUNCHEON: Baked fish. Baked potato. Lettuce or spinach.

DINNER: Vegetable soup. Creamed baked rice. Whole wheat bread. Cereal coffee.

Sixth Day

BREAKFAST: Heated bran with honey. Cereal coffee.

LUNCHEON: Creamed green beans, creamed carrots or turnips. Creamed tuna fish. Baked potato.

DINNER: Cream of rice and celery soup. Two poached eggs on toast. Milk.

Seventh Day

BREAKFAST: Buckwheat muffins, butter and honey.
Cereal coffee.

LUNCHEON: Baked fish. Stewed tomatoes. whole wheat bread, or creamed vegetable in place of bread.

DINNER: Barley and celery soup. Cottage cheese with honey. Whole wheat bread. Milk.

EPILEPSY

Nerve and Brain Lesion.

Epilepsy is caused by a disorganization of the nervous system and a consequent change in the brain itself. This may be a resultant of various conditions, such as some disease of the brain, or of those which effect the brain.

Epilepsy should not be considered as a disease, *per se*, but as the result of such. It is not inherited though the deficiency in the nervous system and its organization may be, and be the base for the disease itself.

Generally speaking, there are two classes of epileptics. With the first class the attacks begin at an early age thus proving that the nerve and brain weakness was inherited from the parents or ancestors and the condition became aggravated from childhood up to the time of the beginning of attacks. The second class usually develop between the beginning of adolescence and twenty-one. This last may nearly all be traced to accidents or to an abuse of the creative organism thereby draining the nervous system and brain cells.

Any condition of the system which has a tendency to irritate the digestive organism, nerves and brain may bring on an attack, and to prevent these so bringing about a cure, special study must be given to each case as one seldom finds two where the onset is the same. Usually there are preliminary symptoms and if these are carefully watched the indication for proper treatment will be found in the symptom preceeding the attack.

In some cases there is sudden diarrhoea, thus clearly indicating an irritation of the digestive and assimilative tract. The

cause for this must be sought and this may be found: 1st. In improper food or an incorrect combination of good food. 2nd. Severe digestive disturbances. 3rd, Congested condition of the liver. 4th, An irritation of the nervous system, such as abuse of the generative organism and a consequent reaction on the digestive system. *The cause must be sought* and treated accordingly.

In the majority of cases there is a state of chronic constipation this being an indication of: 1st, A congesting diet. The sufferer constantly devouring foods and combinations of them which are contra-indicated and which set up a state of congestion in the entire system. Fully six-tenths of all cases are caused by over-eating, the consequent congestion of the system, Toxo-absorption, the irritation resulting from these conditions, and it is always impossible to get this class of sufferers to partake of foods indicated in the case and which would bring speedy relief.

The appetite calls for rich foods, sugars and starches, milk and eggs, and an aversion to the foods indicated and which would act as eliminators, builders and equalizers to the nervous and mental systems.

Headaches and dizziness may be the preliminary symptoms in other cases, these, like constipation, clearly indicating a congested system, caused by foods which do not build up the nerve and brain cells, but on the contrary, interfere with the equalization of the forces.

Hallucinations, too, may be the forerunner thus clearly indicating congestions and starvation of both the nerve and brain cells, since hallucinations cannot take place when the nerves and brain are correctly nourished and the system free from congestions.

Twitching of the muscles and creeping sensations of the body may be the warning in another class of patients, this also showing a disturbance of the nerve and brain control of the

forces of the body, hence an insufficient nourishing of the nerves and brain and a congested state, or over-feeding of the muscular system.

Whatever the preliminary symptoms, they indicate the present cause of the attacks and also the method of treatment.

In practically every case that came under our notice or care, we found the sufferer eating *too much* and of the *wrong kind of food*. Moreover, we have always found it extremely difficult to have them partake of the right kind, such as were absolutely essential for the purpose of freeing the system of the congested conditions and at the same time rebuilding the nervous and brain organization.

In nearly all cases there is a constant desire for starches, sugars and fats, to the exclusion of the vegetables and fruits, when the fact was that the vegetables were indicated as eliminators and the fruits to supply the salts and vitamines required in the rebuilding.

Peculiar as it seems, in many cases one finds a brilliancy of mental faculties and power of execution associated with the disease, but as a general rule, a brilliant speech, a stroke of genius, or conquest in any line of endeavor is followed by a severe attack, this because the effort made entirely exhausts the nerve and brain energy, and the attack seems to establish an equilibrium.

We find many of the great historical personages afflicted with the disease. Peter the Great, Mahomet, both Napoleon the First and Napoleon the Third, Charles the Fifth, Newton, Byron, Caesar and others.

Napoleon, for instance, was a clear case of gluttony and brilliancy. Born a physical weakling, lacking in nerve energy, through sheer force of will power he became a wonderful leader, and kept up his animal forces through gluttony, eating almost raw red meats and brains of animals, especially oxen, daily.

This class of food gave him the power of endurance, but

did not build up the nerve and brain cells, moreover, a state of constant congestion of the system existed and as a result, whenever he had extra effort it was followed by a severe attack of the disease.

With Byron it was the same, a hearty eater of congesting food which fed the animal man but starved the nervous and brain organization, every brilliant effort was followed by an epileptic fit.

It is impossible to say how much greater these men might have been had they become free from the disease, but it is certain they could have been just as great as they were and not have suffered as they did had some one taught them dietary laws—the combination of a diet which should have been food to the nerve and brain cells and eliminate the poisons from the system which were the direct cause of the attack.

In those cases where the disease is caused by abuse of the generative system, a speedy cure can be affected if the victim will give up the habit. Even in these cases we find there is present the same abnormal appetite calling constantly for animal foods, those which congest, cause passion and do not feed the generative organism. Seemingly the cause and effect work in a circle. There is a call for those foods which stimulate, congest and cause passion, as these are partaken there results the desire for relief and consequent indulgence, this indulgence resulting in an attack, consequent weakness, and the renewed call for the stimulating, congesting and nerve and brain starving food.

Treatment

FIRST NECESSITY: The first requisite, if relief or cure is expected, is to control the appetite. The patient, because of his mental condition and moral irresponsibility, is seldom able to do this, hence someone in authority must exercise the control and see that only foods indicated are served and that all others are forbidden the sufferer. Unless this can be done a cure is impossible.

EXCITEMENT: Anything, whether it be companionship, books, plays, recreation or work exciting in its nature must be forbidden. A cure is not to be hoped for if the nerves and brain have no opportunity to become normal and free from the irritation always present in such cases.

EXHAUSTING LABOR: It is desirable the sufferer should be constantly employed but it should be at labor which does not require any great amount of mental effort or nerve energy. It is immaterial how tired the physical being may become, as long as draining the nerve and brain energy is avoided.

SLEEPING: The hours of rest should be carefully regulated, the patient retiring at a time when sleep is possible and arising immediately after sleep is no longer possible. It is dangerous, especially for children, to remain in bed after awakening.

ABUSES: All abuses must be corrected and controlled as nearly as possible. While nerve and brain forces are wasted through abuse of the generative organism, a cure is impossible. These are the dangerous cases because of the fact that every single abuse is a drain on the system and it becomes constantly more difficult for the system to recover after each additional abuse.

It is usually in the self-abused cases, that we find those which constantly increase in severity until they reach what is known as the *grand mal* type. Such are seldom cured unless the cause can be entirely removed and the nerve and brain organization established—a difficult task.

AIR: All victims, whether of *petit mal* or *grand mal* should be as much in the open air as possible; this means working and sleeping either in tents or in open air rooms, both summer and winter, and likewise the instruction of the patient in correct breathing, continued consciously until it becomes a habit.

BATHING: This is of extreme importance and should mean two to three hot baths each week before arising and a cool bath *every* morning. Where pronounced congestion and constipa-

tion exist, an Internal Bath nightly before retiring until the congested condition is relieved and constipation cured.

DIGESTIVE TROUBLES: These must be removed. This is at times not an easy matter but with care is possible. If the liver is at fault then such food as stimulate it to action must predominate for the time being, these consisting principally of sour fruits—lemon juice in water, grape fruit, baked sour apples, tomatoes, etc. It may be necessary at times to follow the Mono diet exclusively, that is, just one kind of food at a meal, changing at each meal, and this consisting of the class of food indicated.

STIMULATING FOOD: This must be entirely excluded from the dietary. Tea, coffee, liquors, wine and beer; spices of any kind with exception of red pepper; red meats, oysters, clams, all these are forbidden.

SUGAR AND STARCHES: All refined sugars are prohibited; this includes all cakes, candies, sweet drinks. Most of the starches too, are forbidden, these include white potatoes, white breads, macaroni, noodles, dried beans, etc.

MILK: In practically all other cases where there is a deficiency of nerve energy and a starved condition of the brain cells, milk is of prime importance, but in epilepsy it is nearly always contra-indicated. This is because milk is, generally speaking, congesting and constipating, therefore almost altogether excluded.

However, very often the products of milk, such as cottage cheese, buttermilk, whey, etc., are of great value, care being taken to avoid constipation.

MASSAGE: To establish equilibrium in the nervous system and equalize the circulation of the blood, massage is of great benefit, it may be followed by an alcoholic rub. In some cases an adjustment of the spine is necessary, especially if epilepsy is the result of abuse of the generative system.

Dietary

The dietary for epileptics is not a simple matter because a preponderance of nerve and brain foods are clearly indicated while at the same time, the greatest nerve builders, such as milk, eggs, cheese, etc., are contra-indicated. We must therefore seek these necessary elements from the vegetables, fruits, cereals and green legumes.

ON ARISING: Fruits as indicated. If the system is sub-acid, then acid fruits such as grape fruit, lemon juice in water, baked apples, etc., are to be served. If super-acid, then the less acid fruits are indicated: These are sweet apples baked, oranges, pineapples, cantaloupe, etc. Breakfast may follow one half hour after the fruit has been partaken.

Breakfast

FIRST CHOICE: Bran muffins, butter and honey, cereal coffee.

SECOND CHOICE: Corn muffins, butter and maple syrup.

THIRD CHOICE: Buckwheat cakes and honey, cereal coffee.

FOURTH CHOICE: Wheat bran heated and served with cream, cereal coffee.

FIFTH CHOICE: Corn bread and butter, buttermilk.

SIXTH CHOICE: Whole wheat muffins and honey, chocolate.

Luncheon

FIRST CHOICE: Baked fish, one baked potato, dandelion and celery.

SECOND CHOICE: Tuna fish on toast, lettuce, creamed carrots.

THIRD CHOICE: Baked brown rice and cream, turnips, celery or lettuce.

FOURTH CHOICE: Fruit salad, raisins, few nuts.

FIFTH CHOICE: Baked fish, stewed tomatoes, vegetable salad.

SIXTH CHOICE: Baked bananas served with cream, milk to drink.

SEVENTH CHOICE: Baked egg plant, whole grain bread and butter, celery.

EIGHTH CHOICE: Fried squash, brown bread, lettuce or dandelion.

NINTH CHOICE: Baked fish, creamed corn, lettuce or other greens.

Dinner

FIRST CHOICE: Vegetable soup, whole grain bread and butter, celery.

SECOND CHOICE: Fruit salad, prunes, few nuts of choice.

THIRD CHOICE: Vegetable soup, creamed peas, milk.

FOURTH CHOICE: Brown barley and vegetable soup, whole grain bread, cottage cheese.

FIFTH CHOICE: Fruits, raisins, few nuts.

SIXTH CHOICE: Poultry, baked potato, lettuce or spinach.

SEVENTH CHOICE: Fruits, prunes or other dried berries, few nuts.

EIGHTH CHOICE: Vegetable soup, baked rice with cream, celery or lettuce.

NINTH CHOICE: Salad of apples, bananas, peaches, oranges and raisins and nuts.

TENTH CHOICE: Baked bananas and cream, whole wheat bread and milk.

All of these meals are rich in nerve and brain building elements, eliminating in their nature, entirely non-stimulating and the variety is large enough to satisfy anyone. Many other changes may be made.