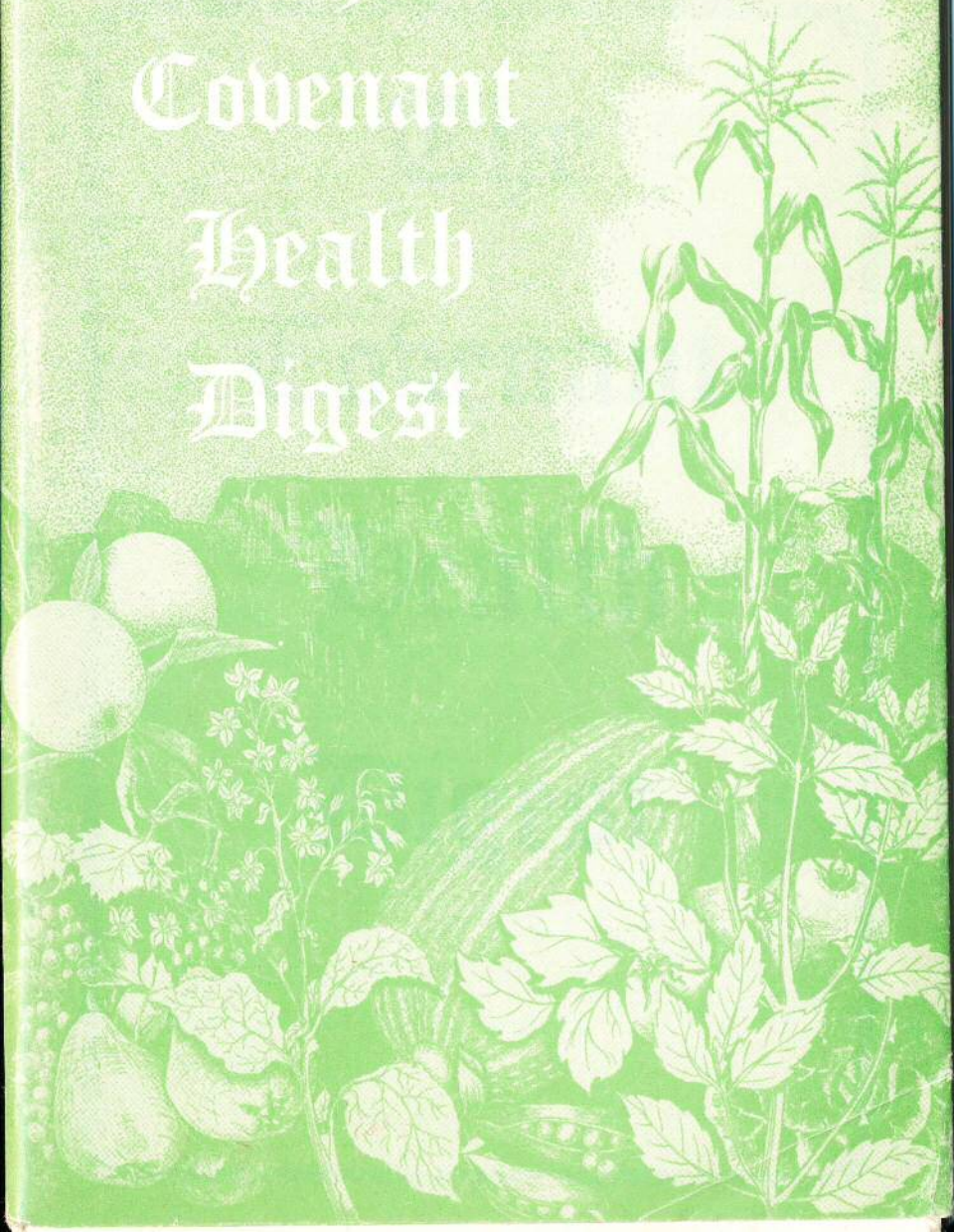


The
Covenant
Health
Digest



The Covenant Health Digest



Federation of the Covenant People

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FOOTPRINTS OF GOD

By L.L. Dunnington

In the light of scientific knowledge, it is more difficult not to believe than to believe in God.



The footprints of God in this wonderful universe are as clear as daylight when properly interpreted. When Robinson Crusoe gazed at a footprint in the sand, he rightly considered that a man must have planted his foot there. As he looked around, he couldn't see this man, but he was not surprised later on to confront "Friday" in the flesh.

The great astronomer Kirchner had a friend who was having his doubts about the existence of God. When that friend called one day and noticed a globe of the world, which Kirchner had made and placed in his study, he asked the astronomer who made it. "Why", said Kirchner, "it made itself". As the friend laughed heartily at this joke, the astronomer said, "You laugh at that as absurd, and rightly so. But it would be a thousand times easier to believe that this little globe made itself than the large one on which we live made itself".

Let your mind travel out in a vast sweep of our illimitable starry universe. The nearest star, Proxima Centauri, is 25 billion miles away. Light from the star, travelling 186 000 miles per second, reaches the earth in 33 hours. Light from Betelgeux, whose diameter is 273 million miles, reaches the earth in about 100 years. Then reflect that our largest telescope catches light from stars so far away that it has been travelling one billion years at that terrific speed! Yet all of these millions of stars are obeying star law so exactly that astronomers can tell where any given star will be at 4 p.m. 100 years from today.

Now bring the mind back and consider the atom, which is a small solar system in itself. Around its central nucleus of positive electricity, called a proton, the electrons revolve as the planets revolve around the sun. Electrons move in an orbit of less than one millionth of an inch in diameter, but they make the circuit several thousand million times every second!

These atoms are as porous as the solar system. If we eliminated all the unfilled space in a man's body, and collected his protons and electrons into one mass, the man would be reduced to a speck just visible with a magnifying glass. So says Arthur S. Eddington, world renowned physicist, in his book *The Nature of the Physical Universe*.

Obedient Atoms

Atoms, which are the building blocks of the starry universe, as well as of the material world in which we live and have our being, obey cosmic law, and thereby constitute the foundation

of a *dependable universe*. Were this not true, we should have chaos instead of a universe.

When we have said, however, that everything in the universe must obey cosmic law, we have not explained the ultimate cause of any phenomenon. We have merely said: Given certain conditions, you will always get certain results, because of cosmic law. It is not the province of science to ask *why*. All the scientist is supposed to do is to ask: *What are the facts?* It is the province of philosophy and religion to ask "why?". And when we ask why, we conclude that a *law implies a law giver or maker*.

When we drive our cars down a city street and come to a sign that reads "stop", we rightly conclude that that sign was put there for all men to obey. It is the law, and back of that law are *law-makers*, with the purpose of saving lives and property. If we obey the law, everything works beautifully. If we violate the law, we are in trouble, and must pay the penalty.

At this point someone will say, "All very interesting, but I still do not see very much purpose back of the laws governing the atom". So let us look again.

Still a Secret

Here is a blade of grass. A chemist can break it up into its constituent parts and find carbon, nitrogen, hydrogen, oxygen, iron, chlorine, phosphorus, sodium, potassium and silicon. But the greatest chemist in the world cannot take those chemicals and make a blade of grass. But Someone can do it by using the sun and a process called *photosynthesis*. The Greek word "photos" means light, and "synthesis" means to put together. A mysterious something they call chlorophyll uses the sun's rays to transmute all of these lifeless chemical elements into *living matter*. How do the molecules of chlorophyll perform this miracle? Nobody knows. It is a secret that the greatest scientists in the world are unable to penetrate. All they know is that Something or Someone does know how to transmute lifeless matter into living matter.



But come further. When this process has produced a dandelion, and this beautiful little flower has lived out its little day, and the life principle is safely hid in the seed, certain molecules arrange themselves in such a way as to make an ingenious little parachute. New ground must be found, so the new plant can repeat the miracle of photosynthesis the next spring. At a given moment, when the wind is just right, the little seed soars aloft and is easily carried to its new home. Why some molecules arrange themselves in the seed and others make themselves into a parachute is a mystery, but the whole process is an "intelligent" one.

Key to Heredity

Scientists tell us that ultramicroscopic genes and their companions, the chromosomes, inhabit every living cell, and are the absolute keys to all human, animal and vegetable characteristics. We are stunned when they tell us that a thimble would hold all the genes of all the earth! How a few million atoms, locked up as an ultramicroscopic gene, contain the determinants of all of the two billions of human beings on earth! How a few million atoms, locked up as an ultramicroscopic gene, can rule all life on earth is an example of profound intelligence and cunning that could emanate only from

an infinitely Creative Intelligence.

It is at this point that the atheist finds himself on untenable ground. If there is no purpose or guiding Intelligence back of the phenomena we have been discussing, what is the answer? The atheist says it all "happens"; it is a "fortuitous concourse of atoms going it blind". That does not make sense.

Unique Man

The footprints of God or Creative Intelligence seem to most of us to be fairly plain everywhere in the universe. When we come to man, however, we come upon phenomena that are found nowhere else. We say he is a living soul. He can think and feel and will, and he has an innate sense of oughtness that we call a conscience. Man alone can think and make reasoned judgments. A scientist may gaze forever at the visible brain of a man, and speculate endlessly about the specialised molecules and atoms that compose that brain, but he cannot tell us how a man uses those atoms in the processes of thought. Nor can he explain why some men will deliberately decide to give up their lives rather than lie or murder or steal; nor why still others will gladly sacrifice their lives in order to save some other life.

You cannot derive living from non-living matter, nor the intelligent from the non-intelligent, nor the moral from the non-moral. So our minds insist on asking whence came life, intelligence and morality? To most of us the atheist exhibits amazing credulity by assuming that these things just happened; that they come from nowhere and are going nowhere. We find it more logical to believe that they are to be found in the Being of a Creator; that the living, intelligent, moral men derived these qualities from Someone they call God.



By Thomas H. Nelson, L.L.B

Health and the Mosaic Law



What we call sanitation, God, in a sense, calls physical sanctification; and what we call right living, He calls righteous living.

What we see to be desirable, or good, He calls virtuous. Only those things whose physical effects or ultimate outworkings were baneful, were forbidden by Him as morally bad. Moral authority rests just here, in that the thing condemned as immoral will eventually produce baneful physical results.

To those who would enjoy His greatest mercies of health and happiness, God in the Law specifically describes the various birds, fishes and animals whose flesh may be safely eaten, and forbids the use of the others. He, for instance, especially prohibited the eating of swine's flesh and licenses as eatable the bodies of only such animals as divided the hoof and chewed the cud. Why was this distinction made? It has a reason in the deepseated nature of things, but it is primarily physiological, dietetic, and hygienic rather than a moral question.

The animals that chewed the cud and divided the hoof, such as the ox, sheep, goat, deer, buffalo, etc., because of the sacculated condition of the alimentary canal and the secondary cud receptacle, have practically three stomachs as refining agencies and cleansing laboratories for the purifying of their food thus weeding out from their systems most of the poisonous and deleterious matter.



It thus takes clean, vegetable food over twenty-four hours to be turned into flesh, which flesh even the pre-Mosaic law said was clean. This was not mere ceremonial cleansing, but it was hygienically and physiologically and dietarily clean and wholesome. There is practically but one disease in the human system, and that is blood poison from wrong living. This takes on a thousand symptoms, and the doctors give these many foreign names.

The dietary habits of all such vegetarian animals were also clean, in comparison with that of the omnivorous swine. On examining the swine's anatomy, we find that, as a supplement to his bad appetite, he has but one poorly constructed stomach arrangement, and very limited excretory organs, generally. Consequently, in about three hours after he has eaten his polluted swill, putrid carrion, or other offensive matter, man may eat the same in second-hand style off the ribs of the pig.

This flesh the Law condemns as unclean; not merely ceremonially unclean, but hygienically and physiologically as well. In the nature of things, it is gross, diseased, and deadly; manufactured out of the basest, most diseased and polluted material,

and in the crudest and speediest way. The diet of the pig is so deadly that it generally kills the animal itself in about eight or ten years. This is possibly caused, in part at least, by the powerful disinfectant and germicidal element that nature kindly thrusts into the system of all carnivorous and some omnivorous creatures.

The swine is a scavenger, the turkey buzzard of the animal kingdom, the hyena or jackal of civilisation; and notwithstanding the preaching of some to the contrary, God has never cleansed, sanctified, or transformed him. Even his hams have to be cured.

Those who kept this divine and pre-Mosaic law were to be pleased with health and happiness, and those who broke it were to be cursed with disease and death; but the bliss or blight is automatic and imparted, in measure, as men act. The flesh of the swine is, by many authorities on the subject, said to be the prime cause of much of our ill health, causing blood diseases, weakness of the stomach, and liver troubles; also consumption, cancer, tumours, eczema, etc.

These deadly diseases were unknown among the non-pork-eating Hebrews when they observed the Law. There is said to be no word for cancer in the original Hebrew language, nor is the word in the New Testament, because God's Israel people were not swine-eaters. Our cold Western winters largely form our slim defense against blood poison and death from our base bill of fare.

If you examine carefully you will find a small abrasion behind the front foot of the pig. Rub it off clean and press the leg, just above the abrasion, and you may squeeze a teaspoonful of dirty matter from it. This is original pork gravy. It is an outlet to a sewer-pipe that may be traced all through the animal's body. It helps to drain off the teeming filth with which the system is filled. If this external opening becomes clogged, the animal will run about and grunt and rub his leg on anything handy and manifest pain. He seems to know that he will soon sicken of so-called cholera and blood-poison, and die of his own internal filth, unless he keeps his sewer open.

On a close analysis of this filthy scrofulous serum, or the culture of its bacilli under varied conditions, it is seen to contain the elements of many dangerous diseases and combination: yet how toothsome is pickled pig's feet to ignorance, unbelief, and disobedience. It is this internal and intrinsic vile-ness that causes a large percentage of our hogs to be filled with trichina and results in such havoc to human health.

We might be excused for diverting our attention from the scientific side of this discussion long enough to insert a few remarks on this Heaven-forbidden delicacy. This creature that has been condemned both logically and theologically, takes precedence with ignorance, over all the creatures of creation, as an article of diet. He, of all creatures, is literally devoured.

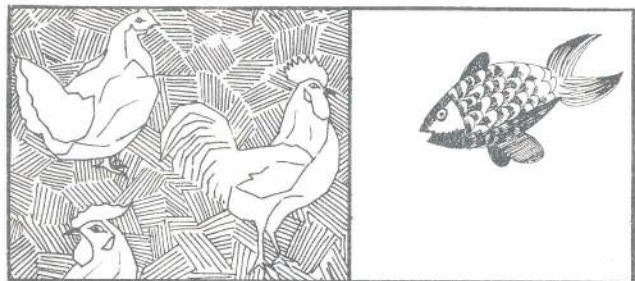
His body is eaten, his head is turned into head cheese, and even his ears and tail inserted. His blood is turned into blood pudding; his stomach is turned into tripe; his feet are pickled; his intestines are used for sausage covers; his heart, liver, and kidneys are cooked; and his very bristles are sought for wax ends, etc. There is not even a grunt left unused, for the transgressors against God's and nature's laws take up this undesirable remnant, and grunt with disease and squeal in pain caused by their folly. Surely a man is what he eats! Is the Law against this dirty, deadly diet obsolete? Ask the dyspeptic, the cancerous victim, or the consumptive.

As articles of diet, Moses condemns by name and description all purely carnivorous birds and animals, and modern science discovers a poisonous substance in their flesh — a secondary result of flesh-eating. His description is practically the distinction between the turkey and the turkey buzzard.

To see that diet has much to do with disposition as well as disease, one has but to compare the vegetarian animals, such as the ox, sheep, deer, goat, buffalo, horse, etc. Hygienic and dietary science today in every land acknowledge a basic soundness in these Mosaic and pre-Mosaic prohibitions.

The fowls and fishes, sanctioned by the Mosaic bill of fare, are designated on this same principle of eternal fitness in the

nature of things. The creatures rejected are insectivorous or carnivorous, or have a dearth of digestive or assimilative purity. Those that are accepted have a distinctive gizzard and scale-arrangement that constitutes a peculiar grinding, refining and cleansing laboratory, which, with their purer dietary, largely assure physiological exemption from disease in their flesh.



This is especially true of the pheasant family, including the chicken and turkey. Their dirty diet would make their bodies deadly were it not for the peculiar gizzard-like arrangement. The scale-less fishes and all shell fish, including the oyster, clam, lobster, etc., modern science discovers to be but lumps of vitalised and disease-producing filth, because of inadequate excretion.

Cereal Foods

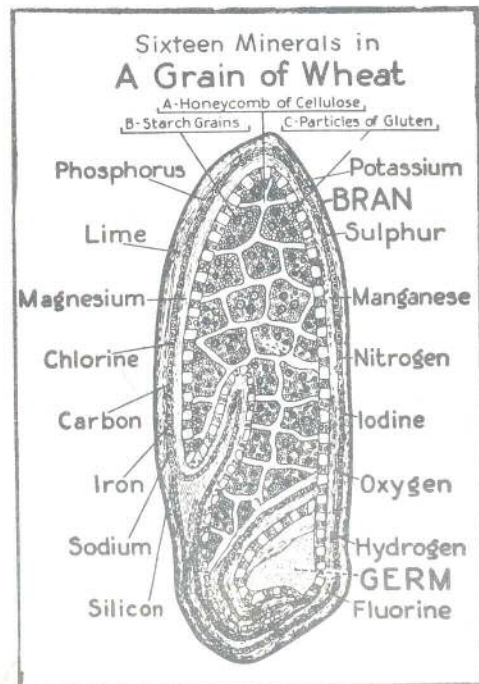
Now, some may not recognise the clear outline that exists between the cereals and the mere vegetables. All cereals, fruits, and nuts, as resultant off-spring from the original vegetable body, are doubly removed from the filth and poison that is known to be in the fertility of the chemical drift, and often also in the irrigating water; while the mere vegetable has no such opportunity of chemically purifying itself.

In the case of vegetables, called here the green herb of the field, as cabbage, turnips, beets, carrots, lettuce, spinach, etc., the whole body is eaten. Not so with fruits, nuts and cereals, for here the chemistry of life, in a sort of second growth out from the original body (which is itself discarded as not edible), produces the pure nutritious fruit. The varied, mystic and vital

forces latent in the seed, select from the crude and unrefined chemic substances the elements to compose the particular body of the tree, bush, vine, cornstalk, straw, etc.

Then, partially, from the refined substance of their own bodies, through the medium of this vital self-action, complex machine, they are enabled to much more perfectly purify and refine the chemical elements which enter into their fruits and grains, as the seed and source of future life.

Chemical analysis proves this, and while granting common identity between the substances of the vine or the tree and its fruits, between the stalk and the bean, yet it discovers much greater purity, refinement and condensed nutrition in the latter than in the former. In fact, herein is found the natural reason for many of the mere vegetables, such as beets, turnips, parsnips, etc., requiring two years in which to produce seed.



The first season is spent in refining and storing pulp, and in constructing the more crude, physical machine of the stalk or body, from which and through which to produce in the next season the more delicate, nutritious and condensed life kernels.

Animals may browse the berry trees, but not so with man. Animals may eat the straw of the oats, barley, wheat, corn, beans, peas, etc., but man may not. Animals were divinely intended to eat the course, pulpy body of the green herb, while man was largely to have a purer, a more nutritious, intensive and healthful diet.

Now to show the particular value of this distinction, the true botanists, the chemist, and hygienist, all declare that there is generally an average of between five and twenty-five per cent of nutrition in mere vegetables, and between sixty and ninety per cent of nutrition in the cereals and nuts. The fruits are generally acknowledged as nutritious, germicidal appetisers, palatable laxatives, and system cleansers in general.

To more perfectly prove this point, we have but to remember that when we want to either fatten or strengthen an animal, we give it grains, while vegetation in the best sense supplies neither. A horse, a cow, sheep, or even a chicken, deprived of grain, shows poor results. Thus, also many a man, woman and child is under-nourished, if not half starved on a purely vegetable diet. A return to the diet of pure cereals, nuts and fruits would produce to humanity the best results in health, intelligence, and longevity.

This bill of fare, which is now being recognised and advocated by all advanced hygienists, and but lately inaugurated in the best of our sanitariums, was clearly set forth by Moses, the law-giver, four thousand years ago, as God's distinction given nearly two thousand years before that. If Moses were not inspired of God, we ask, how did he come to be four millenniums ahead of the scientists with their modern bill of fare?

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A SUMMARY OF PROHIBITED FOODS

FOOD	WHY PROHIBITED	REFERENCE
Blood	Transmits disease	Lev. 3:17
Fat	Indigestible	Lev. 3:17 Lev. 7:23
Kidney and Liver	Internal organ containing blood	Lev. 3:4
Pig (in any form)	Unclean and highly parasitic. Meat highly indigestible	Lev. 11:7
Hare and Rabbit	Subject to loathsome diseases and unusually full of blood	Lev. 11:5-6
Duck, Goose, Swan; Sea-birds and all web-footed birds	All scavenger and dity eaters, classified as unclean. Prohibition includes the eggs of all such	Lev. 11:13-20 Deut. 14:12-18
Eels, and all shell-fish	Scavengers of the sea and dirty eaters; unclean	Lev. 11:10-12
Fruit of first three years	Immature	Lev. 19:23-25

WHAT SHALL WE EAT?

CLEAN FOOD



VEGETABLES & HERBS



RIPE FRUITS



NUTS



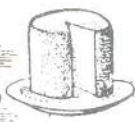
HONEY



MILK



BUTTER



EGGS

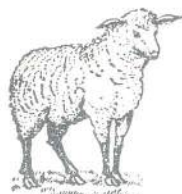
CHEESE



GRAIN



BEEF



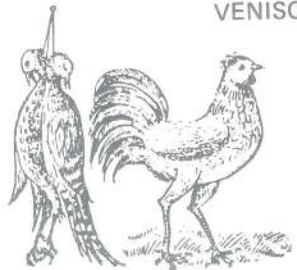
MUTTON



VENISON



FISHES WITH FINS & SCALES
GOAT

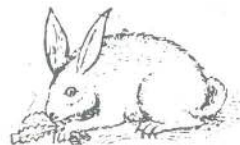


GAME, CHICKEN & TURKEY

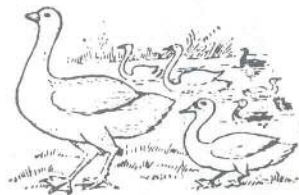
UNCLEAN FOOD



PORK, BACON & HAM



RABBITS, HARES & RODENTS



WEB-FOOTED BIRDS & THEIR EGGS



BIRDS OF PREY

ALL SHELL FISH



AND FISH WITHOUT BOTH SCALES & FINS



EELS; SNAILS AND ALL CREEPING THINGS THAT CRAWL, FLY OR SWIM

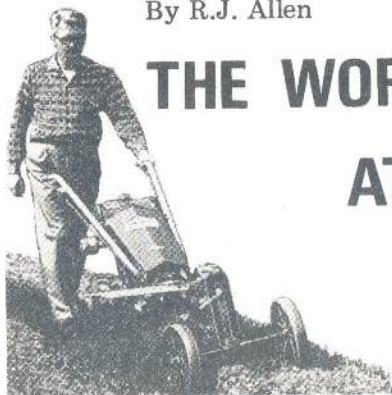


ABSCESSSES

A poultice made from blackberry leaves or crushed Fenu-greek seeds. Fry carrots or potato as well. A slice of lemon on an abscess will bring the pus to the surface for easy removal.

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By R.J. Allen



THE WORLD

AT

YOUR FEET



One of the things that impressed me most when I began my study of the Scriptures was the outstanding completeness of the Holy Bible. How few of us have the foggiest notion of the real meaning of the Scriptures, or the slightest conception of God's Plan for His people? It came as a shock to me to learn that the Bible is not primarily a religious book dealing with spiritual matters — yet this fact has been largely overlooked by the people. Nine-tenths deal with citizenship; the home; marriage; diet; sanitation; taxes; immigration; treatment of the soil; and other such practical matters of interest in every phase of our existence.

Here, I thought, is a *workable Christianity*. I proceeded to study, and to try to understand the phase of practical Christianity nearest and dearest to my heart. I decided to put into practice God's laws for agriculture on my own seven acres, and soon found myself vitally interested in this *world at my feet* — these few inches of topsoil on the earth's surface that mean the difference between life and death to our civilisation.

I suppose that the biggest surprise to most people is the discovery that normal soil is almost all mineral matter! There are plenty of fertile soils which contain no more than 4 per cent organic matter. Ten per cent is a high figure. Since so much of the soil is mineral, it is natural that the question should arise as to whether mineral constituents should not be our chief concern.

The answer is emphatically NO! Small though the proportion of organic matter is, its importance is supreme. Soil without organic matter becomes a desert. So you can see that one of our main problems is to discover if God has told us any natural ways and means of keeping our soil up to a high level of fertility.

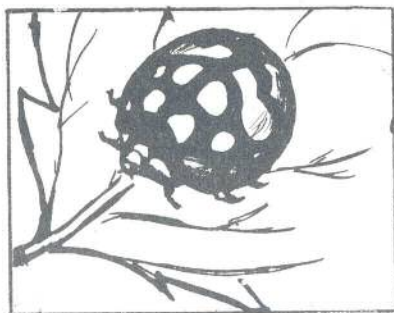
I discovered two avenues of study! First — Laws actually written for us in God's Book — Second a study of nature's own methods, with a view to co-operating with natural laws instead of working against them.

Suppose we go into your garden and take up between our fingers a little of your soil — what do we have? Is it just a small quantity of inert matter — dirt — as so many people carelessly call it? By no means! It swarms with life. The soil is a world of ceaseless activity — in a way that fills us with wonder, it bears many resemblances to the world we see and know. There are in it (according to human standards) good and evil, peace and war.

Some organisms are perpetually fighting, some groups live at peace with others, some even form alliances with others for their mutual benefit. Some of the organisms are animals, some are vegetables. In size they range from relative monsters like earthworms and beetles to organisms that are so small that they are invisible, even under an ordinary microscope. This then is the World At Our Feet. A world of creatures tremendously busy, helping man, or harming him, but affecting his life so constantly that the last thing we can afford to do is to ignore them. Of course it would be impossible to study more than a few of the functions of these organisms and find out how they strike a balance in the world of nature. But believe me when I tell you — there is order in our little world, not chaos.

One of the helpers God has provided to preserve nature's balance is the Ladybug. Probably, as a child, you were fascinated by these colourful insects. It is intriguing to investigate their astonishing usefulness. The whole family have ravenous appetites, and their only dish is harmful plant lice. But where

Ladybug



chemical spraying has been done within a period of sixty days the Ladybugs will not exercise their protective powers.

Then, too, we have the lowly earthworm, which has literally determined the rise and fall of countless civilisations. Every civilisation, the Byzantine; the Phoenician; or the Roman; in which the soil was mistreated and robbed of its organic matter, by careless or greedy cultivation, soon lost its vigour and collapsed. *Why?* Because the destruction of organic matter meant the destruction of the earthworm. The soil lost the enormous fertility contributed by their castings. It lost its water absorbing qualities, and erosion soon carried it away to the rivers and seas. With its soil gone, the civilisation died.

Is this then the reason that God incorporated into Israel's laws rules of agriculture whereby this condition could be avoided? We believe so. We believe that if we follow God's laws, nature will evolve a better method of checking plant disease than any chemist could ever hope to devise.

God knew man's greedy nature, and so He gave specific laws for the treatment of the land, and, if His citizens obeyed these laws, they would have health. Leviticus 25:1-5 tells in part, God's plan for treatment of the land. "And the Lord spake unto Moses on Mount Sinai saying, Speak unto the children of Israel and say unto them: When ye come into the land which I give unto you, then shall the land keep a sabbath unto the Lord. Six years shalt thou sow thy field, and six years shalt thou prune thy vineyard and gather in the fruit thereof. But in the seventh year shall be a sabbath of rest unto the land. That

which groweth of its own accord, thou shalt not reap; neither gather the grapes of thy vine undressed, for it is a year of rest unto the land."

You will notice in the above Scripture that God specifically told Israel to work the land only six years and then let it have a complete rest for a year. This year is called the Sabbath of the land. Had we obeyed this law, as a nation, our land would still have been fertile, for growing healthy food which would give us radiant, glorious health.

Due to man's greedy nature, he has not only cultivated the soil seven years out of seven, flagrantly violating God's law, but in many instances has grown two or even three crops a year on the same soil, and until recently did not return anything to it.

As a result, we have sand storms, erosion, and soil so deficient that it does not do our bodies one bit of good to eat the food grown on it.

Recently, man still defying God's laws, thought he had found the perfect solution in putting chemical fertilisers on the soil. Most such fertilisers are unnatural, harmful to the soil, poisonous to the plants, and very unhealthy to the body which consumes them.

Due to such fertilisers, and the poisonous sprays put upon fruits and vegetables, in an effort to keep insects from destroying them, we are now living in a *poisoned world*. However, if the land were 100 per cent healthy these insects would not bother the plants.

If the land had been properly taken care of, human beings eating such healthy food would be able to ward off all diseases and germs. We would indeed be a healthy people.

For the past few years popular magazines such as *Life*, *Time* and *Reader's Digest* have been telling us that the world faces starvation and that in spite of (we say because of) chemical fertilisers and all the advantages of Modern Science production

has fallen off.

In Leviticus 26:20-21 we read: "And your strength shall be spent in vain: for your land shall not yield her increase, neither shall the trees of the land yield their fruits. And if ye walk contrary to me, and will not hearken unto me: I will bring seven times more plagues upon you according to your sins".

And again in Joel 1:4, "That which the paleworm hath left, hath the locust eaten; and that which the locust hath left, hath the cankerworm eaten; and that which the cankerworm hath left, hath the caterpillar eaten".



These references prove to my mind that these laws are still in effect. We are facing exactly the same situation that God said we would. The Scriptures are full of examples of the use of organic fertilisers. Jeremiah 8 suggests the use of bonemeal. In Isaiah 25, we get the first glimpse of a compost pile. Other passages suggest the use of ashes, manure, and blood. The blood of the sacrifice, poured out before the altar, flowed away through an underground channel to a sump outside the city wall. Here it was sold to farmers for manuring the soil on payment of a trespass offering.

The parable in Luke 13:6-9 is a New Testament reference to the digging in of compost to restore trees. So, you see that God has given us rules for a perfect balance. Our job is to search the Scriptures to find them. Of course this is no easy armchair conception of religion — something you dabble at on Sunday. It must become a consuming all-time passion with those of us who have been given this tremendous vision of God's Kingdom establishing on earth. And this is not a job for farmers alone. Everyone must help in this regeneration of the health of our land and the health of our people.

1. We must put God's land laws into practice individually.
2. We must keep the food laws given in the Bible.
3. We must demand that our national leaders give consideration to these aspects of our life before we all starve to death by the wholesale destitution of our soil, or before we are poisoned by the newest scientific discoveries foisted upon us.

Who can afford to be indifferent to this important subject? It concerns us all — man, woman and child. We cannot help thinking all who become conscious of this problem and awake to their responsibility will become co-workers in this great task. We must put God's instructions to work on a national scale. In this way, all glorious conditions, healthy people, productive land, and peace, will result.

TURNIP GREENS

Turnip Tops are frequently used as a cooked vegetable, and they form quite a pleasant change from cabbage, etc. These green tops are a good source of vitamins A, B and C. The blood cleansing properties are quite marked, and this vegetable is good for stomach and duodenal ulceration, acidity and also for improving the sight. The general well being of all would be promoted if turnip greens were eaten more frequently.

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Green Medicine



Writing in her very excellent book *Green Medicine*, Mrs. C.F. Loyal has this to say:

“Green plants appeared on the earth very early in its history — long before the animal kingdom, and before man. Their existence was necessary to build up the oxygen on which both man and animals depend — for plants take up carbon dioxide and give out oxygen, whereas man and the animal kingdom do the exact opposite.

“Chlorophyll, which is the pigment that gives plants and trees their green colour, is able through the medium of the sun’s rays to turn them into a factory for manufacturing their own food. It becomes a storehouse for the energy of the sun. Chlorophyll, therefore, is a distinguishing difference between plants and animals, for it is only found in plant life.

“Through the agency of the sun, acting on the chlorophyll, the carbon dioxide and water in the air are turned into sugar, and from sugar into starch in order to store more economically and with less space the plant’s food and energy for the days when the sun is not shining. This process is very intricate, and not yet properly understood, but from this mysterious substance all life that exists on the world’s surface draws its sustenance.

“If a green leaf is examined under the microscope it will be seen that the chlorophyll is contained in minute granules called chloroplasts and similar granules occur on all the green parts of plants and trees.

“The word green has no ancient derivation — it is connected with growth and comes from the German word *grünen*, to grow.

“... Without the chlorophyll that is in plants and trees, man’s health deteriorates — the blood itself becomes impoverished, because this green pigment attracts iron which is necessary for the production of the red blood cells and their haemoglobin content; the veins become distended and prominent, the tissues lose their elasticity; the cells themselves do not receive the right nourishment and are not cleared of their waste material. Furthermore, the pigment in various parts of the body, such as the epidermal cells, and the roots of the hair, is not stimulated and decreases — in fact the whole body suffers.



"... Nowadays greens are part of all balanced diets, but what is not so well known is that both men and beasts require more than grass. There must be herbs growing in the grass to provide the mineral salts, the nitrogen and other things that are necessary for absolute health. Wild flowers and weeds all play their part, and if these are absent from the pasture-land, cows and sheep and horses become unhealthy and miserable.

"Sir Albert Howard was acutely aware of all this, and had, therefore, a natural understanding about herbal medicine which he believed to be the right treatment for man and animals.

"One of the most important features in herbal medicine is that the herbs, as used by herbalists, are living. They contain the enzymes which are the living part of the cells, and the hormones which influence the blood. Nothing is isolated from the plant. Though the vitamins are there too and play their part, there are also the extremely valuable mineral salts, and in the green plants, of course, there is chlorophyll, which has the property of forming blood, especially in combination with vitamin C, and also the property of assisting growth in combination with vitamin A. It is nearly always accompanied by iron and potash.

"Though orthodox medicine claims to use herbs, they are rarely prescribed in their natural state, and then usually in combination with drugs as, for instance, valerian and bromide. The new drug for osteo-arthritis, Compound E or cortisone, which lately has been given such widespread publicity, is a hormone derived from a poisonous African plant called *Strophanthus Kombé*, which is used by the natives as an arrow poison — if used medicinally it should, in my opinion, be given as a tincture of the whole plant, because the therapeutic derivatives are the poisonous parts of the plant, and contain none of the foods which are found in the natural state. They are also prescribed in a dose that would never be found in a single plant. All herbs are cumulative, so poisonous plants, except in rare cases, are better avoided — otherwise they eventually do more harm than good.

"The preference for poisonous plants goes back to the time when chemists were given the sole privilege of dealing in poisons. To show their superiority over the herbalists, they neglected the sale of non-poisonous herbs which were available to herbalists, and concentrated more and more on the poisonous ones, till finally the word 'Simples' became a term of contempt.

"What in my opinion is still more dangerous than the drugs derived from poisonous herbs, are the synthetic reproductions, or compounds of these drugs. So much advertising is done in connection with any newly discovered medicine, that the demand becomes greater than the supply, and sooner or later it is copied synthetically or its composition is altered. This has happened in the case of penicillin and a gullible public still thinks that it is always getting 'the mould on the jam' that it was told so much about. Chloromycetin is, I believe, a synthetic form of penicillin.

"I have seen disastrous results in one woman who was given injections of testosterone — a hormone extracted from *sarsaparilla* — now synthetically produced.

"It is a constant source of amazement to me that in the experimental work that is done today with vegetable medicines it is the poisonous herbs that are generally selected, and no attempt is made to investigate their powers when used as they were created.

"There is more than one reference in the Scriptures to the purpose of herbs, and the words that follow are from Ecclesiasticus:

"The Lord hath created medicines out of the earth and a wise man will not abhor them.' "





Growing Herbs

Aggie Panthus

If you've never grown herbs, by all means set aside a section of your garden, or borders along a path, or a little area not too far from your kitchen door for this happy kind of gardening that rewards all your senses!

You'll love the scent of spicy herbs as you walk and work in your garden. You and your family will rave about the delicious extra flavouring your home-grown, fresh-picked herbs add to foods. And your eyes will be delighted by the sight of perky, softly colourful herb plants about your home.

Each herb is, in itself, a little flavour 'miracle' of nature. Just follow these simple tips on how to start growing herbs at their best. You can go on from there to become more and more "herb-happy" each season.

Most herbs are very easy to grow, and as you pick, they multiply rapidly. The more flavourful leaves you pick, the more flavour the plants seem to want to give you. Soon you'll find you have plenty of extra plants which you can give to friends and neighbours as you thin or confine the growth.

You don't have to go wild and grow every herb you've ever heard of. No matter how many you grow (or how many I list here), some grumpy gourmet is going to say, "What, you had the nerve to leave out the wonderful Whatchamacallit?" So, start with a few of your favourite flavours, and expand later, if you like.

You can start herbs from seeds, or grow your own seedlings indoors before the outdoor season begins. Many gardeners, especially at the beginning, prefer to use young plants available from nearby nurseries. You can usually get a fine variety of species which are quite inexpensive.

Most herbs don't require too rich or too specialised a soil. They will ordinarily thrive most anywhere in your garden where they get full sun. Set the plants into moist soil, well fertilized, preferably with a somewhat sandy consistency. Since the area isn't large, it's easy to mix a little sand in if you have a clayey soil. Just be sure that the earth is loose and drains normally. Water plentifully. A good water-soluble plant food is a great growth booster, giving your herb plants extra vitality and vigour, with resultant superior flavour.

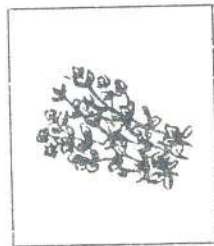
With young plants, shade them a bit for the first week until they become well established — if planted during hot sun season. With seeds — perfectly satisfactory in most species, except that they just take a little longer — follow package directions, and keep watering plentifully.

Most herbs will grow in most climates, with just the ordinary attention required by most of your other plants. Here are just a few.

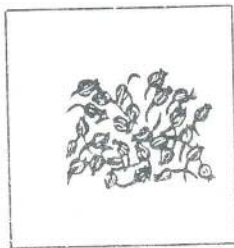
Sweet marjoram grows about twelve inches tall. It has pale lavender blossoms and little rounded leaves. Many good cooks use the fresh-picked leaves (and later, dried) in chicken soups and stuffings, in peas, potatoes, and even tender young string beans.



Tangy sweet basil



Sweet marjoram



Appetising anise

Sweet basil grows beautifully as a light green plant a couple of feet high. After flower buds form, keep picking the foliage and using it fresh with tomatoes particularly, also with meats and in soups. Excellent dried, too, the fresh leaves have an especially tempting tang.

Appetising anise grows dainty and delicate, about a foot and a half high, gracing the garden and providing unique flavouring.

Summer Savoury produces little pointed leaves and lovely purple blooms, branching low in the garden. Sprinkled over many of the tasty vegetables of the cabbage family, for example, it adds an entrancing touch of tingling flavour.

Lacy dill sprouts a couple of feet high, its delicate foliage and flowers waving in the slightest breeze. Used sparingly in salads, soups and on meats, it provides special delectable flavour — at its very best fresh picked from your herb garden.



Summer savoury



Lacy dill



Flavoury chives

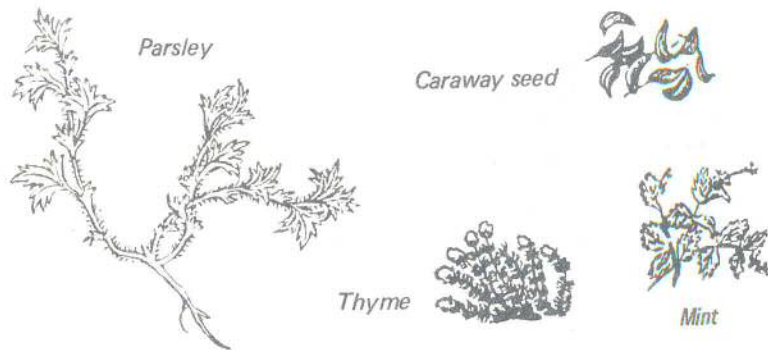
Robust borage reveals heavenly blue little flowers to delight the sight, and is a flavour favourite with many who consider it indispensable for salads, pickling, and even as a titillating touch in fresh fruit drinks.

Chives . . . parsley . . . caraway . . . thyme . . . sage . . . spearmint and *peppermint* (which thrive lustily in semi-shaded locations particularly) . . . *rosemary . . . lemon-verbena . . . rose geranium . . .* and many, many more are yours to enjoy, just for the planting and only a little pampering and continuous picking.

And if you have a cat, by all means grow a little *catnip*: the

plants are decorative, and he'll pronounce this phase of gardening *purrfect!*

With many of the varieties like parsley which are so flavourful in the fresh green leaf, if you want to protect them from frost, just transplant them into pots or windowboxes, and many varieties will thrive well in a cool room where they get plenty of window sunshine. Follow the rules given for most indoor plants. Use a rich porous soil, water regularly, feed with liquid plant food, provide plenty of sun and air, but protect against draughts. *Mint, basil, rosemary, chives, parsley* — they are just a few of the luscious herbs that will grow happily indoors.



While herbs are at their peak of flavour when picked fresh from the garden, they're also excellent when dried, seasoning your foods deliciously through all the seasons. And you'll find that you usually have an abundance for drying, as well as using fresh, because the plants and foliage multiply so enthusiastically.

The processing is quite simple. Pick the leaves on a hot dry day just before the plants bloom. Leave the leaves out in full sun until they wilt. Then take them indoors and spread them in a dry fairly cool place until they're thoroughly dried.

Just crumble a leaf in your fingers as a test. Put the leaves away in paper boxes, well identified, in a place where no moisture can get to them, lest the precious leaves mould.



Sage



Rosemary

With seeded herbs such as caraway and anise, gather the seed just when the pods seem at the bursting point. Then dry them thoroughly, which only takes a few days, and pack them in small, airtight jars.

Some talented gardeners make their own potpourri combinations of herbs, then place them in small labelled jars and use them as gifts for friends.

A "miracle" taste touch for salads, vegetables, sauces and many other foods is a flavouring with fresh chives, kept alive right on your kitchen window sill. Plant them in clay pots and it's up to you to keep them at their greenest, freshest and tastiest!

Here's how. Keep the soil fairly moist with a little water every day or two, but never drenched. Avoid much sunlight, as chives love light but not an excess of sun. Watch out for browned tips, pinching them off right at the tips. When you use the chives at the table or in cooking, which will be surprisingly often, cut off the leaves right near the base of the plant.

—Illustrated Life Rhodesia



Over the last few years there has been an enormous new interest in garlic, after many years of it being the social outcast among vegetables and yet its history goes back into antiquity as having magical powers.

It is said it was first taken to Britain by the Romans during their occupation. Garlic was used extensively by doctors until about a hundred years ago when its popularity waned, no doubt because of its pungent smell and the event of more modern drugs.

In 1665, whilst the Great Plague swept the land and people were dying in their thousands from this dreadful disease, occupants of one house in Chester survived, because in their cellar was stored a large supply of this little herb. The house was subsequently named 'God's Provident House'. This Tudor house still stands today and is open to the public.

GARLIC



Wonder Herb

In Europe during their horrible plagues, it was well-known that those who ate garlic regularly survived and it was also used to disinfect burial grounds, which kept the disease from spreading.

This little bulb has also been prominent in folklore and was hung over doors for protection and even today, in India, it is worn to guard against witches, vampires and the evil eye.

The ancient Greeks placed the bulbs on the piles of stones at crossroads, thus providing a meal for Hecate, the underworld goddess of charms and enchantment and it was said that Odysseus was given garlic to counteract the potions of Circe.

In France, during the 16th century, doctors carried the cloves to guard against disease and advised their patients to do likewise. These same people ate garlic and butter during Spring and swore that this improved their health throughout the year. A soup of garlic and onions is still considered, in some families, as an effective cure for a hangover.

Throughout medical history, mention is made of garlic in the ancient writings of great empires.

Aristotle (384 B.C.) famous Greek philosopher, said of it — "It is a cure for hydrophobia and a tonic, is hot, laxative, but bad for the eyes".

Aristophanes (444 B.C.) wrote of famous Greek athletes performing at the Olympic Games, that they owed their strength, stamina and wonderful physiques to this aromatic herb, while the Phoenicians and Vikings always took a goodly stock on their long, hazardous sea voyages.

This is what Mohammed the prophet said on the subject: "In cases of stings and bites by poisonous animals, garlic acts as a theriac. Applied to the spot, when bitten by a viper or a scorpion, it produces successful results".

A very old Mohammedan legend is that when Satan walked from the Garden of Eden, garlic appeared from the ground where his left foot rested and an onion sprouted at the other foot.

Garlic has an impressive history in the Middle East and features prominently in the *Materia Medica* of the ancient Egyptians and Hebrews.

History records the first strike ever known as occurring during the building of the Great Pyramid Cheops. Thousands of

Egyptian slaves downed tools because their supply of garlic had been withheld. They believed that this herb was vital to their strength and endurance.

In the years before the Second World War there lived in the Nile Delta approximately 3 000 000 peasants existing on less than 10c a day and yet, in spite of this, Egypt ranked high in sporting events and produced some of the strongest men. Once again this was accredited to garlic. In modern times up to 1965, only six men had swum the English Channel both ways, and two of them were Egyptian.

During the 1914/18 war, garlic, with its amazing antiseptic properties, was used to good effect for treating wounds. Cut garlic was placed around the wounds and within days they were clean. It played a vital role, too, in checking the spread of typhus and dysentery. It has been said that many more lives would have been lost without garlic.

Bulgarians, known for their longevity and robustness, chew this herb daily and many of them still do a full day's work at the age of 100, a positive proof that this strong-tasting, strong-smelling little bulb helps to build a healthy body.

More and more people in the Western world are turning to natural remedies as they become disillusioned with modern medicine and though they have not found garlic to be a cure-all, they have certainly found it a cure-a-lot. Modern drugs do not differentiate between the good and bad bacteria in our digestive tracks and side effects can be distressing, but garlic does.

It is unfortunate that garlic's strong smell precludes it from being used extensively in its natural state in our society today. Cooks use it sparingly to improve the taste of meat and cheese dishes and a clove rubbed around a salad bowl is about the extent of its use, but in 1920, a Mr. J.S. Hofels, discovered a way to encapsulate the oil without losing any of its healing properties. These perles leave no odour on the breath and only dissolve once they have reached the lower digestive system, consequently, far greater amounts of garlic can now be taken,

without any social disapproval.

Its long list of remedies for a wide range of ailments is impressive. Garlic is used for skin complaints, leprosy, plagues, epidemics and worms. It is stimulating, antispasmodic, expectorant and diuretic; good for nerves, flatulence, ulcers, symptoms of ageing; an aid to digestion, clears the blood of fevers and rheumatism and is an effective anticoagulant.

Experiments conducted in Germany, France, America and Japan, show that garlic is useful in the treatment of asthma, the common cold, coughs, whooping cough and high blood pressure, because it dilates the blood vessels; causes loose teeth to root again and as has been mentioned earlier on, has no side effects; promotes health and a feeling of well-being and is an effective antibiotic. The experiments also proved that many kinds of bacteria were killed in minutes when introduced into freshly chopped up garlic.

Its mineral content is no less impressive. It has a goodly amount of potassium and phosphorus and, to a lesser degree, protein, vitamins B and C and calcium.

Experiments have also proved that if the odour, caused by its main ingredient, a volatile oil, was to be destroyed, most, if not all the healing properties of this little herb would be lost.

John Wesley wrote in his famous Journal: "I read prayers in Clutton Church, but it was with great difficulty, because of my hoarseness, which so increased that in four and twenty hours I could scarce speak at all. At night I used my never-failing remedy, bruised garlic applied to the soles of the feet. This cured my hoarseness in six hours and in an hour cured my lumbago which I had had ever since I came from Cornwall".

Sir John Harington, writing in *The Englishman's Doctor* (1609), had this to say about garlic:

"Garlic then have power to save from death
Bear with it though it maketh unsavory breath
and scorn not garlic like some that think,
it only maketh men to wink and drink and stink."

YOUR GOOD HEALTH!

The secret of good health lies mainly in eating intelligently and liking the foods that are good for you and the latter becomes easier as you learn the value of food.

PROTEINS: Repair the body and keep it firm and functioning correctly.

CARBOHYDRATES: Keep the body full of energy.

VITAMINS: The body's best friend.

- A - For bright eyes and clear skin.
- B - Good for heart and nerves.
- C - Keeps the body young.
- D - For strong teeth and healthy bones.

MINERALS:

Maintain the balance.

- Calcium — Hardens teeth and bones.
- Iron — Regulates the blood stream.
- Iodine — Maintains the ability for work and play.

REMEMBER!

Plenty of proteins — milk, yoghurt, fresh cheese, lean meat, fish and eggs.

Plenty of fresh fruit and vegetables.

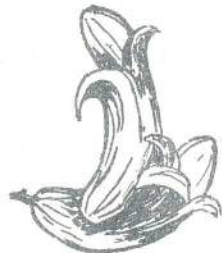
Plenty of whole grain cereals.

Plenty of honey — the best source of energy.

Apples — With carrots: for jaundice, gastric catarrh, arthritis, and neuritis.

Banana — Contains vitamin A, several varieties of vitamin B, phosphorus, potassium and other minerals.

Beetroot — In particular the tops with carrot: rich in iron and other minerals. For anaemia, constipation, arthritis, bad blood, obesity and pimples. Add tarragon and thyme, chopped or sprinkled, on raw or cooked beet or in sauce.



Borage — For jaundice, rheumatism, kidneys and feverish conditions.

Burnet — Astringent medicine, for gout and rheumatism.

Carrot — Richest source of vitamins B, C, D, E and G. Promotes appetite, aids digestion, natural solvent for blood disorders. May be used with celery, spinach and parsley as a salad and is rich in potassium and contains entire organic mineral salts. Mint, marjoram, thyme, chopped in lemon juice are excellent added to carrot salad.

Celery — With carrot, endive, parsley: contains iron, sodium and calcium. For asthma, skin diseases, biliousness, poor blood and gall stones. Add bay and chives to celery sauce.



Borage



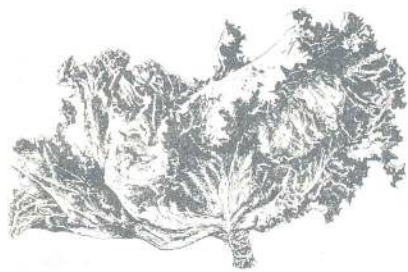
Celery

Chevril — An antibiotic — strengthens the stomach. Good for kidneys and excellent in mayonnaise on cold asparagus.

Chives — Kidneys and low blood pressure, stimulates appetite. With parsley in sauce on corn.

Coconut — Try this with grated carrot and beet. Is a body builder, cleans kidneys, gall bladder, contains alkaline elements. Also contains sodium, magnesium, calcium and iron.

- Comfrey — For disease of the bladder, kidney, ulcers, broken bones and lung complaints.
- Cucumber — Combine with carrot and beet for gall bladder, liver, kidneys and glands. Add bay, coriander and dill for salad.
- Dill — Tummy trouble, digestive complaints; promotes sleep. Rich in minerals. Juice from plant used externally for piles.
- Endive — With carrot, celery, parsley as a salad. Contains iron, sodium, calcium. Good for asthma, gall stones, gall bladder irritation, disease of the urinary tract; a body builder.
- Garlic — Rheumatism, worms, for fevers and skin; anti-septic.
- Lettuce — With carrot for bad appetite, nerves, colds, arthritis, kidneys.
- Lovage — Diuretic and general cleansing action; good for flatulence and for nursing mothers.
- Mints — For nausea and flatulence; aid to headaches and digestion.



Lettuce



Mint



Garlic

Nasturtium — Antibiotic qualities and vitamins for colds and sore throats.

Orange — High iron content, vitamins. Vital food for digestive tract. Good combined with carrot and spinach.



Oranges



Parsley



Sage

Parsley — With celery, carrot and endive. Has iron, sodium and calcium. For inflammation of the middle ear, poor blood, asthma, biliousness, gall stones, rheumatism, liver disorders, and bladder disorders that cause urine retention.

Rosemary — Nervine, heart, headaches, rheumatism, for the stomach.

Sage — For nerves, colds, fevers, sore throats. Mouth-wash or gargle.

Thyme — Digestive complaints, colic, liver inflammation, colds, catarrh and sore throats.

Turnips — Turnip leaves with carrot, celery. Contain calcium for anaemia, acidosis, impure blood, tumours, and high blood pressure. Also for poor appetites, bladder disorders and liver. Turnips are best when grated or shredded.

Watercress — For anaemia, eczema and poor appetite.





Comfrey

RUSSIAN COMFREY

By C.R. Moore

Very little appears to be known by the medical profession nowadays of the wonderful healing properties of this plant which grows well in Rhodesia and South Africa. Yet Russian Comfrey could become a cheaply produced and valuable addition to the medical pharmacopeia as both the leaves and roots can be used to cure a wide range of diseases and injuries in human beings.

ANALYSIS OF RUSSIAN COMFREY shows that it contains: the minerals iron, calcium, phosphorus and manganese. No less than 8 vitamins of which 5 are in the B group: vitamins A, C and E. Vitamin B group: nicotinic acid, pantothenic acid, thiamin — B1, Riboflavin — B2 and vitamin B12.

Vitamin B12 is important as an anti-cancer agent, and is used by medical doctors in injections for cancer. Comfrey is the only plant known to contain vitamin B12.

Comfrey also contains Allantoin, which is a cell-proliferant and therefore acts as a healing agent in the cures of ulcers and sores, in healing broken bones, and in the treatment of cancer. It plays an important part in promoting growth in the human foetus, and is present in mother's milk.

In addition to the elements and vitamins listed above, Comfrey contains a high proportion of Tryptophan, which is one of the amino-acids missing in a bean-maize diet, such as

that consumed by most Negroes in Africa, and by two-thirds of the population of Mexico. Other constituents are sodium and potassium, the latter being important to arthritics. An amino-acid which is always short in cereals and vegetables is Lysine, a constituent of gelatine, is contained in Comfrey.

Comfrey can be taken as a liquid in the form of Comfrey Tea prepared from the leaves. The leaves can be eaten fresh in salads or cut and sprinkled on food in the same manner as parsley. Comfrey ointment can be purchased from health stores, as can the tea and tablets.

TO PROPAGATE COMFREY cut a whole plant down to about 2 inches from the ground, divide it into 4 or more sections, which are then planted at least 3 feet apart, in the Spring. The Comfrey bed should be in a sunny place, where this long-lived perennial can stay undisturbed. The first year the plants need about 6 months to grow and get established, after which the leaves can be reaped. Comfrey needs nitrogen fertiliser, for which poultry droppings are best, otherwise resort can be had to gypsum fertiliser.

To reap the leaves, they can be cut or simply pulled, and the long stalks can then be cut off near the leaf. Wash the leaves, shake off the surplus water, the wet on their leaves and the juice is usually enough to cook them tender in 10 minutes, with the lid on over a low gas or electric hot plate setting. If there seems too little water, add a tablespoon or two.

Another way of cooking Comfrey spinach-fashion is as follows:-

1. Collect a basketful of Comfrey leaves.
2. Get a saucepan ready and put in the bottom a knob of butter.
3. Wash and cut about a quarter of the leaves into manageable sizes.
4. Light low gas under saucepan and drop in prepared leaves.

5. Wash and cut remaining leaves straight into the saucepan, where the first leaves will have shrunk and exuded enough juice to make the use of more water unnecessary.
6. Add salt to taste.
7. Cook gently for 8 to 10 minutes.
8. Serve as for cabbage.

Comfrey 'au gratin' is made with a layer of cooked rice on the bottom of a pyrex dish, add a layer of cooked Comfrey with some grated cheese and a dab of butter, then more Comfrey and a final layer of rice, leaving room for some milk. Bake in a fairly hot oven for half an hour.



For **COMFREY TEA**, first wash the leaves and string them on a length of strong string, 3 or 4 feet long, and hang this in the shade or in the sun. In dull weather the leaves can also be dried in a slow oven with the door slightly open. When thoroughly dry, remove the midribs, then rub the leaves between your hands into small pieces about a quarter-inch square, or slightly larger. Now take the midribs and pound them in a pestle and mortar into small pieces, or grind them in a coffee mill set very coarse, and add these pieces of midrib to the rest of the leaves. This is important as the midrib contains more Allantoin than the rest of the leaf. Store in airtight bottles

until needed, although this is not the ideal way to store it. The better way is to cover the jar with mutton-cloth, which will allow the natural salt in Comfrey to work its way out and form a natural protective cover over it.

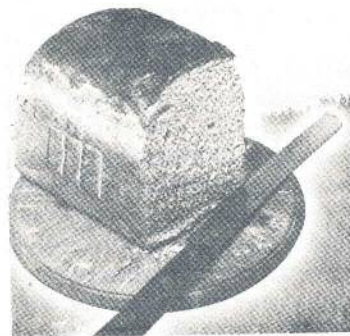
The simplest way to prepare Comfrey Tea is to pour boiling water on to 2 teaspoons of dried Comfrey leaf in a heated teapot, and allow this to draw for 5 to 10 minutes under a tea cosy; then add one teaspoon of ordinary black tea to the pot and allow this to draw for another 5 minutes. This makes 2 or 3 cupfuls of tea. Add sugar and milk to taste. For those who like bush tea, a teaspoon of this can be added to the 2 teaspoons of Comfrey leaf at the start. By drinking Comfrey Tea in this way three or four times daily you are ingesting sufficient curative properties of Comfrey to ensure that you remain healthy. It keeps the doctor away far more effectively than the proverbial apple a day. Prevention is better than cure. In treating disease a stronger mixture of Comfrey is needed, as recommended in the cases mentioned further on.

By utilising the wholesome properties of Comfrey in their natural form the body is assisted in absorbing them by other ingredients present in Comfrey. For instance, it has been suggested that there are some polypeptides present among the proteins in Comfrey that assist our bodies in taking up vitamin B12 (A polypeptide is a substance in which several molecules of an amino-acid are condensed).

A number of recipes have been worked out to use Comfrey flour as a means of adding vitamin B12 to Vegan diets and for those people needing to take Allantoin during winter when the Comfrey plant is dormant in a temperate climate, or in towns where there is no space to grow it. Because Comfrey wilts so fast it cannot be exposed for sale in shops like other vegetables. It is essentially a 'grow-it-yourself' greenstuff.

To give one recipe as an example: Mix Comfrey flour, soya flour and wholemeal flour in equal quantities with sunflower seed oil and fry, stirring for about 10 minutes in moderate

heat. This can be kept in a jar for about a week as a nourishing and first class protein as a base for gravies, soups and stews. For those who do not like Comfrey, tomato puree is the best flavouring to offset the Comfrey.



For Comfrey Bread:

Take 400 grams wholewheat flour; 20 grams Comfrey flour; 10 grams skim milk powder; real brown sugar, salt and yeast. Mix the wheat and Comfrey flour and milk powder well together. The Comfrey flour makes the bread rise easily and gives a dark loaf that keeps moist and is very tasty.

Powdered dried leaf can be sprinkled on or in any food such as porridge, mashed potatoes, scrambled eggs, or added to soup right at the end.

Patients and Western Vegans who need to take Comfrey in quantity can prepare what is widely known as "Green Drink". Take 6 or 8 large Comfrey leaves, cut them in three and put them in a Kenwood or other electric mixer with a teacupful of water. This makes a not unpleasant dark green cold drink and 3 glasses of it a day will be of great benefit. As it does not keep, it should be prepared as required. This drink promotes

rapid healing after operations, being rich in both vitamin C and Allantoin. The latter also appears effective in relieving throat irritations and huskiness. In Comfrey: vitamin B1 promotes good appetite and digestion and the function of the thyroid and adrenaline glands. Vitamins B2 and E promote calcium metabolism and vitamin E the metabolism of Magnesium, which is good for the nerves. Vitamin C is especially required in old age and helps to prevent cold feet.

Medicinal Usage:

Comfrey was at one time held in high esteem by the medical profession. In country districts it is still valued by agricultural and other workers for its curative properties. Plots of it are grown as food for cattle because of its reputation for producing milk, rich both in quality and quantity. The medical profession now resorts to the new class of synthetic medicines, because they are easier to administer and satisfy the public demand for 'miracle drugs'. Yet in Japan, Comfrey is known as 'miracle grass' and at the Kitazato Research Institute of the Kitazato University, research is now going on into its medical usage. In Japan it is used as a health food and is available on the market as powder made from the dried leaf and stem. It is used as a 'green drink', in soba (buckwheat noodles), bread and green tea.

Gastric Disorders:

Comfrey is especially good for gastric disorders, including gastric ulcers and duodenal ulcers. A doctor in Lancashire states: "I was called to a girl with gastric ulcers, with severe vomiting, and treated the case in the usual orthodox manner. In three weeks the patient was able to return to work in the mill. When I congratulated the mother on her daughter's speedy recovery, she said to me: "Do you mind if I tell you what cured her, Doctor?" On my replying in the negative, she said: "Well, my girl never had a drop of your medicine. All she has taken is pints of strong Comfrey tea." Since then I have found it an excellent sedative for the gastric mucous membrane.

Corns:

There is now Comfrey ointment on the market which appears equally effective for curing corns. Have the corns cut then put on Comfrey ointment and with a medicine dropper place two drops of lemon juice on the corn. Cover this with non-absorbent cottonwool, held in place with the foot plus about six inches of the leg of an old nylon stocking. This can be worn under your usual sock. This should be taken off at night and renewed every morning. A patient states that it cured her corns, apparently permanently. It seems that the cell-proliferant effect of the Allantoin stops the skin from growing a new corn, and makes it turn out ordinary skin. However, do not go back to wearing tight shoes.

A patient had painful feet with enlarged big toe joints and thick callouses always painful but worse in hot weather. At the end of the day the aching, throbbing and burning was sometimes unbearable. She took a couple of large Comfrey leaves, put them in a bowl and scalded them. This made them pulpy and got rid of the prickles. She put the green mass (like half-cooked spinach) on pieces of old, soft white cotton material and folded over, making poultices which she placed under her feet, and kept these in place with two large old socks. She felt immediate relief and after half an hour, real comfort. After a week her joints still felt fine. She was surprised to find that the comfortable feeling was not only at the callouses, but the joints stopped aching.

Powdered leaf can also be added to vaseline, lanoline or Johnson's baby cream and applied to corns or callouses. To powder the leaf rub it with your hands or put it through a coffee grinder. Powdered root made into a paste by adding hot water sparingly, can also be applied to corns or callouses. Simply rub in well, and when dry, put on your socks.

Bronchial Asthma:

Boil six large leaves in two pints of water, letting it stand for 4 hours after it comes to the boil, then strain the liquid into a

2 lb. jam jar, and fit on a tight cover. It will keep for days and tastes quite pleasant. Take half a teacup in the morning, one cup at midday and one at night. In two days it works wonders.

Ulcers:

The patient, a woman aged 48, had a large ulcer on the back of her foot, and another on the lower third of her leg. The bases were in places sloughy and even gangrenous looking, and there was a purulent discharge. The ulcer measured 5 inches by 4 inches and had been in existence for 5 years. Allantoin dressings were commenced and in a week the surface had cleaned and presented healthy granulations. In 23 days this huge ulcer was reduced to a pinhead and the patient was discharged a fortnight later, fully cured. Comfrey is just as effective with chronic varicose ulcers. It should be noted that it is principally the Allantoin in Comfrey which is the healing agent, but that it is more effective when combined with the other beneficial constituents of Comfrey.

Bone Fractures:

In the case of fractures speedy granulation of the bone is achieved (hence the term 'Knitbone') with an equally speedy healing and lessening of pain when Comfrey tea is taken internally and also applied as compresses to the site. Comfrey has well earned the name of Knitbone because of its efficacy in healing fractures.

Mastoid:

A mastoid case, just becoming ripe, with the bone becoming porous and the pus accumulating — almost ready for surgery — was healed completely within a week by warm compresses soaked in Comfrey tea, applied 3 to 4 times daily for 3 days until all blood and coloured discharge from the ear had turned to only a watery discharge, after which cold compresses were applied for a further 4 days. By then all discharge had ceased, there was no pain or tenderness and the mastoid (diagnosed and vouched for by a leading ear, nose and throat specialist

who was making the hospital arrangements to perform a mastoidectomy during the following week) was completely healed. There has been no further pain or relapse since.

Skin Diseases:

Skin cancers and rodent ulcers respond very well to Comfrey tea taken internally and also applied to the site as lotion or ointment. The writer, who is in his sixties, had several rodent ulcers on his scalp, which were cured by X-ray treatment, but they recurred in other places. He then took Comfrey tea internally and applied Comfrey ointment to the ulcers, adding a single drop of lemon juice with a medicine dropper to the site. This cured them and by continuing to drink Comfrey tea there has been no recurrence, which could not be said for the X-ray treatment. If it is found that Comfrey does not cure a skin condition then it should be supplemented by vitamin B complex from brewer's yeast and this will cure it. One easily available is Yeastmin, which is dried and debittered and about 15 times as effective as yeast tablets. Otherwise D.C.L. tablets can be used.

Cancer of Throat and Chest:

This was a case of cancer arising apparently from the malfunction of the thyroid gland. A woman in her fifties had a large nodular growth of throat and chest removed by surgery. The surgeon and medical advisers said that as the centre of the growth was suspect a clean bill of health could not be given. A few months after the operation, pain and discomfort was felt, while there was unnaturally heavy loss of hair and some distortion of the breasts. She then began taking massive doses of Comfrey by the following methods:

- (1) Cooked in a manner of spinach, making sure to include the stems and midribs and first chopping the leaves as they are tough compared with spinach.
- (2) Raw leaves put through the mincer with boiling water poured over and left to cool, then strained and bottled and

stored in the fridge as Comfrey goes sour quickly especially in warm weather. This was taken throughout the day instead of other liquids. Hair fall was checked, the pain and discomfort subsided and the distortion of the nipples disappeared. The patient continued to use Comfrey as a cooked vegetable like spinach, as a tea prepared from the leaves, and Comfrey root ground to a powder and sprinkled on food. It is now 4 years since the operation and there has been no relapse. This patient is of the opinion that if she discontinued the use of Comfrey the cancer might recur, so that in that sense she would not claim to be permanently cured. She would say rather, that where one had had cancer, it is clear that one is more susceptible to it than most, therefore it is wise to continue the use of Comfrey as a preventive.

Cancer of Ovary:

A woman suffered severe pain low down on her right side and the area was very tender to touch. Her doctor advised an exploratory operation, but the patient, having read of the medical use of Comfrey, treated herself with Comfrey tea and powdered root. The swelling, pain and tenderness gradually subsided and eventually disappeared altogether. Two years later she had an operation to correct a prolapse of the womb. Whilst operating the surgeon found a dead growth on the right ovary that appeared to have been smothered by some substance completely encasing it. When the patient told her doctor of her having taken Comfrey, the doctor was so impressed that she started treating her patients with it and still does so.

Mouth Ulcers:

The writer has suffered from mouth ulcers for most of his life, and in his sixties to a severe extent, having as many as five ulcers at a time. His doctor tried everything in the book, with little effect, but since the writer has drunk Comfrey tea regularly, he finds himself virtually free of mouth ulcers. This is due to its sedative effect on the mucous membranes of the stomach and the mouth.

These are all specific cases, but Comfrey is also known to be effective as a diuretic, for anaemia, and to bring down blood pressure; to ease inflammation of the joints and disorders of the thyroid glands. Comfrey ointment has quick effect on stings and bruises, burns, scalds and cuts — the ordinary domestic accidents that happen in the healthiest families.

For most of the foregoing information I am indebted to publications issued by the Henry Doubleday Research Association.

PSORIASIS

Psoriasis may be relieved if the diet is completely altered. This means that for a long time all foods made from cereals of any kind must be avoided — all cakes, bread, biscuits, anything made from flour plus — all meat, fish, cheese, eggs and milk.

It is a drastic diet and means possibly being for a year on fresh RAW fruit and vegetables. Periodic short fastings will help and plenty of fresh air, sunshine, sea-bathing and exercise. This serious condition can be cured, but it is not easy and takes a lot of will-power.

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SCARLET PIMPERNEL

(*Anagallis Arvensis*) Gaelic: Falcair. A small slender plant spreading along the ground for about a foot. The fruit is a capsule, which splits round the middle when it is ripe, looking like a little cap. It is sometimes called "the poor man's weather glass", because the flowers close in bad weather.

It was used as a purgative and to remove obstructions of the liver, kidneys, etc.

The distilled water or juice of the plant was formerly valued for cleansing the skin.

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When we speak of uric acid we automatically think of rheumatic ailments, painful joints and the like and it would be just as well to form another association, namely, *Parsley tea and hot baths!* These will go a long way towards eliminating this crippling substance from the blood and the tissues. If you add herbal infusions to the bath, all the better. In Spring, when you take stock of your herbs and begin to think of gathering fresh ones, you might as well use the old left-overs for these baths. Failing herbs of some kind, you can even boil

URIC ACID

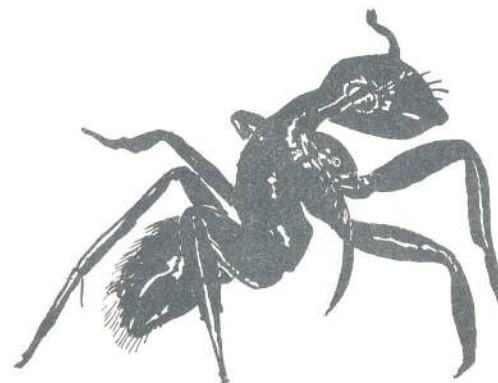


the lawn-mowings and add the "infusion" thus obtained to the bath-water which should have a temperature approximating bloodheat. Remain in it for 10-30 minutes and let only your nose emerge. Get someone to turn on the hot tap for you, so that the temperature can rise to 100F. or higher if you can bear it. While submerged, have yourself brushed with a really stiff brush. If you take that sort of bath once a week you will almost certainly get rid of your aching limbs, especially if you help them on with pulped *cabbage leaf poultices* and the drinking of raw vegetable juices.

The Cure of Rheumatic and Arthritic Ailments Without Medicine

We must begin our cure first thing in the morning before breakfast, by drinking half a glass of *raw potato juice*, diluted, if you like, with warm water. All meals should, where possible, consist of natural, organically grown foods.

An hour before the midday meal eat 2/3 juniper berries, chewing them well; after the same meal swallow 2-4 mustard seeds whole and during the day drink only water in which potatoes have been boiled. Painful or arthritically deformed parts should be covered with poultices consisting alternately of pulped cabbage leaves, of clay and of sour milk curd.



Anyone suffering from sciatic or rheumatic pains has, do not forget, the old but excellent *formic acid therapy* to fall back on. All that is necessary is, to bury the painful limb in an antheap about once every two weeks. After the ants have done their work, brush them off and tender your thanks for the free formic acid injection which is probably more effective than the one received in hospitals. Anyone who will conscientiously follow these recommendations will not only alleviate his trouble but cure it — even if the doctors have pronounced him incurable.

From: *The Nature Doctor* by Dr. h.c. A. Vogel

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FURTHER REMEDIES FOR ARTHRITIS

Take a good pinch of willow leaves, green or dry, and simmer gently in 2 pints water. The mixture should be taken as tea; adding a little lemon juice if you wish.

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Take 3 oz. olive oil; 1 oz. glycerine; 3 oz. powdered senna; 2 oz. charcoal; 1 oz. slippery elm; 3 lb. dried figs; 1 and a half lb. seedless raisins.

Do not wash fruit. Wipe clean with a soft cloth. Mince fruit, adding small quantities of senna at a time, with slippery elm and charcoal. Mix well with fingers also adding oil. Fill screw-top jars three quarters full to allow for expansion. Keep airtight.

Take a walnut-size dose every night. This quantity should keep for 6 months.

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Take one tablespoon of cod liver oil and 2 tablespoons fresh milk. Shake in a screw-top jar and take not less than 3 hours before or after a meal. No liquids are allowed during meals.

This is a very popular remedy.

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Most arthritics have difficulty assimilating carbohydrates — that is starches and sugars. This suggests a deficiency of vitamin B which is the vitamin necessary to accompany these substances on their way through the digestive tract. There also

may be lack of appetite, another symptom of vitamin B deficiency. There may be neuritis or oedema (swelling), both of which may indicate need for vitamin B. Digestive disorders point to deficiency of niacin, one of the B vitamins; anaemia and nervousness both indicate need for niacin. The B vitamins will also relieve the frequent constipation of arthritics. In osteo-arthritis a de-mineralization of the bones takes place which is similar to that occurring in rickets, a disease due entirely to vitamin D deficiency. So it is considered good clinical practice generally, to give ample vitamin D to all arthritis patients. The elimination of sugar, along with white flour and alcohol, both of which have a similar effect, is the most important step in the cure of arthritis. Abandon completely the use of refined and processed foods. Try Bonemeal for the relief of pain. Take Calcium and Kelp tablets rich in many minerals.

Herbs:

Mix equal parts of: black cohosh, gentian root, angelica, columbo, scullcap, valerian, rue and buckthorn bark. Use a heaped teaspoon to a cup of boiling water, steep. Drink 3 or more cups per day.

Excellent poultice for swollen joints:

2 tablespoons mullein, 3 tablespoons granulated slippery elm bark, 1 tablespoon lobelia, a small teaspoon cayenne. Mix thoroughly, then with enough boiling water to make a stiff paste. Spread on clean cloth and cover swollen joint. Drink asparagus juice. Take pinch epsom salts in warm water when thirsty or at least three times a day. Drink milk only but chew this to mix saliva thoroughly. Continue until feeling better.

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Try nutmeg with almost everything you eat.

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Lecithin and Health



By Edward R. Hewitt
—Talk of the Times—

My attention was first directed to lecithin when I was a student in Berlin in 1891. Geheimrath Rouleoux, who was the most distinguished physiologist of Germany at that time, happened to be an old friend of my father. At that period of his career, he was investigating the effects which lecithin had in human physiology, and he took the trouble on many occasions to tell me of his work in this line. I studied numerous books and papers which he recommended and found that lecithin plays a most important role in human metabolism, that it exists in all cells of the human body and is particularly abundant in brain and nerve cells and in the nucleus of all cells. Dr. Rouleoux found that it was a most valuable aid to good health when taken internally. At that time, the only known commercial source was from egg yolks, of which it forms about 2 per cent. Unfortunately, the extraction of this for a medicinal product proved too expensive for it to be used on any large scale in human diets, so lecithin was soon forgotten by the medical profession, even though its beneficial properties were well understood.

Fortunately for us in this day, we have developed in America a large soy bean industry, and the soy bean oil happens to contain about 2 and a half per cent lecithin. By chance one of my fishing friends, Mr. J.H. Lathe, was connected with the Glidden Company, one of the largest extractors of soy bean

oil. He happened to discuss the subject with me, and I told him what I knew about the medical uses of lecithin and suggested that the Glidden Company ought to make pure lecithin. They proceeded to do so, and a couple of months later a sample reached me.

Mr. Lathe gave the pure lecithin to his family, took it himself and distributed it among his office force. He was soon amazed at the improved health which was reported to him from all sides. The demand became so great that the Glidden Company could no longer give it away. A small factory plant was established for its manufacture. No advertising has been done for this product, yet in three years the sales have reached 8 000 pounds a month, merely by one person telling another about its beneficial effects.

Improved health and the cure of many diseases are continually reported to the Glidden Company. I, personally, have observed very many cures among my own friends to whom I have advised the use of lecithin. As so little is known about lecithin and its action on the human body by the present medical profession, I would like to record what I have found out and what I believe its physiological actions to be. All I can say is that these are my own most considered opinions, after exhaustive study and thought.

Lecithin is a very large and complex molecule of organic matter which can be separated into two main parts by the use of solvents: Lecithin and Cephalin. The Lecithin fraction contains both phosphoric acid and choline, which is a vitamin that regulates the deposition of fats in the liver as one of its main functions; and, also; it is split up in the liver to furnish a methyl group (CH_3) for the synthesis of many organic bodies by the liver. Cephalin contains a vitamin known as inositol, which is essential to life. All of its functions are not yet known, but it does seem to be most important for the health of skin and hair and is found in minute amounts in all the cells of the body.

Dr. Charles H. Best of the University of Toronto has published a paper in *Science* of June 11, 1954, in which he describes the effects of choline deficient diet on rats, which bears

out my observation on the effects of lecithin in human diets. I quote from his paper:

"Twenty rats were fed the basal choline-deficient diet *ad libitum*, and twenty others were offered and consumed the same amount of choline-supplemented diet (85 per cent). Fifteen of the choline-deficient rats succumbed either to haemorrhagic renal lesions or cardiac necrosis. Autopsy revealed on either gross or microscopic examination that eighteen of the twenty choline-deficient rats had developed lesions of the coronary arteries or aortas, or both, whereas at the end of four weeks, when all animals were sacrificed, the vessels of the choline-supplemented rats were found to be entirely normal."

As lecithin contains about 10 per cent choline, it is evident that it would have the same effect as the choline itself, if eaten in the right amount. It might even produce a better effect, due to the other factors in lecithin. Anyway, here we have a concrete and definite experiment which shows why lecithin produces the effects on human beings which I have so often observed.

Phosphoric acid is well known to be essential in human physiology, as it forms parts of all bones and is very high in brain and nerve tissue. A common saying among the German physiologists is: "No phosphoric acid, No Brains". It also forms a large part of the "Adenosinetriphosphate" which furnishes the energy for so many of the chemical reactions of the body. The phosphoric acid found in lecithin is absorbed into the body with especial ease through the chemical reactions taking place in the liver.

In a paper read at a symposium in England on the blood stream, in 1953, it was stated that blood corpuscles are protected from being destroyed by the enzymes of the blood, by an outside envelope which is composed of lecithin. If this is a fact, it will help to explain the peculiarity of my own blood, after taking lecithin for over fifteen years. My haemoglobin is now from 95 to 97 whereas this is almost unknown in a person 88 years of age. During my middle life, my haemoglobin was never higher than 80 at any time — and it was measured very

often. The subject of whether the corpuscles last longer when lecithin is high in the diet should be carefully studied and checked. My own belief is that the blood corpuscles do last longer, and that this is the reason why all those that take lecithin for a long time show an increased haemoglobin count. High haemoglobin carries more oxygen to all the tissues and promotes vigorous cell action and renewal.

To my mind, it is easily conceivable that a deficiency in lecithin supply may act to slow up the reproduction of new cells and that some tissues of the body may become starved for lecithin and not be renewed and kept in healthy shape. This might be the primary cause of disease of some tissue, particularly in later life. I have observed several cases where mental ills were greatly improved or entirely cured by sufficient lecithin in the diet. I myself have observed that my memory is better today than it was before I took lecithin regularly. My nervous reactions are still perfectly normal at 88. My hands are much steadier than those of any doctor who has tested me.

My bloodpressure is from 125 to 130 over 85, and my doctor finds that my arteries show no signs of hardening, being as elastic as those of a person of 40. He can feel the pulse in my ankle, as well as in the wrist, and he tells me this is entirely unusual in a person over 80. He tested arteries with a special instrument and found that they are still as elastic as those of a young man. I certainly attribute these conditions to my taking lecithin for a long time. My five brothers and sisters, who all died around the age of 70, had more or less circulatory troubles. None of them followed any regular diet.

Lecithin is known to have an emulsifying effect (action) on fats and is used in commercial processes for this purpose. It is reasonable to expect that it would have the same emulsifying effect in the blood stream. As bearing on this question, it is well known that if a fatty meal is given to young people, the fat content rises in the blood above normal, but returns to normal in two or three hours. With older people, the fats remain high in the blood for from five to seven hours, and in some cases as high as twenty hours, thus giving the fat more time to become located in the tissues. If lecithin is given to

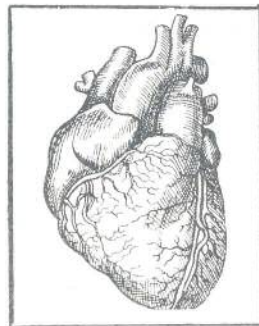
older people before a fatty meal, it has been found that the fats in the blood return to normal in a short time, as they do in younger people. This would seem to indicate that the consumption of lecithin does increase the lecithin in the blood stream.

As lecithin is known to carry cholesterol in the blood stream and that it will emulsify cholesterol in the test tube outside the body, also that it will form giant molecules with cholesterol, it would seem that lecithin must be the means by which deposits of cholesterol are regulated in the tissues and arteries. Arterio-sclerosis is caused by deposits of cholesterol in the arteries and veins, causing a hardening of the arteries and high blood pressure. When ample lecithin is supplied in the diet over a long period, I have observed in many cases that the hardening of the arteries is greatly decreased and high blood pressure becomes much lower, often returning to normal in a few months. I have seen dozens of high blood pressure cases entirely cured by the use of lecithin. There is, however, another type of high blood pressure which is due to an imbalance of two hormones secreted by the cortex in the kidney, in which the use of lecithin is not likely to effect a cure.

I will cite the case of my own cousin, who had dangerously high blood pressure of 285 over 135 and had severe nose bleeds, which it took a month in the hospital to control. When he came home his doctors had given up any hope of improvement. I persuaded him to take a dessertspoonful of lecithin daily, as it is good food and can do no harm. He did not receive any other treatment. In about three months he resumed his office work, and in a year and a half his blood pressure had returned to 160 over 100, which is fairly good for a person 59 years old. He is still perfectly well and looks better than he ever has since I have known him. With some people, great improvement is observed in only a few weeks, while with others it is six months or more before any real improvement takes place.

Coronary thrombosis is due to cholesterol deposits in the arteries, which finally interfere with the blood supply passing through the heart. After a patient survives a coronary attack

and is better, if he takes an ample supply of lecithin continually, the injurious cholesterol deposits will be gradually removed and there will be no more coronary attacks. There is a well-known doctor in Florida who has treated over sixty cases of coronary thrombosis in this way. He reports they are all doing well. None of them have died, so he can get no sections of their arteries for examination. He says his patients may all outlive him as he is now over seventy years of age.



A large proportion of arthritis cases are due to cholesterol deposits, and if the arthritis is of this type, lecithin in the diet may effect a cure. It looks to me as if perhaps 30 per cent to 50 per cent of the arthritis cases are of this type and might be cured or greatly relieved with the use of lecithin.

Dr. Dietrick of El Paso, Texas, has treated many cases of diabetes with lecithin and has reported that the insulin requirements become gradually less after weeks. In time, the need for insulin can be entirely eliminated and the patient returned to a normal diet. His paper details a number of such cases, and Mr. Lathe reports to me that they are using about 600 pounds of lecithin a month in the treatment of diabetic patients. His treatment consists of giving six tablespoons of lecithin a day, together with 100 mgms. of vitamin E. It would seem quite possible that the cells of the pancreas might have become starved for lecithin, due to an insufficiency in the diet, and for this reason had reduced their manufacture of insulin. When sufficient lecithin is again supplied, it is quite conceivable that these cells might resume normal secretion of insulin.

Considering all the foregoing information, it would seem that the main function of lecithin in the human diet is to supply materials which can be elaborated in the liver into products required by the different kinds of cells in the body. But lecithin deficiency may not be the only cause of bodily ailments. Any of the eleven amino acids, which are the building blocks of the proteins, may also cause serious deficiency diseases. It is, therefore, most important to supply the body with all the eleven necessary amino acids continually. For good health, a varied diet should be eaten which will maintain normal body weight. The only safe thing to do is to supplement the diet with an adequate amount of all necessary vitamins every day, that good health may rule during the span of life.

Most people cause the disease they suffer from, themselves, by the kind of life they lead and the diets and stimulants they consume. It is not natural for the body to be sick. Nature even provided safety factors such as two eyes, two ears, two lungs, two kidneys, where one of each could do the work. Stomach and liver are much larger than necessary for their uses. We have built-in protection against infective diseases when the body is in perfect health. My job is to eat wisely and avoid injurious substances.

It must be understood that lecithin is not a drug, but a food product. It simply furnishes materials which the body needs for growth and renewal of body cells — materials which do not exist in our regular foods in sufficient quantity to maintain health, in the case of most people, particularly after middle life. I regard lecithin as a dietary essential, and I feel sure that its use will increase the length of the active, healthy human life. In my humble opinion, lecithin should form part of the diet of everyone who values good health, high bodily efficiency, and life of active length.

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 * "The Law of the Lord is the peculiar treasure of the Israel (Anglo-Saxon) people. They should guard it, delight in it and be exercised in it." Selected.
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FROM — *Heal Yourself from Bronchitis, Asthma and Empeezema the 'Natural Way'*.

(With full acknowledgements to JAN ZWEISTRA)



Heal Yourself

What is the way of nature? By this is meant that treating the above disease is done *without* the aid of drugs.

Our Creator has, in His wisdom, provided everything for us through fresh air, herbs, natural foods and exercise.

You have to exercise patience, staying power, determination and cultivate your will power to get the full benefit of these suggestions.

These qualities will be given to you by Him Who loves us all. You should, however, believe that you will be cured and he who disbelieves need not worry. God will heal him too.

You will have to be single-minded regarding your goal. Your

conscious and sub-conscious mind will respond to your demands. If this is done, all will be well in the end.

In the early morning, at a time which is convenient to yourself, say "I am healthy", and the last conscious thought at night, should be the same. Do not deviate from the time set by yourself in the early morning. Always and Always think health *at the same time*.

Although all this may sound frightening, slowly but surely with routine, the pattern will form. God will help you, as the writer well knows. He has suffered from the dreaded disease of emphysema, and with God's grace, healed himself to a very great extent.

How to begin: 'The cleansing process'.

Clear your system of all harmful drugs.

A good habit is to drink lemon juice on an empty stomach first thing in the morning *for a month*. If desired, add tepid water. *The second month*, add a teaspoon of honey and, from now on, AND for the rest of your life, take this teaspoon of honey in the morning — even when cured, for the healing properties of honey are fantastic. One could write an article on honey alone, but this falls outside the scope of this treatment.

Another way to clean out the system is to go to a Herbalist of good repute and ask him for 'cleansing herbs'. Take these as prescribed by him, but use your own common sense regarding the quantities. With it all drink plenty of water.

By now, you might feel somewhat weak, but do not worry. On the credit side, already your skin looks better, you are able to think more clearly and are mentally more alert in a general sense. Now we are ready to start our treatment and minimise the unpleasant attacks.

What to eat, and what to exclude:

Your stomach has now rid itself of all the surplus fat and sticky matter which years of wrong eating habits deposited therein.

Always remember, digestion starts immediately in the mouth. Masticate your food very well and do not leave digestion to your intestinal tract and stomach only — half of the digestion can take place in the mouth where the saliva breaks up the food. N.B. Avoid all food which creates mucus and slime. That is, cut out milk and considerably reduce the eating of eggs. If you could eat vegetarian dishes, that would be ideal, but most of us have to take the 'middle way' on account of the family.

Eat apples and drink apple juice as a main staple. Take a grated raw apple first thing for breakfast. Cut out meat as much as possible — fish gives the same protein. Eat pineapple and drink its juice whenever you can. Vegetables of the leafy type are the most valuable. Eat fruit in all its lovely variety — bananas excepted.

I strongly advise you to declare a personal war on your bronchitis, asthma or emphysema, but in a positive way, and the body will respond.

As seen from the above, one need not starve. Eat something different every day to stimulate the stomach acids.

Eat all sorts of nuts, particularly almonds, which are rich in minerals and other healing properties. Raisins are excellent, and provide the iron you need.

As can be seen, there is food in plenty to work out a weekly schedule. Have a piece of lean grilled meat once a week. Cook your food in a pressure cooker if possible in order that none of the goodness is lost. AVOID cooking in aluminium utensils — it is unhealthy.

Herbal Oils:

At night, just before you go to bed, put a little oil on your finger-tips and rub your chest with it in a circular clockwise movement. These oils will penetrate, and ease your breathing. Moreover, you are inhaling the fumes which ensure the continuation of healing throughout the night.

N.B. As oils are the essence of herbs, use them very sparingly.

The following oils are recommended. Eucalyptus, camphor, rosemary, pine and geranium truetype. Olive oil, that wonder oil used for polio victims, can be used to relax tensed muscles. Occasionally take a small teaspoon of olive oil internally — it is a wonderful treatment for your intestines.

Now we must learn how to relax to nullify the effect of the exhausting attacks.

How To Relax:

Bronchial, asthmatic and emphezema sufferers should sleep on a hard bed. The foundation being of wooden slats, as now sold in all big departmental stores and a dunlopino foam rubber mattress.

To relax, get your mind fixed on your body. Start with the toes and feet and command them to relax: then in your mind move upwards to your calves, upper legs, until you reach your body proper. Tell your intestines, stomach, heart and lungs to rest. Do not move to any other part of your body until such time as you definitely feel relaxed in whichever part required. Lastly, tell your mind to relax and blank out all harmful thoughts.

Do not forget to tell yourself that you are healthy and thank our Creator for all the good things which are free.

By now, assured of a restful sleep, lie as flat as you possibly can to facilitate the flow of blood to your head and brain.

After, and even during, an attack of coughing relax as prescribed above. It is highly beneficial and gives your heart a much needed rest.

Emphezema is an affection of the lungs causing destruction of the walls of the air cells. But sufferers of this disease can take heart, it might not be as bad as originally considered. In any event, there is hope a-plenty, for conditions vary depending on age, how deep-seated and how long mucus has been in the lungs.

The writer is giving more attention to the malady because, whilst bronchial and asthma troubles are mostly the outcome of nerves, emphezema is, as may be gathered, an older and more stubborn condition. Hence special treatment is necessary over and above and in addition to the aforementioned treatment.

Emphezema patients must do *deep breathing* first thing in the morning — the earlier the better, but preferably with the rising sun. The reason is, that as our earth gets vital renewal at sunrise this God-given fresh air can be had free of any cost. Surely you remember when you were young how lovely the air smelt early in the morning? This is the daily miracle I am speaking of.

Treatment would not be complete without mention of the wonder seed 'Fenugreek'. This Seed has been known to mankind for over 3 000 years, and was, and still is, highly esteemed as both a food and medicine in Egypt, Syria and the Lebanon.

Research into Fenugreek has disclosed that it acts as a liquid mucus solvent and as an emollient. Motor-car engineers clean dirty sumps with other oils — likewise, tea made from Fenugreek seeds will soften hardened masses of accumulated mucus in the human body, particularly in the intestines. The natural flushing oil, released by steeping the seeds, never interferes with the food vitamins, minerals and the assimilation thereof. This oil provides a natural 'lubrication' for the intestinal tract and clears away mucus, counteracting the harmful gas or fermentation therein. The oil contains a 'healing substance' that is soothing to colitis and irritable bowel cases.

Fenugreek



Fenugreek has no laxative action and heals membranes irritated by the mucus, and its gentle action removes 'sludge'.

Young children, as well as men and women well advanced in years, may, with benefit, use it. Fenugreek, indeed the seed from God's nature garden.

Dear emphezema sufferer, *do not despair*. It will be most difficult to get air in your lungs for the first two weeks or so, but don't force it. For slowly and surely the bronchial tubes will open up and when this has been achieved God-given air will start reaching your lungs. The mucus must come out. The process is slow and, at times painful. Do not despair for this is a cure which is permanent. Do not stop until your goal is reached, namely, to be a healthy human being, fit to play a positive role in the family and community.

Ask your Maker for the strength to see it through; "ask and thou shalt be given". The Lord in His boundless love for us will give you the strength and tenacity to see this through. Allow the Law of Cause and Effect to do its work — it is His Law.

Start doing my manifold prescription *now!*

May our Father, the greatest Scientist of all, bless you.



ULCERS

Ulcers were unknown to the lumberman of Canada as he continually chewed a piece of elm tree bark. Investigations of this eventually led to the production of a powder extracted from the elm tree called Slippery Elm.

Diet Instructions for Ulcers

You must have these nerve building foods. Easily digested nerve building foods are cottage cheese, milk, ripe bananas, egg yolks, baked potatoes, pureed fresh peas.

You must have these foods that are anti-infective and resistance raising: pureed carrots, butter, egg yolks, pureed cooked pears.

You must have these blood building foods: pureed cooked apricots, pureed cooked peaches, very finely chopped parsley, pureed spinach.

You must have these highly alkaline foods: Pureed beets, bananas, pureed lima beans.

You must have these foods that provide a protective cover for the sore ulcerated surfaces so that rapid healing is encouraged: Dried okra powder, a quarter teaspoonful with

water between meals is of outstanding value. Bananas, persimmons, rice, thick cream (between meals).

Eat no meat except white meat of baked fowl. No bread except very thin, dry, seedless rye, Melba toast. (Melba toast is usually double baked toast.) Do NOT eat whole wheat toast as its roughage is too severe on sore ulcerated stomach surfaces.

Prepare your daily menu exclusively from the foods given in the above lists. Be sure you include every day a variety of the required foods listed in each of the important groupings (nerve foods, etc.).

You must positively not use alcohol or tobacco in any form. Do not eat the following foods: Coffee, tea; Smoked meats (including sausages, smoked fish, bacon, ham, salami) Chipped beef; Veal; Canned soups (tomato excepted); Fried foods; Overcooked foods; Leftover foods; Cocoa; Chocolate drinks; Pork; Sulphured preserved fruits; Pepper; Catsup; White flour products; Commercial cakes and pies; Hamburgers; Chilli; Hot Dogs; Canned meats and fish; White sugar; Worcestershire sauce; Horse radish; Pickles; Commercial ice cream; Pancakes; Doughnuts; Very hot foods nor very cold foods.

Given the opportunity and the tools (foods) to work with, your body will quickly heal and repair itself. Stomach ulcers are no exception to that great natural law. And — don't forget that Slippery Elm!

NASTURTIUM LEAVES AND SEEDS

The green leaves and seeds of the Nasturtium form a very tasty addition to salads, especially if one likes food with a peppery flavour. Both the leaves and the seeds are high ranking blood cleansers. They aid the digestion of other foods and have some value in skin disorders of various kinds. The plant belongs to the watercress family and came originally from Peru. It is claimed that the leaves and seeds have some value as a nervine. That they possess tonic properties, there is no question.



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WHAT SHALL WE EAT?

CLEAN FOOD



VEGETABLES
& HERBS



RIPE FRUITS



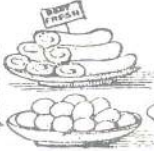
NUTS



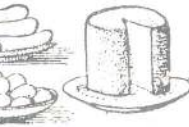
HONEY



MILK



BUTTER



EGGS

CHEESE



GRAIN



BEEF



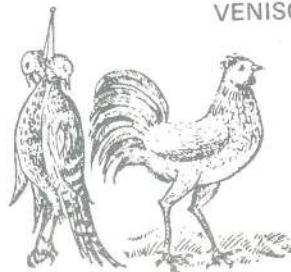
MUTTON



VENISON



FISHES WITH FINS
& SCALES
GOAT



GAME, CHICKEN & TURKEY

A SUMMARY OF PROHIBITED FOODS

FOOD	WHY PROHIBITED	REFERENCE
Blood	Transmits disease	Lev. 3:17
Fat	Indigestible	Lev. 3:17 Lev. 7:23
Kidney and Liver	Internal organ containing blood	Lev. 3:4
Pig (in any form)	Unclean and highly parasitic. Meat highly indigestible	Lev. 11:7
Hare and Rabbit	Subject to loathsome diseases and unusually full of blood	Lev. 11:5-6
Duck, Goose, Swan; Sea-birds and all web-footed birds	All scavenger and dity eaters, classified as unclean. Prohibition includes the eggs of all such	Lev. 11:13-20 Deut. 14:12-18
Eels, and all shell-fish	Scavengers of the sea and dirty eaters; unclean	Lev. 11:10-12
Fruit of first three years	Immature	Lev. 19:23-25