

The Covenant  
Health Digest



*The Covenant*  
*Health Digest*

July—August 1973

Printed and Published  
"Covenant Magazines"  
P.O.. Box, 3178, Johannesburg

Subscription Rates:

R1.50.

\$2.00 P.A.

Editorial Offices,

P.O. Box 3178,

Johannesburg.

# News

# Report



## Capsules:

Decubitus ulcers, or bedsores, have for centuries plagued patients and stubbornly resisted the efforts of doctors to cure them. But it appears that the sores, which result from the continuous pressure of the body against the bed, are succumbing to new versions of an almost forgotten medical approach: sweetness. Dr. James Barnes Jr., of the Glenn Dale Hospital in Glenn Dale, Md., reports in the *A.M.A. Journal* that a high concentration of common granulated sugar, applied daily to bedsores under a special airtight bandage, clears them up. Dr. Robert Blomfield of Chelsea, England, reports similar results when he uses honey. Neither doctor is sure why his treatment works, though Barnes believes that sugar may boost the inflammatory reaction essential to healing process. Barnes found that sugar produced a 78% cure rate when applied to the bedsores of 180 patients treated during a five year period. Blomfield says that it works better than any other medication he has used.

\* \* \* \* \*

## Making Vitamins:

Vitamin B12, the largest and most complicated vitamin

which is known to be essential for man, has recently been synthesised in a laboratory for the first time. The vitamin, first isolated in 1948, is necessary for normal blood formation and nerve tissue function. Shortage of the vitamin in the body results in pernicious anaemia, a severe and, if untreatable, a fatal condition.

Vitamin B12 is present only in animal tissues and certain bacteria, but is not found in plants. Although readily obtainable from animal sources, its complex structure has hitherto eluded attempts at making it in the test tube. Now, 25 years after its isolation, the first synthesis of the vitamin has been achieved. This synthesis, directed by Dr. R.B. Woodward, a chemist at Harvard University and recipient of a Nobel Prize in 1965, follows a distinguished line of research workers in this field. The doctors Minot and Murphy received Nobel Prizes for their pioneer work in 1926, which showed that pernicious anaemia was caused by the lack of a dietary factor. Dorothy Hodgkin was awarded a prize for a decade of work in which she revealed the structure of B12 by the technique of X-ray crystallography in 1958. Now Woodward and his group have been able to put together the 181 atoms of carbon, hydrogen, oxygen, nitrogen, phosphorus and cobalt in just the right way to make a molecule of vitamin B12.

\* \* \* \* \*

*Niacin*, a B vitamin, helps maintain healthy skin. Its richest natural sources are brewers' yeast, fish, green and leafy vegetables, lean meat, milk, wheat germ, whole grain or enriched breads, cereals and flours.

*Vitamin D* aids the absorption of calcium and phosphorus in building bones and teeth; prevents rickets in children. Best sources are egg yolk, oily fish, vitamin D-enriched cereal and milk.

\* \* \* \* \*

## "Junkie" monkeys:

In order to understand drug addiction, a group of American scientists has turned 48 monkeys into "junkies". Living in rows of steel cages in a laboratory on the University of Michigan's

Ann Arbor campus, the 48 rhesus monkeys are hooked up to tubes through which drugs are pumped into their bloodstreams.

To get the drugs flowing into them the monkeys have to press a bar. The bar is progressively weighted so that increasingly more effort is required to trigger the drug-flow. In this way information is obtained as to how hard the monkeys will work to satisfy their induced need. Tests have shown that a monkey will press the bar 250 times to receive a dose of caffeine, the drug contained in coffee, tea and soft drinks. For morphine monkeys are willing to press the bar between 3 000 and 4 000 times, while those wanting cocaine have pressed it 10 000 times.

There are at least two factors responsible for the development of addiction. The one is that the user is driven to take increasingly greater amounts of the drug in order to respond to it, as his body becomes habituated to it. The other is that the unpleasant "withdrawal symptoms" which are experienced when the effect of the drug wears off lead to "drug hunger" which is only alleviated by another dose of the same drug.

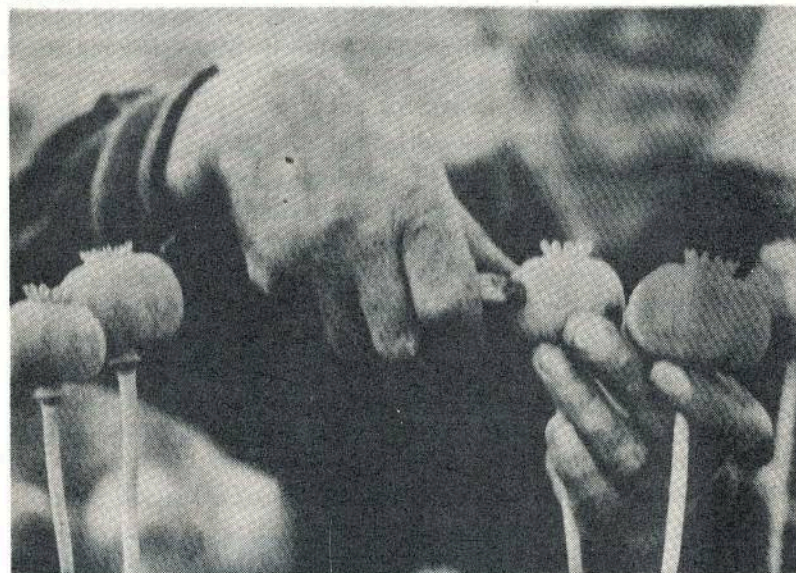
This is confirmed by the laboratory experiments on the "junkie" monkeys. In the human context, the evidence may be seen on the streets of any big city.

In New York the estimated turnover of the heroin market is around a billion dollars a year. Most of the addicts are in their teens and early twenties; few are older than 35, probably because the majority die before then. The estimated annual mortality in New York has passed the 1 000 mark, and is still rising.

Needless to say, drug addiction can only be controlled by stopping the flow of drugs. In the case of opiates, this may now be possible. According to a report by a scientific group attached to the World Health Organisation (WHO), opium, from which morphine and codeine, the two most frequently used pain relievers are derived, is no longer indispensable. Synthetic compounds are available which are as efficient as opiates for the relief of pain and in some respects superior to them.

The report also states that global medical needs are at present met by a total of 1 350 tons of opium, but that a further 1 200 tons reaches the illicit market. Now that Turkey, the main source of world opium, has decided to prohibit opium growing, the

illicit narcotics trade will hopefully be severely hampered. But a cure for existing addicts is not simply achieved by cutting off the drug supply. Most addicts can be rescued by the use of methadone, itself a drug, though non-addictive, which acts by de-sensitising addicts.



OPIUM POPPIES: Pushers' "gold"

Methadone maintenance programmes are now being put into operation in the US and Europe. But there remains a hard core of heroin addicts who will not voluntarily submit to the treatment. It has been mooted by some physicians in the US, including Dr. Lewis Thomas of the Yale University School of Medicine, that the state should supply addicts with heroin at special clinics, in order to strike at the roots of the illicit heroin industry. Much controversy, however, surrounds this suggestion, and it is not likely to be implemented without further debate.

\* \* \* \* \*

Anheuser Busch, Inc., set a beer industry record in 1972 by selling nearly 27 000 000 barrels of beer. What a record! This will mean a profit for this company and its stockholders; but oh, what

a costly profit! If they could only realise how many homes have been broken by those who drink beer indiscriminately; if they could know how many automobile collisions have resulted and deaths that have occurred because of excessive use of this product; if they could know how many times pastors must counsel with poor, broken-hearted children, or wives, because of excessive use of beer – I am afraid the Anheuser Busch people might not be so very proud of their record!

A past president of the American Society of Dentistry for Children visited Dallas recently and proclaimed that the long-craved candy bar – once sure to produce a lecture from the kid's dentist – is soon to become an approved item on the dentist's check-list. Isn't it pitiful that one high in dental authority would recommend such a product? This authority claims that it is good for the morale of the children to let them enjoy sweets! It may be good for their morale, but it is bad for their teeth, and their tummy, and will result in cavities, colds, flu, and many other harmful side effects, if sugar products are indulged in frequently enough. Natural sweets, of course, are a million times better and are not habit-forming, and you will never eat too many of them, as you will unnatural sweets.

J.A. Lovell

Lab technician checks unharvested measles vaccine, one of three viral agents in a new combination vaccine developed at Merck Institute for Therapeutic Research in West Point, Pa.



#### Major advance in arthritis fight:

London – A major advance in the control of Rheumatoid Arthritis has been achieved by a group of Cambridge scientists.

They have developed a serum to arrest the breakdown of cartilage in the joints of patients suffering from the disease.

Their work – still confined to laboratory research – could be one of the most promising developments in limiting the spread of an illness that is crippling at least a million people in Britain, most of them women.

Details of the research were revealed by Dr. John Dingle of the Strangeways Research Laboratory, Cambridge.

He told the annual meeting of the Arthritis and Rheumatism Council at London's Royal College of Physicians that scientists at his laboratory believed they had now identified the chemical within the bloodstream – an enzyme – responsible for the breakdown of cartilage within the joints.

The enzymes are known as "cathespins". By adding these enzymes to living tissue the scientists have produced an anti-serum capable of blocking the action of the cathespins.

\* \* \* \* \*

#### Cancer Threat in Dagga Smoking, warns Doctor:

Wellington – Scientific research suggests that smoking marijuana – dagga – apart from any addictive potential, may act as a cancer-producing agent and as a cause of genetic damage with a future possibility of thalidomide-like results, warns the director of the Auckland Cancer Research Laboratory, Dr. B.F. Cain.

He said: "In determining whether there will be a softening of attitude towards drugs such as marijuana, evidence from all avenues should be considered."

"Pyrolysis (roughly translated to the burning) of cannabis constituents produces polycyclic aromatic hydrocarbons which have been repeatedly shown capable of producing cancers in experimental animals.

"In addition the hallucinogenic chemicals in marijuana which give it its 'kick', produce damage in the genetic apparatus

of cells in experimental animals.

“It is not impossible that there will be a time-bomb effect on children and grandchildren of cannabis habitues with thalidomide-like results”, said Dr. Cain.

“The scientific data to date suggests that marijuana is a much greater potential danger to future generations than the artificial sweetener cyclamate which was recently banned.”

\* \* \* \* \*

*Parkinson's Disease: new drug brings hope: .*

Durban – A new drug tried for the first time in Switzerland last year, is bringing relief to hundreds of South Africans suffering from Parkinson's Disease.

Leading South African specialist surgeons and neurologists, though reluctant to say that the drug, L-dopa, would completely cure patients of the disease, admitted it has been most successful since it was introduced on the Rand about eight months ago.

A leading Johannesburg specialist said: “It is early days still. I am naturally cautious, but there is no doubt that the drug has helped some of my patients.”

He gave the instance of a building contractor who contracted the disease three years ago.

“The control of his limbs became steadily worse until last year he had to leave the running of his business to his son. He could not even tie his shoelaces. We decided to try the drug. His progress has been remarkable and he is now back at work.”

In Durban, the wife of a company director, who found it difficult to stir her tea and walked in pain, was put on the drug about six months ago. A relative said recently that she could now walk freely and had no difficulty in stirring her tea.

There are two types of Parkinson's Disease. It has been cured in some instances by a major operation.

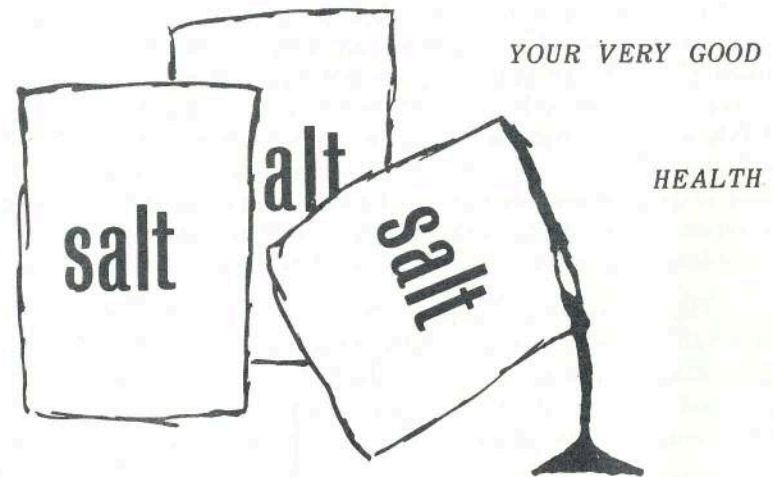
One of South Africa's air aces, Group Captain “Sailor” Malan, of Kimberley, underwent an operation in London for the disease, but died on returning to South Africa about 15 years ago.

A Durban specialist who did research into the drug overseas and watched its effect on patients, said there were certain difficulties in treating men.

“It was found in certain cases, and I must stress not all, that the administration of the drug produced uncontrollable excitable actions. Usually this characteristic displayed itself halfway through the course. As far as I know, no counter has yet been found to this characteristic.”

No comment on the drug could be obtained from the Institute for Medical Research in Johannesburg.

\* \* \* \* \*



Have you ever considered one of our daily spices, a spice that can do a lot of good, but can also harm the human body? This spice is called table salt, which to my knowledge, is not given enough consideration.

Since mineral salts are necessary for the normal metabolism of body cells, a constant supply is required to meet the daily loss. These mineral salts are supplied by the blood, which contains, i.e.,

S - ,25%	Cl - 0,15%	I - 0,00004%
Ca - 2,2%	Na - 0,15%	and Si; F, Cu; Mn; Zn; Co;
P - 0,0 to 1.2%	Mg - 0,05%	Ni; Ba; Li; etc., as trace
k - 0,35%	Fe - 0,004%	elements.

Hence, to keep these quantities constant, we have to eat food, and to make it more tasty we add table salt. The commonly used table salt is chemically known as sodium chloride (NaCl). Sodium is a metal that can absorb a great amount of water, being a real advantage when the salt is used to preserve foodstuffs. When preserving meat, i.e., the sodium absorbs all the moisture from the meat, leaving a dry tissue less attractive for moisture-loving bacteria.

The trace of table salt present in our tissues, and also other salts required in our body are largely supplied by vegetables and fruits, provided they are not prepared in the traditional manner. The table salt we add to our food has almost to be completely excreted from our body. The kidneys more often than not will manage to excrete most of it, unless the salt supply is too great or the kidney capacity is limited with respect to the salt excretion, when table salt retention will result. Salt is then stored under the skin, and, of course, dissolved in water.

The normal functioning of the skin may be hindered, if too much salt is used, upon which the skin can react with a rash, or dermatitis. Too much moisture in the body has a bad influence on the blood pressure and the functioning of the heart. Furthermore, salt retention is one of the causes of migraine.

Salt retention can accumulate in great quantities. After administering a saltless diet, it often happens that even after several weeks salt will still be excreted with the urine. Quantities of 150 grams are reported.

From the above you may conclude that sodium is the base element. That is not true, as the same sodium belongs with potash, nitrogen, calcium, manganese, iron and aluminium to the minerals essential for life. To result, we have to give the sodium the right friends to play with. They will take care that the chemical reactions work out differently. The water otherwise absorbed by the sodium will be used differently and will not be stored in between the tissues.

It is better to use a mixture of salts instead of ordinary table salt or sodium chloride. The natural available mixture of

salts is sea salt; in which the metals potash, sodium, lithium, calcium, magnesium, zinc, manganese and aluminium, the non-metals chlorine, bromine, iodine, fluorine, and traces of the elements gold, silver, copper, cobalt, nickel, strontium. All these minerals are present in very small quantities, but in natural proportions; and the composition of sea water is almost identical to the natural composition of blood plasma, as stated above.

Hence, sea salt is a perfect salt, and when used in regular small quantities is the natural salt for our food. Yes, small quantities for a daily dose of one-three-millionth gram of cobalt keeps man alive, and vitamin B2 can only work to better advantage with one-five-thousandth gram of molybdenum.

Common salt is often accused of being detrimental to health and the cause of many diseases. There is no evidence that salt plays any part in the cause of disease generally. In some cases of kidney disease and circulatory troubles like high blood pressure, the salt diet should be restricted. Some people do take too much salt, but a certain amount is absolutely necessary in the diet. Even animals usually require a salt-lick. — Prof. M.T. Judge

\* \* \* \* \*

Please send FREE copy of COVENANT HEALTH DIGEST to :—

Name .....

Address .....

.....



One of the most outstanding facts today is that although the entire social life of man is undergoing a tremendous metamorphosis there are a vast number of people who are completely oblivious to this. Indeed one surmises that even if it were forcibly pointed out to them that this was happening they would be incapable of registering any appreciation of the significance involved, and it is within this very apathy that there lies one of the greatest stumbling blocks to any hope that man may yet pull up on the edge of the precipice before it is too late.

Along with these 'sleepers' there are also those, of course, who are so bent on the pursuit of pleasure that they would have little time for considering such matters anyway and finally, there are the men of position, together with world leaders who, although fully informed and aware as to the situation and the transformation taking place, either could not care less or, are puzzled as to how the rot could be stopped.

It cannot be denied though that some fundamental change is indeed happening to our present world order and which is extremely hard to define and difficult to analyse. Chaos and confusion are rampant in the political world and, while this has long been so, it has now reached deep into the heart of the social world, too, with many finding it difficult to understand why this should be so when to all appearances our material civilisation has reached the highest peak it has ever attained.

It is historical fact that men make civilisation and so if our present civilisation has become so materially minded as to cause discomfort, then it is because man himself has desired that it should be so and has only himself to blame if it has resulted in more "plagues" than ever before known. If, indeed, man *has willed it* that 'pollution' and 'imperfections' are worth the price of material gain then he alone must pay the price. These are hard cold facts which cannot be ignored but the tragedy is that the environment in which we live has been denuded and crippled as a result of man's greed. However, the thought is there as to whether this is in fact the real desire of the ordinary 'man-in-the-street' or is he merely blind and so being carried along against his knowledge?

It is undoubtedly a moral crisis which faces the world today and this is becoming more and more obvious as the nations of the earth direct all their energies towards building a vast material world-civilisation irrespective of the effect this has on the 'soul' of their people. Through their being more concerned with maintaining this standard of prosperity, they have forgotten to pursue a high standard of moral behaviour with the result that their people are sick unto death and it is a medical fact that if one member of a 'body' - in this case the mind - suffers, all the other members suffer with it.

One may well wonder as to where all this scrambling after possessions has led us and exactly what has been the result of the concentration of energy on acquiring such material wealth. Individually, although practically all our lifetime is spent in making a living, most of us bring in very little so that in some

cases poverty amidst plenty is still the order of the day and, even where wages are earned, one finds that the more one earns the more is taken by the way of taxation to support those who cannot and even sometimes, will not, earn for themselves. No nation, however rich, can call itself truly wealthy while hunger and want stalk through its land for, although a nation may fully clothe itself, it yet remains ever cold while there is one single person still in rags and mentally and morally retarded. Or does it not matter that mankind generally is sick both in body and in mind? Is a sick society worth the price to pay just as long as we can have material possessions and scientific "know-how"?

Here the question may well be asked as to why a health magazine should write of such subjects but we feel that we would be less than honest with our readers if we did not point out that true health depends entirely on the state of one's mind and that if the mind is 'sick' one has little hope of attaining a healthy body no matter how balanced one's diet may be or how many herbs one may take. Thus for many years we have stressed that it is only as one lives in accord with the law of nature – which is basic to the Law of the Lord – that the individual will find health, harmony and perfection and we have repeatedly advised that a return to these Laws is more than overdue for we are convinced that here alone is the perfect organisation for life on earth with the resultant blessing if these laws are obeyed.

However, it is because man has deliberately turned away from these Laws that we are finding today that in attaining material things we are being led away from any hope of a true and lasting peace for a nation's prosperity is futile if it is won at the expense of the nation's moral and spiritual well-being. While a society may be built up without any reference to any 'ideals' the effect of this on the character of the people generally is devastating. This is to be seen in Russia and China today with their materialistic doctrines and although their present civilisation may appear to flourish after a fashion, it is bound to collapse eventually. The very defective character of the people it is breeding will eventually let the 'system' down.

Up to this present 'Age of Power' history shows that social

life as such was more or less static but, with the present increase of knowledge, a terrible change has taken place with man victimised by the very instruments of progress he has invented until it is now obvious that the more scientific and efficient things become the more man will suffer, for the emancipation of mankind by the machine is upon us and apparently nothing can set it back or resist its progress. We are told, of course, that this is all part of the liberation of man but one cannot help but wonder where this liberty will finally lead us for coupled with it, is this terrible crippling of the mind and from which we are all suffering.



German shepherd trained to detect marijuana sniffs packages at the U.S. Customs Bureau in Oakland, Calif.

Admittedly we do have far more leisure today than ever before – this whether humanity likes it or not – and hard work is slowly becoming a thing of the past but, in spite of this or possibly because of it, we face financial collapse and bankruptcy with millions of people throughout the world experiencing starvation and all the solutions offered carry the stamp of lunacy upon them. We are to cure our poverty by destroying our surplus; we must stimulate employment by restricting output and so tremendous has been the instability brought about through this, that we now face the breakdown, not only of the complete international financial

system, but of every vestige of a sound and law-abiding society.

One has only to consider a few of the problems, as revealed in various newspapers, which face us today to appreciate how deep the destruction of all values and principles has gone.

*Endorsing Infanticide:* "Doctors predict that in a matter of years they will be able to remove an egg cell from a woman, fertilize and grow it as an embryo in a test tube, and then implant it in the mother or even in the uterus of a volunteer, where it will continue to develop until delivery. But doctors have yet to come up with an answer to a moral question that this awesome ability will raise; what should be done with the mistakes; the children born deformed or defective as a result of science's attempts to manipulate life? — test-tube conceptions now under way in England could open the door to widespread genetic engineering and, ultimately, to cloning or the creation of multiple genetic copies of an individual." — Comment:- *Especially selected?*

*Soaring human population:* "Many renowned scientists believe that soaring human population has made our chance of surviving into the next century extremely doubtful. In fact, even if the brakes were to be slammed on now, it might be too late to stop our lemming-like rush to self-destruction . . . clearly, when a population density in a locality increases rapidly, the degree of overall pollution and blight increases in proportion. And since our natural resources, air, land, water and food, are limited, the time must eventually arrive when people themselves become pollution." Comment:- *People generally are thus fast becoming redundant and only those who are "chosen" should be allowed to continue living — possibly the 'test-tube' children?*

*Abortion* — ". . . is finding its place as a perfectly acceptable and valid health measure . . . Births of illegitimate children have dropped for the first time in a decade. Every year 30 million abortions are performed throughout the world — one every second." Laws in favour of abortion are now being passed. Comment:- *and may possibly be used against certain people in time to come. The significant thing is that it is the Europeans who are mainly being encouraged to use this method of population control.*



*Homosexual:* A minister of religion has said ". . . that a homosexual act between two people loyally devoted to each other could not be considered sinful if it genuinely expressed true love and tenderness . . . the only unlawful homosexual acts were those which were not voluntary or for which money was paid." Comment:- *It is indispensable to trouble in all countries that the people should be utterly destroyed by orgies and excesses, hatred, struggle, envy and by the inoculation of disease. Homosexuality is a disease.*

*Pornography:* "We no longer despise many of the things which we once found disgusting. Places showing hard-core pornographic films are fast coming to outnumber conventional theatrical sites . . ." Comment:- *Our people are being fooled, bemused and corrupted . . . Growing more and more disaccustomed to reflect*

and form any opinions of their own they accept what is set out before them as the norm of behaviour. People who indulge themselves in this way become mentally diseased.

**Free Sex:** "Young people through free love have shown the Church that sex was not ugly and that there was no need to be ashamed of it." "Marriage now considered old-fashioned – living together allows freedom for parties concerned." Comment:- *The breakdown of marriage can only mean the breakdown of society as a whole. Our people are being touched with craft and delicacy and their principles are being replaced by the chaotic licence of liberalism.*

**Students:** "Students to back guerrillas." "Seeds of student power growing." "An official of World University Service is now in Africa for talks with the Organisation of African Unity on aid for the rebel movements. Comment:- *A blind mighty force is being created which will never move in any direction without the guidance of those set at its head as leaders of the mob. This system of bridling thought is already at work in the so-called system of teaching by object lessons. Introduced into education today are all those principles which have brilliantly broken up law and order.*

**Religion:** "Christians in Confusion." "Bible could be banned." "Church may vanish in 40 years." Comment:- *Freedom of 'conscience' has been declared everywhere so that now only a short time is needed for the complete wrecking of the Christian religion. In the meantime youth is being re-educated in new traditional religions and the existing churches will be destroyed by criticism calculated to produce schism."*

One could go on listing many other aspects of the planned moral breakdown of our civilisation today. The comments we have made are all based on a definite blue-print for a "peaceful" conquest of the whole universe and which is to be accomplished by using every endeavour to subdue all countries, in particular the European nations. Then the new Third World will be ushered in, a world which promises to be one of horror with, not only physical slavery for the masses but, with the mind of man enslaved as

well.

Coupled with this plan for conquest there are of course other means of pollution which directly affect our lives. These are the methods whereby nature has been contaminated by our blind demands for more and more irrespective of the damage being done to the air, the soil, rivers and seas, vegetation and animal life. The result is that Nature is now in revolt against man and, as one writer has so clearly stated, "When man preys upon man it is a form of cannibalism when man sets out to 'conquer' nature by exploitation, it is no less a form of cannibalism, for man is a part of nature. If he is to survive, he must learn to co-operate with the forces which govern nature as well as with his fellow man. If he refuses to learn this lesson, nature will hit back and exterminate him . . ." and this is exactly what is happening now.



Four-year-old Kathy Schneider wears an air pollution mask and holds a flower to dramatize Survival Associates' drive for cleaner air in New York City.

What is badly needed today are people with sound, sane and healthy minds who have a living faith in the Word of God, who value principles based on true Christian ideals and who have a

love of the land which God has given to them. This cannot be fashioned out of "... things usually covered by the term 'a higher standard of living' - material comforts, more leisure, more money, more gadgets. Important as they are, these are static things. Happiness, which must not be confused with pleasure, results only from those activities which develop personality and character. It can be achieved in varying degrees through the physical exertion of work or play, through the mental exertion of acquiring knowledge, through the spiritual exertion of creative effort, through the exercise of skill, through service - perhaps most of all through service. If we seek happiness as an end in itself, it will elude us, if we make service our aim, happiness will follow automatically."

This applies not only to the individual but to the people who make up our nation for, in service, in loyalty to one's country, one's race and one's heritage is the power to create good. When we discover this we will then be able to truly claim that we have increased in knowledge and that we are building a better world.

Three copies of

**FREE**

THE COVENANT MESSAGE

"The Most Provocative Magazine Published Today"

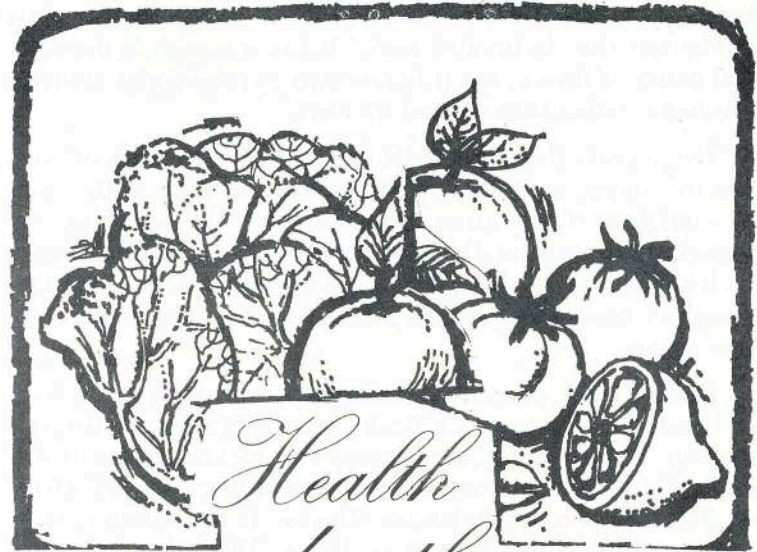
Send in your own name and the names and addresses of friends

Name .....

Address .....

Name .....

Address .....



*Health  
and the  
Mosaic Law*

Thomas H. Nelson, LL.B.

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 deep-seated 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 them 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.

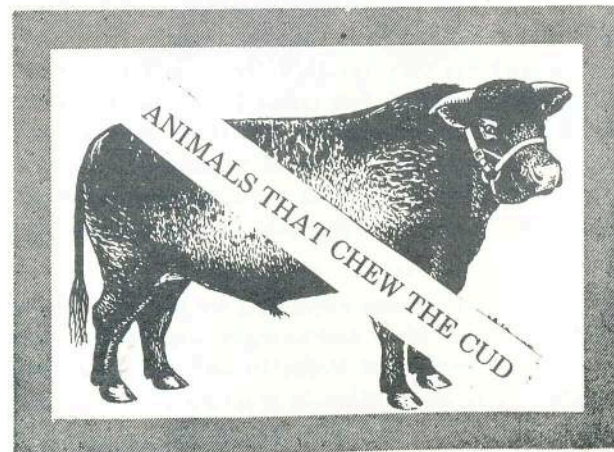
The swine is a scavenger, the turkey buzzard of the animal

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 blessed 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 the 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 people were not swine-eaters. Our cold Western winters largely form our slim defence 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 this 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 vileness 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 tail and ears 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., with the flesh-eating lion, tiger, lynx, jaguar, cat, 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 car-



nivorous, 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 vitalized and disease-producing filth, because of inadequate excretion.

So vile are these creatures that even the densest ignorance can be induced to use them only in our coldest seasons. If they were to be used in warm countries, like Palestine, or in warm seasons here, they would prove as ruinous to health as Moses declared they would be. On the bodies of shell fish, and protected by their shells, disease bacteria of various kinds often find prolific breeding places. Like excessive pork eaters, the users of shell fish delicacy owe much to the cold seasons for the preservation of their lives.

The lives also of all flesh-eating animals are not only made thereby vicious and pugnacious, but are also shortened in comparison to the lives of vegetarian animals. Modern science has forced the world to respect and accept the Mosaic bill of fare as hygienic. God knew the deadly tendency of the flesh diet generally, especially in warm countries, and thus guarded His people against its secondary influence.

In the two enunciations of the Adamic bill of fare, attributed to the Almighty by Moses in Genesis the first and third chapters, there is a comprehensive and scientific hygiene which proves that Moses was inspired, or otherwise an expert in modern hygiology four thousand years ago.

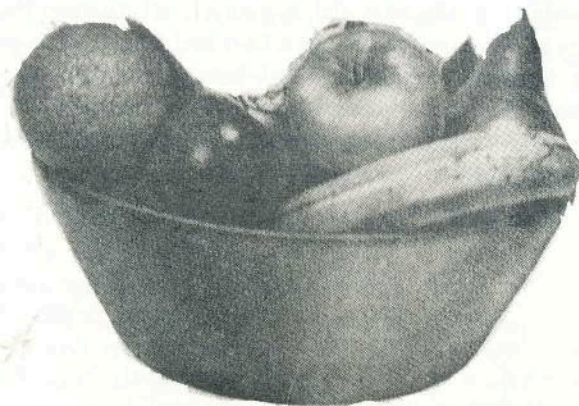
In the first instance, Moses says Adam was told by the Lord that the human dietary was to be from the herbs and trees in which were fruit-bearing seed in themselves, while to all the birds and animals he gave the green herb and meat. This was before Adam disobeyed and fell, when he was given a dietary suitable to the unlimited longevity that was presumably to be his.

After he had fallen, he was permissively cursed with lingering miseries, which would make his slowly approaching death an educational mercy. He was told that he would eat of the herb of the field. He had lowered himself to the level of the mere animals and hence was permitted to eat of their food. Notice that, according to Moses, God did not command Adam to eat of the herb of the field, but just simply called attention to the fact that he would do so, in his ignorance, which was a fruit of his fallen state.

Ere we look at the nature of this distinction, we desire to ask: Who can say that the new and gross dietary was to have no part in the miseries, ignorance, and death that was to follow? Why was this distinction made? It involves the difference between all fruits, nuts, and cereals, etc., on the one hand, and mere vegetables on the other. This is God's distinction.

Now, some may not recognise the clear outline that exists between the cereals and the mere vegetables. All cereals, fruits, and nuts, as resultant offspring 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 the 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 bushes and branches of the fruit 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 coarse, 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 botanist, 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 appetizers, 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 undernourished, 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?

\* \* \* \* \*

## *For Health and Understanding*

**Bark:** The rind or outer sheath of the trunk and branches of trees, specially that used in dyeing and tanning etc. The rind, husk or shell of fruit and grains. An outer covering or husk.

**Barley (*Hordeum Vulgare*):** This cereal is grown in Northern India and Burma. Pearl barley is the whole grain, hulled, milled and polished, and when it is ground into flour it is called patent barley; these are used to make demulcent drinks - barley water especially suitable for children suffering from catarrhal disorders of the alimentary canal.

**Basella (*B. Rubra*)(*Chenopodiaceae*):** Basil, Ceylon spinach, Tamil, pasali-keerai, Chin se, pu-tin-choi, A climbing herb with glossy smooth leaves and stems. It has red or green foliage. It is a bland mucilaginous leaf when boiled.

**Basil Sweet (*Ocimum Basilicum*):** Parts used - whole plant and seed. An infusion should be given in sluggish digestion accompanied with flatulence sickness and giddiness. Useful for flavouring rich stews and soups. Cut the fresh leaves finely in small quantities for an unusual addition to salads. For gastric spasms. For coughs, fevers and upsets of kidney and bladder. Allays excessive vomiting. Effective when applied to snake bites and insect stings. Besides its domestic use for flavouring, this is a good medicine. Has been used with success in nervous ills. It is now used very

little in medicine, but has some value for those suffering from nervous headaches. Flies and mosquitoes repelled by basil. Why not grow a pot?

Made into a cordial, it cleanses and comforts, and a tea of basil mixed with honey aids and increases the throwing-off of mucus and slime in catarrh of the chest and obstruction of mucus in the lungs. Both the flowers and leaves are used to relieve violent headaches. Leaves, fresh or dried in small quantities, improve Tomato and Cheese dishes, soups, stews and sausages. The herb stimulates perspiration and also digestion, because the leaves mixed with salad oil have been recommended for constipation. Has been prescribed as a sedative, against gastric spasms, has acted as an expectorant, a laxative, a carminative and by stimulating perspiration is supposed to reduce temperature.

**Bath:** The effects of a full warm bath can often be much improved by the addition of herbs. A soothing effect on the nervous system can be expected with the addition of Chamomile Valerian, Rosemary, Horsetail and pine needles. Peppermint baths can be a great help to people with skin troubles (also with an addition of Horsetail). It is best to try out which herbs in general are best for baths and this may vary with different people, but mixtures may be used and a mixture of Lovage, Chamomile Peppermint, Rosemary, Fennel, Sage and Yarrow has an excellent effect. Bath Herb mixtures - 1. Lavender, Jasmine Flowers, Rosemary. 2. Lemon scented verbena, Rose petals. Thyme, 3. Orange blossom, Lavender, Rose petals. The Sitz Bath or hip bath is one of the most useful. A common tub may be used, placing under one edge something that will elevate it three or four inches. The water should cover the abdomen. Temperature suited to condition of the patient who must be covered with a sheet or blanket during bath. Begin bath at a temperature of 90° to 95° F. It is very useful in Men's diseases, piles, genital and urinary diseases and disorders, constipation, dysentery, diarrhoea, congestion in the abdominal or pelvic regions. It is absolutely indispensable in uterine and many diseases peculiar to women. It is very valuable and effective in nervous affections and in diseases which involve the brain, such as cerebral congestion.

**Bayberry Bark (*Myrica Cerifera*):** A powerful stimulant, should be given in cases of coldness, clamminess and chill, generally in combination with chillies. Good stomach cleanser and cure for Diarrhoea. Use injection of tea as enema. Excellent, gargle for sore throat.

For chills - steep a teaspoonful in a pint of boiling water for 30 minutes with a pinch of cayenne. Take 1/2 cup warm every hour. Good for scurvy, scrofula and ulcers. Adenoids - snuff powder or tea up nose.

Astringent.

Boils - use as wash or poultice or apply powdered bayberry to infection.

Excellent as emetic after narcotic poisoning.

Checks profuse menstruation combined with capsicum good effect on female organs and a good douche. Anaemia. Formula for colds, fevers, flu, colic, cramp and pains in stomach.

Bayberry 4 oz., Ginger 2 oz., White Pine 1 oz., Cloves 1 Dram, Capsicum 1 Dram.

Mix powdered herbs and pass through fine sieve several times. Use plus/minus 1 teaspoonful in cup of hot water. Allow to stand for herbs to settle. Drink clear liquid leaving settlings.

**Bay Leaves (*Laurel*)(*Laurus Nobilis*)(*Lauraceae*):** Used in savoury or sweet dishes, soups, stews, meat, fish, puddings and custards. Good for stimulating the appetite for rheumatic complaints and can be used externally. Carminative, aromatic, stomachic, astringent. Gives tone and strength to the digestive organs. Expels wind from the stomach and bowels and is good for cramps.

The oil, Oleum Laurinum, from leaves and berries, is used in herbal medicine for rheumatism. The leaves are easily dried for winter use. It will grow in almost any soil from cuttings, or preferably suckers, though it thrives best in light soil, and a warm, sheltered position. Through some confusion in names, this graceful historic shrub is apt to be mixed with the Cherry Laurel, an entirely different plant belonging to the Rose family. This has bright, shiny leaves, valuable for decoration owing to their evergreen qualities and sometimes glossy scarlet berries are produced. Apart

from the difference in appearance the Cherry Laurel has the invidious distinction of being the source of a virulent poison, yielding prussic acid.

**Beans:** Runner Beans - for kidney weakness and disorders. Boil a quantity of runner beans (whole including stalks) in sufficient water to cover them, until contents are reduced to a thick liquid. Strain. Drink up to a tumblerful 3 or 4 times daily.

**Beanpods (Green) (Phaseolus Vulgaris):** A good and safe remedy for dropsy, kidney trouble, gravel, sciatica, gout and rheumatism.

**Bearberry (Arctostaphylos Uva-Ursi):** A procumbent shrub bearing astringent berries. Grows extensively in high mountainous districts of Europe. The leaves are recommended in kidney and bladder diseases to cause an increased flow of urine.

The infusion is one of the best remedies in all urinary complaints and should be tried in cases of incontinence and retention of urine, catarrh of the bladder, stone.

Cystitis Tea - mixture of following herbs.

Equisetum (Horsetail), Sage Leaves, Uva-Ursi (Bearberry leaves), and Sylvestris (Mallow) in equal parts.

1 Tablespoon mixed herbs per cup of water. Bring to boil and boil for 5 minutes. Take 1 to 3 cups per day.

**Bedsore:** Chronic, sometimes gangrenous sores that may develop in bedridden patients at sites of the body that have been exposed for too long to pressure. Scrupulous cleanliness, thorough drying after bathing, applying a dusting powder and changing patient's position from time to time are among the measures for preventing the formation of bedsore. The treatment consists in applying stimulating and antiseptic lotions and ointments as dressings.

**Beech (Fagus Ferruginea):** American beech, beech tree, beech nut tree.

**Medicinal properties:** Tonic, astringent, antiseptic.

This is common beech tree that almost everyone is acquainted with. A good tonic, improves appetite, very softening and healing to wounds and ulcers. Excellent in diabetes, internal ulcers, skin diseases, dyspepsia. Good for liver,

kidneys and bladder. Good to take once in a while to clean and tone up the system.

\* \* \* \* \*

## Vegetables

(Beatrice Trum Hunter -

'The Natural Foods Cookbook')

### Brussels Sprouts Casserole:

1½ pounds Brussels Sprouts, steamed; 1 cup tomatoes, stewed; ½ cup cheddar cheese, grated; ¼ teaspoon nutmeg, grated; 1 cup yoghurt; ½ cup soybeans, roasted.

Arrange Brussels Sprouts in oiled casserole. Cover with tomatoes. Sprinkle with cheese and nutmeg. Cover. Bake at 350 degrees F. for 15 minutes. Serve garnished with yoghurt and soybeans. Serves 6.

### Cabbage, sweet and sour:

4 cups red or green cabbage, shredded; 3 onions, grated; juice of 2 lemons; 4 tart apples with skins, diced; ¼ cup sweet cider; 3 tablespoons honey; 2 tablespoons oil; 1 tablespoon caraway seeds; ½ cup seedless raisins; pinch of allspice, ground.

Blend all ingredients in saucepan. Cover. Simmer gently for 10 minutes. Serves 6.

### Cabbage With Yoghurt:

4 cups red or green cabbage, shredded; 1 onion, grated; 3 tablespoons oil; ¼ cup cider vinegar; ¼ cup seasoned stock; ¼ cup yoghurt.

Saute cabbage and onion briefly in oil. Add vinegar and stock. Cover. Simmer gently for 5 minutes. Remove from heat. Blend in yoghurt. Serves 6.

Printed and Published  
"Covenant Magazines"  
P. O. Box 3178, Johannesburg