

Nutritional Gardening Department

The Natural Way to Grow Vegetables — Fruits — Flowers

Food Quality - - as Physiology Demands It

by William A. Albrecht, A.B., B.S., M.S., Ph.D.

Chairman, Department of Soils, College of Agriculture, University of Missouri, Columbia, Mo.

The old saying, "The proof of the pudding is in the eating thereof," is challenging the scientists to give us the values of what we eat in more specific characterizations than those of that simple — and usually pleasant — experience. Eating gives proof in terms of taste, but that is not yet specified by any standard, or reproducible, units of common agreement. We cannot report scientifically all that food does for us. We do not comprehend all the services of it, much less all the body functions in which it may play some vital roles.

Chemical analyses of the ash of vegetables or field crops are not highly informative. The very analysis destroys by ignition the organic compounds for which we eat food in the main. Vitamin assays, specifying these catalytic com-



pounds, are more suggestive. Feeding tests, measuring the food quality by gains in body weight of animals, or by shifts in rates of body processes — of both animal and human — are more widely used to measure the nutritional qualities of food crops in relation to the inorganic fertility of the soil growing them. Though they are laborious procedures, assays of the rat, the Guinea pig, and other animals are about the only accurate measure of food quality now at our command.

An illustration

Visible properties may be appealing, but they are not proof. The tomatoes serve as an illustration. The British market offers the housewife — and she seems to prefer it — a small tomato with fewer sections in it, with more acid and more juice. The American market has large, fleshy, many-sectioned, less juicy and highly flavored tomatoes. But what of the nutritional values, and what evidence thereof can we specify after the eating?

Food quality is arousing more concern in other countries under higher press of population than in ours. That may well emphasize nutrition and good health, as the reason for purchase of groceries for ourselves with decreasing tillable acreage of productive soil per person and declining fertility of those remaining areas under continued cultivation and higher costs. In Germany, and other European sections, a growing number of scientists, of magnitude sufficient for an international society, have con-

Dr. Lee to speak at San Diego club

San Diego, Calif. — Dr. Royal Lee, outstanding health authority, from Milwaukee, Wis., is scheduled to address the Organic Health Foundation here, October 18.

The meeting, at 8 p.m., will be at the House of Hospitality, in Balboa Park. Dr. Lee's address is titled, "Artificial or Natural Foods — is there a difference?"

cerned themselves in research in the nutritional qualities of different foods.

Apples vary

As an illustration of some of their work, there was reported a study of the qualities of apples used in feeding the children of two comparable orphanages. While the health of the children was studied and examinations of them made regularly, the apples were also put under bioassay by Guinea pigs for measure of vitamin C content.

Some of these results in summary (see accompany chart) for a feeding test — from November through January — show that two, four, and six grams of one variety of apple, Ontario, were the equivalent in vitamin C content of 20 and 30 grams of another variety, Oldenburg, when used as supplement to a diet free of this essential nutrient.

Proof

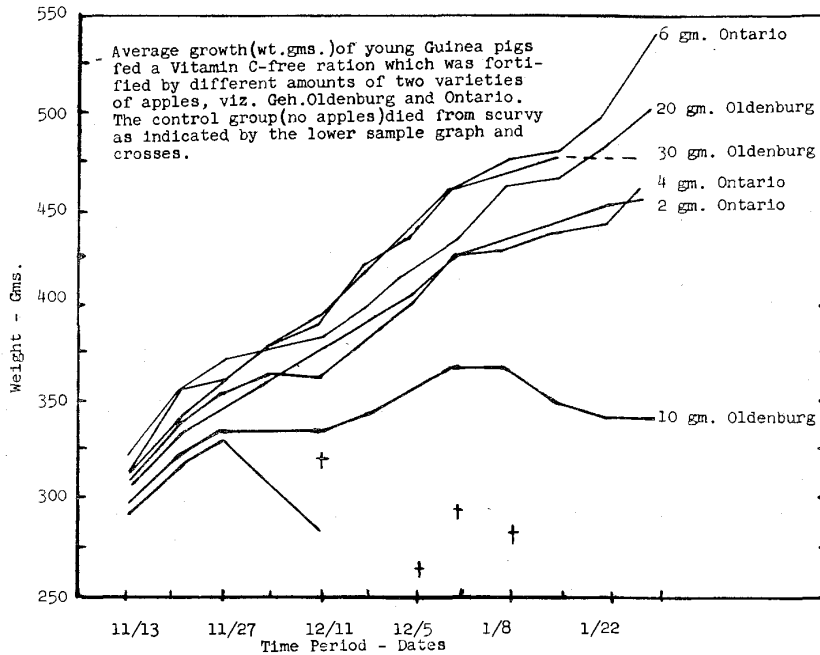
Here proof is given to us in vital characterizations by the Guinea pigs. No apples meant their death; 10 grams of Oldenburg were but little more than sur-

Farmers in Los Angeles County received \$85,519,800 for plant crops and honey from 205,000 acres in 1955. This constituted a gain of \$479,600 over the previous year when 224,000 acres were harvested, states the annual crop report of the county's Agricultural Commissioner.

YOU NEED VEGETABLES

THE NATURAL WAY to get your Organic Minerals and VITAMINS
V.M.V. VEGETABLE FORMULA TABLETS
(several different vegetables in each formula) are the easy way to get all of these important minerals. Vegetables grown on pre-mineralized soils. NO SPRAYS — Uncooked vegetables — finely powdered — pressed into tablets. Easy to take, no fuss, no preparing. BUT A MUST in your food program. Write today for literature and prices.

V.M.V. FOOD PRODUCTS CO.
4432 Piedmont Avenue, Oakland 11, California



vival; and as little as two, four, and six grams of the variety, Ontario, were the equivalent of from 5 to 10 times those weights of the former variety. If once we assay as accurately as this, not only the varieties of foods we grow, but each in relation to the inorganic fertility of

the soil producing it, and if we specify the results as life and death for Guinea pigs, we shall no longer be indifferent to nutritional qualities of what we eat. Instead, we shall also be in position to improve and control nutritive values in what foods we grow.

Water for weeds or trees?

With lowering water tables and mounting costs of delivering water, it is imperative to use this precious natural resource most wisely and carefully.

An important aspect of good water management is control of weeds. For, as C. D. Gustafson, farm advisor, San Diego County, reminds, weeds if allowed to grow are keen competitors for moisture so badly needed by your plants, trees, etc., during the hot summer.

As an average estimate, some citrus orchards are producing weeds at the rate of three to five tons per acre. To grow a ton of dry weight of plant, it takes about 500 to 600 tons of water. Three tons of weeds per acre, therefore, will use 1500 tons of water during the season. Fifteen hundred tons of water are equal to more than 360,000 gallons or more than one acre-foot.

Don't let weeds rob you of needed moisture!

— The Citrograph

We are about to appreciate the fact that our soil fertility is the place where we may undergird rather than continue to undermine the national health.

— William A. Albrecht

UCLA citrus grove serves science

Los Angeles — Visitors to nearby Westwood Village may be surprised at the complete 14-acre citrus orchard grouped among the many housing tracts in the neighborhood. First planted in 1929, its historical collection of fruits now acts as an extensive outdoor laboratory, and has attracted students from all parts of the world.

Citrus collections from Spain, Italy, Israel, Transcaucasia in Russia, and Florida are growing here. Also, experimental plantings include such subtropical and tropical fruits and nuts as passion-fruits, custard apples, mangos, guavas, sapodillas and mabolos; jujube, macadamia and pistachio nuts.

Dean Robert W. Hodgson, one of the world's outstanding authorities on the subject, reveals that "We probably produce more inedible citrus in the teaching orchard than any planting of comparable size. Our laboratory orchard was never designed as a commercial orchard, and the teaching and demonstration purposes it serves demand a wide variety of non-commercial species and varieties. Many of these produce fruit not at all pleasing to the palate."

Chemical fertilizer boom is fading

New York — The big boom in chemical fertilizers for agricultural use is slowing up. That's the word here from leading producers, who report a greater than seasonal slump in volume during recent weeks.

Several of the large chemical companies have announced substantial price reductions for their product, and more have announced production cuts.

FOR YOUR HEALTH

FAST at a quiet ranch amid beautiful scenery. Eat organically grown food from our own garden. Learn how to live hygienically — lectures three times a week. Professional supervision.

WRITE FOR BROCHURE

McEachen's Hygienic Haven
Route 2, Box 124
Escondido, San Diego County, Calif.

ENRICH YOUR LIFE BY USING
"V. B. P." NON-TOXIC, COLLOIDAL, ASSIMILABLE SULPHUR

● Histoplasmosis is a serious and widespread disease — found in the U.S. much in the state of California — marked by emaciation, fever, and splenomegaly. It can be discovered by X-ray and by thorough diagnosis. It could be caused by fungus, etc., on foods or in foods — in the air — in water, etc., when taken into the system. Research and clinical investigations so claimed, and being continued.

IT IS WISDOM TO SEE YOUR PHYSICIAN IF YOU ARE SICK; WE GIVE NO MEDICAL ADVICE

● Positive Proof! — Photographic Circular sent upon request. Kindly send 3c to cover partial cost of handling and postage.

● WITH QUICK FROZEN FOODS — such as any fowl, fish, meats, fruits and vegetables — into a pan of warm or hot water, place 5 or more drops of "V.B.P." non-toxic colloidal sulphur in solution, then put your food in the solution, and within 10 to 30 minutes your food is ready to cook, fry, bake or broil, according to the directions on the package, etc. This method, as described above, will save time and improve the quality of your food.

One fluid oz. Net \$3; Two fluid oz. Net \$5. Price is economical because a few drops go a long way. Instructions for use with each bottle.

Salesmen & Distributors Invited

ASK FOR "V. B. P." AT YOUR FAVORITE HEALTH FOOD STORE OR WRITE DIRECT TO —
PRUNE AND FRUIT POWDER, INC., Dept. LL
Main Office: 159 S. Western Ave., Los Angeles, California

Please mention LET'S LIVE when writing advertisers