

Health Starts in Soil

*Dr. Albrecht describes
relationship between
soil, plant, animal life*

The relationship between healthy soil and healthy human bodies was graphically illustrated by Dr. William E. Albrecht, chairman of the Department of Soils, College of Agriculture, University of Missouri, during the Ohio National Health Federation convention.

A foremost authority on soil, plant and animal life, Dr. Albrecht presented

Potassium Role in Health

cause a person appears healthy, doesn't make him healthy.

"If you have normal function and structure of cell life, the body has the power to defend itself against disease. In 30 years of practice, I do not claim to have cured anyone. I try to help normalize body chemistry so the body can handle the disease."

Dr. J. Henry Benko, in charge of oral surgery at the Portage clinic, told the audience "cells are dependent on the subsistence you give them. You can provide them with oxygen through the nose, and the rest of what you put through the mouth.

"Every cell in your body is dependent on the first cell, created during conception. A healthy body cannot have cancer. Sloan-Kettering scientists tried to induce cancer in 12 healthy individuals and it could not be done.

"Too many people think their mouths are garbage cans, and one wonders how cells can function normally from the subsistence derived from what goes into the mouths of so many people."

Fear, excitement and worry are a cause of disease, he pointed out, "because the adrenal glands start over-working, and under stress, as much as 10 times as much potassium is eliminated through the urine than normally."

Dr. Benko urged more funds for research. He praised the work of National Health Federation, and called for removal of poisonous additives from processed foods.

statistics pointing up the fact that the still-fertile areas of United States produce healthier people than in the farmed-out, mineral-deficient areas, particularly the south. The percentage of rejects for military service coincided with soil fertility, he revealed.

"Imbalance or deficiency is a cause of disfunction and disease in plants," he said, "and the same principle holds with humans. Twenty-three per cent of our children are being born with defects. Fifty-three per cent of our hospitals house mentally deficient people. During World War 2, 158 men per 1,000 were rejected because of physical defects. The human health pattern follows the same trend as the plant health pattern.

"The stream of life will not flow in spite of us. Man has lived with the belief he could rule nature, now he is learning he must go back to nature and observe her laws or perish. We have taken for granted that we could pillage and exploit the land. Now we are realizing that we must put back what we take out or reap the penalty in unbalanced, weak plant-life which in turn causes physical deficiencies in animal and human life. We depend on each other.

"If we start with creation as a handful of dust, we don't start with much bulk. Five per cent of the body is ash. Without personality or spirit, we would

be only inorganic substance.

"To get back to the beginning, we must start with rock which is breaking down through action of heat, cold, sun, moisture. A good share of it goes to the sea. A good share is clay, and when feed is planted, the root contacts the clay which in turn must be restocked because it absorbs acid from plants.

"The building of a crop is the ecological climax of nature. Before man came along to mine the soil, nature kept the necessary balances. The seed decayed and made carbonic acid. This was mixed with the disintegrating rock. Nature put back what was taken out by the grasses. Weeds were eliminated because the nu-

(Please turn to page 28)

STUDY FOR THE DEGREE

of Doctor of Psychology (Pa.D.) Doctor of Metaphysics (Ms.D.) or Doctor of Divinity (D.D.). Correspondence Courses only. Write for further information.

COLLEGE OF DIVINE METAPHYSICS, Inc.
Dept. H.H., 2811 N. Illinois St.
Indianapolis 8, Indiana

LEARN AT HOME:

GET A BRITISH DIPLOMA IN NATUROPATHY. GRADUATES can then take our Diploma in OSTEOPATHY. Send two international postal coupons for our free literature.

ANGLO AMERICAN INSTITUTE OF
DRUGLESS THERAPY (HHI)
20 Talbot Avenue Bournemouth, England

Have you tasted our delicious coffee-like beverage yet?



Imported from England, compost grown dandelion root. Contains no sprays, additives, caffeine or tannin, alkaline-forming, most economical in use. Dandelion Root — regular 4 oz., \$1.20; 8 oz., \$1.95 (makes 100-150 cups); 16 oz., \$3.50, approx. 1 1/2¢ per cup. Instant 4 oz., 95¢; 8 oz., \$1.50, approx. 2¢ per cup. Also Slippery Elm Food, valuable cereal food for entire family, made of wholewheat flour, raw sugar, barley malt, slippery elm bark — extremely palatable, digestible, 3 oz. 90¢; 1 lb. economy size, \$2.50. At better health stores. If difficulty in obtaining, write Dr. Irene E. Barbasch (U.S.A. importer).



DANDELIONS UNLIMITED

38 W. 6th St., Covington, Ky.

Dept. HH-7

Health Starts in Soil

(Continued from page 21)

tritional balance was maintained by the death of the preceding crop. Plant-life is no exception to basic law. It is as temperamental in retaining balance as is the human body. At best, the human body is at one level. When we torment it, it must drop to a lower level.

"All life form struggles to keep tissues. The plant can use carbohydrate and is able to take nitrogen from the atmosphere or soil, combining them into a carbo-chain and making protein, amino acids.

"Every form of life uses a quantity of protein made up of the required amino acids. Plants can make carbohydrate easily. Protein can grow by adding more life unto itself. When foreign protein moves into your body, the reserve protein-potential must be present in the body to take it over, or it will take you over."



DR. WILLIAM E. ALBRECHT of University of Missouri, internationally-known authority on the relationship between soil and human health, drives home a point during address before Ohio National Health Federation convention.

Dr. Albrecht said more Americans suffer from sterility than from the six major degenerative diseases.

"When we say the seed is running out, we mean the stream of protein-carrying life has been halted through deficiency or imbalance," he continued.

He displayed slides documenting his thesis that nature's law demands balance, and showing how depletion of nitrogen results in protein-deficient plant-life.

"When nature feeds her crop, organic matter goes back totally," he declared.

Chiropractors - Naturopaths Herbalists!

Think of it! A Course of Instruction covering the use of Medicinal Herbs—a unique and comprehensive Course in Botanical Medicine. A Course which has been taught to college students. Written by E. E. Shook, D.C., N.D. Last issue sold out—more being printed.

Note remarks from students:

"A masterpiece! Amazingly well done." Dr. E.B.
"Makes a real Doctor of you, no more guessing." L.P.

"I have been studying your course and am sure enjoying it." Dr. E.R.

"Your Herbal Course received and I find it very satisfactory." J.K.C.

"Surely do appreciate the way you explain the chemical make-up of herbs; why they do good, etc., instead of just saying they will do so and so, as some other books do." Dr. J.R.K.

Prospectus free. Price \$27.50 postpaid to U.S. and Canada. (Shipping weight 9 lbs.)

Herbal Research Bureau

863 S. St. Andrews Place, Dept. H,
LOS ANGELES, CALIFORNIA

MARVELOUS BOOK ON HERBS

Nearly 700 pages, leaves, roots, barks. Diet, formulas, recipes for health-foods, substitutes for animal foods. Send for free gift booklet "Secret of 6000 Years" and full information on herb book.

Desk H, Message Press, Coalmont, Tenn.

Natural, Organic, Imported, Fine and Unusual Foods and Health Products. Our prices on basic natural and organic foods, vitamins, etc., are very, very interesting. You get our list, we get your business.

WANDA BIO PRODUCTS

6531 Euclid Avenue, Dept. H Cleveland 3, Ohio

"In healthy soil, the temperature is 10 degrees cooler than in depleted soil in July."

As fertilizer, he recommended a solution of calcium and lime, saturated to 70 per cent of calcium, with 7 to 10 per cent of magnesium added.

"The plant can't take calcium from rock, it must be in soluble form," he said. "By building up an exchangeable form of calcium-magnesium to available form, we can have it in reserve. The root respires carbon dioxide."

Dr. Albrecht said a study of 38 different crops revealed that in the west the supply of potash, lime and phosphorus measured 5.14 per cent; in the mid-west, 3.94 percent; and in the south, 1.97 per cent.

"Eastern U. S. soils are low in calcium and there is a problem in growing protein-producing plants," he continued. "To make grass, we must have rock

Using Hoxsey Therapy

Dr. Francis Altig, osteopathic physician-surgeon, has opened a practice, including administering the Hoxsey treatment to cancer patients, at 1629 West Glenoaks Boulevard, Glendale 1, Calif. Dr. Altig has had the equivalent of a year's training in this type of therapy.

PASS THIS COPY ON TO A FRIEND!

SWEDISH MASSAGE — FOOT TECHNIQUE HOME STUDY COURSES

You can win independence and prepare for future security by training at home and qualifying for a diploma in each course. Begin your training at once. Send for complete details now.

DR. ESTHER C. SWANSON SCHOOL OF SWEDISH MASSAGE

3809 Alta Vista Terrace Chicago 13, Illinois
Licensed Vocational School in the State of Illinois

"TECHNIQUES OF COUNSELING & APPLIED PSYCHOLOGY"

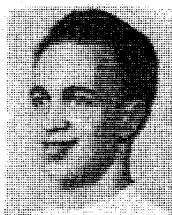
A well organized TEXTBOOK and reference work in the theory, practice and application of the fundamental principles of counseling prepared especially for practitioners.

Literature on request, no obligation. Write "TECHNIQUES P.O. Box 1544, Sumter, S.C."

ELECTRONICS IN HEALTH

Stock your library with the amazing story of Electronics in relation to health. TWENTY-back issues of the Electronic Medical Digest have been selected which contain upwards of 800 digests of articles or complete articles about discoveries made by scientists and others throughout the world during the past twenty years in the field of Electronics in relation to health. These issues also cover the work of the Electronic Medical Foundation. THESE ARE ALL YOURS FOR ONLY \$6.00 DELIVERED. Twenty per cent off to members of the National Health Federation. Order direct from:

ELECTRONIC MEDICAL FOUNDATION
2454 Van Ness Ave., San Francisco 9, Calif.



Internationally Famous Authority On Nutrition, Supervised Fasting, Exercise and Natural Living

BERNARR ZOVLUCK

DOCTOR OF CHIROPRACTIC, NATURAL HYGIENE

Consultant to Celebrities of Television, Movies, Radio, Broadway, Sports and Politics.

Director: Chiropractic and Massage Center of Times Square

152 W. 42nd ST., TIMES SQUARE, HH, NEW YORK CITY (DA 8-2660)

ZOVLUCK CANCER METHOD

● FREE INFORMATION and HEALTH LITERATURE ●



ENCOURAGEMENT OF ORGANIC growers by "going out of our way even though it may be inconvenient," was urged by Robert Rodale, executive editor of *Organic Gardening and Farming* during address at Ohio NHF convention. "Simply because it may be difficult to get organic food should not deter us from supporting those growing organically," he asserted. Editor Rodale, 28, recommended phosphate rock as "about the best and the richest" of organic fertilizers. To the question, "what's organic?" he replied, "even though sprays are not cumulative poison, they are dangerous. The organic label must be obtained with great integrity." He urged mulching of gardens.



breaking down and clay to hold it. The protein-potential makes beef. Which raises the question, does the soil make the cattle, or the cattle the soil? Does the soil make the grass, or the grass the soil? Does the soil make the people, or the people the soil?

"In our agriculture we've emphasized the gain in bulk—more tons or bushels per acre—but not the creation of protein-producing capacity. Protein in Kansas wheat is down to 14% as compared with 18% in 1940. (Ed. note: A similar experience is under study with sugar beets in California). Fungus disease is prevented by a proper quantity of calcium and nitrogen combined as protein.

"When we fail to provide the balances demanded by nature, we pay a penalty," he emphasized. "Imbalance begets imbalance. When we tamper with nature, we reap a tampered effect. Dr. Pottenger buried the dung of cats fed on cooked milk, cats which were not reproducing, incidentally—and also the dung of cats fed with raw milk. These pictures indicate that the uncooked milk, retaining its original elements, returned them to the soil and they produced a big weed crop. The pasteurized milk, on the other hand, became sterile, and the soil in which the dung was buried produced only a handful of weeds."

Herald of Health • December, 1958

NEW HEALTH BOOKS

10% Discount on \$10.00 Orders if this magazine is mentioned.
California residents add 4% sales tax. Postage 9¢ extra per book. No Substitutions —
Book Catalogue Free! Fast Service, Any book — new or out-of-print located!

Clean Up The Blood Stream and Live — Lillian Taylor. This 76-year-old author claims she rebuilt her body; became beautiful; eye sight improved; wobbly heart ceased; pyorrhea and arthritis disappeared by the uses of juices in her diet. 1958, Revised Edition	\$1.00
Arthritis, Rheumatism & Allied Disorders — How's Your Liver? Why Die of Cancer? (3 Vol. in 1) By A. L. Allen, N.D.	1.50
How to Avoid Cancer — Fraser Mackenzie, cloth, jackets	3.00
A Matter of Life or Death (The Incredible Story of Krebiozen, Dr. Ivy and the Treatment of Cancer) By Herbert Bailey, Cloth, Jackets (1958 Publication), 348 Pages	4.95
Your Sight — Care and Improvement by Natural Methods By C. Leslie Thomson	1.75
Unorthodox Healing Versus Medical Science — Harry Benjamin, Cloth, Jackets	3.00
Failure of Our Medical System — Citizens Versus Doctors C. Fraser Mackenzie, C.I.D.	1.75
How to Eat For Health — Stanley Lief, Cloth, Jackets	2.00
The Uses of Juices — C. E. Clinkard, M.B.E.	1.00
Foods That Alkalinize And Heal — By Mary C. Hogle	1.50
Food For Health And Thought — By Fraser Mackenzie, Cloth	1.75
The Cell, The Human Organism and Cancer By Dr. A. Leroi (small pamphlet)	.75
Health From The Kitchen By Eric Powell. New 1958 English Publication (Lemons, Banana Peel, Potato Peel, Apple Rind, Peach & Apricot Peel, Carrot Tops, Oats, Garlic, Sage, Spices, Roses, Marigold Petals, etc., etc.). Don't throw away valuable material which may benefit the health of your family!	\$1.50
IS RADIOACTIVITY REAPING ITS TOLL IN HUMAN LIVES — Through a Side Door — the Teeth? X-ray photos, slick paper, 1957 copyright — First time offered. By R. L. Shaw, D.D.S.	1.50
TEETH AND YOUR FOOD — By Dr. N. S. Hanoka	1.50
THE A. B. C. OF CHIROPRACTIC — By Philip Curcuruto, D.C., Forty million patients are using chiropractic treatments. This book explains the philosophy.	1.25
THE TRUTH ABOUT SMOKING — Dr. John H. Manas	1.50
DICTIONARY OF FOODS — William L. Esser, N.D.	2.00
CORPORATE MEDICAL MONOPOLY — A detective story of Medical Monopoly. Paper covers, soiled.	.50
HEALTHFUL LIVING — By David Paulsen, M.D., (A compilation of articles on health from the pen of Ellen G. White, Seventh Day Adventist). Dr. McKay, Prof. of Nutrition, Cornell U., stated "Ellen G. White's valuable instruction is needed today." This is a reprint of a rare volume of 298 indexed pages — first published in 1897. Mrs. White used herbs, hydrotherapy, nutrition and religion with marvelous results. Dr. Paulsen founded a highly successful sanitarium based on these writings. Beautiful illustrations. Circular free! Or send	5.00
WHAT IS DISEASE? George S. Weger, M.D. (Harvard). This author states that no disease can successfully be treated unless the surplus toxins are removed from the body.	.15
MUSIC AND YOUR EMOTIONS — E. A. Gutheil, M.D., etc. 127 pages.	1.00
Vital Vegetables — How to Use Them — Leslie Powell	1.50
Commonsense Vegetarianism — Harry Benjamin	1.50
Natural Way to Gain Weight — Alan Moyle	1.50
Gastric and Duodenal Ulcerations — Russell Sneddon	1.50
Banishing Backache and Disc Troubles — Harry Clements, D.O.	1.50
Digestive Troubles — Alan Moyle	1.50
Eyes, Their Use And Abuse — How to Improve Vision — Ethel Beswick	1.50
Neurasthenia — Russell Sneddon	1.50
Varicose Veins and Ulcers — Russell Sneddon	1.50
Prostate Troubles — Harry Clements, D.O.	1.50
Home Treatment for Common Disorders — W. E. Robinson, N.D.	1.50
Vitality From Within — Fraser Mackenzie, C.I.E.	1.00
High Blood Pressure — J. Russell Sneddon	1.50
Catarrrh — Russell Sneddon	1.50
Constipation — And How to Avoid It — Etc. — Josiah Oldfield	1.50
Smoking and Cancer — Mark Clement	1.00
Victory Over Cancer — Cyril Scott — (New, Revised Edition)	5.25
The Revolt Against Chemicals — Dr. Raymond Bernard & Morris Bealle (Mimeographed — Printed Covers)	2.00
Organic Revolution In Nutrition — The Future of Vitamins — Natural vs. Synthetic Vitamins — Dr. Raymond Bernard (Mimeographed)	1.50
Organic Foods For Health — Dr. R. W. Bernard (A.B., M.A., Ph.D. (Mimeographed)	1.00
Zone Therapy Or Relieving Pain At Home — Wm. H. Fitzgerald, M.D., Edwin F. Bowers, M.D., Geo. Starr White, M.D. (Fully Illustrated)	3.25
Zone Reflexes — Joe Shelby Riley, N.D., D.C., M.D., (Illustrated)	2.00
Zone Therapy Charts (4 different — 8 1/2 x 11)	1.00
Zone Therapy Charts (3 different — 17 x 22 — for the office)	3.50
Zone Therapy Chart — New, 1958 — 17 x 22	2.25
Hydrotherapy Chart — New, 1958 — 17 x 22	2.25

HEALTH RESEARCH
MOKELUMNE HILL 4, CALIFORNIA