

For Stronger Teeth and Bones Nutritionist Dr. Martha R. Jones Tells American "Gourmets" Go Back To Greens and Roots

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"OUR BIG, FAT, SOFT BABIES are developing into nervous, restless, aimless, empty youths with teeth ravaged by decay." Such is the observation of Dr. Martha R. Jones, one of the nation's leading nutritionists, who has instituted a health program at Asbury Theological Seminary.

According to Dr. Jones, solution to the problem is obvious and simple, but not easy. It would mean restoring greens and old-fashioned sugar and sorghum cane syrups to their time-honored place on the American dinner table.

Backed By Own Experience

The convictions of this 82-year-old scientist-humanitarian are backed up by a lifetime of research and deep concern stemming from childhood circumstances which nearly destroyed her life.

She lived on warm cow's milk and fresh eggs on her family's Tennessee estate. But too many eggs and not enough greens and vegetables brought malnutrition, which showed up when she was 6 years old.

She suffered from colds, sore throat, and lost nearly all her teeth. Her face became long and narrow, dental arches and sinuses began to shrink. The physical changes brought personality changes. She became self-conscious, withdrawn.

Defied Her Family

Determined to find out what caused this in her, she defied her family's plans to have her married at an early age, and enrolled at Peabody College for Teachers.

From Peabody, Vanderbilt and Yale, her next step was to the state penitentiary at Nashville, Tenn. She became the "angel lady" of the prison, making sure that fresh vegetables and milk were fed to the prisoners. Utilizing the prison farm produce that had been going to a privatey-owned "piggery," she saved the state \$3,000 a month.

Soon she began to conduct nutrition experiments on animals. At the University of California Medical School in San Francisco, she conducted feeding experiments on puppies and came to the conclusion that teeth and bones react differently to different diets—a suggestion that was heresy at the time. She spent more than 17 years in California studying that theory in puppies and babies.

Health Center Plan—Conceived

She conceived the idea of a "health center" plan—an infant feeding clinic which would demonstrate the principles of nutrition she had discovered. In 1928, the opportunity came through the Queen's Hospital in Honolulu.

By 1928, the 300,000-400,000 Polynesians said to have lived in Hawaii in 1778 had dwindled to 20,000. The diet which had kept them in a state of physical-dental excellence throughout centuries consisted essentially of tropical vegetation and fish. It was high in carbohydrates—roots, tubers and sugar cane juice, principally—which contained a large excess of alkalis. This was needed, apparently, to neutralize the acidity produced in body tissues by their tropical environment and muscular activity necessitated by deep sea fishing and water sports.

Refined Foods Bring Problems

With the influx of visitors to the islands came ever-increasing amounts of acid-forming grains and refined sugar. More and more, they replaced the alkaline-ash native foods in the diet of the islanders. Disease increased, and in spite of generations of sound teeth, babies were born with teeth so defective that they disintegrated in a year. Head colds were chronic. Respiratory and circulatory diseases were the principal causes of death. The infant death rate was staggering.

Dr. Jones set up a clinic at one of the villages where the infant death rate was nearly 1 out of 3. After two months, she had not one "customer." Some thought

the house was haunted; others just were not interested.

She finally found a dying baby whose mother allowed him to be fed at the clinic. The child lived, although his four older brothers and sisters had died before their first birthdays. Soon all the village babies were under Dr. Jones' care. The infant death rate dropped to zero.

Older children came to the clinic. Resistance to infection became high, a flu epidemic by-passed the clinic-fed children. Viruses in the blood stream apparently did not like alkalis. The Hawaiian press lauded Dr. Jones. President Roosevelt's physician visited her.

Human Work Disclosed

Dr. Jones told the New York Dental Centennial in 1934 of her work in Hawaii. To her, her work proved that teeth can be dirty, and still healthy; that unless the diet contains more alkalis than acid, decay will occur. Dr. Jones' diet included such things as potatoes, carrots, turnips, beets, leafy vegetables, fruits, sugar cane, sorghum. The thinner and greener the leaf, the better, she believed. Turnip tops, beet tops, spinach and dandelion greens are among the best.

She cites the soundness of the teeth of southern Negroes as an example of the effect of an alkaline diet on teeth. Many of them eat sweet potatoes, turnip tops and sugar cane syrup.

Grass Primary Food

The primary food is grass, according to Dr. Jones. She tells a story of how grass from a California farm with unusually fertile soil was fed to race horses. "The results were fantastic," the owner of the farm said. "Horse after horse previously below par hit the winner's circle. One horse, after 30 days on the grass, broke the world's record."

Dr. Jones quotes the late scientist Dr. Charles Kettering: "When we have learned why grass is green, we shall have discovered the secret of life." According

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to Dr. Jones, persons throughout the world who eat greens, grasses, unrefined grains and home-grown food are immune to cancer, arthritis, polio, multiple sclerosis, muscular dystrophy and other diseases.

Americans are a sick people, Dr. Jones says. The clergy lags behind 13 other professions in physical fitness, and Asburians fall below the national average, she says.

So Dr. Jones picked Asbury Theological Seminary to develop her health education program. Her program, now in its seventh year, includes: checking the health status of every seminarian; a nursery school and kindergarten for students' children, and a garden where students may grow their own food in fertile soil.

What does she hope to give Asbury students and teachers? Five to ten years of additional useful life.

Methods For Avoiding Heart Attacks Stressed At Meeting

Chicago, Ill.—Specialists at the recent fifth world congress for ardiology said people should eat less and walk more in helping to avoid heart attacks.

Dr. Paul Dudley White, famed Boston heart specialist, said preventive measures should include avoidance of over-nutrition, establishment of physical fitness, and non use of tobacco. Other speakers listed these factors that boost chances of suffering premature heart attacks; high blood pressure and diets too high in total fats, saturated fats, and cholesterol.

Dr. Jeremiah Stamler, Chicago, reported on results of an 8-year study of men who volunteered to change their diets and other habits. Their death rate from coronary attacks was lower than for other men. The difference was not significant but was an indicator that preventive changes can be effective, said Dr. Stamler.

Specialists from several countries reported on danger of consuming diets too high in fats and total calories.

WHY

are deaths from coronary heart disease the major medical problem in the U.S.A.? Are you a candidate? Bulletin 66 gives answers.

Sent Without Charge, Write to:
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Children Learn What They Live

- If a child lives with criticism,
He learns to condemn.
- If a child lives with hostility,
He learns to fight.
- If a child lives with ridicule,
He learns to be shy.
- If a child lives with jealousy,
He learns to feel guilty.
- If a child lives with tolerance,
He learns to be patient.
- If a child lives with encouragement,
He learns confidence.
- If a child lives with praise,
He learns to appreciate.
- If a child lives with fairness,
He learns justice.
- If a child lives with security,
He learns to have faith.
- If a child lives with approval,
He learns to like himself.
- If a child lives with acceptance and friendship,
He learns to find love in the world.

Anonymous

Running and Weight Lifting

Chicago researchers report that low force exercise such as running creates a different effect on the exerciser than a brief, forceful activity such as weight lifting. Running, they note, produces an increased amount of energy-liberating protein while weight lifting results in an increased concentration of actomyosin, which is responsible for contraction and relaxation of muscle. (*JAMA*, January 9, 1967).

Carbohydrate Intake

University of Alabama researchers report a correlation between the condition of the gums and carbohydrate intake. The greatest improvement among subjects afflicted with gum disorders was in the group who eliminated refined carbohydrates from the diet. (*Journal of Oral Medicine*, April, 1966; *Dental Abstracts*, December, 1966).

The American Nutrition Society has many reprints and literature available to members as well as readers at cost. This list will be gladly sent to those interested. Please enclose a stamped, self-addressed envelope. Send request to the A. N. S., P. O. Box 158-C, Pasadena, Calif. 91104.

Instant Mosquito Control

The rice fields of California's Sacramento Valley are flooded every year from spring to fall. For five months, they are perfect breeding grounds for vast swarms of mosquitoes that have largely become resistant to chemical insecticides. For all their immunity to man-made controls, though, the insects may yet meet their match—all because an imaginative University of California scientists has gone back to nature and enlisted the aid of a voracious and prolific South American fish.

Entomologist Ernest Bay has pinned his hopes on the little *Cynolebias bellottii*, or Argentine pearlfish. Almost alone it keeps large areas of Argentina and Brazil relatively free of mosquitoes. Immediately after hatching in the waters of low-lying flood plains the tiny fish begins eating mosquito larvae. By the time it reaches its mature length of 1½ in. to 3 in. a few weeks later, it is able to consume about 50 larvae per day.

Bay is now concentrating on mass-breeding pearlfish in his laboratory, attempting to produce enough to "seed" California's rice fields and, eventually, the flood plains in California and other states. He envisions the day when many of the intermittently flooded fields in the U. S. will be rich in pearlfish eggs. Then as spring rains herald another flood season, millions of eggs will hatch, providing nature's own form of instant mosquito control.

Fasting and Obesity

"Fasting in obesity is generally safe and not unpleasant, but it should be undertaken only in a hospital," Glasgow physicians advise. Their findings reveal that obese patients who undergo fasting experience "considerably better" results than patients who attend weight reduction clinics. (*The Lancet*, December 17, 1966).

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