

LITTLE THINGS IN NUTRITION III

by

Martha R. Jones, Ph.D.

Boron-ethyl gasoline is claimed to be the fuel "par excellence" for the automobile engine. Similarly, BIG GEE GEE SUPER-SYRUP - a sugar cane - lemon blend - might be called the fuel par excellence for the human engine. As a trace of boron in gasoline prevents "knocks" and ensures smoother running of, and more miles per gallon from the automobile engine, so do the vitamins, bioflavonoids, minerals, trace elements, etc. contained in the sugar-cane lemon syrup, not only make for more efficient operation of the myriad of minute "engines" (cells) comprising the human "machine," but determine whether or not it "runs" at all. Yet these, and many more equally important nutrients, are the principal ones lost in the refining, processing, bleaching, etc. of our foodstuffs. Small wonder we are what we are!

What would happen to a brick house if the cement holding the bricks together were omitted? Or to a skyscraper, if the hardening agents - "LITTLE THINGS" that convert iron into steel - were left out of the girders? Such happenings are unthinkable, for we know the buildings would collapse like "the one horse shay" - just break down all over. Yet, we watch with unconcern the same thing happening to ourselves - billions of man-hours of work lost annually by the millions of people whose "engines" are full of "knocks" and otherwise, "breaking down all over." All too often it happens to our finest and most needed workers - scientists, executives in government and business, civic leaders, teachers, doctors, dentists and others in the prime of life and at the peak of their usefulness - heart attacks, strokes, cancer, ulcers and other crippling diseases which, perhaps, a bit of copper; or zinc; or magnesium or some other discarded "little thing" MIGHT HAVE PREVENTED.

In a meeting held recently in San Francisco by a group of pediatricians, the fact that "bouncing babies and whopping children" often become anemic and weak as they grow older was acknowledged and deplored. Iron pills and injections were discussed, and their possible ill effects - liver damage - cited. Anemia has never been a problem to the calf, which, instinctively, supplements his mother's milk with iron, copper, vitamin rich grass soon after birth. Nor to primitive peoples who themselves ate the health-promoting sap of the sugar cane (grass) and fed it to their babies, as did our own pioneer American parents. Not so fortunate are today's babies who get the sugar of the cane juice stripped of all of its health-building nutrients; also, anemia, flabby muscles, "angel wings," "pot bellies," colds and "bad" teeth.

How wide spread are our children's disabilities is indicated by the appalling increase, in the short interval of time between World War II and the Korean War, in physical and mental ailments which disqualified the highest percentage ever of our finest young men for military service. Many exceptions, however, are to be found, especially in rural areas of our midwestern and southern states where "long sweetening" (cane syrup), whole grain breads, garden greens and other nature-made

foods which have not been tinkered with, are still in vogue. Said an Oklahoma mother of five football stars (two All-American) in a recent number of the Saturday Evening Post. "The children grew up on sorghum molasses (variety of cane) and sometimes we did not have much else. Their father swears this home-grown molasses is foolproof for the raising of football stars." Oklahomans, judging by the Post's picture of football rooters, are still blessed with broad dental arches and sound teeth, as were their midshipman sons, some two decades ago prior to their entry to the U.S. Naval Academy at Annapolis. Ironically, in an incredibly short time, their life-time immunity to tooth decay was gone. Gone, too, were the simple, old-fashioned home-grown foods - the diet "par excellence" for knock-free smooth-running human "engines" - to which they had been accustomed, and in their place, technology's best knock-maker, rough-running low milage "gasoline" - artificial syrups, devitalized, demineralized breads, cakes, cookies, sweets, etc.; homogenized, hydrogenated oils and other processed, clarified, bleached and preserved foods. After all, the diet did have aesthetic and taste appeal and a high rating according to accepted standards. It would be interesting to know how many of this group (1937 class) have, like the one horse shay, "broken down all over."

Ancient Hawaiians were rated second to none in physical development, stamina and the excellence and beauty of their teeth. In the old days in the Islands, communication between villages was by runner, who jog-trotted 30-40-50 miles a day over rough mountain trails, with little or no fatigue, says legend. His only food and drink on the journey was sugar cane - an adequate supply of which he made into a bundle and strapped it to his back. As he jogged along, he chewed the cane - swallowing the refreshing, invigorating juice. Like the boron-ethyl gasoline supplies the "nutrients" needed for the knock-free efficient "running" of the automobile engine, the cane juice supplied the water, calories (sugar), vitamins, minerals, trace elements, etc. needed for the sustained work and smooth running of the human engine, and so, the messenger arrived at his destination unfatigued and ready for the return trip.

Then came the white man with his inventions and technology which produced white sugar from the cane juice; white flour from the wheat and other grains; germless cereals, etc. They could be kept longer and shipped farther. Indeed, self-respecting weevils, which instinctively know the good from the bad, would have none of them. The whiter and lighter the breads, cakes, cookies, etc., the better they were liked and the greater was the demand for them. OUT went native foods. Like our American Indians and primitive peoples all over the world who have abandoned their own home-grown foods for the "American Style" diet, the Hawaiians not only lost their teeth and health, but untold thousands of them, their LIVES. Soon, babies were being born with teeth so defective that they disintegrated as they erupted; with bones and muscles so poor in quality and resistance to disease, so low, that one in three died before its first birthday. Occasionally, a child at play would collapse - heart attack. Autopsy findings? Hardened arteries.

Could babies be made healthy and strong again and "bad" teeth replaced with "good" ones? The Ewa Plantation Infant Feeding Clinic which I set up and conducted 1929-'36, provided the answer - Y E S. The "formula" was simple - BACK TO NATURE! Native foods, taro and sweet potato, especially - then in the discard - were restored to their time-honored place in the diet. Milk formula for babies was an innovation. To the milk was added a specially prepared sugar cane-lemon syrup with its health-building nutrients - chlorophyll, vitamins, bioflavonoids, amino acids, minerals, iron, copper, trace elements, etc. This, with home-grown garden greens and other vegetables and fruits and choice meat tissues, constituted the diet, in general. Improvement in the children was immediate and spectacular. Sickly babies became healthy huskies. The towering infant death rate (clinic-fed babies of all nationalities) tobogganed to zero. Rampant tooth decay was arrested. The clinic became a demonstration, teaching center through which hundreds of visitors from all over the world, as well as Hawaii, streamed. Plantations throughout the Islands adapted its teachings to their own needs. Today, cane syrup (without the lemon) and home grown garden produce are staple foods for their workers and babies. Quickly, their infant death rate toppled from the highest to the lowest in the United States, then the world. "Chalking up the best health record in the world" as it was described, was termed "a miracle." It is the type of "miracle," however, that the mothers of America and the world can duplicate by demanding for themselves and their children foods in the form Nature intended they should be - with all of their health-building nutrients left intact.

The sugar cane-lemon blend fed the babies of Hawaii - now called BIG GEE GEE - is in truth a SUPER-SYRUP in respect to the kinds and amounts of nutrients it contains - "LITTLE THINGS" essential for the "knock-free", smooth, efficient "running" of the human body's billions of little "engines", and so, has no equal as a table syrup and supplement to milk in formulas for babies. It is superior, also, in what it DOES NOT CONTAIN - charcoal and tar from field-burned sugar cane, bleach, clarifying agent or other additive as commonly occurs in the molasses from sugar manufacture.

BIG GEE GEE SUPER-SYRUP

1 Tbs. BIG GEE GEE added to 8 ozs. of cow's milk raises the sugar content of the milk to the equivalent of that of woman's milk, and adds goodly amounts of iron and copper, especially, in which cow's milk is deficient. Together, they make a tasty "meal in a drink" for children of all ages from the new baby to the aged grandpa. It may be fortified with dried skim milk and/or brewers' yeast, if more protein, minerals and vitamins are desired. For babies, 1 qt. a day (4 T. GEE GEE) is suggested.

BIG GEE GEE SUPER-SYRUP discourages the growth of bacteria in the mouth, and taken frequently - a teaspoonful every hour, say - relieves throat irritations and coughs.

One or two tablespoonfuls (or more, if needed) of BIG GEE GEE taken at bedtime is usually effective in regulating bowel movements. A spoonful (T) after eating aids digestion.

BIG GEE GEE is a nature-made alkalizer and helps build and maintain a normal alkali reserve (bank account) in the body which is essential for vitality and good health. It is a quick "picker-upper" for young and old, sick or well - diabetics excepted. Because it contains so many nutrients that are so "short" in today's diet, it could make a contribution of the first magnitude to our national health.

RECIPES

- BIG GEE GEE MILK SHAKE: 1 T BIG GEE GEE; 8 ozs. milk; scoop of ice cream; $\frac{1}{2}$ ripe banana or other fruit, whipped together.
- BIG GEE GEE LEMON ICE: Juice of 1 lemon blended (in electric blender) with pulp and as much peel as desired. Add 3 - 4 T BIG GEE GEE and water to make 1 cup (8 ozs.). Freeze in two small cups.
- BIG GEE GEE LEMON PUNCH: Same as for lemon ice except add water (hot or cold) to make 2 cups (1 pt.) Serve hot or cold. If blender is not available, mince lemon pulp and peel. Let steep in hot water. Pour off liquid and serve.
- HOT GINGER GEE GEE: $\frac{1}{4}$ t. ground dried ginger dissolved in 2 T GEE GEE. Add hot water to make 1 cup. Try it for colds, indigestion, "flu."
- BIG GEE GEE FRUIT PUNCH: Unsweetened fruit juices (grapefruit) sweetened to taste with GEE GEE.
- GRAPEFRUIT TREAT: Halves broiled or chilled with GEE GEE. Delicious!

BIG GEE GEE adds zest and health-building nutrients to many foods - breads, waffles, biscuit, cereals, beans, sweet potatoes, sauces (ham), toppings for yogurt, custards, ice cream, etc. For youngsters and adults - 4 Tbs. (more, if desired) daily.

Manufactured and distributed by: FOOD PRODUCTS, INC.
767 South 23rd Street
Richmond, California