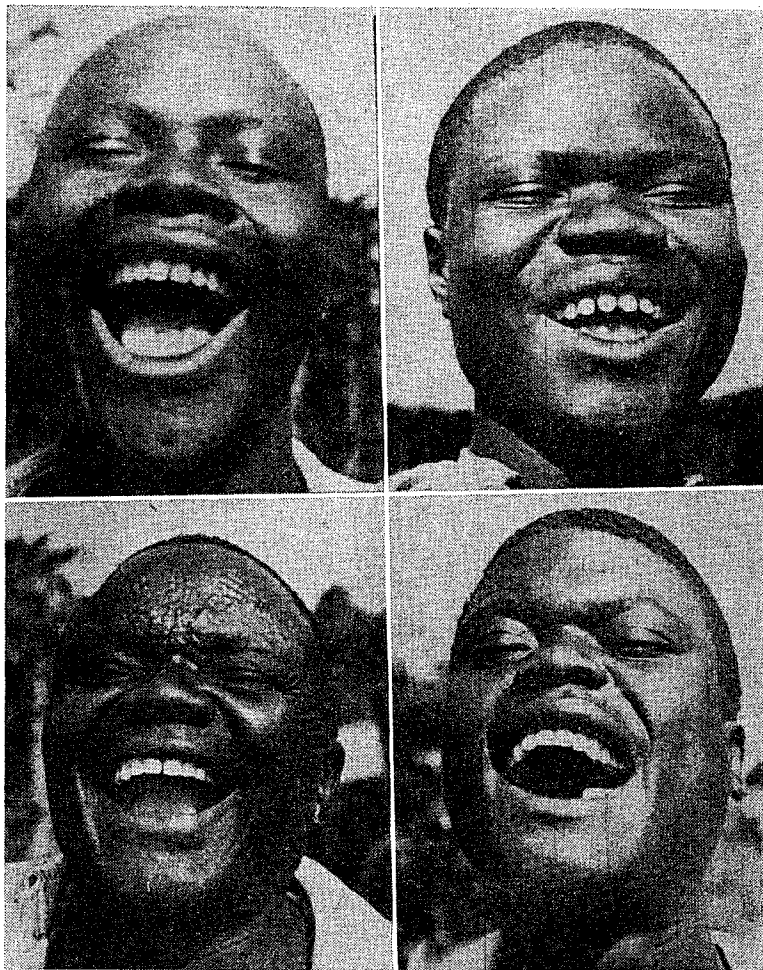


Natural Living

Including Normal Agriculture



While on native foods, such as animals, bananas, roots, nuts and honey, these Africans have superb physical development, including regular dental arches without cavities. See article on "Nutrition and Physical Degeneration."

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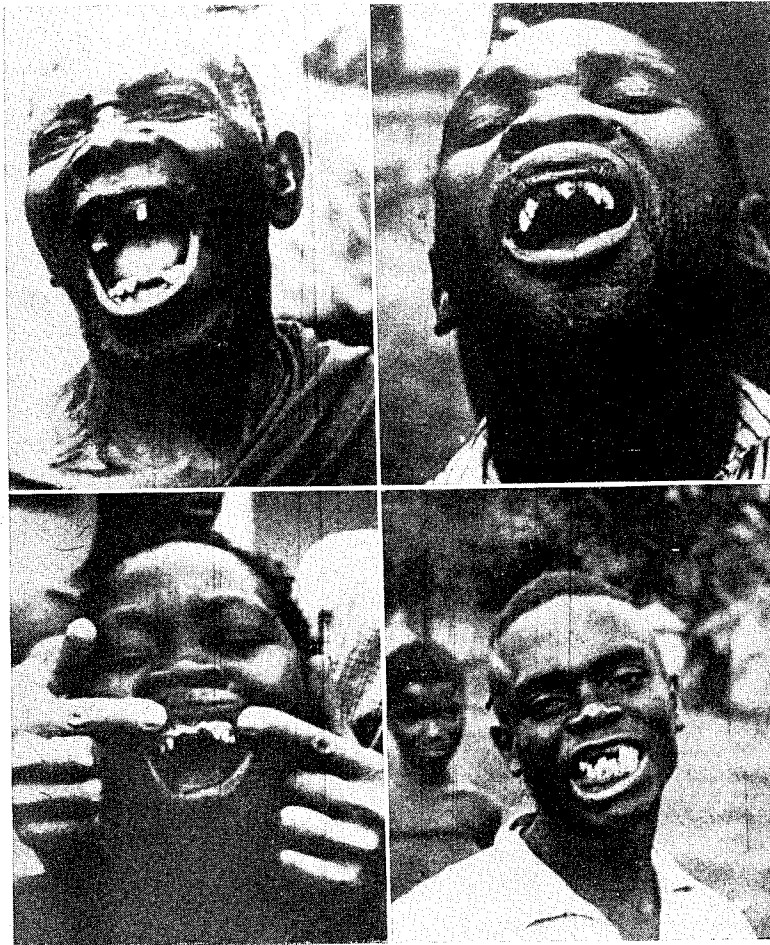
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Nutrition and Physical Degeneration



Shocking, isn't it? This is white man's contribution to the African native, for modernized Africans using white man's food have rampant dental caries and have often lost the ability to masticate their food.

A Review of NUTRITION AND PHYSICAL DEGENERATION

Weston A. Price, D. D. S.

This book might be brushed aside as unworthy, being too poorly organized, too wordy, and much too long. It would seem to have been written by a kindly, grandfatherly, persistent sort of gentleman, who had some grounding in scientific method, who had an abundance of love for humankind, but who didn't know how to write a book.

Dr. Price's faults of reiteration, of orthography, of quoting whole passages twice and even thrice—and of time-consuming disorganization might easily have been corrected, and one wonders why he did not delegate the putting together and proof-reading. He might thus have secured many more readers of this critically valuable work, and might himself have spent more time at the creative end of the job, the digging out of more data though his book already abounds in data, the interpreting of more pictures, of which he must have taken thousands. The dull fashion in which these data are put together and the abominable proof-reading are faults, but they cannot hide the artist at work on nutrition and its importance in the physical degeneration all about us.

Wanting to find out why his patients were so chalk-faced, why their teeth so carious, why their lives so unhealthy, Dr. Price went after the answers, and *Nutrition and Physical Degeneration* is the result. Most readers will echo what Ernest Hooton says in the foreword: "I salute Dr. Price with the sincerest admiration (the kind that is tinged with envy) because he has found out something which I should like to have discovered for myself."

At what must have been tremendous exertion Dr. Price visited more than a dozen communities about the world, photographed hundreds of faces, obtained precise data on foods eaten, and then went through the same procedure with other members of the same group who with their descendants had been in contact with modern civilization. He thus saw what native nutritional wisdom did for various peoples, and what "civilized" wisdom did for the same groups.

Isolated and modernized Swiss were visited, and Gaelics, and Eskimos, North American Indians, Melanesians, Polynesians, African tribes, Australian aborigines, Torres Strait Islanders, New Zealand Maori, Peruvian Indians. And a good deal of study was put into the ancient civilizations of Peru and what the beautifully preserved skulls of those groups tell him who can read them.

He began his observations in the Loetschental Valley of Switzerland, where the fine physiques and spirits of the isolated peoples stirred him to write: "One immediately wonders if there is not something in the life-giving vitamins and

minerals of the food that builds not only great physical structures within which their souls reside, but builds minds and hearts capable of a higher type of manhood in which the material values of life are made secondary to individual character."

Superb Physical Specimens

One does not have to wonder long, for Dr. Price finds time after time that insulation from civilized influences, if it is coupled with the age-old wisdom of the natives, produces superb physical specimens. Isolated "primitives" have little or no disease, and very seldom do they have a carious tooth. They do not give birth to mental defectives, they need no prisons, they do not work for money, yet their days are happily spent in satisfying, creative work and leisure. Their children are born easily, seldom cry during their babyhood, and they never have defective dental arches, all their teeth coming into proper place as Nature intended.

The significant finding of Dr. Price is that as soon as these people begin to use white man's bread—as they always do in fringe settlements—white flour, white sugar, canned goods, their physical degeneration begins. The children in the first generation following the beginning of eating de-vitalized food show structural defects like pinched nostrils, narrowed dental arches and faces. They are apt to be mouth breathers, they are disease ridden, they never know the robust health of the isolated relatives. And successive children born in these same circumstances show progressively worse defects. Each one of us can see the very same forces operating in our communities; the younger children have narrower faces, narrower dental arches and narrower hips, are taller and show more evidences of the castration that denatured foods accomplish so effectively. The above formula shows few variations.

Dietary Observations

We moderns of course want to know why these backward people can have such good teeth, for instance, when most of us must endure the dental drill and have our mouths loaded down with plugs and bridges of various kinds, if not stuffed with "store teeth". Ernest Hooton tersely remarks somewhere that store food *will* be eaten with store teeth. Dr. Price, using all his scientific training and keen faculties for perception, finds the reason for their excellent skeletal development in their diets. Here are a few dietary hints picked at random from about the world: the cattle tribes of Africa and the Swiss in isolated portions of the Alps eat high quality dairy products, and the Swiss supplement these with whole rye bread. It is interesting that girls of the Masai tribe in Africa wait for marriage until some time after the tribes' cows are pastured on rapidly growing young grass; the milk and cheese from these animals is then highest in nutritive quality, and contains good portions of what Dr. Price has called "Activator X." (This is not the time for an extended report of Dr. Price's findings with regard to butter's nutritive values, but the writer hopes there may

be such a report in the future.) Africans also burn the water hyacinth and use the ashes in the food of mothers and growing children, knowing little of the iodine and other trace minerals which thus get into their food, but being sure of the effectiveness of the technique. They also eat two cereals, red millet, high in carotin and calcium, and linga-linga, which is quinoa, a stimulant for the flow of milk in nursing mothers.

Fiji Islanders will travel long distances when they must to secure crabs, very rich sources of vitamins and minerals, as part of the diet for pregnant women, and the Indians of the Arctic Circle find glands, particularly the thyroid, of moose effective in their diet. Eskimo mothers-to-be eat fish eggs, both fresh and dried, which are high in body-building minerals and vitamins; and fathers-to-be eat the milt of male salmon. Eskimos also eat the organs and other special tissues of large and small fish, seal oil and seal meat, caribou meat, limited fruits and berries and ground nuts. Mothers-to-be among the coastal Indians of Peru also eat fish eggs, and men, wishing to transmit only the best of germ plasm to their young, eat the angelote egg, an organ of the male fish of an ovoviviparous species.

Outer Hebrides people have a good plain diet of oats and sea foods, some vegetables, but no dairy products to mention, pasturage not being available. "Baked Cod's head stuffed with oat meal and chopped cods' livers" is one of their indigenous dishes, "an important and highly relished article of diet."

The temptation in reviewing *Nutrition and Physical Degeneration* is to list all the foods found by Dr. Price to be effective in developing fine physiques and mental and moral qualities. Such a list would be a directory of natural foods, there being in all of these diets little preparation, though often a good deal of travel goes into the securing of special foods for special purposes. Here it might be well to underscore the need for a readable condensation of this superb book. It is so poorly written and organized that only devoted souls will ever read it through. It rates a better fate than this. People *need* this message! A paper-backed pocket-size edition would be a great boost to a nation sadly degenerate physically and mentally. (If you want to see one or two sad items in our degeneracy, take a look at the figures Dr. Price quotes on male infant mortality—because of the narrowness of the prospective mother's birth canal—and on mental and criminal degenerates, all due to pre-natal injury. Perhaps even more effective in our present situation would be a well-ballyhooed Simon & Schuster picture-book with a minimum of words to read and a maximum of pictures to heed. In the LIFE style, such a book *might* be a stimulant that would help us out of the mire of our fear-psychosis and into the sunlight of a constructive health program for ourselves and our neighbors.

Carries Only One Expression

It is of utmost importance that the reader of N&PD realize that Dr.

Price's views are not confined to teeth, dental arches, and facial forms. In these areas he is an expert, and he has used the expert's approach to prove his thesis, but one expects it when he learns that "dental caries is only one of the many expressions of our modern deficient nutrition." He quotes the psychologist Thorndike as believing that "thinking is as biological as digestion." Persons with poor food thus cannot think as effectively as they would with good food.

If your dental arches are bad, your facial features are probably narrowed, as is your pelvis and your skeleton in general. The chances are that your brain has not got as much room in your cranium as it might have had if your mother had been in a better nutritional state previous to, and after, your birth. With so complicated a process as this is, it is dangerous to generalize much. Here the scientific approach is critically needed for a more thorough handling than Dr. Price could give of this supremely important subject. He found that defects in the germ plasm of parents—yes, men, that's plural!—were transmitted to offspring; and he was pretty sure that correction of the nutrition of parents would correct in large measure crippling deformities in children. All around us, unfortunately, we see samples of families in which lowered rather than raised capacity for reproduction is evident.

Your reviewer has no competence whatever in criminal or in medical literature, but he does have eyes to see, and when in his own little neighborhood he can walk a few blocks and see 4 mongoloid children under 5 years old, he is bound to wonder why? Does the following answer this question: "In mongolism definite failure of the pituitary development is to be found says Dr. Clemens E. Benda. Vitamin E, which our people do not get in bread because they don't care to go to the trouble of grinding their own whole-grain flour, plays an "important role in the nutrition of the pituitary body." That the majority of mongoloids are born to women over forty years of age is of interest but not of primary importance—among primitive women on good natural diets mongolism is unknown.

Even as this review is written the American College of Surgeons is meeting in convention. An extended newspaper report has this to say concerning "a scientific meeting of the college:" "... Dr. C. Paul Hodgkinson, Detroit, and Dr. John B. Montgomery, Philadelphia, attributed prolonged labor to three main causes, failure of the uterus to contract effectively, disproportion between the size of the baby and the mother's pelvis, and malposition of the baby." We may bemoan the fact that these gentlemen do not tell us the why? of the failure in contraction, the why? of the small pelvis, the why? of the malposition; but we do not need to doubt that there is a good deal of prolonged labor in the United States. Unfortunately the World Almanac is of no value in furnishing figures on the number and sex of our infants who die in the birth process or soon after though the Public Health Service of the Federal Security Agency should have such data. Dr. Kathleen Vaughan (*Safe Childbirth*, 1937) finds the situation bad in England, where more than 10,000 boys died in one

year in the 1930's. She finds a similar situation in the Netherlands, and closes a report to the Minister of Health thus: ". . . This destruction of male infants which goes on day by day and year by year, puts the consequences of the Great War into the shade. Our surplus female population is directly due to it. We have no need of Pharaoh's midwives to kill our boys off at birth. Civilization does it unaided, for all civilized races as they pass their zenith and are on the downgrade have eventually had to face the same problem, the outnumbering of men by women, and most of them have met it as the East does today by female infanticide. A more intelligent policy would be to prevent the males dying at birth. We see that difficult childbirth leads to a high maternal mortality, but it is also the cause of a high infant mortality falling most heavily upon the male infants, and it is also responsible for the production of mental defectives in ever-increasing numbers." Sir Arbuthnot Lane, a great figure in England's surgical history put his finger on the sensitive spot when he wrote: "unless the present dietetic and health customs of the White Nations are reorganized, social decay and race deterioration are inevitable."

The average college graduate of today faces living after his schooling with no knowledge whatever of good food as opposed to bad food. He has, in fact, a kind of cavalier disdain of giving his food any thoughtful consideration. Having no idea of the connection between food and health, he cannot approach this everyday problem with the intelligence he should bring to it. Educators, with student illness all about them all the time, may well ponder this state of things. There is a well-proved relationship between food and health, both of body and mind. What man with vision wants to endow an experiment in which student disease would be eliminated? I'll give him a plan.

When my children apologize to their friends for the queeresses of their father, they begin. "You see, Pop read a book . . ." *Nutrition and Physical Degeneration* is that book. It made a natural farmer, spare-time, out of me, and I'm having the time of my life. I, too, salute Dr. Price. I'd like to have been able to shake hands and thank him personally. Let me close this review with these words of his: "Probably the most indelible impression that is left by my investigations among primitive races, is that which came from examining 1276 skulls of the people who had been buried hundreds of years ago along the Pacific Coast of Peru and in the high Andean Plateau, without finding a single skull with the typical marked narrowing of the face and dental arches, that afflicts a considerable proportion not only of the residents in modernized districts in Peru, but in most of the United States and many communities of Europe today. I know of no problem so important to our modern civilization as the finding of the reason for this, and the elimination of the cause of error. Perhaps few will recognize the significance of this important point. This may be the reason why the prospect is not encouraging."

John C. Kennedy

A Visit To — **HALBLEIB ORCHARDS**

In Pearmain's Pilgrimage

"The general health of the cow, itself, where everything it gets is off your own place, indicates whether your soil program needs improvement."—Ernest M. Halbleib.

The Story of a 183-Acre Organic Farm lying easterly from the backwaters of the Illinois River, Ernest M. and Blanche M. Halbleib, proprietors, at McNabb, in Putnam County, Illinois.

Adam and Eunice Halbleib, parents of Ernest, went west from Illinois in the spring of 1885, shipping out their livestock and farm machinery by train to start homesteading near Platte, Nebraska, but found conditions adverse and came back that fall by team, 40 days and nights over the road, about a thousand miles, with their first-born baby, Harry, on their laps. They rented a farm for several years, during which time Ernest was born, in 1889. Adam Halbleib bought the present farm in 1891 from his father and Ernest grew up here, went to high school nearby, and got the rest of his education farming for his father.

The farm was timberland soil, "every foot of it in timber", and his father installed a sawmill on the place, gradually cutting the trees down and clearing the land. No artificial fertilizers have been used in the farm's entire history, either by his father during his lifetime, or by his son, Ernest, since his father's death in 1933.

In 1923-4 Adam Halbleib planted 20 acres of apple trees south of the house Golden and Red Delicious and Star King (extreme red Delicious), Grimes Golden, Jonathan and King David, all from Stark Bros. Nurseries. This was his father's project and Ernest took care of it for him.

In 1930 another orchard, of five acres, mostly Jonathans, was planted north of the house. Both orchards bore well for a number of years, the earlier orchard, of a thousand trees, and the second, of two-hundred, "each took 12 years to produce anything". The trees were sprayed for scab and scale, with a nicotine spray for aphids and arsenate of lead for caterpillars and codling moth—sometimes 4 or 5 sprays. The apple trees bore a crop about every other year.

The neighbors used rock phosphate and limestone as early as 1910 but neither Adam Halbleib, his estate, or Ernest used either. The neighborhood farmers used water-soluble commercial fertilizer as early as 1940 but none has been used on the Halbleib farm.

The depression years did not provide a very good market for apples. In 1935 the Halbleibs had 5,000 bushels and in 1937 about 8,000; in 1943 about the same but their biggest crop was in 1945 when 14,500 bushels were sold. That year they had as high as 100 cars on a single day on a week-end and often 50 to 70 other days, to buy apples and they sold 7 different wholesalers that year on apples alone. The trees in the older orchard were 21-22 years old and the younger orchard was just coming into bearing. They made a lot of cider in those days, sometimes up to 2,000 gallons, keeping it in the storage cellar or milk cooler. No preservatives were ever used. There was a good export market for apples up to, and including 1945, with fair prices, locally, as a result, but in 1946 the bottom began to fall out of the export market and labor became harder to get and higher in price.

Orchard Practice

Orchard practice, from the first to the 12th year at *Halbleib Orchards*, included cover crops, wide strips of rye or soy beans, mowed and used for mulch, with the orchards plowed every year until they were 12 years old when they were then thrown into blue grass and timothy which were mowed each year and left on the ground.

The apple trees in both orchards had been set 32 feet apart, each way, and the older trees had begun to crowd badly in these past ten years, "so that you couldn't drive between them", and apple scab and oyster shell scale had come in. In 1951-1952 the older orchard of 20 acres was pulled out and, starting in the fall of 1953, a program of addition of compost to the remaining orchard has included for the first time on any of the farm acreage minerals and trace elements, "a ton to the acre of a mixture of marl (greensand) and a colloidal phosphate, not ordinary rock phosphate, and certainly not super—or triple—super phosphate". About six years ago they began to see that spraying the trees with poison sprays was not the answer and have stopped their usage since then.

In 1951 they had a crop of about 1,500 bushels of Jonathans on the north orchard and sold them as spray-free apples, storing some and shipping several bushels to a Chicago customer as late as July of the following year and having others to eat until the next crop was picked the following September.

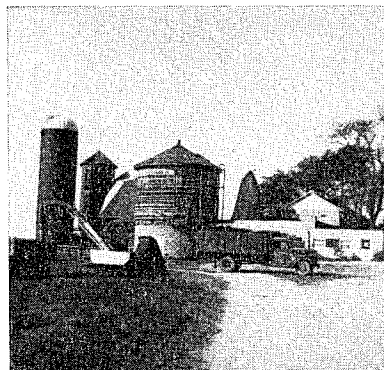
The Halbleibs, in making future plantings of fruit trees, "will not only try to obtain fruit tree stock that has been organically grown but will want to know how that stock was propagated, whether the scions were grafted onto whole-root or split-root stock."

LIVESTOCK on the farm today consists of 62 head of Holstein cattle, including 22 head of milkers, 4 or 5 of which are registered, the rest being full-blooded grade stock. Bulls bought are registered, and male calves are sold for breeding purposes, whether registered or not, 110 such calves having been sold in the past ten years at prices ranging from \$150.00 to \$300.00 apiece. The

Ernest Halbleib in field of his Reid's yellow dent corn, open-pollinated. This variety has been grown at same farm in Iowa by Burt Neal for 50 years. Yield in dry 1953, 65 bu. per acre.



General view of "Halbleib Orchards" farm at McNabb, Illinois. Two silos with estimated 250 tons of grass silage. Behind truck is underground storage space for fruit, etc. Sales-room is at front of truck.



Halbleib in 13-acre soybean field at his place. He is holding two soybean plants, one with 70 pods and an estimated 200 beans, and another with 150 pods, estimated 400 beans. This field yielded 46 bushels per acre.



only other animals on the place today, besides the cattle, are one milk goat and 4 kids.

The veterinary bill has been getting less each year, only 2 visits in 1951 and one in 1952. There has been no Bang's disease or T. B. for 5 years and "very little mastitis in the last 2 years, only 1 or 2 cases a year might show up". When the Halbleibs took the place from the estate in 1951 "there was a vet bill for almost every cow. The cows were so weak that they had a lot of difficulty at calving time. The soil on the farm, all but 70 acres, was considered to be a muscatine silt loam, a good soil, originally, but it had been farmed out."

Ernest states that "the cow, itself, the way it gets along, its general health, will tell the condition of the soil. If the cow's health, under giving birth to a calf and giving milk afterwards, won't stand up, where everything the cow gets is off your own place, that indicates that your soil program needs improvement".

1953 FARM CROPS

Crop	Field Acreages	Bushels Per Acre	Total Yield
Wheat	10	40	400
	7	65	450
	—	—	—
	17	50 aver.	850
Soybeans	7	30	200
	13	46	600
	—	—	—
	20	40 aver.	800
Corn (open-pollinated)	26	65	1700
Rye	8	25	200
Oats	15	33	500

Twenty-four acres of grass silage filled one 12 ft. by 50 ft. silo, and another 12 ft. by 25, an estimated 250 tons of silage. They did not make any corn silage in 1953.

To the above 110 crop-acres this year are to be added 3 acres of Dixie Queen watermelons from which were sold some 18,000 pounds, and an acre of muskmelons; 5 acres of apple trees; 35 acres in pasture, 24 in woodlot, and 5 in buildings and roads, making a total of 183 acres.

Selling Program

Ernest says that "we wholesale about 90% of the wheat as processed wheat or in the berry, the processed being sold as cracked whole wheat cereal or whole wheat flour. We get 10c a pound for all our grains and all grain products, including the wheat berry but, where shipped, 12c at retail for lots

under 200 pounds, to take care of packaging and delivery to the carrier. Rye goes out in the berry rather more than wheat does, and oats, except for about 200 bushels we use for cattle feed, are sold as rolled oats.

"This year's corn crop will be used, about 300 bushels, ground cob and all, for cattle feed, and the remaining 1400 bushels will be sold, part as open-pollinated seed corn, approximately 200 bushels at \$8.00 per 56-pound bushel; the rest, part as cornmeal and some to the elevators at market price. One year 1600 bushels were sold for making yeast; another year 150 bushels went for making vitamins.

"Soybeans are sold mostly to the elevator but about 5% of them are sold for 'edible' purposes, several customers waiting for the new crop, to make bean meal out of it, to put in sausage."

The yield per acre of hybrid corn in Illinois is higher than Ernest Halbleib gets with his open-pollinated strains because a lot of the hybrid is raised under contract, about 20c more per bushel being paid for it than the market price, for seed dealers who insist on extra commercial fertilizer being used in growing it; but the demand for his open-pollinated strain of the Krug and Reid varieties is increasing as more people come to learn the advantages of such corn.

Ernest states that the open-pollinated corn he raised 3 years ago ran around 11 to 12% protein, as against 4 to 8% for hybrid the same year, the hybrid being low in protein and minerals because, he believes, the detasseling of the hybrid, in removing the tassel which has more vitamins and enzymes than the ear, devitalizes the remaining corn stalk. "If hail, for instance, takes all the leaves off, the ear goes bad, even rots, so, if you take off the tassel and top leaves, you hurt the quality of the corn plant and its yield is kept up only by the use of increased quantities of commercial fertilizers. You can use hybrid corn for seed for one year but after that it will deteriorate, it will not reproduce itself for long. I found 7 to 9 minerals short in the hybrid corn, out of some 30 minerals and trace elements tested for."

Of total sales of farm products in 1952 it is estimated that one-third were sold on the place and slightly more than that proportion this year, to date. "There hasn't been a year since 1900 when something hasn't gone off this place at retail. Besides melons, potatoes and seed corn sold by my father early in this century, we made and sold butter for years, and sold the apple crop when we had one, also honey for years.

"We have started having natural cheddar cheese made to our specifications by a local cheese plant from unpasteurized milk, by a process that never raises the temperature of the milk above 104 degrees Fahrenheit, just enough to separate the curds from the whey. We use no artificial color and very little salt in making the cheese. We get it several times a month in 60 to 70 pound 'hoops', and 5 and 10 pound bricks, and sell it in the farm salesroom at 60c

retail, or 55c wholesale for an entire 'hoop', about 800 pounds a month, total.

"Other items sold at the farm include up to 2000 pounds annually of buckwheat, grown for us on 'clean' land without the use of commercial fertilizers; also flaxseed, alfalfa seed and millet, mostly for doctors who prescribe plain foods for their patients. We have two testers who test these products, any products, and tell us whether there is any adulteration at all, as mercury, formaldehyde, lead, copper, DDT or any other poison we want to find out about."

The Law of Return to the Soil

All waste materials at the HALBLEIB ORCHARDS are composted, an estimated 125 tons being used in 1953 on acreages planted in corn, wheat, soybeans, melons, and on the orchard. The manure from 22 head of dairy cows, with the wheat, oat or rye straw used in the bedding, is swept into the dairy barn gutter, with the limestone that is used daily on the floor, before the gutter-cleaner and elevator take it on its way to the compost piles. "Also, before the cleaner moves," Halbleib says, "we use nitrogen-fixing bacteria to aid in decomposing the material in the compost piles, which, besides the manure and straw, etc., mentioned, are made of accumulated leaves, corncobs and shucks, in fact anything which once was life on the farm and which can furnish the basis of life again after the bacteria work on it. The compost piles contain many earthworms which are one of the finest agencies of nature for preparing such materials for future use. Our household garbage, canning and grain-cleaning refuse go into the garden compost heap, along with the bacterial starter. The finest things in this process are free, of course, if we are willing to wait long enough, but the addition of the bacterial activator hastens decomposition."

"Here you have in operation the LAW OF RETURN TO THE SOIL, and will have in the finished compost product everything which the former vegetable or animal matter contained, plus whatever you add to the compost in the way of minerals. If your soil does not contain the essential minerals, you must add them direct to the soil or via the compost pile, to make them available for the orchards and crops and through them to animals and man."

"It is reported", he says, on what he considers to be good authority, "that we already have between 50,000 and 100,000 acres of land, in the northwest fruit belt, in Oregon and Washington, rendered useless and now abandoned on account of poison spray run-off and commercial fertilizer applied to such soils over many years; that this abandoned land will not even grow grass or weeds, let alone fruit trees," and he further adds from the same source that "a similar situation of abandoned crop land has been developing in the potato soils of Maine where so much copper sulphate, to kill the potato bug, has been accumulating in the soil there over a period of years that the soil life, itself, has been killed and we have as a result, today, a lot of abandoned soil and farms in that State, also."

Ernest's own comment on this situation is to the effect that "the use of such poison sprays and commercial fertilizers over a period of years has killed the beneficial soil bacteria without which you might as well call the bull-dozer in and pick your crop once and for all time", saying that "Sir Albert Howard proved this 40 years ago in his research work in India, but in the main we have been kept ignorant of this principle . . . How many soil tests ever mention these necessary bacteria, these police of our soils, or the effect on them of poison sprays and stimulants in the form of commercial fertilizers?"

"The proper feed for such precious bacteria and other life in the soil that, in turn, feed the tree and plant rootlets, is the form of plant or animal life, in the form of organic refuse returned to the soil. This refuse, and minerals in as natural form as we can get them, with sunlight, nitrogen from the air, are the only proper sources of plant or animal food.

"This is the LAW OF RETURN. Do you now see the CYCLE OF LIFE? Into the soil as former life and out again as renewed life—new crops, new fruit, new wheat, new animals and man. EVEN THOU ART DUST AND TO DUST THOU SHALT RETURN, to be born again. All are contributing their part to the CYCLE OF LIFE, to the LAW OF RETURN.

"Properly used and understood, this very precious and ancient law would, I believe, prevent all disease of plants, animals and man and not only that, but many, if not most, diseases in our midst would be cured.

"The availability of organic and mineral plant foods already in our soils, or added to it, must be increased by proper composting and tillage methods, to the end that we may once more produce quality foods. When quality, health-giving foods are the goal, instead of quantity, money and bushels, then we shall begin to live.

"When plant food is properly made, it will be made consonant with natural law, not synthetically.

"When insects are controlled, it will not be by poison sprays harmful to all life, but by use of proper soil methods resulting in development of crops, animals and man immune to disease and insects;

"When the soil and its marvellous possibilities for life are properly understood, we will have life more abundantly."

* * * * *

Results at HALBLEIB ORCHARDS in the vegetable garden, with field crops, pasturage and livestock have been increasingly and consistently excellent over a period of years. Next in order, will be more concentrated attention to the needs of apple orchard and peach trees as more is learned of the demands of such trees on the soil. Organic farming methods may take somewhat longer to produce results in the case of older fruit trees but that such methods will in time work out equally well, the Halbleibs are sure.

NOTES ON DIET AND MEALS

By Blanche M. Halbleib

Before each meal some member of the family says grace.

The fruit and vegetables pretty much come from the place—maybe 90% of the diet is organically-grown, on the average, the year 'round—oranges, citrus fruit being obtained from L. P. DeWolf, in Florida, or T. Ferris Johnson, Jacksonville, Fla.

Have their own raw milk and milk products, also grain and cereal products, honey, sorghum, molasses, goats' milk, vegetables and fruit.

"Have two freezer units, one of 18 and another of 9 cubic feet, and have their own meat the year 'round.

"Only a few of our own potatoes this year."

Breakfast—served about 7:45 A. M., after the cows are milked and the chores are done

Typical breakfast, varied—Might occasionally have nothing but fruit, but usually organic cereal, our own natural grains, as oatmeal with flaxseed; sometimes cracked wheat or rye and cornmeal with goats' milk and perhaps raisins or dates in the cereal.

Breakfast will also include a hot drink usually a herb tea.

Honey in the comb or strained is always on the table, together with fresh home-made butter.

Dinner—12:00 noon

Always have our own meat, generally 2 fresh-cooked vegetables and a salad, in season, from the garden. In the salad dressing usually use peanut oil and honey and lemon juice.

Whole wheat bread, sometimes rye, own fresh butter, honey, grape or other home-made jelly.

Vegetable broth drink. If cold weather, serve it hot.

Dessert—In melon season, a watermelon slice or a cantaloupe, or fresh fruit; in colder weather a pie or pastry made from our whole wheat flour, with our own frozen fruits, strawberries, peaches, etc.

Refreshing drink made by liquifying seeds of watermelon or muskmelon in a Hollywood liquifier.

Supper—Usually eggs, meat or cheese for proteins, cooked vegetables, and a salad, whole wheat bread, honey, fresh-made butter, with dessert of pies made from our own fruit and our own whole-grain flours; or perhaps whole wheat cake or cookies, or our own home-canned pineapple. In strawberry time, berries in season from the garden—honey in the comb or strained, often blackberry or grape jelly, home-made sweet pickles or picalilly; home-made banana or other flavored ice cream, vanilla or pineapple, or sliced bananas or pineapple topped with whipped cream or ice cream; or whole wheat cake with icing on the top made with our own organic black walnuts.

One of our favorite cakes is whole wheat chiffon, very light, made with egg whites, frosted, sweetened with raw sugar and egg whites, flavored with lemon.

At holiday seasons have candies made with raw sugar, honey or sorghum.

* * * * *

On 10/5/53 after evening meeting, about 22 present at the house, Blanche Halbleib served natural cheddar cheese, whole wheat cookies with nut and date filling and some also flavored with anise seed, and for sweetening, raw sugar, banana bread, home-made grape juice, sweetened with honey.

Lunch—10/6/53 at Halbleibs':

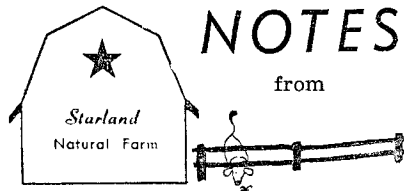
Salad, lettuce, green and yellow slices of peppers, ripe red garden tomatoes, onion slices, raw carrot slices, dressing made with peanut oil, raw sugar and lemon.

Yellow wax beans, cooked; fried eggs, sunny side up.

Home-made tomato juice.

Whole wheat cinnamon rolls, fresh butter, honey, banana bread.

Dessert: gelatine fruit salad made of blackberry juice and pineapple slices. Nut and date cookies.



Annual Meeting of Natural Food Associates

The second annual directors meeting of Natural Food Associates is planned for Chicago the week-end of Washington's birthday. There will also be a banquet and open meeting for all members who wish to attend and further details will be given later.

New Directors

Robert Rowe, executive secretary of NFA, announces the appointment of several new directors by the Executive Committee. The new directors are: Wesley Champion, of Redlands, California; Dr. Ray Evers, of Andalusia, Alabama; Dr. Joseph Feinberg, of Portland, Oregon; Floyd Graham, of Nine Mile Falls, Washington; Dr. Robert Little, of Hudson, New York; Mrs. James Massie, of Grants Pass, Oregon; and Dr. John Potts, of Walla Walla, Washington. From time to time we will tell you more about our directors, new and old; in this issue are articles on two—Robert Rowe and Ernest Halbleib.

Back Issues Available

Every six months we will list the back issues of Normal Agriculture and Natural Living which are available, for the benefit of new members and subscribers. Normal Agriculture: ABCs reprint 10c, June, Aug., Oct., Nov., Dec., of 1952; Jan., Mar., Apr., May and June 1953, 20c each. Natural Living: July, Aug., Sept., Oct. and Nov. 1953, 25c each.

Scratchy Photos

You may have wondered why we used two "scratchy" photos to illustrate the article on "Nutrition and Physical Degeneration." The Academy was kind enough to lend us a projection strip film containing many frames, but these had unfortunately been scratched by passage through various projectors. However, we felt that the photos were so important for what they revealed that we printed them anyway and believe they are none the less emphatic for it.

BIOGRAPHICAL NOTES ON DR. WESTON PRICE

Weston A. Price was born in a farming community near Newburgh, Ontario, September 6, 1870. There he grew to manhood and received his preliminary education, completed at the Collegiate Institute of Napanee, Ontario. He had earned the degree of Doctor of Dental Surgery at the University of Michigan by the time he was 23.

Dr. Price opened his first office in Grand Forks, North Dakota, but an attack of typhoid fever in that first winter was nearly fatal and after a long illness, he returned to his native Canada. There he lived on wild berries, fish, cream and milk. During his illness, his teeth had decayed alarmingly but on the new regime the destruction seemed to halt. This led Dr. Price to consider diet as a prime factor in the cause of tooth decay.

Calcium metabolism drew Dr. Price's attention in 1925 and he became a student of nutrition. Convinced that it was better to study why healthy people were healthy than to study disease, he travelled to remote areas of the earth searching out primitive peoples untouched by civilization. On these journeys he was accompanied by his first wife, Florence Anthony Price, of whom he writes:

"She was a very devoted participant in practically all my expeditions amongst primitive races. She was keenly interested in the same problems and gave many lectures, illustrated, to lay audiences, interpreting the wisdom of the primitives as portrayed by many photographs and slides, of their home life and physical characteristics. She was an artist of great ability and colored practically all of my transparencies and slides. She was untiring in her devotion to

this cause. Her intense interest in this research program was largely motivated by the death of our only child, Donald, at the age of sixteen, after a four year fight against endocarditis. Florence Anthony Price was responsible for the harboring of special funds, contributed to the endowment fund of the American Academy of Applied Nutrition, in memory of our son Donald. The world is forever indebted to her for her invaluable contributions.

His expeditions ranged through the Swiss of the High Alps, the Gaelics of the Outer Hebrides, the Eskimos, the North American Indians, both plains and coastal, the South American Indians, including the coastal in Peru, those of the High Andes and the Amazon Indians, the Melanesians, the Polynesians, the Malaysians, the Australian Aborigines, the New Zealand Maori, the African Negroes, and African Arabs. In the course of these expeditions Dr. Price made between 19 and 20 thousand original negatives and, incidentally, developed most of his photographs on the site. In evaluating this material, one is impressed by the fact that *never again will such isolated primitives be found*. The global war has brought civilized influences into the most remote corners of the world, and without question has disturbed that primitive food pattern which Dr. Price was investigating.

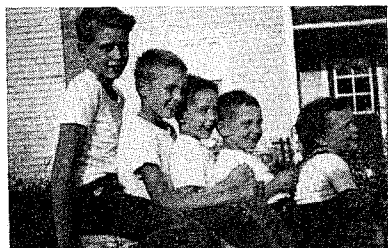
The material acquired on these trips which took him over one hundred thousand miles, he compiled in a book, "Nutrition and Physical Degeneration". Now in its fourth edition, the volume has been an inspiration to many thousands of persons working in the field of nutrition.

During this period his first wife died and her friend, Monica Scott Salter, also a Canadian, became the second Mrs. Price. It was she who helped with the task of republishing his book at a time when republication had become almost impossible. Through her efforts the tremendous accumulation of research material Dr. Price possessed was made available to the Academy of Applied Nutrition.

In May 1947, Dr. Price presented the Academy with his entire scientific collection. This included over 15,000 original photographs, 4,000 bound 4¼" x 4" lantern slides (half of them hand colored), a library of film strip lectures, portions of which illustrate these pages, cameras, enlarging equipment and a number of slide projectors.

It Can Be Done

The trend toward physical degeneration *can* be reversed. Witness the five sons of Mr. and Mrs. Ed Dunlop, of Penns Creek, Pa. There isn't a cavity among the five and it's heartening to read Ed's letter telling why this has been possible, even though the parents' teeth did not give them any hereditary advantage.



*The five Dunlop boys, not a cavity
in a carload.*

Hi, Alden—

What a task you assigned to me; trying to get five boys to sit still and smile at the same time. My wife put on such a good act that we all began to laugh, and I had difficulty even keeping myself still enough to take the pictures. As to showing their teeth, the grimaces they made were worse than the tooth-paste ads.

To be more serious though, we feel that there is one outstanding reason for the complete absence of cavities, and that has been because they have had almost no sugar, candy, sodas, or other concentrated sweets of this type. They like sweets as any other child does, but they satisfy the craving thru eating fruits. For instance, on breakfast cereal, they use raisins, instead of sugar or honey. Honey is used sparingly, and of course our cereal is a cooked one of cracked grains, from the one and only Walnut Acres.

As you probably well know too, the only easy way to train the children to eat this way is for us to do the same, and that is what we endeavor to do. We eat and drink nothing we would not give to the children. And of course we believe that other factors do contribute to their health, such as eating much raw fruit and vegetables, having wholesome raw milk, and eating whole grain cereals. But we still feel that the most important reason for their excellent health has been their training in doing without sugar, or sugar products.

Gladys and I have been interested in proper nutrition for several years Alden, and we do hope that your articles awaken more people to the importance of natural living, in all phases of life.

Sincerely yours,

Ed.

I forgot, our boys do have names. They are, Jim our oldest who is nearing 14; Craig, 10; Stephen, 7; Brian, 4, and baby Wayne who is 2.

"Nutrition and Physical Degeneration" may be purchased from the Academy of Applied Nutrition, 6238 Wilshire Blvd., Los Angeles 48, Calif., in the west, or from Paul Keene, Penns Creek, Pa., in the east, at \$5.35.

"We are on our way toward natural farming and better health"—

Robert Rowe

Return To Natural Farming

Another Pearmain Pilgrimage

Robert Rowe and Barbara, with their sons, Jack and Ronnie, moved to Hopewell Farm near Mt. Zion, Illinois, from Denver in the Spring of 1950. "The farm", Bob said, "during the 50 years it was owned by Barbara's family, had received no commercial fertilizer but did receive applications of limestone and rock phosphate during the decade of 1940 to 1950.

"The first owner, Philo Hale, obtained the land from the government in 1838, the title papers reading—THE UNITED STATES OF AMERICA—PATENT. The land was transferred from the Hale estate to Barbara's grandparents, later to her father, and from him to Barbara about 5 years ago."

Philo Hale operated a sawmill on the farm, cut the timber to clear the land and used some of the lumber to construct buildings still on the farm. He put up two corncribs and filled them every fall but eventually fertility went down so that the same number of acres would not fill one crib.

During the 15 years prior to Bob's family moving there, the farm was developed more along livestock lines. Sheep were put on the place first, later a dairy herd of Guernseys, about 30 head counting young stock. It was only after his arrival, "fresh from the assistant editorship of Western Farm Life Magazine in Denver" that commercial fertilizer was used, Bob saying that during 1950 and 1951 he "applied 8-8-8 and 10-10-10 to much of the tillable acreage, the total application during the two years being about 400 pounds per acre with results moderately good the first year but unnoticeable or bad the second year", when he noted considerable late green growth of corn and a failure to mature properly. "The corn was still unusually high in moisture at harvest time and this determined me not to use commercial fertilizer in subsequent years. Also, I had already begun to question the validity of using manufactured chemicals and poisons of all kinds."

"It had been about the winter of 1951-2 that material on the compost method of farming had come to my attention through reading in J. I. Rodale's Organic Gardening and Organic Farmer, and in Dr. E. E. Pfeiffer's Bio-Dynamic Farming and Gardening, of the works of famous English writers, of Sir Albert Howard's Agricultural Testament, F. Newman Turner's Fertility, Farming, Friend Sykes', Humus and the Farmer' and others.



Left—Bob Rowe on the combine, H. V. Thomson on the tractor, after harvesting 60 acres of soybeans and unloading into hydraulic dump wagons. Right—Jack Rowe mixing in activator while Hi-Loader mixes compost materials at Hopewell Farm.

Turning Point

"That was the turning point! In 1952 and since, no commercial fertilizers or poisons have been used on the place. All farm manure was composted in 1952, using the layering method of making up piles, with Dr. Pfeiffer's Bio-Dynamic preparations put into each.

"We calculated that the compost piles in 1953 totalled 150 cubic yards. They included manure and bedding from the loafing sheds, 28 tons of corn-cobs, 30 tons of chopped sweet clover and weeds, plus rock phosphate. Also, there were smaller compost piles for the vegetable garden, combining household garbage with greensand (marl), rock phosphate, and seaweed for trace elements, with Dr. Ray Evers' BIOHUMUS "B" nitrogen-fixing bacteria in all piles, to speed up decomposition and increase nitrogen content."

HOPEWELL FARM, out of its 454 acres, had 300 in cultivated crops this year, including: 60 acres of soybeans, 65 in corn (Krug open-pollinated, from Ernest Halbleib's seed last year), 49 in alfalfa, 6 wheat, 56 oats, 30 in sweet clover, 34 in rotation pasture, and 150 acres in permanent pasture and woodlot.

A 110-foot well and several shallower wells furnish water for the house and livestock. A heavily-shaded, winding creek runs in a generally northerly direction through the farm. Two ponds, the larger with bass, bluegills and crappies, furnish additional water supply and place for swimming. The farm as a whole presents an interesting terrain, the cultivated acreage, the large fields sloping gradually toward the creek and woodlot, with the permanent pasturage, starting near the house and barns, comprising the rougher hillsides and bottom lands.

The farmhouse and other buildings are attractive, well-spaced. All buildings are painted white. Large shade trees protect the dwelling from sun and wind on the southwest and west. A tiny greenhouse, facing south, is

entered from the basement and affords space for late fall and winter greens and starting spring seedlings for the garden.

Farm Livestock

Eight polled Hereford females, bought in 1951, produced six calves that year, six in 1952, and eight this year, 25 head of cattle are now on the place, all registered.

Nineteen head of ponies are Barbara's project. About half of them are registered, light chestnut dapples. All mares foaled each year. The ponies had distemper in 1951 and 1952 and were infected with worms, but in 1953 there was no distemper and the worms disappeared.

To produce natural raw milk for the family, they have ten registered French Alpine goats, six females—four being milked and two young ones. Bob says that—

"The goats were infested with lice, we found, after purchasing them in the spring of 1952, and were also wormy. They gradually improved in health on a diet of our own oats and alfalfa hay. We buy no feed for any of our stock. The goats are so healthy that their coats glisten and there is now no evidence of lice or worms. We do not worm them or administer poison to kill the worms. We feel that the improved level of health of all the animals is the result of feeding our own naturally-grown products."

Nine sheep (Oxfords), and a flock of 50 White Plymouth Rock poultry to provide fertile eggs for the family, complete the tally of farm livestock.

Farm Crops

The soil of HOPEWELL FARM is a brown silt loam underlain with clay on much of the acreage, with small areas of black clay loam. Crop rotations are rather flexible. Corn, oats, wheat and alfalfa form the rotation. Rye is sometimes used as a cover crop and disced in when about a foot high to add organic matter to the soil, prior to planting corn. Cultivated crops are avoided on the more rolling fields.

Yield variations from year to year have been influenced by several years of dry weather (1951-1953), but Bob feels that "crop averages are showing a definite upward trend."

Soil Aids—Bob says that he "hired the spreading of limestone and rock phosphate on 60 acres, this year, at the rate of 2 tons per acre of lime and 1,000 pounds of phosphate, and at the same rate on 40 acres, last year, and plans to spread an additional 60 acres in 1954."

Buildings and Farm Equipment

To give you an idea of the equipment required to run a good sized farm—buildings include a seven-room farmhouse with modern conveniences, 2 barns with loafing sheds, a corncrib, implement shed; a new storage cellar, 13'x22'. Farm equipment consists of a light truck, a 6-ft. combine, a hay or

forage chopper and blower, a 2-row corn picker, a Massey-Harris 3-bottom tractor, a Ferguson 2-bottom plow tractor ("only we rarely plow—we use the heavy offset disc, instead")—a 10-ft. grain drill, 4-row corn planter, 4-row cultivator, 2 hydraulic dump wagons and a manure spreader.

Fruit and Vegetables

The fruit orchard and quarter-acre vegetable garden play an important part in the home economy and are conveniently placed, next to the house. Asparagus, raspberries, grapes, strawberries, and a few older apple trees furnish ample fruit of those varieties, with a young orchard of 15 apple trees—Red and Golden Delicious, Jonathan, Winesap, Summer Champion and Early Red Bird—5 peach trees, Early and Late Elberta, J. H. Hale, Halberta Giant and Delicious—4 cherries, Black Giant, Hardy Giant, Gold and Montmorency—2 plums, Delicious and Golden—and 2 apricot trees, giving promise of additional kinds of fruit in the near future.

Besides the fruit for household use, there are 40 nut trees, pecan, hican (a cross between hickory and pecan), English walnut, black walnut and hickory. All fruit and nut trees were composted, treated with rock phosphate and then mulched with sawdust, and later with hay. Bob expects to put dried seaweed on all of the fruit trees, and the small fruit is to receive the same treatment.

The vegetable garden in 1953 had about 2 tons of compost, containing 200 pounds of dried seaweed, applied broadcast over the entire garden and in the potato hills. Two-hundred pounds of the phosphate had been put on the garden in 1952.

Yield from the vegetable garden was low this year because of drouth and lack of time for sufficient care, but quality and flavor was good. Two small compost piles, totaling about 3 tons, are being readied for garden use in the spring of 1954.

Barbara tries to deep-freeze and can enough of their own produce each year to supply the family. They estimate that about 90% of their food at present has been organically grown and they are striving toward making it 100%.

"We feel that the family health in the past", says Bob, "was higher than average because we tried to eat sensibly. Our older boy, ten, has had only one cavity in his teeth, and our younger son, six, none. In the past two years our diet has been greatly improved and we notice definite improvement in our family health as a result. We used to occasionally eat foods that we knew were bad for us without any noticeable reaction, but now that we are on superior foods, we find that even one meal of devitalized foods will bring on disagreeable symptoms."

(Since the Rowes were expecting a third addition to their family at the

time this report was being written, and Barbara was unavailable for interviewing, Bob will have to do the best he can at describing the diet and the preparation of meals at this organic farm, but he is no mean cook, himself. So Bob, carry on.—JDP)

Bob Continuing—"We have made our own whole wheat bread for 2 years. We have cut down greatly on meat products and eat chickens and eggs and dairy products, instead. We have salt-water fish two or three times a week on the average, for the trace elements from the ocean.

"We consume no white sugar or white bread or white flour products at home. We use honey for sweetening almost entirely. It is produced on the farm, comb honey for table use, extracted for cooking and baking. We use a little molasses, sorghum and raw sugar.

"The family tries to have one meal a day of raw vegetables, with nothing cooked at that meal.

"Typical meals might include, FOR BREAKFAST—Our version of KRUSKA, made of wheat, rye, soybeans, rolled oats, all organically grown. And with the KRUSKA we have organic raisins and goats' milk from our own goats.

"FOR LUNCH—Raw vegetables, coarsely chopped immediately before eating, such as, carrots, beets, cabbage, lettuce, peppers, radishes, sometimes raw potatoes chopped with their skins on them; or a salad made with sun-ripened tomatoes. Barbara makes our salad dressing, using locally-produced corn oil, lemon juice and egg. A few slices of onion spark up the flavor.

"A SUPPER we like particularly is one with salmon or tuna fish creamed with eggs. Or fried halibut or sea perch, or fresh sea or lake fish baked, with potatoes in their jackets, also baked. Besides fresh butter, Barbara often also serves with the potatoes thick cream from the separator, so thick it has to be spooned from the cream pitcher!

"With supper there will usually be a cooked vegetable such as peas or green beans from the garden or freezer. Milk, wholewheat bread and comb honey are on the table at all meals for those who want them. Sometimes there will be a side-dish of stewed apples or apple-sauce which Barbara had put in the freezer.

"Ordinarily we eat no desserts, for we find that after such a meal they are not particularly needed. Occasionally we have berries or other fruits from the garden or deep-freeze. (Thirty-two cubic feet of freezer facilities is about right for our family.)

"We buy citrus fruits (organic) by the bushel, usually from Florida, and we all eat them at meals or between, as we want them.

"We enjoy our food and way of living as never before. We feel that we are on our way toward natural farming and better health!"

John Pearmain

FOOD

Editorial by Tom Linder, Georgia Commissioner of Agriculture

Excerpts from The Georgia Market Bulletin

In the simple word "food" lies the main foundation of the hopes and fears of the human race. In the need for food can be traced the decay and downfall of the great empires of the past. In the supply of food can be traced the rise, the reign and the glory of the great nations of the past. Food is the real question of physical man in all ages and in every period of life.

It was the acute need for food that brought about the revolution in Russia in 1917 and made possible the Russia of today. It was the need for food in the countries of Europe that made possible the rise to power of Hitler and Mussolini and which terminated in World War II.

It is the lack of food that is the motivating spirit and power behind Red China, with its hundreds of millions of hungry people, which creates the condition we face today in Korea. It is the lack of food among the hundreds of millions of India that causes it today to stand in indecision between communism and anti-communism. Food, water and air are the only three things in this world that man cannot do without and live.

Human life can exist on many different kinds of food, but there has never been a dominant race or nation which did not have ample supplies of grain and meat.

The people of the United States have attained the greatest power of any nation in history. They have been able to turn to productive ends, mechanical inventions and scientific knowledge to a greater extent than the people of any other land.

This has been due principally to the facts that the American stock developed from hardy individuals who came from the old world leaving behind the great masses of unfit. Once in the new world their diet consisted of fresh meats, fresh vegetables and bread made from whole grains of wheat and corn.

The people of America for the last decades have had more food than in all the years before. Why then is a nation with more food less fit for the defense of the country? The answer is: That while we have more food by volume we do not have the same quality of food with the same health-giving power that we did have in the years that are passed and gone.

Food Different Today

What is the difference in the food we have now and the food we had fifty years ago? There are many differences. Take vegetables as an illustration.

When I was a boy we went out and built a rail pen around a piece of land $\frac{1}{4}$ or $\frac{1}{2}$ acre or maybe more. All during the winter and at night the cows were driven into this enclosure and penned up. In the spring when the sun began to warm up and the earth began to respond, you could walk out in that cowpen and see the old tumble bugs as they got out certain parts of the manure and rolled it into balls and lazily rolled it along finally burying it down in the earth. What were they doing? To my mind at that time they were simply bugs playing in the manure. Now I know that they were a part of nature's great scheme of bringing organic nitrogen and the colloids from deep down in the underlying clay strata to furnish nature's vitamins to the turnips which we planted in that cowpen. You could go out and pull up some of those turnips after they were mature and throw them down on the fence-jamb and let them lie there all day and until the next day and they would still be fresh enough to eat. They were the kind of turnips that nature intended for us to have.

Now we have 150 million people to feed. They are not people on the farms—most of them are in the towns and cities. In order to get enough turnip greens to go around it is necessary to go out and plant turnips on land which does not have the organic plant food. In order to make the turnips grow we put down a great deal of mineral and synthetic plant food which makes the turnips grow off in a hurry. They are full of water—they are sappy. There are no tumble bugs and no earth worms to bring up the colloids from the underlying strata. You can pull up these turnips or cut the tops and you can hardly get them out of the field before they are wilted. They are largely a synthetic product.

What has been said about the turnip is largely true of other commercially produced vegetables. The amount of vitamins required to go around to 150-million people has caused us to resort to high powered methods of producing a lot of vegetables quick.

Even those organic sources of nitrogen such as cottonseed meal, animal tankage, etc., which were commonly used in commercial fertilizer fifty years ago are no longer used as fertilizer. They have become so valuable as feed for livestock that the commercial world considers it a waste to use them as fertilizer. For that reason, modern day commercial fertilizer is almost one hundred percent inorganic.

Fifty years ago most of the people drank fresh milk which came straight from the cow. They had never heard of pasteurization. They had never heard tell of powder in milk and they knew nothing of canned milk. When they drank milk and when they ate butter they had raw milk with all the vitamins which nature gave to this natural food. Today there are so many people in the cities and towns and so few milk cows, and the distance which is necessary to transport milk, including the hazard to health by reason of infections and communicable diseases, has caused us to adopt a policy of pasteurizing milk and canning milk.

The supply of good wholesome milk is so short and the population is so large that the people of this country have developed a practice of using manufacturing grade milk in the form of canned milk, powdered milk, ice cream and in baking products. Its health giving qualities have largely been destroyed in the process of trying to make them commercially desirable, while, at the same time, trying to inactivate the dangerous disease germs which multiply by the million in milk that is handled through manufacturing plants.

In the early days the staff of life—(bread) was made from the whole grains of corn and wheat ground between slow moving rocks and the natural vitamins which nature had given them were retained and consumed in the bread.

Today most of the flour and cornmeal has been robbed of the natural vitamins except where it is ground on local mills. The purpose of removing the vitamins from the corn and wheat is to make flour and meal commercially a better product by reason of the fact that it will keep longer with the vitamins removed. In some cases efforts are made to restore the vitamins by mixing in mineral vitamins. Unfortunately, for man he was not created to take his vitamins in a mineral form. He was created to take his vitamins in the form of vegetables, meat and animal products.

Food and Drug Act Well-Intended

About fifty years ago Dr. Wiley, who was a member of the United States Senate drew up a bill known as the Food and Drug Act. In its original form this bill would have gone a long way to prevent a great many practices which are now being carried on in this country.

Certain processors of food were violently opposed to Dr. Wiley's Food and Drug Act. They succeeded in getting so many amendments adopted in Congress that the real purpose of the bill was destroyed and it became a license to practice questionable methods and to use questionable preservatives, etc., in food rather than a prohibition against it.

Because of the emasculatation of the bill Teddy Roosevelt vetoed it. However, by that time the same food processors had become interested in having the kind of bill they wanted, and when Taft became President the processors' bill was passed and signed by President Taft and that is the law on the statute books today.

We are spending billions of dollars from the Federal, State and local governments building and equipping hospitals. There can, of course, be no objection to having plenty of good hospitals for those who need them. However, the fact is inescapable that hospitals generally speaking are on the salvage side of the line. You cannot build a national health program beginning at the hospital. A national health program that will build a strong race of people must begin on the farm where the food is produced and must follow through until the food is on the family table in the towns and cities.



Here is the "NFA Jeep" purchased with your contributions to enable John Pearmain to bring the message of Natural Food Associates throughout the country and to report on natural farms and interesting personalities en route. While actual purchase cost has been realized, further funds are needed for upkeep, insurance, etc., and general operating expenses of the organization so any donation will still be appreciated.

Natural Food Associates

Advertising Section

All inquires about advertising should be directed to Robert Rowe, Exec. Sec., Natural Food Associates, Mt. Zion, Ill. The editor reserves the right to reject any advertising and if any misrepresentation occurs, the advertiser will be dropped at once. Only 100% natural foods may be advertised and all plant foods and devices must be tried before advertising will be accepted.

Join Natural Food Associates

Help yourself and others to better foods for better health. Membership is three dollars per year and includes subscription to Natural Living.

Help the organization to grow, too, by distributing NFA leaflets which may be obtained free of charge from

**Robert Rowe, Exec. Sec.,
Natural Food Associates,
Mount Zion, Illinois**

Hopewell Farm

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**Robert and
Barbara Rowe**

Mt. Zion, Illinois

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SPECIAL NOTICE

The annual meeting and banquet for members of Natural Food Associates will be Feb. 20 at the Normandy House Restaurant in Chicago, Illinois. Tickets are \$5 each, so kindly make reservations early with Robert Rowe, Mt. Zion, Illinois.
