

MEDICINE—

By
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OR
FOOD



BOTH laboratory experiment and practical experience have amply demonstrated that human health to a large degree depends upon the acid-alkaline equilibrium of the blood. Any form of illness indicates a disturbed state of blood chemistry—generally an acid state. It follows that the first step in curative measures is to correct the acid condition as quickly as possible, and place the tissues in a position to restore themselves through proper alkalinity.

This, naturopath opinion holds, should be done with foods, and not drugs. Disease does not develop in normal healthy tissues, those nourished with a proper blood supply.

Experiments by Dr. Alexis Carroll, at the Rockefeller Institute, demonstrated that growths can be accelerated or inhibited by varying the degree of alkalinity of the blood through diet. In the treatment of disease, steps should be taken to correct the acid state of the blood and tissues, and to promote high alkalinity. Vegetable juices are highly effective agents for this purpose and produce a disease-resisting bloodstream.

Most outstanding in the modern science of nutrition and dietetics is the discovery of the important part played by the various vegetables in supplying food elements which act as governors of the entire digestive and assimilative system. In the average diet vegetables are usually eaten in too small a quantity, for they contain the greater part of the organic minerals and vitamins which enable the entire assimilative system to function properly.

CERTAIN of these vegetables appear to be exceptionally useful in ridding the body of accumulations of toxic wastes which have not been eliminated in the ordinary course of events. In many instances the elimination of these toxins and the supply of larger quantities of needed vegetable elements in the ordinary diet have cleared up conditions due to food abuses with surprising rapidity.

An increasing number of medical authorities agree that the best preventive of illness is proper diet. To-day, far more illness is cured by normalisation of the eating habits of the patient than by medicine.

Everyone knows that foods may be divided into three main classes—the starches, the proteins, and the fats. Almost everyone knows that an excess of one class of food



leads to a change in the acid-alkaline balance of the body, and opens the door to disease. But people are just beginning to learn that the balancers of these muscle and energy-producing foods are the vegetables and fruits, which, though they do not add fat and muscle to the body, nevertheless, contain important organic mineral and vitamin compounds which harmonise and normalise the assimilation of body-building foods.

Preserving Balance

THIS knowledge is the real reason behind the tremendous popularity of vegetable and fruit juices, and the rapidly-increasing use of the juices ex-

tracted from fresh vegetables, grown under proper conditions of soil and climate. If everyone would eat plenty of vegetables, either cooked or raw, there might be no need for vegetable juices. The average person needs a head of lettuce instead of a dainty salad, a bunch of celery instead of a stalk or so, a handful of parsley instead of a sprig for garnish—but who can or will eat such amounts?

Many people, however, urge that in spite of eating raw salads and green vegetables in abundance, they still do not possess health. This may be due to their inability to masticate thoroughly. Owing to faulty nutrition and wrong habits of living, the average person loses his teeth very early in life. It is impossible to chew raw food properly if even one tooth is missing. For those particularly who have lost their teeth or those with defective teeth, raw vegetable juices should form an essential part of the daily food.

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