

Why AREN'T YOUR CHILDREN MORE HEALTHY?

Hundreds of you have been puzzled about how to feed your children properly. Here is the answer from a physician and a biochemist who have analyzed these problems in their true light.

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MOST OF our children are anemic, have frequent colds, tonsillitis, ear infections, stomach upsets, and many have deformed bones and tooth decay. It is also a sobering fact that congenital deformities and weaknesses are increasing, and malignant diseases in the very young are much more common than formerly.

The question is, "Why this poor health in children — and for that matter, adults too?"

Children Can Be Healthy

In the first place, let us remember the well-recognized fact that in many out-of-the-way places where people have lived for hundreds of years under "primitive" conditions the mothers nurse their babies for over a year and the native children are very healthy.

They have practically no illnesses, deformities or tooth troubles — provided that they live on their native foods (part of which is usually sea-foods of different kinds), and do not have access to our modern refined foods. This, of course, is not true for all native peoples. Many have wretched diets and very poor health. But there are the exceptional peoples with good diets and fine health.

We can reason from the custom of these natives, from the experiences of our veterinarians in producing healthy animals, and from the observations and records of many physicians and dentists, to arrive at some conclusions regarding why our children are not healthy. It is now very clear that the health of our children is being seriously undermined

by the *poor nutrition* of our fathers and mothers, and especially of the mothers during their pregnancies. Another important factor is the badly deficient diet of the infant during the first few years of his life.

It is estimated by reliable authorities that fully 80% of the food consumed by the average American has had removed from it practically all the vitamins, minerals, and other nutrients it originally had.

When these essential life-giving factors are not present in most of our food, is it any wonder that sicknesses and degenerative diseases of all kinds are steadily increasing?

TRUTH About "Enriched" Foods

Right here let us stop and realize that *whole* foods are living substances which maintain the correct balance of nutrients for our bodies. It is a misleading statement of the facts to call any food "enriched" just because it contains a few synthetic or "natural" vitamins. On the contrary, such "enriched" food should be called adulterated food. Any food that is so poor in the nutritional elements that it has to be enriched is not worth buying. We are only deluding ourselves if we eat deficient foods and attempt to substitute potent vitamins or enzymes in any form, whether in shots, pills, capsules or liquid tonics such as cod liver oil.

It has been definitely proved that some of the "natural" or synthetic vitamins, notably A and D, are often distinctly harmful when taken as cod liver oil or as pills over a period of time. And if you take vitamin or enzyme sup-

plements, then more than likely you are receiving an overdose of *some* vitamins.

At best, vitamins act like stimulating drugs by producing in those individuals who have been eating refined foods a temporary general "pick-up" like a "shot in the arm." But they do not furnish the natural perfectly balanced, life-giving factors needed in the body's reparative and building processes.

An imbalance of vitamins or minerals occurs in taking such pills. And this imbalance results in other deficiencies because the liver, kidney and possibly other organs must use up other vitamins and minerals in order to get rid of the excess ones.

Besides, not even scientists are really aware of all the intricate relationships between various nutrients. Neither will supplements eliminate all the toxic effects of refined foods because the supplements are also "refined" foods. The sound approach is to eat natural, unrefined foods, to prepare such foods in the proper manner, and to be able to detect and avoid refined foods.

The Infant's Diet

In this article we are chiefly concerned about the diet for the infant, which, to be healthy, must first of all have a good inheritance.

If the parents' and especially the mother's diet has been adequate, the new baby will probably be very healthy and happy on breast feedings for at least six months. One way to increase the mother's milk supply is for the mother to eat a large bowl of oatmeal (sometimes called oatmeal gruel) at least each

morning. The best oatmeal is obtained by cracking the whole grain just before the oatmeal is placed in the double boiler. If the whole grain oatmeal cannot be obtained, then the slow preparing oats are better than the quick oats. Such oats can be further cracked before cooking with a blender or grinder in order to make a smoother oatmeal.

The baby may demand more milk than some mothers can supply in their present state of health. In this case, the best substitute is raw goat's milk or certified raw cow's milk, if possible. If desired, the milk can be diluted at first with one part boiled water to two parts milk. The boiled water is gradually eliminated until the age of about six months when the baby should be able to take whole milk.

No refined sugars such as white, raw, brown or dark sugar should be added to the formula or to any of the baby's other foods. However, natural (unprocessed) honey can be added to the milk if desired. Such honey solidifies completely upon standing 3 or 4 months. It should be remembered that pasteurization, or heating, can destroy many of the nutrients in milk. This apparently makes the milk partially indigestible.

When the baby demands more food, as he may by the age of 6 or 9 months, then he may be given a vegetable (a teaspoonful or two to start with), preferably cooked and blended to a mush in mother's own kitchen. When doing this, use *only fresh vegetables!* Packaged cereals, baby foods and canned milks are refined (deficient) foods and are poor substitutes for whole foods. Furthermore, they often contain toxic chemicals. If the baby is not getting sufficient nutrients from the milk and the blended or mashed fruits and vegetables, then some whole-grain cereal which has been freshly ground, cooked in a double boiler, and then finely ground in a blender, may be given with milk and with some honey. Oatmeal gruel is preferred because it is more

easily digested by baby than wheat gruel and contains three times as much calcium.

Foods to Be Avoided

As to the deficiencies of liquid canned milks, it now has been definitely proved that the high temperature required to sterilize the liquid canned milk causes not only a loss of the C vitamin, but also a serious loss of the B-6 vitamin (pyridoxine) — the lack of which has produced convulsive seizures in some infants.

Also some of the canned milk producers are removing the natural butter fat and substituting the notoriously bad oleomargarine, which is devoid of all natural vitamins and nutritional mineral factors. "Oleo" is like all the synthetic fats made from cheap vegetable oil such as cottonseed or coconut by the process of hydrogenation. This means the oil has been cooked at a high temperature and high pressure in the presence of a catalyst and elemental hydrogen. The original oil is destroyed and a new compound takes its place. The resulting dark and smelly grease is then bleached and deodorized to a pure white colorless and tasteless synthetic fat. It can then be processed to imitate butter, lard, and other shortening or frying fat.

The *physical* properties of the new product are quite desirable, but the *nutritional* result is undesirable. Nutritionally these synthetic fats are in the same category as white sugar and refined (distilled) alcohol. (Actually a sugar molecule is a complex alcohol.) Adulterating the canned milks with "oleo" or the production of synthetic milks is just one more step in the degeneration of our food. (Olive oil or good butter should be used almost exclusively in preparing foods such as vegetables.)

Facts to Bear in Mind

It is very necessary that the baby be given some food that has the complete B-complex vitamin. Outside of mother's breast milk the best sources of this complete B-complex are the above-mentioned oatmeal gruel, whole wheat gruel, vegetables and fruit. They also

supply the vitamin C and vitamins A, D, E and F. And, what is most important, these sources also supply unknown vitamins which may be just as essential as those already isolated.

When the infant is eight or nine months old he may be given, gradually over a period of several months, pureed liver and other meats and fish, cottage cheese, soft-cooked eggs, and whole grain bread.

But the white flour foods, white sugar and other refined products only lead to sickness. This means no jams, no jellies, no jello, no candy, no cake, no ice cream and no soft drinks. (Of course, cakes and ice cream can be made from whole foods and if they are, then there is nothing wrong with using them.) We must learn to look upon these refined sweetened foods and drinks as slow poisons and calcium robbers gradually undermining the health and bone structure of the body.

In 1941 Dr. Thomas Parran, who was then the Surgeon General of the U. S. Public Health Service, made the following significant statement:

"We have learned of the virtues of milk and of green vegetables... In spite of this, every survey, by whatever method and wherever conducted, shows that malnutrition of many types is widespread and serious among the American people. We eat over-refined foods with most of the natural values processed out of them. Because of this, many well-to-do Americans who can eat what they like are so badly fed as to be physically inferior and mentally dull. The nutrition of the very poor is appalling."

So said the head of the U. S. Public Health Service some thirty years ago. Since then each year has seen an increase of such over-refined foods. This American and British habit of eating "food-less" foods has some health experts frankly worried.

From the foregoing glimpses of the state of our national nutrition, it must be clear that a significant part of our children's health problem lies in the poor character of the food on which they are subsisting. □