



# Your Living Environment

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## THE NUTRITION GAP

"Once the grip of the roots of trees and grass had gone, there was nothing to bind the loose earth. Millions of tons of soil were swept down the great rivers, raising their beds. Thus began the grim story of China's floods that until recently have brought death and disaster to millions and caused some of this earth's greatest catastrophes, basically man-made.

"It has been estimated that some 670 million acres of China's forests were cut down in what has been termed one of the greatest acts of ecological stupidity in the history of mankind.

"The earth of China has through history been trodden by eleven to twelve billion people, with an enormous wear and tear of its vegetation cover and land surface; but even worse, there has been a gradual accumulation of parasites. In man's footsteps a massive deployment of bacteria, fungi, worms and insects has taken place.

"Disease has been spread through the night-soil, and as a result the Chinese scene early becomes dominated by intestinal worms. Their eggs are spread by the billions everywhere. They are in the dust that swirls in clouds, and from this source alone the people of China are bombarded by billions of helminthian eggs. The weight of liver parasites in the aggregate of Chinese bodies has been estimated to be equivalent to the weight of two million Chinese. These liver parasites are responsible for many a yellow complexion, and more than one-fifth of the population is reported to have its liver seriously damaged by cirrhosis, chiefly caused by protein deficiencies in the daily diet but frequently aggravated by these marauders. This is the grim truth concerning a society that once lost its ecological balance and never was capable of restoring it." (*The Hungry Planet*, by Borgstrom, pp. 99,100.)

Here we have more than 20% of humanity concentrated in one single nation, cursed with

sickness, poverty and disease! Such conditions have been reproduced down through successive generations. And every time it has come from the chain-reacting effects of soil destruction and diet deficiency!

China is not alone! NUTRITIONAL bankruptcy and imbalance daily afflicts and enfeebles the bodies and minds of millions around the world. But the 400 million who today make up the modern Israelite nations enjoy an unbelievably superior level of nutrition!

Why does this vast nutrition gap exist? Just *how big is it? Has it been historically important?* The answers to such questions can only be touched upon in the space available, but they should prove most enlightening.

### HIGH QUALITY PROTEIN — KEY TO NUTRITION

"PROTEIN SHORTAGE: *The Most Serious Threat to Human Nutrition.* ... It is more than a coincidence that, during recent decades, protein deficiency diseases have come to prevail in most continents and must be regarded as the chief nutritional deficiency of the world.

"The *protein intake*, be it plant or animal protein, remains the *most reliable* way of *measuring nutritional standard* ...

"In his food, *man needs protein* — the living substrate of the cell's protoplasm — and in addition his protein intake has to satisfy *very narrow specifications* as to molecular structure ... *Animal protein is better qualified* to provide building stones for *man's body protein*. In other words, its structure is better suited for the particular nutritional requirements of man. The so-called amino-gram, meaning the amino acids, lies *closer to man's specifications* than is the

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case for most plant proteins. *Animal protein is readily digestible* in man's gastric system, while *plant protein is encased within an impenetrable cell wall*, the breakdown of which requires elaborate processing such as milling, fermentation, toasting, etc.

"...the world's privileged, about 450 million people, dispose of the lion's share of this (animal) protein" (*The Hungry Planet*, by George Borgstrom, pp. 46, 27, 41-43).

The food problem of the world revolves around the shortage of animal protein, not around a shortage of plant protein or calories. The figures in the following chart have been specially combined from FAO reports (*The State of Food and Agriculture*, 1968, Annex Table 8A, 8C). They illustrate simply, yet dramatically, twentieth century fulfilment of God's promise to the Patriarchs — Abraham, Isaac and Jacob (Gen. 17:2, 26:4, 28:14). The chart breaks down the average diet into commodities, showing comparative per capita consumption between the *Israelite* and *NON-Israelite* nations.

Notice that the problem is *not* a shortage of

*calories*. The *non-Israelite* countries actually consume *more* of the *high-calorie* foods such as cereal grains, starches, etc. It is not just a *protein* shortage either. *Non-Israelites* actually consume *more non-animal* protein than the privileged *Israelites*. ANIMAL PROTEIN is their acute shortage!!

Here is where the *Israelite* peoples have the large end of the stick. They have access to the very foods that are *necessary* to build alert, sharp minds and vigorous healthy bodies. (Their advantage would be even greater if they did not also consume so much sugar and fat more than the *Gentiles*.) The chart below illustrates one way that God has made the *Israelites* the leading people. He understands the importance of protein — *animal protein* — and has made it readily available by repeatedly placing His people in the most fertile areas.

(That figures for China are not available for inclusion with the *non-Israelites* increases the disparity between the two groups on the chart! After all, China represents 23% of mankind and

#### GRAMS OF FOOD AVAILABLE PER PERSON PER DAY

<i>Food</i>	<i>Israelite</i>	<i>Non-Israelite</i>	<i>Israelite Advantage</i>
Eggs	37 grams	12 grams	208% more eggs
Milk	602	203	195% more milk
Meat	199	70	184% more meat
Fish	24	12	100% more fish
Sugars and sweets	121	66	83% more sugar
Vegetables	208	162	28% more vegetables
Fats and Oils	59	48	23% more fat
Fruit	164	202	19% less fruit
Cereals	238	326	27% less cereals
Potatoes and starchy foods	203	303	27% less starches

#### GRAMS OF PROTEIN AVAILABLE PER PERSON PER DAY

Animal protein	58 grams	23 grams	150% more animal protein
Plant protein	30	46	37% less plant protein

we have already seen that it is a nation repeatedly hemmed in by famine and historically restricted in its intake of animal protein.)

#### ANIMAL PROTEIN

All animal protein is not the same. God makes this clear in Lev. 11 and Deut. 14. It is significant that in Deut. 14 God also refers to His "...peculiar people".

It is only as His people have followed after the ways of the Gentiles that they have turned to the consumption of *unclean* animal protein and — as David said — "Let their table become a snare before them" (Psa. 69:22).

#### SOIL — FUNDAMENTAL TO ISRAEL'S BLESSINGS!

As God promised the Patriarchs, He has undoubtedly distributed the lion's share of the earth's nutritional blessings to the Israelites.

And sometimes an entire nation has no good land at all." (*Famine, 1975*, by Wm. and Paul Paddock, 1967, Preface).

Add to this the soil area of Canada, Britain, New Zealand, Australia and South Africa. It makes a relatively rich and vast total! A truly fantastic blessing upon the sons of Joseph (Ephraim and Manasseh). It is a basic truth that *soil fertility* determines a nation's level of nutrition and its nutrition determines the level of the nation!! Russell Lord's comment — "THE FINAL CROP OF ANY LAND IS PEOPLE AND THE SPIRIT OF THE PEOPLE" (*The Care of the Earth*, p. 23) is well illustrated in the following chart.

Notice that Israelites eat *FOUR* times more *ANIMAL PROTEIN* than Arabs and *TEN* times more than the Nigerians!!!

God tells us that He sets the bounds of the

#### RATIO OF TOTAL PROTEIN TO ANIMAL PROTEIN INTAKE

<i>Nation</i>	<i>Average Daily Intake</i>	<i>Total Animal Protein</i>
Syria	69.3 grams	10.3 grams
Egypt	80.1	11.8
Israel (including Arabs)	87.8	40.9
U.K.	88.0	53.3
U.S.A.	93.8	66.7
Nigeria	59.3	5.3

(*The State of Food and Agriculture, 1968, Annex Table 8C*)

That there are today *twice* as many Chinese as Israelites does *not* negate God's promises to greatly "multiply" Israel — it UNDERLINES the Israelite advantages expressed in the accompanying charts!!

Paul Paddock, world-travelled soil scientist pointed to this nutritional abundance when he wrote:

"After every two or three years of work in the undeveloped world, I return home to my native Iowa [in the heartland of the United States]. Each time I am amazed again at the incredible richness of the landscape there. No place in all the world matches the agricultural wealth of the Middle West, a thousand miles and more of deep, rich, level terrain and stable climate. In contrast, the areas I know in Asia, Latin America and Africa usually contain only a few square miles of useless land, plus a climate that is a gamble.

nations (Deut. 32:7-14). His chosen people have been repeatedly blessed with the "fat" places of the earth. Adam and Eve were placed in a perfect environment (Gen. 2:8, 1:31). Noah was placed in what was *the fertile crescent*, (Gen. 9:1,7) Abraham, Isaac and Jacob always dwelt in the fertile areas of the Middle East (Gen. 13:2, 15, 17-18). The original Israelites prospered and multiplied under Joseph in Goshen, the richest of all the land of Egypt (Gen. 47:6). While later generations under Joshua re-entered the fantastically fertile "*land of milk and honey*" (Numbers 13:23, 27)!

#### ONLY GOD HAS BEEN FAITHFUL!

God intended the Israelites to be the world's leading people — living examples of the tremendous physical blessings God gives to those who

obey His laws. We have seen the operation of natural law, how a people strategically placed in the fertile areas of the earth are provided a diet of top quality plant and animal protein. Israel of course has stubbornly refused to be all that God intended. Fertile soil has been their national heritage but they have repeatedly destroyed the quality of their environment.

As a family of nations we are turning more and

more to *unclean* food and to the perversion of *clean* food. Can you believe that your next sizzling steak may well have been raised on a diet of 25% POULTRY DUNG??? What a filthy abomination! But it's a fact!

The nutrition gap between Israel and the Gentiles results not from *our obedience*, but God's faithfulness in honouring His promise to the Patriarchs.