

PRESCRIPTION

FOR

ENERGY

By

Charles de Coti-Marsh

Published by
Kerbina Ltd, 3 Wickham Road, Bournemouth.

© — KERBINA LIMITED 1990

<i>First Edition</i>	1952
<i>Second Edition</i>	<i>May</i> 1960
<i>Third Edition</i>	<i>November</i> 1961
<i>Fourth Edition</i>	<i>August</i> 1964
<i>Fifth Edition</i>	<i>August</i> 1971
<i>Reset and Reprinted</i>	<i>September</i> 1990

Typeset by Word Perfect, Christchurch, Dorset.

Printed in Great Britain

CONTENTS

	<i>page</i>
PRESCRIPTION FOR ENERGY	9
HINTS ON BEGINNING TREATMENT	20
INTRODUCING VITAMIN E PLUS.....	27
THE HOME MILL	42
NEW DIETS AND MENUS	47
CHEESES.....	64
HERBS AND HEALTH CUPS	66
WINES	72
FRUITS AND SALADS	74
NOTES AND BIBLIOGRAPHY	81

ACKNOWLEDGEMENTS

Acknowledgements are due to:

Hella Toros

C.Y.

T.H. Huxley

Professor Fullerton

George McDonald

Laurence Easterbrook
(News Chronicle, Professor Kaye, Dr. R. F. Milton, Dr. Massee)

Professor Laurence S. Dillon

Sir Harry Selley

Otto Carque, California

University of Wisconsin

Sir Morton Smart

Madam van H.

Mrs L. Kent

Mrs. F.

The Star, Johannesburg

Johannesburg General Hospital

P.E.S.

Organon Limited

Daily Telegraph, Boston

Dr. D. D. Rutstein of Harvard Medical School

John Clarke, M.D.

Mrs. Courage

C. de C.-M.

PREFACE

Since this book was first written (1952) and later in its larger edition 1959, a Readership Club throughout the World has been founded. In 19 countries, Readers and their friends, who practice this system, which defeats Ageing or Arthritis, have now turned this Club into a Society.

Good Foods = Good Health Society.

The objects of the Society are to club together for mutual benefit all those who grow better foods on good soils – the better Farmers throughout the world – and those Shops or Wholesale concerns who handle, make or supply better foods for better health to the Patrons of the Society.

The Society lists all the Hotels and Restaurants where better foods are available.

All Establishments, Shops, Restaurants and Hotels are supplied by the Society with a magnificent replica of the Society's Insignia – seen on the Frontispiece of this book.

This movement, therefore, supplies Patrons, not only with the comradeship of dealing among themselves, but embraces all Practitioners who support a more modern and logical way towards sound health.

Youth Welfare Association of Australia – British Housewives League – are examples of those Organisations supported by the strongest medical evidence that the bad and the phoney foods which contain no vitamin-bearing substance, create the bad health and unhappiness, the lack of energy of which most inhabitants of the civilised world complain today.

This is a Society born to live far into the future. Perhaps in time, to shape the way towards better foods in Schools, Hospitals and Clinics.

The Secretary of the Society extends a welcome to this universal branch of comradeship to all Readers. An Advisory Bureau will assist with all problems.

Everything mentioned in this book, necessary for home treatment – The Home Mill – any special preparations or advice on their use – can be supplied by Hursdrex Limited, 75 Victoria Street, Westminster, London. S.W.1., who are Sole Concessionaires for either trade or individual enquiries.

No more searching for Hotels for holidays. Members of this Society *know* where to go. Members are introduced one to another. Local groups are formed to assist one another. This is a readership club and a readership service which has grown around this book since 1952. A friendly, family service which every Reader should hasten to join.

Life is there to enjoy for those who have the energy and health so to do and this Society provides the friendly aid, often so necessary, in making the start.

Other Societies – The National Food Society of America – have hastened to join and support Good Foods = Good Health Society.

At the Savoy Hotel in London on 29th February this year, an international Banquet marked an historic occasion.

M. Andre L. Simon, beloved and universally known President of Wine and Food Society, had reach his 83rd birthday. Erect, strong, with his magnificent mane of curly hair, M. Andre Simon was a striking figure of vitality.

For and on behalf of the Members of Good Foods = Good Health Society, the President, the author of this book, had the honour to bestow upon Madam and M. Andre Simon the magnificent Insignia on their installation as Patronne and Patron d'Honneur. M. Andre Simon was one of the first and ardent supporters of Good Foods = Good Health Society.

The words of M. Andre Simon bring a new message of hope to all post 40, or who find the signs of age or ill-health approaching.

“It was moderation in all things, moderation and good foods which enable me, and will enable you, to be fit at an advanced age.”

“Prescription for Energy” is more than a book. It is a world-wide service back to the road of health.

March 1960

CHARLES DE COTI-MARSH

PREFACE TO THIS EDITION

Nearly forty years have passed since Charles de Coti-Marsh wrote the first edition of "Prescription for Energy" in 1952. Now in 1990 as a continuing tribute to the man and his work we have republished his 1960 edition in full. No alterations have been made to his manuscript.

Readers will notice his historical setting when references are made to the cost of living. In 1960 the average city worker could enjoy morning coffee, lunch and afternoon tea for 50p a day!

It is hoped that the new publication will introduce the work of Charles de Coti-Marsh to a new generation.

ENERGY

How often during life have you earnestly prayed for more energy? Given the three proverbial wishes you would wish first for health – Health is energy. Then for wealth – Wealth is created by energy. Finally for happiness – Happiness is also the fruit of a calm contented life, a special strength rooted in energy.

These private thoughts are not yours alone, they have been the thoughts and wishes behind the mind of civilised mankind for all history. Throughout the ages celebrated doctors and scientists have wondered why energy declines in life so rapidly – half the energy at 50 years one had at 20 – why some at 20 have so little of this basic vitality, whilst others are blessed and endowed with the energy to make a success of life. “If only I had my time over again” is now your own private thought, it is the basic realisation that energy does waver, declines and rises. The problem has always been – why?

Within 25 years you will be able to go to your doctor and complain that your energy is low, and as it were, have life’s battery re-charged. That is not possible in 1959, because this is the first book to explain what energy is, where it comes from, what causes energy to decline and how to raise energy, again to enjoy the health and vitality of former years.

The mystery of human energy has been solved and the answers provided in such a way that provide an unusual book which will change the life of every person who reads the contents. At last the human battery can be re-charged, not with pep pills, not as a temporary boost, but naturally, from nature’s own resources.

Among the many surprising facts which emerge in these pages, the greatest is that energy can be raised to the point where most diseases cannot exist. Above a certain level of energy most diseases and disorders vanish, nor can infection attack. Because of this a certain amount of scientific background, providing the steps of reasoning, has been included, this is necessary, so Prescription for Energy is written to be easily understood on two levels, from the levels of both the trained and the untrained mind. The statements are made for all to understand, the logic and reasoning to follow.

Truly dramatic are results obtained by this new and natural method in overcoming diseases and disorders. This is an average example:

“During the past 3 years of life has been increasingly intolerable because of pain . . . this illness called arthritis took hold of me in a way which made walking an agony. I was depressed to the point where life was not worth living.

“Each morning I had to roll out of bed. Sleeping pills could bring no sleep.

“Above all this the greatest pain, I had to leave my profession as a singer. The tours were cancelled being replaced with tours to clinics, doctors, hospitals, to new places for new injections. The pains still became worse, my walk and speed became affected . . . This is how I came to you.

“Now, after these few weeks I am so much better, and *full of energy*. I can sleep well, I have no pains, it does not seem true . . .”

So wrote Hella Toros, Principal Soprano of the Royal Opera, Covent Garden.

Energy is the new keynote to this success. Hella did not suffer arthritis until she had reached a point in life when energy became low, when she had no OPPOSITION to the disease, then the disease could sweep on rapidly. But, raise the energy and the disease retreated.

But this lady is not old in years, she is yet young. This message is not only for those who are advanced in years and low in energy. Youth needs energy, for protection, energy to command one’s destiny in life. Without energy in abundance life is no longer the one grand adventure, but just another dreary day.

This, then, is the message of the first explanation and a prescription for vitality and energy, the most precious commodity in life, for energy is life.

PRESCRIPTION FOR ENERGY

Possibly the most important statement that can be made in medical science today is the fact that the mechanics, source and origin of human energy are now, and have been for some years, fully understood, and controlled.

This statement needs a great deal of explanation, for until this appears in print neither the doctor nor the average person who is likely to read this book could possibly be aware of what is meant by the word "Energy".

We therefore have to begin with some explanation of what Energy is to you and to your body.

To take the answer by easy stages, a young child appears full of energy, that is the child is never still, sleeps soundly, and is in excellent health.

This certainly does *not* apply to most children in Britain, to many in Middle Europe, and only to about 40% of the American children, but it is the best example at the moment.

The child is warm, that is the hands and the feet are warm; compare these with an older person and you may find the hands and feet of the older person colder. Energy is heat and warmth, and the lack of energy is a decreasing heat or life in the body.

Energy is life, that is if you have abundant energy you have abundant life, and life expectancy at any age.

That being so, energy can be considered the yardstick or measurement of the process of age, or the process of degeneration due to disease or malnutrition in any person.

Therefore it is necessary to say that the Energy Quotient of a person represents their true age. We call it the physiological age, that is the true age of the body, which has nothing to do with the number of years lived.

For example, a young person may be low in energy, lacking in vitality, lacking in intensity of personality, tired, and unable to cope fully with the problems of everyday life.

Now it is possible since the mysteries of human energy have been clarified to describe such a person in the true stage of their usefulness, and to raise this standard if necessary.

From a medical point of view the statement implies a monumental change in the approaches to disease by medicine, for energy is at the root of all recovery from all types of disease no matter what they are.

A body blessed with high Energy Quotient is immune to epidemics, immune to illness. They would seem to bear a charmed life, for because of their alertness they are not accident prone, and if by any chance a disease did strike an energetic person, the energy would represent the totality of a tremendous and irresistible force of opposition to the disease that the disease would be short-lived and without medical aid.

Nine-tenths of people throughout the World are today suffering either a lack of energy, a rapid decrease in energy, or are constantly in debit with the energy which their body can create and their daily expenditure of this vital force.

I therefore trust that the beginnings of this answer will be perfectly clear in the fact that the word "Energy", as used throughout this book, indicates the actual amount of life-force within the body irrespective of age.

To make this clear, if we take an old person and endow that old person with abundant energy and vitality within weeks or months they become disease free, their personality is transformed with the abundant enthusiasm usually found in a much younger person; they find no difficulty in coping with problems in life which formerly seemed insurmountable; their physique changes to that of a younger person; they have energy plus energy in excess of that which they normally use from day to day.

PRESCRIPTION FOR ENERGY

The opposite would be a young person say at the age of 20 who radiated nothing by way of personality, who would be tired, constantly drooping in health and spirits, too tired for a reasonable chance at the wonderful opportunities offered by life.

Again if we take that person and endow them with extra energy their true personality begins to sparkle, and they enjoy the enthusiasm for work and play that they should normally enjoy at that age.

It will then be seen that we describe energy only as the basic factor in life-force, not as something which can be boosted temporarily, but as a measurement of the amount of actual life lived in the body, which represents the true age of the body, the expectation of life and the resistance powers of the body.

Energy can be low at any age, or high at any stage of life, and if low would represent the same amount of energetic usefulness as would be found in an older person, so if permanently low in energy a young person could not be regarded as young, but in degrees of usefulness of energy, and these degrees are measurable.

Every task every day and every minute, every effort throughout life is either successful, unsuccessful, happy or unhappy, depending upon the amount of energy available to extend upon the task. A genius for example could be called a person extremely high in energy, whilst a failure would be lacking in the stamina.

A young man who is perfectly healthy exudes energy and stamina. This you may call virility, manliness, spirited or vigorous. It makes no difference; the basic root of all these wonderful qualities is Energy.

Energy can then in abundance transform a tired life, for energy is the amount of force which either a person or a personality has at hand available and ready to spend.

Where does Energy come from?

Energy is an electro-chemical action between certain foods, between the microscopic elements in certain foods, and the electrical action obtained by the body. In this book will be listed foods which create energy, other foods which subdue or destroy human energy, and it is from foods that energy is obtained, maintained, raised or lowered.

We then forget the words "calories" or "diet" and use instead a term called "The Nutrition of Energy", for energy is obtained naturally from certain nutriment which cannot be synthetically made by man.

Why is Energy high in youth and low in age?

In youth there is the tendency to eat enormous meals, never to feel satisfied concerning food, and the metabolism or the electro-chemical rate at which the body runs is so high that teenagers seek and need five times the amount of food that would satisfy an adult.

The adult on the other hand in attempting to keep up with the teenager's appetite would become extremely gross and fat. So whilst the answer is in foods, it is obvious that it is not in the amount of foods which are eaten, but the type of foods.

Only certain foods contain the vital trace element which create energy.

Vitamins cannot of themselves and by themselves create energy.

Energy can only be produced from its natural source.

The same rule applies through all nature. If, for example, we are going to plant seeds in a field and we buy seeds from one place which are low in natural energy, and seeds from another place which are high in energy, then one lot of seeds will produce a very poor specimen of drooping plant, whilst the others will produce a magnificent specimen, strong and sturdy. Yet both seeds would be planted in the same soil, and enjoy the same amount of sun and air.

So any discovery or statement concerning energy has far reaching importance not only in the world of health and disease, but in all branches of science, for this mystery of seeds which differs in the value of the crops has been a mystery since seeds were first planted.

PRESCRIPTION FOR ENERGY

Energy can now be explained and fully demonstrated as far as human life is concerned as a formula. It is a natural formula, it is the same formula which creates energy or life in the plant, in the fish, in the bird, beast, or the human race. In all, the formula is the same, and whether all of these are alive or dead, or are half live or half dead, the formula remains the same.

I would not say that the discovery and the harnessing of human energy was necessarily a product of the atomic age, but I would say that the understanding of the formula so that it may be useful to mankind does relate to an understanding of the atoms and molecules which make up the life in the bloodstream of the individual. Some of the hints I give in this book may have existed thousands of years ago, some since then may have been forgotten. Also since that time a new way of life has spread over the earth, so that even learned people have become disassociated from nature and nature's laws, but it is from a study of the relation of the atoms within the bloodstream and why during such short span of human life they become useless and less energetic, that the whole can be pieced together, eventually making possible a prescription for energy which suits all and applies to all living people.

The tremendous and far reaching benefits to the average man and woman which are immediately available by a new knowledge of this word "Energy" are obvious when it can be proven that older people can literally be rebuilt, reinvigorated and restored to full working capacity, as many having **?using?** the system I advise here. That all of those who are sick or suffering any form of disease can be bettered since energy overcomes any disease, and that the younger people in life, the citizens and producers of the nation, those with ambition who are lacking in energy can have this now in abundance.

Many hundreds there are who can come forward to say "this has happened to me".

From a national point of view these pronouncements concerning human energy are extremely important, for a nation is built up on units, and if each unit has but 20% of this normal and natural energy so has the nation, and conservatively at the moment I would, and so would any student of sociology, say that Britain as a nation displays but 30% of the energy in productiveness or any national life which it should. How can it as a nation when its nationals have not the energy available.

In commerce and industry from a national point of view, energy is the backbone of the force and the aggressiveness which is applied in team work to produce and to sell. This energy is measured against any which is daily demonstrated by the Opposition.

Energy is then the true yardstick of all life and all ways of life. You have energy, or you have not. With energy you have all which energy can command, in fact all which is life, and how many people are half living half lives at the moment.

Until now we have been taught that the young have energy. Commerce tells us that the average man or woman at 40 is not sufficiently energetic to be employable. We know that energy declines with the number of years which pass in the process of age, and those who are less energetic should be relegated to the human scrap heap. This today is the dictum.

During this past week, using the methods I describe here, I have had the pleasure in sending four people back to work, four people to whom, formerly, work was impossible. They were in every respect as fit as a person of 30 years of age, their blood pressures were 130/60, their bodies physically fit with supple muscles, clear vision. They had actually grown new and younger hair, and they looked upon life with enthusiasm and vitality. All of these people were over 70 years of age.

That is what can be done by endowing older people with this energy and vitality of youth, and if this sounds at all miraculous, then you have but to try the system for yourself.

So the average reader will have to take an entirely new conception of this work "Energy", and realise that it can be measured in degrees in the same way that the horse-power of a car engine can be measured. Energy is the Life Factor.

Energy is the life content of the body created from a formula of trace elements from certain foods, the effect of sun, oxygen and iron in the bloodstream.

The energy content of the body could for popular purposes be measured against a strong healthy youth of 20, and for example to measure your own abilities in energy against such a person say that, for example,

PRESCRIPTION FOR ENERGY

you may have lost 10%, 20%, 50%, or 60% of the energy with which you were endowed at the age of 20, and to have the certain knowledge that whilst life exists you can regain some of this energy.

If you feel you have not been a full and complete success in life, or have not achieved all that you wished in your ambitions, you now know the reason, and may yet have a chance to do so, and if you have read this chapter aright you can learn that this can only be done in a natural way by nature as nature intended, and not by any artificial boosting.

ENERGY IS LIFE

Energy decreases in the average life at the rate of 10% per year. This rule has applied with few exceptions throughout the ages of man, the incontrovertible yearly loss making all the difference in appearance and ability between young and old.

When young, energy is high; when energy is high, there can be no disease. Energy is the resistance factor against disease, swamps any organic wrong which may be going on within the human mechanism.

Proceeding along these lines of thought and a research into the mechanics of human energy, gradually there evolved a clear and full understanding of the mechanism.

More and more facts came to light, even faster than they could be announced in print, the object being to take a person who was ill, or ageing or diseased by any means and to raise their energy again to peak enjoyed when they were 20 to 30 years of age, or even beyond, if possible, *so to completely swamp the disease*, so to completely rebuild or recreate the whole organism, disease free, so short circuiting all symptoms or treatment aimed at symptoms and restoring the person to a condition in which they are impregnable to disease or to infection.

This is an absolutely new approach – is it successful? The following letter gives the patient's point of view:

"In this letter – which I am writing to you in a purely private capacity – I should like to refer to the article I read in 'The Times' of the 23rd October last, concerning the intensive research campaign against rheumatism which is to be launched and to which the Duke of Gloucester alluded in his address to the Empire Rheumatism Council.

"Indeed this article caught my attention and interest, for my Mother has been a rheumatic sufferer for many years. To one who can therefore speak as a witness of the dreadful pain which this complaint means to the ones it afflicts, it is gratifying to know that the Empire Rheumatism Council, under its ten-year programme, will expand research in this field, in the hope of overcoming the disease.

"Prompted by this 'pooling of research', for the common good of mankind – this great endeavour – may I be permitted to single out here the beneficial treatment advocated, in the case of my Mother, by a British Rheumatologist to whom I remain ever grateful for having achieved much where medical advice had so far failed. Such is the purpose of my letter. I have summed up this experience in the enclosed Note, in the hope that it may, perhaps unknowingly, contribute to progress in the battle waged against Rheumatism. For here is a Scientist who, in his recent book: 'Rheumatism and Arthritis, The Conquest', places on record a life-time's research and claims to have reached the goal. He presents his formula to the Scientists of this Country and the Nation as a whole, offering all clinical data and case histories for inspection to anyone who is willing to come forward.

"Is this challenge to Rheumatism to remain unexplored?

"I am neither a doctor nor a scientist, and not therefore knowledgeable on the subject; but because I saw how my Mother suffered I have, naturally enough, the cause much at heart and many, like me, must feel that all results of valuable research such as these should be examined when the cause of suffering millions, both in this Country and elsewhere, is at stake.

"May I say it is my humble hope that this spontaneous and unsolicited response on my part may not pass altogether unheeded.

PRESCRIPTION FOR ENERGY

"In the Autumn of 1956 my Mother's health (she was then nearing 77 years of age) began to lower terribly. She was losing energy and mental vitality, and her rheumatism (shoulders, arms, knees, legs and feet) was becoming increasingly worse, until finally she was too handicapped even to go for physiotherapy treatment at the hospital. Perhaps I should explain here that she had been a rheumatic and arthritic sufferer for many years and had, on and off, undergone such treatment (about twice of three times a week) at the hospital. Little relief had of late been registered and she was becoming too tired anyhow to trudge along to the clinic. It is then I started taking here there by car. But she was now gradually losing appetite. Soon she had become practically unable, once seated, to stand up without being aided. Low chairs were out of the question and more often than not she had to lie down. She could no longer manage stairs. She was getting no sleep because of the pain.

"Then came a real flare-up of the complaint. The forearms and hands and feet were one swollen mass. I called our National Health Doctor. He admitted that this was the worst case of rheumatoid arthritis he had seen for years. He gave her an injection and tablets. With his approval I went to see the Specialist at the hospital and explained this to him myself. He had a telephone conversation about the case with our Doctor. They somewhat, by what I could gather, differed on diagnosis but finally agreed that the only course was to advocate three week's bed-rest. (What else could she have done!) I was given a massive stock of white tablets for her at the pharmacy of the hospital, and told that if it affected her hearing she was to reduce the dose. On taking these, she was subject to violent sweating and rigors and became even weaker. I had to feed her, etc., etc. At this stage I was filled with anxiety. Our Doctor said: the least she remains in bed, the better, otherwise she will never get up again. But how could she possibly move? I was very reluctant to have her sent to a clinic; I was positive this would have been the end. In despair, through friends who knew him, I went to see Mr. Charles de Coti-Marsh.

"Here started a new phase. He came to see my Mother but had little hope at first; in his opinion she was very low but he promised he would do his utmost. So we started on the new diet and treatment. That was in January 1957. A few months elapsed. Mother was no worse but progress was not apparent. By Spring, however, she had begun to pick up and get moving, still somewhat handicapped but with a new life in her. By the end of May, when Mr. de Coti-Marsh's book¹ came out, she was able to come with me to the Reception given on publication day. Later on, she experimented the beneficial effects of this Scientist's new discovery; the anti-cramp Copper Electrodes. (A discovery which won him the Gold Medal at the International Inventors' Exhibition in Brussels last Spring.) They enabled her to articulate at last her right foot and place it flat on the floor, so far, she had not been able to do this.

"We went on holiday during the hot spell in June. She stood the heat wonderfully and was starting to enjoy life again. I should perhaps at this point specify that her blood pressure had been brought back to normal. (Our Doctor said that according to a letter from the Brompton Chest Hospital — where she was again examined in 1950 — the cardiogram gave her blood pressure as being 180. When Mr. de Coti-Marsh registered it on 23rd April 1957, it was 140/60. In view of her age, this was an achievement.)

"The rheumatic pain, although not yet totally disappeared (late 1957) is diminishing. She is now psychologically very alert and can get about comparatively easily. She even attends to the duties of the home. She manages stairs, usually with both legs and feet, in the normal way. She has a ????????????????

"I am extremely grateful for what has been done for her. I can only hope many will benefit by the same experience."

This letter was written over a year ago, not to myself but to a Research Council in Great Britain by an Embassy official.

That was a year ago. Since that time, this lady has increased in energy and at the time of writing is busily engaged in touring the European places of her youth.

Nor are such cases as quoted in this letter an exception and month by month at an exceedingly rapid rate, research results which 2 to 4 years ago were but seedlings, are now coming to fruition.

The source and origin of human energy involves one of the most complex mechanisms on earth, for laws of scientific and organic structure involved are exactly reproduced in every living creature and in all forms of life and plant life. There are no exceptions to this rule. That one source of energy will replenish another

¹ "Rheumatism & Arthritis, The Conquest" (Thorsons Ltd.) 1957.

PRESCRIPTION FOR ENERGY

source of energy is the golden rule arising, after many years of intensive biological research. The life from wheat in germinating factors will replenish the waning human energy, for example, but there is much more than this. A young person low in energy is not physiologically young. There is only one standard of judging the age of a person, the youthfulness, or employability of a person and that standard is by the measure of their energy quotient.

No disease or disorder can exist in a body which is fully abundant with energy or — shall we say? — in a person having lost no more than 40% of the total life energy available which would be usual in an extremely healthy person of 30 years of age.

So the major problem is that if a person of 70 is presented with heart disorders, hardening arteries, arthritis and with only an available 20% of energy left with which to fight for even daily continuance of life, the problem is then whether to revert to the old-fashioned ideas of medicine, i.e., to look to the symptoms because the patient complains of pains and to ease the situation by means of palliatives making life comfortable, of whether to ignore these altogether, take a strong line and form measures to restore the basic energy and trust that by so doing, the symptoms will vanish within a few weeks, the patient daily feeling greater easement and more constitutional energy.

It is only now with the clear and full visualisation of the mechanics of the complex mechanism which produces energy in the human body that I can now approach every such case with absolute confidence and to write these clear and unmistakable words which may enable many thousands of Practitioners to follow me.

The truly startling and dramatic change in a patient who is suffering pain and discomfort and with rapidity with which these beneficial changes are brought about in each and every case, never ceased to produce, even in myself, an absolute wonderment at the marvels of efficiency which nature has implanted as a mechanical system within the human framework, there to be awakened when we had the key; but the key is complex, even more complex than the searching of words to make the facts simple, at least for the time being, so that a system may be put into use, bringing this Godsend to many cases of suffering, hitherto considered incurable from previous points of view.

Here are the ways and means. First of all, it is not the addition of one wonder drug to the body, but a daily supplement and just a trifle in excess, allowing for wastage and rebuilding of every chemical content used by the human metabolism in the very strict proportions required by nature to create, reinforce and maintain a daily recreation of energy. Nothing but this one very complex formula, which would require a book of two volumes to scientifically and fully explain, will do.

Such a formula is available but, of itself, is not enough. For as every vitamin is put into the body, from food, and if for example one takes these extremely valuable synthetic vitamins, trace elements though they are, they burn up the formula of minerals and chemicals needed by nature at a tremendous rate. So we have a balance on one end of increased vitamins which should be obtained from a daily diet but to which may be added synthetic vitamins. These alone will not replenish life and energy but will actually decrease energy by burning up the chemicals on the other.

Behind these statements are some of the most massive and complex scientific problems ever brought to light in a study of nature as applied to mankind, but we face when arriving at this solution, even greater problems, internally, of the ever-growing shortage of goods in various countries, of the very evil and greedy adulteration of foods and the additives to tinned foods.

The ideal would be, upon this scientific basis, to quietly spend a few years, preferably in a centre where most modern knowledge was immediately available, to classify all foods available according to energy quotient from this to create a menu which would apply to all, restoring energy and maintaining it at a very high peak.

But in London, as in New York, vegetables, fruits and foods are not fresh and, even more ridiculous, a problem is raised by the fact that foods grown in the country and transported to London, sold there and after passing through several hands in several days, arrived back at the place where they were grown to be sold in the shops.

The mineral and vitamin content of such foods is virtually nil; in fact, it cannot be described as food at all.

PRESCRIPTION FOR ENERGY

The greatest problem is therefore the problem of availability of foods which do contain in full, abundant, natural richness, the vitamins, the proteins and the chemicals needed for the restoration of energy. This problem has at last been overcome by the formula which has gradually evolved and is now finalised as a tablet called E Plus.

I deplore the use of the word medicine – I believe it to be the most useless word ever created. In medicines as such I have absolutely no faith and no use in practice and if my understanding has been rightened by the transition of study of the many branches of medicine and leads to such a statement as if by such a statement such results as I explain appear as an innovation in treatment, then there must be some fundamental righting of a formerly wrong approach.

A person who is below par does not need a “tonic”. They are merely low in the balance between vitamins and chemicals – they are low in energy.

If a person is depressed mentally or physically, the word depression should be understood as depletion, because that is the basic and operative treatment – a person depleted of energy by reason of under-nourishment or malnutrition or who has burned up these chemicals at a faster rate than they are taken in daily.

So approaching the problem from the point of view and remembering that nine-tenths of the world for various reasons are depleted of these chemicals and of vitamins, for many and varied reasons, not only of poverty, but for the explained matter of availability in their local district and for other problems arising from depletion of soil and even further problems. As for example, in the Great Lakes area of North America, where the waters are deficient in potassium, the key chemical, the anti-thrombotic agent and the anti-arthritis agent in the blood stream, and so to whichever part of the world we turn, depletion under civilised circumstances is bound to be there. It can be solved locally but not in one book by remote control.

So, in the forwarding of advice as in the writing of a book, one has to take into consideration the fact that a book, just like a prescription, is absolutely useless unless it embodies all that is necessary to that one particular person at that one particular time and is available to them in such a way that their daily life will benefit.

If this book has been delayed for 10 years or so, it is because of these reasons.

E.P. Tablets are not a new innovation, they were first made to my formula by an old and respected London firm of great integrity 10 years ago. The formula of those days has altered, taking into account the year by year developments of a further understanding of the basic requirements of human energy, for these tablets do contain in a balanced form all 92 chemicals necessary to the human body in their proper proportions and from nature’s own proper source. The formula now is undoubtedly in a state of finality.

How they got their name is an interesting sidelight and how many lives they have saved would make interesting reading, but they are not drugs or “medicines”, but a natural daily supplement of the chemicals necessary to the daily diet. Patients first taking them found they acquired extra energy.

Although just known as Formula so-and-so, they became known privately as Energy tablets, then as “Energy Plus” – such a name seeming a little too dramatic to my cautious self, I shorted to “E.P.”, and as E.P. tablets they are at present known.

E.P. tablets of themselves are by themselves without an alteration in diet would produce only an added 20% of energy at any age. This is insufficient to restore a diseased person to magnificent health, since any person suffering any disease has only an available 40% of energy left, they would need to plus this with another 40% to enjoy splendid health. Not only must the diet be altered, but there must be a rapidising agent in which K Compound has now proven exceptionally effective, being nature’s own formula of trace elements of the Atom K (potassium), restoring fluidity to the blood stream, supple muscles and the two together are the only formulae necessary for the purpose of this treatment, with the proviso that the diet is dramatically altered from dead foods to foods which contain active life and energy.

Since these foods vary from one part of the country to another and internationally, only an example system of menus will be given, together with the values of other foods available throughout the world in alphabetical form, so that each person or each nation can for themselves adapt according to local availability.

PRESCRIPTION FOR ENERGY

Therefore, solving from a practical point of view the discrepancies between town, between nations and individual citizens, these local problems caused by local conditions. The system is wide, is elastic and can be applied immediately or interpreted personally by the practitioners on the spot and I feel fully justified now in putting forward such a system and recommending it to hospitals, clinics and practitioners as being both natural and dramatically restorative, offering the following observations, which are:

When a patient is in great distress, to immediately stop all "medicines", aspirins and pain relievers and to first of all discharge the abdominal collection of filth and poisons which can do nothing but retard energy increase. This is a natural procedure.

Then to place the patient upon a diet rich in energy creatives and with the physician's own understanding of the person under treatment, to prescribe such a daily dose of E.P. or K Compound tablets as he may deem advisable.

Then for a period, to observe on the following understanding. That the greater the collection of calcium within that particular person, the longer the time will be to partial recovery, the longer the time will be to the restoration of energy to the culminative point where the disease, whatever it may be, is abolished.

The first signs of success are in the simple words, usually within 2 to 3 days, expressed in this way, "I begin to feel better in myself". That is the average way in which the average patient described this, the first step, to a new understanding of a word called health.

Recovery then will take place in three stages, one of the stage of decalcification, and the raising of energy, Stage II a decrease in body weight, a decrease in blood pressure accompanied by an increase of energy. This is the readjustment stage of the body, a complete organic change or emergence stage comparable to a chrysalis in which life is awakening from an old, aged or dispensable shell. Then follows Stage III, in which there is no setback whatever, but a measurable monthly increase of energy equal in ratio to a decrease of all symptoms of the disease which has been formerly suffered.

Stage III is not a stage of finality in itself, although by that time the person can literally be said to be completely rejuvenated. Skin texture, hair texture, muscles and, in the case of arthritis, of such joints as have not been completely distorted, resuming a youthful physiological state. Patients under observation during the past 10 years have not yet finalised in this evolution which finally brings proof to the words of Metchnikoff — "the cells of the body have no mechanism of death, they divide by clear division, each being re-built from the substances provided by nutrition. They leave no ash nor dead residue; if they age, they age by depletion or under-nourishment, so losing energy and strength and by these mechanics alone can death by brought about".

The two major factors to consider in each individual case are the calcification which has already taken place (E.P. tablets do contain all the necessary antidotes to excessive calcium), no further prescriptions are necessary and having reduced the calcium to the normal soluble minimum and restored the integrity of energy by this new approach. Those factors and those alone are all that are necessary to consider in this new way of treatment.

INDIVIDUAL ADAPTATION OF K TREATMENT SYSTEM

First of all, we have to cease looking at rheumatism arthritis or thrombosis as being of itself a disease and to say to ourselves "I suffer a set of circumstances arising from two linked causes". One is that "I have collected within my body an undue amount of calcium from tap water, bread, pastries, cakes, puddings, and so on".

"That this calcium has not been excreted because certain other foods have hardened it to the point where it is no longer soluble and can be excreted and so it has been retained in the blood stream, in the arteries, in the muscles, in the joints and by so doing has lowered life efficiency and energy."

Excluding age in years altogether, the following measures can be adapted in each case.

That of the energy remaining, excessive calcium encroachment equals the loss.

PRESCRIPTION FOR ENERGY

That is, a person of 40 years averages an increase in calcium, if reasonably healthy, of 50%, so reducing available energy by 50%.

Where the diet has been previously low in potassium, high in salty foods or animal fats, rapidisation of calcium collection takes place at the rate daily which under previously accepted standards would take place only annually.

This means that you can accelerate your rheumatism, arthritis, thrombosis or disability arising from age by living entirely upon this type of food.

Example:

I often take blind or crippled children on my ship to sea for the day. Among one party was a boy aged 8; in appearance he was indistinguishable from a miniature reproduction of an old man of 80. His hair was sparse, almost bald, he walked with a characteristic aged stoop, the texture of his muscles was stringy and fibrous, his face was wrinkled, he needed spectacles. Virtually from a physiological and casual appearance point of view, he was indeed 80 years of age. His diet previously had been salty chips, vinegar and fish.

In 9 years, this diet had accelerated his ageing 10 times.

You as a person suffering any disability must therefore dissociate from your mind the word disease by any name, and replace it with the word "depletion".

It is then a matter of (a) how fast you can stop the progressive mechanism of depletion at its present pace and (b) having stopped the mechanism, how fast you can rebuild and replace.

There are many cases existent now throughout the world where the available time factor to the restoration of full health and energy will not allow a completely full recovery, only by reason of the former factor.

How long would it take to stop the pace of breakdown?

Though I myself have never met such a case, I speak only from what I see and now that which I can observe, and yet I will not make the statement that all adapting this particular treatment are cases out of control because they are not observed and many hundreds of letters from those starting a new life are at hand to support this statement.

With these considerations, where expert advice is not available, one virtually becomes one's own physician and since each person will see each set of circumstances from a different point of view, responsibility must rest upon individual interpretation.

Yet, in following such advice, only benefit can arise, because no methods are used which oppose nature and natural reconstruction in any form. There must be a day by day increase of energy in every case, however serious.

When energy is restored to 50% of normal life content, the disease may be said to be stopped, halted and no further progress can be made against such tremendous resistance.

Care and patience in personal adaptation of the system will raise the energy still further to the tremendous nature reserves enjoyed at 20 to 30. Such resistance must be maintained for a considerable time, for at least 6/10ths of this energy is consumed in opposing the last remnants of the disease. This might be descriptive of Stage II.

So we have for simplicity only the two factors to consider, one is how much calcium has already collected, how fast can it be excreted and how quickly can energy be raised to the point where the body is totally recreated organically.

The utmost simplification in assistance is now available in the form of diets, rich in energy producing foods and in the additives of E.P. and K Compound which are available. The rest is a matter of time which varies in each individual case. The graphs need a careful study before commencing treatment, for they take into consideration the balance at one end of calcium and energy on the other.

PRESCRIPTION FOR ENERGY

You will have to weigh "appetite" as against hunger. The introduction of a new vitamin which replaces human energy dispels the hold idea of eating by the clock. A certain intake of chemicals and vitamins necessary to the restoration of strength is necessary, but in light of new scientific achievement, does not necessarily mean the former bulk of food, the bulk of which was necessitated to maintain life even for the short periods previously known in history, since the food was entirely cooked and so depleted of vitamins or organic energy.

In this matter of how much to eat, therefore, one has to revise one's whole way of thinking. The vast meals of former days had the effect of depleting energy — so much so that after eating a large meal, one could feel tired or even sleepy. This at mid-day when energy should be at its highest. Whereas with one meal of 4 ozs. Of extremely high energetic content one can work 12 or 14 hours of manual work without feeling tired. The difference is in the quality, not the quantity of food, and primarily of its energy producing qualities. These diets, therefore, must be individually transposed from two points of view. The first is local availability of foods in fresh form and personal requirements.

I will try to explain this. If a person is working an average of 12 to 14 hours per day non-stop, apart from a 20 minute break at mid-day — shall we say a mixture of physical and mental work of the highest productive value? — then such a person would need, say, two meals a day of this type of food.

Give them three meals a day and this will cut the available energy for labour by one-third.

An elderly person working only 6 to 7 hours productively would need 25% less bulk, while a non-productive person 50% less bulk than the fully active person.

There are many reasons for these interpretations, the most important of which is not a matter of over-feeding, but the amount of residue left as ash or waste in the body which is not excretable via the bowel or urine. The inactive person does not sweat.

So former ideas of food have to be discarded. New ideas relative only to the quality of the food and maintenance of energy must be adopted.

Hunger is rarely known. *Depletion* is the proper word. Depletion of chemicals and vitamins necessary to the maintenance of active health and life, loss of body weight may be considered in a new way, the less bulk there is to maintain, the less energy is used in maintenance. Therefore, in all reasonable proportions, the less bulk one has to carry about the greater energy is available for resistance to disease and the upkeep of physique. A fat person is a sick person and a sick person is often fat.

INFECTION

Bacterial or virus infection is 99% unknown by persons adopting this K system of treatment. I quote for example the fact that patients known as treated by me encompass nearly all countries of the world and whereas they formerly were susceptible to the common cold and influenza, and all are among people who suffer these diseases, and therefore open to contagion, this is the sixth year that I have issued a report to be considered by the Council of the Arthritic Association Internationally stating that only four people of this vast and differing community have suffered the common cold or influenza, each case reporting a short attack of 2 to 3 hours' duration.

Therefore, by raising energy and raising resistance you will also be immune, with reasonable provisos on personal interpretation, to any form of bacterial or virus invasion.

We have here the basis of a new understanding in the more serious and chronic diseases arising from infection, which may be investigated by the proper authorities and the results made known in due course.

For the average person, this is a most significant statement, since it means that energy is raised in nearly every case, even in formerly sick people, to the point where they become impregnable to the diseases affecting their more under-nourished cousins around them.

Meals should be considered in the light of energy expended against intake. This observation, if scientifically applied, might embody half the hospitals and clinics through the world where the patient lies in bed fed upon boiled greens, boiled potatoes, salty gravy and dead meat.

PRESCRIPTION FOR ENERGY

Therefore, of the menus available, make your own interpretation from the alphabetical list, balancing your intake against your manual labour and the quality of the food necessary for the upkeep and maintenance of your organism, and not purely upon the bulk by which you judged your former standard of diet.

If these results can be obtained by altering foods from bad foods to good foods, at a time when the civilised world suffers such painful and formerly incurable diseases, then let every citizen attack by letters to the Press, and by refusal to purchase harmful, so-called eatables offered as foods.

Raise the standard of foods, especially for children, and watch the standard of health and energy just grow in them week by week.

HINTS ON BEGINNING TREATMENT

The national newspapers of Britain ARE attempting to assist you to understand something of the new approaches to living longer and living well in health. Here are two examples, the first from the "Daily Express", September 19th, 1958:

WEEK-END GOLF MAY NOT HELP

Men who want to go on eating lots of fat and still dodge heart attacks should take plenty of exercise, Professor Harold Fullerton, of Aberdeen University warns today. Rich meals containing animal or vegetable fat increase the risk that dangerous clots may form in the blood stream. But this danger almost disappears if the meal is followed by 'moderate physical exercise' Professor Fullerton and Dr. George McDonald found. The exercise burns away the fatty droplets circulating in the blood before they can damage the coronary arteries supplying the heart itself. Intense mental activity is not effective in burning up the excess fat. Healthy young men ate a breakfast of two and a half ounces of bacon, two eggs, an ounce of butter, plus milky tea.

DANGER LEVEL. If they sat at desks for the rest of the morning the fat remained at a dangerous level in their blood for several hours. If they did a six-mile walk it quickly disappeared. Exercise must be regular, Professor Fullerton warns in the Lancet. Playing golf at weekends after six days at a desk will not provide much protection.

Many who now guide our destinies have not the vitality to shape, or the energetic courage to re-shape their own lives, let alone to lead our lives to a national vitality which should lay ahead.

Laurence Easterbrook, O.B.E., sums up the codex sinicaticus of modern life in Britain in a brilliant article, on November 11th, 1957, for which I trust both Laurence Easterbrook and the "News Chronicle" will accept my grateful acknowledgements.

DO YOU KNOW, DO YOU CARE, WHAT YOU ARE EATING?

How much longer are the mothers and housewives of Britain going to put up with the adulteration of their food that is spreading almost as quickly as new influenzas? This is their province. They are the guardians of the home, the preparers of the food that sustains our bodies.

Men are too full of airy-fairy fancies, such as visits to the moon and challenging the stars, to concern themselves with fundamentals. It is to women we must turn when something practical in the realm of the family has to be done.

Have you had your Asian 'flu yet? Have you paid your six-monthly visit to the dentist to have your teeth stopped?

A FANCY.

How are your ulcers, your indigestion, your constipation? What a wonderful old boy your Uncle Bob is — why, he hasn't been for six years.

This is a commonplace conversation in this enlightened age when man is prizing open the secrets of the universe and even staking out claims to outer space.

We no longer expect to be well. Positive health is a fanciful idea. Instead we have created a national health service that floats on a sea of patent medicines surrounded by mountains of pills. Our intake of aspirin alone is ten million a day.

HINTS ON BEGINNING TREATMENT

The distracted doctors have no time to think of preventing disease; they are worked to death trying to cure it. Fifty years of medical and social progress have quadrupled the number of patients treated by our hospitals and doubled the population of our asylums. Oh lucky citizens of this Welfare State!

LOOK HERE.

We know now that our bodies are constantly renewed and this is done through a flow of nutrient materials from the soil through plants and animals.

Surely it is obvious, therefore, that the first place where we should look for the failure to maintain our bodies in health is in our agricultural and food-processing practices?

We look, and what do we find? We find that there is hardly one single item of our food that is not subject in one form or another to practices inimical to its health or 'wholeness' (which is the same word).

Our daily bread comes from flour from which the natural calcium has been extracted and chalk put in. Various chemical agents are used to bleach it.

Some of the most nutritive part of the wheat is taken out and fed to pigs and poultry and the germ is also removed and sold back to the public in synthetic form at some hundreds of pounds per ton. It was bought as part of the wheat at under £20 per ton.

So we have synthetic, medicated bread.

Our cows have been turned into milk-giving machines concerned mainly with quantity.

Professor Kaye points out that the result of that is a progressive reduction over the last 20 years of the solids other than fat in milk, the part in milk that is nutritionally irreplaceable.

DISASTROUS.

Even in districts where milk is produced it is now impossible to buy milk that has not been heat-treated, a process which a considerable section of the medical profession regards as disastrous to its value as a food.

We encourage battery hens with their yolks of pale yellow from birds whose bones grow brittle in wire cages; we boost food products containing saturated fatty acids that research workers, both here and abroad, are now associating with coronary heart disease.

POISONOUS.

Lead and arsenic are among the minor poisonous elements with which we saturate our orchards annually.

There are others far worse, so virulent that the farm men applying them must wear special protective clothing. Market gardeners and nurserymen everywhere are having their crops wiped out by weed-killers and insecticides that come floating on the breeze from neighbouring farms.

In Essex alone last year nearly 40 of them lodged official complaints.

This poisoning of the countryside has become such a common occurrence that newspapers no longer report such cases unless there is some special feature about them.

The silly thing is that these sprays are not even fulfilling their purpose. They produce insects and weeds immune to such poisons, so that even more deadly ones have to be found.

HINTS ON BEGINNING TREATMENT

They kill our friends as well as our enemies in the insect world, so that Dr. Masee, the famous biologist of East Malling Research Station, has had to admit that our worst troubles with pests in our orchards started when tar-oil sprays were introduced in the 1920s.

IT WAITS.

How light-heartedly we squirt the fly-spray with its ingredient D.D.T.

Yet even in Chicago, not a squeamish city, has forbidden the use of D.D.T. in dairies and cowsheds. The cows absorb it; it passes into their milk; from there into us, where it builds up in our fat cumulatively, awaiting the day when we get ill and begin to live on our fat.

Whereupon the poison is released into our bodies.

With equal abandon we throw around the penicillin.

It was supposed to safeguard our cows from mastitis. Instead, they become immune to penicillin, but it leaves a residue in the milk to be drunk by a population of which 1 in 20 is sensitive to the drug.

OUT-DATED.

In some cases penicillin has killed cows because it killed the streptococci, thus leaving the way clear for the far more lethal staphylococci.

That can happen to us. I myself was affected, as the doctors afterwards, admitted. Antibiotics killed the harmless bacteria which normally hold in check the more harmful organisms.

Brought up on an out-dated theory about germs, we have become terrified of the smaller organisms, particularly the less visible ones. We see life as an obstacle race against them, with the odds in their favour.

In our blind ignorance we therefore think we can cosh the realms of nature and kill what we do not like.

If such wrong-thinking is persisted in for long enough it is not inconceivable that we might lose the battle and be spewed out by nature into the limbo of forgotten history.

The latest idea is to implant into bullocks a drug called hexoestrol derived from a cow's ovary in order that the animal may put on flesh more quickly.

NOT SURE.

It is known that repeated doses upset the normal reproductive cycle and lead to cystic ovaries and infertility.

The butchers are mostly against it because they consider it lowers the quality of the meat.

Farmers are warned against using it on breeding stock.

But are not we, who eat the meat, breeding stock?

It is true that the experts are saying there should be no danger to human beings provided we do not implant too much.

What guarantee of this in practice could there be?

Who is going to believe 'the experts' in such a matter after Windscale?

HINTS ON BEGINNING TREATMENT

In any case, no one can possibly be sure of such a thing until it has been tried over several generations.

Similarly with pigs, for which on many farms antibiotics have become a normal part of the ration.

The same people who warn farmers not to use them for breeding stock cheerfully assert that there is no danger to those who eat this chemically boosted bacon. How can they possibly know in the short experience of this practice!

It is time we took a stand against this nonsense, which I believe is having such terrible results in the toll of ill-health that is filling our hospitals and bringing tragedy and disease into so many lives.

IN A RUT.

Will the Ministry of Health never stir himself from its old-fashioned rut and throw even one-tenth of its resources into finding out why more people do not enjoy positive health?

Then it might be worthy of its name.

At present its defeatist outlook would qualify it better for the title "Ministry of Disease."

Thank you, Laurence Easterbrook, for that fine day-by-day record of a community misdirected by dimmed vision and tired minds.

We need as a nation, energetic medical leadership which can inspire a new way of life and liberty. Energy is more than life alone, it is a way of life.

NEWSPAPERS

Other newspapers should follow this lead — NOT, I repeat, not with the dreary technically worded half-cautious pseudo-medical statements that belong to a past age. Follow these two examples with the plainly worded facts.

Many citizens of Britain *have* already found a new life with new energy and happiness by a new way of life. That is exciting news for all the millions who are searching for better health — not better drugs.

I will support with every possible means any national campaign which is genuinely aimed at ending the suffering caused by arthritis, in any journal.

VITAMINS

More research has gone into the vitamin and nutritional departments of medicine than any other. Progress has now proven that life and energy cannot exist either in the plant, the human being or the animal without an adequate supply daily of vitamins to continue life.

This research is more valuable and constructive than research to produce medicines to combat symptoms, symptoms which possibly are due to defective nutrition — in fact, I am of the solid opinion that all disease and disorder not due to injury can be traced to defective nutrition.

The actual quantity of the chemicals in vitamin form in foods is comparable to the higher potencies in Homoeopathic medicine-Trace-Elements.

It is true that your body revives, restores and maintains health, not on the bulk you eat, but on trace-elements of minerals and vitamins obtained from the bulk.

If you can enrich with vitamins a smaller amount of food and do away with bulk you are thereby increasing your energy and reducing fatigue in the body.

HINTS ON BEGINNING TREATMENT

This system of nutrition does just that, scientifically.

Life and energy wanes exactly as vitamin intake wanes. Life feeble flickers on a cooked diet daily, for this contains no vitamins. Each day energy is lowered. It is then disease can attack, when there is no resistance.

Not all the vitamins have yet been discovered; that is why I recommend a variation daily of uncooked foods. It is the variety and variation that matters most, not only for the palate but for the full range of vitamins necessary.

One vitamin is dependent upon the other for the life cycle of energy.

One could not expect to live long without vitamins. A short life of ill-health may be expected if vitamins are low. On a vegetarian diet health and energy are higher, but put a vegetarian on the 'K' diet and his energy rises about 400% in six weeks.

Nor can one live on vitamin tablets alone for long, for although they would maintain life a little longer, death or disease would ensue because the vitamins are dependent upon the *Minerals* which are obtained from uncooked foods.

Balance and variation produce extra energy.

The minerals of the body are divided into *Acid* and *Alkaline*:-

ALKALINE

Potassium-Sodium (Eliminator and electrolyte)
Calcium and Magnesium (which build good bones and teeth)
Iron (an electrolyte and oxygen carrier)
Manganese (an electrolyte aiding iron)
Copper (Nerve conductance)
Lithium (a metabolizer)
Zinc (for brain and nerves)
Nickel (Thyroid balancer)

ACID-FORMING

Phosphorus, Sulphur, Silicon, Fluorine and Iodine. These are the principal acid-forming elements.

The acid and alkaline must also be balanced, this can be done only with an uncooked diet, otherwise the cook would have to be a scientist to add a milligram of this or that to balance the foods. We all know that when there is too much acid, rheumatism results.

With the increased popularity of vitamin knowledge and publicity vitamins are being abused.

Not generally known is the fact that vitamin tablets taken by themselves without a sufficient mineral content in the diet can make people seriously ill.

Vitamins should always be prescribed by a nutritionist or specialist, not self-prescribed by someone who knows nothing about them.

As prescribed here this diet-system provides greater living energy for every person and every type of man, woman and child. The ample variations provide automatic delivery of the essential minerals and salts which are necessary to maintain that extra energy needed not only to cope with the demands on the body in cases of diseases, but with the increased tempo and pace of modern life for young or the aged.

Country dwellers where the soil is good and the water is natural are provided by these factors with one third greater resistance to energy, loss or ill-health. Town dwellers who have not the advantage of fresh vegetables or fruits can fall as low as two-thirds in energy-loss. The E.P. Tablets mentioned in this work do supplement all necessary minerals in such case enabling synthetic vitamins to provide the maximum

HINTS ON BEGINNING TREATMENT

protection of youthful health. E.P. Tablets are an absolute necessity in countries where fresh vegetables cannot be obtained at a reasonable price. In the Faroes, for example, fruits and fresh vegetables are a luxury, as also in the vast tracts of Africa where the soil is mainly Laterite. It is not a case of whether vegetables will grow at all, but what is in the vegetables — that is decided by the content of the soil in which they are grown.

MINERALS AND VITAMINS VITAL TO HEALTH RECOVERY

Those who wish to recover from rheumatic diseases must realise that they can do so only with extra energy which can come from foods rich in vitamins and minerals. The diets are increasingly rich in these vital essentials. It may be assumed in every case of arthritis that the disease was brought about by a lack of knowledge of these vitamins and minerals, and by a study and becoming vitamin conscious, there is the road to recovery awaiting.

The menus as planned do supply to you daily, proper proportions, the following:-

Minerals

Calcium — about 130 mg.; Phosphorus — about 100 mg.; Iron — about 40 mg.; Magnesium — about 6 mg.; Potassium (made available by K. Compound) — 2-3 mg.; Copper — 1-3 mg.; Manganese — 1-3 mg.; Zinc 1-3 mg.; Molybdenum — about 0.5 mg.; Fluorine — about 0.2 mg.; Iodine — 1 mg.; Cobalt — about 0.15 mg. With Amino Acids Betaine, Lysine and dl Methionine at about 30 mg.

Average proportions of vitamins in the diets

Daily

Vitamins A 15,000 to 16,000 units
Vitamin B-120 mg.
Vitamin B-2 10 mg.
Vitamin B-6 About 0.5 mg
Vitamin B-12 About 5 Mcg.
Biotin About 20 Mcg.
Folic Acid About 0.5 mg.
Vitamin D. About 12,000 units
Cal. Panto About 6 mg.
N. Amide About 30 mg.
Vitamin C. About 1,000 mg.
Choline About 25 mg.
Inositol About 20 mg.
Rutin About 10 mg.
Paba About 10 mg.
Vitamin E. with E-Plus About 200 mg.
Bioflavin A trace

The diet is rich in Vitamins F and G., H and I, K.P. and T. With trace elements of minerals to a list total of 92.

This therefore is the richest diet existing in the world today in nutritional values, and unlimited in quantities.

The diet is B. Coli-Free and the simple diets non-clot-forming for thrombotics, and balanced in carbohydrates for those inclined to sugar disorders.

In energy-values the diet is the first to be formed with the objects of increasing natural energy.

This is a typical letter from a person whom I have never seen, who tried this system of diet for 28 days. As a Member of The Arthritic Association she was suffering "dreadful pains in the thighs, hips and knees" which immobilised her completely. (Such members are assisted by the association until they can travel.) This is what she writes at the end of the first 28 days:-

"Thank you. I continued the diet for 28 days and am now much better. I feel well, and I look well, and have the urge when the weather is less cold to get out and get exercise.

HINTS ON BEGINNING TREATMENT

"I had no difficulty in changing over the foods you recommended, and I must say that the system of diet has done more for me than any treatment during all those years. Had your system been available years ago it would have saved us hundreds of pounds spent with specialists."

This lady will, through the association, continue to receive personally guided instructions until she is fit enough to consult.

The change-over from one diet to another is carefully considered in each case, the circumstances of each person, the availability of foods to them, whether additional vitamins are necessary — as they are, for example, in the Faroe Isle, where the main diet is wind-dried fish, or in Ghana, where the sandy soil has not enough nourishment to grow salads. There, also, to be considered is the purse of the person — often one would like to prescribe a diet which a person cannot afford. In these cases an expert knowledge of the chemistry of foods is useful to replace inexpensive foods of the same value for the expensive items.

But the average person finds no difficulty at all, and within a week they are quite adjusted and on their way to a new change at life.

Experience has taught me to educate the person first, explain every detail, then to ease them into confidently adopting a new way of life. By easing I mean to calm the enthusiast who wants to go the whole way at once, and to change from a heavy diet of meat and puddings to a completely uncooked diet.

The body rebuilds every six weeks, and only every six weeks, one cannot hasten nature.

There is no point in changing over so rapidly, the body needs the first six weeks to adjust. The diet may be partly cooked with one potassium and iron-rich meal a day. In some cases the digestive organs have so far degenerated that uncooked foods cannot be tolerated. A person who has an excess of sulphur in the bloodstream must avoid eggs and the sulphury foods.

Therefore, if you are starting on your own get your doctor to first make a complete assessment of your physical condition and give you the records of your weight, blood-pressure, red cell content; to assess and measure the varicose veins, if any; record the type and degree of diseases; record, or assess, the viscosity of the blood, the skin, hair, vision, and degree of fibrous encroachment in the muscles; the thyroid gland examined, and any reduction recorded with corresponding effects on the liver, spleen and colon. These, with any other observations, should be put in an orderly manner on the first page of a notebook in such a way at the next visit the physical improvements will be obvious in facts and figures.

Having done this as the first step, rest the body for 24 hours. A mild dose to clear the bowel, the juice of two fresh oranges and one lemon mixed to be taken every 3-4 hours as required. This drains catarrhal poisons, rests the internal organs and re-energises the whole organism.

Next make a start with uncooked breakfasts of wholegrain finely ground. You will not be able to eat as much of this as you think at first. Replace tea and coffee with fruit juices, and Health Cups.

Lunches should be light. If heavy, the digestion of a heavy lunch may take as much energy as would eight hours of hard work, so much so that you may even want to sleep after such a meal. You need all your energy for work during the day, so a light lunch of salad and cheese — no bread.

At the evening meals you may eat as much as you want of the seasons' fruits and vegetables mixed colourfully into an attractive salad. For proteins — cheeses or eggs. Cheese gives you 4 to 6 times the protein value of meat, and 4 to 6 times the energy.

At first you will be inclined to eat more than you need, but very soon you will learn that you do not get hungry so quickly on this food, you do not get tired so quickly, and you need less.

Variation there is plenty. Never eat the same type of meal twice in 28 days. Nuts, which are rich in Vitamin E and protein should be taken sparingly — a tablespoon of finely ground nuts equals a pound of meat.

INTRODUCING VITAMIN E PLUS

This is not the first announcement, but the first public announcement of a new vitamin, a vitamin which I consider to be the master vitamin; a vitamin which will at any age restore and replenish the full energy with which mankind should be endowed. A vitamin which has been largely unknown during this civilisation.

In February 1958, the first announcement was made concerning this vitamin, privately, to all members of the Arthritic Association Internationally. Each member had available a pamphlet which described the origin, the source and the potentialities of this magnificent new weapon against energy loss — energy which is so valuable and without which we cannot live.

So ended many years of work in research, for to arrest these secrets from nature, one has to use the utmost of modern aids to endeavour and the most modern aids possible; the collaboration of other scientists is also necessary. The replenishment of human energy and its possibilities is probably the most dramatic and significant announcement which has yet been made, for in restoring human energy we restore life itself.

Mankind is no different to plant life or to seeds or animals or fish in basic vitality. The whole object in nature and the carefully preserved kernel whether it be in a man, an animal or a plant is virility, virility which is the continuance of life and the species.

Stage by stage through the years, the pointers towards this new vitamin came, not from any search for such a vitamin as has evolved, but for the chemical reasons for life within the human body, the continuance of life, why we age, why we lose energy and if possible the chemical answers. These are largely supplied by chemical analysis of foods by theories and deductions which enable one to traverse in one particular line of thought, a line of thought which to be of the greatest and long-lasting benefit to mankind must not deviate from nature, from natural laws and from nature's ways. A drug for example cannot supply energy.

I called this vitamin, Vitamin E Plus for many reasons, partly in acknowledgement of the great work of medical scientists who introduced Vitamin E, the anti-sterility factor, the establishment of which is now already well known. Vitamin E is produced as tablets and undoubtedly performs a wonderful function in restoring, for the time being, the virility of a person who has been robbed by nature of this most important glandular effort. There is, however, an outstanding difference between Vitamin E Plus and Vitamin E tablets. If one planted a thousand vitamin E tablets, we should not get one single grain of corn, the tablets contain no life. Whereas, Vitamin E Plus does contain the active vital reproductive cells in all their vitality and fertility.

E Plus is therefore a Vitamin E with the plus of extra virility and life.

It is well known that a vitamin by itself, a vitamin which might be called a seed, is useless unless it is surrounded and has available all the other trace elements in their proper proportion, to convert the vitamin into a hormone and therefore into usefulness. Vitamin E Plus has all these necessary chemicals contained within it. It is not an isolated vitamin. It is a compound. One might call it the compound of life, but to put it clearly, a vitamin, if it is likened to a seed, is useless unless planted; when planted then the seed begins to show life. Without the additional or surrounding mother earth, without its soil, a seed is useless, it can never display its true virility.

In mankind, virility is governed by a hormone created by the male and female glands. Virility is another word for life.

INTRODUCING VITAMIN E PLUS

Everyone can understand that every normal living person undergoes a tremendous change physically and in personality, from childhood to teenage and adult stages. A child is not virile, it is merely a developing husk, but at the age of puberty, the hormones, the secondary secretion from the sex glands begin to pass directly into the blood stream and from the glands, the child then taking on all the appearance of gradual development of adult or virile status. The personality undergoes a change as well as the physical development. The more E Plus or the more hormone which is available to that child, the greater the supply of the hormone, for that hormone is entirely dependent upon this one isolated and single factor, E Plus.

So a child who has an abundance of this hormone will develop into all possible strength and magnificence of adult youth and if the supply of hormone was available during the whole of life, then this magnificence of youth would remain all one's days. For the hormone is responsible for the dominance of personality, the hair growth and that grandeur of masculinity or, in the woman, the feminine appeal, attractiveness and beauty.

But the hormone goes deeper than that. Freud related personality changes to sex changes and to sex life and there is a grain of truth in this. The whole of Freud's work in this direction was not a great mistake, for one can observe that a person who is abundantly youthful is a happier person. Some people like to take the attitude that it is the mental state that governs the physical. This, however, is impossible and easily proven chemically for as the hormone begins to wane at the age of 30 to 40, so the personality undergoes states of depression, the hormone does in fact govern our emotions and stability of personality throughout our lives. Its depletion, which I say is unnatural at the age of 30 to 40, does result in all those dramatic changes of personality between a perfectly fit person and an old, may we say cantankerous or unreliably tempered person. All these changes are mental adjustments to the lack of this hormone.

There is, however, one vast difference between seeds in nature and mankind as a thinking and reasoning animal. Man does not develop his virility and with one single burst recreate his life as is the case in the seeds. Mankind is endowed with a body. The body itself is continually reproductive of itself so that if we compare a man to a seed, when the seed has expended all its energy in reproducing life, only a husk remains, but the husk in the man is continually reproductive of itself, continually rebuilding; so much so that any man or any woman can awaken one morning and say, I will stop ageing, I will begin a new life, and by altering their type of food they can throw off the old husk, as it were, by this method of continual recreation. The cells in the human body were meant to last in perfect health many hundreds of years and the cells create the muscles, the physique and the entire body. The seed, on the other hand, expends all its vitality in one single burst.

Therefore, if a person was sufficiently endowed with an abundance of this hormone, the husk or the body, also dependent upon the basic virility, could continue in health for many years longer than at present expected. Moreover, if there was an abundance of this hormone, the physical differences of decline which dates from the lack of the hormone, the lack of hair growth, the greying hair, the wrinkles, the decline of mental and physical ability, poor memory, all these signs of hormone deficiency would never take place. This is now amply proven by my own case history book. Restore the hormone and one restores almost indefinite youth, almost. Because in this civilisation, we have new ways and habits that are not conducive to perpetual physical and mental status as exhibited by the average healthy adult of 30. These habits are called natural, but in actual fact they are far from being natural, so we have to compromise and do the best we can.

The announcement therefore of a vitamin that has profound reactions throughout the body is of greatest importance for, with this vitamin, we can stop the decline of energy in the average life literally stop the decrease of energy in any state of disease and this is a very, very important factor; for if there is sufficient energy, one can overcome any disease.

To get a clear picture, therefore, of this hormone and its tremendous importance to everyone, is to calmly visualise one's childhood days, then the sudden spurt of growth physically that results from the onset and the first experience in the life of this hormone. The development physically and mentally, the development of the personality in youth. Then the years of happiness that follow with abundant enthusiasm, with supple muscles, the most forceful years of one's life between 20 to 35 when the hormones are to some degree active. I say to some degree, because this civilisation has never known the energy and virility which could have been possible. Then at 35, the slow decline of the hormone and the slow decline of the physical and mental status. It is, though it is hardly realised by them that they have not the same appeal, the same directiveness or purpose in life so apparently slow is the transition that the average person takes it for granted that they have reached middle age. Middle age is merely the first

INTRODUCING VITAMIN E PLUS

stage of stoppage of this tremendously important hormone for the sex glands. The internal secretions do not function.

Then the body begins to chalk up and signs of senility begin to rapidly follow at 45 to 50. It is tremendously important to understand that calcification of the body, the chalking up process which chokes the life from the tissues, stops the cells reconstructing, is in an almost exact line in the average healthy person as the decline of the hormone supplied by Vitamin E Plus. As the hormone declines with rapidity between 45 and 50, so calcification increases in ratio. That is a very, very important statement.

To go back to our civilisation of life as it has been at 45 to 50, there are not only physical changes, there are mental changes as well. The person is not calm and even tempered, but becomes niggly and the temperament a bit unreliable at times, not always due to liver troubles. They are not the calm, easy, happy-go-lucky people who took everything in their stride and mastered it. Little things get on their nerves. These personality changes are no different in the utterly frustrated and dreary personality, which is entirely lacking in this hormone. As the hormone decreases, so a person resists this change in their life, they resist it unconsciously. They hate growing older, they hate the lack of virility, they begin to think life's function has finished and so, in this visualisation of the average life throughout the past few hundred years of civilised man, we have this rise from the age of 15 to 20, an even rise in virility from 20 to 30, then the sudden drop and decrease physically and mentally thereafter, resulting in the loss of energy we had before.

Now, if this hormone could be replenished at any age, I repeat any age, there is a dramatic upsurge as far as is possible in each particular person, towards the reconstruction of that person as they were mentally and physically at a much earlier age in life. Now how far you can go with each particular person is an individual problem. The results may be extremely rapid in some and extremely slow in others, but we have to remember that we have a new understanding of this word "virility" now and there are many hundreds of degrees between a state of virility and the state of sterility; many hundreds of degrees in between, each with their own individual characteristics, each stage has its own set of rules applying mentally and physically, so that this hormone, in its rise or in its fall, controls the many hundreds of states physically and mentally which are accepted by present day man and woman.

The average man and woman have grown to accept the fact that they rise for a short time, they are young and then they begin to fade. This fact is accepted, but the mental acceptance has nothing whatever to do with the physical state itself. Restore the hormone and one restores happiness, basic happiness.

The hormone is, as we have said, supplied by the secondary secretions of the sex glands. These secondary secretions are nothing whatever to do with the sex act. They are the internal secretions and are a most important function by the glands, either male or female. The glands depend entirely upon the source of supply. The source of supply is Vitamin E Plus. Without the source of supply, the glands cannot supply the hormones. For a short time, especially in early youth, a young teenage boy or girl will devour anything in the way of food in a subconscious search for the chemicals to create this hormone which will create their virility. Usually in this civilisation they fail, because the nuts, the wheat and the grains, although there, are not available to them. Therefore this civilisation knows a very, very short virility span of life and it is the virility span of life which is the sole creative factor in that one particular life. Take away the virility and the creativeness vanishes.

Now I speak not from theory but in practice, and in a well established practice, of making possible this new life and this new energy to many hundreds of people. The results are possibly the most dramatic ever available in the annals of medicine. These results are certainly not going to be published in this book — they are far too dramatic for that. The vitamin therefore is of the utmost importance; it is not a synthetic vitamin, it can never be synthesised; it is useful only to the body in its active living state, that is life to create life. It is impossible even to preserve this life in any tinned, bottled or preserved form, but research has now extended to point where in E.P. tablets we can surround this vitamin with all the essential ingredients just as though we were surrounding a seed with all the natural elements of earth enabling the body and the glands to make the fullest use of this new and remarkable vitamin.

Does this vitamin end old age?

That is entirely another question. It depends upon each individual case, not, curiously, only upon the actual chronological age of the person, but upon other factors which have to be decided with each individual; but there is this absolute certainty that no person living can fail to benefit by introducing to themselves this new vitamin for the results, individually, either rapidly or slowly, will collectively

INTRODUCING VITAMIN E PLUS

reassemble the forces of nature, recharge the body with natural energy and so greatly transform, shall we say, a retired person to working ability, an arthritic person to sufficient energy to overcome the disease, an older person to a certain individual possible measure of former youth and by maintenance of the laws which now emerge around this system of treatment, can each year, in this transformation, emerge as a younger and fitter person.

Vitamin E Plus is the most powerful substance known to man for mankind, but remember the vitamin alone will not accomplish these things. First the body must be stopped in its collection of chalky substances which choke the life, having stopped this process of **declarification** which the vitamin assists in so doing, then the nutrition must be in line with an utterly new understanding of a new life force which we call virility, or in less degrees, sterility.

So in introducing this new vitamin, one plumbs to the very depths of human nature, human behaviour, physically and longevity, but much more important to the average present day living man and woman, we have the secret of energy, the prescription for indefinite energy, energy to overcome suffering and to restore the ability to work and earn; without energy one is a burden either to one's family or the State; with energy one again has the enthusiasm to work and to be competitive. This perhaps is the most immediate and useful application of this new vitamin which I trust I have explained quite clearly in the simplest way.

The new vitamin is obtained from the living cells of wheat, and grains and nuts are all seeds. These are the fertile or fertility foods but it is the living cell only which is of any use in the creation of this hormone. No other part of the seed or the grain is of any use whatever except in natural combination with the vital tiny cells which will again create life. Therefore, we come to an entirely new value of foods. If one is to follow this system, foods are either fertile or not fertile, or they are in degrees of fertility. Moreover, they must be eaten in a fresh living state, they are useless when dead, exposed to air, soaked with water or unduly dried. They have no fertility factor, so the new measurement of foods is by their fertility factor – their fertility factor is representative of their content of Vitamin E Plus.

Dead foods contain no Vitamin E Plus.

Therefore arises an utterly new system of nutrition which, although advocating fresh and living foods, has no relation to any former method of nutrition. Vegetarianism, for example, existed many years before the introduction of this system of diet, but some of the worst cases of arthritis, I have yet recorded, are in vegetarians. Whilst vegetarians were therefore on the right road, the vegetarian way of life is for reasons given not the complete answer.

The approach to this particular diet, which is recommended, was from a purely scientific point of view, which might be set out as follows:-

1. To delete foods creating unnatural calcium.
2. To include foods which combat unnatural calcium.
3. To raise energy by including foods rich in Vitamin E Plus.
4. To establish in the diet such a vast and tremendous range with infinite variety as available, so maintaining a natural supply of the chemicals and vitamins necessary to good health and extra energy.

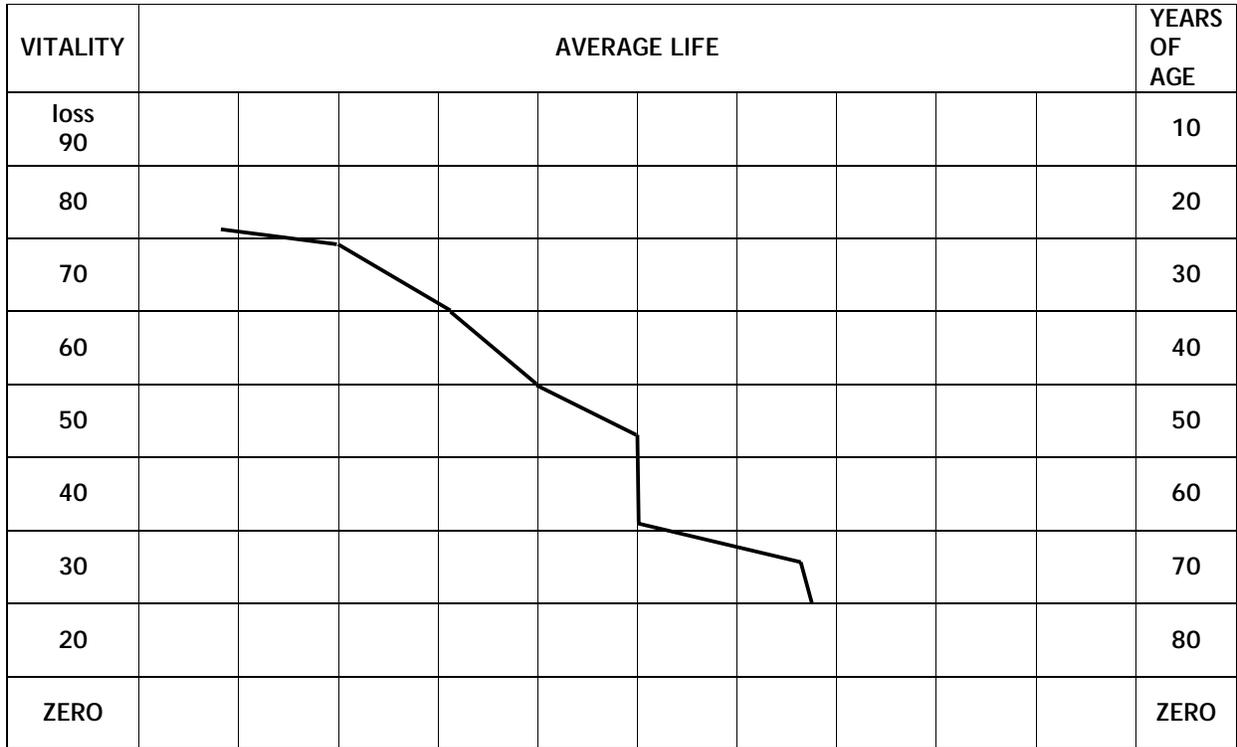
See Graph 1

Specialised study enables this, the first, Graph of the average loss of basic energy in life taking into account the causative factor of hormone depletion of Vitamin E Plus awakened.

This hormone is awakened at puberty, is responsible for the rapid mental and physical development from negative male and female into positive male and positive female. Responsible also for the physique prowess of the young male and the physical attractiveness of the young female.

Hitherto, with remote exceptions, in the history of ageing in the mankind this hormone of youth declines at 35 years, resulting in a decline of the appearance and ability of adult youth. At 40 years the remaining basic energy, being 40%, spent with a rapid decline thereafter.

INTRODUCING VITAMIN E PLUS



GRAPH 1

The hormone constitutes the secondary secretions of the male and female glands, not the secretions of intercourse but the infusion into the bloodstream direct of the youth-producing hormones . . . the Secondary Secretions.

The discovery in February 1958 of the food source of replenishment of this hormone from the germinating cells of wheat and grain was made known to the Council of The Arthritic Association Internationally. Thus, for the first time enabling constant replenishment of human energy instead of the yearly loss from youth to age resulting in death at total depletion.

Compare this Graph with the Graph of the average (of 100 persons per annum) following this System of treatment. The hormone is eventually as abundant at ages later than middle age as formerly in history at 25 to 30.

In this System are given the instructions on methods enabling the fat cells of wheat to be taken fresh as a food replenishment so restoring this hormone to youthful fertility.

SEEDS CONTAIN LIFE

Nature takes great care of the precious reproductive seeds in the way they are so carefully wrapped around with the best that the plant can produce. In the orange the life-giving seeds are most carefully protected within a web of cellulose encased within the fruit. The lemon encases its vital seeds in the same way.

This plant intelligence is an instinctive adaptation from the protection of its furtherance in nature. Throughout nature the whole life, the being and the glory, the colours and magnificence of structure, the whole of this effort is maintained for one purpose alone, to attract, to mate, to fertilise and to reproduce

INTRODUCING VITAMIN E PLUS

by means of seed. The seed contains the life to continue. Continuance of the species is nature's first and greatest aim.

That this rule is supreme in all realms of nature, except mankind, is accepted.

This rule brings us to an announcement of the greatest importance to medical science, and to immediate and vital importance to every man, woman, and the future children they may bear. Mankind is sterile without life-giving vitamins from the seeds of natural plants.

There are, we agree, many degrees of sterility from the production of unhealthy children to complete impotence. From the completely feminine woman to the frigid female. From the virile man to the sex-tired travesty of manhood. Degrees within observable limits to the average person. Degrees that are handed on from Mother to Son, and Father to Daughter, through degenerate generations.

This degeneration can be prevented, stopped, and completely overcome at all ages within reasonable limits.

The natural law supporting this announcement is irrefutable and absolutely conclusive whether from an agricultural, scientific, medical, or biological point of view. It is a law that has not been put into use during this civilisation by an average person. The results are that the average person now living is not virile as such, but only within the degrees mentioned.

The word "sterile" is correct in the sense used here, but still needs explanation.

Any plant, animal or person is virile in the full sense of reproductive usefulness, whilst they are all in the height of physical and natural splendour.

Showing degrees of sterility, there are outward signs of sterility exhibited by the brown leaves, the greying hairs in the animal or person, the loss of energy, and the distortion of that which was once a fine physique, or growth.

In other words — the process of ageing shows plainly the process of sterility in the degrees explained.

The importance of this explanation is in the fact that the height of physical appearance and health are again within returnable reach of the person who wishes to regain these assets in life.

The announcement links the words sterile with ageing; shows why this sterility and lack of energy have descended upon this race of mankind; and by the simple mechanics of reversion show both biologically and naturally how these mechanics can be reversed.

Can there be a living exception to this rule?

The answer is emphatically no. There cannot be a living exception in any realm of nature.

The words of common acceptance such as "appeal", "attractiveness", "beauty", "glamour", of our time are all rooted and connected as were the words "Apollo", the God of Youth, or "Aphrodite", the Goddess of beauty and love, of past civilisations. All relate to the stage of virility. Natural beauty at its best in life.

It is the trace-elements of chemicals within the living seeds of fruit and grains which create fertility, or which by their lack bring about sterility in its various stages. Yet you will see all who have eaten fruit, until now, for example cut a grapefruit, remove the precious seeds and throw them away.

The casing is eaten, and the vital kernel which creates the source of human energy is put among the waste. If it were the other way round, and the fruit opened to extract the valuable seeds, that, in the light of the new rule, would be the right way.

All seeds which will germinate life if planted contain these oils and chemicals needed as anti-sterility factors by the glands of the body for continuance of life, energy, and the maintenance of the highest standard of mental and physical usefulness possible to each person. The reason that energy and fertility are on the decline is in the fact that, until the coupling of this discovery with the known and accepted laws, the vital parts of foods for energy have been thrown away.

INTRODUCING VITAMIN E PLUS

This announcement opens up a new understanding from a sociological point of view in that youth can be maintained for many years beyond that formerly possible to man and woman.

The older folk may possibly regain the usefulness they knew years ago.

From a medical point of view, since energy is the sole factor in recovery from any disease, we now have the one basic link between life and death, a link which is natural and which cannot be synthesised, and can be easily confirmed by any University, that here we have the source of human energy more indefinitely prolonged.

All seeds from all fruits which contain life are taken from the living fruit at the time at which they are eaten. If preserved they no longer have germination or the formula of fertility. The formula of fertility is identical by analysis in both the plant and human life. The deficiency exhibits characteristics which are identical in both plants and the human race.

"Prescription for Energy" is therefore a direction to seek the natural sources of energy. Energy for life strength and renewed health. But this new type of energy — new to meat-eating and boiled potatoes mankind — is an energy which can come from the plant life alone.

Following closely upon my own research is Biologist Lawrence S. Dillon of Texas. Though Professor Dillon is not concerned with the source of human energy, his researches are directed to plant life. He states "Man and his animal relatives are a type of highly modified plant life . . ."

"We are forced to conclude (from cell-structures) that all life belongs to only one Kingdom, which in all honesty must be recognised as the Kingdom of Plants."

Confirmation therefore from an independent and accepted source in all scientific work is eagerly sought, and I take this opportunity to confirm Professor Dillon's announcement as completely in line with the results obtained in living people in Britain for the past ten years.

Endowed with new energy, these people have been rejuvenated. Not one, but many hundreds, the re-energising source was from plant-life alone. This observation is one with which I fully concur and unhesitatingly substantiate.

A single scientific announcement of importance can be likened to the making of a chain of world-circumference dimensions, each link strong enough to stand the heaviest load of scientific destruction which is bound to be imposed upon each link. Possibly in one life-time, no matter how intense the research, one person may add several links, each strong enough to bear the load of test through the ages. On the subject of the source of human energy this is certainly so.

As a Geriatriist, I had the opportunity to follow great men to begin from an entirely new viewpoint, which has now eventually led to a new conception of the treatment of disease and the maintenance of health. But had I been born a hundred years before when modern biophysical knowledge could not have been available, with all the effort the results could never have been attained. Confirmation could not have been possible.

If we look into a seed scientifically, a living seed, we see a whole world in miniature.

The seed contains 92 chemical trace-elements in varying proportions. The bloodstream also contains 92 chemical trace-elements in varying proportions. The list of these chemical trace-elements in both the seed and the human bloodstream are identical.

The proportions of the chemicals are the same as found in Natrum Muriaticum (sea water).

The variations of the chemicals in the seeds determine the type of plant.

The variations of the chemicals in the human bloodstream determine the type of individual.

A lack of excess of chemicals in the plant causes a weakly plant, a plant with low energy which ages quickly or dies under conditions in which a more energetic plant will survive.

INTRODUCING VITAMIN E PLUS

A lack of excess of chemicals in the bloodstream causes a weakly person, with low energy, to age quickly or die under conditions in which a more energetic person will survive.

By reproduction we can change the chemical content of plant seeds, and so change the type of plant for the better.

In the human bloodstream we can change the chemicals and change the type of person for the better.

In the seeds we have an electro-chemical action.

In the human body we have the same electrochemical action.

The 92 chemicals by themselves are useless and inert. The electrical impulse also by itself is useless and inert. But put the chemical and the electrical together and one reacting upon the other, and there begins, weakly at first, but growing stronger, the pulse of life.

This is how life began in mankind. This is how life is created in plants. The actions are identical, the chemicals are identical, the electro-chemical impulse identical.

This is the origin of energy.

This makes exciting news. This makes possible the change of a human being from a weakly person to a strong person. A person with weak personality to a strong personality. This explains how, by this new process, a person so physically damaged with arthritis can be entirely reconstructed to attain athletic status again. This explains how we can now prevent and halt the process of ageing. This confirms Professor Dillon's work, as he and his team of scientists confirm my own research. Good news for both. More links in the chain of knowledge of humanitarian benefit.

Seeds are the source of human energy, the source of life, the type of life, the strength of life. Nor can this energy be transmitted by anything eaten which has been alive and which is dead. Dead foods create disablement, live foods contain life.

There are marketed preparations of wheat, for example, which, in the best faith possible before this announcement, were advertised as "100% wholewheat" — cereals, breads and preparations. These were a step in the right direction prior to the publication of this book, and this applies to concerns whose products I have recommended against white bread, and it is possible that the majority of the chemical formulae of wheat does remain in the product of milling. But the simple test would be to plant the product in the soil; if it contains the energy formula then it will grow again, which, of course, is impossible, whether the cereal or bread so produced is 100% or not. The crushing stops life in the seed as it will in the human body, so these products, as far as energy is concerned, are dead foods.

These statements here do apply to all seeds, but some seeds have vibrations of an electro-chemical power capable of destroying energy as it is radiated in the human organism. From these, drugs are made — drugs, apparently, to combat symptoms.

In the light of this new knowledge I now have to say that these drugs to abate symptoms are unnecessary and out-dated, for by raising the patient's energy we have the natural resistance to overcome the symptoms naturally.

But before, now, and in the future, the need in the training of a doctor is a more fundamental understanding of physiology and the mechanics of health, so that he is able to *maintain* health, and when this understanding does, eventually, arrive, he will not need drugs. The height of medical achievement would be to assist nature without drugs, but this needs such a profound medicoscientific understanding of the human body.

Sleep. The relation of sleep to energy is that of conservation but not of creation.

During sleep the body temperature falls, the organs are slowed, and in deep sleep energy is conserved. The deeper the sleep the more energy is stored.

Sleep does not of itself create energy. The lack of sleep means, therefore, a lack of stored energy.

INTRODUCING VITAMIN E PLUS

The greater the energy of a person, the less sleep they need.

The average energetic person on the old-type diet would begin to show personality changes after 72 hours without sleep, but the endurance of a person on a diet rich in energy-creators would be double this.

On a cooked diet a person needs 8 hours' sleep in 24, on an uncooked diet 4 to 6 hours of deeper sleep stores more energy.

Within the new meaning of the word "sterility" we have a new wealth of understanding which would take volumes to fully explain.

To touch upon these new realisations lightly we have in full light for the first time: —

The basic cause of ageing and the full mechanics with which to restore or maintain youth for an indefinite period of life which, though far longer than the average life enjoyed at this time, would have to be measured, not in years but units of physical and mental efficiency.

That is: — A person of 20 may be in degrees of physical and mental standards lower than a person of 40. Such a statement alters all present conceptions of social and medical, or scientific understandings of usefulness of a man or woman. More than that, by this new standard it is possible that a man of 60 could be more of a man and more employable than a person 40 years younger, or that it may be within the man or woman to be so; explaining also the present conception of "age" having, as we all fully realise, no connection at all with physical and mental usefulness.

The new law clarifies now the former impenetrable mysteries of the personality changes in man and woman. Why some are averse to normal sex relations, or are, in degrees of normality, unable to enjoy relations. Why some are sterile, and why some bear such magnificent children. This touches upon, and also explains, many mysteries which formerly ended in Divorce Courts; there is hope now, that there may be a physical and mechanical reason and cause for mental incompatibility. Also is understood, now, the cause and reasons for the mental and physical differences between two children of the same age, one being backward to the standards of the other.

Why do younger women, usually higher in sterility, seek happiness in older men? The answer, now, is clear — they both are on the same stage of stamina, and such stamina can now be recognised as energy. They are on the same level of energy despite age-difference.

Another mystery this discovery makes clear at once to the biologist, is the reason some people will remain fat or out of proportion despite diets. This mystery is explained in the word "caponised"; if the sex glands are deprived of function by caponisation the body becomes fat and stays fat. This is demonstrated mainly by artificially inhibiting the sex-glands in chicken and geese, but in the human species is produced by inhibition of vitamins upon which the glands rely for energy and life.

Professor Voronoff, the surgeon-Geriatriist, who in Paris during the 1920's tried to restore youth to aged folk by surgical transplantations of sex-glands, was on the right track, but in the wrong direction. The glands died, they did not receive from the food nutriment they needed to secrete the hormones the body needs to maintain youthful appearance and abilities. But this discovery does vindicate Voronoff. Altered, also, is the whole conception of the word "nutrition", and all it at present conveys.

Throughout the world there exists millions of pages of confirmation in the form of medical and scientific reports upon the classification of the symptoms of deficiency in *racemic alpha-tocopheryl*, far too numerous to quote, indisputable in their statement as are the obvious facts stated here.

The source of human energy is in the germ of life within the seeds of plant life which are edible, and for which nature endowed mankind with grinding teeth, and from which all medicines have been made. So, built upon a foundation of many hundreds of years of research, to which many great men have contributed a link in the chain of evidence here and there, it is my good fortune to complete with modern food research the evidence to end the mystery of energy life and so endow mankind with commence over his own destiny.

INTRODUCING VITAMIN E PLUS

Therefore, in the process of re-energising a person, we have to begin on basic natural laws:-

1. Foods rich in life and energy-creating substances.
2. Fresh air to the whole body, which includes the maximum possible oxygen.
3. Foods containing *Natural* iron and copper. To increase the action and content of nerve stimuli.
4. The action of Ultra-Violet rays, and others, from the sun in creating the chemicals from foods into vitamins in the bloodstream.
5. An extra supply of foods rich in Vitamin E of *natural* sources.

The word *Natural* is the operative word throughout.
Energy is natural from natural sources alone.
For example:-

A humble carrot, a root supplied by nature for natural eating during cold weather, contains stored life in its natural state, which is raw.

If planted, the carrot will again sprout life.

If cooked first, and then plated, the carrot will not sprout life; the life-giving substances – Vitamin E – were destroyed in cooking, so no life could be given by the carrot to the body which eats the food.

The same law applies to all listed foods which contain energy-providing substances.

In the process of cooking you can only take away, you cannot add.

This is true of flavours, appetisers, chemicals and vitamins – cooking destroys the natural foods.

So Energy, or life, or the re-energising of a person begins with a re-education of that which is natural and that which is unnatural. Such are the advances we have made that the natural way of life even seems an unnatural way, and all the enormity of modern analytical formulae have to be brought into action to find out the source, the being, and the mechanics of human energy, and when discovered, energy and life relate to nature and natural laws alone.

FOODS RICH IN ENERGY

Having proceeded as far as this, supposing an aged man or a woman of 30 showing the first signs of ageing, or an arthritic person wished to restore themselves to energy, youth and health.

The process would be the same for all three.

True, each person to begin with is different. True, no one set of rules applies to all. True, that no person can assess themselves physically. True, that every constitution functions differently, but basically, the approach would be the same in each case.

Each would have to learn the following: –

1. What energy is.
2. What energy means to them.
3. What causes energy to decline.
4. How far it has declined.
5. The first steps towards stopping the decline of energy.

INTRODUCING VITAMIN E PLUS

6. How to begin the re-energising.
7. How long it will take to reach maximum energy again (an individual problem).
8. How to maintain energy at peak.
9. How to fit this in with their own way of life without inconvenience.

In the case of rheumatic or an invalid there are extra factors. Energy may be so low that they, themselves, cannot initiate the fight to return, someone else must assist them.

But all, young or old, must first learn the "Why" and "How" of the basic laws, and have the courage to live a new kind of life. A new set of values have to be recognised displacing accepted but out-dated ideas; even words take on a new meaning as, for example, the word Energy, the life-creator, and the word "food", which must convey the idea of nourishment and life, not bulk devoid of nourishment.

Is this re-education worth while to the average person?

Yes, the intelligent man and woman are now demanding better instruction about themselves, to help themselves. The public have passed beyond the doctors of the older school in their search for knowledge. To quote "The Times" of the 30th December, 1957:-

"Does it help to learn that a well-known cough tablet consists of 10mgm. Bis (1. Carbo-b-diethylaminethoxy) — 1 — Phensylcyclopentane) ethane disulphate?"

The writer wants someone impartial to *unmask* the pharmaceutical formulae.

Yes, now is the time when the average man and woman really *want* to know the truth, and to dispense with the out-of-date writing of prescriptions in anything but plain English and without an explanation to the patient. Plain English of what is given, and what it is for, and how long the process will take, instead of: "Try this and come back".

Daily I see people from all walks of life from all countries who are not striving for an easier life, but striving for greater strength to live a stronger life.

Yes, indeed, it is worth while for the average person to educate themselves to a higher plane of life. The learning may be dull, but the discoveries afterwards very exciting.

We have learned something of the substance of energy, what energy means to the average person, and the reasons why energy declines. How far energy has declined in each individual is an individual problem, for individual assessment by an expert. The first steps towards stopping the decline of energy are to reduce the viscosity of the blood — also discussed in "Rheumatism and Arthritis — The Conquest".

So we start here on how to begin the re-energising that must begin with foods. Foods rich in natural energy. This is a list of foods which, with the other factors mentioned being present, create energy, maintain energy and prolong energy. They must be taken in their natural state apart from milling or slicing.

Cereals

Corn Seeds.
Wheat Seeds.

Rye Seeds.
Maize Seeds.

Barley Seeds.
Oat Seeds.

These can be freshly milled.

The creation, or inception of energy is the triggering factor. Once created, the momentum is widened into a rhythm expressed as full health. Other chemicals are then activated to maintain the various mechanics of health.

For example, in "Rheumatism and Arthritis — The Conquest" I stress the importance of the Atom K — Potassium — the decrease of which in the bloodstream is the basic cause of these diseases, and which, when naturally replaced, stops the diseases, a discovery which has resulted in the first recorded permanent recoveries of this, formerly incurable, disease recorded.

INTRODUCING VITAMIN E PLUS

Potassium is an element or combination of trace-elements, but one among the many needed for strong good health.

In the one perfect food for perfect health there should be all these chemicals, so that life and energy *increase* daily.

Using ordinary cooked foods, energy decreases every day ticked off the calendar of life.

In *uncooked* cereals we do have the one perfect food for perfect health which contains the essential vitamins and energy-creators. Seeds and grains contain life for you.

FERTILE FOODS

Standard

The E Plus content of the nut represents the fertility value of the nut and the fertility value to the body when eaten. The highest is undoubtedly in nuts, these emerge by these new standards as the most perfect food for human beings; the nut contains, on average, one-third protein to two-thirds carbohydrates, the perfect mixture combination for the perfect health. In addition there is this extraordinary high percentage of Fertility Factors of E-Plus.

E Plus Factors per cent

Pecan Nuts.....	70.70
Pecan Nuts.....	67.40
Brazil Nuts.....	65.00
Walnuts.....	64.40
Filberts.....	64.00
Pinons.....	61.90
Almonds.....	54.40
Coconut.....	50.60
Peanuts.....	43.50

All of these can be added to the recipes given, but the nuts must be fresh in shells, not shelled when bought.

Fertility in foods is the new standard by which all foods creating fertility in the body must be judged. These are the live foods high in germination activity of reconstructual or rejuvenative values to the human body.

Root Vegetables

All Root Vegetables are high in life content even when stored. Nature intended the roots, grains and nuts to be stored for winter eating, these creating greater energy in the colder seasons for greater heat. The mixture of roots, grains and nuts freshly prepared and uncooked as a diet would undoubtedly result in men of tremendous strength and women of greater strength and energy and of far greater beauty and attractiveness.

A bald man would, with these standards, have to be very old and decrepit; the use of spectacles for the eyes would not be necessary even in the very old, for the selenium and trace-elements of metals responding to light waves in the eyes are abundant in the nuts, grains and roots.

Stiffened muscles and thrombosis would not be heard of, for they could not exist, nor could the heart disorders, caused as they are by unduly thickened blood.

Now, however, apart from very small sections, for example the Birons, who live on the High Plateau of Nigeria, whose great beauty of physique, agility, height — they average 6ft. 6ins. — are legendary — they, by custom, live mainly on grains, roots and fruits. Among them there are no “old” people as we measure age, no thrombosis or arthritis. At 50-60 years their physique is better than the physique of the average European at 25 years.

INTRODUCING VITAMIN E PLUS

Apart from these small sections of the earth's population, the decline of fertility is due to malnutrition; insufficient supplies of fertility factors in foods. Decline in fertility during the past 1,000 years has been greater than in the previous 1,000 years of human life. More and more cooked foods have been introduced. This decline has become more rapid during the past 25 years to the point now where the average person is unable to return to fertile foods, immediately; assistance and a Buffer Stage, Stage I, has to be introduced in the transition from infertile foods to foods high in active life. Infertility can be roughly measured internationally by the fact that in Britain, alone, 10,000 test-tube babies have had to be artificially fertilized by artificial insemination since 1945.

Women who live largely upon better foods than men are more fertile than the men, who are declining in manhood.

Infertility can be measured by the number of divorces — contented couples do not want divorce.

Infertility can be noted clinically by the number of new disorders of tension and frustration. A fertile person is contented and healthy, a calm and happy person, but the medical dictionaries internationally are yearly filling with new names for the real and profound illness brought about by discontent, ill-health and tension. These disorders are real, very real, they are rising in ratio with infertility in the male and female.

In such cases I do not advise people to temporise or go half-way, but to readily adopt a new way of life to mentally and physically climb above the weaker folk. Life is still there to enjoy for these who have the energy to do so.

Infertility in the very young is plainly exhibited in the personality of the child, in the undeveloped tests of the male and hysterical female.

Teenagers if fertile put on a sudden growth physically, developing from child to woman, boy to man, as the result of the secondary secretions of the glands; the greater the supply of these hormones the less emotional the disturbance in transition from childhood to adulthood. Infertility in teenagers is exhibited in a lack of hormones, prolonging transition, with high emotional instability. The "Teddy Boys and Girls" of Great Britain and the "Zoot-Suiters" of America are evidence of prolonged emotional instability and delayed maturity by reason of infertility.

In the 20-30 year-old stages this instability has formed an immature background of behaviour in the adult seen in the person who "cannot settle down", to whom decisions are difficult, and who wanders life like a ship without a compass.

Infertility does more than produce the thrombosis, obesity, the arthritis and more deadly diseases; in its present stage internationally there is enough of the instincts left in men and women who really know they are missing too much in life; there are urges to create, build and develop that are unsatisfied, and this is instinctively realised through the fog over the senses produced by an unnatural way of life.

There is more deep unhappiness within the unspoken by reason of infertility than ever comes to the surface in the secret minds of man and woman today, inhibiting the development of the massive intellects and strong personalities of pre-benzedrene civilisation. Yet it has taken all the creative technology, all the science, pure and applied, of this atomic age to end the hitherto unending quest for the mastery of nature, to end the eternal quest for the source of human energy, following which for the wise are a new set of standards. No longer is personal destiny directed by drugs alone. Progress now enables life with all its pleasures to be indefinitely prolonged.

The highest values in food fertility command the quickest route to health, strength and beauty. These are the new standards to adopt, the new measurement of goods in their quality.

How much life is there in the food? What is the fertility standard of the food? How much extra energy will the food impart?

All of these elements shown on the opposite page are radio-active at these proportions when combined with the chlorine in the blood.

Chlorine is supplied from the cereals, also, in the proportions required to raise the energy-value.

INTRODUCING VITAMIN E PLUS

Cereals, alone, then will feed the body, provide the proteins and minerals sufficient to ensure energy for 4 times the amount of work a man can do on cooked meals.

Moreover his potency as a man will be increased by the same amount, for the cereals eaten in the way directed do contain the anti-sterility factors in the highest content of any food.

For the woman who relies upon the abundance of secretions from the ovaries for her figure, skin, hair and feminine radiance, also these are supplied, and enhance her beauty and vitality by 4 times or 400%.

ENERGY FACTORS

<i>Seeds of</i>	<i>Sulphur.</i>	<i>Potassium</i>	<i>Sodium</i>	<i>Calcium</i>	<i>Magnesium</i>	<i>Iron</i>	<i>Phosphorus</i>	<i>Silicon</i>
Oats	0.70	8.80	1.05	1.10	3.70	0.40	15.00	0.20
Corn	0.15	5.50	0.20	0.30	2.87	0.15	8.44	0.39
Barley	0.80	10.40	1.35	2.25	4.25	0.40	14.30	0.40
Wheat	0.46	7.20	0.50	0.75	2.80	0.30	10.90	0.46

In 1,000 parts

As listed the essential energy factors in the four cereals show a marked affinity to keep to the same proportions – example, high in Potassium and low in Iron.

These are the natural proportions required by the body in health.

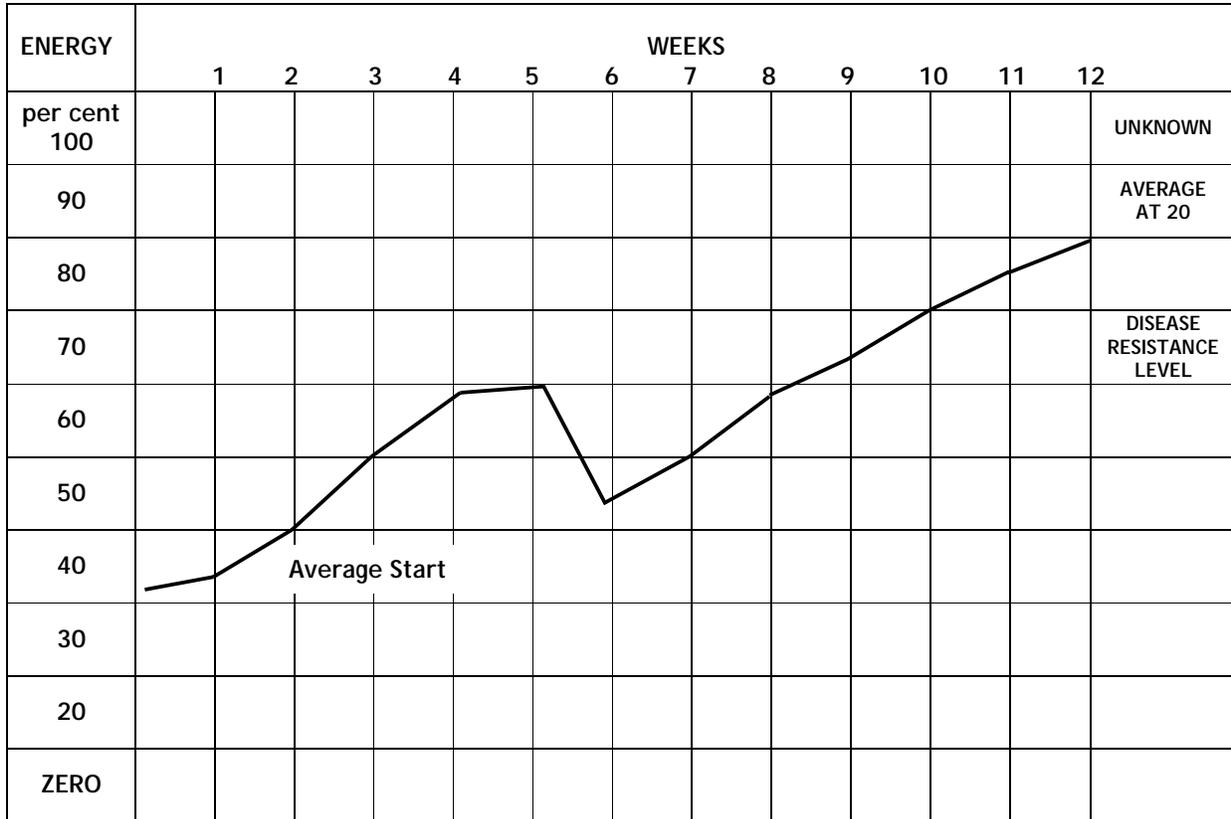
INTRODUCING VITAMIN E PLUS

For the older woman this is wonderful news, but for the younger woman even greater good news, for she will lose her good looks 4 times less fast than the woman who has not studied this book.

You may work it out for yourself as applied to any age in life, and you will arrive at the same conclusions in statistics as we have observed clinically in living people who though much older in years than younger folk have 4 times the energy.

The variation in each case will be at which state of decline do they begin.

Cereals then, as living seeds and possessed of active life, produce the greatest energy of all foods for endurance, fertility, appearance, and full health, and are the highest on the list of all available foods.



GRAPH 2

THE HOME MILL

It will be very obvious that the whole of this research would have been useless unless the E Plus Vitamin creating the extra life could be made available in every cottage, in every home, and in every hospital, for the life-giving properties of the germinating seeds and grains cannot be processed or preserved in any way. They must be eaten fresh, the seeds and grains must be MILLED AT THE TIME OF EATING.

This problem extended not only to Britain, but to every other country to which this book will find its way. A mill had to be discovered or devised which, even in the most inexpert hands, would extract the germinating qualities, and which could be made available anywhere to people of all incomes.

To set about this problem the various coffee mills, grain mills and electrically operated mills were sought, bought and tested; all did, in fact, GRIND the wheat, but some too coarsely to be assimilated by the human organism, some would grind nuts and not the grain. The type of mill sought would have to be capable of extracting the FACT CELL CONTENT both of seeds, nuts or grain. Through the courtesy of the Commercial Attachés to the London Embassies of the many countries producing such mills, the world's best quality mills were made available. Then, it is described as a "million to one chance", such a mill as would perform, and confirm to these standards was discovered. Made in Britain, but not sold in Britain, manufactured as a Maize Mill, and exported, mainly to Argentina.

This mill conformed in every way to all the requirements. It was NOT made of aluminium. It HAD grinding plates which were adjustable by a simple tension screw to grind both nuts, seeds or grain. This mill was heavily tinned, simple to operate, cheap to buy, and did extract the vital energy-giving fat cells.

Numerous tests were made for durability of the milling plates and with various types of grain and nuts before contacting the makers of the mill, for to them would have to put problems to which the average manufacturer would find either insurmountable or involving staff and postage problems beyond the factory resources, for such a mill would have to be posted individually to readers of this book.

All recipes have had to be invented, and are therefore copyrighted in the strictest sense, but reproduction of these recipes is not withheld providing the title of the book and the source of the recipes acknowledged. These recipes do take us into a new world of delicious taste with nutty-wheat flavours of the home-milled cereals. For example:-

BREAKFAST CEREAL.

Half a cup of Brazil, Walnut or Almonds.

Half a cup of Wheat, Barley or Oats.

Half a chopped Apple.

The nuts are always oily; it is this particular oil, rich in hormones, which grows new hair and makes the skin so beautiful, and supplies fats which do not clog the veins and arteries with cholesterols; this oil is not lost if milled in this way, but is inclined to clog the milling plates; if the wheat, barley or oats is milled as the last of the nuts go through, the grain cleans the milling plates, clearing them and absorbing the oils.

Add fruit after milling.

The milled grain contains all necessary for active life in proteins, minerals and vitamins, naturally balanced to create energy plus the germinating life-factor. All of the grain is thus put to use, all the vitamins of the bran, the husk, and the egg cells containing the germinating centres. Nothing is lost.

The recommended amount may be varied, but before embarking upon regular use it is advisable for the average person to try this hunger test:-

THE HOME MILL

Take two tablespoons of nuts, two tablespoons of grains, mill as suggested and take this mixture for breakfast with no other foods. Now go through the day until feeling hungry and not the time. It is amazing, but the average person used to a cooked breakfast will not feel actual hunger until twelve to sixteen hours have passed. This is important, for it indicates both the natural size of the natural meal which equals the size of the human stomach – the size of the closed fist – also solves many individual problems of how and when to feed. For example:—

Children and Teenagers. These eat enormous meals at any hour of the day on a cooked diet, but only because their bodies are seeking the vitality from the germinating factors. Nature naturally demands and seeks these factors from foods at this particular age, when the glands are active. The bulk of the food eaten by a teenager is, in a cooked diet, useless; the appetite is naturally enhanced to meet natural needs, to seek the substances required by nature to supply the hormones which are not here in cooked foods, but teenagers and children when fed the vital germinating factors in this new way do not have the constant ravenous appetite, nature is satisfied, the hormones to create the strong body of the male and the beauty of the female arthritis more plentiful. Children and teenagers do need more of the home-milled cereals than the adult. Natural sugars from dates or raisins speed the use of the E Plus Factor in the body, but it is only the natural sugars which do this; glucoses and refined sugars cannot create energy, but only speed its use and depletion in the body.

Variations. Using wheat, barley and oats as one standard, walnuts, almonds and hazel nuts as another, with alternative use of fruit juices or milk; with these alone, alternately, there are a hundred various flavours and variations of the basic recipe, but it is pointed out that any seed which is palatable, millet seeds, orange, lemon and grapefruit seeds, all have this strong germinating factor. Any seed or root vegetable which will grow again will renew human vitality.

Dried raisins and muscats have this germinating quality in the seeds within the fruits, but it is not recommended to put these through the home mill, they are too sticky, unless with two-thirds of grains to one-third of raisins, which if mixed with equal parts of milled nuts and damped with red wine makes a delicious sweet dish to follow a salad.

Here are some examples of delicious recipes which are possible with the use of this mill:-

LIVING WHEAT AND NUTS CEREAL.

Half cup freshly shelled walnuts or almonds with equal quantities of wheat, barley or oats. Mill as instructed, including one buffer tablet. Damp with skimmed milk, a trace of brown sugar.

Here is a cereal which is not from a packet and contains all the living vital ingredients for energy of higher order that will provide endurance for 12 hours or more of manual work without fatigue.

WINE, NUTS AND WHEAT.

Equal parts of almonds and barley, mill as instructed with buffer tablet, damp with red or white wine and serve as part of a salad or as a sweet.

Do not turn the mill with nothing in it; this wears the plates.

The mill will mill wet corn, but it is not advisable.

Do not use the mill for any other food except corn and nuts.

Other liquids, grape, fruit and vegetable juices, will serve for variation, and all other grains except rye and maize will serve to vary, or the grains may be mixed.

Nuts and grains may be mixed also, though half the quantity of nuts, or even one-third to the quantity of grains; a few raisins may take the place of sugar.

THE HOME MILL

From this we have a new set of recipes arising, delicious and full of natural vitality.

Recipe 1

Milled Wheat2 Tablespoons
Raisins..... 1 Teaspoon
Walnuts..... 1 Tablespoon

in 3 oz. or

6 Tablespoons water.

(Tablespoon equals ½ oz. of water.)

Where sweetening is required use honey instead of sugar

Recipe 2

Milled Oats2 Tablespoons
Almonds..... 1 Tablespoon

2½ Tablespoons of water.

Recipe 3

Milled Barley2 Tablespoons
Raisins..... 1 Tablespoon

for children and athletes.

Recipe 4

Mixed Milled Barley and Oats.....2 Tablespoons
in Prune juice and Lemon.....6 Tablespoons

Recipe 5

For Babies

Mixed Milled Wheat and Oats..... 1 Tablespoon
in Orange juice (Fresh).....4 Tablespoons

Recipe 6

For Babies

Mixed Milled Oats and Barley..... 1 Tablespoon
2-3 Almonds or Walnuts in Milk, warm.....6 Tablespoons

QUANTITIES

The first fact to get in mind is that one needs only ounces of this to pounds of other food. True, one cannot overdose, but it is too filling. Hunger is satisfied and exertion maintained over a longer period than any other ordinary food.

A man could work at manual work all day on six ounces morning and night and feel stronger and fitter than on pounds of cooked or devitalised foods. The vitality from this food cannot be measured by any other, it is the highest; all other foods must be measured by it in lower degrees.

To re-energise the aged, first clear the bowel of all old food residues, and for 24 hours six ounces of active wheat seed morning and evening in water liquid and sugar, or three ounces four times daily. No other foods or drinks for 48 hours, then an uncooked, or alternate days of cooked and uncooked evening meals, maintaining intake of E Plus at not less than six ounces daily. Other liquids, water or fruit juices only.

To enable a woman of 35 to appear ten years younger, first clear the bowel of old food residues (24 hours after a mild purge, fruit juices only). Then Recipes 3 and 5 alternatively morning and evening with a salad meal at midday. Other liquids, water or fruit juice as required. Continue on 6 oz. daily intake of E Plus until the hair is soft and lustrous, the skin clear and muscles toned.

THE HOME MILL

Revitalising rheumatic or arthritic people, first clear the bowel, then 3 days on Recipe 5 three times daily, then continue with a midday fruit and vegetable salad with cheeses at midday or evening. This expedites transition from Stage I to Stage II.

The same hints on revitalisation apply to those who are mentally or physically tired, those who are fat, or suffering minor disorders.

Where the male or female sex glands have not been fully active, continue E Plus intake until activity is fully restored; this applies to those who have not been able to produce children.

Other foods at the same time as the E Plus meal is taken are not necessary and decrease the potency of the E Plus factors.

AVERAGE CHEMICAL COMPOSITION PER CENT EXCLUDING WATER AND CHLORINE MINERALS PER 1,000 PARTS

	<i>Proteins</i>	<i>Fats</i>	<i>Carb.</i>	<i>Potassium</i>	<i>Sod.</i>	<i>Calcium</i>	<i>Magnsm.</i>	<i>Iron</i>	<i>Phos.</i>	<i>Sul.</i>	<i>Silicon</i>
Barley	11.10	2.30	64.90	8.80	1.05	1.10	3.70	0.40	15.00	0.70	0.20
Maize	10.70	2.80	72.20	-	-	-	-	-	-	-	-
Oats	10.40	5.20	57.80	10.40	1.35	2.25	4.25	0.40	14.30	0.80	0.35
Wheat	13.40	1.90	69.10	7.20	0.50	0.75	2.80	0.30	10.90	0.09	0.46

CARB. - Carbohydrates
 MAGNSM. - Magnesium MgO
 POTASSIUM - K₂O
 SODIUM - Na₂O
 CALCIUM - Ca₂O
 IRON - Fe₂O₃
 PHOS. - Phosphorus P₂O₅
 SUL. - Sulphur SO₃
 SILICON - Si O₂

FATS. The fat content of the grain is the oil content containing the electro-chemical activity of the germinating factor now known as E Plus.

Adapted from charts by Otto Carque.

CONTENTS OF BARLEY, MAIZE, OATS and WHEAT

These main sources of E Plus in grains when examined carefully in relation to the PROPORTION of the minerals required for energy daily, Oats emerge as the highest yield in energy-making factors.

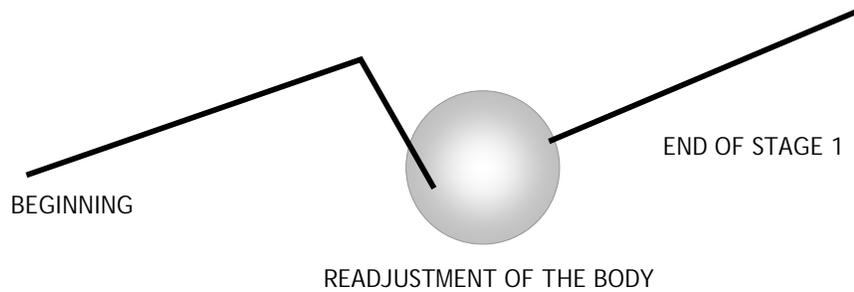
Richer in Potassium, and higher in fats, oats emerge as the highest in active germination than any other food.

The proportion of all three grains in mineral content for energy are high, far higher than any other foods available to mankind. Maize is an example. Maize has twice the germinating oils and fats of wheat, but no minerals.

THE HOME MILL

DIAGRAM OF AVERAGE PROGRESS EMPHASIZING THE RECESSION AT (ABOUT) SIX WEEKS AFTER BEGINNING

At commencement energy rises, then at about six weeks, there is a drop. Symptoms and muscular pains become worse, the patient feels listless. THIS IS A NORMAL BODY REACTION. It does not last long, a few days in some cases, a few weeks in others, this is the end of STAGE ONE, from which progress is continuous.



This Stage HAS to be passed through by all.

AVOID EXTREMES

Sudden changes from one way of life, or one way of diet to another are extremes. To be avoided.

Expert guidance should always be sought, guidance towards the transitional stages suited to each individual, gradually adapting the body towards the first stage when live foods can be assimilated.

The fastest progress is made in this system by careful planning. Plan ahead. The rate of progress is governed by the individual intelligence applied to each personal case.

NEW DIETS AND MENUS

During the next 288 days on this new way of feeding I teach you to gradually discard *Bread* and to replace it with grated carrots, apples and other carbohydrates.

(A word about carbohydrates to others interested professionally in food chemistry in relation to medicine.)
A new rule has arisen, it is:-

“All carbohydrates react differently.”

This sounds simple, but is unknown even by the leading experts on diabetes at the time of writing. I will give an example:-

A year or two ago I received a call from New York asking if I would see a man who was in the leading department of a famous London Hospital suffering diabetes. He had been there three months. I did so, and his background is on the upper international strata of medical science.

He had been instructed upon how to live with insulin and warned that to be without it would mean coma and possibly death.

Upon consultation I stopped the insulin altogether, which needed great courage on his part, and altered the pattern of his carbohydrate intake.

After 3 days he was taking a *tablespoon of crude molasses daily* with no-ill effects; after six weeks he was again controlling a world-wide medical supply service. That gentleman has never had diabetes again, and never will have as long as he remembers what has been taught to him, the first lesson of which is to forget calories, and remember that all carbohydrates react differently.

CARBOHYDRATES

These are bread, potatoes, puddings, pastries, sugars, porridge, cereals (packaged), butter, milk (creamy or full-cream) biscuits, cakes, macaroni, spaghetti – in fact, the “starches” in a diet.

An excess of these is more dangerous to health than an excess of alcoholic drinks.

But bread can be replaced most beneficially with grated carrots, apples, nuts, and home-milled corn, maize, barley and oats.

The enclosed note for experts does not mean that *every* diabetic should follow this advice, the diets I have here are not suitable.

White sugars replaced with “Dark Pieces” or dark brown sugars, or crude molasses. Butter with nut butters, animal fats with vegetable fats and olive oil.

These replacements have no ill-effects, but are higher in health and energy-making content.

All are carbohydrates, but the natural carbohydrates have a beneficial effect, the factory produced carbohydrates often a very harmful effect. As one gets older one needs less and less carbohydrates.

Progressively foods of greater energy value are introduced into this system.

Those living in Africa, India, South America and parts of North America, for whom there is no space here to include tropical fruits and vegetables, may easily translate one food for another.

The cabbage emerges as one of the finest foods for those who are anaemic, containing as much as 15% of its bulk in iron. Possibly the reason cabbages as a dish are not so popular is that they are always boiled. Served raw their flavours are delicious.

NEW DIETS AND MENUS

I would recommend cabbages, finely sliced, against lettuce unless the lettuce is grown out of doors, and very green.

The evening meal can be rotated for the mid-day.

Greater or smaller meals of the same foods may be used.

The Simple Menus are for those of simpler tastes — those without home help, or old-age pensioners.

Meals from Cuisine may be included in simple diet and vice-versa.

By eating live foods you create a live body. Live foods have the chemicals and vitamins to create increasing energy. Dead foods advance age, decrease ability, decrease energy, and you not only look older than your years, but you have not the slightest chance of competing with the forceful vitality of a younger person.

A right diet of eggs, cheeses, live and fresh fruits and oranges, nuts and wine. The best the earth can provide, this type of food to the exclusion of all other recreates you and your body in the shortest and most amazing way.

Your diet must be more varied than the average person. Never the same meal twice in a month. Your bodily fuel must be varied enough to supply all of the 90 chemicals required for the extra energy the ordinary person cannot get, aim at the best the earth provides, it costs just half as much as the conventional type of eating. It is never too late in life to have the fresh start this prescription provides.

To embark upon this new diet is not only to change the foods, there is also a change of the way of living, and a different set of values, in short, a new way of life and thought.

Here as an example is the type of meal the average person would formerly have thought to be an exceptionally good meal:-

A study of this chart, will convince the average person that the *uncooked* meal provides all the vitamins for the body defence against diseases, anti-catarrhal factors, anti-ageing factors, anti-arthritis factors, anti-excess-calcium factors, sunshine vitamins, anti-sterility factors and rebuilding factors.

The cooked meal is bulky, but contains none of the vitamins and only a trace of potassium for growth, energy and health.

For these reasons patients are asked to learn about uncooked foods and attractive ways of serving them.

But since a life-time of cooked foods has reduced the energy of the body to cope with uncooked meals as a complete change the best of the cooked meals allow for this margin of readjustment.

Amounts are not given. Eat as much as you want.

After following "A" diet for 28 days, then:—

"B" FOODS

"B" Foods include all the "A" Foods, but allow the following additions to meals in the evenings only. Evening meals may be exchanged for mid-day.

VEGETABLE SOUPS. POTATOES IN JACKETS, BAKED, STEAMED GREEN AND YELLOW VEGETABLES — every other evening.

WINES — red or white wines with evening meals.

NEW DIETS AND MENUS

COOKED MEAL

	<i>Vitamins</i>	<i>Values</i>	<i>Energy Potassium</i>
Roast Chicken	Trace F	5	14.72
Baked Potatoes	Trace F	8	-
Greens	Nil	4	-
Tinned Peas	Nil	-	-
Apple Pie	Nil	12	-
Cheese	Protein	100	2.70
Coffee	Nil	-	-
Total		129	16.16

UNCOOKED MEAL

Greens	A C D E	100	45.38
	F G K		
Carrots	A B C F	100	25.46
	G		
Lettuce (Outdoor)	A B C D	100	53.00
	E F G		
Orange	C B Range	60	18.62
	E F G I P		
Cheeses	Protein (six times greater than chicken)	100	2.70
Total		460	99.80

NEW DIETS AND MENUS

A AND B DIETS	A FOODS
<p><i>P.R. Foods (Potassium Rich)</i> Fresh</p> <ul style="list-style-type: none"> NUTS (All) PEAS (Young) BEANS (Fresh) NUT BUTTERS NUT OILS OLIVE OILS SKIMMED MILK ALL CHEESES LEMONS ORANGES APPLES BANANAS PINEAPPLE GRAPES RED CABBAGE GREEN CABBAGE OUT-DOOR LETTUCE BEETROOT CHICORY CELERY CARROTS GARLIC ONIONS POTATOES MINT RED PEPPERS CLOVES PARSLEY EGGS WHITE WINES DRY SHERRIES CIDER CRUDE MOLASSES BROWN SUGAR 	<p><i>BREAKFASTS</i></p> <ul style="list-style-type: none"> BRAN (Washed) YOGHOURT SKIMMED MILK DATES FRESH FRUITS JUICES <hr/> <p><i>11 a.m.</i></p> <ul style="list-style-type: none"> FRUIT JUICES <hr/> <p><i>LUNCHES</i></p> <p>Light Lunch of:</p> <ul style="list-style-type: none"> CELERY WATERCRESS SPRING ONIONS CHEESES YOGHOURT FRUIT JUICES <hr/> <p><i>EVENING MEALS</i></p> <p>Mixed Salads of:</p> <ul style="list-style-type: none"> DATES ORANGES FINELY GROUND NUTS VEGETABLES CHICORY CELERY with HEALTH CUP OMELETTES or CHEESES <p>Alternate evenings</p> <ul style="list-style-type: none"> COOKED EGG Or CHEESE
<p>Example Shopping List of Uncooked Foods rich in Potassium</p>	<p>DETOXICATION EVERY 7TH DAY</p>

NEW DIETS AND MENUS

GENERAL ADVICE

Sandwich-type Lunches — see recipes.

TRAVELLING.

Select from menus, foods which agree; or ask for omelettes or toasted cheese, buck-rarebit instead of meat with usual vegetables. Some fruit or green vegetable — raw.

If you inform Train Caterers the day before travelling, they will arrange a salad for you. This applies to Aircraft and Ships. Most Hotels will also arrange.

SHOPPING LIST

Yoghourt
Apples, Carrots, Oranges, Onions, Chicory, Lemons
Almonds, or nuts in shells
Celery, Watercress, Red Cabbage, Green Cabbage, Lettuce
Nut Butters — Olive Oil
Eggs
Cheeses
Home Milled Wheat, Barley or Oats — *untreated*, rinsed and dried
Milk (skimmed)
Dates
Raisins
Dark Brown Sugar
Herbs and Peppers

From this list you can with a short study create dishes like this:—

Salad

Yoghourt
Sliced Apple, Grated Carrot, Sliced Orange, Sliced Chicory, Cabbage, sliced and smoked in olive oil and lemon juice, Celery, Finely Ground Nuts and Grains, Grated Cheeses.

Sweets

Equal parts Nuts and Raisins minced together.

White Wines

With equal parts of water

To eat one meal like that daily is equal in energy and health to 3 days of eating cooked meals.

Variation is tremendous. Rarely in the natural seasons will the same meal turn up twice.

I give recipes of this new type of food. Each recipe is my own creation from foods for good health, but I have no objection to hotels and restaurants using the recipes as long as acknowledgement of the origin of the dish is given.

NEW DIETS AND MENUS

These are menus you will remember: -

CUISINE

On rising:

"K" Compound

Breakfast:

Yoghourt mixed with Currant Puree
Whole Grapefruit Apple Shelled Almonds
or
Fine Ground Nut Meal and Skimmed Milk

11 a.m.:

Coffee

Lunch:

Fresh Heads of Celery Gruyère Cheese
Minced Nuts and Raisins

Dinner:

WINTER
Yoghourt
Salad of Grated Carrots, Fine Sliced Cabbage,
Sliced Orange, Quartered Cox's Orange Pippins,
Watercress
Cuban Heat on Rusks*
Fresh Orange Scoop
Red Wine and Shelled Nuts

SUMMER
Fresh Green Peas, Young Carrots, Garden Lettuce
Watercress
Fruits in season

* See Recipes

NEW DIETS AND MENUS

SIMPLE

On rising:

"K" Compound
Orange or Lemon Juice

Breakfast:

Yoghourt
Apple
Home Milled Cereals
with Skimmed Milk and Dark Sugar

Lunch:

Apples
Watercress
Or Cabbage Salads
with Cheeses

Evening (Winter):

Health Cup of Vegetable Soup
Salad and Omelette

Evening (Summer):

Fresh Fruit and Vegetable Salads
with Cheeses

NEW DIETS AND MENUS

CUISINE

On rising:

"K" Compound
Fruit Juices

Breakfast:

Yoghourt
Ground Almonds or Walnuts

11 a.m.:

Coffee

Lunch:

Camembert Cheese with Heads of Celery
or Watercress
Fresh Oranges and Apples

Dinner:

Health Cup
Small Salad of Dates, Grated Carrots,
Chopped Parsley on Lettuce
with
Two-Egg omelette thickly covered with
Parmesan Cheese
Mashed Banana mixed with One Teaspoon Almonds
Finely ground
or
Sweet Omelette*
White Wine

* See Recipes

NEW DIETS AND MENUS

SIMPLE

On rising:

"K" Compound
Fruit Juices

Breakfast:

Yoghourt
Home-Milled Cereals, Chopped Apple, Skimmed Milk
Brown Sugar

11 a.m.:

Fruit Juice

Lunch:

Cheddar Cheese
Apple

Evening (Winter):

Health Cup
Vegetable Soup
Cheese in Omelette
Salads in Season
Red Wine

Evening (Summer):

Cabbage Salad
Watercress
Cheeses

NEW DIETS AND MENUS

CUISINE

On rising:

"K" Compound
Juice of two Oranges and one Lemon

Breakfast:

Yoghourt
Bowl of Quartered Apples and Ground Almonds,
With Raisins and Home-Milled Cereals

11 a.m.:

Fruit Juices

Lunch:

Gruyère or Dutch Cheeses
Spring Onions Apples

Dinner:

Half Grapefruit
A Salad of half cup of Walnuts, Grated Carrots,
Sliced Orange, Quartered Apples
Each on separate lettuce leaf
Squeeze Juice of half Lemon over
Omelette Diable
Fruit Salad
Red Wine

* See Recipes

NEW DIETS AND MENUS

SIMPLE

On rising:

"K" Compound
Fruit Juices

Breakfast:

Yoghourt
Home-Milled Cereals with Raisins
Skimmed Milk

11 a.m.:

Fruit Juice

Lunch:

English Cheshire Cheese
Dates and Apple

Evening:

Salad of Grated Carrots, Orange, Head of Chicory,
With Melted Cheese
White Wine

NEW DIETS AND MENUS

CUISINE

On rising:

"K" Compound
Mixed Juice of two Oranges and one Lemon

Breakfast:

Yoghourt with Barbados Sugar
Apple, Date and Oatmeal Breakfast*

11 a.m.:

Fruit Juices

Lunch:

Cheese
Celery, Spring Onions, or Apple
Orange
Or
Savoury Sandwiches*

Dinner:

Health Cup
Salad of Chopped Dates, Quartered Apples,
Chopped Parsley, Ground Walnuts, and Raisins
Arrange each of these upon a small lettuce leaf
In the centre: Cupful of Red Cheddar Cheese
Baked Apple stuffed with Dates and Cloves
White Wine

* See Recipes

NEW DIETS AND MENUS

SIMPLE

On rising:

"K" Compound
Juice of Orange or Lemon
Dessertspoon Crude Black Molasses

Breakfast:

Home Milled Cereals

11 a.m.:

Fruit Juice

Lunch:

Apples, Cheeses, Raisins

Evening:

Health Cup
Toasted Cheese on Wholemeal Toast
Fruit
White Wine

NEW DIETS AND MENUS

FATS

All fats and oils recommended are of vegetable origin. Nut butters are best made at home with the home mill, nut spreads made from milled nuts (almonds for example) with the addition of vegetable margarines obtainable both in European countries and America.

EGGS IN GENERAL

A quarter of a million eggs are broken daily — perhaps more — by people who, in this country alone, know what an egg looks like, and for that reason call it an “egg”.

There are several sorts of eggs. Some, cooked in certain ways cause life-long suffering of illness — others offer attractive nourishment.

But, to the millions who crack an egg daily, not one per cent can tell a good egg from a bad egg until they taste it. Not one in a million can cook an egg. Nor tell the difference between a corpse in a shell or a fresh egg.

First, what is an egg? It is an embryonic chick male or female — a living organism. It is meat. But meat is a corpse. An egg is not corpse until boiled or cracked. Then it becomes corpse — animal protein. Yet, allowable. Animal protein is not natural food — but in these days when natural food is no longer known — allowable.

An egg is porous. Porous through and through. The shell is porous, the inner skin is porous, taking in the odours, and a smell has weight, of the contacts airborne of surrounding influence. So an egg breathes.

An egg contains moisture — water — as the egg ages the water evaporates, leaving air in place. Air is buoyant in water.

An egg has two ends, the sharp and blunt ends.

An egg which has passed its water for air by ageing collects the replacement at the blunt end.

So, if the prospective omelette is put, first, into a pan of water, the thing sinks below the water. Good egg. Or an egg may float blunt end up — bad egg.

There are many variations of “bad”. One is enough. The egg should be good and sink.

Again, air in the shell. There are soft boiled eggs, and hard boiled eggs. Soft boiled! If it sinks on test — 3 minutes — longer, and the yolk turns green. Do not eat an egg with a green yolk.

Hard boiled! Boil the egg 5 minutes but immediately plunge into cold running water or a refrigerator.

If an egg cracks in boiling water it is because air is force out — cracking the shell. Bad egg.

To boil an egg, and there are various types of eggs, and to know whether the egg is “done”, take the thing out on a spoon and look at it — if it dries quickly all over — overcooked. If slowly — just right.

When buying eggs. Ask if they are “free range” or battery eggs. Difference? Battery eggs are pale yolked and useless, free range rich golden yolks. Free range means chicken are kept in natural conditions when they can get food from grass, roots and plants. Battery kept fowl are confined to one place, no free range — they are kept there with lights on day and night for the short spell of life they have, laying and laying. They are too anaemic to lay a real rich egg. The eggs are yellow or even pale yellow yolked. Not, even bad eggs. Not eggs.

Can you poach an egg? Think carefully before you answer! Not one in ten thousand can. The mistake — they BOIL the water while poaching. Poaching needs *deep* water boiling when on the flame — secret of poaching is to crack eggs into water that has been boiled and is not boiled after. Carefully drop them in

NEW DIETS AND MENUS

water that has just been removed from the heat. Never boil poached eggs. Never use these gadgets called egg poachers. Just poach the egg. The water you poach the eggs in should be flavoured with herbs, spinach, peppers or aromatic oils. The poached eggs absorb the flavours and the beneficial goodness. The poached egg should then be flavoured – dusted with Parmesan, or parsley – cheese flavours eggs.

Can you “scramble” eggs? I hear a million women saying – of course. Naturally they cannot. To scramble – first see the egg is a good egg. Next, Kosher margarine a walnut, in a double cooker. Hot.

Seasoning. This should be of paprika, Parmesan, garlic, cheddar cheese, fried mushrooms, asparagus tips, beans, onions, herbs. The seasoning has been prepared in a cup or dish. The eggs can now be whipped and stirred in the cooker or can be broken into the cooker and whipped whilst cooking. Flavours and seasonings if used should be added to the whipped eggs before pouring the mixture into the pan. Scrambled eggs should be creamy – never hard or set.

Eggs may be boiled for 5 minutes, shells cracked and dropped into cold water. After about 5 minutes the shells can be removed, the eggs diced and mixed with curry, banana, cheeses and herbs, or coloured with diced tomatoes.

Many are the delicious and varied egg dishes as alternatives to this system of diet, but first we must have eggs which are eggs.

The standard method of marking eggs is useless and misleading to the housewife shopping. Often eggs sold as “fresh” are a month old. Eggs should be clearly dated with the date on which they are laid. Battery laid eggs should be marked with a stamp “B”.

Meanwhile, reject doubtfully marked eggs, test the eggs before buying, more than one or two with the test – they sink if good, or float if rejects.

VARIATIONS

This new diet must be varied, and to effect this I invented variations of cooked and uncooked dishes all of high potassium and energy value, most with 400% more value than the same weight in meat.

ALTERNATIVE EGG DISHES

SCRAMBLED EGGS

1. **FROMAGE.** Break eggs in pan with race of Tabasco pepper, and vegetarian cooking fat; whisk; liberally dust with Parmesan grated. Serve on Haudbert wholewheat rusks or wheat biscuits.
2. **ASPERGES.** As above and mix with asparagus tips.
3. **GREEN AND YELLOW.** Mixed with chopped parsley.
4. **SAVOURY.** Mixed with chopped raw onions and grated Cheddar.
5. **CUBAN HEAT.** Half cook halved tomatoes, with centre removed, in olive oil. To each two drops Tabasco, trace horseradish sauce. Fill with scrambled egg, cover with grated red Cheddar, trace of red pepper.
6. **WINTER WARMER.** Bake large potatoes in jackets. Halve, scoop out shallow centre. Liberal Nut Butter and fill with scrambled eggs and chopped watercress.
7. **OLD ENGLISH.** Dice tomatoes and onions, dust with Parmesan, and trace of mixed herbs. Add to scrambled egg and serve with watercress.
8. **ITALIENNE.** Add chopped watercress to scrambled egg. Serve on garlicked dish.

NEW DIETS AND MENUS

9. **SUNSET.** Mixed with grated raw carrot.
10. **SANDWICH SAVOURY.** Boil eggs 10 minutes. Immerse in cold water. Shell, chop and mix with parsley and finely ground nuts and butter. Add 2 drops Tabasco. This for wholewheat sandwiches, or as centre spread for salad.
11. **BAKED EGGS.** Break eggs on plate, add peppers and seasoning, cook in oiled pan, finish in oven.

OMELETTE

HOW TO MAKE

12. Speed and heat are the secret of success. Do not whisk the eggs. Break them into a basin. Season. Have omelette pan sizzling with vegetable fats, pour in eggs, mix them quickly in the pan. Keep the heat even. Garnish the centre with cheeses, double and serve. Do not add milk, or water. Cooking time 10 seconds. Do not use a frying pan, get a thick bottomed omelette pan.

Here are 50 new omelette flavours.

The following various garnishes are used with omelette. Mix them with the eggs before cooking.

13. **POMFROM.** Chopped apples and cheese.
14. **VILLAGE INN.** Chopped onions and cheese.
15. **PARSLEY.** Parsley, chopped; 3 drops Tabasco.
16. **CRESS.** Watercress, chopped; or mustard and cress.
17. **DIABLE.** Pimentos, cooked and peppered.
18. **MUSHROOMS.** Mushrooms, or mushroom stalks.
19. **CHICORY.** Chicory, steamed, chopped and added.
20. **SWEET WALNUT.** Finely ground walnuts and Barbados sugar.
21. **GREEN FROMAGE.** Chopped spinach and cheese.
22. **ACTIF.** Horseradish, red peppers and herbs.
23. **PAYSANNE.** Chives and bay leaves.
24. **MAPLE SYRUP AND LEMON JUICE.**
25. **TETE D'ESPERGES.** Asparagus heads.
26. **PRINTEMPS.** Lettuce.
27. **FARMER'S FEAST.** Hop shoots.
28. These garnishes may in turn be mixed with herbs, French, Dutch, English, Italian, American, Canadian and Spanish cheeses, with peppers ground, or Tabasco, or with the various nuts either chopped or ground in the mill.
29. **BITTER, SWEET, CREAMED, BRANDY, WINE, ORANGE, SUGARED.** Omelettes may be served as a sweet by garnishing with crude molasses, syrups and fruits, raisins and Barbados sugar. These in turn may be mixed with brandy, white wines, creams, cream cheeses and apples, or with quartered oranges and cream.

NEW DIETS AND MENUS

VARIATIONS

The eye as well as the appetite has to be attracted for the beginner on this system.

There are difference menus every day for six days. One could rotate the menus given, giving a different set of meals every day in the week. For schools, clinics and hospitals this would be sufficient.

Each patient should be told the reasons *why* this diet is used. The reasons should be explained in detail. It aids the patient to rehabilitate at home. A notebook of new menus is a great help.

For home use where such menus are used for the first time the first rule is attractiveness. Arrange each meal for the eye, as arranging the various colours of flowers. Arrange the meals in designs of colours. Vary the designs.

This is entirely a new form of catering in which you can excel by the same rules that you become a good cook. Practice, study and imagination. Be bold with opposite colours and flavours.

Amounts are not mentioned, eat wisely but eat well.

On this system only fresh fruits and foods are used. No more left-overs recooked and serviced in a different guise.

CHEESES

The cheeses have, in common with all dairy produce, an abundance of the protective vitamins which meat have not and give protection from disease or infection.

Though the energy value, endurance value and nourishment of each is between four and six times the value of meats, none of these cheeses exceed the price of a pound of steak.

Another beneficial factor to be found in cheeses is lactic acid, which, in proper proportion, keeps muscles young and supple, aids digestion, and normalises the sugars.

If you can get all the benefits of these additional vitamins, and an entirely different exploration of taste and appreciation daily, and four times the energy at one fourth of the cost, cheeses instead of meats will be your obvious choice.

- | | | | |
|-----|--|-----|------------------------------------|
| | CANADIAN | 35. | Gervais Demi Sel |
| 1. | Canadian Cherry
(Cheddar matured in wine) | 36. | Brie on Straw |
| 2. | Cheddar (Strong) | 37. | Brie Wedges |
| 3. | Black Diamond | 38. | Camembert |
| | | 39. | Pont l'Eveque |
| | | 40. | Carre de Lesse |
| | DANISH | 41. | Fromage de Monsieur |
| 4. | Port Salut | 42. | Thom de Raison |
| 5. | Samsoe | | |
| 6. | Mycella | | GERMAN |
| 7. | Danish Blue | 43. | Brie Wedges |
| 8. | Danish Blue (Pots, Plastic) | 33. | Camembert (3 portions) |
| 9. | Danish Blue (Wedges ½ s.) | 45. | Munster |
| | | 46. | Ramadur |
| | DUTCH | 47. | Smoked Cheese |
| 10. | Gouda | 48. | Emmental ½ s. pcts Emmental slices |
| 11. | Edam | | |
| 12. | Small Dutch | | ITALIAN |
| | | 49. | Bel Paesse |
| | ENGLISH | 50. | Mozzarella |
| 13. | Derby | 51. | Gorgonzola |
| 14. | Leicester | 52. | Mountain Gorgonzola |
| 15. | Lancashire | 53. | Parmesan |
| 16. | Double Glos. | 54. | Borrino (Cheese) |
| 17. | Double Glos. Minor | | |
| 18. | Wensleydale | | NEW ZEALAND |
| 19. | Small Wensleydale | 55. | Cheddar |
| 20. | Cheddar | | |
| 21. | Small Cheddar | | SWISS |
| 22. | Cheddar Matured | 56. | Gruyère |
| 23. | Cheshire | | |
| 24. | Small Cheshire 1 lb. approx. | | WELSH |
| 25. | Stilton | 57. | Caerphilly |
| 26. | Raines Cream Cheese | | |
| | | | MISCELLANEOUS |
| | FRENCH | 58. | Swiss Knight (portions) |
| 27. | Port Salut | 59. | Tiger (portions) |
| 28. | St. Paulin | 60. | Swiss Knight (assorted) |
| 29. | Roquefort | 61. | Emmental in tubes |
| 30. | Bleu de Causse | 62. | Wilts United Tubes |
| 31. | Valmeuse | 63. | Kraft Welsh Rarebit |
| 32. | Demi Suisse (3 in box) Cream Cheese | 64. | Parmesan in bottles |
| 33. | Chambourcy (3 in box) Cream Cheese | 65. | Parmesan in packets |
| 34. | Pommel Demi Sel | 66. | Cheese in Tins |

CHEESES

- | | | | |
|-----|----------------------|-----|-----------|
| 67. | Camembert in tins | 70. | Demi Sel |
| 68. | Norwegian Ski Queen | 71. | Limburger |
| 69. | Fondue Swiss in tins | 72. | St. Ivel |

From the 200 available cheeses I have selected 72, all of which do change entirely the type of bacteria in the bowel from the types dangerous to life, health and energy to the benevolent type of bacteria restoring good hair growth, supple muscles and extra energy.

These 72 cheeses, not all may be available in some small towns, do, if rotated in a month, ensure a different flavour each day and never the same cheese in 30 days – a vastly different variation to the “meat and two vegetables” daily.

I am often consulted about the salt-content of cheeses, and offer a hint here to manufacturers to reduce the amount of salt used in manufacture. With the various types of cheeses the culture used creates its own type of salts, *not sodium chloride*. These keep the cheese.

To add sodium chloride as salt is to reduce the quality of the cheese.

Those who follow this system of diet should avoid cheeses which taste salty.

There are other types of salts which would vastly improve the cheeses without the use of sodium chloride.

Caterers have long overlooked the splendid opportunity of Cheese and Salad Bars where the delicious cheeses could be displayed with salads and fruits.

But in the home of all I would like to see the old-type kitchen as such done away with and replaced with an attractive bar topped with plastics, wide enough for the dishes I recommend to be displayed in glassware down the centre, running water and an attractive sink at one end and stools around. Such an eating and drinking bar would save so much of the drearier side of housework and make eating a casual pleasure to be enjoyed when hungry, not a meal one has to have at set times.

The bar would also be a most pleasant place for entertaining, the Italian cheeses and wines for example providing for example an “Italian evening”. Progress to energy and health has to begin with progress in the home and with foods. These ideas will perhaps create the first steps towards such happier progress in many, rather dreary, conventional homes of today.

If you have to work to a budget, there is plenty of variation at 3s 6d a lb and below. If you have been previously eating meats, then you could work down this list with a different cheese every day for a month and save a great deal of money.

Brie is a winter cheese, ends in April. Stilton all the year, but best in winter. Bondon is an early summer cheese. Roquefort, a summer cheese. Camembert, a winter cheese. Cheshire, all the year. Port-Salut, a summer cheese, but can be had all they ear. Cheddar, all the year. Pont l’Eveque, mid-summer. Coulommiers, summer. Petite Suisse, summer. All Dutch, all the year. Parmesan, all the year. Gorgonzola, all the year, but experts will not eat it in the winter. Livarot, a winter cheese. Gruyère all the year.

Cheeses have their seasons when they are at their best for the body, seasons which match with summer salads, fruits, and wines, matching also the vegetables which in their own season give something to the body for each phase of the year, roots for heat in winter, leaves for a cool blood in summer, the natural cycle, with the natural foods.

The foods of each season are provided by nature to be in harmony with the natural requirements of the body.

These cheeses should be inserted into the specimen menu to ensure the same meal never being served twice in a month. These with the egg dishes give one thousand variations of meals every 30 days.

HERBS AND HEALTH CUPS

Earlier in this book I have described the body mechanism and the way it absorbs the chemicals it needs, either for rebuilding or to regain health or to regain energy, as a fine sieve or series of sieves. It is as though food taken into the body passes through a series of sieves, first a very close one in which the rubbish is rejected. How much rubbish there is in a meal can be estimated by the amount of excreta which follows the meal. A large bulk of excreta means that the meal has not been so nourishing, the smaller the amount of excreta, the greater the amount of bulk in the food used.

Now it is concerning this mechanics or sieve-like process in the body, the sifting of the various elements, that the body actually needs. The body searches for these tiny trace elements and chemicals and vitamins. I want to speak of this fine sieve-like process from an absolutely new point of view. One might even call it a discovery of vital importance, not so much to science and chemical science in particular, but to the general person, to the average person who knows nothing of medicine, who wants to understand something about their body nutrition and energy.

When you eat, as I have described, certain bulky foods such as salads — now these salads are broken down first of all by the coarser sieve in the body and any active bulk taken from them. We might describe the next as the second sieve in which the courser elements, such as iron and the mineral salts, are taken as well. Now through the third sieve there are the finer trace elements, the vitamins which are extracted by the body and the residue is then passed away, so your body is searching for and feeding upon and rebuilding upon these tiny trace elements. Now, because of this I want to turn to a section of foods which, in this civilisation, has long been forgotten, except for a very few. Those gentle inspiring and appetizing plants of great medicinal value which were regarded as secret plants throughout the ages from long before the days of Hippocrates to even the present day by advanced scientists — they were known as the herbs.

Herbs do contain all the necessary minerals and vitamins. Moreover they are the important medicines.

There is not a medicine of any vital use to man which is not primarily extracted from an herb. I will repeat — all medicines obtained from vegetable sources are of long lasting use to man.

I am not an herbalist and I do not speak from the herbalist's point of view at all. It was, I believe, King James II who granted the herbalists a charter and perhaps if herbalism, and I hope all herbalists will forgive me, if herbalism has failed at all it is because they have failed to advance with present day science, still using the old-fashioned extracts, the crude extracts as it were from these herbs which, though not positively harmful, are not in keeping with present-day knowledge concerning foods, nutrition, and medicines because it is only from the tiny active principle, which is a combination of certain chemicals in each particular herb — it is only from this active principle that the herb obtains any curative, rebuilding or re-energising power.

Now, because of this, I want to introduce to this diet an inspiring little chapter concerning a new food. The Health Cup.

There are many herbs. Herbs are not only European, but also Asiatic and Indian as well. Now of these herbs, obviously the ones of the greatest medicinal value in the annals of medicine for man or beast, is obviously garlic. Again, the mass of the garlic itself is no good at all, but the oil — the oil of a garlic. The oil of garlic is not only, if delicately used, a wonderful appetizer, it kills *Bacillus Coli* in the bowel faster than any other preparation.

It reduces blood tension and that is very important in these days of thrombosis. It cleans, as it were, the unfriendly bacteria from the colon so relieving the kidneys and the liver and the spleen of a very heavy duty. Consequently one small dose of oil of garlic — but there are very few of these tableted preparations which contain the oil which is very expensive — one small dose of oil of garlic in a carefully prepared state, does act as a re-energiser.

I really give garlic as an example. I do not say that garlic alone is among these herbs, but I put it among the greatest herbs of medicinal value. But apart from that of course we have Aniseed, Coriander, Cloves, Ginger, the iodine and high iron bearing herbs and vegetables, such as watercress and mustard.

HERBS AND HEALTH CUPS

Then we have the peppers, the red peppers, black peppers. The black peppers which cure a fever, yes, two of these little black peppers chewed up with stop many a fever that the modern drugs and antibiotics fail to stop, and it stops it in a natural way.

Now we know that the body takes through its various sieves everything it needs, but the important, the most important thing is that the body also rejects anything it does not need. It is as though there were a complete physician within the body all the time working in a laboratory, taking with the right hand everything which the body needs for recovery, natural recovery from any disease or any disorder, taking these trace elements with the right hand and with the left hand rejecting. So an important part of this little chapter is not the actual screening process, but the fact that the body does accept only that which is useful at that particular time rather like a person with influenza requiring lemon juice only, only lemon juice.

So, it is on those premises which are absolutely sound and proven in science and physiology that we say it is safe and it is right and it is proper to give yourself a dose of herbs every day.

Now a dose of herbs is not a bit like castor oil — in fact it is vastly different. For example, a curry is a mixture of many of the vital essential herbs which are needed for health. Moreover it is very appetizing but if you have a curry twice a week it will upset you. As there are 400 types of curry, beginning with a basic sweet curry containing raisins, dates and vegetables — a curry was always a vegetable dish. But apart from that and apart from the curry which is very high in herb content, we have also soups and casseroles which are so many and varied. They can form an interesting and appetizing portion, a healthful portion of your daily diet. So before a salad or after a salad, and I recommend that this is part of this system, an interesting herbal dish of vegetable character should be included as part of at least one daily meal.

Now this small cup of herbs, minerals and vegetables can be the most delicately and beautifully flavoured dish which is ever expanding and should be entirely different in character, different in taste every day. No salt should be added because salt destroys vitamins.

Your body every day loses one ounce of minerals. That is a lot. Now you will see the common sense behind this. If you go on daily losing an ounce, a whole ounce of these valuable tiny minerals and you do not make it up the next day in your foods or from some source which is rich in these minerals, then you will age in ratio to your loss of minerals or you can rapidise it and call it arthritis. Undue calcification, high blood pressure, thrombosis, all these diseases are caused actually by a loss, a daily loss of vitamins and minerals. Now you can see the importance of this daily dish of vegetables, spiced with the many and varied herbs. The herbs are the essential source of the body mineral which are so necessary. Moreover the natural medicines of the human body, and contained within these herbs which the body can accept, and if there is a crisis going on within your body then your body demands certain of these remedial trace elements and grasps it through the fine sieves, uses them and rejects the remainder.

To give you an example of tiny, tiny substances, these particles which are used by your body, the iodine needed by your body, is only 4/1000 of 1 per cent for the entire body — 4/1000 of 1 per cent for the entire body. This of course must be included among your daily minerals — these daily soups, casseroles and delicious concoctions of herbal character in a form of suffusion or soups and vegetable preparations. One might call them basic mineral soups and should therefore precede in the average case a good meal of sunshine salads and essential body building and energy producing foods. These soups can be seasoned, they can be delicious iced. They need not be made of vegetables, but can be served as a sweet. For example, if a pound of black grapes is crushed, the seeds as well, sweetened with a little very dark brown sugar, the darkest you can get, that in itself makes an appetizing health cup.

Thanks to the introduction of the home mill mentioned in this book, winter soups can be made within a few minutes of being required. I will give an example. Barley, the chemical content of which is so highly necessary for the body, or wheat may be made into a soup immediately by passing the grain through the home mill, merely adding only boiled water, seasoning can be varied, mint, parsley, onions, chives, watercress, green peppers, red peppers, horseradish, according to the season, to make a very appetizing and very fine soup. I have tried many of these soups and find that from beginning to end they can be made in less than 10 minutes.

HERBS AND HEALTH CUPS

Heating does naturally destroy the vitamins, but in this case it is this vital one ounce of daily chemical replenishment we need for such splendid health. We are discussing the replenishment daily of these essential minerals.

Horseradish introduced into a soup is delicious, so curiously enough is apple into any soup which contains onions or garlic. Here is an example of a delicious winter soup which is made with potatoes. Now I decry potatoes in the ordinary way they are served, that is boiled and fried, but potato cake is an infinitely better dish than bread. Potato cake in the form of croquettes; into croquettes may be introduced many varied delicious flavours from herbs and cheese so potatoes do form also the basis of a very good soup.

This is how you can make potato soup. First of all you steam the potatoes with some seasoning such as sage, mint, herbs and pepper and perhaps another vegetable or watercress, or preferably onion and when they are steamed they have to be passed through a sieve and that is a messy process. I prefer, if I am making the soup, to mash the potatoes first and gently dissolve the mash into a liquid by the addition of boiled water. This makes a delicious soup for the winter and the essential chemicals come mainly from the herbs, the potatoes acting as a carbohydrate and a vehicle as it were for the vital trace elements.

Combining chemistry with catering is something of precedent. I believe there has been one Belgian scientist many years ago who did the same thing. Chemistry is one thing and of course catering is another and yet the two form part of the human nutrition and are exactly one and the same.

That is to make and give a higher standard for the training of housewives who are in charge of these foods, but if one suggested that a girl who is about to be married should take a course in chemical catering as it were, should utterly reject the idea, her mind being far too busy on other things.

So a simple guide is necessary for everyone and this is a guide that will give infallibly the instinctive, and this is important, the instinctive requirements of the body in any particular shade or degree of health above or below par. The guide is the nose.

Now if a person is not very catarrhal and if the sense of smell is acute, the nose will with its very fine senses, detect the type of seasoning which is necessary. One has to remember that the creation of soup, whether it is an iced soup for the summer or a hot soup for the winter, is rather like an artist creating a picture upon a canvas. We start with a blank canvas — in the last instance it was potatoes. Potatoes are a bland, they have no particular value on their own but again this bland can be blended with infinite variety for varying tastes so that the bland forms merely a background, as it were, for the herbs or other flavours, onions and potato soup is known for its delicious flavours only because the onion is so very beautifully blended against the background of the potato. Now the potatoes should not be highly herbed or peppered, if the more distinctive flavour of the onion or celery is to be brought out in the soup.

Some soups should be of one ingredient only — for example, we have in the winter split peas, or beans. Now with the use of the home mill, these can be pulverized and ground in the mill and with well boiled water immediately made into the most delicious soup. In the case of peas, add just a trace of mint and perhaps a little red pepper, the peppers are full of vitamins. In the case of the beans, again we go back to the onion or celery. I am talking about winter soups. These soups can be made almost instantaneously — there is no need if you have a meal to buy canned soups.

A surprising item to add to soups is bran, and yet for 10 years I have had from bran the most astonishing results entirely from bran tea as a calming healthful drink before retiring, ensuring a sound deep sleep and, externally, a bran mash or bran bath clears skin diseases in the most extraordinary way, even eczema of long standing, and the bran itself does contain an amazing amount of chemicals which are so essential both for the health of the skin and the hair and the vision, internally to the bowel and the nervous system.

The addition of bran to a soup is in my opinion the touch of an artist.

Now there is one ocean herb as a soup or as a cold summer cocktail which I have left to this point. It is seaweed. Seaweed based soup or seaweed soup.

Let me first of all explain something about this — possibly the most valuable food combination existing in the world. Several sorts of seaweed now are used by all advanced physicians as a remedy for ageing and arthritis. Why? It is because it is now known that the weed contains derivatives and every known mineral and metal which is needed to maintain health and strength in the body over a longer number of years than has hitherto been accepted as the human span of life.

HERBS AND HEALTH CUPS

We will go back to the fact, of which I am utterly convinced, that all human life began from the sea. Of this there is doubt because an analysis of the human blood stream of a young and exceptionally strong person shows exactly the same number and proportions of minerals and metals as is shown in the seawater. The weeds, and I prefer to call them ocean herbs because I think the word "weed" indicates something which is useless, live on the bed of the ocean, and I talk now only of the very deep seaweed, and retain within their structure all these 92 chemicals and trace elements.

Curiously enough, seaweed was never researched into for human use. The modern research into the values of seaweed began in America in the early 1930s mainly upon why animals who were fed with seaweed had none of the troubles of the domestic animals and cattle further inland. For it is true that along the shores of Canada and America, a stronger, finer type of cattle was found only among those who were fed a daily dose of seaweed.

Let us go back to the fact that the body loses one ounce of these vital minerals and metals every day and that these minerals have to be replaced.

There is only one existing substance in the universe today which will replenish these minerals and metals which are necessary to unusual energy and strength, and that is a deep seaweed.

This is the tenth year I have been extraordinarily interested from a scientific point of view in this substance which does daily replenish everything necessary daily for recuperation from disease and the one source of food alone which contains every known replenishment for the human body. Moreover, without this substance it is utterly useless, even dangerous. I have to repeat this in this book, to take vitamins alone, for these vitamins, unless these minerals and metals are present, may have a dangerous reaction, but if taken with a total sufficiency of these minerals and metals, then the vitamins do have a most beneficial reaction. In other words, it is not good only to eat oranges alone to obtain Vitamin C because there is a chain reaction of chemistry behind it which is needed to transfer that Vitamin C into human use.

So, seaweed is the only one substance which contains everything which is necessary for a daily replenishment of these vital salts, minerals and trace elements of metals we need every day.

Now one cannot go out shopping for seaweed. First of all there are certain forms of seaweed available but again one has to be utterly certain that this seaweed is not collected from around the shores, but seaweed has to be collected from the bed of the ocean from deep water, which is free from sewage.

The best and most useful form of seaweed is in my opinion *Fucus Vesiculosus*, the most valuable of all. This ocean herb will correct, with its pressed oils in the proper dosage, the thyroid disorders which affect those who have been constipated or whose skin has become crêpe-papered and the various forms of thyroid diseases and disorders are mainly caused by a lack of such a substance created within the human body.

That is only one example of the beneficial action of seaweed.

Seaweed as the Chinese knew some 2,000 years ago, is not only the most valuable form of food, but also of extremely delicate flavour.

But the average housewife cannot go shopping for seaweed. It is simply not available. It has to be brought from the bed of the ocean by boat to a factory for most hygienic washing. It is then pulverized then screened and it is possibly the most delicate yet the most touch form of herb to process, also it has to be processed in such a way that none of the metals and the other constituents are lost. These must be retained in a fine powder then the powder can be pressed straightforwardly into tablets with nothing added, nothing detracted from the herb. These tablets can then be available in this form to the mass of people who need this most valuable addition to their diet.

So seaweed soup additives are possible. The simplest and best form of soup or health cup to maintain both in children, adults and the aged that extra daily energy which is so necessary.

Again we go back to the research. Possibly the research into seaweed is the most valuable step forward in the chemistry of catering that has been made during the past 100 years. Every scientist and every physician will realise the value of what has been said here in the simplest way. But the fact is that making research is one thing and making the whole result simple so that everybody can understand and is

HERBS AND HEALTH CUPS

moreover available to everybody, is a much greater task than actually carrying out the basic research. Ten years ago I felt very much alone with this new line of development, but now I am not so alone. Both American, French, Norwegian and British firms are now interested in seaweed, again mainly as a cattle food. But I would like to introduce these seaweed soup additives as a tablet. They are most effective and delicately flavoured and they can be added to any soup so that any soup of any flavour is benefited by the addition of say one or two tablets per person. This makes them easily available to hospitals, institutions and to the private home. Very inexpensive and they are the result of a great deal of research. And undoubtedly by the use of these dried seaweed tablets, the average woman is assured that her family is receiving daily the replenishment of these valuable minerals and metals which are so necessary for healthy growth and development of the body and the maintenance of health and, most important, the daily replenishment of energy which springs from a balance of these chemicals.

The tablets contain nothing but deep seaweed. They can be eaten or chewed although they are not very palatable, and so replenish for those on travel daily the necessary chemicals necessary to health. More than one or two may be taken daily because the body throws out that which is not required and it is better to give the body perhaps a little more of the valuable minerals than it actually required and let it throw out the rest. But the addition of seaweed to soup is undoubtedly a great step forward in these valuable and most important health cups which are so delicious and served before a salad every day to every member of the family in a varied form, never use the same flavour twice in a week, even in four weeks if possible.

So again the many herbs listed are those which can be obtained from big departmental stores in London and from other sources. An herb box or a series of boxes with divisions protecting one from the other should, I think, be part of every household and every kitchen. The herb boxes should be quite separate, quite divided from one another otherwise the flavour of one will affect another and in these to keep the dried herbs, the peppers and various articles of food including the seaweed tablets which form part and the best part of these health cups daily.

HEALTH CUPS

I would like to see Health Cups replace the eternal sameness of conventional tea and coffee. Both tea and coffee are dangerous and deplete energy, but the Health Cups enrich energy, provide stamina and good health. Moreover the range of variety in the Health Cups is so vast the flavours so delicious, and the beautiful tastes legion.

EXAMPLE

Almost Chinese in delicacy is the Watercress Health Cup.

Plunge half a pound of fresh watercress into, already boiled, boiling water, add two Seaweed Additive Tablets, simmer for 20 minutes. Let stand till needed, re-heat, after straining, and serve with sprigs of watercress floating.

THE GOLDEN HEALTH CUP

1 lb. of carrots, clean and dice, boil till just soft, mash, strain the golden liquid. Serve hot or cold with the juice of an orange.

THE BEAUTY HEALTH CUP

Beauty comes from within. Beautiful skin and luxurious hair are created by the essential oils of nuts and grains. Nut Health Cups supply these oils in a delicious way also supplying the proteins to prevent a tired feeling at the end of the day. With the introduction of the special mill to extract these oils delightful Nut Health Cups can be made in a few minutes by first milling the nuts, or grains, and stirring slowly into simmering water. Sugar known as "Dark Pieces" can be added for a sweet drink. Use fresh nuts and grains and simmer only until the oils are liberated. One Beauty Health Cup daily provides all the essentials for a clear skin and beautiful hair growth. They are delicious too.

HERBS AND HEALTH CUPS

SWEET HEALTH CUPS

These are made from various sweet fruits, for example:

Squeeze a pound of black grapes, stir in half a cup of dissolved "dark pieces". There you have a Health Cup which will keep an athlete on his toes for hours.

HEALTH CUP STOCK

Take any of six vegetables with garlic, red pepper and herbs to taste. Add one Seaweed Soup Additive person, simmer three hours, strain. Stand till required and use as a basis for a savoury health cup.

SEAWEED HEALTH CUP

Undoubtedly the greatest energy reviver of all, this is made by adding two Seaweed Soup Additives to each pint of boiled water. Use as a basis for other health cups.

The Seaweed Soup Additives, or Soup Tablets. Only those known as "Deep Seaweed" are recommended for reasons already given in another part of the book. These tablets are both safe and pure and may be combined in hundreds of ways for Health Cups, or on foods for children and adults, or may be powdered and added to morning cereals.

WINES

Why do I insist upon wines for my patients? There are many reasons, some arising from the scientific investigation into foods, some based upon longevity and fitness in a previous civilisation, but mainly a sense of rightness arising from all this experience.

Wines are sun ripened grapes, the juice of which is blessed and mellowed with time in such a way that the sunshine is not lost. For a man to be a proper man, and a woman to be lovely, I would rather they had a glass of wine with the breakfast than a cup of tea.

Tea produces flatulence and is a filthy drink compared with good wine. Moreover, during sleep, the body loses between a pint and two pints of fluids. For health and energy what are you going to replace this fluid with? Tea?

The fluids of the body ARE the body. What they contain in proportion of chemicals make up you and your personality. When you arise, thirsty, in the morning, eat two oranges for 28 days on end. Break the tea habit, and you can actually graph the weekly rise in energy. You will look and feel better.

So with wine. It is a natural drink. A good fluid replacer. Some say it is "acid". That is nonsense; it is they who are acid from eating fried foods.

It is a fact that for those who are past middle-age and whose blood has thickened, the circulation is slowed. A little wine dilates the arterioles . . . those tiny hair-like veins in the extremities . . . thereby allowing a free traverse of blood throughout the body. Wine frees the circulation. Wine is part of my diet for my patients.

But spirits I am against in any quantity. They burn so rapidly in the body that the vitamins are consumed. Malnutrition from another source. Yet malnutrition produces mental depression, and for this reason the average hard drinker drinks heavily, producing even more malnutrition by burning up the vitamins responsible for life. This is the mechanics of a drunkard's downfall physically. To which this diet is the cure.

Wines, however, are benevolent. They gloriously marry into rich flavours with the natural nuts and various cheeses of the season; wines naturally enhance the best in nature.

Just grind up two tablespoonfuls of almonds and walnuts, add half a teaspoon of Barbados sugar and moisten this with wine – WINED NUTS. A little whipped cream on top . . . taste it, and if your palate has not been too perverted you will be delighted with the exploration of beautiful new tastes.

Perhaps more than any previous scientist I have travelled to any country in the world to investigate longevity. Not merely old men and women. But those who have reached very advanced age and who are still working for their living, who have all their hair, and their teeth, and do not wear spectacles.

A lively book could be written of this. I have studied the diets of these people, searching for the reasons as to why they or their families should be more efficient in life than the others too old at 40.

Not one of the folk I have ever investigated have been abstainers. All are moderate drinkers, mainly of wines. Many brewed their own.

The greatest intellects of past and present times who have a normal approach to human relations, are wine drinkers. Not Rabelasian. But wine was their drink.

Coffee is an unnatural drug unduly activising the body beyond its energy resources. The water manufactured by cities today increases chalky lining to the arteries. In fact, as an old friend, Sir Harry Selley, profoundly remarked . . . There is no connection whatever between water and the stuff you get from a tap. Tea is more harmful than beer. Mild beer, if you are a beer drinker, is better than bitter. Bottle bear should be avoided because of the gases. Iced drinks avoided as well. That leaves wines.

WINES

Spanish wines are not so sweet and more blatantly alcoholic than French wines. Though I love to wander through the Spanish wine cellars with the big barrels awaiting taste. Sherry, especially from Jerez (pronounced "areth"), customed to sherry, is a fine and lovely Spanish drink. Heavy, and not for those who have a liver. Nor more than one or two. The dry sherries have little sugar content for those who have sugar troubles.

At a lower price than Spanish sherries is, and almost equals, the South African sherry. Very worthy of consideration and fat in sunshine.

Burgundy is cheap, but choose carefully, and leave the champagne to those who do not appreciate a good wine.

Of the red burgundies we have Beaujolais at 8/- a bottle; Beaune at 9/-; Pommard, Cote de Beaune Village, Nuits St. Georges, Gevrey Chambertin, all at 14/- a bottle; Claret at 7/6 a bottle, Medoc in particular; Pomerol Calvet at 8/6; Chateau Lagrange St. Julien at 14/-; right up to Chateau Mouton Rothschild at 30/- a bottle.

The white Bordeaux wines are in my opinion the best for general use, and the cheapest. Bordeaux Blanc 7/- a bottle; Graves at 7/6; Barsac at 9/-. These are the wines I call White Wines in the menu. Within your reach, and the best for enhancing flavours.

Of the Hocks, Liebfraumilch at 10/-, and South African at 8/-, enhance the company and enrich the meal. The best Hock for the special occasion is Liebfraumilch Langenbach "Crown of Crowns". This 1949 vintages, is 19/- a bottle.

There are some, all within the reach of the extra saving of the housekeeping money on my diet. Some cheaper, even in Britain, than coffee or tea. Certainly cheaper and better than three pints of beer at 2/- a pint.

There is another point. Older or crippled folk have little to look forward to in a day, and if restricted in income they will save enough on this diet to enjoy good wines.

FRUITS AND SALADS

Fruits, European and Tropical

Containing E Plus if fresh

Salad Guide and Shopping List

117 Varieties

Mainly the germinating seeds of grains, nuts, root vegetables and fruits, the values of which are propounded from the fat cell content of the "live" or germinating cells capable of re-creating life in the human species via Hormone E, or if planted, in re-creating the full growth of vegetation from an atomic formula of life having its counterpart universally in all forms of life.

E Plus Creative Foods

1. Wheat germ.
2. Oat germ.
3. Barley germ.

These are highest in E Plus factor.

NUTS

In order of Content

- | | | |
|--------------|------------------|----------------|
| 1. Hazel | 7. Filberts | 13. Coconut |
| 2. Walnut | 8. Pinons | 14. Acorns |
| 3. Brazil | 9. Paradise Nuts | 15. Pignolias |
| 4. Pecans | 10. Almonds | 16. Pistachios |
| 5. Hickory | 11. Chestnuts | |
| 6. Beechnuts | 12. Peanuts | |

VEGETABLES

(Must be Fresh)

- | | | |
|------------------|-------------|-----------------------|
| Asparagus | Collards | Onions |
| Beets | Dandelion | Parsley |
| Brussels Sprouts | Dill | Radish |
| Red Cabbage | Egg Plant | Salsify |
| Green Cabbage | Garlic | Spinach |
| Carrots | Horseradish | Tomatoes
(Outdoor) |
| Celery | Kale | Watercress |
| Chicory | Leek | |
| Chives | Lettuce | |

Vegetable Proteins

(Dried or Fresh)

- | | | |
|-------------|------------|-------------|
| Beans (any) | Lentils | Soya Beans |
| Peas (any) | Lima Beans | Cocoa Beans |

FRUITS AND SALADS

TROPICAL FRUIT GUIDE

(Seeds only contain E Plus. Fruits contain other Vitamins.)

Avocado	Jujure	Paw-Paw
Banana	Lemons	Persimon
Breadfruit	Litchi	Pineapple
Cactus fruit	Mango	Sapote
Dates	Olives	Tamarand
Figs	Oranges	
Grapefruit	Papaya	
Apricots	Grapes	Raisins
Currants	Peaches	Watermelons

EUROPEAN FRUIT GUIDE

(Seeds only contain E Plus. Fruits contain other Vitamins.)

Apples	Grapes	Pears
Apricots	Gooseberries	Peaches
Blackberries	Huckleberries	Plums
Cherries	Mulberries	Prunes (dried)
Currants	Medlars	Raspberries
Cranberries	Nectarine	Strawberries

CHEESES

There are 200 available differently flavoured cheeses in stock at the leading stores.

Of these, only the salty cheeses, of which there are but six, need be rejected.

A different cheese daily is recommended.

Those in country areas are advised to have the "Minor" cheeses sent to them from town stores. The "Minors" will keep indefinitely.

MILK

It is advised to skim the milk of fats and cream, when up to two pints daily may be taken.

YOGHOURT

It is found best to obtain the culture from a reliable source, and to make one's own Yoghourt according to instructions. Up to 8-oz. a day.

FRUITS AND SALADS

WHEAT, BARLEY, OATS

IMPORTANT ANNOUNCEMENT

Many Wheat, Barley and Oat seeds are so treated with D.D.T., Arsenic, etc., as to be

POISONOUS

It is therefore important to state at the time of purchase that the grain is intended for human consumption.

The local farmer is the best source of supply of grains. Live grain will keep indefinitely in a cool, dry place.

Following this announcement, no responsibility is accepted by the author for those disregarding this advice.

THE CHEF'S PART

The chef has a greater part to play in national health and vitality than he at first may imagine.

First of all there exists but a handful of cuisine experts in Britain. They are the leaders in national diet, and it is their duty as leaders to study, to create, and to pass on knowledge.

At this time their knowledge is very secret. Yet from perhaps less than a dozen of these leaders' cuisine knowledge, which is the highest knowledge of food preparation is standardized in lower and lower grades down through the whole catering world. Upon these leaders therefore rests a tremendous duty.

We will agree that at the moment there are very few chefs who have served all through the kitchens, who have had the final and supreme accolade of chef cuisine, and for a moment let us consider the difference between a cook and a cuisine expert.

The cook is an unsuccessful chef, unsuccessful by reason of the lack of genius, and genius has been described as the "art of taking pains over detail." Yet it is within the bounds of every cook to become a chef.

Creativeness, a knowledge of food values, and above all that supreme artistry in arranging and preparing foods, will transform the cook into a chef.

Such few great artists as there are in the world of food are to any establishment worth their weight in gold. They make, or they break, the establishment. Their power is tremendous.

True, a catering establishment has to provide that which is ordered by the public, but it is also true that they can by subtle means persuade the public by their artistry, by their creativeness, in the arrangement of foods, towards a better nutrition.

Most of the experts in Britain and other countries in the world of food themselves lives simply. This is true of nearly all. They have assured me personally that they have watched their patrons come and gorge upon fine and fatty foods, and have also watched them die of thrombosis, die of heart disorders, even as young people.

So the expert has himself learned his first lesson for himself. Yet until now there has been no means available of preparing foods in the highest way which engage all the creative abilities of a cuisine expert, and which at the same time do not cause thrombosis and ill-health. Now there is such a method. This method is entirely my own creation, and to the chefs I pass my knowledge, trusting that they in their turn will sincerely pass it on to others.

FRUITS AND SALADS

So from the best hotels, from the best restaurants, downwards, extending to all in the catering trade, there will be a trend towards good foods for good health, a trend that will be welcomed by a very large majority of the public, who are now becoming more and more educated towards better foods.

In this way the catering establishments of Great Britain can rise and perhaps overtake the supremacy of catering supplied by other countries, for it is a fact that many visitors from Australia, America, New Zealand, Canada and other countries are appalled by the shocking condition and the lack of hygiene, and the bad food values of the average English catering establishment.

Yet to attain supremacy is not difficult. First one has to have the desire to please the patron, and to transform this desire into practical measures so that better, more palatable and more artistic food takes the place of two boiled veg. and meat.

It must at the same time be thoroughly agreed that the vast majority of the public know nothing about food, and imagine they have not had a good dinner without plenty of potatoes, and the caterer must serve this.

This is a truth which applies not in 1959 to only a portion of the public. Even they are rapidly becoming educated. The demand in the future will be for more and more uncooked dishes. A new type of catering, a type of catering which will demand all the skill and all the artistry of the cuisine expert in a different way. The days of Louis Saulnier and Mrs. Beeton are numbered. Medical nutritional knowledge now even forms part of newspaper campaigns against thrombosis. Life Insurance Companies advise their clients to keep within normal weight. So medical science reaches the average man and his wife, and within the next few years they will grow more selective in the places they go to eat and the type of food they put into their body.

Therefore the catering associations of Great Britain have now a mild start upon the rest of the world, a start good enough to allow a progressive few to reach the goal over which the Royal Crown of catering stands supreme.

British catering has the knowledge, the science is there, the décor and the presentation are there as well. Now it can lead also with food, with new dishes, and with the presentation of these foods in a way which the rest of the world will find hard to beat.

Foods and their values, their place in life, in health, and to some extent in desires, should be part of the training of the best chefs, and should these subjects not be included in the course of training, then this book will serve all practical purposes.

The catering trade have to supply food not only for the gourmand, but also for the rheumatic person, for the victim of thrombosis, tuberculosis, diabetes, and many other diseases.

I will not say that the catering trade should have sufficient knowledge to differentiate or serve these people differently each to their own requirements, but there is a broad basis of understanding which such an establishment could offer and to which all in all walks of life could go to eat, secure in the knowledge that the food will be both palatable and good for them.

Until a list of hotels and catering establishments has been prepared for readers, stay at hotels but take or get your own foods.

The Honorary Secretary of the Arthritic Association Internationally will be pleased to hear from catering establishments in every country who are prepared to raise their standards of catering to be placed on a list for readers of Prescription for Energy.

HEALTH AND SECURITY WITH SAVING

By now the body is in the new rhythm of a new way of life, pots and pans are reduced to a minimum, housework is reduced, if all the family follow the diet, by the astonishing sum of 75%, saving the housewife three-quarters of the time she formerly spent in washing up greasy pots and pans and cooking.

FRUITS AND SALADS

Within the body the new rhythm of energy continues to rise each year the diet is continued, so none can say, "I will be more unable in five years from now" — in fact, statistics show they will be, at least, five times *more* able in five years time, irrespective of age providing Stage I transition has been reached and passed.

Diseases, latent and active show a rapid decline after the first six weeks on Stage II, and according again to statistics, may be said to have cleared within as many months as years they have been active. At the moment I cannot think of a disease to which this does not apply.

Stage II having been reached represents a growing crescendo of energy and vitality building up in the body. The bloodstream now, instead of a lifeless sludge, is endowed with life, rich in nutrient salts; one is immune to the common cold, catarrhal disorder, and influenza. One can look at the fear-provoking life insurance poster "Three score years — and Then?" and smile with security.

That was the old way with man.

One has now reduced living to the simplest needs, independent of eating out, one can live well wherever placed. Hunger within an hour or two of the last meal is unknown, and endurance increased to the maximum. Travelling presents no problems, one is not bound to visit the restaurants, a small bag contains all necessary, and the fruit and vegetables can be obtained locally and fresh.

100 people who have graduated to Stage II have been questioned to ascertain whether they would look back or go back — each one of the 100 wished to continue.

Presuming a young couple embarked upon this routine in order to get the extra health and energy it provides, an analysis of what they are spending already and what they would save is astonishing.

Breads, rolls, pastries, cakes and sweets take a total, an average of £1/8/0 weekly or £74/8/0 a year.

The gas, electricity, pots, pans, washing-up appliances also take £1/8/0 a week, another £74/8/0 a year.

Heavy overcoats, woollens, woollen underclothes, gloves and cold weather clothing on average spending is modest at £20 a year.

Meals out, lunches, restaurant meals, teas and coffees, cost the average city worker 10/- a day, or £156 a year for a six-day week.

The conservative sum saved yearly is then £399 and over, sufficient for a transatlantic holiday.

In addition they are living on the best of fresh foods and wines the earth can provide, giving them 4 times the energy and vitality. Those who want more out of life may think of this.

CLOTHING FOR HEALTH

After the 2nd Stage has been reached the blood will be thinner, and consequently will circulate through the extremities of the body, the hands, feet and brain more briskly. As this happens so the need for warm clothes becomes less and less; gradually they are shed, vests, pants, woollen garments and heavy coats. This is a problem, because such heavy garments will never be needed in life again while the E Plus routine is carried out. The body surfaces, the skin, will now for the first time since extreme youth be warm equally all over. The skin becomes translucent, clear, and radiates. This radiance is a signal of health.

The skin is the largest and most important organ of the body. In the nutritional process it must be clear of obstruction to the air, for the air is as important to health as water and food. Clothing should be loose, in the earlier stages ample, and in the latter stages sufficient to be comfortable. The temperature of the body is controlled. In low temperatures it is raised to normal body heat automatically, and in very hot conditions lowered to normal body heat.

If clothing is too warm, or too little, or if the skin is not allowed to contact outside temperature then this automatic regulation ceases to function. Clothing should stop sudden changes of temperature only, the body left to regulate heat.

FRUITS AND SALADS

As Stages II and III are reached the cold is not any longer an uncomfortable experience, but has rather a tonic action which brings a glow or radiance to the skin, but in the earlier stages proceed with great caution with sudden changes.

Fibrous and rheumatic muscles do contract and shrink with sudden changes. Patches of skin and body areas not endowed with risk circulation react strongly in early stages to sudden draughts of cold air. This is the cause of lumbago, sciatic and a chill. So in the early stages, loose and adequate clothing until a better circulation is obtained.

String vests are a must for the aged and arthritic until a good circulation is restored. The action of these is to hold hundreds of pockets of warm air imprisoned against the skin by the garment which covers the vest.

The greatest tragedies and most painful experiences arise from the cold of the east wind in winter. Young and old are suddenly stricken, always in the same part of the body – the lower back. The ferocity and impact of the chill to this lower back often contracts the spinal muscles, causing pressure upon the nerves supplying the abdominal organs, resulting in most severe illness. A more mild attack results in a very stiff and painful back.

The cause of this is the extraordinary lack of commonsense in, mainly, men's wear. To those who design clothing for men I freely give the ideas which will sell and be popular and which could be called "East Wind Cheaters". The manufacturers may even use my name and recommendation for such of these garments as I have seen and approve. The garments, though useful all the year round, are mainly intended for those who have rheumatism and fibrositis gardening enthusiasts, golfers, sportsmen, yachtsmen and outdoor workers.

There are those who, normally above average fit people, who cram the hospitals with spinal disorders and internal disorders in the winter when the hospitals are already overcrowded, because the small of the back has become chilled.

The first garment which I have advised patients to get made up is the smock. The smock is similar to the fisherman's canvas smock in design, but made of heavy towelling, doubled over the shoulders and down the entire length of the spine.

The smock has more than usual shoulder width and reaches to below the buttocks, being held down by a button fastened strap of the same material as a "jock-strap".

The smock can be made in most attractive colours and rapidly becomes a much sought-after standby in clothes for outdoor work and sportswear. The towelling material holds pockets of warm air, as does the string vest, but no shirt is needed to hold the air in the pockets. The towelling allows breathing of the skin and absorbs moisture.

The smocks I have so designed have proven popular with both men and women.

The second garment is of woollen design and of the same shape as a woman's body belt, but longer. Of heavy or fine knit it is worn next to the skin, being pulled up from the feet covering the lower back and waist, and is used mainly for winter wear. For those who wish to try this an old pullover cut across below the arms and pulled up over the waist and loins will explain the shape.

Those who have tried this have gone to considerable trouble to get more "Back Comforts" made, and regard them as indispensable garments for winter wear. I have used both myself when working on my yacht or out-of-doors at Heybridge, Essex, where this cold east wind drives on annually for about two months of the year. From personal experience I say they are both a blessing.

But winter does not last all the year, and with the appearance of the sun, get into its benevolent rays. If you are in a private place get your clothes right off, there is health in the sunlight, but tan slowly and by degrees, fair skins 10 minutes a day, increasing by 5 minutes daily, dark skins can double this. Do not use oil, keep the skin moist with a sponge dipped in seawater – if available. Then you will find the smock handy to keep the upper part of the body aired and comfortable after sunbathing.

FRUITS AND SALADS

Do not wear nylon clothing during the summer, the nylon does not allow the skin to breathe, and retains the electrical discharges from the body. Nylon does allow sudden changes of temperature.

To sum up, discard clothes in the three stages with caution. Regard the skin as an important part of a health and energy routine. Heat is energy, as you get more you need less clothing, allow the skin to breathe. Do not expose to the cold any part of the body affected with rheumatism or fibrositis. Increase the skin circulation of blood with brisk, dry, towelling. Get two smocks made, either as smocks or with collars attached. The aged, arthritic, or outdoor person should get a "Back Comfort" made.

Finally, wear loose and airy clothing as upper garments and less underclothing and let the air get to the skin, and avoid clothes which allow sudden changes of temperature.

NOTES AND BIBLIOGRAPHY

It was my firm intention when planning this book to include a full, fair and accurate description of any failures to this system of treatment since the treatment was first put into action.

In the first place, I can only find six which I would class as failures, but in the second place, what is a failure?

NOTES AND ANALYSIS OF FAILURES

We will take the case of a patient who is one of my greatest and most respected friends – a lady of very advanced years physiologically, although 68 years in age. This poor soul had become afflicted with arthritis of the lower spine and both hips 10 or 15 years previously, and her husband, who is an eminent lawyer, and she herself, as we will see, a person of some common sense, travelled to various countries in America and Europe seeking the best possible advice on how to prevent the disease getting worse. 10 or 15 years ago she could walk.

They kept an accurate record of the gentlemen visited, the fees they paid, the advice given, and the treatment applied. When she first became a patient this was presented to me – all of it, as far as this system of treatment is concerned, useless.

The patient herself, dark-eyed, dark-skinned, hyper-thyroid type; quick, alert, rather tense and nervous, with a low blood pressure, unable to walk and introduced through a previous patient who had formerly suffered arthritis in both hips and, upon being advised to have them pinned, came to me with the end result that she was again able to play hockey and dance. This is mentioned because of the impact of such knowledge behind the patient's possible expectancy in her own case. Yet, such was the lady's profound knowledge over 15 years of the disease that she said – I know there can be no hope of a cure, but if you will give me some relief I will be grateful.

The case, when commenced, was frankly a weekly battle of wits against the rapid encroachment of the disease from one joint to another. First the disease had to be halted; this because of kidney troubles took an inordinate long time. Meanwhile, the patient was in pain, not just bearable pain but sudden sharp unendurable attacks of pain with which she would go white and collapse, the pain mainly being situated in the psoas or inner thigh muscles, both of which were affected, consequently making any attempt at walking a most hazardous feat.

In my previous books, I have mentioned these dark-eyed, dark-skinned hyperthyroid types, whether young girls of 20 or older people – they are the one problem, filling wards of the hospitals for incurables through the world. Experience had already warned me not to accept the responsibility of treatment for such people, but this lady had unusual determination and courage – in fact, we might call her Mrs. Courage.

My experience as a manipulative surgeon, or in the world of physical medicine, is not limited to one school of thought. I have searched for new and better methods in 10 countries. I am acquainted and have made myself acquainted with every known device, movement or method in a life-long attempt to overcome this question of pain.

To halt the disease, to eventually revert it, is simple, the time taken in each case depends upon the amount of calcification within the body at the initial time of presentation. The end results are eventually the same, taking weeks or months, but it is the dreadful, demoralizing in-between period both for the patient and the practitioner, for in this period between first coming for treatment and finally walking with freedom, there is and there has been since long before the days of Hippocrates, this eternal question of pain.

Pain takes energy; as energy decreases pain increases. The neuro-muscular system lowered in energy collapses more quickly and for Mrs. Courage I really think, and she will say so, that every effective trick or device in physical medicine was eventually employed.

NOTES AND BIBLIOGRAPHY

Some 10 years ago I began a research into the mechanics of spasm and muscular pain, the results of which will be published very shortly under the title "The Conquest of Muscular Pain". The case of Mrs. Courage added somewhat to the finalisation of this research so that an entirely new method in medicine to release pain was produced. This method, hastened because of this lady, consists of four simple discs of metal. Two of these were applied, attached to the skin over the route spinal nerves which supply the thigh muscles, the other two on the skin at the insertion of the painful muscle itself.

On the first day they were fitted, I did not tell her what they were for, but asked her to write to me a postcard day by day to let me know her progress.

I have these postcards now and they make history, for Mrs. Courage was the first, the very first person in the annals of mankind, to be released from the daily agony of pain and movement to which she became accustomed.

In the following year, this device rose through the ranks of the exhibits internally at Brussels, eventually upon the vote of the International Jury of the Medical and Orthopaedic Section at Brussels to receive the Gold Medal Award. This is no way compared with my delight at receiving weekly these postcards "still out of pain, most grateful".

So far, one phase of the battle had been won. There remained, however, the massive calcification of the lower part of the spine, the displacement of the hip joints and other internal complications which collectively would still seem to be a hopeless or "incurable" case.

I deserve no medals in the comparison with the amazing "fight back" qualities of this lady. It was she in this case, not myself, that would not give in.

We both knew, since I had explained in detail, that eventually the calcification could be dispersed, but let me explain to all interested in the treatment of arthritis that there is calcification and calcification. In some people the calcification is not merely of the density of hardened chalk. The longer it is there, the longer the patient suffers malnutrition by reason of cooked foods, and the longer certain glands do not offer opposition, or all this quite suddenly in the case of shock, calcification can assume a veritable rock or granite like proportion. That was so in this case.

The rule which must be inevitable, which is the greater the density of calcification, the greater the time taken towards recovery, was clearly understood in this case. I therefore attacked from another point of view. To build the lady's energy and physical strength to the highest possible standards.

Month by month we did this, the rejuvenative changes being most remarkable, taking her age and condition into consideration. New hair grew of the dark colour. It was many years ago, and by the methods I have explained in this book, when I examined her last. I will here and now certify that every muscle of her body was examined carefully for any sign of fibrositis and that although every muscle was formerly stiffened with fibrositis and muscular rheumatism, at the time of my last consultation, there was no trace whatever of any fibrositis in any muscles. They were the muscles and the muscular development of a girl of 20 in good health.

But still at that time the bony frame, although vastly improved, was still deformed.

Then came a complete halt in the treatment when her husband was suddenly stricken with illness, a long, tedious and almost fatal illness. She could not leave her husband and continued her treatment at home.

She wrote to say after three months, in response to my letter asking if I might describe her case among my list of failures, that this was hardly the case since had she not had the treatment, she would not have had the strength or the ability to care for her husband during his long and protracted illness from which he now fortunately is recovering.

Still, from my point of view, and perhaps I am a perfectionist, this lady is among my failures. Perhaps not eventually, that is in years to come. She is a failure because the bony structure of the body has become so densely calcified that during her life, although virtually a new lease of life has been restored to her, such distortion will always remain.

This is arthritis deformans of the worst type in that one particular type of patient and for which yet throughout history there has never been a complete answer. This is the only type of patient suffering this

NOTES AND BIBLIOGRAPHY

one particular type of arthritis, which now remains the last problem in this field. All other types with personal provisos now are easily restored to health.

Of the other half dozen failures, four could not see eye to eye with the change of diet and I, with my dislike of extremes or forcing my own point of view, attempted to treat them by other means. Every known trick and device was used to make something of the same progress made with other patients, but without altering their nutrition. Every case was a failure, whereas within the first six weeks the average patient has most remarkable changes physically, these four had no such changes. They remained dull and listless in personality, depressed with the typical depression of arthritis. They did not make the startling and remarkable steps of progress compared side by side with those who willingly change their diet.

I would like to describe each one of these failures in person, but it is hardly necessary since we go to the basic depths or the pin-point of the problem. The nutrition in each case must be changed if success is going to be sought and that, sure, is the message of this book.

Failures there are bound to be. The physician who picks up this book and attempts to apply these methods will have failures, failures due, if they will forgive me, partly to inexperience of the methods and partly to patients who do not wish to change their way of life, and let us make no mistake, arthritis is undoubtedly a disease caused in the first place by malnutrition and often by greed. I hate to use this word in connection with the suffering that is caused, but the greed of the average person for certain foods which have no nutritional value at all, the drug like addition of some people for salt, and the foolish lack of common sense towards changing a way of life, will often defeat the physician in spite of his best efforts, and the patient in command of their own destiny freely chooses a life of suffering rather than give up some of these foods.

Failures are therefore dependent upon the person. I have few failures because I insist that people who come to me now will change their way of life. I bluntly tell them I am not interested in unsuccessful cases and advise others to be equally blunt in this approach. Why should a patient seek advice professionally and in their hearts requiring only half the skill available, so losing the reputation of the consultant?

Moreover, failures are not pleasant and if they are unnecessarily unpleasant and a failure is caused by the patient himself, the reflection is still upon the consultant.

Every person coming for treatment for rheumatism and arthritis presents an individual problem for the first visit or two until (a) the patient begins to show results, gains confidence and hope and is prepared to carry on, and (b) until the consultant can see sincerity shining through the search for better health — when these two factors meet upon a common ground, the happy relationship and mutual confidence becomes established and a line of failures fewer and fewer, for when such a point is reached between the doctor and the patient, for that particular person there will be no failure.

Yet from all failures much is to be learned.

The majority of failures are due to the interference of the normal course of treatment by relatives and "well-meaning" friends. During the process of Stage I the patient will lose body weight, normally and naturally, reducing to the NORMAL ATHLETIC WEIGHT normal to that one particular person; this is necessary, for the tissues of the muscles at that stage begin rebuilding, a new type of muscle-tissue, free from the gummy and stringy type of aged or arthritic muscle tissue. It is at this stage when the patient who is under observation needs encouragement, a broadening of diet to include vegetable soups. Medication can assist at this stage. Explain that if this stage is not passed through and it takes but a few days of weeks according to each individual, there will be no future progress.

A person doomed to failure from the very beginning is the type who, having made massive progress (blood viscosity reduction from the thrombotic level to near normal, for example) says, "Now I can go back to butter, meats and fish". One type of diet brought about the thrombosis, another cleared the deadly condition and saves a life, and half-way through, feeling better, they want to return to the foods which cause the thrombosis again. I have never found the right answer for these people.

Do not trust the case-history for personal judgement on the likely success or failure of a person in this treatment; some that I imagined were going to be part-failures turned out most brilliant successes. Facts and figures only are my guide in disposing of the initial personal problems surrounding each case in its early days' some of these can be headaches, but I do admit of another factor, a most major factor in or

NOTES AND BIBLIOGRAPHY

behind the facts and figures, a factor which cannot be measured; it is the hidden success-factor, the determination of the patient to "fight back" at the disease.

This "hidden success-factor" may be confused by some as the psychological element. It is not psychological. It is the result of a two-way action of the *adrenal glands*. The adrenals RESPOND TO WORRY STIMULI; here we strike at the root basic cause of rapidisation of calcification and the understandable mechanisms of hormone chemistry.

Salt, sodium chloride, OVER-ACTIVATES the adrenals, acting as a constant "worry-stimuli", or "shock action and reaction", so the patient loses courage, the personality is depressed by these chemical changes in the bloodstream. That is how they initially present themselves for consultation. This must be borne in mind.

After a few weeks on a salt-free diet, the same patient begins to show signs of fighting back, there is an uplift of morale.

The wise physician will now estimate the amount of physical damage to the adrenals and kidneys by relation to the extent of the "fighting-back" qualities, the greater the latter the less of the former. Progress can be assessed from this one factor alone. Where there is considerable kidney and adrenal disorder to begin, progress will be sometimes, unduly, slow. In early days I made the mistake of classifying these people, prematurely, as failures. They often are not, but the "slow-goers" in treatment.

The greatest anti-failure factor is the absolute willingness of the patient to co-operate to the utmost of their ability, and who relatives are prepared to join in and back them up.

The practitioner then has a solid front, and a feeling of confidence to suggest all possible measures.

Against this background it must be remembered that an average of over ninety per cent of successes has been maintained on this broad basis of treatment since 1940 onwards. IN EVERY CASE THE PATIENT HAD TO CARRY OUT THE TREATMENT AT HOME under instructions. There is a wealth of thought here. Success was obtained by inspiring the patient to go to it themselves. The results, eventually, are a real case for home treatment . . . Not a solid case . . . For expert guidance governs any progress made through the Three Stages, but a real case for the education of the patient, as a sensible and intelligent being. Explain the facts, explain the pitfalls, explain in language easily understood all the details, explain that with this knowledge they now command their own destiny and in nine cases out of ten success will be established.

This is a new treatment and a new approach, not without time-testing, the objects are to raise energy to the highest point. When energy is high, as it is in youth, diseases do not exist, infections have short lives. The higher the energy quotient the higher the standard of health.

Ten time more powerful and immediately active than synthetic hormones (Androgens, Oestrogens, Testosterone, etc.) the E Plus factor of the living active oil of wheatgerm as rational treatment in Climacteri impotence (Male and Female), infertility, may be fully recommended as without, and retarding if present, the undesirable side-effects of hormone treatment, or as a supplement. Fertility and Infertility need new and special discussion and appreciation with the new concept of the words in relation to artificially produced senescence by the route of Hypovitaminosis E Plus. The words fertility and infertility now cover and reveal the true causes of ageing as well as the accepted delayed Puberties, Hypogonadism, Uterine Fibroids, Mammary fibroidenosis.

Fertility and Infertility must now include in degrees all the psychogenic factors brought about by frigidity and decrease libido as well as the personality changes greater or smaller brought about by the decrease of hormones.

The author recommends a very high intake of the natural E Plus active factors which do not unduly stimulate, but ensure over long-term the production of secondary secretions which normalise the body and personality.

Virilisation treatment by E Plus is then natural and devoid of undesirable side-effects of virilisation with improvement within days of blood supply to the brain, heart extremities, and consequent improvement in striped and unstriped muscles.

NOTES AND BIBLIOGRAPHY

Hypervirilisation is impossible, for the secondary secretions are constantly utilized in the remoulding process of rejuvenation.

Virilisation by this method is natural rejuvenation, rapidising the transitional stages of recovery from any rheumatic or arthritic disease, the same process bodily of far greater intensity being evident in higher intellectual standards and physique of the younger people virilised by E Plus methods; these people apparently do not age.

Sufficient relative bibliography exists to relate carcinomatous conditions to hormone inadequacies, and since this method ensures a normalisation of hormones there may be reason to ascertain whether such a routine hospital diet diminishes the growth by virilisation.

Climacteric with loss of libido and potency, can be successfully treated by this method with restoration of all functions and personality equanimity. Hormone supply is restored and all symptoms due to its diminishment relax and vanish as full hormone structure regains. Time is a factor in the treatment of climacteric disorders, and it may be necessary to advise implantation as an aid to E Plus routines in emergency.

The rejuvenative changes are marked and arise from E Plus, plus secondary secretions, plus electrolytes, plus Fe and oxygenation increased throughout the regeneration possible by increased potassium.

The increasing understanding that many depressional states are due directly to hormone imbalance now bring us to the happy conclusion that virilisation by E Plus methods may restore sufferers to degrees of sanity not available from results of shock therapy.

All diseases traceable to hypovitaminosis benefit rapidly, the reduction of blood viscosity in the thrombotic states being dramatic.

E Plus Virilisation may be suggested to all childless couples whether infertility is due to the inability of active sperm to penetrate the mucosa, or to habitual abortion long associated as hypovitaminosis E.

The E Factor alone is insufficient to virilise. This much has been proved by the word "virilise", prolonged natural virilisation without constant medication is intended, nor are implants of hormones always absorbed by the tissues, but with the addition of the final energy factor of the freshly ground grains virilisation is perpetual.

Preparation of a patient is important; if results are to be effective the body first by process of detoxication must lose its constant B. Coli overload, since undoubtedly there is the triggering factor to early senescence in b-lminazolyethylamine by utilizing the energy of secondary secretions in the diversion.

Sodium Chloride has been proven to kill the activity of E Plus factors in the body as effectively as a salty soil will kill the wheat-germ when plated. Sodium Chlorides must be excluded from diets. Bowel washes or enemas may be considered to reduce B. Coli. The patient is then ready to commence virilisation treatment.

Principles — the unaccustomed body low in vitality cannot assimilate large quantities of E Plus factors. The Stage I of preparation on a partly-cooked, sodium chloride-free, B. Coli free diet should be used as an adjustment stage for the physiological period of 6 weeks. This can be carried out in the home.

The patient is then ready for State II of virilisation actual.

Dosage of active E Plus factors must then be considered in the following order:-

1 — Physiological Age at Commencement.

The lower the physiological age, the better the results and the greater the tolerance up to 8 ozs. of active E Plus factors daily.

Two ounces four times daily as part of a meal induce rapid virilisation in both sexes of 25 to 35 year units of physiological age groups.

NOTES AND BIBLIOGRAPHY

Synthetic vitamins are not needed in these age groups, who take treatment for reconditioning alone.

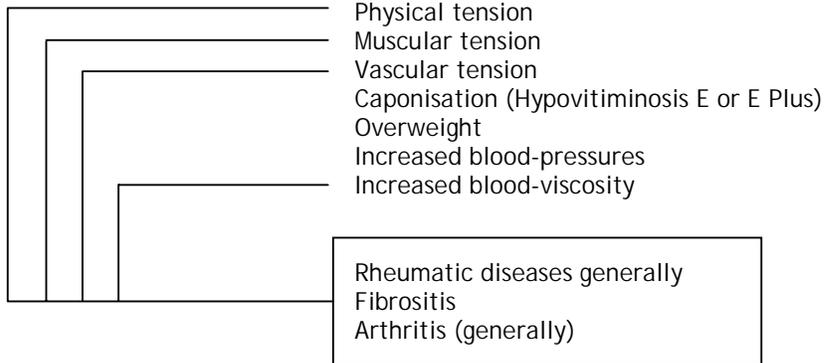
When other factors are super-imposed upon an otherwise healthy person taking the treatment the type and nature of the additional factors add to the physiological age.

Directly arising from infertility we have the following disorders.

Psychogenic

Personality defects and changes
Undue shyness
Lack of confidence
Fears, Phobias
Mental Tensions

Physical



Frigidity — Male and Female in varying accepted degrees
Eunuchism
Hypogonadism
Prostatic-Hypertrophy
Retarded maturity
Impotence — Male and Female
Premenstrual complaints
Rhinitis
Asthma
Urticaria
Acne
Psoriasis
Psoriatic Arthritis
Eczema

These listed disorder show dramatic recovery even on the Stage I of preparation, but should be warned to persist to Stages II and III if permanent results are to be expected.

Duration of treatment should persist until the patient has been symptom free under observation for a least one year.

Contra-Indications are active T.B. , when additives to nutrition are needed.

Dosage

Active E Plus factors from wheat, barley, oats or maize 2 oz. with water or fruit juices T.D.S. rising in cases where tolerance permits to 4 oz. T.D.S. or 6 oz. N.M.

Method of Preserving Activity

The wheat or grain seed should be ground by the patient at the time of eating.

NOTES AND BIBLIOGRAPHY

INTERRELATIONSHIPS OF VITAMIN "E" AND ENDOCRINOLOGY

(For earlier papers, see "Annotated Bibliography of Vitamin 'E'", vols. 1-3, 1940-1954.)

Tissue levels

BONATI, B., RANCATI, G.B., *et al.*

Effect of prenisolone on blood and tissue levels of vitamins A, C and E in rabbits on diets inducing hypercholesterolemia.

Acta vitaminol, 11 7-13 (Feb., 1968).

HILLMAN, R.W., NERB, L. & HERTZ, H.

The blood plasma vitamin A/carotene ratio and tocopherol concentration in relation to the metabolic state.

Am. J. Digest Dis. 22 128-131 (May, 1955).

HILLMAN, R.W., NERB, L. & HERTZ, H.

Plasma concentrations of vitamin A, carotene and tocopherols in rheumatic fever during ACTH therapy.

New York J. Med. 55 2787-2789 (Oct. 1st, 1955).

POSTEL, S.

Total free tocopherols in the serum of patients with thyroid disease.

J. Clin. Invest. 35 1345-1356 (Dec., 1956).

Experimental

AHMED, S.I.

Observations on the testes of rats injected with m-xylohydroquinone — an alleged vitamin E antagonist.

Exper. Med & Surg. 15 17-29 (1957).

BOTTIGLIONI, E. & STURANI, P.L.

Adrenocortical response to treatment with tocopherol acetate and to vitamin E deficiency induced by o-cresol acetate.

Endocrinol sci. cost. 23 203-210 (1956).

BOTTIGLIONI, E. & STURANI, P.L.

Histological aspects of the thyroid in rats with vitamin E deficiency treated with tocopherol acetate.

Endocrinol. sci. cost 23 176-182 (1956).

BOURG, R.

Testicular alterations and desquamation induced at the level of the vas deferens in the rat: action of oestradiol benzoate in oil solution and of vitamin E.

Arch. Biol. 67 583-594 (1956).

BOTTIGLIONI, E. & STURANI, P.L.

Histological aspects of the testicles of rats with vitamin E deficiency and under tocopherol acetate treatment.

Endocrinol. sci. cost 23 195-203 (1956).

EVOLI, M.

Synergism of action between vitamin E and follicular hormone.

Boll. Soc. Ital. biol. Sperm. 32 1222-1224 (Oct.-Nov., Nov. 1956).

FERRARIS, G.M. & PANSA, E.

Vitamin E and the thyroid; histological and auto-historadiographic study.

Arch de Veechi 24 173-186 (Mar., 1956).

GRIESBACH, W.E., BELL, M.E. & LIVINGSTON, M.

Changes in the pituitary gonadotrophs of the vitamin E-deficient male rat.

Endocrinology 60 729-740 (June, 1957).

NOTES AND BIBLIOGRAPHY

MUKHERJEE, S.K., DE, U.N. & MUKERJI, B.

Studies in experimental diabetes V. Effect of treatment with vitamin E and vitamin K and their combination with oestrogen on the course of alloxan diabetes in rats.

Ind. J. Med. Res. 45 23-31 (Jan., 1957).

ROSENKANTS, H.

Studies in vitamin E. deficiency II. The influence of adrenocorticotrophin and of tercoferol compounds on adrenal activity.

J. Biol. Chem. 223 46-63 (Nov., 1956).

SABATINI, C., BALLI, L. & TAGLIAVINI, R.

Comparative effects of vitamin E and testosterone on skin exposed to heavy x-ray dosage during mesoplexiotherapy.

Policlinico; sez. Prat, 62 suppl. 1-4 (Apr. 4th, 1955).

SIMON, I.

Pharmacological study on Jodoviron.

Policlinico; sez. Prat, 62 suppl. 1-4 (Apr. 7th, 1955).

STERBA, R.

Correlation of sex hormones II.

Gynaecologia 142 389-402 (Dec., 1956).

SZONTAGH, F. & SERES, G.

Effect of vitamin E on secretion of gonadotrophins in the pituitary.

Kiserletes orvostud 7 166-169 (Mar., 1955).

Clinical

BOERICKE, WILLIAM, M.D.

BOERICKE, OSCAR, M.D.

Materia Medica.

BUCHHOLZ, H.U.

Practical results following depot hormone therapy in cyclic disturbances and female sterility.

Medizinische 4 148-149 (Jan. 26th, 1957).

CARQUE, OTTO.

Vital Facts about Foods.

7th Ed. Los Angeles.

CLARKE, JOHN H., M.D.

Dictionary of Materia Medica, London.

CONTAMIN, R. & SADION, M.

Labour acceleration with injections of progesterone and vitamin E.

Bull. Feb. soc. Gynec. & obst. Fr. 7 307-310 (1956).

DAINOW, I.

Vitamin E in therapy of dermatoses due to endocrine factors.

Dermatologica 112 468-470 (Apr.-June, 1956).

DELLE DONNE, A.

Effectiveness of combined hormone and vitamin therapy: testosterone with vitamins E and A.

Policlinico; sez. Pract 62 1232-1236 (Sept. 12th, 1955).

FERNANDEZ, M.

Use of testosterone and vitamin E in therapy of adenomatous prostate hypertrophy.

Riforma med, 69 224a-d (Feb. 19th, 1955).

KOFMAN, I. & SILBERKASTEN, A.

Testosterone and vitamin E in premature infants.

Prensa med. Argentine 43 3847-3853 (Dec. 26th, 1956).

NOTES AND BIBLIOGRAPHY

LA ROSE, F.

Effects of preparation of iodine, testosterone and vitamin E in senile diabetes.

Riforma Med 69 237-239 (Feb. 26th, 1955).

MAGGIO, E.

New data on the pathogenesis and treatment of otospongiosis based on the study of biological and clinical effects of testosterone-tocopherol.

Ann. otolar. 72 409-418 (May-June, 1955).

A large portion of this bibliography was kindly contributed by Organon Library, London.