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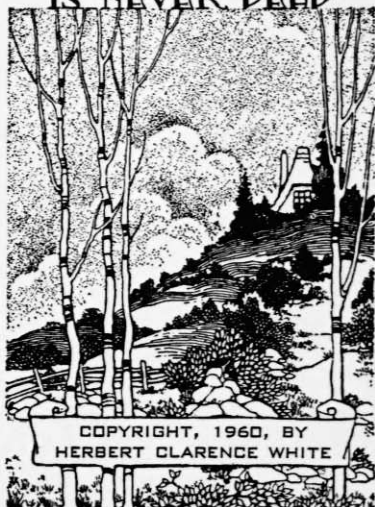
NATURE'S HEALING GRASSES



By

H. E. KIRSCHNER, M. D.

THE POETRY OF EARTH
IS NEVER DEAD



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Nature's Healing Grasses

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By H. E. KIRSCHNER, M. D.



CATHARYN ELWOOD, M.S.
Food and Nutrition Scientist

Introduction . . .

ALL of us are agreed on one thing. Wouldn't it be simply wonderful if we knew enough about what to eat so that we could enjoy the following inestimable blessings: (1) Delay the onslaught of old age; (2) Prevent the degenerative changes that bring on diseased conditions that are skyrocketing at alarming speed, and appearing at an increasingly youthful age each year; (3) Feel highly energetic all day long, and last, but not least; (4) Have enough vitality left after a hard day's work to stay in high gear for an evening of fun and relaxation!

Is such a happy state of perfect health possible? For an answer, may I refer you to my friend Dr. Jonathan Forman, (M.D.), world-famous physician of Columbus, Ohio, who answers this difficult and all-important question in the following challenging words:

"It is possible for human beings to maintain *perfect health* from the cradle to the grave. This should be the goal of each one of us. In doing so, we would greatly lengthen our life span. Not only would we add years to our lives, but, what is more important, we would add LIFE to our years. . . ."

Granted that Dr. Forman is RIGHT in his appraisal of the *possibilities* for optimal health — just how *near* are we Americans to attaining this high goal? Let's review just a few of the commonly known health FACTS and see.

Dr. Paul Dudley White, General Dwight D. Eisenhower's health specialist tells us: "Heart disease has now reached epidemic proportions." This serious degenerative condition claims 50% of all our men over forty years of age. Cancer takes hold of one out of every three, and is rated as the "first killer" of children under fourteen years of age. Arthritis plays havoc with the joints of 97% of all our adult population, and we find 20,000,000 suffering from various and sundry allergic reactions. 32,000,000 of our citizens are overweight — which means "over-stuffed" but "undernourished." 60% of our population suffers from defective vision; and decayed and deformed teeth are so common they are considered *normal!*

With this alarming state of ill health in our nation, we would expect that some consideration would be given to the CAUSE of our mounting physical disabilities. But, instead of going to the "root" of our troubles — wrong habits of eating and drinking — we rush to the medicine shelf and smother our uncomfortable and distressing *symptoms* under an avalanche of pills, potions, and palliatives. Today here in the U.S.A. pain-killers are consumed by the ton. Facts are, we swallow 15 million pounds of aspirin, three billion sleeping pills, and spend about \$61,000,000 for tranquilizers each year.

You will have to admit that something as fundamental and miraculous as tapping the very "Fountain of Youth" must be found if we are to reverse this destructive and dis-

astrous trend in human experience. And that, **my friends**, is just what Dr. H. E. Kirschner has achieved in this new volume **NATURE'S HEALING GRASSES**. In fact, so important are the tender herbs, the green leaves, and the young shoots of grasses in restoring LIFE to worn-out and sick cells and tissues, we are confident that this volume will actually open a "health-gusher" in the Fountain of Youth if the reader will heed its timely message.

It is indeed fortunate for all of us today that Dr. Kirschner, already known as an authority on Mother Nature's gentle, safe, and sure methods, has presented us with this second help-yourself-to-better-health book. His rich experience, his vast research, and his extensive travels have brought to us in this new book the best natural remedies that this world can offer.

In his sprightly, informative, yet reverential style, this famous physician weaves a fascinating, convincing tale of the wonders of "Nature's Healing Magic." He not only introduces new plants for correcting the most difficult conditions, but also gives appetizing recipes and formulas that make them easily acceptable and eagerly tried. He also tells us where these health treasures may be found.

Yes, "Nature's Healing Grasses" is long past due. Here we find much sage advice that, if followed faithfully, will make old age *wait*, prevent the feared and terrifying degenerative changes, and guide us to a greater degree of vibrant good health than we have ever dreamed possible.

And what is even more important (if anything can be more important than abundant health) is that Dr. Kirschner's book will awaken within you a new understanding and a new degree of **REVERENCE FOR LIFE**. This important attitude of appreciation brings renewed peace and harmony within, and allows Mother Nature to shower us with all her richest blessings.

*Catharyn Elwood, M.S., Nutritionist,
Washington, D.C.*

Preface . . .

THE Publishers of this little volume send it forth with the firm conviction that it throws valuable light upon a subject of paramount importance and universal interest, and one on which light is greatly to be desired; that it presents truths too little known and too widely ignored by the majority of our people.

The author of this book is a medical doctor of deep conviction and long experience in the field of human nutrition. For more than half a century he has been actively engaged in combating the all-too-prevalent diseases of physical degeneration and other unhappy consequences of prolonged malnutrition. He envisions a "new day" for America — when "Creative Medicine" shall at long last take an honored place beside "Curative" and "Preventive" medicine in the unending search for longevity and race betterment. He agrees wholeheartedly with Dr. William Albrecht (Ph.D.) of the University of Missouri, who recently declared:

"The twentieth century will be credited with contributing to the betterment of our people through the science of NUTRITION. Better nutrition is leading us to think less of medicine as cures, and less about fighting microbes with drugs. It is helping us to think more about helping the body DEFEND ITSELF by being *well fed.*"

This new concept of "Creative Medicine" is also voiced by no less an authority than Dr. Jonathan Forman, who expressed his views on this important subject as follows:

"Once Americans begin eating foods grown on soil containing ALL the essential mineral elements, unspoiled in its processing and preparation, disease will practically vanish, and our national disposition will improve. We will have no cause to fear old age.

"More lives can be saved for the effort expended, dollar for dollar, by getting the very *best nutrition* for

all our people than we can ever gain with curative or preventive medicine. . . . Creative Medicine must be founded on growing the *best foods*. Thus alone can we create real health for our people."

The serious nature of the nutritional crisis facing this nation is expressed by no less an authority than Dr. C. W. Cavanaugh, of Cornell University, in these thought-provoking words: "The fact is there is only one major disease, and that is malnutrition. All ailments and afflictions to which we may become heirs are directly traceable to this major disease."

Dr. G. T. Wrench of England, in his book, "The Wheel of Health," makes a similar assertion: "The inescapable conclusion is that in a very large number of diseases *faulty food* is the primary cause. The suspicion is that faulty food is the primary cause of such an overwhelming mass of disease that it may prove to be the *primary cause* of disease."

In his new book **NATURE'S HEALING GRASSES**, the author takes us one step beyond the conventional **FOOD VALUES** found in many leafy vegetables, greens, and herbs, and presents these lowly plants of field and wayside as **MEDICINE** of the very highest quality and unquestioned potency. From his own vast experience and from the exciting testimony of other qualified physicians, both at home and abroad, he reveals the astonishing role of these plants in combating diseases that for decades have stymied the best efforts of his brethren in the medical profession.

That this little book will inspire a deeper study of Nature's simple and healing remedies, and that it will lead many to a higher state of physical, mental, and spiritual **HEALTH** than they have ever known before, is the sincere wish of

THE PUBLISHERS

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H. C. WHITE PHOTO

The 82-year-old Author on the doorstep of his Monrovia home. On this December morning he proudly displays green and root vegetables from his Yucaipa organic garden. His winter vegetables include such favorites as carrots, beets, onions, turnips, radishes, cabbage, lettuce, chard, kale, mint, parsley, dandelion and malva.

Foreword . . .

SIXTY years ago, when I first started to practice medicine, the drug stores and prescription counters here in the United States carried a great many simple herbal remedies. Today they are hard to find. In the place of these natural therapeutic agencies, we now find a glittering array of high-powered "wonder drugs."

Frequently these so-called *scientific remedies*, including the popular antibiotics, upset the delicate "balance" and destroy the body's own natural defense mechanism against disease. One prominent writer on HEALTH goes so far as to say that *disease* is not an *enemy* at all, but rather a *friend* in disguise. I quote:

"Let physicians teach the people that restorative power is *not* in drugs, but in Nature. Disease is an *effort of Nature* to free the system from conditions that result from a violation of the laws of health. In case of sickness, the CAUSE should be ascertained. Unhealthful conditions should be changed, wrong habits corrected. Then NATURE is to be assisted in her effort to expel impurities and to re-establish right conditions in the body. . .

"Every person should have a knowledge of Nature's remedial agencies and how to apply them. It is essential both to understand the principles involved in the treatment of the sick, and to have a practical training that will enable one rightly to use this knowledge.

"Nature's process of healing and upbuilding is gradual, and to the impatient it seems slow. The surrender of hurtful indulgences requires sacrifice. But in the end it will be found that Nature, *untrammelled*, does her work wisely and well. Those who persevere in obedience to her laws will reap the reward in health of body and health of mind."

Of late there has been a growing demand for a brief, concise treatise on the intelligent use of herbs and other "greens" in the diet. In this little book we have endeavored to portray to our readers some new sources of LIFE and HEALTH through the more abundant use of the green herb as both *food* and *medicine*. Herbs, you will recall, were created "for the service of man." (Psalms 104:14). And according to the Scriptural record, herbs were among the foods chosen by the Creator as an important part of man's diet at the very dawn of human history — and those hardy primeval ancestors of ours lived to the almost incredible age of nearly 1,000 years! Perhaps it is not too late for us to profit by their good example.

But in this bewildering age of "SCIENCE" we are prone to turn from these *natural* foods and these *simple* remedies and grasp at the latest glittering array of "deceptive packs."

This business of "deceptive packs" in foodstuffs had become serious even as far back as Isaiah's day. "Wherefore do ye spend money for that which is not bread?" cried the prophet in warning tones. . . . "Hearken diligently unto me, and eat ye that which is GOOD!" was the admonition given to the men and women of his day (More than 700 years B.C.).

And that timely counsel, dear reader, reaches right down to our very own day — for never in the world's hectic controversy between GOOD and EVIL have we faced a more bewildering and a more attractive array of "deceptive packs" in both food and medicine. Fancy wrappers, beautiful labels, alluring billboards, extravagant, misleading advertising on radio and television have lulled us all to sleep. It's high time for us to "wake up" and put an end to these "deceptive packs!"

As Dr. Otto Mauset has so well said in his book on "Herbs for Health":

"Chemistry of today has accomplished wonderful results in many ways, but all the laboratories in the world will never be able to supplant the remarkably fine process which takes place in the living cell. They will never successfully imitate the wonderful methods that Nature uses in performing its work in the plant, as well as in the human body. Our late American Wizard, Thomas A. Edison, expressed himself on this subject as follows: 'Until man duplicates a blade of grass, Nature can laugh at his so-called scientific knowledge!'

"Remedies from chemicals and minerals will never stand in favorable comparison with the products of Nature — the living cell of the plant, the final result of the rays of the sun, the mother of all life. . . . When correctly used herbs promote the elimination of waste matter and poisons from the system by simple, natural means. They support Nature in its fight against disease; while chemicals, not being assimilable, add to the accumulation of morbid matter and only simulate improvement by *suppressing the symptoms.*"

All of which gives point to what Ellen G. White wrote nearly three-quarters of a century ago when she declared: "God has caused to grow out of the ground herbs for the use of man, and if we understand the nature of these roots and herbs, and make right use of them, people would be in much better health than they are today. . . . These old-fashioned, simple herbs used intelligently, would have recovered many sick, who have died under drug medication."

Yes, my friends, there is *power* in the green leaf; and to the millions of my fellow-Americans who have lost their most precious earthly possession — their HEALTH, and are now desperately trying to regain it, I would like to point to this source of renewed energy, regeneration, and lasting good health.

I was reminded of all this the other day while listening to the radio. The news reporter told the story of Dr.

Barbara Moore, famed marathon walker of England. It seems that 56-year-old Dr. Moore, who recently completed a 1,028-mile hike across England, is now attempting a 3,200-mile walk from San Francisco to New York City! She expects to accomplish this almost superhuman feat of physical endurance in 45 days, maintain an average speed of from five to six miles per hour for from 16 to 18 hours a day! And that, my friends, requires a special brand of "intestinal fortitude!" When a reporter asked her what she would eat on this long trek across the American continent, her reply was, "GRASS!"

I might add here that Dr. Moore is an ardent and confirmed vegetarian, and her vegetable-fueled marathon walks have made both her and her diet famous. On leaving San Francisco on April 13, (1960), to start her gruelling transcontinental "walk-a-thon," she was seen carrying a banana and a jar of celery juice, which she would add to her diet of wayside grasses and herbs.

What more striking evidence could anyone ask for regarding the healthgiving, energy-sustaining qualities found in green herbs and grasses than that provided by the remarkable experience of Dr. Barbara Moore? This 56-year-old woman has indeed shattered the commonly accepted belief that flesh food is *essential* for the maintenance of strength and endurance — and that grasses and herbs are mere cattle fodder or horse feed. Facts are, nothing could be farther from the truth!

In the following pages you will learn how to use these simple, yet power-packed foods in your daily diet, many of which are now available in appetizing, easy-to-take forms.

In bringing this brief Foreword to a close, may I paraphrase the slogan of the doughty 49er, who shouted: "There's GOLD in them thar hills!" by declaring with equal force and sincerity: "There's POWER in them thar GREENS!"

H. E. KIRSCHNER, M.D.

CHAPTER ONE

“TO LIVE IN THE SUNSHINE AT LEAST PART OF THE DAY, AND TO SUBSIST ON THE PRODUCTS OF THE GARDEN, FIELD, AND ORCHARD, UTILIZING FOODS IN AS NATURAL CONDITION AS POSSIBLE — THESE ARE CONDITIONS THAT MAKE FOR LENGTH OF DAYS AND ABOUNDING GOOD HEALTH.”

— *Hans Anderson, The New Food Therapy.*



A. P. WIRE PHOTO

56-year-old Dr. Barbara Moore, who recently completed a 1,028-mile hike across England, is seen leaving City Hall in San Francisco, on the first leg of her 3,200-mile walk from this West Coast city to New York. When asked what she would use as "fuel" on this gruelling test of physical endurance, her reply was "GRASS!" Dr. Moore is a vegetarian of long standing.

Remedial Properties of Herbs

VISITORS to my Yucaipa (California) garden have been surprised to see so many beds devoted to the growing of alfalfa, mint, spearmint, parsley, comfrey, dandelion, thyme, and other simple grasses and herbs. "Doctor," they ask, "just why do you *waste* so much valuable space on all these *weeds*?"

Perhaps *you* would wonder too; so in order to clear up the mystery of my herb garden, I am writing this little book dealing with the therapeutic value of simple herbs — including such common, everyday wayside grasses and weeds as dandelion, filaree, mustard, lamb's quarter and malva. You may be as surprised as I was to learn that you have a wealth of medicinal plants at your very finger-tips — and all for *free*!

What can herbs and grasses do for you? Scientists have discovered that they are essential to make gastric juices flow; that it is through their pleasing flavor that the "appetite juices" start digestion. They should be freely used in place of salt, pepper and vinegar.

The great remedial properties of herbs and juices of fruits and vegetables have been recognized and appreciated from time immemorial, especially by primitive peoples. In fact herbal healing was the first system of healing that the world ever knew, and its effectiveness all through the centuries has never been questioned.

In his noteworthy book, *Back to Eden*, the well-known herbalist, Jethro Kloss, presents a brief historical sketch of the use of herbs in early England, as follows:

"When the Saxon invaders entered Great Britain they took with them much knowledge concerning herbal heal-

ing. It is well known that they made frequent use of the dandelion, comfrey, nettle, burdock, and other common wayside herbs in treating the sick. The Saxon girls were taken into the fields by their parents and taught the names and the healing virtues of the plants, and so a knowledge was planted that grew until it became customary to have an 'herb garden' in England.

"What a blessing it would be to the homes of this land if our children were taught the value of raspberry leaves, thyme, sage, peppermint, yarrow, and dozens of other wayside herbs. More than half the sickness and deaths in early life would be unknown, and chronic sufferers would be a curiosity. Only those who know the value of herbal remedies can appreciate the wonderful effects a knowledge of the herbs we tread underfoot daily would produce.

"With all our boasted knowledge, we have to admit that the North American Indian, and the natives of other countries in their primitive state, unskilled in letters, without any knowledge of anatomy, physiology, or chemistry, prevent and cure with simple herbs many diseases which baffle the best efforts of the modern medical school."

As Dr. Clive M. McCay, Professor of Nutrition at Cornell University, has so well said: "If I had been sick 200 years ago, I would have been better off in the hands of a medicine man of the American Indians than I would have been in those of a European physician. The Indian would have given me mental therapy, food and *herb remedies*. The European physician would have *drained away my blood!*" And may I add, the North American physician of that day would have done the very same thing. We all remember the sad fate of our beloved George Washington.

In recommending grasses and herbs as a therapeutic agency, the emphasis should be placed upon their intelligent use in the home, rather than upon their being prescribed only by physicians, as is usual in the case of drugs.

The use of herbs to relieve many forms of sickness and disease is a time-tested practice. One prominent writer in the field of nutrition has said: "There are simple herbs that are harmless, the use of which will tide over many apparently serious difficulties, and they leave no injurious effects in the system. . . . This is God's method. . . . The herbs that grow for the benefit of man . . . steeped and used in sudden ailments, have served tenfold, yes, one hundredfold better purposes than all the drugs hidden under mysterious names and dealt out to the sick."

Herbalists have long prescribed raspberry leaf tea during pregnancy. Medical men laughed at this "superstition." Then came the confession by a woman physician, Violet Russell, M.D., who wrote in the London medical journal *Lancet*: "Somewhat shamefacedly I have encouraged expectant mothers to drink this infusion. . . . In a good many cases, labor has been easy and free from muscular spasm."

During confinement, a pint of raspberry leaf tea is taken daily. Ordinary dosage is 10 to 20 ounces of hot tea made from an ounce of dried leaves steeped in 20 ounces of boiling water. Sweeten with honey.

In recent years special attention has also been focused on another old-time herbal remedy. The plant known as *Comfrey Symphytum*, with its giant-size leaves, is sometimes called *Russian Comfrey*, as it was originally introduced from Russia into England. This medicinal herb was used extensively, not only as a source of high-protein food, but as a therapeutic modality for centuries in Europe, and has been recently introduced into Canada and the U.S.A.

Writing about the healing properties of this remarkable plant, British researcher Lawrence D. Hills, declares: "We now know what the bone-knitting and healing qualities of comfrey are, because *both root and foliage* contain

allantoin, a nitrogenous crystalline substance, which is a cell proliferant, that is, it increases the speed at which nature can heal a wound, internal irritation, or a broken bone."

The medicinal value of grasses and herbs was confirmed by me more than 20 years ago when I was placed in charge of some 200 tuberculosis patients for the County of Los Angeles (Olive View Sanatorium — Outside Service). The daily diet of these patients consisted largely of macaroni, spaghetti, and other starchy, overcooked foods. Some of these patients had spent nine long years on their backs, with little progress toward recovery. I had a small ranch where I grew alfalfa, parsley, mint, spinach, and a variety of herbs. Having become thoroughly convinced of the healing properties of these leafy vegetables, grasses, and legumes — especially alfalfa — I began to make a drink in my liquefier, with unsweetened pineapple juice as the base. To this was added the herbs mentioned above with the addition of dried kelp powder, soaked almonds, dates and sunflower seeds. (See complete formula on page 114).

With a glass of this "Green Drink," as a daily supplement to their high starch, iron-weak diets, I saw patients make remarkable gains in weight, accompanied by a feeling of well-being, digestive and bowel corrections, and hemoglobin improvement. Patients who had been regarded as "hopeless" were able to be out of bed within six to eight months!

In her fascinating book, *Compassionate Herbs*, the British writer Mrs. C. F. Leyel, deplors the negative attitude of many doctors and laymen toward these old time herbal remedies as follows:

"It is most extraordinary the way the medical profession and the public are chary of trying herbs which have borne the test of centuries of experience, and yet are willing to accept unconditionally a newly discovered panacea; and accept it as infallible without the infallible test of time."

CHAPTER TWO

"CHLOROPHYLL IS THE MEDIUM PROVIDED BY NATURE FOR TRANSFORMING VITAL SUN RAYS INTO PROTEIN, CARBOHYDRATES, MINERAL SALTS, AND VITAMINS. THIS IS ACCOMPLISHED THROUGH THE EFFECT OF SUN RAYS ON THE SURFACE OF PLANT LEAVES. THIS CHLOROPHYLL, ALWAYS PRESENT IN GREEN LEAVES, VERY CLOSELY RESEMBLES THE CHEMICAL COMPOSITION OF THE HEMOGLOBIN, OR RED BLOOD CELLS OF THE BODY."

— Hans Anderson,
in *"The New Food Therapy,"* page 113.



H. C. WHITE PHOTO

An abundance of chlorophyll for Orlando's Natural Food Center is found in these giant mustard greens from a nearby Florida "muck farm."

Nature's Green Magic

THE healing power of Chlorophyll — the green pigment found in plants — is rapidly becoming recognized by leading scientists the world around. It is reported that Charles F. Kettering, guiding genius of General Motors research laboratories, has been giving Antioch College \$30,000 a year out of his own pocket to help in Chlorophyll research. He declares that if we could find out how chlorophyll is able to transform sunlight, water and carbon dioxide into food sugars, we could *transform civilization*.

And according to an article in *Science Newsletter*, distinguished specialists in the healing art report that "in 1200 recorded cases they have seen chlorophyll combat deep-lying infections, cleanse open wounds, relieve chronic sinus conditions, and banish common colds. More remarkable, they say, is the way it accomplishes these things — speedily and effectively, with none of the harsh, irritating effects common to most antiseptics. Chlorophyll, the healer, is at once powerful and bland — devastating to germs, yet gentle to the wounded body tissues. Exactly how it works is still Nature's secret. To the layman, at least, the phenomenon seems like green magic."

All this is in agreement with my experience of some twenty years ago at the Olive View Sanatorium (Outside Service), referred to in the preceding chapter. You will recall that this simple remedy — consisting of fresh alfalfa, parsley, mint and spinach leaves, liquefied in unsweetened pineapple juice, was served daily to 200 tuberculosis cases, and as a result, patients who had been considered hopeless were able to be out of bed in a few short months.

At that time I did not know it was the chlorophyll in these green grasses and herbs that was largely responsible for their miraculous healing power, and their ability to restore diseased tissue. Since that time, however, scien-

tific research has confirmed the work I did with these simple remedies nearly a quarter of a century ago, and today the green pigment from plants is now being used in treating a wide variety of diseases and infections.

"*What makes grass green?*" In these four little words is posed a question that has baffled the best scientific brains around the world for centuries. No one came up with an answer until 1913, when a German chemist, Dr. Richard Willstatter, pointed out that in this miracle of Nature is a process closely linked with the "secret of life." "All life energy," explains Dr. Willstatter, "comes from the sun. Green plants alone possess the secret of how to capture this solar energy and pass it on to man and beast.

"A ray of sunlight strikes the green leaf and instantly the miracle is wrought. Within the plant molecules of water and carbon dioxide are torn apart—a feat the chemist can accomplish only with great difficulty and expense. First there is only lifeless gas and water; then presto! these elements are transformed into living tissues and useful energy!"

The noteworthy discoveries of Dr. Willstatter in Germany are in perfect agreement with, and tend to confirm the theory of "sunlight values" of food developed by the late Dr. Bircher-Benner, of Zurich, Switzerland, referred to in my book, *Live Food Juices*.

You will recall that Dr. Bircher-Benner maintained that the "absorption and organization of sunlight (the essence of life), takes place almost exclusively within the plants. The organs of the plants are: therefore, a kind of biological accumulation of light. They are the basis of what we call *food*, whence animal and human bodies derive their substance and energy."

As scientists continued their study of the structure of chlorophyll, they made the exciting discovery that the molecule of this "miracle of Nature" bore close resemblance to hemoglobin—the red pigment in human blood.

According to physiological chemists the red blood pigment is a web of carbon, hydrogen, oxygen and nitrogen atoms grouped around a single atom of iron. Nature's green pigment is a similar web of the same atoms — except that its centerpiece is a single atom of magnesium.

Researchers found that in *partially digested* grass the breakdown product of the chlorophyll bore even closer resemblance to one of the fragments of red blood pigment, called *hematin*. And when this partially digested food was fed to rats it directly stimulated the formation of red blood cells. All this led certain German physicians to use chlorophyll in the treatment of anemia with very promising results.

Meanwhile, investigators at Temple University in Philadelphia discovered a curious thing. "The green solution (chlorophyll) seemed to *thicken* and *strengthen* the walls of the body cells of living animals. That logically led them to ask, might not chlorophyll be useful in helping the body combat bacterial invaders?" Here, according to the doctors who were working on the problem, was a medical need even more urgent than a treatment for anemia.

Extensive research revealed the important fact that as an antiseptic solution chlorophyll possessed no power of its own to "*kill germs.*" It would not perform in the test tube, but these scientists found that when the green pigment was brought in contact with *living tissue* it appeared to increase the resistance of the cells and at the same time inhibited the growth of dangerous, disease-producing bacteria, which thrive only in sealed wounds and away from air.

As a result of this interesting research, many distinguished physicians and surgeons now describe chlorophyll as "an important and effective drug." According to *Science Newsletter* the 1,200 cases mentioned in the opening paragraph of this chapter range "from deep in-

ternal infections like peritonitis and brain ulcers to pyorrhea and skin disorders." These cases have been carefully documented, and according to the record "in case after case the doctors have been able to close their reports: 'Discharged as cured.' But the most spectacular results occurred in the treatment of chronic sinus infections and head colds. In 1,000 cases treated under the supervision of Dr. Robert Ridpath and Dr. Carroll Davis, prominent specialists, they reported 'There is not a single case in which either improvement or cure has not taken place'."

In summing up the miraculous contribution that chlorophyll has made to all forms of life on this planet, Dr. T. M. Rudolph, in his interesting dissertation on *Nature's Green Magic*, tells us:

"The loaf of bread, the bowl of sugar, the beans, the apples, and the grapes in your kitchen could not be there unless it were for the magical properties of chlorophyll. The milk and eggs, the meat in your ice-box, are there only because the steer, the cow, the chicken fed on plant life, made possible through chlorophyll. The wool, and silk, and cotton clothing, the leather and furs which we wear are possible only because of chlorophyll. Our coal, oil, and gas come to us from vegetation locked up in the earth for thousands of years. All forms of life, on land and in the sea, even when they feed on each other, are parasites, depending ultimately on plant life. Your body, its flesh and its organs is made up largely of protein coming to you directly from food plants, or the flesh of plant-eating animals. You, personally, exist only because of chlorophyll."

Yes, my friends, chlorophyll can be counted as one of Mother Nature's most precious gifts to mankind. No wonder, then, that primitive man turned to, and found both food and medicine in the green leaf of nature's healing grasses. He was wiser in his day than modern man, who all too often turns from these "simples" to rely on the more powerful, quicker-acting "wonder drugs."

CHAPTER THREE

"GOD IN HIS INFINITE WISDOM NEGLECTED NOTHING, AND IF WE WOULD EAT OUR FOOD WITHOUT TRYING TO IMPROVE, CHANGE OR REFINE IT, THEREBY DESTROYING ITS LIFE-GIVING ELEMENTS, IT WOULD MEET ALL REQUIREMENTS OF THE BODY."

— Jethro Kloss, Back to Eden.



H. C. WHITE PHOTO

Alfalfa is the "QUEEN" of leafy vegetables. In nutritional value few equal it.

It is one of the chief components of the author's famous "Green Drink."

Alfalfa---The Amazing Legume

A PRAYER, hewn in stone on an old English cathedral, reads: "O Lord, give me a good digestion — but also something to digest!" Before we laugh too loud or too long at this quaint old inscription, let's stop for a moment and consider some of the poignant implications involved in this short plea for Divine aid.

First of all, it is clear that somebody in Old England was well acquainted with the pangs of hunger and malnutrition. Secondly, he was evidently afflicted with the uncomfortable after effects of poor digestion. What our English friend did not know were the facts about the nutritional qualities and medicinal values found in the wonder legume — ALFALFA. For, according to modern nutritional science, alfalfa would have answered his prayer on both counts. It would have provided his hungry body with an abundance of high-quality, mineral-rich food, and at the same time it would have given him a "good digestion," all at minimum cost!

One interesting and valuable discovery made by Researcher Frank Bower during his early years of study and experimentation with alfalfa, was that the green leaves of this legume contain eight essential enzymes. This important discovery was later confirmed by Dr. C. A. Jacobson, a food scientist of Reno, Nevada, who was doing research work on alfalfa for the U.S. Government.

Among these essential enzymes are *lipase*, a fat-splitting enzyme; *amylase*, which acts upon starches; *coagulase*, to coagulate milk or clot blood; *emulsin*, which acts upon sugars; *invertase*, which converts cane sugar into dextrose; *peroxidase*, which has an oxidizing effect on the blood;

pectinase, an enzyme that forms a vegetable jelly from a pectin substance; and *protase*, that digests proteins.

Where, I ask, could anyone find a more wonderful galaxy of digestive aids than these? Reporting on his discovery, Mr. Bower, who is regarded as the "Father of Alfalfa," writes:

"I consider the finding of the enzymes of alfalfa my first real discovery. That and other findings under the direction of Dr. Jacobson is what really got me started on this wonderful alfalfa plant for the use of *people*. It was then that I coined the slogan, 'What's good for piggies is good for kiddies.' I soon had a number of doctors testing the plant for stomach ailments, gas pains, ulcerous conditions, poor appetite and other complaints."

Frank Bower cites an interesting experience he had while doing research work at the State College at Lansing, Michigan. While taking his meals at a private boarding house he became acquainted with a man who was very anemic. He had no appetite and was bordering on T.B. In order to help his new friend, Bower furnished the landlady with a liberal supply of alfalfa tea, to be used at each meal as a test. All the boarders liked it, and after about two weeks the anemic boarder began to eat heartily; in fact they all ate so heartily that larger meals had to be prepared to meet the increased demands of the "family." Listen to Bower's story:

"Finally the landlady became concerned. She said to me one morning, 'Mr. Bower, I believe it is your alfalfa tea that gives my boarders such ravenous appetites!' I replied that I didn't know, but some day I would find out."

Subsequent tests over a period of years proved beyond a doubt that the chlorophyll, enzymes, minerals and vitamins in alfalfa serve as a magnificent aid in digestion, and *do* stimulate the lagging appetite. According to Dr. Jacobson, the enzymes in alfalfa are in sufficient quantity

to be of material assistance in the digestion of all four classes of food — proteins, fats, starches and sugars.

Along with its other amazing qualities, it has been found that alfalfa contains Vitamin U. Dr. Garnett Chaney, well-known food scientist of Stanford University, California, has published his findings on Vitamin U, and asserts that it has great possibilities as an aid for peptic ulcers. In fact, according to the record, 80% of the ulcers so treated were healed.

“Alfalfa has recently become recognized for its many medicinal properties,” declares Mr. Bower in his book, *This Business of Eating*. “It is a splendid diuretic for the kidneys, is a good regulator of the bowels, and it seems to have sufficient Vitamin D, lime and phosphorus to make strong bones and teeth in the growing child. Working in cooperation with many doctors, I have seen results in the use of green alfalfa leaves that have been surprising. One physician reported that a woman who was desperately ill of dropsy, was completely relieved by frequent cups of alfalfa tea. Dr. Charles Pflueger of Los Angeles, who specializes in narcotics and alcoholic cases, reported good results with alfalfa tea. I have also used it in many cases of overweight.”

His intensive research took Frank Bower to many universities throughout the country. At Sawtelle, California 300 soldiers tried his alfalfa tea, and told of the remarkable benefit in bladder, prostate, and other ills common among them. In Los Angeles he fed 200 children in two schools a special vitamin-mineral food based on alfalfa. These children, according to reports from cooperating school principals and parent-teacher groups, averaged a gain of two to six pounds per month, and height measures of from two to four and one-half inches! All but two of the children completely escaped a whooping-cough epidemic that swept both schools.

In her enlightening article, *Father of Alfalfa*, Editor Kay Thomas tells the story of two alfalfa banquets held

by Pioneer Frank Bower at the Vista del Arroyo Hotel in Pasadena, California. Here 950 guests ate a seven-course dinner with alfalfa in every course. The meat was "alfalfa-fed beef with alfalfa gravy." What a meal!

Today alfalfa products occupy an honored place on the shelves of every health food store and Natural Food Center in the country. (See frontispiece). (1) It is ground into alfalfa meal. (2) It is cultured in sprouters. (3) It is made into tea. (4) It is eaten as seed. (5) It is made up into tablets. (6) It is made into food supplements. (7) Fresh alfalfa leaves are used in the therapeutic "Green Drink." (8) It is offered in the form of candy—alfalfa fudge. (9) It is widely used as an organic base for many of the high potency vitamin tablets. (10) Another favorite is Randall's Hi-vacuum Dehydrated Alfalfa Juice. (11) El Molino Mills, Emenel Company, Boncquet Laboratories, Lion Cross, Inc., use alfalfa extensively in their nationally advertised products.

Modern medical science supports fully the claims of Mr. Bower and other early researchers in this field. In an article by Dr. Gruskin of Philadelphia, appearing in the *American Journal of Surgery*, July, 1940, this eminent physician reviewed some 1200 cases of widely diverse character, ranging from acute infections of the upper respiratory tract and accessory sinuses to chronic ulcerative lesions of various types associated with sinus and fistula.

Dr. Gruskin believes that chlorophyll has a stimulating effect upon the growth of the supportive connective tissue cells and the development of granulation tissue. Because of the cell activity it is logical to suppose that there develops an effective barrier to bacterial invasion.

Yes, alfalfa has at long last achieved an enviable place, not only in human nutrition, but on the medicine shelf as well. We can all thank Frank Bower, the "Father of Alfalfa" for his great contribution to human health and race betterment.

CHAPTER FOUR

“THE METHOD BY WHICH NATURE CARRIES FORWARD HER PROCESS OF CLEANSING, STRENGTHENING, REGENERATING, AND REPAIRING THROUGH THE USE OF SUITABLE FOODSTUFFS IS A NORMAL PROCESS AND NOT A MIRACLE. FRESH FRUITS AND FRESH VEGETABLES ARE RICH SOURCES OF ORGANIC MINERALS AND VITIMINS, AND THE PRESENCE OF THESE VITAL FACTORS IN FOODS, TEND TO MAKE THEM SUPERIOR FOODS INDEED.”

— *Hans Anderson,*
in *“The New Food Therapy,”* page 25



H. ARMSTRONG ROBERTS

For vim, vigor and vitality, eat more alfalfa sprouts — Nature's most living food. This young lady is a good example of optimal health from optimal nutrition.

Alfalfa Sprouts---

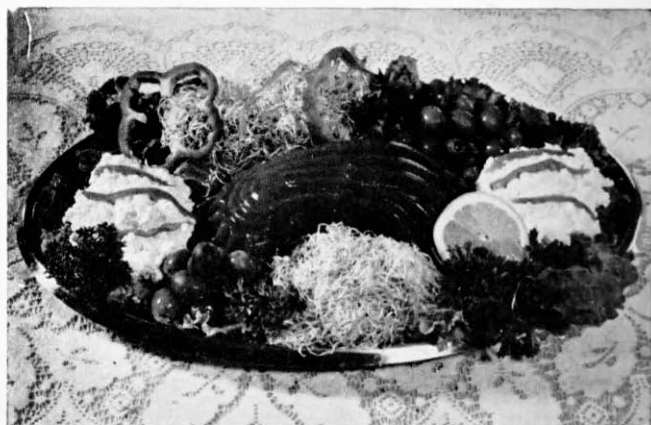
Most Living Food

ALFA is one of Nature's rarest gifts to man," declares C. H. Burgess, former Professor of Animal Husbandry at the Michigan State College of Agriculture. What a pity that so few of us humans have learned how to utilize the tremendous life-giving qualities of this amazing legume.

It seems most of us are prone to pass up alfalfa as mere cattle fodder or food for chickens and pigs. In this connection you will recall that Frank W. Bower, pioneer researcher in the field of alfalfa for human nutrition, coined the phrase: "What's good for *piggies* is good for *kiddies!*"

Back in 1904 Bower saw pigs grow stronger on alfalfa stew; so he got some alfalfa leaves from a nearby field, cut them fine with a pair of shears, and fed them to his children. They liked them and thrived! He then made some alfalfa tea and gave it to his friend, Dr. L. D. Bailer, who was suffering from lumbago. The results were so spectacular this doctor began treating patients with this simple remedy, with excellent results.

Following this exciting discovery, both Dr. Bailer and Frank Bower decided to quit their jobs and devote their lives to the study of alfalfa. The basic and almost insurmountable problem was how to convert chlorophyll-rich, mineral-rich, vitamin-rich alfalfa into a palatable, appetizing food for humans. Much study, and decades of painstaking research were given to this effort; and fortunately for you and me these years of study were not unproductive. Thanks to the devoted efforts of Frank Bower and his associates, along with other researchers in the



H. C. WHITE PHOTO

One of Sally Zerfing's famous salads, topped with her equally famous Alfalfa Sprouts. Here are natural foods at their very BEST!

field of human nutrition, alfalfa products can now be had in many delicious, easy-to-take forms.

Among the dozen or more popular alfalfa products now available at most health food stores throughout the country, none are more palatable or healthgiving than *Alfalfa Sprouts*. Next to the therapeutic "Green Drink," here is alfalfa in its most delicious and nutritious form. By the way, if you live in a spot where alfalfa sprouts are not available at your nutrition center, you can grow your own with the help of a "Sprouter." For reliable information on sprouters write to C. B. N. Clubs, 279 East 4 North, Logan, Utah.

Recent scientific research has demonstrated that the sprouts of grains and legumes *develop liberal quantities of vitamins*. In fact, alfalfa sprouts have been found to contain most of the vitamins needed in human nutrition. Seed sprouts, according to Dr. Lloyd Rosenvold, of Montrose, Colorado, are excellent producers of Vitamins A,

B-complex, and C. Nutritionists tell us that certain legume sprouts can furnish half the daily Vitamin C requirement in *one* salad serving. Alfalfa sprouts are also a good source of such important vitamins as D, E, G, K and U.

These sprouts contain vital cell-building amino acids, such as *arginine*, *lysine*, *threonine*, and *tryptophane*, plus such important minerals as organic phosphorus, chlorine, silicon, aluminum, calcium, magnesium, sulphur, sodium and potassium in forms the body can utilize for health. Laboratory tests show that alfalfa sprouts contain up to 150% more protein than such grains as wheat and corn; furthermore, science now reveals that it is the chlorophyll content of alfalfa — two percent — that contributes so much to its remarkable healing qualities.

Alfalfa sprouts have a sweetening effect on the breath, and leave a clean, fresh taste in the mouth. They also give warmth to the stomach, increase peristaltic action of the bowels, and stimulate the lagging appetite.

Dr. Sherman Davies of the University of Indiana has pointed out that alfalfa is especially rich in iron, calcium and phosphorus, which are all-important in keeping the teeth fine and strong. He declares: "The use of alfalfa as food for humans would be a great boon, and those who produce it will be doing the world a vast service in saving the teeth of all ages." On this point, Dr. Edward Mellenby of Sheffield, England, reports that "Alfalfa is essential to rebuild decayed teeth — not just stop the decay."

In concluding this brief chapter on the superlative value of alfalfa sprouts in human nutrition, I would like to quote my friend, Catharyn Elwood, noted nutritionist and author of Washington, D. C. In her popular book, "Feel-Like A Million," she devotes an entire chapter to the subject of vitamin-rich sprouts. I quote briefly:

"Many sincere students seeking the finest perfection of body and mind have asked me: 'Just what is a perfect

food?' With all the evidence I have been able to dig up, I feel that without doubt 'sprouties' head the list. Whether or not 'sprouties' can take *all* the top honors as being the most nutritious food remains to be seen, but certainly they are the most 'living food' on earth! . . .

"This miracle, feel-like-a-million food — sprouting seeds — has been known since the beginning of time to contain some magical nutritive values not found in the dry state. The first record of the health-giving values of 'sprouties' is found in a book on plants written 2939 B.C., by the Emporer of China." Much more could be written about the superb nutritional qualities of alfalfa sprouts; but space forbids a more lengthy discussion in this chapter. My advice to you, Mr. and Mrs. Health-seeker, wherever you are — make sprouts number one on your shopping list. They are *tops* in freshness, crispness, flavor, and best of all, in good *nutrition* for all the family.



Sally Zerfing, of Newhall, California with a tray of her famous Alfalfa Sprouts. These are widely distributed through the health food stores on the Pacific Coast.

CHAPTER FIVE

“THERE IS NO FIELD OF HUMAN THOUGHT IN WHICH ERROR HAS BEEN MORE PERSISTENTLY UPHOLD BY ACQUIRED HABIT AND EDUCATION THAN THAT OF HUMAN NUTRITION. THE AMERICAN PEOPLE NOW SPEND TWENTY BILLION DOLLARS EVERY YEAR FOR FOOD, A LARGE PART OF WHICH IS ARTIFICIALLY AND WRONGFULLY PREPARED — DEVITALIZED AND ADULTERATED!”

— *Otto Carque.*



H. C. WHITE PHOTO

A sprig of filaree from the author's own back yard. Note the familiar "storkbills" and the serrated oval leaves. Here is a nutritional weed you just can't afford to pass up.

Our Friends---

The Weeds!

IN HIS fascinating book, "Weeds — Guardians of the Soil," the noted botanist and agricultural authority, Joseph Cocannouer, presents what in all probability is the first treatise ever written in praise of these garden "pests." In a delightfully informal style, this Professor of Botany at the University of Oklahoma shows how the common, ordinary weeds of the back-yard garden, field or roadside — ragweed, pigweed, malva, nettle and filaree — can be a blessing to any gardener or farmer.

Just to prove his point, here are a few of the valuable services these weeds will perform in any garden if brought under proper control:

1. "They bring minerals, especially those which have been depleted, up from the subsoil to the topsoil and make them available to crops. This is particularly important with regard to the trace elements.

2. "When used in crop rotation they break up hardpan and allow subsequent crop roots to feed deeply.

3. "They fiberize and condition the soil, and provide a good environment for the minute but important animal and plant life that help make any soil productive.

4. "They are good indicators of soil fertility, both as to variety of weed present and the condition of the individual plant. Certain types of weeds appear when certain deficiencies occur.

5. "Weeds are deep divers and feeders, and through soil capillarity they enable the less hardy, surface-feeding crops to withstand drought better than the crop could alone.

6. "As companion crops, they enable our domesticated plants to get their roots to otherwise unavailable food.

7. "Weeds store up minerals and other valuable nutrients that would be washed, blown or leached away from bare ground and keep them readily available."

And last, but not least — "Weeds make good eating," declares Professor Cocannouer. As a physician, I agree with the Professor, and let me add that I have found them also to be *good medicine*. For example, there is no finer substitute for spinach than lamb's quarter; and filaree, malva and dandelion, when used in the therapeutic "Green Drink," make the best of medicine!

In the fields and along the roadside are to be found Nature's greatest and most dispersed group of plants — the WEEDS which stand condemned because they are regarded by many as "out of place." Consequently, for generations weeds have been looked upon as *enemies* of man, and much labor and energy has been expended in an effort to eradicate them from the face of the earth. Only now are we beginning to realize how *wrong* we have been in maintaining this negative and hostile attitude toward our friends — the weeds.

MY INTRODUCTION TO FILAREE

Several years ago I was bringing home some alfalfa from my Yucaipa garden to be used in the "Green Drink" for one of my women patients. My supply of alfalfa was limited, and upon telling her husband of my predicament, he remarked: "Across the street in those vacant lots is plenty of filaree. Why don't you use some of that?"

His casual remark aroused my interest, and I immediately wrote to the Agricultural College, University of California at Davis for information regarding this plant. They replied that they only knew of its protein content, which was higher than alfalfa. Later on I learned of its

high chlorophyll content, and became better acquainted with its medicinal value.

In this way I was introduced to the wonderful nutritional and therapeutic qualities of filaree — a plant which is common all over California and other Western states.

In the early days before the gold rush, the hills and valleys of our Golden State were covered with a luxuriant growth of filaree. It was this plant that the early settlers depended upon for nourishment of their herds of cattle and sheep, and as food for their horses and mules, and other domestic animals.

My friend, Mr. Anson, told me how the sheep raisers in the San Joaquin Valley brought their sheep down from the hills so they could have a good supply of filaree while they were carrying their young. It also increased the supply of milk for the newborn lambs.

As a result of all this information about filaree, I began to substitute the leaves of this weed for alfalfa in my "Green Drink," and my patients did likewise, with excellent results. Ever since 1951 I have depended on this wonderful plant that reaches its peak in early spring when my supply of alfalfa is limited.

In her informative book, "Western Wild Flowers," Margaret Armstrong describes filaree as follows: "Filaree is a corruption of the Spanish name *Alfilerilla*, meaning a "needle" or "pin." Other names given to this beneficial weed are *Pinkets*, *Storkbill* and "*Clocks*," so called by children because they amuse themselves by watching the tails twist about like the hands of a clock.

"Though not native, the red-stem filaree is the most common in the interior and semi-arid regions — and is most valued as forage. When young it forms rosettes close to the ground, but as it matures it grows taller and more straggling. The stems are often reddish, the leaves somewhat hairy; the flowers small, in clusters of four to eight,

with four bracts at the base. Ordinarily, it makes its appearance soon after the beginning of the rainy season."

A stockman who raised many cattle recently told me that when there was an abundant growth of filaree in the spring, his animals fattened up better on it than on any other food. When shipped to market they held their weight, and were in better condition than he could obtain from any other feed.

One day I was telling a woman friend about my use of filaree in the therapeutic "Green Drink." When I had concluded my remarks, she told me the following interesting story: "When I was a child, my father raised rabbits. It was my job every day to gather a large wheelbarrow load of filaree, which was fed to the rabbits. He never had any sick ones, and he considered this weed especially valuable when the rabbits were about to have their young."

Recently a close relative of mine, when told about filaree for use in making the "Green Drink" for her children, exclaimed: "Why, that is the weed I often see my dog and cat eating!" Evidently dogs and cats know better than most humans what is good for them.

Not long ago, I had a jockey from Santa Anita as a patient. When I described to him my use of filaree in the "Green Drink," he told me that it was customary for him to gather bags full of filaree in the spring, which was fed to the race horses under his care.

If filaree is good for rabbits, sheep, cattle and race horses—in my opinion, when properly prepared, this weed is equally beneficial for humans. When people are so anxious now-a-days to obtain "greens that are free from poisonous sprays, for making the "Green Drink" and for salads, they are passing up a wonderful supply right at their door-steps if they don't practice using my favorite weed — **FILAREE**.

CHAPTER SIX

"THE CHEMICAL RAYS OF SUN-LIGHT CONFER VITAMIN POTENCY TO FRESH FOODS WHICH, IN TURN ENABLE SUCH FOODSTUFFS TO EXERCISE CURATIVE EFFECT ON DISEASES THAT HAVE BAFFLED THE MOST SKILLED PHYSICIANS."

—*Hans Anderson, The New Food Therapy.*



H. C. WHITE PHOTO

The nutritional and healing values of simple wayside plants as pictured above have not been fully recognized by most health seekers. From left to right are three of the author's favorites — malva, lamb's quarter and dandelion. Why not use more of these gifts of Nature?

“Sunlight Values” in Wayside Weeds

IN THE preceding chapter I told the story of filaree — my favorite edible weed. Next to filaree on my list of medicinal wayside plants, are three wonderful, and at the same time, very common weeds — malva, lamb’s quarter, and dandelion.

As mentioned, there is no finer “spinach” than lamb’s quarter, and all three when used in the therapeutic “Green Drink,” make the best of medicine.

In the present chapter I would like to share with you some of the valuable information I have gleaned from various sources about the medicinal values found in these common, but powerful herbs. First let us take a look at dandelion.

DANDELION

In my medical library works on herbs occupy a large and honored place on the bookshelf. And practically *all* of them wax eloquent in their praise of the common wayside weed — *dandelion*. All of us I am sure, are familiar with this plant which is regarded in most parts of the world as a troublesome and noxious weed. It is so common and well known that a description here is unnecessary. In describing its virtues and medicinal uses, here is what the herbals have to say.

In *Potter’s New Cyclopedia of Botanical Drugs* we read: *Medicinal Use*: Diuretic, tonic, and slightly aperient (gently laxative). It is chiefly used in kidney and liver disorders, and is perhaps one of the most generally prescribed remedies. A pleasant way of taking dandelion is in the form of a substitute for coffee. The roasted roots

are ground and used as ordinary coffee, giving a beverage tasting much like the original article, and which certainly possesses most beneficial properties in cases of dyspepsia, gout, and rheumatism."

In *Culpepper's Complete Herbal*, under the heading *Government and Virtues*, we read: "It is of an opening and cleansing quality, and therefore very effectual for the obstructions of the liver, gall bladder, and spleen, and the diseases that arise from them, such as jaundice and hypochondria (morbid depression of mind). It openeth the passages of the urine both in young and old; powerfully cleanseth inward ulcers in the urinary passages, and by its drying and temperate qualities doth afterward heal them. . . . It helpeth also to produce rest and sleep to bodies distempered by the heat of ague fits or otherwise. The distilled water is effectual to drink in pestilential fevers, and to wash the sores.

"You see here what virtues this common herb hath, and this is the reason the French and the Dutch so often eat them in the spring."

Then this 17th century British physician adds in slightly querulous vein, "And now if you will look a little farther you will plainly see (without a pair of spectacles) that foreign physicians are not so *selfish* as ours, but more communicative of the virtues of plants to people!"

In her interesting book, *Herbs for Daily Use*, Mary Thorne Quelch, another British writer tells of a prescription a gypsy friend gave her for clearing up the complexion and for the quick removal of warts. Mrs. Quelch says, "I have never known it to fail." Here is a resume of the advice given: "Ah, my lady, just you make a tea of the yellow dandelion in the spring and summer, and drink half a cup of it fasting for three mornings running. Then stop for four mornings, and after that you take it again. It'll clear away all the yellowness from your skin and make your eyes bright. And why does it

do all this? Because it clears all disorders out of the body. And there's something else that dandelion will cure, and that is *warts*, though I'll allow they only do this in the summer time. But if you've got warts in the summer (or late spring and early autumn), all you've got to do is to gather a dandelion leaf or flower, and just squeeze the broken stem. A drop of milky juice will come out. Touch the wart with that and let it dry on. That's all you've got to do. I don't say you won't have to do that two or three times; but it won't be long before the nasty wart turns black, and then it will fall off and leave nice clear skin where it used to be."

I must admit, the above simple formula for the removal of ugly, bothersome warts appeals to me more than the strong-smelling acetic acid, which is commonly used here in the U.S.A. for the removal of such unwanted growths. Our thanks go to the gypsies for the above simple, natural remedy.

Dandelion greens can be used freely in green salads, or cooked in the same way as spinach. This wayside herb contains in addition to other valuable minerals up to 28% sodium. These natural, nutritive salts aid in purifying the blood and neutralize the acids. Some experts believe that anemia is caused by a deficiency of these nutritive salts. Inasmuch as dandelion is unusually high in these important factors, it should be used much more freely in the diet.

MALVA

In the *Materia Medica* section of his notable work entitled *Herbs for Health*, Dr. Otto Mausert lists both malva and dandelion leaves as potent medicinal herbs. Although the Herbals (both old and new) fail to list malva, I have used it freely during the winter and early spring in the therapeutic "Green Drink," as mentioned above.

A laboratory report on the high nutritional values found in malva has just come to my desk. Although I

have known of the nutritive and medicinal qualities of this wayside weed for many years, I did not dream that it would contain so high a percentage of valuable minerals — up to 17% as indicated by the “ash” — nor the high Vitamin A content, which according to this authentic report, is the highest of any herb — 268,000 units of Vitamin A per pound!

No wonder the Spanish people use this herb freely in both salads and soups. They have found from centuries of practical experience that this wayside weed is both *good food* and *good medicine*, and is extremely valuable in both kidney and liver complaints.

Its attractive round-shaped, slightly serrated leaves on long, slender stems are a deeper, richer green than most wayside herbs and grasses, and thus, in my opinion contain a larger amount of the healing qualities always associated with the miracle-working chlorophyll.

LAMB'S QUARTER

One of my favorite wayside weeds is lamb's quarter. In the spring and summer this beneficial herb is at its best, and grows in abundance in orchard, field and garden, and can often be found along the roadside.

According to the experts, lamb's quarter is a “deep diver,” that is, its foraging roots penetrate deep into the mineral-rich subsoil to capture precious nutrients and rare trace elements that the more shallow-rooted plants fail to find. This wayside weed, then, is replete with valuable nutritional qualities. Its mineral and vitamin content is high; and in addition to these important factors, the “sunlight values” found so abundantly in its leaves, make it a valuable addition to the cultivated herbs used in making the therapeutic “Green Drink.”

Lamb's quarter can also be used in “green” or “tossed” salads, and as I have mentioned above steamed lamb's quarter make a wonderful substitute for spinach.

CHAPTER SEVEN

"THE PREVENTION OF MAL-
NUTRITION AND DEFICIENCY DIS-
EASES IS PROBABLY THE GREATEST
AND MOST COMPLEX PROBLEM IN
PUBLIC HEALTH THAT THIS
COUNTRY HAS EVER HAD."

— *Dr. W. H. Sebrell,*
U. S. Public Health Service.



The beauty of comfrey is well illustrated in this old drawing from Lawrence D. Hill's book entitled "Russian Comfrey."

Comfrey---The Healer

TODAY medical science is taking a "second look" at an old-time herbal remedy — Comfrey *Symphytum* — the leaves and roots of which have been used for centuries as an effective demulcent, astringent, and cell proliferant.

My interest in this time-tested medicinal plant began in the winter of 1956, when I set out a large bed of comfrey in my Yucaipa garden. Since then I have used comfrey leaves extensively in my therapeutic "Green Drink," and both the leaves and root, or rhizome, as a poultice to promote the healing of obstinate ulcerous wounds, and even skin cancer.

Before I relate some of the interesting case histories that have come under my observation during the past two or three years, it may prove helpful to review briefly the history of comfrey as a medicinal modality.

In reading old medical books and herbals I have found that comfrey has often been spoken of as "an old woman's remedy." Commenting on this, Dr. Charles J. Macalister (M.D., F.R.C.P.), of Liverpool, England, in his informative treatise on this ancient medicinal remedy, explains that the term probably dates back to the time when woman was the "Priestess of Medicine," and in no case was it used in a derogatory sense.

"Nursing," declares Dr. Macalister, "is a profession which pre-eminently belongs to woman, and the psychology of the nurse is essentially that of woman, who throughout the ages has been regarded as the possessor of inborn gifts and attributes rendering her the natural tender of the weak, and the maimed and hurt. . . ."

"The experience which woman acquired in prehistoric times regarding the care of her offspring was probably associated with some knowledge which would be handed

on from mother to daughter. So it would happen that adults appealed to woman as to mother, when smitten with illness. She was the 'Wise Woman' of those early times — and it is within the realms of possibility that comfrey was among the 'simples' employed by her, and may truly be called an old or ancient 'woman's remedy'."

The faith of the common people in comfrey as a healer is well illustrated by the experience of a Lancashire physician who tells of an amusing incident that occurred in connection with his practice back in 1912. He writes: "Three years ago I was called to see a girl with gastric ulcer, and treated the case in the usual orthodox manner. In three weeks the patient was able to return to her work at the mill. When congratulating the mother on her daughter's speedy recovery, the old woman said to me:

"'Do you mind my telling you something, Doctor?' On my replying in the negative, she said:

"'Well, Doctor, my girl has never had a drop of *your medicine*. All she has supped is pints of strong comfrey tea!'"

It is interesting to note that this British physician was not too proud to accept this old "woman's remedy," and ever since he has used comfrey with excellent results in cases involving the gastric mucous membrane.

In my reading I also have found that in Europe the use of Comfrey *Symphytum* was not confined to "old women" or the laity, but at one time was held in high repute by the medical profession.

In a letter written to Dr. Macalister in 1911, Dr. Edward Nicholson of Neuilly, France, declares: "I am quite at one with you in the examination of forgotten "worts." Certainly until the manufacture of the new class of synthetic medicines prevailed, one could count on one's fingers medicines that had not been discovered by old women or savages; and now one finds some of these

remedies are scientific imitations (however unconsciously) of the 'principles' contained in the Old Herbals."

It is interesting to note some of the statements regarding the medicinal value of the comfrey rhizome as found in some of the 16th Century "Herbals." (Please excuse the antiquated spelling.) In Turner's "Herball" of 1568 A.D., we have the following:

"Of Comfrey Symphytum. the rootes are good if they be broken and dronken for them that spitte blood, and are bursten. The same, layd to, are good to glewe together freshe woundes. They are also good to be layd to inflammation, and especially of the fundament (the anus), with the leaves of the groundsell."

In Garard's "Herball" (1597), he describes the healing qualities of comfrey in cases of "ulcers of the lunges" and "ulcers of the kidneies, though they have been of long continuance."

Parkinson, in his "Theatrum Botanicum," (1640), describes the virtues of comfrey as follows: "The rootes of comfrey, taken fresh, beaten small, spread upon leather, and laid upon any place troubled with gout, doe presently give ease to the paines; and applied in the same manner, giveth ease to pained joynts, and profiteth very much for running and moist ulcers, gangrenes, mortifications, and the like." John Parkinson was Apothecary to King James I, and his marble statue may still be seen in Sefton Park, Liverpool.

Tournefort, in his "Compleat Herbal" (1716) tells the story of a so-called charlatan (non-licensed practitioner), who "cured a certain person of a malignant ulcer, pronounced to be a cancer by the surgeons, and left by them as 'incurable,' by applying twice a day the root of comfrey bruised, having first peeled off the external blackish bark or rind; but the cancer was not of above eight or ten weeks standing."

Recently I was called to the bedside of a young woman who was suffering from a cancer of the right breast (in

an advanced stage). Her trouble started three years before in the form of a lump under the nipple. The cancer then spread rapidly to the glands of the axillary.

The patient belonged to a sect which did not believe in surgery, and the condition had advanced unchecked to the place where her right breast was covered with a large raw cauliflower growth 5 x 6 inches in size. On entering the home I was met with the nauseating odor of malignancy so characteristic in such cases. After the examination, I immediately recommended a comfrey-leaf poultice, and supplied her mother with comfrey leaves from my herb garden. Poultices of fresh, crushed leaves were applied several times daily to the large discharging mass.

Much to the surprise of the patient and her family, within twenty-four hours after the first poultice had been applied, all the vile odor had disappeared, and in forty-eight hours the huge sore started to scale over. The swelling under the large raw surface gradually subsided, and in about three weeks the once raw surface was covered with a healthy scale. What is more, much of the dreadful pain that usually accompanies the advanced stages of cancer, disappeared.

Unfortunately our treatment came too late to save the young woman's life. Metastasis had already carried the dreadful infection into the liver and other internal organs, which could not be reached with the comfrey poultices, and the patient died.

According to Dr. Macalister, "By the end of the eighteenth century, comfrey seems to have declined in popularity among European physicians. . . . But it is an interesting fact that in country districts it is still valued by agricultural and other workers on account of its curative properties. When visiting a farm in Tarvin in Cheshire, I was interested to find that its owner always kept a bed of comfrey in order that he might provide villagers with it when occasion arose."

CHAPTER EIGHT

"ANY DIET IN ORDER TO BE EFFICACIOUS FOR HEALING AND BODY-CLEANSING MUST CONSIST OF FOODS THAT CONTAIN, NOT MERELY THE RECOGNIZED 'FOOD VALUES,' BUT THAT CONTAIN INHERENT QUALITIES NECESSARY FOR CLEANSING, HEALING, AND FOR THE ELIMINATION OF POISONOUS WASTES."

— Hans Anderson,
in *"The New Food Therapy,"* page 24.



H. C. WHITE PHOTO

A typical comfrey bed. These plants are hardy, easy-to-grow, and have few enemies. They are deep-rooted, and bring up precious trace elements from the subsoil.

Comfrey---The Miracle Herb

IN HIS interesting book, *RUSSIAN COMFREY*, the British writer, Lawrence D. Hills, refers to *allantoin*, the active therapeutic agent found so abundantly in this remarkable plant, as *an internal healer*. He suggests that Veterinarians conduct adequate research as to its possibilities in the field of animal husbandry and in the control of the ever-present diseases of livestock. Then he adds this thought-provoking sentence:

"There may be better and swifter remedies in modern *synthetics* and the *antibiotics* and *sulfa* groups of drugs, but feeding a profitable fodder crop which provides *free precautionary medicine* is good farm economy, even at the expense of the chemical manufacturer."

It is interesting to learn that the healing agent, *allantoin*, is present in both the roots and the leaves of comfrey, and its value as a cell-proliferant — in making the edges of wounds grow together, healing sores, and taken internally for gastric and duodenal ulcers, and intestinal irritations causing diarrhea — is still recognized in pharmacy.

Justification of the name "symphytum" — which means "to make grow together," is found in the farmers' tradition that comfrey cures *scour*, and that it *prevents* and *cures* intestinal and digestive disorders in pigs, cattle and horses.

In this connection we are reminded of Researcher Frank Bower's somewhat amusing observation: "What's good for piggies is good for kiddies!" Consequently, if comfrey symphytum will prevent or cure severe intestinal and digestive disorders (as well as pulmonary diseases) in

livestock, would it not likewise perform equally well for the benefit of humans, both young and old?

In the fifth edition of *Potter's Cyclopedia of Botanical Drugs*, I find the following authoritative testimony, under the heading: "Comfrey *Symphytum Officinale*: Parts used: Roots and leaves. Action: Demulcent and astringent. Comfrey is very highly esteemed as a remedy in all pulmonary complaints, hemoptysis (hemorrhage of the lungs), and consumption, and forms an ingredient in a large number of herbal preparations; wherever a mucilaginous medicine is required this may be given.

"It has been used of late by the medical profession as a poultice to promote healing of obstinate ulcerous wounds. A decoction is made by boiling one-half to one ounce of crushed root in one quart of water or milk. Dose, a wine-glassful. The leaves are preferably taken as an infusion prepared in the usual manner. Comfrey leaves subdue every kind of inflammatory swelling when used as a fomentation."

An interesting case history is reported by Dr. Charles Macalister, of England, as follows: "A striking case was that of a woman, aged 48, who was referred to me by Dr. Douglas Crawford. There was a large ulcer on the dorsum of the foot and another over the lower third of the leg. The bases were in places sloughing and even gangrenous looking, and there was a purulent discharge. She was sent to Dr. Crawford for his opinion as to whether the leg should be amputated. The ulcer measured 5 x 4 inches, and had been in existence for five years.

"*Allantoin* dressings were commenced on July 25. A week later the surface had cleared and presented healthy granulations, and a rapid growth of epithelium was taking place from all the margins. On August 12 it was manifestly healing, and on August 17, i.e., in 23 days this huge ulcer was reduced to the size of a pinhead. The scar was healthy and sound. The patient was kept in bed for two

weeks, and after her discharge it remained healthy and well. . . .”

“I might quote many cases of various kinds which clearly confirmed the cell-proliferative qualities of *allantoin*. Among these were several cases of varicose ulcers. It was also found that burns and scalds of the lesser degrees were very useful fields of observation.”

In the year 1911, Dr. R. W. Murray (Hon. Surgeon Liverpool Hospital) confirmed the value of *allantoin* as a cell proliferant as follows: “Towards the end of last year there was an explosion at a factory in the neighborhood of the hospital, and we were called upon to treat a large number of men who were severely burnt on the head, forearms, and face. The burns were mostly of the second and third degree, and for about a week they were dressed with gauze soaked either in a solution of picric acid or in a solution of iodine.

“Dr. Macalister asked me to try dressing them with *allantoin*, and kindly provided us with a quantity of it. In the first instance it was tried on two or three cases only; but the results were so satisfactory and so convincing to house surgeons, dressers, and nurses, that dressing with *allantoin* solution soon became general. It not only stimulates epithelial growth, but ‘cleans up’ sloughing surfaces in a remarkable fashion.”

With such authoritative and glowing medical testimony regarding the healing power of the herb comfrey, and its miracle-working derivative — *allantoin*, all of us should heed the counsel of the wise man of old who wrote: “He causeth the grass to grow for the cattle, and the herb for the service of man.” (Psalm 104:14.)

Recently a most interesting case came under my observation. A middle-aged woman came to me with a large malignant ulcer below the eye and close to the nose. I prescribed a comfrey poultice, and the “Green Drink” containing comfrey leaves. Soon after the application of

the comfrey leaf poultice, the painful swelling subsided, and rapid improvement was noted. Only a few months after the initial treatment there was a complete healing over of the infected area, and the malignant ulcer had disappeared.

Another interesting case has just come to my attention. The patient is a woman 86 years of age who lives with her husband in a Sanitarium in nearby Azusa. Some months ago she was afflicted with a troublesome growth on the right side of her nose. This ugly, red, nipple-shaped growth was treated by her doctor in the regular orthodox manner. But unfortunately this curative measure was of short duration, and very soon the growth was back again — bigger and more terrifying than ever.

Her son became deeply concerned over his mother's condition, and having read my articles about the miracle-working properties of comfrey in LET'S LIVE Magazine, he suggested that perhaps an old-fashioned comfrey-root poultice might help relieve this ugly, fast-growing "wart." She and her husband agreed to try this simple remedy, and the following day her son mailed a little bottle of dried comfrey root powder to his mother.

Small poultices were immediately applied to her nose during the daytime, and a large poultice was worn at night. Almost immediately the inflamed condition subsided, and the nasty growth began to recede. The recession was slow but gradual, and in less than 60 days the once ugly "wart" had completely disappeared. Today even close examination fails to show a trace of this once distressing growth, and there are no tell-tale scars.

When such simple remedies as we have noted above, will produce such dramatic results in so short a time, it tends to confirm the almost incredible reports of the medicinal qualities found in comfrey, as reported by Dr. Charles Macalister in his book entitled: *"Narrative of an Investigation Concerning an Ancient Medicinal Remedy, and its Modern Utilities."*

CHAPTER NINE

"OUR CIVILIZATION HAS DRIFTED DANGEROUSLY NEAR STARVATION AND DISEASE, BECAUSE MODERN IDEAS OF HUMAN NUTRITION HAVE DRIFTED AWAY FROM THE USE OF *NATURAL FOODSTUFFS* TO THE USE OF MAKESHIFT FOODS THAT ARE SO REFINED THAT THEY ARE RENDERED INADEQUATE FOR REBUILDING THE LIVING MACHINE."

— *Hans Anderson,*
in "*The New Food Therapy,*" page 20.



H. C. WHITE PHOTO

Anna Rodolff, "Checker" at one of the large Natural Food Centers in Southern California, pauses for a moment of relaxation at one of the check stands. She is seen enjoying a large serving of the Author's therapeutic "Green Drink." For months Anna suffered severe pain in both shoulders and arms after a few hours at the stand. Now, after taking the "Green Drink" containing comfrey leaves several times each day, she never tires, and the pain in arms and shoulders has mysteriously vanished. She gives all the credit to Dr. Kirschner and his wonderful health beverage.

“A Leaf a Day Keeps Illness Away”

AN INTERESTING report about the healing properties of comfrey has just come to my desk from faraway New Zealand. This story from “down under” confirms all that I have written about this miracle-working plant, and should bring renewed hope to those of my readers who are afflicted with the distressing symptoms accompanying asthma.

The sudden and widespread interest in the magic power of comfrey throughout the Island Commonwealth came about in the following undramatic fashion. I quote from the source:

“A farmer friend casually nibbled a comfrey leaf in the front garden of Mrs. D. H. Johnson, of Cambridge, New Zealand. As a result she is now being overwhelmed with requests for the leaf. Already it has helped hundreds of sufferers with a wide range of complaints.

“This friend had suffered from asthma for thirty years. His first night of unbroken sleep followed. Trying to trace the reason for this unusual experience, he thought back over his action of the previous day. He decided it must be the comfrey leaf he had eaten and sent for more. Now he eats some every day and has not suffered from asthma since. Mrs. Johnson’s own son also suffered from asthma. He followed the same routine and was similarly relieved.”

Today supplies of comfrey leaves are sent all over New Zealand to asthma sufferers from the Johnson farm. Mrs. Johnson receives enthusiastic letters almost daily from people suffering from eczema and other skin troubles, digestive disorders, rheumatic complaints, boils and vari-

cose ulcers, as well as asthma. All say they sleep better, eat better and feel much fitter following a "course" of comfrey leaves!

This interesting report states that Mrs. Johnson started growing comfrey to feed her thoroughbred horses. She had heard that comfrey built strong bones in young animals. At first she had difficulty obtaining supplies of the plant, since its importation was banned. But she managed to obtain a few plants from a previous importation. Now the few have grown to hundreds of thousands.

According to our New Zealand story, "comfrey is believed to have been used medicinally by the Greeks and Britons—both as a tonic and to heal wounds. It tastes like young spinach and looks something like a dock plant without the central spine. Its roots go down very deep, reaching soil nutrients not touched by shallow-rooted plants.

"Comfrey," continues our source, "is said to have been used with good results as a food in Russia during the war, and is now being grown experimentally as a fodder crop at several Agricultural Research Stations in Queensland (Australia).

A few weeks ago I received a parcel from Switzerland. On opening the package, I found it contained a wonderful new book authored by my friend, Dr. Alfred Vogel, of Teufen, Switzerland. This exciting and informative book, *THE NATURE DOCTOR*, is chock-full of vital information gleaned from Switzerland's famous "folk-medicine" as practiced by these intelligent and progressive people for nearly 1,000 years.

I was particularly interested in what Dr. Vogel might have to say about my favorite garden treasure—comfrey symphytm. Sure enough, he had plenty to say about this wonder-working plant.

It seems that the Swiss people have long used this plant—especially the dessicated roots—as a poultice to

relieve the agonizing pains accompanying severe cases of arthritis. On this point, here is what Dr. Vogel has to say on page 60:

"Externally, one can apply pulped comfrey root to the painful parts and you will find that the pain will gradually fade out."

On page 192, Dr. Vogel continues his informative dissertation on comfrey and its various medicinal uses as follows: "The comfrey plant grows, for the most part unnoticed, near farmyards. Even in ancient times, it has been used to heal wounds, broken bones and especially leg fractures. Considering its value in these cases alone, it would deserve more attention than it usually receives. It encourages the healing process and speeds up the formation of new bone cells which is probably due to the fact that it contains from .08 to 1 per cent of *allantoin*. This is known to promote granulation and the formation of epithelial cells. Cholin is another constituent of the comfrey plant, while other important elements may also be present, although these are, as yet, unknown. . . .

"Comfrey tincture is an excellent remedy for an injured periosteum; i.e., the outer covering of bones, and it also has been successfully used for suppurating ulcers, wounds which refuse to heal, and leg ulcers. There is hardly a better remedy to be found for the external treatment of gout.

COMFREY AS A BEAUTY AID

It is interesting to note that Comfrey preparations have long been used in Switzerland as beauty aids. The almost miraculous ability of Comfrey to clear up skin troubles of long standing was recently demonstrated in my own office.

My secretary had been suffering for months from very dry and extremely sensitive skin, with recurring rash due to an allergy which failed to respond to any treatment.

One day she appealed to me for help. "Doctor," she

said, "if all the virtues you ascribe to Comfrey are true, *why can't you help me?* Why can't a skin cream or some sort of lotion be made up from Comfrey leaves or roots that will help me solve *my* skin problem?"

After giving some study to the matter, I consulted a nationally-known organic chemist and cosmetologist to see what might be done to help my secretary solve her skin troubles, with Comfrey. This famous expert in the field of beauty aids was immediately intrigued with the idea, and agreed to help. I supplied him with Comfrey leaves from my garden for his experiments.

Within a short time he was able to present me with two interesting preparations. (1) A Comfrey Moisturizing Cream. (2) A Comfrey Cleansing Cream. My secretary could hardly wait to try out these two preparations, and without delay she began using the two Comfrey Skin Creams. Much to her delight, and my personal satisfaction, her very difficult problem quickly vanished, and her skin was restored to normal beauty and tone.

Subsequent exhaustive tests have shown these preparations most effective in a wide variety of skin disorders, and the Comfrey Moisturing Cream, and the Comfrey Cleansing Cream have proved to be extraordinary skin normalizers. They seem to have the almost magic ability to soften and rejuvenate dry, aging, and lifeless skin.

It is good to know that these valuable preparations are now available at many leading Health Food Stores.

Dr. Vogel, whom we have quoted earlier in this chapter refers to Comfrey as a beauty aid in these words: "Wrinkles, 'crow's feet', or aging skin which has been damaged by the use of cosmetics, will be rejuvenated by its continuous use. As a beauty treatment, therefore, Comfrey should have its place on the dressing table. It can be considered as a healing remedy, for true beauty is not just painted on, but identifies itself with good health."

CHAPTER TEN

"FROM BIRTH TO OLD AGE, THE AVERAGE INDIVIDUAL NEVER EXPERIENCES THE TASTE OF REAL, NATURAL FOOD. HE IS POISONING HIMSELF DAY BY DAY WITH THE FOOD HE EATS. FEW PEOPLE KNOW THE RIGHT KIND OF FOOD TO PLACE IN THEIR BODIES TO KEEP THEM WELL AND STRONG, OR TAKE THE TROUBLE TO SELECT THIS FOOD IF THEY DO KNOW."

- Paul C. Bragg



H. C. WHITE PHOTO

The author proudly exhibits one of the prize comfrey plants growing in his Yucaipa herb garden. This one measures three feet in diameter, and contains over 300 leaves.

How to Use Comfrey

IN THE three previous chapters we have given our readers a brief history of the wonderful plant known as Comfrey *Symphytum*. We have told you some of the ways comfrey has been used during the past few centuries, and how it can help us today by providing a gentle, yet effective healing agent, even in such difficult conditions as tuberculosis, ulcers of the lungs, asthma, ulcers of the stomach and alimentary canal, ulcers of the kidneys, severe burns, bone fractures, gangrene, neurosis of the tissues, and tumors (both benign and malignant).

We have told you about *allantoin* — the active therapeutic agent found in both the leaves and the roots of comfrey, and its almost magic qualities as a cell proliferant, demulcent and astringent. We have given you some interesting and authentic case histories that have recently come under our personal observation, and which tend to confirm the findings of other medical men both at home and abroad.

Now the question arises: "How can I use comfrey?" By special request this chapter will be devoted largely to "ways and means" of preparing comfrey leaves and roots to be used as an internal medicine (in food), or as a simple poultice or fomentation in cases involving open wounds, ulcers, burns, abnormal growths, insect bites, etc.

In cases of obstinate ulcers, abnormal growths, gangrene, tumors, burns, open wounds, or inflammation caused by insect bites, the comfrey leaves can be prepared for the poultice by putting them through a juicer. However, as the comfrey leaves contain little juice, but a thick mucilaginous substance, like okra, the macerated leaves are gathered from the "basket" of the juicer following the operation, and not from the spout, the mass of triturated comfrey leaves can then be spread on a cloth and applied to the infected area.

If no centrifugal electric juicer is available, one might prepare the comfrey leaves by macerating them with the help of a hand grater, or a vegetable or meat grinder. Some of my friends have prepared the comfrey leaves for the poultice by placing them on a board, using a hammer to macerate them. In making a large poultice, I would suggest that from 10 to 12 medium size leaves be prepared as indicated above.

Some authorities believe that the roots of the comfrey plant are even more potent than the leaves. However, as stated above, both the *leaves* and the *roots* contain the priceless healing agent *allantoin*, and, therefore, we believe *both* can be used effectively as a poultice, or can be taken internally as an additive to food or drink. In fact, long experience has proved this to be so.

Our readers will be glad to learn that Dried Comfrey Root Powder, Sun-dried Comfrey Leaf Tea and Dried Comfrey Leaf Powder is now available at leading Health Food Stores in Southern California. It can be shipped anywhere in the country without danger of deterioration or spoilage. The fresh green leaves, however, wilt quickly, and therefore cannot be shipped to distant points without spoilage (except by air-express).

To use in the form of a poultice, the comfrey root powder should be dampened with water, forming a sticky, mucilaginous mass. This is then spread on a cloth and applied to the infected area.

As a food, I like to use a little of the powder in a homemade milk shake containing banana, brewers yeast, sunflower seeds, black-strap molasses, etc; or it can be similarly used as an ingredient in my therapeutic "Green Drink." For those of my readers who eat cooked dishes, comfrey root powder can be added to soups or sprinkled onto the morning mush or porridge. We have found it does not alter the flavor of other foods. A good level teaspoonful of the powder to a serving of soup or mush should prove adequate. The dried comfrey leaves (crushed

to a powder) can also be used in the same manner as indicated above.

In the preparation of comfrey tea, I take four small, fresh leaves, cut them up and steep them as I would tea. A heaping tablespoonful of the dried comfrey leaves (desiccated) are a good substitute for the fresh leaves, and make delicious tea.

In using the fresh roots of comfrey, according to *Potter's Cyclopedia of Botanical Drugs*, a decoction is made by boiling one-half to one ounce of crushed root to a quart of water. Dose: One wine-glassful (4 to 6 ounces). Dried Comfrey Root is now available in all leading Health Food Stores, from which excellent tea can be made.

In cases of gastric ulcer, internal tumor, or lung ailments, this tea should be used in liberal quantities every day. In cases of tuberculosis of the lungs or gastric ulcers, *raw* comfrey leaves can be used very effectively in my therapeutic "Green Drink." (See formula on page 114 of this book.) In preparing comfrey for the "Green Drink," I use from four to six medium size leaves to each batch of the liquid medicine.

As a blood purifier, comfrey has been widely used in European countries for centuries, and is highly recommended in old medicinal books and herbals. The Europeans cooked the leaves and ate them as we do spinach, chard, or beet greens. But I still prefer to use the fresh leaves *raw* in my "Green Drink."

By the way, as many of my readers already know, pure blood builds healthy tissue; and if comfrey were used for no other reason than to help keep the blood-stream pure, it would be worth the effort to grow and use this plant freely in the diet.

In Dr. Nicholas Culpepper's famous Seventeenth Century work entitled, "Culpepper's World-Famous Herbal Guide to Radiant Health," we find some interesting ways in which comfrey was used in Old England three hundred years ago. Here is what this noted British physician has

to say about this wonderful plant, and its various uses as a medicinal modality:

"The great comfrey helpeth those that spit blood, or make a bloody urine. The root boiled in water or wine, and the decoction drank, helps all inward hurts, bruises, wounds, and ulcers of the lungs, and causes the phlegm that oppresses them to be easily spit forth. It helpeth the defluction of rheum (a watery discharge from the mucous membranes) from the head upon the lungs. A syrup made thereof is very effectual for all those inward hurts, and the distilled water for the same purpose also, and for outward wounds or sores in the fleshy or sinewy part of the body whatsoever; as also take the fits of agues, and to allay the sharpness of humours.

"A decoction of the leaves hereof is available to all purposes, though not as effectual as the roots. The roots being outwardly applied, help fresh wounds or cuts immediately, being bruised and laid thereto. It is especially good for ruptures and broken bones; yea, it is said to be so powerful to consolidate and knit together, that if they be boiled with dis severed pieces of flesh in a pot, it will *join them together again!* It is good to apply unto women's breasts that grow sore by the abundance of milk coming into them; also to repress the overmuch bleeding of hemorrhoids, to cool the inflammation of the parts thereabouts, and to give ease of the pains."

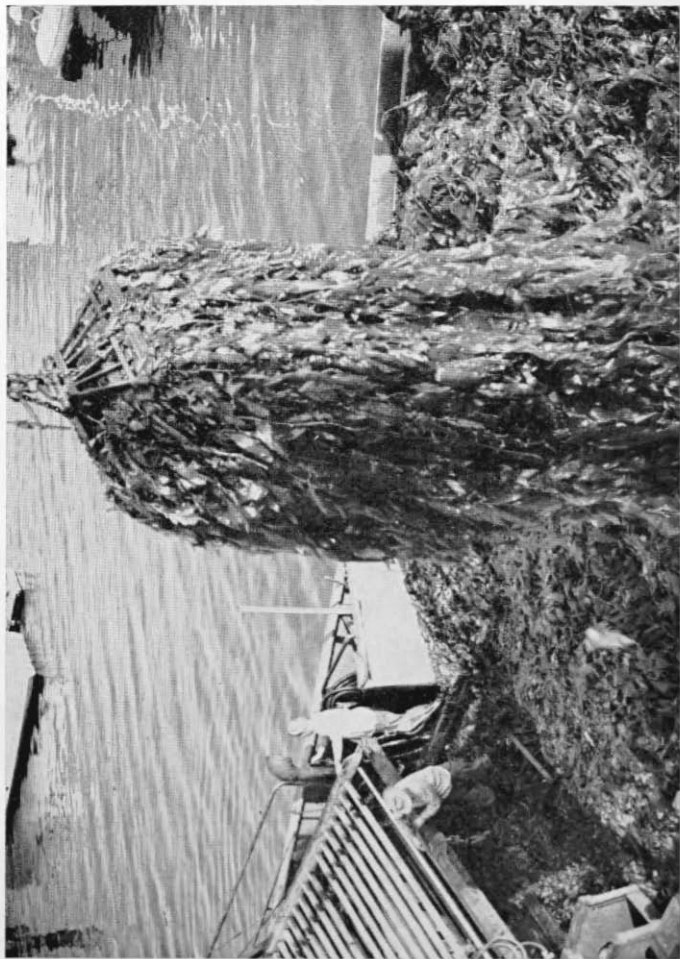
In bringing this chapter to a close, let me add to Dr. Culpepper's unique dissertation by observing that if only one-half the benefits that this 17th Century physician attributes to the use of comfrey are true, this herb deserves a much larger and more honorable spot than it now occupies in the pharmaceutical houses, the drug stores, and the doctors' offices throughout the land.

Yes, my friends, "there are simple herbs that can be used for the recovery of the sick. . . . There are herbs that will tide over many apparently serious difficulties — and they leave no injurious effects in the system."

CHAPTER ELEVEN

"I FIRMLY BELIEVE THAT IN DIET WILL BE FOUND THE KEY TO THE SOLUTION OF NINE-TENTHS OF THE POLITICAL, SOCIAL AND ECONOMIC PROBLEMS THAT BESET OUR AGE AND TIME."

— *Professor Hartz,*
Great English Pathologist.



PHILLIP R. PARK, INC.

A boat-load of kelp being unloaded at the Park Company's pier by mechanical fork, where it is dropped into a huge rotary chopper and prepared for the "drier."

Kelp---The Health Giver

AND God said, let the waters bring forth abundantly the moving creature that hath life. . . . And God created great whales, and every living creature that moveth, which the waters brought forth abundantly after their kind. . . . and God saw that it was good." (Genesis 1:20, 21.)

From the text of Scripture quoted above, we conclude that much of the *life* on this planet earth had its genesis in the waters. We also assume that the seas must contain vital elements that promote biological activity, and, therefore, should be rich in life-sustaining elements.

It is an interesting fact that modern scientific research confirms that the sea *does* contain many life-giving properties—in fact, it is now recognized that ocean water is one of the richest sources of vital mineral elements known to science.

What are these life-giving elements that are found in such lavish abundance in the sea? In order to refresh our collective memories I shall present just a few in the following list: Aluminum, barium, bismuth, boron, calcium, chlorine, chromium, cobalt, copper, gallium, iodine, magnesium, manganese, molybdenum, phosphorus, potassium, silicon, silver, sodium, strontium, sulphur, tin, titanium, vanadium, and zirconium—nearly thirty in all!

Isn't it wonderful that a Wise Providence has placed *all* of the above-named minerals in common sea-weed, or kelp? And what is still more wonderful, the plant, in extracting and assimilating these vital mineral elements from ocean-water, miraculously converts them from *unavailable, inorganic* substances into *organic minerals* which the body can utilize for health!

Yes, as Dr. Eric Powell, noted British scientist says in his informative booklet on KELP, "Of all the forms thrown up by the seas the common seaweed known as kelp, deserves our most *special attention*." For in the sea vegetation we find an incomparable source of life-sustaining micro-nutrients compounded in Mother Nature's own laboratory in a balanced, easy-to-take form.

When I visited the large Kelp Processing Plant in San Pedro, California, several years ago, little did I realize the important place that KELP would soon occupy in helping to solve the growing problem of malnutrition here in the U.S.A. Now, as a result of my research and study on this subject, I use kelp in some form every day, and in the preparation of my salads, as a "hedge" against any possible mineral deficiencies in the daily diet. I also use kelp in my Nutritional Garden as a natural organic fertilizer to insure proper mineralization of the soil. And of course, I recommend its use to all my patients — most of whom are suffering from serious deficiency diseases.

Before I discuss the high therapeutic value of kelp and its important place on the "Food and Medicine Shelf," I would like to present a brief historical sketch revealing the role of kelp as a factor in animal and human nutrition.

It is of interest to observe that certain maritime nations, including the Japanese, the Chinese, the South-sea Islanders, and the Greenland Eskimos have for ages prized seaweed as one of their principal vegetables. These people were wise enough to make kelp in its various forms a staple in their diet. The shore-dwelling Europeans also learned of its value in feeding their livestock, and according to Donald Peattie, in an article in *The Reader's Digest* of September, 1952, "Denmark, a country of fine seashores and fat cattle, produces a seaweed meal for cows, and here in our own land a dairy herd given supplementary feedings of dried seaweed a few years ago won the world's record for milk production."

As a child, you probably had the time of your life in the summertime playing with seaweed littering the beach, and as an adult, you probably have considered it decorative but hardly useful. But thinking on that score has changed today with the realization that the sea-kelp beds on the ocean's floor can provide a mineral-rich addition to livestock and poultry feed.

In this country, "it was the late Philip R. Park who first realized the nutritive values of plants in undersea meadows. While active in the feed business in the East, he had pioneered in the use of alfalfa meal and fish meal as supplements for livestock feed, and he continued his interest in feeds after his retirement. He had made observations about plants from the sea during trips to Europe, and finally, while visiting the Pacific Coast in 1926, he decided to test his theories and build a plant at the outer harbor of San Pedro (Los Angeles County).

"Park leased kelp beds from Point Dune to Ocean-side and the Channel Islands from the State, which owns them, and the Fish and Game Commission, which supervises them. Harvesting seaweed began in 1927, and since the founder's death in 1947, it has continued under the able supervision of a chemist, Gertrude Beckwith, probably the world's only 'lady farmer' of ocean meadows.

"Two or three loads of kelp (between 115 to 130 tons per load) are brought in weekly from the 'pastures' by a flat, barge-type boat. Attached to its bow is a queer moving apparatus that is lowered into the 100-foot deep sea beds off the Southern California coast. According to James L. Sutherland, director of research, California's regulations state that kelp cannot be cut more than four feet below the ocean's surface. Thus, the seaweeds have a chance to grow for future harvests.

"At the company pier, the kelp is unloaded by a mechanical fork and dropped into a rotary chopper where it is roughly chopped, then carried by conveyor belt into hammer-mills where it is macerated. The pulverized kelp

is next placed in a 14-foot drier with a six-ton holding capacity. In the drier, the 90% water content of the kelp is evaporated without loss of any of the trace minerals. A hot-air cyclone drier receives the dehydrated product in the final processing step and the kelp emerges as fine, dark-green flakes ready for sacking and transportation to the company's plants at Fontana and Dubuque, Iowa."

For many years kelp has demonstrated its value as a remedy for human ailments that result from deficiency conditions. It has been particularly successful in relieving glandular disturbances which often result in such ailments as goitre, rickets, anemia, underweight, constipation, stomach trouble, headache, kidney disorders, eczema, neuritis, asthma, and low vitality.

Kelp can be used in a variety of ways. In its powdered form it can be added to soups, salads, cottage cheese, tomato juice, fruit juices, or sprinkled on baked potatoes. Some persons use it satisfactorily as a salt substitute.



CHAPTER TWELVE

“OUT OF 4,000 CASES IN A NEW YORK HOSPITAL, ONLY TWO WERE NOT SUFFERING FROM A LACK OF CALCIUM. WHAT DOES SUCH A DEFICIENCY MEAN? HOW WOULD IT AFFECT YOUR HEALTH OR MINE? SO MANY MORBID CONDITIONS AND ACTUAL DISEASES MAY RESULT THAT IT IS ALMOST HOPELESS TO CATALOG THEM.”

—*Dr. Henry Sherman,
of Columbia University.*



PHILLIP R. PARK, INC.

In sea vegetation we find an incomparable source of life-saving nutrients compounded in Mother Nature's own laboratory in a balanced, easy-to-take form.

Kelp---As a Medicine

PAINFUL as it is for most of us to face the facts of life, the deplorable lack of mineral-bearing foods in our American dietary has at last assumed the proportions of a major disaster. In our modern civilization, as a result of our mineral-depleted soils, sickness abounds in every walk of life. Rich and poor, old and young alike, suffer and die from the ever-increasing diseases of malnutrition. Deficiency diseases have now reached an all-time high; and according to one authority, in spite of all our boastful claims and all our scientific achievements in the field of curative medicine, we are actually "the sick-est nation" on the face of the globe!

In the December, 1945 *Reader's Digest* there appeared an article of startling significance entitled: "Are We Starving to Death?" In this reprint from the *Saturday Evening Post* "an eminent soil doctor warns that our mineral-depleted land threatens us with 'hidden hunger'."

"A new enemy has come among us unawares. It stalks us invisibly, strikes silently, is almost as hard to believe in as germs were when Pasteur revolutionized medicine by revealing their role in disease. The new enemy is never dramatic. It appears merely as a lack of minerals in the soil, and leaves no clear-cut sign. Fields that have always been green may be green still. But the same LIFE is no longer in them, and they cannot provide healthful food for man.

"The problem," Dr. Wm. Albrecht says, "is rapidly reaching the size of a catastrophe, and if carried much further could mean national suicide!"

What can be done to *reverse* this dismal trend, and *correct* what is rapidly becoming a national tragedy? As I have pointed out in the previous chapter, many experts in the field of nutrition are today pointing to the *products*

of the sea as a possible "way of escape" from complete disaster on the food front.

According to D. C. Jarvis, M.D., noted Vermont physician, in his book on "Folk Medicine," the ocean, being the lowest portion of the earth's surface, is a sort of "catch-basin" into which mineral substances of every kind have for ages been dumped by the many moving forces of Nature. "Thus," says Dr. Jarvis, "the ocean has become a reservoir of accumulated wealth in chemical materials which makes the resources of the land appear insignificant in comparison."

This sea-water, according to the Vermont doctor, "is a most complex liquid containing about 3.5% of dissolved inorganic compounds." From the standpoint of human nutrition, these inorganic substances found in such abundance in the ocean, are largely *unavailable*, and therefore, cannot be assimilated into the blood stream and utilized by the body for vital health. Thus kelp, which transforms these dead, inert substances into organic minerals, becomes a "life-saver" and a potent *food* for all of us who are the least bit interested in survival!

According to the noted British scientist and physician, Eric F. Powell, Ph.D., "kelp has been employed in medicine for a very long time both by the *orthodox* and the *herbal* schools. Later on it found its way into Homeopathy. Recently, as a result of Radiesthesia, it has been found to possess an even wider range of therapeutical uses."

In my reading of old books, I find that the herbal school used kelp mainly as an anti-fat remedy and for simple goitre. I have in my hand a copy of "Potter's Cyclopedia of Botanical Drugs." This famous *Herbal* describes kelp as follows, under the heading of *Bladderwrack*:

"Synonyms — Bladder Fucus, Seawrack, Kelp, Seaweed. Part used — Plant. Action — Deobstruent, (having the power to clear or open the natural ducts of the fluids and

secretions of the body, as the pores, lacteals, etc.), anti-fat. Kelp has been employed with success in obesity. It influences the kidneys and acts as an alterative (having the power to restore the healthy functions of the body).

“How used — The infusion of one ounce to one pint of boiled water is taken in wineglassful doses, or better still in pill form.”

In his booklet entitled “Kelp—The Health Giver,” Dr. Powell states that the Homeopaths not only use kelp for obesity and goitre, but also for a wide range of physical ailments such as “poor digestion, flatulence, and obstinate constipation.” In fact, Dr. Herbert Knapp, Homeopathic physician, came to the conclusion that he had found a *specific* for exophthalmic goitre in kelp; and records cases of this disorder that he had cured. His findings are supported and confirmed by Dr. Foster of Chicago, who states that he has never known it to fail when the patient was under thirty years of age. He adds that he never uses any other remedy for goitre. Herbalists and Homeopaths agree that the remedy must be taken for some time in order to produce ideal results, but as it is absolutely *non-poisonous*, and is as much a *food* as it is a medicine, there is no limit to the length of time during which it may be taken. Then he adds, “experience suggests that the older you are the longer you have to take kelp for remedial purposes.”

We are indebted to the late Dr. Guyon Richards, famous authority on Radiesthesia for discovering the beneficial effects of kelp on the reproductive organs — the prostate gland, uterus, and testes and ovaries. Dr. Richards is also to be credited with much of the information we now have relating to the remedial and normalizing action of kelp on the thyroid, the sensory nerves, meninges, arteries, pylorus, colon, liver, gall bladder, pancreas, bile ducts and the kidneys. Few remedies, in fact, have such a wide range of action on diseased organs of the human body.

According to Dr. Powell, kelp is most effective in its therapeutic action if taken in small doses, and in cases of serious illness should be administered under the guidance of an experienced Homeopathic physician. This advice is particularly applicable when the kelp is reduced to tablet form or pills of high potency.

"Dr. John H. Clark, the famous Homeopathic physician, advises kelp for indigestion. There is hope for many chronic sufferers from indigestion if they will give kelp a fair trial. I think I may safely say that at least some benefit will result, and possibly a total cure."

With so many of my fellow Americans suffering from various forms of stomach disorder, and chronic constipation, with its resulting *toxemia*, what a blessing is in this simple remedy—KELP. We physicians now know that a host of physical disorders, and even some forms of insanity are due to *toxemia* (toxic substances coming from a foul, polluted colon). These poisons accumulate in the colon and are absorbed into the blood stream, causing such serious complaints as rheumatism, nervous disorders, kidney trouble and severe headache.

For those of my readers who may be suffering from arterial trouble, it is good to know that "kelp is an arterial cleansing agent, and gives 'tone' to the walls of the blood vessels. Hence it is helpful in some cases of arterial tension (high blood pressure). Some practitioners believe that kelp helps to remove deposits from the walls of the arteries, and restores their elasticity, thereby lengthening the life span."

What a debt of gratitude we all owe to such persevering pioneers as Philip R. Park, and other devoted researchers in the field of health, who have brought the benefits of life-sustaining kelp to us in so many attractive, easy-to-take-forms. These fine products can be found on the shelves of all leading Health Food Stores and up-to-date Natural Food Centers. As a physician my advice to you is: "Put KELP on your shopping list today."

CHAPTER THIRTEEN

“LONG SURGICAL EXPERIENCE HAS PROVED CONCLUSIVELY THAT THERE IS SOMETHING RADICALLY AND FUNDAMENTALLY WRONG WITH THE CIVILIZED MODE OF LIFE, AND I BELIEVE THAT UNLESS THE PRESENT DIETETIC AND HEALTH CUSTOMS OF THE WHITE NATIONS ARE RECOGNIZED, SOCIAL DECAY AND RACE DETERIORATION ARE INEVITABLE.”

— *Sir Arbuthnot Lane, M.D.,
Noted British Surgeon.*



H. C. WHITE PHOTO

Popular kelp products now available at leading health food stores throughout the country.

Kelp---For Trace Minerals

IN RECENT years much attention has been directed to the role of "micro-nutrients" or trace minerals in the diet. Modern nutritional science has demonstrated the important fact that trace minerals are no longer to be considered as "minor" food elements. There is abundant proof that they are absolutely indispensable to both life and health in young and old alike. It seems that their importance is out of all proportion to the small quantity in which they occur in the human body. Since the tissues of the body are constantly losing some of each mineral element, it is necessary to replace the loss through mineral-rich food, or food supplements of one kind or another.

Science also reveals the important fact that minerals are somehow inter-related. Certain vital processes are dependent not only on the presence of specific minerals, but on a proper balanced relationship between them.

It is easy to see then, why kelp in its various forms becomes increasingly important from a nutritional standpoint. Laboratory tests show that seaweed contains at least thirty essential, life-sustaining minerals — the majority of them in measurable amounts, and the others discernable only by the aid of spectrographic analysis.

Although it is impossible in this short chapter to cover the whole field of minerals and trace elements found in sea vegetation, I believe it will prove helpful to list the most important ones, and describe briefly the role that each plays in human nutrition and vibrant good health.

NITROGEN

Some minerals are used as raw materials for building or repairing the body structure. Into this class may be

placed nitrogen, which is so abundantly prevalent in kelp. It furnishes us with one of our most useful building blocks.

IODINE

The organic iodine contained in this seaweed has long been recognized for its helpfulness in the treatment of abnormal thyroid functioning. A therapy that includes both kelp and thyroid appears to give the most effective results.

In regions where the drinking water is lacking in iodine, kelp especially should become a supplement to the diet, as a prevention against goitre.

IRON AND COPPER

There is a definite relationship between iron and copper in regulating the red corpuscles of the blood. If your food does not contain enough iron and copper, the blood will be low in red corpuscles, and the body will not get enough oxygen. A shortage of red corpuscles causes anemia. Kelp is a potent factor in correcting anemia.

SILICON

This is one of the minerals that plays an important part in our daily lives, but is the least thought of. When the silicon supply is low the skin begins to wrinkle and sag. Also the hair of some persons becomes thin and falls out. This is due to the lack of feeding the roots, and where silicon is not present, you will see poor hair.

Many persons have fingernails that become brittle and break off. When silicon, calcium and sulphur are added to the diet, the nails become thicker and stronger. All of these elements are present in kelp.

SODIUM

This seaweed contains one of the most necessary minerals of the human body. Sodium is good for the treatment of the stomach, blood, glands, avoids congestion and

aids the digestive system in assimilating food. It also prevents acidosis, kidney disease, and purifies the blood stream. Sodium is an essential part of muscle tissue and tone. A good digestion builds itself on sodium and chlorine.

SULPHUR

Sulphur is essential in the building blocks that construct every one of the millions of body cells. It is present in the insulin that keeps you from becoming a diabetic, and it is also part of the Vitamin B complex. Sulphur is the material that cement together the millions of cells in the human body. Each one of these cells must have food in order to keep alive. However, their life span is short and they are continually being replaced; so it is necessary that a strong cement be used, and one that can readily be replaced. Kelp is a good source of organic sulphur.

MANGANESE

In the human diet manganese is unquestionably an essential mineral. It is present in all tissues, but particularly in the reproductive organs. It assists calcium and phosphorus in bone formation. Manganese also treats the brain and heart tissues, gives strength to the bones, and protects the inside lining of the heart, blood vessels and urinary passages. This mineral is prevalent in kelp.

ZINC

Since zinc is contained in the body in the largest amounts of all of the trace elements, it can naturally be assumed it is one of the essential minerals. The physiological functions of zinc, while not entirely known, is related to the enzyme systems; and there are increasing indications of its relationship to the blood-forming metabolism. Subnormal levels of zinc are found in leukemia, and also in the pancreases of diabetics. This trace element is found in kelp.

Although we have especially emphasized the minerals present in seaweed, not to be overlooked are the vitamins in which it abounds. For years kelp was chiefly known for its Vitamin C content. However, laboratory tests have definitely established the presence of valuable amounts of Vitamin A, B-Complex and E.

In the light of the foregoing discoveries made by leading men in the field of nutritional research, my advice to YOU is: "Don't wait for more weighty evidence, but start using kelp in your diet today!" In terms of better health and increased vitality and well-being you'll be glad you did.

In the accompanying illustration we show how easy it is these days to obtain the benefits of kelp as a major factor in the diet. Here are pictured several ways in which sea vegetation can be served on your table every day. (1) As a powder, for soups, salads, etc., (2) As a salt substitute, for seasoning. (3) As a vegetable gelatin for making delicious desserts. (4) As an ingredient in bread and cookies, etc. (5) In flake form, as one of the "live foods" used in my therapeutic "Green Drink." (6) In easy-to-take tablets, as a nutritional mineral supplement. With this galaxy of "good things" now obtainable at all leading health food stores, no one need forego the rewarding benefits of KELP in the daily diet.



CHAPTER FOURTEEN

SOCRATES, THE FAMOUS GREEK PHILOSOPHER ONCE SAID: "BAD MEN LIVE THAT THEY MAY EAT AND DRINK, WHEREAS GOOD MEN EAT AND DRINK THAT THEY MAY LIVE."

— *Abundant Health*, page 94.



H. C. WHITE PHOTO

Actress Gloria Swanson, glamorous star of stage and screen attributes her youthful appearance (she is now in her 60's) and her abounding energy and good health to natural foods. In our photograph she is shown in the green vegetable section of a Southern California Natural Food Center. Fruits and leafy vegetables are her favorites.

Watercress and Parsley Food---Medicine

THERE is absolutely no substitute for *greens* in the diet! If you refuse to eat these "sunlight energy" foods you are depriving yourself, to a large degree, of the very "essence of life." Thus you are violating one of the oldest and most fundamental laws of human nutrition, and you will pay for your folly in many forms of ill health.

As we have noted in earlier chapters on this important subject, the fresh green leaves of plants are replete with mysterious vital forces that are lacking in other foods. And of all the leafy foods *first place* must be given to WATERCRESS. Since it grows in water, and is most often found in sandy creek bottoms, it is an excellent source of minerals, and is least affected by problems of soil depletion.

Watercress is one of the three "cress" plants belonging to the mustard family, and has smooth, bright leaves on long slender stems. It grows best in running water; but can be cultivated in the moist soil of the greenhouse, the "manufactured" home pond, or even in the city window box. As long as the earth is kept moist it will flourish in the sunlight.

It is interesting to know that watercress contains a higher percentage of essential organic minerals than spinach, without the disadvantage of the questionable oxalic acid that spinach has. This valuable herb is also richer in vitamins than spinach, and supplies almost twice as much Vitamin C. Its sulphur content has a noticeable effect on the proper functioning of the glands, particularly the pancreas. Because of the iron, copper and man-

ganese which it contains, it is especially good for building up the blood in cases of anemia. Its manganese content is also helpful in nourishing the pituitary glands.

Many persons have benefited from the daily use of watercress. And when we observe the accompanying chart, it is not to be wondered at. Due to the high Vitamin C factor, its effectiveness in the cure of scurvy has made it valuable, and it was highly prized by British sailors as a preventive measure when fresh fruits and vegetables were scarce or unobtainable. In fact it has often been referred to as "scurvy grass."

According to Dr. Henry Borsook, Bio-chemist at the California Institute of Technology, watercress contains an abundance of Vitamin E. Although the need for Vitamin E in human nutrition has not yet been fully established or recognized by the medical profession at large, the important research of Doctors Wilfrid and Evan Shute, of London, Ontario, reveals the tremendous potential value of this vitamin in the treatment of heart ailments, diabetes, circulatory, joint and reproductive disorders.

These two brothers, pioneers in the use of Vitamin E Therapy, are medical doctors. They use Vitamin E extensively in the treatment of their patients at the world-famous Shute Clinic. From Brazil, Norway, Germany and France also come interesting reports from medical researchers, indicating the value of this little-known vitamin in such cases as phlebitis, coronary thrombosis, and other vasculatory ailments.

Although watercress does not contain the high amount of iodine that we find in kelp (sea vegetation), its percentage must not be overlooked; for it has much more of this vital element than land plants do. A lack or shortage of iodine, according to medical authorities, is inseparably linked with such serious disorders as goitre, rheumatism, anemia, and certain types of mental illness.

Ample use of iodine-rich watercress, therefore, can be considered as good *preventive medicine*.

Like parsley, watercress has been considered more of a *garnish* than an essential food. This is unfortunate, as liberal quantities of this herb should be used in the diet. Like head lettuce, watercress should be used in salads. Compared with mineral-rich watercress, head lettuce contains only negligible quantities of Vitamin C.

Watercress is refreshing to the taste, and is at the same time stimulating to the digestion. Hence it is of special benefit to the elderly and those who are suffering from poor digestion. According to Nutritionist Mildred Lager, watercress goes particularly well with meat because of its fresh, spicy flavor.

In Europe watercress is very popular. It is used liberally in almost everything, and is cooked the same as other popular greens. The people of France have gained an enviable reputation for their delicious watercress soup. Why not "wake up" and follow the good example set for us by our European neighbors, who are known the world over as connoisseurs of fine food!

CHART SHOWING COMPARATIVE VALUES

	Ash	Cal.	Phos.	Iron	A	B1	C
Cabbage	.75	46	31	.5	80	.07	52
Dandelion	2.00	187	70	3.1	13650	.19	36
Lettuce	.9	22	25	.5	540	.07	8
Parsley	2.40	290	55	3.2	5000	.08	106
Watercress	1.09	168	41	2.6	1900	.12	54

PARSLEY

"Sweet and grateful to the stomach is parsley," wrote Galen, noted physician of Pergamum, who lived some 1,775 years ago. This famous Greek doctor also used the boiled roots of parsley in cases of epilepsy, and the herb was used in Green Medicine as an effective remedy for obstructions. According to Culpepper, famous Herbalist, it was one of the "five opening roots," and it has a beneficial influence on the nerve centers of head and spine. Pointing out its magic medicinal qualities, an old Greek saying refers to parsley as "salvation to women," thus revealing its extensive use in ancient times in helping to relieve "women's complaints."

Yes, my friends, the lowly herb parsley has a long and distinguished history. In Greek mythology it was regarded as a sacred herb, for it is said to have sprung up from the blood of Archemorus, one of their great heroes.

This valuable medicinal plant was first grown in Sardinia and southern Italy. Early Romans used parsley to fashion garlands to crown military and athletic heroes. Sprigs of parsley were passed around during funeral orations and nibbled on by the audience. In Greece and Italy every family had its own supply of parsley, as it was the custom to use this beautiful herb in foundation plantings, or as a decorative border. John Clark refers to this custom in his poem:

"And where the marjoram once, and sage and rue
And balm and mint, and curl'd leaf parsley grew.
And double marigolds and silver thyme,
And pumpkins 'neath the window climb."

It is interesting to know that parsley also has a place in modern medicine. Today biochemists echo views of the ancients in modern terminology, and as late as fifty years ago this valuable herb was used for the alleviation

of a wide variety of complaints. As a medicine it was especially popular in France.

Parsley has diuretic properties and an alkaline ash. According to R. D. Pope, M.D., who has done considerable research along this line, it is "excellent for the genito-urinary tract, of great assistance in the calculi of kidneys and bladder, albuminuria, nephritis and other kidney troubles. It has properties essential to oxygen metabolism and in maintaining the normal action of the adrenal and thyroid glands."

Parsley long has been famous as an effective remedy for gall stones. This is evidenced by its ancient name of "parsley break-stone." An infusion of boiled onions with parsley is recommended for gall stones, and parsley as a sauce is recommended for those suffering with gravel, stone and dropsy. The infusion (an ounce of parsley to a pint of boiling water) should be taken three times a day in tea-cup-ful doses, say the herbalists.

Parsley contains large amounts of Vitamins A and C. The Romans used it as a remedy for sore eyes. It also ranks high as a source of Vitamin B-1, and is especially recommended as a food for the elderly.

Unfortunately, parsley like watercress, has been used by most people merely as a garnish, but in the interests of good health it should be added freely to salads and soups. A bunch of parsley can be placed in the soup kettle and removed before serving. This will add valuable minerals and vitamins to the soup. Uncooked parsley is palatable, easy to digest when used alone or when cooked with other greens, cabbage or root vegetables. It can be used to stuff fowls. Some people use dried parsley in making tea.

Never throw away fresh or unused parsley. If you have purchased more than enough for one time, wash the remainder thoroughly and place in a stone crock or modern polyethelene bag and store in your refrigerator. It will remain fresh and crisp, and the vitamin and min-

eral content will remain practically unchanged if not kept too long.

There are two varieties of parsley — the curly and the smooth leaf. Italians prefer the smooth leaf, with its different and distinct flavor. I also prefer the smooth leaf, as it is easier to clean.

So tough are the parsley-leaf fibers that thorough grinding and tremendous pressures are needed to extract the juice. But this juice is so charged with minerals and vitamins it is well worth the effort. Parsley juice is so potent it never should be taken in quantities of more than one or two ounces at a time. It is a good plan to mix parsley juice with that of other vegetables such as carrot or celery.

If you have a liquefier, you can use parsley as an ingredient in the popular therapeutic "Green Drink." (Turn to Chapter Seventeen for formula.) I grow this valuable herb in my garden the year around, and every day pick the tender young shoots for use in salads and sprinkling over other vegetables (both cooked and raw).

If you cannot obtain fresh parsley, you can use the dehydrated variety. The vital elements — minerals, vitamins, and sunlight values — are still present. These healthful products are available at Health Food Stores.

Yes, my friends, parsley is not just a *garnish*. It is one of our richest natural, remedial foods! Too many of my friends depend upon bleached-out lettuce for their salads and source of "greens." Just look at the accompanying chart, and compare what you will get when you use more parsley! Along with watercress, parsley is good PREVENTIVE MEDICINE.

COMPARATIVE CHART

	Ash	Cal.	Phos.	Iron	Vit. A	Vit. C
Parsley	2.4	290	55	3.2	5000	106
Lettuce	.9	22	25	.5	840	8

(Based on constituents of 100 gram portion)

CHAPTER FIFTEEN

“REMEMBER, *IT IS PURE FOOD*,
SIMPLY AND APPETIZINGLY PRE-
PARED, AND NOT DRUGS THAT
BRING BACK THE GLOW OF HEALTH
TO THE CHEEK, AND MAINTAIN
MAXIMUM HEALTH IN THOSE WHO
ARE WELL.”

— *Hans Anderson*,
in “*The New Food Therapy*,” page 20.



H. C. WHITE PHOTO

Organically-grown celery is hard to find. Here is a beautiful example of this mineral-rich vegetable at its best.

Celery---A Year Around Treat

NERVES distraught? Let celery be your food and medicine! Hippocrates, *Father of Medicine*, gave this advice over 2,400 years ago. However, most of the ancients did not use celery as a food, but as *medicine*. Today, physicians and nutritionists speak the same words with a better scientific understanding of their truth. They know *why* celery feeds tissues to cleanse, calm and heal, just as it did ages ago.

The multiple benefits of celery, especially the seeds, are described in "Potter's Cyclopedia of Botanical Drugs." According to Potter, celery seeds are *carminative*, i.e. (cleansing, expelling gas from the alimentary canal; relieving colic, griping, etc.). They are also *diuretic* (tending to increase the secretion and discharge of urine); and last, but not least, they are a *tonic* — producing a healthy muscular condition. They are also "invigorating, refreshing and bracing." Potter also says these seeds are "recommended as excellent in cases of rheumatism." They are prepared as a fluid extract, or used as powdered seeds. The recommended dosage for the latter is from 20 to 60 grains.

In his monumental work, "Back to Eden," the noted American herbalist, Jethro Kloss, writes of the medicinal qualities of celery root and seeds as follows:

"Medicinal properties: *Diuretic, stimulant, aromatic* — Excellent for use in *incontinence* (inability to restrain the natural evacuation of urine), *dropsical* and *liver* troubles. Produces perspiration, is a splendid tonic. Good also in *rheumatism, neuralgia* and *nervousness*. Celery stalks are much used as a table relish, and the seed is good for flavoring soups."

Many of the benefits to be derived from the use of celery are due to its high mineral content and its alkalinity. Each part of the plant has its own particular virtues, so there is no waste.

The stalk, 93.7% organic water, is rich in potassium, sodium, calcium, phosphorus and iron. One-half cup of diced celery contains more calcium, phosphorus and Vitamin C than a like amount of raw carrot; and nearly twice as much calcium and phosphorus as three leaves of head lettuce. Eaten raw, the stalk benefits the nerves.

Those wishing to lose weight can nibble to their hearts content on celery stalks. Low in calories, they are non-fattening. Not only do celery stalks satisfy hunger, they also relieve sour stomach.

The green leaves, tough in texture and strong in taste, are usually recommended in small quantities, chopped fine. Young, tender leaves, taken from the heart of the celery plant, also can be used to make a delicious therapeutic drink called "Lemon-Celery Delight." Here is the recipe:

- 1 large, or 2 small lemons
- 1 cup chopped celery leaves
- 1 pint cold water

Place in liquefier and triturate. Add more water and sweeten to taste with honey or brown sugar.

In spite of a sulphur acid in the leaves their residue is strongly alkaline. They contain Vitamins A, B and C; also potassium, sodium and an insulin ingredient. Diabetes, acid condition, gout and other ills are helped by them. The cellulose or crude fiber contained in celery leaves acts as a producer of bulk, and thus aids regularity of intestinal elimination. Thoroughly dried, they may be kept and used months later for seasoning — especially in soups.

Celeriac, the knoblike root, contains potassium, sodium, calcium, iron, silicon, much Vitamin B, and some

Vitamin A. The reaction, like the leaves, is alkaline. It can be used raw grated in salads, or cooked in soups and stews. Dropsy and nerve troubles are reported to have been improved by the continued use of celeriac.

Japanese physicians prescribed celery for rheumatism. For one month the patient was placed on a diet of celery in all forms. When the patient got better, people attributed it to the healing power of celery. Since we Americans know of celery's alkaline reaction in the body, and of the valuable minerals (particularly sodium) which it contains in abundance, it is not to be wondered at that great benefit was derived from following such a diet.

That most Americans over-indulge in concentrated, acid-forming starches, is generally conceded. This results in deposits of insoluble inorganic calcium. Food chemists have demonstrated that the organic sodium in celery helps keep the inorganic calcium in solution until at least some of it can be eliminated. Thus celery helps in both the treatment and prevention of *arthritis*.

Every juice bar in every health food store in the country serves celery juice. Raw juice is the answer for persons finding it difficult to eat it in its whole state, due to its fibrous content. If you have a liquefier or juicer, it is easily prepared at home. Should you find the taste of celery juice too strong, try blending it with carrot or other mild vegetable juices. It is also good with pineapple or apple juice.

Instead of the many patented preparations on the market, it is much wiser to use celery juice for the occasional acid stomach. The sodium in celery is a great neutralizer. And because of the sobering effects of raw celery juice, health food stores often serve it to drinkers as an antidote for alcoholism.

With reference to the cooling effects of celery, Dr. Norman W. Walker has this to say: "During hot, dry weather we have found it most soothing and comforting

to drink a tumblerful of fresh, raw celery juice in the morning, and another in the afternoon between meals. This has the effect of normalizing body temperature, with the result we were perfectly comfortable while those around us were drenched with perspiration and sweltering in discomfort."

Celery is one of the vegetables sold in the markets the year around. For best nutritional purposes the green variety is to be preferred. A kind of green celery with crisp sweet stems, called Pascal celery has become more popular than the white in many up-to-date food markets. This is extremely fortunate, for the whiter the product the more it has been bleached, and less the way Nature intended it for our use in promoting optimal health.

In bringing this chapter to a close, may I suggest that my readers plan to use more celery in the diet. It should be used daily in soups and salads — not just as an occasional relish.



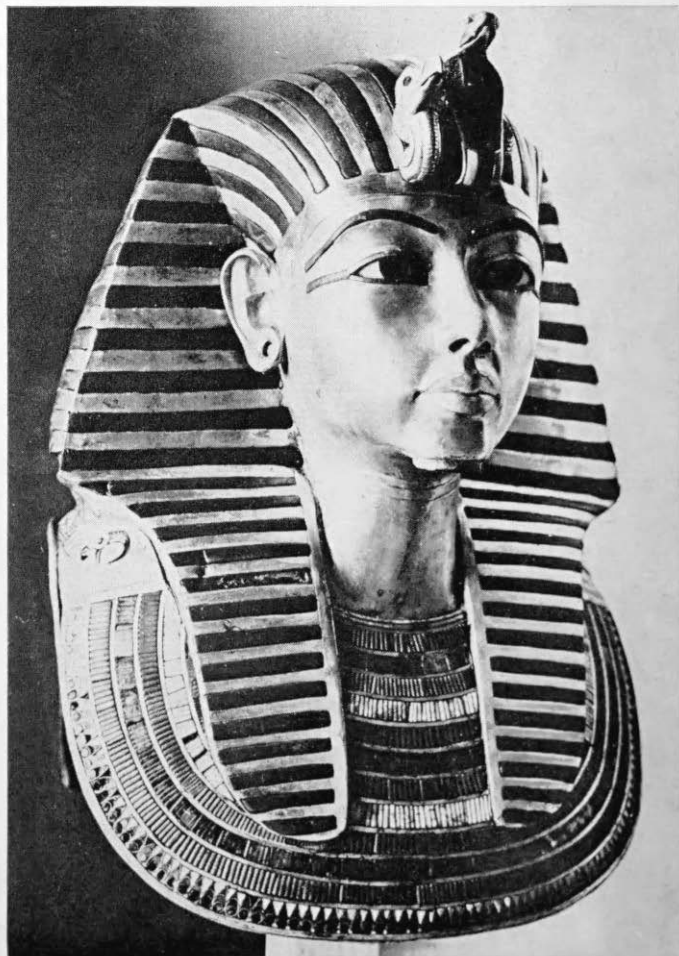
H. C. WHITE PHOTO

A beautiful celery patch found on an organic farm near Arlington, California.

CHAPTER SIXTEEN

"LET US GO TO THE IGNORANT SAVAGE, CONSIDER HIS WAY OF EATING, AND BE WISE. LET US CEASE PRETENDING THAT TOOTH-BRUSHES AND TOOTH-PASTE ARE ANY MORE IMPORTANT THAN SHOE-BRUSHES AND SHOE-POLISH. IT IS STORE FOOD WHICH HAS GIVEN US STORE TEETH."

— *Prof. Ernest A. Hooten,
Harvard University.*



WIDE WORLD PHOTO

According to history the youthful king Tutankhamen, of Egypt, who died and was entombed in the year 1344 B.C., was buried with a generous supply of licorice root, to help his royal highness over the rough spots on his "last long journey."

Licorice---

The Wonder Herb

ONE of the oldest and best-known remedies for coughs and chest complaints is LICORICE. (Spelled *liquorice* in Old English Herbals.) The popularity of this medicinal herb dates way back to the remote age of hieroglyphics. According to leading archaeologists, early clay tablets from the plains of Mesopotamia—the birthplace of civilization—tell of its use as a medicine and elixir of life.

No wonder then, that doctors of many lands have for ages used the “black magic” found in licorice root to ameliorate human suffering, and have utilized the “hidden powers” found so abundant in this wonder plant as a curative agent in a wide variety of ailments. For many centuries physicians have found licorice root, not only effective in treating such conditions as consumption, dry cough, hoarseness, wheezing and shortness of breath; but it has also been found helpful in cases of dropsy, constipation, fever, etc. According to the noted herbalist Culpepper, it is also a “great sweetener of the blood,” and he declares: “The root of this plant is deservedly in great esteem, and can hardly be said to be an improper ingredient of any composition of whatever intention.”

According to J. L. McWhorter, in his informative article entitled, “Mystery Plant of the Ages,” *glycyrrhizin*, the sweetening agent found in licorice roots has fifty times the saccherinity of cane sugar, and is, therefore, used extensively in the manufacture of confections and pharmaceutical commodities.

“As strange and mystic as the land where it was first used, *glycyrrhizan* has never been completely analyzed, nor has it been remotely duplicated synthetically. Yet the

sweetness of this exotic substance is so pronounced it can be detected even when it has been diluted as much as 20,000 times in water."

Back in the days of the Pharaohs *mai sus*, or licorice water, was a popular drink in the highly civilized land of Egypt. It is reported that the youthful king, Tutankhamen, who died and was entombed in the year 1344 B.C., was buried with a generous supply of licorice root, to help his royal highness over the "lean days" he was expected to encounter on his last, long journey.

The ancient Egyptians prepared *mai sus* by putting desiccated licorice roots into jars of drinking water. In modern Egypt hundreds of tons of this healing root are still used each year in making their popular therapeutic drink, which is made available to all classes of people throughout the country.

The earliest historical records where this ancient herb licorice is mentioned take us to the fertile plains of Mesopotamia — that narrow but important strip of land between the Tigris and the Eurphates rivers (now a part of Iraq). "It was there," reports Mr. McWhorter, "that the Patriarchs of the Old Testament at some time in the dim past, decided the root had curative properties. Thus it was listed as one of the hundreds of drugs known as early as the Hammurabi reign of Babylonia (2067-2025 B.C.), and mentioned in connection with the treatment of various respiratory ailments."

From Mesopotamia — "cradle of civilization," the fame of licorice reached out to other lands, and soon it became popular in Greece and other Mediterranean countries. Several centuries before the birth of Christ, Theophrastus, famous Greek Botanist summed up the medicinal values of licorice root in these words: "Scythian root is also sweet; some, in fact, simply call it 'sweet root.' It is useful against asthma or dry cough, and in general troubles of the chest, and also is administered in honey for wounds. It has the property of quenching thirst, if one holds it in

the mouth; wherefore they say the Scythians, with this and mare's milk cheese, can go for eleven days without drinking."

History tells us that the warriors of Alexander the Great carried licorice root into battle with as much assurance as the modern soldier carries the "wonder drugs." Later on, according to the records left us by Roman historians, "the conquering Caesars considered licorice an indispensable ration in the gruelling marches into Africa and other arid lands. Aiding them in various military campaigns, it thus became important in warfare."

It is also interesting to note that "the ancient Chinese were fond of licorice and consumed great quantities of it, thinking it kept their bodies supple, increasing endurance and warding off old age. They elevated it to a sacred status by using it in the Buddhist ceremonies." In China licorice was believed by the herbalist doctors to be particularly potent and effective as a *curative agent*.

During the Dark Ages and the centuries that followed, large quantities of licorice root were used in European countries. It was brought to America by early English settlers, and here it became equally popular with both the whites and the Indians.

In old England licorice root was extensively used as a therapeutic modality. In his famous "Complete Herbal," Culpepper devotes nearly a page and a half to the preparation, use and benefits of this wonder herb. Here are some excerpts from his rather lengthy dissertation:

"Licorice root, boiled in water, with some Maidenhead and figs, makes a good drink for those who have a dry cough or hoarseness, wheezing, or shortness of breath, and for all pains of the breasts and lungs. It is also a cleansing agent, and at the same time softening and soothing, and therefore balsamic. It is good for dropsy, and allays thirst. It is an excellent pectoral (i.e. good for diseases of the chest and lungs), and the juice prepared

to a proper consistency is the best form in which to use it. A strong decoction of the root, (made by steeping in hot water) and given to children will loosen the bowels and relieve fever caused by constipation. It is likewise a corrector of cathartics.

"The juice, or extract, is made by boiling the fresh roots in water, straining the decoction, and when the impurities have settled, evaporating it over a gentle heat until it will no longer stick to the fingers. It is better to cut the roots into small pieces before boiling them, as the healing agencies in the root will by that means be better extracted. A pound of licorice root boiled in three pints down to one quart will be found the best for all purposes.

"The juice of the licorice root is most effective, and may be obtained by squeezing the roots between two rollers. When made with due care, it is exceedingly sweet and of a much more agreeable taste than the root itself."

As mentioned earlier in this chapter, it is interesting to note that physicians of many countries all down through the ages have used this wonder herb as a medicine. Their faith in licorice was stubborn and persistent, and their enthusiasm has laid the foundation for its popularity even in our age of "Miracle Drugs." Peasants in Southern Europe and many parts of Asia still use it as a blood tonic, for relief of internal inflammation, for external wounds, to quench thirst, and to treat respiratory ailments.

Here in America we are perhaps a bit too "scientific" to give full credence to the claims of these enthusiasts of other lands, but, as Mr. McWhorter observes, "It is difficult to believe its use as a medicine would have persisted for more than forty centuries without some foundation in fact. "The potential of this gift of nature has only been glimpsed," declares W. Walker, "Licorice soon may spring into amazing activity in the service of mankind."

CHAPTER SEVENTEEN

"THE WHOLE HUMAN RACE IS RUMBLING ON TO DESTRUCTION. THERE IS ONLY A FIFTY-FIFTY CHANCE OF GETTING OVER THIS FOOD PROBLEM. IF IT IS NOT SOLVED THERE WILL BE CHAOS IN THE WORLD IN THE NEXT FIFTY YEARS."

— *Lord Boyd Orr,*
Late Director General of the Food and Agriculture
Organization of the United Nations.



H. C. WHITE PHOTO

In our photograph the author is shown making up a batch of his popular "Green Drink." On the table are the herbs and leafy vegetables that go into this therapeutic beverage. They include such favorites as: mint, lamb's quarter, alfalfa, comfrey, dandelion, malva, chard and kale.

The Therapeutic "Green Drink"

IN THE preceding chapters of this book we have discussed in detail the miraculous healing and restorative powers found in various herbs, green vegetables and wayside "grasses." All of these, with the exception of the herb licorice, are important sources of chlorophyll, the "green magic" found in leaves, plus essential mineral salts and vitamins.

These herbs, therefore, as they become available — whether it be from the home garden, the field and wayside, or from your favorite Natural Food Center — should become a part of the therapeutic "Green Drink."

In Chapter One we discussed the "origin" of this refreshing "health beverage," and told of the miraculous results following its use by some 200 "hopeless" consumptives. Ever since that interesting experience of twenty years ago I have used the "Green Drink" extensively in my medical practice, and have recommended its use to all my patients, many of whom were suffering from diseases of malnutrition and physical degeneration.

And to those of my readers who may not now be suffering from the uncomfortable symptoms of disease, may I suggest that *you* take the "Green Drink" daily as a *preventive* measure. You'll be glad you did.

It is good to know that some of the leading Natural Food Centers here in Southern California are serving the "Green Drink" at the juice bar and lunch counter. Also efforts are being made to package the fresh, green herbs (containing from seven to nine varieties) in polyethelene bags. This "Green Drink" package can be stored in the home refrigerator and the green herbs will remain fresh

and crisp for at least ten days. The perishable nature of these green herbs, and the fact that they must be kept in refrigeration, makes it impracticable, if not impossible to ship. This makes it necessary for you to seek a *local* source of supply. Best of all — grow your own in your home vegetable and herb garden.

In the accompanying illustration you will see nine varieties of fresh green herbs ready for the liquefier. I wish to make it clear that a JUICER is *not* the type of machine with which to make the "Green Drink." A liquefier, which can be purchased at any health food store, is the *right* machine to use. They are both inexpensive and durable.

Formula for Dr. Kirschner's Therapeutic "GREEN DRINK"

15 Almonds

4 Pitted Dates

5 Teaspoonfuls Sunflower Seeds

(Soak overnight in water)

Fill the liquefier above the blades with unsweetened pineapple juice. (*Approximately* 8 ounces). Place the softened nuts, seeds, and dates in the pineapple juice and liquefy. Pour this mixture into a pitcher.

Next, take four large handfuls of green leaves — such as alfalfa, parsley, comfrey, mint, spinach, beet greens, watercress, kale, chard, and if obtainable, such nutritious wayside weeds as filaree, malva, lamb's quarter and dandelion. (Do not use the stems.)

Liquefy the "greens" in 8 ounces of unsweetened pineapple juice. Then put the two mixtures together in the liquefier and triturate for a few moments. Place in refrigeration.

Caution: Do not have the mixture too thick. Some who do not wish to include the high protein factor found in the nuts, dates and seed, use only the second half of the formula.

Lung Tumor Arrested

THREE years ago Mr. C, a 61-year-old California agronomist came to me for a physical checkup. According to his medical reports he had been suffering from Bronchiectasis, and Tuberculosis of the lungs for six years, and now he had taken a sudden turn for the worse. In fact, one of his doctors reported that he was likely to "drop dead" any minute.

I immediately sent him to a famous Sanatorium in Monrovia for stereoscopic X-rays to determine the progress of the T.B. infection. When the large X-ray films arrived, I could scarcely believe my eyes, for in addition to the T.B. infection, which almost covered the left apex of the lung, I found the unmistakable evidence of the presence of a large tumor in the upper portion of the lung, which had pushed the trachea completely out of line.

According to the report of the head radiologist, this large growth in the lung was a "malignant tumor" involving the left posterior apical branch, which indicated that my patient was suffering from *lung cancer*, as well as Tuberculosis.

Realizing the urgency of the situation, and knowing that in the normal progress of the disease the patient had only a short time to live, I sent him to Max Gerson, M.D., famous cancer specialist of New York City for help. When Dr. Gerson examined the X-ray films, and had interviewed and examined Mr. C, he was non-plused. He remarked to one of his associates that he had never seen such a perplexing and complicated case in all his long experience as a Cancer Specialist.

He immediately took the patient in hand and started Mr. C. on the Gerson Cancer Diet. But there were unforeseen factors involved that neither my patient nor Dr. Gerson had anticipated. Mr. C. was a life-long vegetarian, and he refused to take the large quantities of raw liver

juice that formed the major part of the Gerson treatment. He said he would rather *die* than violate his conscience in this respect. So back the patient came to me.

I am not a cancer specialist, but I had read glowing reports of the healing power of *Comfrey Symphytum*, sometimes known as Russian Comfrey, involving abscesses and tumors, as reported by Dr. Charles Macalister of England in his informative book. So, I suggested that Mr. C. give the Comfrey treatment a try — along with the carrot and other live food juices.

In cases involving internal abscesses and tumors (both benign and malignant), the Comfrey leaves are taken as food. My favorite method is to use them freely in the therapeutic "Green Drink." A liquefier, *not* a juicer, is used in processing the "Green Drink." Here the Comfrey leaves are liquefied with such other herbs as alfalfa, parsley, dandelion, mint, kale, chard, filaree, etc., in a base of unsweetened pineapple juice. This delicious, refreshing concoction Mr. C. took several times each day.

During the week that the patient remained under Dr. Gerson's care, the famous Specialist ordered him to drop all work. "*Absolutely no activity!*" thundered this vociferous and outspoken doctor. But Mr. C, being a bit hard of hearing, as well as being a hard-headed, stubborn sort of fellow, failed to heed Dr. Gerson's instructions about WORK, and on returning home he resumed his normal activity, involving about 8 to 10 hours of labor per day.

Of course all this greatly lessened his chances for survival, and were calculated to precipitate him into a rapid and final "disappearing act!"

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Five years have come and gone since that fateful day when Mr. C was consigned by the cancer and T.B. specialists to an early grave. And much to his own and everybody else's surprise *he is still with us* and working

hard every day at his job. While he is not in a state of "perfect health," this former patient of mine is still enjoying LIFE, and that is more than some of his doctors can say. (Dr. Gerson passed away more than two years ago.)

The remarkable experience of Mr. C seems to re-emphasize the magic power that resides in the GREEN LEAF. He attributes his survival (against tremendous odds) to the "Green Drink" and the healing and restorative qualities found in both the leaves and the roots of Comfrey Symphytum, plus his faith in God, who ordained the use of just such simple remedies in case of severe illness.

It is of interest to note that in addition to the "green leaf," Mr. C uses dried comfrey leaf tea. He also sprinkles the dried comfrey root powder and the dried comfrey leaf powder onto his soups, salads, etc., and mixes them into his breakfast cereal in the morning.

My readers will be glad to learn that *dried* comfrey products are now available at leading Southern California Natural Food Centers. They do not deteriorate, and can be shipped anywhere in the country without the danger of spoilage.

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No, we cannot claim a CURE in the case of stubborn Mr. C. But all who know him can readily see that the serious (usually fatal) maladies with which he is afflicted have been brought under a measure of "control," and the normal progress of the malignant tumor has been arrested. In his case I feel that much more progress toward complete recovery would have been made had the patient been willing to go "all the way" on a complete raw food diet, with live food juices predominating. But this he refused to do.

In this case we simply added the "Green Drink" containing the healing, anti-cancer agent found in comfrey

roots and leaves, plus carrot and celery juices, to his regular lacto-ovo-vegetarian regime.

Another important factor that has militated against Mr. C's full restoration to health, is the fact that he has consistently *refused* to give up his more or less strenuous *activity*, and still insists on putting in a full day's work. That the progress of his fatal disease seems to have been arrested in the face of these hindering and adverse circumstances is indeed a tribute to the power of comfrey to heal and to maintain tissue integrity even in cases that have been pronounced "hopeless."

We believe that here is a case where Comfrey *Symphytum* has contributed in a powerful manner to assist the body machinery to maintain *normal cell growth* and normal activity and function.

Once again we can agree with the noted author of "Your Home and Health," who, more than a half century ago wrote:

"There are simple herbs that can be used for the recovery of the sick, whose effect upon the system is very different from that of those drugs that poison the blood and endanger life. . . .

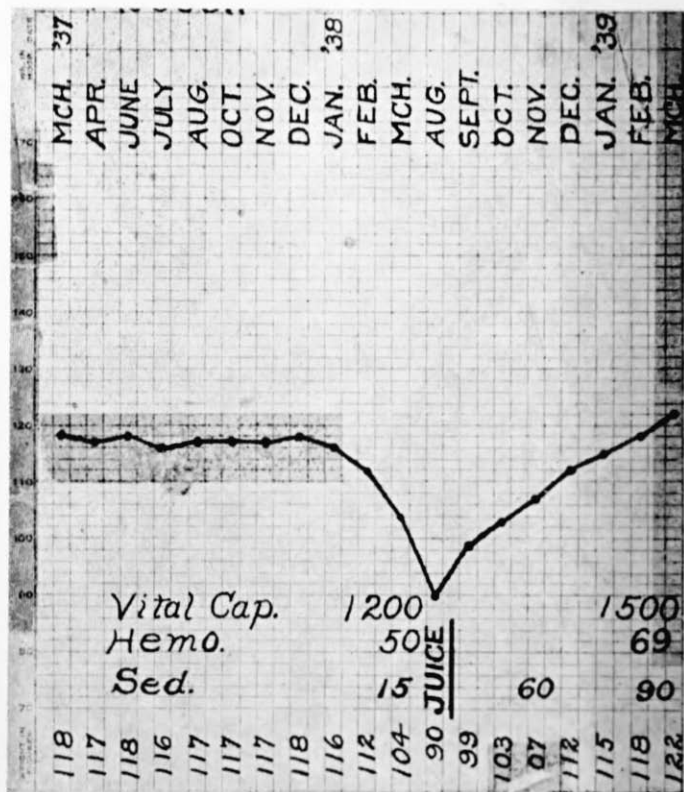
"The true method of healing the sick is to tell them of the herbs that grow for the benefit of man. Scientists have attached large names to these simple preparations; but true education will lead us to teach the sick that they can themselves administer the simple herbs if necessary."

As a medical doctor with sixty years' experience, I can heartily endorse the above statement, and in *my* practice, the herb *Comfrey Symphytum* has a large place among these simple yet effective remedies.

CHAPTER EIGHTEEN

"GOD HAS CAUSED TO GROW OUT OF THE GROUND HERBS FOR THE USE OF MAN, AND IF WE UNDERSTAND THE NATURE OF THESE ROOTS AND HERBS, AND MAKE RIGHT USE OF THEM, PEOPLE WOULD BE IN MUCH BETTER HEALTH THAN THEY ARE TODAY."

— *Ellen G. White,*
Noted Health Educator



EXPLANATION OF CHART . . . In March, 1937, the patient's weight was 118 pounds. By August, 1938, the patient reached her all-time low of 90 pounds. On August 15, she started on the "Green Drink" — one large glass per day. Other care and dietetic conditions remained the same. She began to gain weight (approx. four pounds per month). In March, 1939, she was back to 122 pounds — a gain of 32 pounds in seven months! At this time she was discharged as "cured."

After Many Days

ALL my readers, I am sure, are familiar with the expression: "This could only happen once in a million years!" Believe it or not — just such a strange coincidence came to me recently in our local health food store here in Monrovia, and I want to share this interesting experience with you.

A well-known doctor from New Zealand had come to the United States to study our methods of organic gardening, and to address a national health convention in Pasadena, California. He had heard of the work I was doing with the live food juices, and came to visit me.

During our interesting and rather lengthy interview, I showed him various charts I have revealing the wonderful results obtained during the last quarter of a century with my "Green Drink" in treating tuberculosis. He seemed deeply impressed with both my story and the charts showing the various case histories.

When noontime came, I took my doctor friend down to our health food store. While sitting at the lunch counter enjoying our vegetable salad, a fine-appearing middle-aged woman came into the store and sat down next to me. I noticed she kept looking at me most intently, and I began to wonder what it was all about.

Finally, she said: "Excuse me, sir, but aren't you Dr. Kirschner?"

When I replied in the affirmative, she told this amazing story: "Some twenty-two years ago, I was a terminal TB case in a rest home where you gave several of the patients your 'Green Drink' every day. Fortunately, I was one of them, and with the help of this wonderful drink, I improved rapidly and was soon discharged as 'cured.' Later I married and have worked as a telephone operator ever since!"

This, then, was the amazing coincidence that prompted me to exclaim to the New Zealand doctor: "This could only happen once in a million years!" I had just shown my new-found friend a chart of the woman, who twenty-two years ago, was a roommate of the lady who sat next to me at the lunch counter, and who had just expressed her deep appreciation of the almost miraculous help that came to her through this potent, but simple remedy.

This thrilling experience re-emphasized the good and permanent results that can be obtained through the God-given, natural methods of healing. And what an impression it made on our New Zealand doctor to meet the roommate of the woman whose chart we had been reviewing that very morning. (See illustration).

It has been over six years since the first edition of NATURE'S HEALING GRASSES came off the press, and as a result, a marked interest has been aroused in the use of simple, wayside grasses and herbs. Our chapters on *comfrey* have likewise stimulated tremendous enthusiasm for this old-time herbal remedy. Nearly every day I receive letters from people who have read the earlier editions of this work, and who want to grow their own comfrey plants. Invariably these good people ask, "Where can I buy comfrey seed?"

It would relieve me of much burden of correspondence if my readers will remember that comfrey plants are *not* grown from seed, but from *root cuttings*, or from *rooted crowns* taken from well-established comfrey plants. These can be purchased at modest cost from growers in various parts of the country. If you do not have such a list, may I refer you to Protona Ranch, 3607 County Line Road, Yucaipa, California for detailed information as to the best sources of supply.

It is good to know that comfrey is a hardy plant, and can be successfully grown in all parts of the U.S.A. and Canada. It is also well to understand that this plant (in any climate) is dormant during the winter time. The

leaves are tender and highly susceptible to frost and cold. Therefore, the fresh green leaves are available only during the warmer months. For winter use, one must rely on comfrey roots or the dried leaves for the tea, etc.

Many of my readers have also written for information regarding sources of *seed* from wayside weeds and herbs such as malva, lamb's quarter, filaree, dandelion, etc. We regret to inform you that at present no source of supply is known to us; and no effort has been made, to our knowledge, to *domesticate* these wild plants and harvest the seed and make it available to those who may wish to add these wonderful plants to the herb garden. Protona Ranch in Yucaipa (referred to above), is making a beginning; but it will take time to develop this phase of their long-range program.

A BOOK REVIEW

I have just received a copy of *The Herb Grower Magazine* for April. On page 26, the editor, Gertrude B. Foster, of Falls Village, Connecticut, has some very kind words to say about my new book:

"An attractive new book called *Nature's Healing Grasses*, by Dr. H. E. Kirschner, may do as much to popularize wild greens and weeds as did a certain Vermont doctor's for vinegar and honey. It is the only book published in this country to deal at any length with comfrey.

"The photograph of the 80-year-old author is quite an enticement to try his therapeutic mixture of wild and cultivated greens which he has called 'Green Drink.' His enthusiasm for what he believes is contagious, and the attractive pictures make the volume far more appealing than are most health food publications."

Letters of Appreciation

Letter No. 1

Grateful word has recently come to my desk from a 75-year-old lady who now lives in Mariposa, California. She begins her interesting letter, "'God works in mysterious ways His wonders to perform.' I would like to write you about the great benefit to me of your article, 'Comfrey — The Miracle Herb.'" (This is now in permanent form as Chapter Eight of my book.)

She continues, "I have been using the fresh comfrey leaf poultices on an obstinate sore on my neck. The results of this simple treatment are most gratifying. We are hoping to report another case history for you soon." And she concludes, "God bless you and your good work!"

Letter No. 2

Recently I received a letter from a lady who lives in Rockville, Connecticut, who reports on her husband's condition: "I truly believe the comfrey root tea has at last begun to show results in my husband's case (probable lung cancer, as per our former correspondence). He can breathe better, and it is easier for him to get about; his appetite is wonderful; his heart is good; and his kidneys and bowels are okay. His broken rib (from coughing) seems better. He is remarkable, and loves life, and has so much ambition and so many projects going! Hope to meet you soon.

Letter No. 3

And from Pittsburgh, Pennsylvania comes this word from a gentleman who reports spectacular relief through the use of fresh, sun-dried comfrey leaf tea:

"Thanks to your book . . . and the use of fresh comfrey leaf tea, I have been cured of the following ailments: kidney stones, gall stones, sour stomach, high blood pressure. For 131½ years I suffered with kidney stones. I am now free from this bothersome disability and am as healthy as can be!

Postscript . . .

IF IT seems hard for you to believe all that I have written in regard to the powerful mineral and "sun-light values" found in simple herbs, and their potential healing qualities, just listen to this recent report from *Newsweek* magazine (April 18, 1960), where under the heading: "Cancer—Hope From A Weed," we find the following almost breathtaking announcement:

"The familiar, blue-flowered periwinkle, frequently a garden pest, has long been valued in primitive folk medicine as the source of a bitter tea, claimed to possess curative properties for a wide variety of ailments.

"This week scientists focused attention on this humble, trailing evergreen as a possible *new weapon against cancer*.

"The American Association for Cancer Research, meeting in Chicago, was told that laboratory experiments have yielded a periwinkle alkaloid with impressive anti-cancer properties in the treatment of leukemia. . . . Its striking effectiveness against types of disease previously untreatable, have raised high hopes. The discovery of this anti-cancer chemical of *plant* origin, rare in medicine, is expected to trigger much wider investigation in this field."

From the above authoritative pronouncement it seems that men high in scientific circles have at long last conceded that there *could* be healing and restorative properties in a humble weed. And that, my friends, is exactly what I have been teaching and practicing these many years!

Doctors, scientists, and medical writers have sometimes laughed at our humble efforts to heal the sick bodies of men and women with these simple, natural remedies. But they can laugh no longer! You will admit, I am sure, that no better confirmation or official approval could be given our years of research and experimentation than the striking statements quoted above.

Acknowledgements

IN THE preparation of this little book I have been fortunate in having the encouragement and assistance of talented men and women in the fields of Botany, Nutrition, Journalism, and Publishing. Without the enthusiastic help of these experts this book would not have seen the light of day.

I, therefore, wish to express my deep and lasting appreciation to the following, who have helped to make this volume possible:

To Nutritionist Catharyn Elwood, for her splendid Introduction. (Miss Elwood is the author of the best-seller "Feel Like A Million").

To Editors Kay Thomas and Herbert C. White, of *Let's Live* magazine, for their invaluable editorial assistance.

To Mr. T. Hee, noted artist from the Walt Disney Studios, who contributed the striking cover design.

To Photographers H. Armstrong Roberts, Hoffpauir Studios, Wide World, and Herbert Clarence White for the use of their splendid photographs.

To the Lee Foundation for Nutritional Research, for the use of Dr. Macalister's enlightening research on the herb Comfrey Symphytum.

To Botanists Joseph Cocannouer, Margaret Armstrong, Mary Thorne Quelch; Nutritionists Hans Anderson and Paul C. Bragg; Herbalists Jethro Kloss, Otto Mausset and other specialists who have contributed valuable scientific data on herbs. To all of you who have so generously shared with me your knowledge on this vital and important subject: To one and all — My sincere and heartfelt THANKS!

THE AUTHOR

Recommended Books For Your Health Library

"Nature's Healing Grasses," by H. E. Kirschner, M.D.
Published by H. C. White Publications, P. O. Box 8014,
Riverside, California 92501. Price, \$2.00 Postpaid.

"Are You What You Eat?," by H. E. Kirschner, M.D. Pub-
lished by H. C. White Publications, P. O. Box 8014,
Riverside, California 92501. Price, \$2.00 Postpaid.

"Nature's Seven Doctors," by H. E. Kirschner, M.D. Pub-
lished by H. C. White Publications, P. O. Box 8014,
Riverside, California 92501. Price, \$2.00 Postpaid.

"The Seven Essentials of Health," by Dr. Philip J. Welsh,
(D.D.S.) Published by Dr. Philip J. Welsh, 1136 Gallo-
way, Pacific Palisades, California. 8 booklets.

"Your Home and Health," by Ellen G. White. Published by
Pacific Press, P. O. Box 7584, Riverside, California
92501.

"And They Shall Walk," by Sister Elizabeth Kenny. Pub-
lished by Dodd, Meade & Co., New York, N. Y.

"Live Food Juices," by H. E. Kirschner, M.D. Published by
H. E. Kirschner, M.D., 748 Crescent Drive, Monrovia,
California. Price, \$2.00 Postpaid.

Note: Descriptive folders on the H. C. White Publications,
will be sent to you on request.