

NATURAL FOODS

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Published by

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Room 2, 211 Flinders Street
Townsville, N.Q. 4810
Australia
1968

Number 2 of a series.

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STATEMENT BY THE PUBLISHER

The opinions expressed in this book are based on the Naturopathic philosophy of health and do not coincide with currently-accepted medical theories on food and nutrition.

Printed by T. Willmetts & Sons (Pty.) Ltd., Flinders Street, Townsville. 2

INTRODUCTION

This book was written to give the lay reader a clear understanding of the place that foods occupy in the human diet.

The philosophy of Natural Living is based on the fact that the human animal is a frugivorous one – that is – its dietary needs are satisfied by a plant-based diet.

The human diet is not a particularly difficult one to maintain- although it does require the two basic aspects of understanding;

1. Intelligence
2. Will Power

CHAPTER ONE

All living organisms need food.

Each organism thrives best on the types of food best suited to it.

Human beings, like dogs, horses, trees and grass, attain the highest standard of health when they are provided with the most suitable food.

Current conceptions about food are mostly wrong - we are subject to the guile of the advertising media and generally speaking, simply follow blindly the customs of those around us.

Over the last few hundred years man has eaten foods which were not his original diet.

In recent years he has eaten some commodities which are strictly not foods at all.

As man departed from his original and most suitable diet his health gradually deteriorated.

Refined, cooked and adulterated foods, coupled with other incorrect living habits have produced a sub-standard condition which is regarded as normal health.

In order to relieve the unpleasant symptoms which accompany this condition man has resorted to taking poisonous substances called medicines.

These poisons do give some relief from the painful symptoms, but the side-effects produce still further and different kinds of illnesses.

Instead of eliminating the cause - the unsuitable food - man took the easiest and best known course and relieved his symptoms only.

The folly of this method of treatment is apparent in the number of sick people in our community, the growth in number and size of hospitals and the absenteeism and invalidism of millions of people the world over.

If the reader wished to learn every minute detail about food and nutrition he would need a large library of books on this subject.

This book will help you to avoid this.

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This book will help you to avoid this.

The author assumes that the reader is already convinced that his body is only as good as the food he eats, and wants to know simply and briefly what to eat - this book does just that.

The Human Diet

"What foods are most suitable for human consumption?"

A diet of raw fruits, nuts and seeds – eaten as they ripen during the seasons will provide all the requirements for the maintenance of health and happiness.

The inclusion of other foods will be secondary to fruits, nuts and seeds.

Of course we may not suffer from eating foods of a sub-standard quality but we will never attain to our highest level of health by doing so.

There will be strong opposition by some to the information contained within the pages of this book but for those who are seriously seeking to improve their health through superior nutrition – we wish you all the best.

For convenience, we will divide our foods into several quite distinct categories. The first category we will classify as List 1. This list contains all the raw fruits which may be eaten in comparatively large quantities and which should constitute the bulk of our daily intake of food. This list contains the fruits most freely available in Australia.

LIST 1 - RAW FRUIT

Apple

Mango

Apricot

Mangosteen

Bael fruit

Monstera Deliciosa

Blackberry

Mulberry

Boyseberry

Musk melon

Bael fruit	Monstera Deliciosa
Blackberry	Mulberry
Boysenberry	Musk melon
Brazilian cherry	Nectarine
Cantaloupe	Orange
Cherry	Papaw
Chinese gooseberry	Passion fruit
Cucumber	Peach
Custard apple	Pear
Durian	Persimmon

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Feijoa	Pineapple
Fig (fresh)	Plum
Five Corners	Pomegranate
Gooseberry	Pomelo
Granadilla	Rock Melon
Grapefruit	Soursop
Grapes	Star gooseberry
Guava	Strawberry
Honeydew melon	Sugar melon
Lemon	Tangelo
Lime	Tangerine
Litchi	Tomato
Loquat	Wampee
Mammee	Water melon
Mandarin	Youngberry

Some fruits have skins which contain mild poisons and are thus unsuitable for human consumption. The skins of these fruits should not be eaten. The skins of the remaining fruits can and should be eaten. Many of the most valuable minerals lie in and just under the skins of these fruits. The following fruits have skins which should be avoided - All melons, all citrus fruits, loquats, papaws, custard apples, soursops, mangoes, mangosteens, pineapples, granadillas, passionfruit and

these fruits. The following fruits have skins which should be avoided - All melons, all citrus fruits, loquats, papaws, custard apples, soursops, mangoes, mangosteens, pineapples, granadillas, passionfruit and monstera deliciosa. Rhubarb and quince should never be eaten, either raw or cooked, as they contain harmful poisons.

The fruits may be eaten whole or in the form of a fruit salad. If cut, chopped or grated they should be eaten as soon as possible after preparation. The minerals are oxidised through exposure to the air and thus lose much of their food value if kept more than one or two hours.

The rule for fruit-eating is to eat it fresh, ripe, in season, the product of your own locality, organically-grown (without fertilizers or sprays). In this way we derive the maximum nutriment from fruit.

If the fruit has been sprayed with agricultural pesticide sprays these poisons should be removed as far as possible by washing in warm salt water and rinsing in cool plain water. Dry well. Fruit can be dried safely and quickly in a laundry spin-dryer.

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The daily intake of the average worker should include fifty per cent of fresh fruit. If you are a fruitarian and do not eat vegetables, then fruit should constitute about eighty-five per cent of your daily intake.

If you do laborious work you could decrease your intake of fruit and increase intake of starches and concentrates given in Lists 3 and 4.

Raw fruits are the highest class of food for man and should occupy the main place in his diet. Fruits carry cosmic radiations.

The second category of foods covers the raw vegetables in List 2. These should form thirty to thirty-five per cent of your daily intake. This list includes all of the raw vegetables which are commonly available in Australia.

LIST 2 - RAW VEGETABLES

Alfalfa	Cress	Peas
Aniseed	Cucumber	Petsai
Artichoke	Dandelion leaf	Pigweed
Asparagus	Egg plant	Pumpkin

Artichoke	Cucumber	Feta
Asparagus	Dandelion leaf	Pigweed
Beans	Egg plant	Pumpkin
Beetroot	Endive	Radish
Brussels Sprouts	Fennel	Red pepper
Cabbage	Green pepper	Silver beet
Carrot	Kohl rabi	Spinach
Cauliflower	Leek	Tomato
Celery	Lettuce	Turnip
Chinese cabbage	Nasturtium leaves	Watercress
Comfrey	Parsnip	Wong bok

The skins of all vegetables on List 2 may be eaten with the exception of Kohl rabi. The skin of this vegetable should be pared off before eating. It contains a mild poison.

The daily diet should include at least one salad meal. Raw vegetables contain three kinds of radiations and for optimum health we should have all three at a meal. The Fruit vegetables such as Tomato, Cucumber, etc. carry predominantly Cosmic radiations. The Leaf vegetables such as Cabbage, Lettuce, etc. carry predominantly Solar radiations, while the Root vegetables such as Carrot, Beetroot etc. carry predominantly Terrestrial radiations. A salad should always include one of each kind of vegetable, i.e. a fruit, a leaf and a root, such as Tomato, Lettuce and Carrot, or Cucumber, Cabbage and Beetroot.

The root vegetables are most attractive when finely grated. A rotary grater is a good investment and will grate the root vegetables easily and quickly.

The leaf vegetables may be eaten whole or chopped. If chopped, they should be eaten promptly. The fruit vegetables are best placed on the plate whole and eaten piecemeal as desired. Do not have more than four or five kinds of vegetables in a salad. Three would be preferable.

A salad dressing is a welcome garnish for those who are new to a natural diet, and avoids monotony. Even if you have the same ingredients in your salad every day it will taste different if you use a variety of salad dressings. List 6 gives some ingredients which may be combined to make delicious salad dressings. They not only add variety

ingredients in your salad every day it will taste different if you use a variety of salad dressings. List 6 gives some ingredients which may be combined to make delicious salad dressings. They not only add variety and flavour to the salad but have important nutritional advantages as well. The ingredients are all wholesome foods.

Combinations of any two, three or four ingredients will make a tasty salad dressing. It is possible to make many thousands of dressings by simply changing the ingredients. Some of the best combinations are given later. The quickest way to make a salad dressing is to place the ingredients such as Lemon juice, honey, and peanut butter into a Vitamizer for one minute.

Vinegar, salt, pepper, sauces and all similar poisonous flavourings should of course be strictly avoided.

If salad vegetables have been sprayed with agricultural pesticide sprays they should be washed with warm salt water and rinsed in cool plain water. The spin dryer is useful for drying vegetables too.

We now come to List 3, which includes the starchy foods. Starches may form from ten to twenty per cent of our daily intake according to the type of work being performed. These foods are unessential and the purist or perfectionist may exclude them entirely. The average person will elect to retain them and if he does so, should see that they are eaten whole. Refined starches are most harmful.

LIST 3 - STARCHES

Bananas (ungassed)	Millet
Barley (unpearled)	Mung bean
Biscuits (wheat, rye, etc.)	Navy bean
Bread (wheat, millet, rye, etc.)	Oatmeal
Buckwheat	Plantain
Chick pea	Potato (baked in jacket)
Corn	Rice (unpolished)
Fenugreek	Ryvita biscuits
Germinated grains	Sorghum
Haricot beans	Soya beans (lightly cooked)
Lentils	Spaghetti (wholemeal)
Lima Beans	Vitaweat biscuits (salt-free)

Haricot beans

Soya beans (lightly cooked)

Lentils

Spaghetti (wholemeal)

Lima Beans

Vitaweat biscuits (salt-free)

Macaroni (wholemeal)

Wheat

These foods should never be eaten for breakfast

The starch grains may be eaten raw or conservatively cooked. Grains are improved considerably by being germinated. In this way the grain grows and sends out long shoots which may be eaten as well. Germination is a simple process. It is possible to buy electrical apparatus for germinating grains but the simple methods given here will work just as effectively. Put the grain into a shallow tray and add water until it just covers the grain. Place in a warm place for a few days. Each morning and night replace the water and skim off the scum which forms on the top of the water. Another method : Use a wide-mouthed jar. Place the grain into the jar and fill with water. Tie a piece of porous cloth over the top of the jar. Turn jar upside-down and let water run out. Turn jar right way up and allow to stand in a warm place. Morning and night fill the jar with clean water and turn upside down. Turn jar right way up again. Within three or four days your grain will germinate. One advantage of germination of grain is that it protects the consumer from using inferior or poisoned grain. If the grain will not germinate it means that it is either dead or has been poisoned with an insecticide, If the grain will not germinate then it should not be eaten. Mung beans are commonly used in China for germination. Germinated grains may be used to make bread, biscuits or savoury dishes such as Polenta, etc.

Soya beans should be soaked overnight in distilled or rain water before cooking to soften them.

All grains should be thoroughly chewed.

We now consider List 4. This list comprises the Concentrates. These foods are highly concentrated proteins, sugars, and fats. They are eaten in small quantities only. Sedentary workers should eat only five per cent while laborious workers may eat up to ten per cent of the daily intake. Most Australians grossly overeat on both Concentrates and Starches.

LIST 4 – CONCENTRATES

Almond nut	Litchi (dried)
Avocado	Macadamia nut
Barcelona nut	Muscatels
Brazil nut	Peanut
Butter (Unsalted)	Peanut butter (raw, unsalted)
Carob	Pecan nut
Cashew butter	Pine kernels
Cashew nut	Pistachio nut
Cheese (cottage)	Prunes
Coconut	Raisins
Cream (unpasteurised)	Sesame butter (Tahini)
Currants	Sesame seed
Dates	Sugar (raw)

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Egg	Sultanas
Figs (dried)	Sunflower butter
Filbert nut	Sunflower seed
Ginger (green)	Tamarind
Hazel nut	Walnut
Honey	Watermelon seed kernels
Lexias	Maple syrup (unrefined)
Linseed	

Lexias

Maple syrup (unrefined)

Linseed

These foods should never be eaten for breakfast.

Nuts may be eaten whole, grated or creamed. Cream may be made by putting the nuts through a hand-operated juice extractor or putting into a Vitamizer with a little water or oil. Nuts should preferably be eaten raw. Peanuts should never be eaten if they are over-roasted until they are brown. Almonds contain prussic acid in the brown membrane covering the kernel. This membrane may be removed by blanching. Pour hot water over the kernels and allow to stand for two or three minutes. The membrane can now be rubbed off. Place the blanched kernels into the sun for a few minutes to dry them.

Dried fruits such as apples, apricots, pears, peaches, nectarines, etc. are highly suspect and should not be eaten. They are invariably treated with chemicals and the life-force has been destroyed by the processing they are subjected to.

Eggs are also highly suspect foods and should not be eaten unless you are certain that the fowls are range-fed and not battery-fed and housed. Eggs should be lightly boiled or poached.

Cheese is subjected to many industrial processes and adulterated in many ways. It is better to eat cottage cheese if this is possible. It is easily made by letting the milk stand for one or two days until it clabbers. Then drain off the whey and put what remains into a cheesecloth bag and hang up for a day or two until it is dry. Only fresh unpasteurised milk should be used. Use Goat's milk in preference to Cow's milk.

Cream is secured by siphoning out of the top of the milk.

Butter is made by whipping the cream for a few minutes. It is not necessary to add salt to home-made butter.

Those who do not wish to use Cow's butter may use raw Peanut butter, Cashew butter, Sunflower butter or Sesame butter instead.

Another category is included for the benefit of those who lack the necessary will-power or are still unconvinced of the advantages of a wholly raw vegetable diet.

We will call this category List 5. It includes all the vegetables of List 2 and others which must be cooked to be eaten. The cooking of vegetables is not recommended and cooked meals should not be eaten more than once or twice a week. It is a concession only and should not

and others which must be cooked to be eaten. The cooking of vegetables is not recommended and cooked meals should not be eaten more than once or twice a week. It is a concession only and should not be abused. It is useful in the case of very old people or those whose digestive systems have been deranged over a long period. These people should commence with a diet of cooked food. Raw vegetables should be introduced gradually over a period of one month, when it should be possible to delete the cooked foods and live on raw foods only.

Vegetables should never be boiled. They should be lightly steamed. Pressure cookers are not advised. Apart from the expense, the flavour of foods cooked in a simple steamer is much superior and the juices are retained. Here is how to steam vegetables. Place vegetables into an enamel or earthenware basin and cover with a china plate. Place basin into an enamel saucepan containing enough water to rise halfway up the basin. Place the lid on the saucepan. Steam for from 20 to 40 minutes. It is preferable to dice the vegetables to shorten cooking time. The liquid remaining in the basin should be poured over the cooked vegetables when serving. Do not use aluminium, copper, Non-stick or alloy cooking vessels. They are all harmful. Use glass, earthenware or enamel ware. Cabbage should never be cooked.

Our last category of foods is List 6. This includes all those foods which are used primarily for flavouring purposes.

The condiments are divided into Oils, Butters, Creams, Herbs, Aromatics, Juices and Sweeteners. Any two, three, four or five of these ingredients may be mixed to make a dressing or flavouring mixture. A good rule to follow is to use one juice, one sweetener, one herb, one aromatic and one oil, butter or cream.

LIST 6 - CONDIMENTS

OILS	SWEETENERS	AROMATICS	CREAMS
Maize oil	Honey	Chives	Cottage cheese
Olive oil	Raw sugar	Garlic	Cows cream
Peanut oil	Grated apple	Leek	Goats cream
Safflower oil		Onion	Nut cream

Sunflower oil
Soya bean oil

Shallots

Soya bean oil

HERBS	BUTTERS	JUICES	UNCLASSIFIED
Cress	Almond butter	Grapefruit juice	Vegetable salt
Dandelion leaf	Avocado	Lemon juice	
Dock	Cashew butter	Lime juice	
Marjoram	Coconut butter	Orange juice	
Mint	Peanut butter	Pineapple juice	
Nasturtium leaf	Sesame butter	Beetroot juice	
Parsley		Carrot juice	
Sage		Apple juice	

Use only cold-pressed oils. A third of a cupful of dressing is enough for each person.

SAMPLE SALAD DRESSINGS

Lemon juice, honey, mint, onion.

Orange juice, raw sugar, parsley, shallots.

Lemon juice, honey, cottage cheese, mint.

Lemon juice, safflower oil, honey, garlic.

Lemon juice, honey, sesame butter.

Lemon juice, honey, peanut butter.

Lemon juice, honey, avocado, onion.

Pineapple juice, grated apple, mint, onion. Lemon juice, honey, cream, mint.

Pineapple juice, raw sugar, peanut oil, chives.

Orange juice, grated apple, mint, garlic.

Beetroot juice, avocado, mint.

Grapefruit juice, grated apple, avocado.

Pineapple juice, cow's cream, chives, parsley.

Beetroot juice, cottage cheese.

Orange juice, cow's cream.

Lemon juice, raw sugar, olive oil, vegetable salt.

Lemon juice, olive oil, onion.

Lemon juice, olive oil, parsley.

Salad dressings should not be kept for more than two or three hours as they quickly deteriorate when exposed to the air.

CHAPTER TWO

In chapter one we examined the six categories into which foods may be placed and the proportions in which they should be consumed. At this point I can anticipate the reader. "I am so disappointed. Where are the recipes?" Strictly speaking you should not need any. Use your imagination and you will be able to devise your own recipes which will be as good or better than those given in recipe books. Although we will be supplying you with a selection of attractive and tasty recipes it would be as well to assist the reader to adapt his own. Most newcomers to natural diet want a recipe book. Apart from the expense involved, this is quite unnecessary. If you have a good standard recipe book on hand you can adapt the recipes given therein by using a simple formula.

You simply substitute wholesome ingredients for the unwholesome ones usually given in orthodox recipe books. For instance, if your recipe calls for flour it means ordinary refined white flour.

You simply substitute flour made from whole corn, millet, rye or wheat. Similarly, where your recipe calls for sugar it means refined white sugar. In this case you simply use raw sugar, honey, etc. instead. Where the recipe calls for poisonous non-foods you just omit them. Here is a list of commonly-used ingredients with the natural-health ingredients given opposite.

Orthodox ingredients :

White flour

White sugar

Vinegar

Natural health substitutes :

Wholemeal flour made from wheat, rye, corn, millet, etc.

Raw sugar, honey, dried fruits such as dates, raisins, etc.

Citrus or pineapple juices.

Salt	Vegetable salt.
Dried herbs	Fresh herbs as given on List 6.
Margarine, dripping, lard, suet etc.	Unsalted cow's butter, peanut butter, Sesame butler, cashew butter.
Meat, fish, poultry, etc.	Nuts, nut meat, eggs, cheese, avocado.
Tea, coffee, cocoa	Fruit or vegetable juices or any of the tea substitutes given in the recipe section.
Pepper	Fresh herbs.
Sauces	Citrus or pineapple juices.
Gelatine	Agar agar.
Cow's milk	Nut milk, or Soya bean milk.
Cow's butter	Nut butters.
Cow's cream	Nut creams.
Bicarbonate of soda or baking powder	A small quantity of yeast or better still none at all.
Caramel	Dark bush honey.
Saccharine	Honey.
Wheat germ	Germinated wheat.
Wine, brandy, etc.	Delete.
Colouring matter	For RED use beetroot juice. For GREEN use lettuce juice. For ORANGE use carrot juice.
Cornflour	Make your own by putting corn into your vitamizer.
Dried milk powder	Any wholegrain flour.
Condensed milk	Nut milk.
Golden syrup, molasses	Honey. or treacle

CHAPTER THREE RECIPES

Having shown you how to adapt your own recipes we now offer some recipes which have been tested thoroughly and proved to be successful. They are all simple and easy to prepare. Try your hand at varying them. You will be surprised at the nice combinations you can devise.

DRINKS

For the tea drunkards who simply cannot give up their "old love" we offer several teas which, while having some food value lack the poisonous qualities of conventional teas.

TEA SUBSTITUTES

Apricot Tea: Take a dozen apricot seeds. Put into a saucepan with a pint of boiling water. Allow to stew for 30 minutes. Strain off the liquid and serve with a little honey and a slice of lemon.

Cherry Stalk Tea : Take a tablespoon of cherry stalks and put into half a pint of water. Infuse for 20 minutes and then serve with a little lemon juice to flavour. Add honey if desired.

Elderberry Tea: Add one ounce of elderberries to a pint of water. Infuse and serve with lemon juice and honey to taste.

Plum Tea: Grate a dozen plum kernels and put into a saucepan with one pint of boiling water. Allow to stew for 30 minutes. Strain off liquid and serve with a little honey and a slice of lemon.

Camomile Tea : Take a teaspoon of Camomile to a pint of water. Boil the water, pour over the Camomile and cook for one minute. Let the mixture stand for five minutes. Add honey and lemon juice to taste.

Mint Tea : Take three teaspoonfuls of fresh mint, a pint of water, and a teaspoonful of honey. Boil the water and pour over the mint. Cook for 10 minutes. Stir and add honey. Strain and serve with a slice of lemon.

Thyme Tea : Take three or four sprigs of thyme, two cups of water and a teaspoon of honey. Put the thyme into a saucepan with water and cook for ten minutes. Strain and add honey.

Bran Tea : Take one tablespoon of bran. Add to a pint of water. Boil slowly for 15 minutes with a piece of lemon or lemon juice. Strain and add honey to taste.

Bran Tea : Take one tablespoon of bran. Add to a pint of water. Boil slowly for 15 minutes with a piece of lemon or lemon juice. Strain and add honey to taste.

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Prune Tea : Take one pint of water and 8 ounces of washed prunes. Remove the stones and after soaking for a while, pound the flesh. Simmer until soft and strain off liquid. Add lemon juice to taste.

Nut milks for use with teas : Place nuts into a vitamizer with water. This will make a milk for use with any of the above teas instead of cow's milk or lemon juice. Soya beans may be cooked lightly and then placed into a vitamizer with water to make Soya milk.

FRUIT AND VEGETABLE DRINKS

Naturally, freshly-expressed fruit and vegetable juices are far superior to any of the above tea substitutes and whenever thirst indicates that a drink is required these should take precedence. Almost any fruit or vegetable contains juice which may be extracted with either a hand operated or an electric juice extractor. The former are more efficient and produce more juice and better flavour. The latter are more convenient and easier to use. Citrus fruits may be squeezed with the orthodox squeezer which needs no introduction. Pineapple, Apple, Celery, Carrot, Beetroot and many other fruits and vegetables will provide delicious juices. These are best diluted with equal parts of water and juice. On festive occasions two or three juices may be combined to make a fruit or vegetable cocktail. Here are a few recipes which have proved themselves over the years.

HEALTH COCKTAILS

Orange juice, lemon juice, pineapple juice, water.

Grapefruit juice, pineapple juice, water.

Grape juice, passion fruit, water.

Orange juice, passion fruit, water.

Grape juice, lemon juice, water.

Mango juice, pineapple juice, water.

Guava juice, orange juice, water.

Pineapple juice, granadilla, water.

Grape juice, grapefruit juice, passion fruit, water.

Guava juice, orange juice, water.

Pineapple juice, granadilla, water.

Grape juice, grapefruit juice, passion fruit, water.

Lemon juice, honey, water.

Grapefruit juice, apple juice, water.

Lemon juice, honey, finely chopped mint, water.

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Carrot juice, orange juice, water.

Coconut milk is a delicious and healthful drink.

SOUPS

From a nutritional point of view soups are not altogether advisable. Soups do not stimulate the salivary juices to flow and thus suffer by comparison with the same ingredients when chewed thoroughly. Use soups sparingly and only on special occasions. There is no need to provide soup recipes. Simply use your own old recipe, using the substitute wholesome ingredients as advised previously.

It is best not to boil your soups for long periods. In fact it is better not to boil them at all. You can make your favourite soup easily and quickly if you possess a Vitamizer. Simply gather your ingredients together and place into your Vitamizer with a little water. Within a few seconds you have your soup, but it is cold. If you wish to have warm soup you place this cold soup into an enamel saucepan and warm slowly until just below the point where it commences to boil. Your soup is now cooked and warm enough to consume.

A good soup can be made by using one Tomato, half a Turnip, half a Carrot, one Onion, a handful of Parsley or Mint. Add enough water to fill your Vitamizer.

DESSERTS

The best dessert is Fruit. Simply take the fruit and eat it. if you are more fastidious and feel that fruit needs some kind of embellishment here are a few ideas that will please you.

Papaw: Papaw is best eaten without any added flavouring but if a change is desired you may sprinkle grated coconut or any other nut over it. Nut cream made from any kind of nut gives Papaw added richness. If you wish to produce a tang in your papaw you may put a little lemon

Papaw. Papaw is best eaten without any added flavouring but if a change is desired you may sprinkle grated coconut or any other nut over it. Nut cream made from any kind of nut gives Papaw added richness. If you wish to produce a tang in your papaw you may put a little lemon juice, grapefruit or pineapple juice on it. Passion fruit also goes well with papaw.

Pineapple: You can give added piquancy to pineapple by adding passion fruit or nut cream.

Muesli: One of the finest desserts is this adaptation of the famous Bircher-Benner Muesli. Grate two apples. Add the juice of half a grapefruit. Add one teaspoon of honey, two tablespoonfuls of Oats, one

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tablespoonful Grated Nuts and one tablespoonful of Currants. Mix thoroughly and eat with a small spoon.

Rock-Coco dessert: This dessert should be called "Angels Food". Take a Cantaloupe. Remove the skin and seeds. Open a fresh Coconut and remove half of the kernel. Put the lot into a Vitamizer for one minute. Place into a refrigerator for half an hour. Now, eat the most delicious dessert you ever tasted in your life.

Fruit Salad: The secret of making a delicious fruit salad is simplicity. The more ingredients you add the more insipid it becomes. Balance is the rule. Never add too many similar ingredients. Start with a sweet fruit, then add a sour one, then add a little of some fruit with a very strong and definite flavour. There you have the recipe for a good fruit salad. Don't spoil it by mashing the fruit up too small. Leave it in dice about half an inch in diameter. Here is a good combination :Papaw, Pineapple, Passion Fruit. Here is another: Apple, Orange, Banana.

SANDWICH FILLINGS

The Sandwich should not constitute the bulk of a meal but it may be eaten safely as long as you eat enough fruit or vegetables with it to provide balance. A wholesome meal suitable for a school child or husband going to work is as follows: Two or three large pieces of fresh fruit. Have at least two kinds of fruit. Then make one large wholemeal sandwich with an attractive filling. Vary the filling each day. The same sandwich every day becomes monotonous in time. Here are a few recipes for attractive sandwich fillings :

1. Peanut butter, with raisins or currants, or figs or dates or sultanas.
2. Salad. Place a leaf of lettuce on each slice of bread. Then add

1. Peanut butter, with raisins or currants, or figs or dates or sultanas.
2. Salad. Place a leaf of lettuce on each slice of bread. Then add grated carrot, cucumber or tomato. The lettuce prevents the softer and wetter ingredients from making the sandwich soggy.
3. Grated nuts and chopped raisins, currants or sultanas. Mix well.
4. Equal parts of grated carrot and finely chopped celery.
5. Spread bread with peanut butter, then add strips of Green or Red pepper cut into long thin strips.
6. Mix peanut butter and a little honey before spreading on bread.
7. Chop up a small onion finely. Mash half an avocado. Mix well and spread on bread.

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8. Finely chopped celery and cucumber also make a tasty sandwich filling.

WHOLE GRAIN RECIPES

Here are a few whole-grain and starchy food recipes for the cool weather. But, don't overdo them and don't overlook the savoury mixtures.

Savoury Rice: Use an enamel saucepan. Half-fill with water. Bring to the boil and when it is boiling furiously, put the rice into it. While the rice is boiling, make up the following savoury mixture. Take a tomato and chop it up finely. Cut an onion up finely. Mix together with any kind of vegetable oil. Chop up any one or two herbs finely. Add to the tomato and onion mixture. (Mint, parsley, dandelion, aniseed, sage, thyme, marjoram, cress, etc. may be used). When the rice is soft, strain rice well and place into a Pyrex dish. Add the savoury mixture to rice and place dish into a warm oven for five minutes.

Savoury Barley, Savoury Soya Beans, Savoury Corn: These may be made in the same way as Savoury Rice.

Lutkies (or mock oyster patties): Grate raw potato and mix with an equal quantity of wholemeal flour. Add the beaten yolk of egg. If desired you may also add a chopped onion or any herb. Make into flat rissoles and roll in wholemeal flour. Boil in vegetable oil until brown.

Sesame Rissoles: Take equal parts of wholemeal flour and Sesame flour. Chop an onion finely with a little mint and parsley. Beat an egg,

and roll in wholemeal flour. Boil in vegetable oil until brown.

Sesame Rissoles: Take equal parts of wholemeal flour and Sesame flour. Chop an onion finely with a little mint and parsley. Beat an egg-yolk and mix the lot together. Roll the rissole in wholemeal flour. Boil lightly in any vegetable oil until brown.

WHOLESOME BREAD

Bread is not an indispensable food. You can easily live without it. But, as so many people believe that it is the staff of life, we give you full instructions how to make bread that is the best of its kind. Your baker cannot make wholesome bread. It is commercially impracticable and uneconomic. Yet you can make it yourself quickly and easily at home. If you wish you can buy your wholemeal flour ready-ground, but it is better to buy a Grist Mill and grind your own. It only takes a few minutes, and it is not as hard as most people imagine. The orthodox bread of commerce

has been expanded by adding a fermenting agent which creates gas and blows up the dough, making it softer and easier to chew. If you make your own bread it must be eaten within a few hours or it will set too hard. You should make your bread a few minutes before you commence your meal.

What is bread? Basically it is flour and water. All of the so-called improvers and additives do not improve the bread nor do they add anything of value from the viewpoint of nutrition. For flour you may use, Wheat, Corn, Millet, Soya Bean, Linseed, and many other grains. If necessary you may use one grain or a combination of two or three. You can amuse yourself trying the various combinations until you discover one that specially appeals to you. One of the best is Wheat and Corn Bread. It is made by mixing 2 cups of wheat with one cup of corn. This is then put through your grist mill or vitamizer. The resultant meal should be fairly coarse. Add hot water to the flour and stir until you have a stiff dough. Knead this dough for a few minutes. You now need a hot-plate. This may be the top of an electric stove, or a sheet of iron about one-eighth of an inch thick placed, on a primus stove, spirit stove or gas ring. Take a piece of the dough and roll it gently until it is between three-sixteenths and a quarter of an inch in thickness and four or five inches in diameter. Place on the hot-plate. After ten seconds, turn over with an egg-lifter. After another ten seconds, turn it over again. Repeat this until the bread is nicely browned on both sides. If necessary you can have a dozen pieces of bread all cooking at once. When cooked, the bread

diameter. Place on the hot-plate. After ten seconds, turn over with an egg-lifter. After another ten seconds, turn it over again. Repeat this until the bread is nicely browned on both sides. If necessary you can have a dozen pieces of bread all cooking at once. When cooked, the bread should be wrapped in a tea towel for a few minutes. The bread is now ready to eat.

Here are a few recipes for you to experiment with. They are all worth trying:

1. 2 cups Wheat, 1 cup Corn, 1 tablespoon Linseed.
2. 2 cups Wheat, 1 cup Millet.
3. 2 cups Wheat, 1 cup Corn, 1 tablespoon Sesame seed.
4. 2 cups Wheat, half a cup of Raisins, half a cup Nuts.
5. 1 cup Wheat, one cup finely chopped Dates, one cup Nuts.

Biscuits: Biscuits may be made in exactly the same way as bread with the exception that you add a little honey, nut butter and grated nuts or chopped dried fruits to your recipe. It is also advisable to cut your dough into smaller pieces, say two inches in diameter.

KIDDIES CORNER

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Commercial sweets made from refined sugar and other harmful ingredients are largely responsible for the high incidence of tooth decay, tonsillitis, glandular troubles and many other modern diseases. If you want your child to grow up healthy and still enjoy the pleasure of toothsome sweets you would be well repaid the small amount of trouble entailed in making these health sweets. With a little imagination you should be able to devise a few variations on the basic recipes given below.

Fruit Wonders: 1 cup of dates, 1 cup of raisins, 1 cup of figs, 2 tablespoonfuls of Agar Agar, 1 cup of fruit juice, 1 tablespoonful of honey. Mix the Agar Agar, fruit juice and honey together, then chop the dried fruits or put them through a mincer. Mix together thoroughly, put into a shallow tray and place in refrigerator for an hour or two. Cut into squares and roll in grated nuts.

Peanut and Date Sweet: Mince or chop finely, one pound of dates. Mix with raw unsalted peanut butter. Roll out to a thickness of half an inch. Cut into blocks. Wrap in greaseproof paper.

Nut Balls: Grate one pound of almond nuts. Mix with enough honey to

with raw unsalted peanut butter. Roll out to a thickness of half an inch. Cut into blocks. Wrap in greaseproof paper.

Nut Balls: Grate one pound of almond nuts. Mix with enough honey to form a heavy mixture. Roll out until half an inch thick. Cut into blocks. Roll in grated nuts to form balls. Wrap in greaseproof paper.

Raisin Balls: Put one pound of raisins through a mincer. Form into balls an inch in diameter. Roll in grated coconut. Wrap in greaseproof paper.

Stuffed Dates: Use seedless dates. Cut almost in halves. Insert a little nut mixture and close the date tightly. Mixture is composed of grated nuts and honey made into a stiff mixture.

Prune and Walnut Sweet: Take one pound of seeded prunes, seedless dates and grated coconut. Put the dates and prunes through a mincer, mix well and then mix the coconut into them. Roll out and cut into squares, then roll into balls.

VEGETABLE SALADS

Is it necessary to tell the reader how to make a salad? Apparently it is. Many people seem to think that bleached white lettuce cut into confetti-sized pieces, tomato cut into mushy blobs, cucumber peeled, scraped, sliced and soaked in sugar, salt and vinegar constitute a salad. To add insult to injury a mixture of vinegar, salt, sugar and mustard is now

poured over these ingredients and the lot mixed until it looks exactly like pig food. Is it any wonder that newcomers find salads so unattractive?

A salad should be something which will appeal to the senses of sight, smell, and taste. Lettuce should be green outer leaves as well as the white inner ones. The leaves should be left whole and spread well out on the plate to make a foundation for the salad. Tomato should be left whole or cut into large chunks. Cucumber should also be left in chunks or logs. Leave the skin on too. Carrot and beetroot should be grated finely. Lay the tomato or cucumber on the lettuce and then make little heaps of the carrot or beetroot in between. Try to make an attractive picture. The contrasting colours should be placed in such a way as to look attractive to the eye. If you have celery, lay sticks about six inches in length around the plate and near something bright in colour such as tomato, red pepper, etc. to form a contrast. Do not douse the resultant picture with salad dressing. Have a small jug on the table and let each person help himself.

tomato, red pepper, etc. to form a contrast. Do not douse the resultant picture with salad dressing. Have a small jug on the table and let each person help himself.

Do not place a hot potato or savoury mixture on lettuce or tomato. They will wilt and become unattractive. Make a space on the plate separate from the salad if you intend using hot foods with a salad. Use a large plate. It is nearly impossible to eat salad from a tiny plate. The ingredients will spill on to the table and cause embarrassment to your guest.

Salt is unnecessary. If you provide an attractive and tasty salad dressing salt should not be required. If salt is demanded use only vegetable salt. This is simply dehydrated vegetables. Many commercial vegetable salts contain large amounts of common salt and should be avoided.

CHAPTER FOUR

Since so many people seem to be hypnotised by the theory of food combinations we will devote this chapter to an exposure of this fallacy. It is true that we should combine our foods carefully and use simple combinations. The digestive system will handle a few kinds of food when it would find difficulty in handling many kinds of the same food. It is also true that there are a few kinds of food which do become incompatible when consumed by human beings. These foods are strictly not wholly natural foods. All foods of the vegetable kingdom, if eaten in the raw state, may be combined without causing any incompatibility. The foods which are not compatible are Eggs and Dairy products. Here are the only rules you need to know about food combinations :

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1. Do not eat eggs with milk or milk products such as cream, cheese or butter.
2. Do not eat milk with other milk products such as cream, cheese or butter.
3. The only exception is that egg-yolk may be eaten with milk or milk products such as cream, cheese or butter. It is the white of the egg which is incompatible in these cases.

Many systems of food combinations have been promoted by various authors but no satisfactory explanation has been given to date as to the reasons for these practices. On examination it will be found that the food combination theories rest on an erroneous base. When natural foods are eaten as advised in this book no incompatibility is produced and no

reasons for these practises. On examination it will be found that the food combination theories rest on an erroneous base. When natural foods are eaten as advised in this book no incompatibility is produced and no harmful effects are observable.

It has been claimed that one should not eat two starches at the same meal, two proteins at the same meal, starches and proteins together, starches and acid fruits together, etc. If you eat Grapes or Water Melon you must not eat any other kind of food at all at this meal. There are at least forty different ways of combining foods which are claimed to be harmful.

There is not one shred of scientifically-acceptable evidence to prove that these so-called harmful food combinations have ever caused any harm to anyone.

One of the greatest proponents of the food combination theory was Dr. J. H. Tilden. After promoting this theory for many years Dr. Tilden stated that experience had shown he was wrong. Dr. Henry Lindlahr, the famous Naturopath, expressed the same opinion.

As this subject has been carefully investigated by Professor Edmond Szekely the reader is urged to read the appropriate section in his book "Medicine Tomorrow". Here will be found a scientific analysis and refutation of the current theories of food combinations. The opinions of Dr. J. H. Tilden and Dr. H. Lindlahr may be found in the Lindlahr Vegetarian Cook Book by Anna and Henry Lindlahr.

The food combination theorists all err in regarding the human body as simply a chemical machine.

There are many factors which influence the processes of digestion including: Quantity, quality, composition of foods, availability, chemical, magnetic, radiational, mechanical, psychological, nervous, glandular and other lesser-known but important factors. Mastication, simplicity,

abstemiousness, environment, all play a role in achieving efficient digestion.

The impossibility of separating starches, proteins and acids will be apparent when it is realised that ALL foods contain some protein, some starch and some acid. Nature has already combined them. Those who claim that there is a difference between the elements that nature has mixed and those that man mixes in his mouth have the responsibility of proving their claims. They have not done this to my satisfaction. Until this is done the current theories on food combinations must remain

mixed and those that man mixes in his mouth have the responsibility of proving their claims. They have not done this to my satisfaction. Until this is done the current theories on food combinations must remain classified as "unproven".

CHAPTER FIVE

THE TRUTH ABOUT VINEGAR

Vinegar is a poison, and even when dignified by the addition of the words "Apple cider" it is still a poison. Vinegar is diluted acetic acid. It is obtained by the conversion of alcohol into an acid by the bacterium *Mycoderma Aceti*. Vinegar may be made from any saccharine solution and therefore any fruit juice may be used as a base. There are many types of vinegar. The commonest in this country is Malt or Beer vinegar. Every country has its standard or traditional vinegar. Malt Vinegar is best known in Great Britain and Australia and surrounding countries. Apple cider vinegar is the standard vinegar of the United States of America. Some other types of vinegar are: Raspberry, Guava, Pineapple, Raisin, Date, Brandy and Spirit Vinegar. Each vinegar has a slightly distinctive flavour derived from tiny traces of unfermented fruit which remain mixed with the acetic acid. In recent years vinegar has achieved a new popularity due to the publication of several books by American doctors and others. As the writers are Americans they naturally recommend the traditional Apple cider vinegar.

The Vinegar Cure can be traced back to many years before the American doctor who re-started the Vinegar Craze was born. It was widely used as a home remedy for both internal and external use for at least two hundred years. It fell into disuse and then was resurrected about 1820 by Mr. Frank Coutts, a Scottish vinegar manufacturer, who wrote a book called *The Acetic Acid Cure or the Spinal system of*

Treatment. Mr. Coutts believed that vinegar would cure all ailments that mankind was heir to. Vinegar was administered internally, massaged vigorously into the spine and washed gently over the skin. But . . . the vinegar HAD to be a special type sold by Mr. Coutts which happened to be Malt Vinegar.

About one hundred years later a French company commenced

vinegar HAD to be a special type sold by Mr. Coutts which happened to be Malt Vinegar.

About one hundred years later a French company commenced advertising the Vinegar Cure, but this time another special type of vinegar was insisted on. It HAD to be French Wine Vinegar.

Thirty-eight years later, in 1958, Dr. Jarvis wrote his book Folk Medicine in which he recommended (among other things) the Vinegar Cure. This time the vinegar HAD to be Apple Cider Vinegar. Malt or Wine Vinegar definitely would not do. As an added attraction he combined the Vinegar Cure with Honey. The vinegar craze grew and spread all over the world.

Vinegar, no matter what its origin may be, is still acetic acid and is most unsuitable for human consumption. This highly corrosive and irritating acid hardens the liver, unduly stimulates and irritates the digestive glands, interferes with the formation of red blood corpuscles and, through its constant irritating effect upon the mucus membranes of the intestinal canal, is one of the chief causes of ulceration, catarrh, and indirectly, cancer. It is also a prime cause of stomach ulceration.

Vinegar is useless as a cure for disease. It is harmful and should be rigidly excluded from the diet. It acts as a counterirritant but does not have any beneficial effect. Like every other drug, it does have the effect of altering the course of a disease by suppression, but does not cure. Vinegar has caused many illnesses and even death. Post-mortem examination reveals that vinegar produces scalded mouth and a greyish-white condition of the stomach mucosa. Two deaths have recently been reported in Australia.

If you still persist in consuming vinegar, either as a food or a remedy, remember-you have been warned.

CHAPTER SIX

DO'S, DONT'S AND HELPFUL HINTS

Do not use the following harmful foods: Salt, pepper, vinegar, saccharine, white sugar, icing sugar, white flour, molasses, treacle, golden syrup, sauces, mustard, curry, wheat germ, alcoholic drinks, lecithin, margarine, yoghurt, vitamin preparations, so-called food additives or supplements, dried milk powder, condensed milk, caramel,

sauerkraut, smoked foods of any kind, cream of tartar, tartaric acid, citric acid, benzoic acid or benzoate of soda, lard, dripping, suet, jelly crystals,

sauerkraut, smoked foods of any kind, cream of tartar, tartaric acid, citric acid, benzoic acid or benzoate of soda, lard, dripping, suet, jelly crystals, arrowroot, baking powders, malted milk, malt extract, chillies, crystallized, lace or candied fruits, peel or ginger. Maple syrup is quite a good food if it is unrefined but unfortunately it is generally sold in the refined state. Mineral waters should not be consumed on account of the harmful nature of the inorganic minerals they contain. All medicines, without exception, are poisons.

Wheat germ cannot be separated from the body of the wheat without becoming rancid. It is then acid-forming and harmful. Lecithin also cannot be separated from Soya beans or other sources of supply without suffering damage. Margarine is made by a process known as hydrogenation which renders it harmful. Royal jelly is highly stimulating and harmful. Yoghurt contains a bacillus which is incompatible in the human intestines. It also produces an excess of mucus.

Cabbage must never be cooked. In the raw state, cabbage is a wholesome food. Cooked, it is not.

Mother's milk is the staple food for infants up to the age of three years. After weaning, human beings should never drink milk. If a mother cannot feed her baby naturally it is advisable to give it unpasteurised goat's milk or nut milk with a small supplement of fresh fruit juices.

Do not buy eggs with artificially coloured yolks. Use only unsulphured dried fruits.

Tea, coffee and cocoa are all equally harmful. They contain many alkaloid poisons and have no food value. The poisons are cumulative and insidiously wreak their havoc after many years without giving any warning of their danger. They are both depressants and stimulants. The primary effect is to stimulate. The secondary effect is to depress. This calls for more stimulation thus causing a vicious circle which enslaves the unwary victim.

Maté tea and most herbal teas are just as harmful as ordinary tea.

Self-raising flour should never be used. It contains harmful ingredients.

Toast or Zwiebach are also not recommended. Research shows that they can contribute to the production of cancer.

Do not eat Brewer's yeast or Yeast extracts. Mushrooms are toxic and should not be eaten.

All tinned and bottled foods are suspect. Most of them have been subjected to extreme heat, and have sugar, salt or other chemicals added.

There are a few bottled and tinned fruit and vegetable juices on the market which are safe. Read the label carefully. If it has "Diabetic", "Dietetic", "Sugar free", "Honey sweetened", etc. on the label, in conjunction with the guarantee that no preservatives are used, you can be reasonably sure that they are safe to use.

Many health foods have been introduced into Australia during recent years such as sunflower seed, sesame seed, linseed, fenugreek, millet, buckwheat, sesame butter, cashew butter etc. These are all worthy of your attention. They are not only wholesome foods but have new flavours which bring a welcome variety to your diet.

Grow your own fruit and vegetables in a home garden using the organic method of agriculture. Use compost and mulch instead of fertilizers. Save money and improve your health.

The calorie theory of nutrition is an utter fallacy. You are advised to disregard it entirely.

Do not eat any foods which you dislike. The glandular secretions produced by such aversion will poison your system.

Breakfast is an unnecessary meal. It is purely a habit. Everyone would benefit considerably by adopting the No-breakfast plan. Commence by having a fruit meal for several months. Then gradually change to fresh fruit juices. After several more months on fruit juices delete them also.

Do not eat between meals. Give your digestive system a rest. Do not drink water with meals. [f you must have fruit or vegetable juices with your meals, sip them slowly.

Eat slowly and chew well. Try to reduce each mouthful to an emulsion before swallowing. If you have any teeth missing have them replaced.

Drink water between meals if thirst indicates that water is required. "Follow the voice of your organism."

The best place to eat is in the open-air.

The average person needs from 40 to 50 ounces of food daily. If you are a sedentary worker your daily consumption of food should be:

20 to 25 ounces of fresh fruit from List 1.

14 to 17 ounces of vegetables from List 2.

4 to 5 ounces of starches from List 2.

2 to 3 ounces of concentrates from List 4.

If you do laborious work your daily consumption could be:

16 to 20 ounces of fresh fruit from List 1.

12 to 15 ounces of vegetables from List 2.

8 to 10 ounces of starches from List 3.

4 to 5 ounces of concentrates from List 4.

Having indicated the kinds of foods most favourable for good nutrition, those to be avoided, how to select and prepare your foods we now offer a few attractive menus to assist you in planning your daily meals. These meals are suitable for school children or those who must take a packed lunch for the midday meal.

I. **Breakfast** - Papaw.

Midday meal - Wholemeal sandwich with salad filling.

Grapes, apple, pear.

Evening meal - Salad: Tomato, cabbage, carrot, celery.

Dressing: Lemon juice, honey, olive oil.

Dessert: Raisins and peanuts.

2. **Breakfast** - Oranges.

Midday meal - Ryvita biscuits with peanut butter and honey.

Rock melon and apples.

Evening meal - Salad: Cucumber, lettuce, beetroot, cauliflower.

Dressing: Beetroot juice, cottage cheese.

Dessert: Avocado and dates.

CHAPTER SEVEN

IN CONCLUSION

No meat, fish, crabs, oysters or poultry? Certainly not! Any writer or dietitian who tells you that these are suitable for human consumption has never seriously studied the subject of dietetics.

Comparative anatomy is the science of comparing the structure of animals living in their natural state. If we study the structure of any animal (including man) we can determine accurately the types of food which are most suitable for this animal.

Man is not a carnivorous animal. His whole structure is unlike that of a meat-eating animal. He is not omnivorous either. That is, he is not suited to a mixed diet of flesh and vegetables. The evidence is irrefutable. Man

meat-eating animal. He is not omnivorous either. That is, he is not suited to a mixed diet of flesh and vegetables. The evidence is irrefutable. Man

is a fruitarian. His structure is designed to handle fruit and nuts with the greatest efficiency. Vegetables can be handled reasonably well too.

From a practical viewpoint man's vegetarian nature can be proved by the fact that those who adopt a natural diet always improve in health, no matter how healthy they believed themselves to be prior to this.

By "Vegetarian" we mean the true definition of the word. A vegetarian is not simply one who lives on food of vegetable origin. This definition has been erroneously given to us by the enemies of vegetarianism. The word "Vegetarian" was adopted at a meeting called for the purpose of founding the first Vegetarian Society in Great Britain. The word Vegetarian is not derived from "vegetable" but from the ancient Greek word "Vegetus", meaning living, lively. Thus a true vegetarian is one who lives on living, vital food. The dead carcasses of animals, fish and birds are excluded, as they do not come into this category.

Veganism is a further extension of the principle of vegetarianism. A Vegan is one who lives on the products of the vegetable kingdom only. He does not eat Honey, Eggs, Milk, Cream, Butter or Cheese.

If a person lived on the original diet of man he would necessarily and automatically become a Vegan.

We have now dealt with the most important factors concerning, Natural Diet. The information contained herein is all the advice that is necessary to enable anyone to adopt a natural diet.

This book is intended for normal people. If you are very much overweight, underweight or suffer from a definite complaint, you should consult a Naturopath who will give you specific advice for your case.

As this is a purely practical book it has been thought advisable to avoid confusing the reader by referring to minerals, vitamins etc. The human body consists of water, carbohydrates fats, proteins and trace mineral elements. Various combinations of these substances in their living state have been called vitamins. It is unnecessary for the average person to know anything more than the fact that they exist. There is no way a consumer of food can tell simply that any particular food does or does not contain certain minerals or vitamins. Only a complicated analysis could determine this. If the reader consumes a properly balanced diet of living foods as recommended in this book he can rest assured that all his needs for correct nutrition will be met.

If the reader wishes to delve more deeply into food science the following

living foods as recommended in this book he can rest assured that all his needs for correct nutrition will be met.

If the reader wishes to delve more deeply into food science the following books are recommended for serious study :

Prof. E. Szekely MEDICINE TOMORROW

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D. and P. Weaver	NATURAL FOODS
S. L. Estes	RAW FOOD
G. J. Drews	UNFIRED FOOD
O. Carque	VITAL FACTS ABOUT FOOD
A. and H. Lindlahr	VEGETARIAN COOK BOOK
H. Carrington	THE NATURAL FOOD OF MAN
J. H. Kellogg	THE NATURAL DIET OF MAN
V. M. Richter	COOKLESS COOKBOOK
W. A. Price	NUTRITION AND PHYSICAL DEGENERATION
Sir R. McCarrison	STUDIES IN DEFICIENCY DISEASE
Sir Albert Howard	AN AGRICULTURAL TESTAMENT

Books in this Series by K S Jaffrey

No. 1:	HOW TO FAST.
No. 2:	NATURAL FOODS.
No. 3:	LIVING NATURALLY.
No. 4:	WHAT IS NATURE CURE?
No. 5:	REARING YOUR BABY NATURALLY.
No. 6:	NATUROPATHIC FIRST AID.
No. 7:	HEALTH AND HAPPINESS THROUGH POSITIVE THINKING.
No. 8:	THE COMMON COLD.
No. 9:	THE CAUSE OF DISEASE
No. 10:	FEVER - NATURE'S OWN HEALING PROCESS.
No. 11:	LESSONS ON HEALTH.
No. 12:	HOW NATURE "CURES".
No. 13:	RADIANT HEALTH FOR BEGINNERS.

- No. 12: HOW NATURE "CURES".
 No. 13: RADIANT HEALTH FOR BEGINNERS.
 No. 14: TELL ME SIMPLY.

METRIC CONVERSION TABLES

The following rough conversions will enable you to determine the metric measurements that are rough approximations of the weights, lengths and capacities given in this booklet.

Liquid capacity:

$\frac{1}{2}$ pint	$\frac{1}{4}$ litre
1 pint	$\frac{1}{2}$ litre
1 quart	1 $\frac{1}{7}$ litre
1 gallon	4 $\frac{1}{2}$ litre

Weight:

$\frac{1}{2}$ oz.	14 Grammes
1 oz.	28 $\frac{1}{3}$ Grammes
2 oz.	56 $\frac{7}{10}$ "

$\frac{1}{2}$	OZ.	14	Grammes
1	OZ.	28 $\frac{1}{3}$	Grammes
2	OZ.	56 $\frac{7}{10}$	"
3	"	85	"
4	"	111 $\frac{1}{3}$	"
5	"	141 $\frac{7}{10}$	"
6	"	170	"
7	"	198 $\frac{1}{2}$	"
8	"	226 $\frac{4}{5}$	"
9	"	255 $\frac{1}{5}$	"

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10	"	283 $\frac{1}{2}$	"
11	"	311 $\frac{4}{5}$	"
12	"	340 $\frac{1}{5}$	"
13	"	368 $\frac{1}{2}$	"
14	"	396 $\frac{9}{10}$	"
15	"	425 $\frac{1}{4}$	"
16	"	453 $\frac{1}{2}$	"

Length:

$\frac{1}{16}$ inch		1 $\frac{3}{5}$ millimeter
$\frac{1}{8}$	"	3 $\frac{1}{5}$
$\frac{3}{16}$	"	4 $\frac{4}{5}$
$\frac{1}{4}$	"	6 $\frac{2}{5}$
$\frac{1}{2}$	"	12 $\frac{7}{10}$
$\frac{3}{4}$	"	19
1	"	25 $\frac{2}{5}$

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The opinions expressed in this article are based on the naturopathic philosophy of health and do not coincide with currently accepted medical theories on health and healing. The publisher does not claim that any advice given represents a "cure" for disease. If the reader has any doubts regarding his or her health, it is the responsibility of that individual to consult a competent health practitioner.