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## Vitamin, Vitamin, Part III - Do's and Don'ts for Healthful Living

Dr Ruth Rogers

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## Vitamin, Vitamin, Part III—

## Do's and Don'ts For Healthful Eating

By Dr. Ruth Rogers  
Daytona Beach, Fla.

Supplements cannot take the place of and are not needed in the well-balanced, live-food diet. But they have been very helpful in deficient diets. Scientists are discovering more nutrients in foods and that one nutrient is sometimes needed for the absorption or assimilation or metabolism of another. A discussion of what the well-balanced diet consists of would lead us into the afternoon session. But we can agree that the naturally raised foods on good soil without contamination are better.

Sometimes in talking with patients I remind them what Paul said in Corinthians, "Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?" (Corinthians 3:16) How do you treat a temple? You keep it clean and you put into it only that which is pure and you do not misuse it. Of course, there is a difference in the understanding of what this really means, depending upon the patients' backgrounds, but it isn't long before they are impressed, at least by the second or third office visit that there are many foods in the stores today that are not fit to eat, that it is better for them to eat foods that are not processed, to get organically grown foods if possible and better yet to grow them themselves. Mr. Porter, whom you have heard this morning, was kind enough to work out a set of "Suggested Do's and Don'ts for Healthful Eating" for me. This list can easily be referred to by the patient but this doesn't mean that each patient will follow all the suggestions.

Do eat as much natural, organically grown food as possible.

Don't eat highly refined or processed food.

Do use raw sugar, honey, maple syrup and blackstrap molasses for sweetening.

Don't use refined white sugar, or eat any food prepared with it.

Do eat whole grain cereal and cereal products.

Don't eat refined white flour, or any foods prepared with it.

Do eat lots of fresh fruits and vegetables which are organically grown.

Don't use canned fruits and vegetables or frozen fruits and vegetables unless there is no other source of vegetables.

Do eat a fresh green salad at least once a day, made with organically grown leafy vegetables.

Don't confine your salads to store lettuce; use other greens as well and wash carefully to remove traces of pesticides as much as possible.

Do eat lots of dried fruits such as prunes, figs, dates, and raisins; don't cook these fruits but plump them by soaking in water.

Do eat a goodly amount of seeds and nuts, particularly sunflower and pumpkin seeds.

Don't eat toasted or salted nuts, or those coated with white sugar.

Do eat fresh meat, fish and eggs (unless you are a vegetarian).

Don't eat smoked, flavored, salted, or prepared meats.

Do eat lots of soybeans and soybean products such as soy flour.

Don't eat any factory made breads, cakes and pies, whether baked, half-baked, or frozen.

Do bake breads and desserts, using barley, rice, buckwheat, millet, wheat germ and soy flour.

Don't shop blind at the supermarket.

Do read all labels and leave out of the basket any foods which contain artificial preservatives, coloring, flavoring, extenders, emulsifiers, or any chemicals.

Don't be in a hurry to get out of the kitchen.

Do plan and prepare tasty, healthful meals, eating raw foods as much as possible.

Don't use ready-prepared foods (such as TV dinners).

Do buy or raise natural, organic foods and prepare them yourself.

It is interesting to watch patients' reactions when I remind them that humans are the only animals that cook their food.

Research and education are part of the essential work needed in this field. The Dept. of Public Health was to have spent 1.2 million dollars in 1965 and will spend 2.3 million dollars in 1966 to study the possible relationship between long-term health effects and the use of pesticides. The nearest area to us is in Dade County, Florida. We will be interested in this report. There is a doctor in New Jersey who is starting a program for the next five years to compare the health records of people eating only naturally grown foods and those eating foods which are sprayed with poisons in which additives have been used or which are processed or refined.

Beatrice Trum Hunter, in her article "Read That Label," says: "Even when there is label information, what good is it if we are not educated in regard to its meaning or its effect on our bodies? What good does it do to label dried fruits as 'prepared with sulfur dioxide' if most people do not know what sulfur dioxide does to the body? What good does it do to label flour as 'bromated' if we do not know what bromates do to the body, or sodium nitrite or nitrate contained in cold cuts, or alum in pickles, or benzoate of soda as a preservative in a variety of items?"

Educating the patients, and the public, is slow but necessary. People need to understand the consequences of their actions to themselves and to their children. What they do affects the whole community and the world. The long-range effects of a deficient diet are sometimes hard to see. DDT has been found in the tissues of the penguins near the south pole. How did it get there? It is through experience we learn the effects of our actions; it is with understanding and love we can change ourselves to fit into the greater whole.

[This is the end of Dr. Rogers' talk, given at a School of Living seminar in Florida last January.—Editor]

## Letter Explains Vaccination Stand

Heathcote Road  
Freeland, Md.  
Nov. 27, 1966

Board of Education of  
Baltimore County,  
Towson 4, Md.

Gentlemen:

We have been informed that, according to Maryland law, it will be necessary for our three children—ages 16, 14 and 8—to have smallpox vaccinations. We do not wish to have our children vaccinated; still we have no desire to violate the law, and in view of our convictions and circumstances we hereby request your consideration of our position.

As a matter of both conscience and firm conviction we believe in an approach to health based on the fundamental integrity of the human body and its natural resistance to disease when a course of rational living and superior nutrition is followed.

We also feel that Amendment IV to the U. S. Constitution which guarantees the right of people to be "secure in their persons" is ignored in any form of compulsory medication, including mandatory vaccination for school children.

We were told that the purpose of vaccination is "to protect the health of all children." We come from Colorado, one of the states which does not require vaccination, where the children enjoy

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better than average health. All three attended public school in Baltimore County last year at no apparent menace to their health or that of their classmates. If vaccination is considered protection against smallpox, then surely the few children in the state who remain unvaccinated cannot threaten the health of others. We understand that there have been exemptions from compulsory immunization.

By the end of the school year we plan to leave Maryland for a location where vaccination is not required. It would be difficult for us if we were compelled to leave Maryland now.

We respect the efforts of the Board of Education to protect the health of the children of Baltimore County; we trust that in considering our position the spirit of the law will still be served while permitting Jerry, LaVerne and Keith to complete their school year here unvaccinated. We are willing to submit the children to periodic physical examination if necessary.

Sincerely,

W. Kenneth Sprague  
Delores E. Sprague

## The Inscription Over, cont'd

realization that a sort of trap had been set for us.

When Dee first called the director of pupil personnel at the Board of Education she asked him what we might expect if we refused vaccination. "Oh, I really couldn't say. I don't know of any other such cases." Could they take the children away from us? "Oh, we don't want to punish you and the children, Mrs. Sprague, we want to help you." But the voice was not reassuring. Then Dee called the judge's chambers to find out if we might be given some idea of the date set for the hearing. She indicated that Ken had been postponing his pre-Christmas rounds as pipe organ tuner because of the hearing. The secretary, after an aside to the judge, said that there was really no reason for Ken to be there if we were in agreement. Was this said so that Dee would have less support when the judge "threw the book at her?" Without Ken and Clint to be with the children, attend to bail and ferret out further facts this night would have found Dee in prison and the children probably in Juvenile Hall! It is hard to imagine how the judge could have behaved in a more ill-tempered, punitive and vindictive manner. To Ken's question "How can we get these children back in school?" he shot back with "You can't, until they are vaccinated."

In a final late afternoon effort to determine our right to legal counsel, Clint wanted to confront the judge in his chambers. When Dee had asked during the hearing, "Don't we have the right to legal counsel?" he had by-passed the question with "You will later." In his chambers he refused to speak with Clint since he was not a lawyer, and as Clint courteously tried to say that we couldn't afford a lawyer, the judge strode away shouting "That's their problem." He slammed the door shut behind him. So much for a day of reason with the living law.

As we conclude this, we have had a conference with the principal of the high school. Technically under suspension, the children cannot hand in assignments and are barred from the school and all activities there. So we

are faced with trying to help them continue whatever work they can at home on a voluntary basis. Uncertainty as to the date of Dee's trial means that the children could lose the continuity of their school work by the time they might be re-admitted to their schools. Some teachers are cooperating with us on suggesting the direction the school work is taking, but this may be stopped at any time. The judge may well be hoping that we leave Maryland or that his heavy-handedness will succeed in coercing us into vaccinating.

It appears that we have a two-pronged battle: before we can take our stand on vaccination we have first to establish our right to be treated with fairness and objectivity by the courts of Maryland. Yes, the situation does seem formidable: have we any choice? — Ken & Dee Sprague, Heathcote Road, Freeland, Md.

## Letters To The Editor

### Books For Auction

To the Editor:

Please accept six of my books, *Fat of the Land*, as a contribution to your fund for Heathcote Center in Maryland. Sell them and devote the proceeds to the fund.—John Seymour, Fachongle Isaf, Newport, Pembrokeshire, Wales.

[Note: This suggestion for use of gift copies of this good book on self-sustaining living, by an English radio personality, led to planning an auction of books on New Year's Eve at the Heathcote dedication. Other authors have also sent autographed copies of their books, for which many thanks.—Editor]

### Land Going Up

To the Editor:

I'm still searching the upper Catskills for my "five acres and independence." Each year that I delay finds the land more expensive. Yet it's comforting to read in *The Green Revolution* about others who have found their "five acres." It keeps my hopes alive. — Paul Goluboff, 3448 Corlear, Bronx, N. Y.

[Ed. Note: To discover the reasons why land prices rise, read *Progress and Poverty* by Henry George. (In libraries, or \$1.50 from Henry George School, 50 E. 69th St., New York City.) To start a new land tenure system, join Heathcote School of Living Community, Freeland, Md., or start a community of your own.—MJL]

### Active Sierra Homestead

To the Editor:

Thanksgiving was a big week with us. Dick Roberts (Oamaru, New Zealand) was here for several days. Ralph and Dawn Hamilton family of Placerville made their usual Thanksgiving visit with us. Lin Small from Maine, Victor LeBreque and Eugene Obidinski of Connecticut are here, and local homesteaders Pflugraths, Lonerays, Davises and Elliotts came in for discussion with Dick.

So far my writing on *The Owner-Built Homestead* has been delayed by work to save up funds to start our new experimental homestead. I have a two-month building schedule ahead. In the evenings I work on house plans and survey maps, and like this concentrated work program with a block of time for starting our new homestead.—Ken Kern, Oakhurst, Calif.

### Help For Cities

To the Editor:

I've just read D. P. Hoffman's "The Decay of Cities" in the October *Green Revolution*. (It was delayed at my former address.) Can't say that he managed to suggest how to cure the situation. Does he really understand why the cities are dying, or what could be done about it? I'm a great believer in applying the principles of taxation of values in land—they're terrific in the cities—that will unravel our economic system so that man can satisfy his material needs with abundance and in freedom.

I do not believe in isolating one's self from the common stream. What we need is equal and free access to land which will provide a proper base for all men to gain the maximum prosperity and well-being with a minimum of injustice and exploitation. We can't do much about this until more people understand basic, ethical economics.—Rev. Wylie Young, 24101 Lake Shore Blvd., Euclid, Ohio

[Ed. Note: Rev. Young was long an active worker for land-value taxation in Erie, Pa., and helped this movement achieve considerable progress in Pennsylvania. Henry George's *Progress and Poverty* and Borsodi's *Property and Trust* are useful tools for the changes he seeks.—MJL]

### Wants Wild Apple Seed

To the Editor:

I'd much appreciate hearing from anyone who can tell me anything about wild apples. We would like to obtain seed or a start of these or any fruit that might stand the Colorado temperatures, and yet be hardier than the tame varieties.—George Pelton, 3125 S. Clarkson, Englewood, Colo.

### FDA On Supplements

To the Editor:

Thanks for your letter regarding the regulations issued in June 1966 by the Food and Drug Administration to require a doctor's prescription for purchase of vitamins and food supplements in certain quantities.

The FDA informs me that many objections have been filed on the projected order. It will hold hearings, therefore, at which time those concerned will have an opportunity to appear and submit testimony. The FDA will stay the effect of the new regulations until after the hearings and a decision has been reached. If the conclusion is adverse, then there may be appeal to the courts which would further stay the effect of the order. Thus, the FDA regulations will not be going into effect this year, as was originally supposed.—Sen. J. K. Javits, Senate Subcommittee on Health.

### How Reach More People?

To the Editor:

Although I've been sympathetic with what you stand for for years, I had not heard of *Green Revolution* until early in 1966, when I saw your ad in *Dairy Goat Journal*. I fully endorse in general what you advocate. There must be thousands of people who sympathize with your ideals but who do not know how to do anything about it, and who do not know about *The Green Revolution*. How can we get more people to know about independent homesteading? Decentralization and communities could be the answer for this country's future, at a time when the Government is getting more complicated and centralized all the time. What *Green Revolution* stands for could be man's answer to the future.—Mrs. Don Pixley, Camden, N. J.

[Editor's Note: Lacking funds and personnel for promotion and publicity, we count heavily on readers and members passing the word along. Their letters to editors, radio and TV news commentators, educators, etc., about our work will help. Regional meetings to develop esprit de corps among our members and to introduce our school and journals to others, are good. All that any organization of worth has or does, we should do. But this depends largely on interested, imaginative, cooperative readers. We are glad to provide extra copies of our paper, or reprints and books, for your use.]

### Natural Living Follows Natural Birth

To the Editor:

We read with great interest Ferdi Knoess's letter in September *Green Revolution* about the natural birth of his son via the Lamaze method. We approve, and wonder why he even raises the question about inoculations (continued on page 4)