

REMARKS BY THE DIRECTORY OF EDUCATION

By W. I. Davis

Several centuries ago, Dr. Hagenah nominated me to take the place which had been so ably handled by Dr. Brown of Cleveland, as director of research of the college. Since then I have given this group several things of value, but this time I have what I consider the most important contribution yet.

Now to the six best doctors. The six best doctors anywhere, and no one can deny it, are sunshine, water, rest, air and a good nutritious diet and exercise!

Today we shall study the latter for with today's refining, processing and the additional preservatives and coloring of our food, to be healthy we must give attention to the selection of our foods. And, as the renowned Dr. Royal Lee said, "We must become immune to all advertising (Propaganda)".

Let us quote from another famous personality. "A boy lay dying in the Evangelical Deaconess Hospital in Chicago. Despite many operations, his tuberculous hip refused to heal. One of Chicago's best surgeons told the nurse, "Send this boy home. Just make him as comfortable as possible. There is nothing more that we can do."

"So, the unhappy and discouraged boy went back to Europe, to die in the serenity of the Swiss mountains. There, high up among the snow-capped peaks, a miracle happened. One morning as the boy was eating his usual breakfast, an old man who was visiting his family told him, 'If you keep on eating dead food you certainly will die. Only LIVING food makes a living body.' 'What are the living foods?' asked the boy. The man described them vividly. 'Fresh growing things, especially the green and yellow vegetables (is that not Syntonics?)" saturated with the earthy elements; full of sunshine and living water. The old man knew nothing about vitamins and minerals for that was in 1886. But, the boy started eating enormous amounts of the designated foods, and wonder of wonders, the hip which had defied all sorts of treatments now slowly but surely healed."

"Through that amazing discovery, I discovered for the first time what diet can do - - for I was that boy."

The above is from none other than Benjamin Gaylord Hauser-continuing, "Only those who have had similar experience can know the joy of such a victory. So eager was I to know more about the subject that I decided to make it my life's study."

For the benefit of some of this group who did not know me 25 years ago, the old timers know, I was 5'11" tall and weighed 134 pounds. I had Typhoid in 1906 followed by ulcers. I also was eating dead food, especially white sugar and its products. As Dr. Lee says, "It is only the refined sugar that steals out calcium and wrecks our teeth and our bones." That I did not know until it had stolen two inches of my height and all my teeth. I am now 5'9" tall and weigh 160 pounds, have no trace of ulcers and can eat anything without any discomfort unless I dissipate and eat something that has been refined.

Over the years I have tried to find a way to get the most LIVING foods and I now present you with some living food, and you too can have living food every day, raised right in your own home without any poison sprays, poison fertilizer or any detrimental processing of any kind! Dr. Elwood tells us that if we are ever marooned on a desert island or in a bomb shelter, we will survive best if we have some seeds to sprout – and I believe it. I am giving one of my sprouting trays to each family represented here with instructions how you can have live food each day of the year.

Dr. Spitler told us last year, there are bioflavonoids in the pulp of the orange that works with the juice for all acute diseases - - see Better Homes and Gardens, May 1955, page 38, "Medicines Newest weapon is not a medicine at all, but " - - you read it.

Now at a recent meeting of 750 outstanding doctors of all faiths, it was suggested that the outstanding discovery of 1956 will probably be, "Hydrogenated Fats" are the cause of so much heart and circulatory trouble we are having. Even peanut butter, once a wonderful food now says "Improved by Hydrogenation". That means improved for keeping in grocers shelf so the makers will not lose money. Here is a copy of Mr. J. I. Rodales "Industrial Medical Economics". If you want more, just send to Prevention Magazine, Emmaus, Pennsylvania.

Here is a boiled down essence of Dr. Lee's paper on Hydrogenation. Beware of RANCID fats and oils, especially Cod Liver oils. Rancid fats steal the oil soluble vitamins as does mineral oil, so often used on salads at the GREASY SPOON.

"There are few of us that do not have preconceived ideas about many subjects. That is simply human nature, but we are often misguided because of our refusal to examine the other side of the coin." See page 64 of Dr. Frank J. Wilson's book, "Glamour, Glucose and Glands."

What is one man's food is another man's poison. We all have different glands, but there are some basic elements that are well nigh universal, Calcium, Vitamin C and D, for instance. Refined foods and especially the refined carbohydrates steal calcium and rancid fats steal the oil soluble vitamins.

At the Post Graduate Lectures of the Optometrical Society of the city of New York In 1930, Dr. J. Robinson Cohen, Page 70, told us that when we found a definitely high Esophoria at distance and a much higher Esophoria at near, that the chances are we have a neurological problem. Since then I have found that to be true as sin until recently. Now we find that much more often, having been an analytical cus all my life I wanted to know why. As a boy I used to like to hunt and my feet would get so cold I now know that I had a combination of Scurvy and Pellagra. I was told that if I would wash my feet in cold water and rub them vigorously, they would stay warmer. Well, I tried it on one foot, the other darned near froze. Now, back to higher Esophoria, at near then at far. My first lead came from the book, "Lets Eat Right to Keep Fit" by Dr. Adell Davis, no relation of mine so far as I know. However, I would be glad to claim kin with her. Several times in her book, that I consider the very best book on how to keep well that has ever been published, and I have read tons of books, she mentions that the side effect of antibiotics. I began asking these people if they had taken antibiotics. After so many said yes, I looked them over very closely and noticed most of them had very short fingernails. The next question was are they large consumers of refined carbohydrates? Back to all the books that I could find on the side effect of antibiotics I spied the effect of Avidin, from the uncooked white of eggs having a similarity to the antibiotics. What else do they have in common? That turned out to have a panicky effect, a changing of

the thought processing, or a Neurological psychosis. Well I am getting warmer, more and more books. Now as it looks from here, as Fulton Lewis says, these people that are killing their loved ones and then themselves are panicky due to having had antibiotics. But, let us not stop here. We must hurry on and find the remedy. The last paragraph on page 61 of the book by Dr. Davis, she says, "It appears these bacteria grow best - - in milk sugar - -." You read it and all we need to do is drink buttermilk or Yogurt, which will replace the friendly bacteria that was killed out by the antibiotics. That will also give calcium in an acid medium, which is necessary for absorption and utilization.'

And, what it will do for the neurological phorias as well as the thought processing of the patient? Just you try it. Yogurt and Brewer Yeast, or buttermilk, see page 69, in the Health Book, and if any of you want to get into deep water just read Dr. Kouchankoff's report, International Congress of Microbiology in London, 1936. "Leukocytes which appear in the intestinal tract ONLY WHEN THE FOOD EATEN HAS BEEN PREPARED AT HIGH TEMPERATURE OR BY COMPLICATED MANUFACTURING PROCESS".

Our government requests, for instance, tomatoes must be put in the cans and sealed before they are cooked to save the vitamins, especially Vitamin C. Then many housewives open the can and cook the dickens out of the food and that in the presence of air. Remember the article, "Murder in the Kitchen"? Who ever started cooking and dishwashing really was a sap.

It seems to be just plain nature for us to blame someone else or something when things do not go right. Paul Harvey said "One may fall any times, but is not out until he claims someone pushed me".

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