

## THE HEALTH VALUE OF INDIGESTIBLE FOODS

It may seem absurd, at the first blush, to say that the more indigestible our foods are, the better the health will be; nevertheless, when the statement is slightly qualified, it is true; for foods which are usually regarded as indigestible, because we feel distress after eating them, really cause trouble because they have been too thoroughly digested, while other foods which are nearly totally indigestible, and therefore in a sense are not foods at all, leave us with all the feelings of health and well-being.

Lack of proper appreciation of these essential facts is at the bottom of the difficulties which many people experience when they adopt what they are pleased to call a vegetarian diet. They have in most cases suffered from digestive troubles before ceasing to eat flesh, and have in many cases adopted a fleshless diet with the expectation that that would work a miracle in restoring their health. They are therefore often bitterly disappointed that they feel no better; nay, in a number of cases they may even feel worse, because they continue their dietetic errors in all other respects, so that in many cases their reformed diet is, from the standpoint of health, a thousand times worse than the usual mixed diet of the average person, and goodness knows that that is bad enough. In fact, instead of wondering that the body breaks down under the strain of dietetic indiscretion, it is really wonderful that it can stand up as well as it does in spite of the abuse and ill treatment to which it is subjected.

It happens not infrequently that people who apply to us for healing admit unblushingly the most atrocious dietetic blunders, perfectly oblivious of the fact that they are doing wrong. The following is a representative diet of a very large class of people who suffer from digestive disorders:

7 a.m.—Two cups of coffee.

10 a.m.—Hot cakes with three eggs, coffee, beefsteak with fried potatoes,  
white bread, butter and more coffee.

Noon—Meat and potatoes. Bread and butter. Pie and coffee.

3 p.m.—Beer and a sandwich, or in the case of ladies, tea and some buns.

6 p.m.—A full course dinner, including soup, meat, a spoonful of mashed potatoes and vegetables cooked in an indifferent, insipid manner, two or three kinds of dessert and coffee.

10 p.m.—Coffee, cheese, sausage, pig's feet or other so-called delicacies.

And then they honestly wonder why they do not feel well. This class of people will claim that they have no bad habits. They smoke a few cigars, drink a few glasses of beer, or perhaps they take a cocktail or two. They live on what they call "a natural diet," go to bed at ten or eleven, and pat themselves on the back with a feeling that they are models. As a rule, when it is first brought to their attention that they are committing serious blunders, they stare in utter amazement and incredulity; they seem to doubt their senses when told that they are killing themselves with food; actually, and in truth, they are digging their graves with their teeth. Can such remarks have been addressed to them? Pshaw! The man must be mad.

Nevertheless, that is absolutely true and it is not so much because their food is indigestible either, as because of the lack of indigestible materials to mix among the highly concentrated foods which form the chief elements of such a diet. But in that respect that class of people is no worse than people who live on the following diet:

7 a.m.—Prunes.

10 a.m.—Nuts and raisins.

Noon—More nuts and raisins.

3 p.m.—Nuts and raisins.

6 p.m.—Nuts and raisins.

9 p.m.—Nuts and raisins.

They also eat highly concentrated food, they get both protein from the nuts and carbohydrates from the raisins, but lack the indispensable though indigestible cellulose to give the necessary amount of bulk and cause irritation in the digestive tract, which is absolutely essential to induce peristalsis and secretion of the necessary digestive ferments.

There is no question that whole wheat is much more nutritious, palatable and healthy than white flour, which is composed only of the starchy portions of the grain; but its health value is not particularly great because it is more easily digested than white bread, for as a matter of fact, it is not, nor is the great benefit derived from whole wheat bread due to the mineral salts necessary to body building which it contains and which are absent in white bread. For it should be remembered that just as a portion of the protein contained in meat and the phosphorous contained in fish remain undigested, so also with the protein and phosphorus which abound in the whole-meal bread. We do not assimilate all the protein and mineral salts which are contained in the coarsest portions of the whole wheat. But while the white bread is almost entirely digested and leaves but little ash,

provided of course that it is well made, the coarser particles of whole wheat flour pass through the intestinal tract undigested, and in so doing they sweep and clean the walls of the intestines; they massage them, so to speak, irritate them and induce a flow of blood which keeps the intestines sweet and healthy. They do not pack as closely as the little residue left from highly concentrated foods, and therefore they take with them in the air spaces noxious gases, leaving the digestive tract pure and clean.

Compare the action on the bowels of such foods as eggs, meat and cheese, which are almost totally assimilated and leave no coarse bulk to cleanse the bowels after a meal has been digested, as do such vegetables as legumes, (used sparingly), turnips, carrots, celery, onions, etc., which contain every element found in flesh and in addition the indispensable (to health) bulk composed of coarse fibrous matter, which alone can sweep the intestinal tract, clear out all deleterious products of waste and leave the system in a healthy condition.

Nor is this theory, for we have proved it in practice for several years on a large number of people. Many who have come here broken down in health because of their dietetic mistakes have regained perfect health in a short time, often in spite of themselves, for as there is no restaurant within a mile and a half of Mt. Ecclesia, they could not go elsewhere to obtain the poison they wanted and therefore had to content themselves with the health-giving food served in our dining room.

Even people employed by us from the ordinary market of the world to do physical labor as gardeners and dairymen, take to the vegetarian diet very readily as a rule. Many of them have later confessed that they have had a great deal of trouble with their digestion, some were taking medicine before they came to Mt. Ecclesia, but every one of them attests that after a while he became perfectly healthy. They all, as a rule, gain in weight. It is not unusual, it is, in fact, a common experience, that a person who has been run down gains about 30 pounds in two months. Moreover (this may sound like the usual advertising charlatan's story, but it is a fact), those who have too much flesh reduce their weight in about the same ratio that the other class takes on flesh. The explanation is simple. The archetype determines the form and figure of a person and this will be his normal stature in health, but by our dietetic disorder we often change this, so that the energy of the body is used in the process of eliminating an enormous amount of food that we cannot assimilate and therefore we grow thinner. The reverse happens when the eliminative powers are poor; then surplus flesh, or adipose tissue, is put on because of an unnatural diet. When a scientifically prepared diet, such as we have here on Mt. Ecclesia, is adopted, the people who have

been too thin because of a previous wrong diet, take on flesh until the normal stature is reached, and, conversely, those who have put on unnatural flesh cease to do so and therefore their weight is reduced.

Another fruitful cause of digestive disorders is the habit of eating every few hours. The sample menus given in the foregoing part of this article show that the people who sent them were in the habit of eating five or six times a day, and when one remonstrates with them on that score, they usually assert that they are hungry and must have the food at short intervals or they feel sick. When told that that habit is absolutely subversive of good digestion, some of those who endeavored to comply with our instructions and do with three meals a day found that they became sick from hunger, as they said, and we have at times detected a triumphant note in the letters informing us of this supposed fact, for the sickness seemed to prove to these people that they were right in eating and we were wrong in saying that they could live on three meals, or less, a day. But they saw only the symptoms and failed to see the cause which produced both the fancied hunger and the relief when food was given. As a matter of fact, the craving is due to a diseased condition of the stomach. We would not think of giving a man who is suffering from poison more of the same kind to keep him still.

We call it criminal to give to a person addicted to the morphine habit more just because he craves it and it would give temporary relief from suffering, and we should apply the same logic and philosophy to people who are poisoned by an excess of food. This is not theory either, but the result of investigation that cannot be matched by experiments on animals or even human beings, where the suffering incident to tabulating the results of investigations cause an unnatural digestive condition. But there are no such barriers to one whose spiritual sight is opened and who can see the peristaltic action of the stomach and intestines when the system has been burdened as in the cases mentioned. Then there exudes from the food a black poisonous gas, which is thrown outward through the periphery of the aura by the man's vital body, so long as he is in good health. But when his vitality becomes enfeebled and the flow of the solar force through the spleen is not as strong as usual, this poison gas remains around the abdominal region as a broad black band that poisons all organic activities of the body while it is there. When a person eats three meals a day, there is a slight chance for the dissolution of the poison band generated by one meal before the next meal is taken. But where meals are eaten at intervals of only a few hours there is absolutely no chance for the person to rid himself of this poison cloud, and as a consequence he grows worse and

worse, shortening the span of his natural life in a manner that would be a shocking surprise to most of these people, could they realize it.

For these reasons anyone who wishes to obtain and maintain health should make it a point to eat only two or three times a day and sparingly, taking care to secure an abundance of bulk rather than nutriment, for it is an actual fact that many, many more people die of too much nourishment than of too little. Most of us are really and truly digging our graves with our teeth.