

MALNUTRITION THE MEDICAL OCTOPUS

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(hon.)

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Dedicated

*to my WIFE whose sympathetic coöperation
has made the writing of this book possible.*

“This book has been written . . . for those who are bold enough to understand the necessity, not only of mental, political and social changes, but of the overthrow of industrial civilization and of the advent of another conception of human progress.”

ALEXIS CARREL in the Preface to
“Man, the Unknown.”
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P R E F A C E

In the following pages are set forth views which differ considerably from the commonly accepted ideas and practices concerning diet: views which slowly during a period of more than thirty years, have impressed themselves upon the writer's mind, and which seem to him plausible, rational, logical and in accord also with the revelations of Nature. Chemistry, physiology, medical experience and every day life have all contributed to the formation of these views.

* * *

This book is purposely condensed and suggestive, as the field it covers is so broad as to prohibit detailed treatment of the subjects included.

The writer has endeavored not to introduce matter or ideas or suggestions that might or would lead to useless controversy.

Well intentioned discussion of the ideas advanced may be very helpful in clearing up doubtful points, in establishing the truth, and in deepening impressions made by reading.

All constructive criticism will be gratefully received, and any pointing out of error in argument or statement will be heartily welcomed.

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FOREWORD

Nutrition is the most important function of all living organisms. All living organisms are composed of Protoplasm and its products. Nutrition manifests its results in body-heat, energy, cell-repair and cell-reproduction. Cell reproduction results in growth with its physiological limitations. Reproduction of the individual organism according to Herbert Spencer is "discontinuous growth." Irritability, contractility, locomotion and other properties of protoplasm are of great importance, but the vital property, the *sine qua non* is Nutrition; which means the taking into the organism substances from the organic or inorganic kingdom or both, and after a decomposing or splitting up process recombining the elements into the cells and tissues of the organism itself, or utilizing these elements in producing and liberating heat and energy, thereby sustaining its various functions.

Man, so far as is now known, is characterized by being subject to a greater variety and number of diseases than any other form of life. Being the highest form of life created on this planet; being capable of intelligent observation and of reasoning therefrom, and of storing up and utilizing his accumulated knowledge, it certainly is not to his credit that he should be such a sickly creature and find it necessary from the earliest moment to the end of life to seek and employ means to combat disease.

It is legitimate to ask, why should this marked difference exist between Man and the other forms of life? What is there in Man's life that produces so much sickness?

Disease is an end result, a something that happens after some disquieting influence has affected the body. None know better than members of the medical profession that they are bending practically all their intelligence and faculties to the treatment of end results. Here and there is an individual who is studying *causes*, but humanity as a whole is not yet deeply interested in causes. The cause has little attraction to the average person if only the results can be escaped—All of which is concisely put in the aphorism, “Thousands are hacking at the branches to one who is striking at the roots.”

Man is without question a Something more than a mere body of flesh and blood, a mass of protoplasm governed by reflexes and instincts. Even the untutored are convinced that Man is a Something very different from the rest of the animal kingdom; that he differs essentially from other mammals and even primates in his mental capacities, in his ability to form concepts and of applying them to his life, his every day activities. The greater pity and disgrace is it, therefore, for Man to be subjected to such an almost unlimited number of diseases.

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