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LECTURE ON HEALTH...

By Dr. CAROLYN GEISEL, in Grenfell Hall, Sept. 30th, 1915.

I wonder very much if anyone of us know. Last year in the United States 470 tons of pills were used, enough, if they were strung together as children string beads, to reach from New York to Liverpool and back again. I am hoping that while we are studying together, we can find other ways of keeping the body strong, than by taking something out of a bottle. If you would keep well you will need to devote yourself with common sense to the foods you eat, and the relation of food to the blood.

There came to my office in the Spring three people. She comes with an eruption on her face; he with a boil under his collar; she with a sore throat. I give them all one remedy: citrate of potash, chlorate of potash; always potash, trying to put back in the blood what it has lost. My medical profession has proven beyond a doubt that we cannot take up in our bodies the chemicals in their raw form. We are made of the same material as the earth, but Nature must take those minerals out of the ground and cook them, so to speak, before they can be used for the life of our bodies. In advising you to take potash, I advise you to take it as Nature has worked it over. He—the great Carpenter—knew the potash was needed for the blood. If you put potash in the blood you destroy the germ that caused the sore throat, or made the boil under the collar. That potash can be found in the potato close to the skin. As a rule the potato is pared and pared before it is cooked, and then too much water is put on it while boiling, and the potato of which nothing is then left but starch is fed to our families while the potash is given to the pigs. The pigs eat the potash, and we try to get it back by eating the pig. We can't do it that way.

Potash as a Blood Purifier

Potash is a blood purifier; it is used in every spring tonic. The Master of all life: our Father; put it just where we could get it knowing we needed it in our blood. Then we grew quite a fanciful and wanted things to look nice on our tables, and so sacrificed a great many things just to look pretty. Skins on the potato did not look pretty on the table, so we sacrificed the blood purifier and gave it to the pigs. Then we sacrificed something again when we ground wheat all to pieces in order to get it white enough to make angel food, and, incidentally, while making angel food we made a few angels. We are happier working together with real men than we would be working with angels; we would not understand angels. We wanted white flour that we might make white bread and angel cake, and we asked that the rice be made white also, and so we have wasted the lime and the potash, and, incidentally, have dragged our own bodies down, and to-day we have poverty of blood, because this body should be filled up with Lime and Potash salts—Nature's foods. We

have boiled the Lime all out of the flour.

There is a farmer in the United States whom we all admire very much. He comes from Minnesota, and goes about trying to teach the farmer boys to grow two grains of wheat where formerly only one grew. He tells the farmer lads to be very careful to pull out the feeble-looking blades, and he has a pet phrase to express his meaning. He explains to them, you must do this and that because don't want to be fooling around all summer—you who raise corn—just raise'n' nubbins. Well, we don't either.

Our Country has Need of Big Men

Before I finish my visit with you this week, which promises to be such a joy week to me, you will have discovered that my pet belief, or excuse for trying to teach at all, is that I believe God Almighty called us to the tremendous task of raising men. It is a great task. We don't want to be raisin' nubbins, or bits of men. It was not so long ago—that the year 1800 and something—that a man named Benjamin King measured our precious soldier boys, and said their required height must be 5ft 6 ins. You remember that the United States got into a bit of a tilt with Spain, and King measured the boys over again, that is the descendants of the boys in Blue and Gray, a generation or two later. When he had measured their sires they had walked up to his measuring rod and looked down over it on the other side. At the time of the Spanish-American War that same King sat on the platform with the same rod, and said to the sons of the Blue and Gray, measure up 5ft 6 ins. if you would go to war, but they could not, and the standard was reduced three inches. Then the standard was again cut, and five feet only was required because we were not raising big men. Our King has need big men if he can find them. Mothers, it is our business under God Almighty to raise real men and big men, for their King up there and for their King down here. How are you going to do it. One of the ways would be to give our boys food as Nature intended. With the Lime in our foods we build our bones and our teeth, with Lime we keep the heart going, that heart which must open and shut 72 times every minute, and it would not open unless there was lime circulating in the body. There must be 17 grams lime circulating in the body. Where must you get it. Get it out of your food. We are still talking of strengthening our individual self by way of diet. Where will you get the food. Get it out of the grains—wheat, first; Rice, second! Corn, third; then Oats, Barley, Rye, but Wheat first as there is more Lime in it. You get from one single pound of whole wheat bread exactly 10 grams of lime, you get from one pound of good old-fashioned corn-bread, exactly 12 grams lime, but from one pound white flour bread you have but 4 grams lime, and one pound beef steak has just half one gram of lime. Those who eat meat to the exclusion of grains are fooling round all the time 'raisin' nubbins.

The Duty We Owe Our Brain

I returned from the other side a few days ago. Before we left we were loitering about waiting for our boat when somebody said: "Have you seen the monkeys in the Garden. Four new ones have been lately brought in; they cost \$5000 apiece." Someone said we were descended from monkeys, so I thought I would pay my respects to my ancestors. When I reached the monkey-cage I could not get there—which is an Irishism. They were huddled up in a corner of the cage with a huge iron fence all around. I said to the caretaker "Why this thushness." He carelessly said "Because somebody that looks like you has been feeding the monkeys badly." I said "How did they feed them." He answered "Dill pickles; Saratoga chips; candy on the end of a stick; ice-cream cones; angel food." I said "These are five things with which our children are very familiar. What difference did it make what articles they eat." He said "Don't you know that when the monkeys eat such things they can't think well." We forgot that we have a bit of machinery in our bodies; the brain, put there by our Father to differentiate us from a lower order of creation, and which makes us a little higher than the lower order of creation, and which makes us a little higher than the lower order of animals, and of which we never think when we put food into our bodies. There were with me that afternoon four mothers and five children, and each one of the five children had candy on the end of a stick.

(To be continued)



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The Question of Patent Medicines
 Last year in the United States \$2,000,000 were expended for patent medicines, and about all obtained from that expenditure was a few more drunkards. All patent medicines are not made up exclusively of alcohol, but most of them are. Alcohol is a habit-forming drug, as most