

## HINTS ON WISE FEEDING

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1. The best meats are beef, mutton, white fish (not fried) and poultry. No shell fish, no game.

(If you are a vegetarian ignore this paragraph)

2. Avoid fried and "fancy" foods, except for festive occasions. Plain cake may be eaten in moderation. Little or no pastry. Wholemeal bread is advisable. Bread should be made from the finely ground wholemeal if you have a weak stomach.

3. Have plenty of fresh salads consisting of anything in season; lettuce, watercress, grated carrots, shredded cabbage, sprouts or greens. Also nasturtium leaves and seeds, clover flowers, leaves of the large dock (all these are excellent tonics and blood cleansers). Beets, raw or cooked, are also excellent. Permitted meats or grated cheese may be eaten with salads, but not meat *and* cheese. Cheese is easily digested if used dried (cut into thin wafers, or grate it up; spread out on a dish to dry for a day or two before eating).

4. *Fresh* eggs are good for most people in moderation. Have them scrambled or lightly boiled.

5. Fresh fruits as available. Apples may be grated and added to salads. So also may raisins, dates, sultanas and/or milled nuts.

6. Supper (late) is not advisable in most cases, but a cup of Dandelion Coffee or peppermint tea may be taken. Malted malt is also a good bedtime beverage.

7. Owing to their high vitamin content "Yeastrel" or "Marmite" may be added to soups, etc., or taken in sandwiches, or on toast made from stale bread. These foods are tonic and create an appetite. To encourage an appetite use as a beverage—half to one small teaspoonful in a cup of hot water. Kelp (seaweed) is also a most valuable food and a pinch of the powdered Kelp may be sprinkled over any meal once or twice daily.

8. Those who suffer from acidity, rheumatism and sluggish bowels will find a teaspoonful of raw molasses dissolved in a tumbler of hot water an excellent remedial preparation. The tonic effects are ideal; also this substance is rich in mineral salts and vitamins. Makes rich, healthy blood. A tumbler may be taken before or after breakfast, and again during the day if desired. Good for weakly children; excellent for anæmia.

9. A little wheat germ or "Froment" may be sprinkled over any food at any time. Beneficial to the nerves, brain and entire system.

10. Tea should be weak. China or Mate are better than Indian. Dandelion Coffee or Instant Postum (from Health Food Stores) are good beverages. Diluted fruit and vegetable juices, tomato juice, etc., are excellent. Have milk if desired, but it must be *sipped slowly* in order to obtain the full value. Milk is better taken apart from meals. Pure soft water is also an ideal health beverage as it "washes" the toxins from the stomach, intestines and kidneys. Although I do not advise coffee as a general rule an occasional cup is not harmful to most people and is quite a tonic to many. In some cases of prolapsed stomach and sluggish digestion a small quantity of good French *black* coffee just before a heavy meal is beneficial, but *not* if you have liver trouble. I am a healer not a fad, and what I write is based on observation and long experience. Use your intelligence and note the effects of foods on your system. Shun what seems to disagree. Walk in what the Chinese call "the middle path," and above all things, go by your experience and "hold fast to that which is good" for *you*. But it may not suit your neighbour! Personally, I do not care for beer or wine, but my view (based on research work and experience) is that beer and stout *in strict moderation* are better beverages than strong tea or coffee. St. Paul told Timothy to "take a little wine for his stomach's sake."

11. I believe that we should enjoy our food. This is commonsense. To eat what does not appeal to the palate is not good, for the stomach does not want such foods.

12. Simplicity is the keynote of sane feeding.

13. Eat only when hungry. Only "desired" food can be

digested and properly assimilated. On no account eat when mentally upset.

14. Always be happy at the meal table. A happy mind aids digestion.

15. An excellent breakfast for old and young consists of coarse ground, compost grown, whole wheat. Make and serve as a porridge and add honey or molasses. Raw rolled oats (uncooked) may be added if desired : one or two heaping teaspoonful. (If constipated see also the suggested foods for breakfast).

16. Avoid the heavy use of condiments : white and black pepper, vinegar (use lemon juice), all forms of pig flesh and bacon, all shell fish, meat broths and teas, duck, turkey, game, eels, sausages, black puddings, white sugar—when possible (use common moist brown), “fancy” sweets, unripe fruit, white bread, mineral beverages (except real soda water—which, incidentally, does not contain soda), fried foods (except very occasionally, and then only if you have a healthy stomach).

17. It is wise to use pure honey instead of sugar—even for sweetening beverages.

18. Do not cook in aluminium pots and pans (they poison the food). Cook in iron, tin, good enamel, earthenware or glass.

19. Above all, *well masticate everything*. Your teeth are in your mouth and not in your stomach. Only well chewed food can do you any good. Poorly masticated food causes acidity and all sorts of ailments.

20. In the name of sanity, *do not be afraid of your food*.

#### A TYPICAL DAY'S DIET OUTLINED FOR VEGETARIANS OR MEAT EATERS

*Breakfast* :—

1. Stale wholemeal bread or toast. Whole wheat or rye biscuits. A moderate quantity of fresh butter, or nut butter.

*or*

2. Any popular breakfast cereal with wheat germ or “Froment” added. Constipated people should add soaked prunes use soaked sultanas or raisins. Add cream if this agrees with you, and take molasses as a beverage.

*or*

3. Wheat flour porridge as given under diet hints. Soaked sultanas, etc., may be added.

A freshly boiled or scrambled egg may be taken two or three times weekly in addition to any of the above *if* the appetite is good, and if eggs agree.

*Midday* :—

1. A good mixed salad. Dress with olive oil and/or lemon juice. Cheese (cream or dried cheese). Or permitted meats instead of cheese. Dried sweet fruits and a sliced banana may be added. Nuts (pass them through a mill) may be used instead of cheese or meat. Only have one of the three—nuts, cheese or meat—never have all three or even two at the same meal. A moderate quantity of stale wholemeal bread and butter, *or* potatoes baked or boiled in their skins, but not both bread *and* potatoes. Follow with a light sweet if desired. Do not use sugar with stewed fruit—use honey.

*or*

2. Beef, mutton or poultry, or steamed white fish, with steamed vegetables. Have potatoes baked or boiled in their skins and eat the skins if not too tough. Vegetarians may have nuts or cheese instead of meat.

*or*

3. Vegetable stew followed by bread and butter pudding.

*Tea* :—

1. A repetition of breakfast.

*or*

2. A small salad with wholemeal bread and butter, or wholemeal biscuits.

*or*

3. Scrambled egg on toast (not if an egg has been taken previously during the day). Plain cake or fresh fruit.

*Supper* :—

Most people are better without supper, especially if good meals have been eaten during the day. But a cup of Dandelion Coffee or slippery elm food may be helpful in some cases. Others may have a small glass of beer or stout or malted milk.

*NOTE* : One heavy meal each day is sufficient. If you prefer, the heavy meal suggested for midday may be eaten at tea-time and a lighter meal selected for midday.

These suggestions apply to most people and should be followed as far as reasonably possible. Do not worry over the impossible or your digestion will suffer. Those on special diets can follow these hints when they are well enough to leave off any prescribed menu.

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#### THE PROBLEM OF DIETETICS

(Continued from page 435)

intelligence and ingenuity of the prescriber. But we have no right to starve the patient under our charge in order to avoid the trouble of deliberation in this matter.

(5) Last but far from the least in importance is the *Problem of Cravings, Aversions and Idiosyncrasy* of the patients. This factor is rather the most momentous for us—the Homœopathic practitioners. Individualisation is the basis of our therapeutics. These cravings, aversions and idiosyncrasies fall in the group of the most vital leaders towards individualisation, which should guide the selection not only of the similimum, but also of the diet of the patient. If the patient has any harmful craving or aversion or idiosyncrasy, these will surely be corrected by the similimum—but in the mean time we should proceed cautiously with the dietetics of the patient, paying due regard to his individual peculiarities in this respect.

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