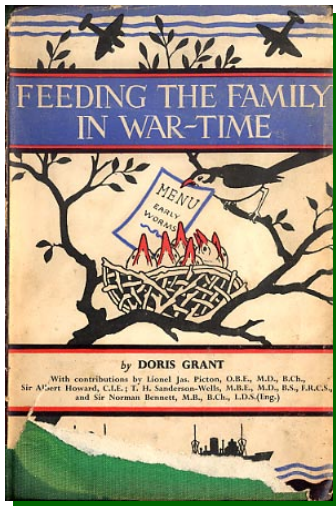


## About Mrs. Doris Grant (1905-2003)



Before you read this marvelous article written a half-century ago, American readers might appreciate a little background on this Englishwoman who fought tirelessly for over 60 years against the commercial food industry and fluoridaters in Britain. She exposed and upbraided what she called “food murderers” and won much support among the Britons of her day. To help disabuse our present-day holistic proponents of the idea that they are the vanguard of understanding that nutrition is the foundation of health, you will appreciate how long this historical struggle has engaged some of the most

talented people for over 100 years.

Doris Grant died at age 98 on February 27, 2003. A farmer’s daughter, she was educated at Banff Academy and continued her studies in Glasgow and Rome.

In her first few married years, Doris Grant fought rheumatoid arthritis, which deteriorated to the point where she could only climb the stairs on her hands and knees.

Medical treatment utterly failed her. She had a cousin who was a physician who suggested an unconventional diet consisting of “three columns of proteins, starches and acid fruits with the admonition “Don’t mix foods that fight!” Within weeks, she started to recover and investigated the source of these recommendations. It was the Hay’s method of food combining. Dr. William Howard Hay introduced food combining in 1911, and Doris was a lifelong proponent and wrote a number of best-selling books on the subject.

She was an eloquent supporter of Sir Robert McCarrison (*Studies in Deficiency Disease* – 1921) and relied on much of the research provided by the Lee Foundation for Nutritional Research (Dr. Royal Lee). In fact, we found this wonderful article by Doris Grant in an old volume of Lee Foundation Reprints.

She and her husband gave interviews to BBC radio in her 90<sup>th</sup> year. She was active and kept her correspondence with friends around the world well into her 98<sup>th</sup> year.

Her first book on nutrition was published in England in 1937. She became well known for her book *“Feeding the Family in War-Time,”* which was published in the height of World War II in 1942.

Though she encouraged, praised, and found enthusiastic support among individual British MDs, she was regularly attacked by the British Medical Association with the claim that she had no medical qualifications.

– Mark Anderson

# Let Food Be Your Medicine

by DORIS GRANT

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VOLTAIRE wrote: "We put medicine about which we know little, into bodies about which we know less, to cure diseases about which we know nothing at all." This remark is more apt today than at the time it was written. Never in the history of medicine have there been so many drugs for the physician to prescribe and never has there been such an increase in the degenerative diseases.

In the many recent articles and letters appearing in medical journals it is only too evident that physicians are becoming concerned at the greatly increased, and often indiscriminate, use of drugs at the present time. In *The Lancet* of December 1st, 1956, an editorial headlined "Cautionary Cards" sounded a warning that the remedies in use today are so powerful that they can result in death if knowledge is not available concerning the patient's previous treatment with drugs and serums. It would seem that the interaction of drugs with one another is fraught with danger, even when months or years separate their administration. The editorial suggested that the only way to minimise this danger would be for everyone to go through life labeled with details of all drugs and injections received from birth upwards! Pity the poor babies today who have so many needles stuck into them that they have become veritable pincushions! In *The Practitioner* of January 1956, an article warned against the indiscriminate use of antibiotics, especially for minor infections: "They deprive the patient of that immunity from subsequent infection which he would have acquired if the infection had been allowed to run its course."

From these articles and many others which have been published it is obvious that physicians are becoming more and more concerned not only with the increased use of drugs but also with their frequently unpredictable and harmful side-effects. Today, however, the average layman thinks that he has not had 'his money's worth' from the Health Service unless he has been given penicillin, pills, a bottle of medicine, or injections of some sort. There is undoubtedly a strong case for 'placebo' pills as suggested by Dr. Atkinson in the B.M.J. of June 21st, 1958. A chemist friend told the writer that he now sells twenty thousand phenobarbitone ( $\frac{1}{2}$  gr.) tablets where seven years

ago he sold five hundred, and that it is unbelievable how people 'stuff themselves' with patent medicines.

In spite of the fantastic consumption of medicine which costs the N.H.S. £87,000,000 a year, more and more thinking people today are questioning the effectiveness of modern drugs and medicines, *especially in regard to the degenerative diseases*, and are refusing to be treated with them. Instead, they are turning to a sound diet of properly constituted foods as the only remedy and are successfully proving the truth of Hippocrates' own advice: "Let food be your medicine and medicine be your food."

As a result of books and articles published, the writer has received hundreds of letters from chronic sufferers in all walks of life who are now looking to food as the only hope and who frankly admit having lost faith in drugs. The following extracts from a few of these letters are a fair sample of this disillusionment: "It is now over a year ago since I adopted a sound diet and stopped the drugs which various specialists of Harley Street and Yorkshire advised me to take for the rest of my life, which according to them was of short duration. I have been very near to death and indeed quite prepared to die, but thanks to the sound diet which I adopted I am now a very fit person and doing all in my power to spread the knowledge of this diet and its relation to health:" "For the past year I have endured great pain and tried all kinds of treatments without much relief !": "I have had all kinds of treatments from hospitals and doctors but all of no avail:" "My doctor is frankly puzzled and just gives me aspirin tablets to relieve the pain. I am convinced that the food we eat encourages or discourages this complaint:" " I have had all the usual hospital treatment which only alleviates the pain with pills but doesn't cure:" " I have only been given tablets to relieve the pain. Have tried in vain to get information about what I should eat from my doctor and from two specialists at two hospitals": "One of my doctors said that I have too much acid in my body but made no comment on how to counteract it by eating or not eating this food or that. Consequently I am still suffering great pain:" " I have no time for doctors' medicine or drugs:" To have helped many similar seemingly, chronic cases back to health through improved nutrition has been the most rewarding experience the writer has ever known.

Nevertheless, the triumphs of modern medicine are many and some of them magnificent – that goes without saying – but as Dr. Frangcon Roberts stated in an article in *The Sunday Times* of April 12<sup>th</sup>, 1953, these are confined to the acute diseases and he frankly admits (as do most physicians) that where the chronic and degenerative diseases are concerned, cure is impossible. It is for these chronic and degenerative diseases in particular that food can play such an important role.

Until a few years ago, anyone who stressed the connection between food and health was regarded as a long-haired crank. Today, however, all

progressive members of the medical profession are urging a reappraisal of our concept of nutrition and much research work is being done. Irrefutable evidence is being accumulated that properly constituted food is a pre-requisite of health; that even a *partial* deficiency of one or more of the accessory substances are associated with much sub-normal health and development and with incidence of disease.

### EVIDENCE

Recognition of the intimate relationship of food to health was recorded by the Father of Medicine himself. Since then many other physicians have made valuable contributions to this evidence. During the Hungarian Campaign of 1750, Chief-Surgeon Kramer of the Austrian Army was confronted with an appalling outbreak of scurvy. He cured his soldiers by giving them fresh orange, lemon, or lime juice, and wrote in his report to headquarters: "Scurvy is the most loathsome disease in nature *for which no cure is to be found in your medicine chest.*" This incident was recorded in *Sun Diet* by Dr. Sanderson-Wells, pioneer doctor-nutritionist who founded the Sanderson-Wells Lectures at the Middlesex Hospital.

About the middle of the eighteenth century Captain Cook made the same discovery regarding the antiscorbutic powers of fresh oranges and lemons. As a result, in 1795, the Admiralty issued a daily portion of lime juice to protect the sailors from scurvy. The effect was dramatic. In the Naval Hospital at Haslar, in 1806, there was only one case of scurvy, whereas in 1760 there had been 1,754 cases.

At the end of last century, Dr. Eijkmann, Principal Medical Officer of a big prison in Java, had a large number of cases of paralysis among his prisoners. Going home one day he noticed that his poultry also had paralysis and found that both poultry and prisoners were being fed on polished white rice. He at once ordered brown, unpolished rice for his poultry with immediate improvement. He did likewise for his sick prisoners and in a relatively short time the hospital was clear. These men had been suffering from beri-beri.

In the early years of this century, Gowland Hopkins made his dramatic discovery of the vitamins which helped to hasten the birth of the 'newer knowledge of nutrition.'

In 1913, Sir Robert McCarrison began his outstanding and epoch-making work on Nutrition in India. By feeding experimental rats with the actual diets of various Indian races he found that they evidenced all the deficiency diseases peculiar to these races. He also fed rats on a highly vitamin-deficient diet such is commonly used by the poorer classes in England and found that it gave rise to two chief types of ailments — pulmonary and gastro-intestinal. It is significant that when he fed his rats on perfectly constituted diets in common use by people among whom peptic ulcer is rare, they remained free from it and in excellent health. It is also significant that the concurrent agricultural research work in India of

another famous pioneer, Sir Albert Howard, corroborated this fact — that properly fed animals do not contract disease; his properly fed cows could rub noses with Foot and Mouth infected animals and remain immune.

Sir Robert McCarrison's findings were also confirmed by the large-scale experiments on Vitamin B-1 deficiency by the late Sir Jack Drummond and his colleagues. In his Harben Lectures for 1935, Sir Jack said: "McCarrison is unquestionably right in insisting that vitamin deficiency . . . is directly or indirectly responsible for a very large proportion of ill-health today."

In 1939, 600 doctors of the County of Cheshire published their 'Testament' that has since become famous. In it they maintained: "Our daily work brings us repeatedly to the same point: this illness results from a lifetime of wrong nutrition." They also maintained that the first of the two objects of the National Health Insurance Act had not been attempted . . . THE PREVENTION OF SICKNESS. This document recently inspired another 'Testament' — a public declaration of the medical and dental members of the Council of the Soil Association and was signed by more than 400 physicians and dentists. It was published in *The Lancet* of January 1957. No such document had ever before been published in a medical journal and its impact was greatly strengthened by a sympathetic editorial. This declaration stresses the concept of organic wholeness and the vital relationships between soil, plant, animal and man, and expresses deep concern at the chemical and mechanical treatment of food from the soil to the table, 'flour being an outstanding example.'

In the early part of this century, Professor (later Sir) Edward Mellanby made his pioneer investigations on the part played by diet in the causation of disease, particularly in the relation of vitamin D deficiency to rickets. The result of his famous experiments on dogs eventually led to the banning of agene in bread in 1956.

Valuable contributions to food knowledge have been made in many different countries, but particularly in America at the Mayo Clinic, the Rockefeller Institute, the Lee Foundation for Nutritional Research, and by many eminent medical researchers. *Nutrition and Physical Degeneration*, by one of these researchers, Dr. Weston Price, is a classic of its kind. Any Government legislator reading this book would at once set about outlawing sophistication of food and fluoridation of drinking water. In fact, all connected with public health in any form should read this book.

In this country at the present time outstanding research on nutrition is being done by Dr. Sinclair of Oxford University, especially in the relationship of essential fatty acid deficiency to diseases of the heart and arteries. He is our foremost medical authority on nutrition in this country today, and his pronouncements should be heeded. In his World Health Day Speech published in the *British Medical Journal* of December 14th, 1957, he says: "The new science of nutrition will shed much-needed light

on one of the most fundamental, widespread, urgent, and inadequately managed problems in the whole domain of human welfare. For nutrition has now become the most important single environmental factor affecting health in every country in the world.”

It is now an accepted fact that food is the foundation of health — *we are what we eat*. Various publications of the World Health Organisation and the League of Nations have borne witness to it. At Hot Springs, Virginia, in 1943, the United Nations Conference on food and agriculture set its seal upon it. In 1935, a leading article in the *British Medical Journal* said : “There can be no doubt but that this newer knowledge of nutrition has placed in the hands of our profession a potent weapon against disease — a potent instrument in the promotion of physical efficiency and well-being. It behooves us therefore, to become proficient in this knowledge, to apply it in the daily course of our work, and to spread it by every means in our power.”

### EDUCATION

It is now more than twenty years since the B.M.J. recommended that the medical profession ‘should become proficient in this knowledge,’ *and it is still not being adequately taught in medical schools today*. In a League of Nations Report, *Nutrition and Public Health, 1935*, it says: “At present medical students during the early years of their course are given a few lectures and demonstrations dealing with the physiology of nutrition, and perhaps carry out a little laboratory work in this field; the subject is presented as a chapter of physiology and not as an integral part of preventative medicine.” Reading this, medical students will understandably quail at the mere suggestion of yet another speciality being added to an already too-full curriculum, but as Sir Robert McCarri-son points out in his Cantor Lecture\*: “surely a subject that is ‘an integral part of preventive medicine’ must in the future be given a place in the medical curriculum commensurate with its importance. In its teaching we must be content with no half measures. The student must have the opportunity to see with his own eyes the havoc that is wrought in the various organs and tissues of animals subjected to faulty nutrition of various kinds and degrees.”

And so, till the new knowledge of nutrition is included in medical training, medical practice will continue to be ‘symptomatic’ — to treat the *symptom* instead of the underlying *cause*, and *the part* instead of *the whole*. “We overlook the fact that any measure of treatment which controls or subdues the symptoms of disease without eliminating the underlying causes, cannot restore health,” says Dr. Warmbrand in *Add Years To Your Heart*. The *cause* of most disease, as the 600 Cheshire doctors clearly defined it, is *wrong nutrition*. That food, however, can be the best medicine, may be far too

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\* Published by Faber and Faber as *Nutrition and National Health*. This book should be in every medical school library.

simple a remedy for our complicated twentieth-century minds to grasp. To have a blind faith in medicines as the answer to disease is so much easier than to make any personal effort; it is a common failing to shirk responsibility where our health is concerned. Prejudice, habit, and apathy will have to be overcome, having come to regard as normal our sub-normal states of health. Although many physicians today are nutritionally minded, it may take the medical profession as a whole a very long time to come round to the possibility of dietary factors being concerned in disease. We have a saying in Scotland: "there's nane so blin' as them that winna see." There may also be a subconscious fear of having to practice what is preached and the injunction "Physician, heal thyself" will take on a new significance. Meantime, the Health Service pattern will have to be changed. Doctors need higher pay and must have fewer patients in order to practice good medicine from the physiological approach, and this should be made possible by a lowered drug bill.

The establishment of a Foundation of Research in Human Nutrition is now an urgency; only when all the facts have been established by more research can the newer knowledge of nutrition be put into practice and included as a major subject in the medical curriculum. In this connection, Sir Robert McCarrison maintains that this will do for medicine what asepsis has done for surgery, particularly in regard to preventive medicine.

It is encouraging to know that plans have already been suggested for establishing just such a foundation near Oxford University. Anyone who is interested in assisting this fundamental and greatly needed research in human nutrition should communicate with Dr. Sinclair, Fellow of Magdalen College, who will be pleased to supply further information. Judging from the constant requests received by the writer for names of physicians who prescribe food instead of drugs, it is not difficult to predict a great future for all nutritionally minded students and to see that they would provide a lasting and most important contribution to the relief of much unnecessary suffering and to the welfare of mankind.

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