

Do You Want To Lose The Hair On Your Chest?

THAT SEEMS LIKE a nonsensical question. No red-blooded male would ever answer, "Yes". But a lot of people may be in danger of losing their vitality and secondary sex characteristics if they don't get enough of the E and F vitamins—those vitamins which are found principally in butter.

It is unfortunate that so few know which foods provide the raw materials for normal sexual development. Feminine men and masculine women are misfits in society. Yet few of the beardless men or the women with excess hair know that their unhappy condition is likely to be so simple a matter as faulty diet.

Far too many people believe they are saving money when they buy oleomargarine instead of butter, since the price per pound is less. Actually, that saving is far offset by the possible cost of poor health and doctor bills.

Butter Is Better

Butter is nutritionally better than any butter substitute. That fact seems to have been obscured in a cloud of confusion, not only in Iowa where dairy and oleo interests now are waging a long drawn out battle, but all over the United States.

Oleomargarine manufacturers have every right to make their product, and consumers should have the right to buy it if that product is what they prefer. The trouble is oleo pretends to be a complete substitute for butter, when its contents not only do not approach the health-giving elements in butter but some brands even contain a poisonous preservative not commonly permitted in foods.

Butter is rich in vitamins A, D, E and F. Unit for unit, the vitamin A in butter is three times as effective as the vitamin A in fish liver oils. The natural vitamin D found in one pound of butter is equal to that found in 10 quarts of milk, and 100 times as effective as the common commercial form of D (viosterol).

Butter, prescribed by physicians as a remedy for tuberculosis, psoriasis, xerophthalmia, dental caries, and in preventing rickets, has been promptly effective. Butter also carries vitamin E in sufficient quantity to prevent deficiency reactions.

And what is vitamin E? Here is what Dr. Royal Lee, head of the Lee Foundation for Nutritional Research, Milwaukee, Wis., says about it: "Sex development demands vitamin E, and butter is our main source in the American diet. And we do NOT mean synthetic substitutes for the natural E complex. Take vitamin E out of its environment by "purifying" it and it loses up to 99 percent of its potency, say authorities.

"Vitamin D and its partner, the F complex, as found in butter and cod liver oil, are both essential in promoting calcium assimilation. The D complex stimulates the absorption of calcium into the blood stream, the F complex promotes the diffusion from the blood into the tissues. Each alone are only half a vitamin.

"You cannot keep time by using the brass out of a watch. Neither can you get the normal effect by taking apart a natural vitamin complex. It is a balanced mechanism as it occurs in food."

Vitamins Are Complexes

Dr. Lee further amplifies that statement when he says, "No reasonable student of nutrition can today deny the axiom that all vitamins are complexes and cannot exert their normal physiological effect other than as the complete complex, as found in natural foods."

You can make synthetic rubber which will take the place of natural rubber. You can make synthetic cloth which has more desirable qualities than any natural cloth. But you CANNOT make a synthetic food which will furnish all the essential elements found in natural food.

The nutritional inferiority of butter substitutes is reflected in their inability to promote growth, or even sustain reproduction in test animals.

The penalties for continually using a synthetic substitute for butter seem to be quite drastic. They include: 1) Sexual castration for the growing child, in more or less degree, with oversized females fatter and taller than boys. (Remember, meat animals are castrated for the purpose of making them fat.) 2) Loss of ability to maintain calcified structures such as teeth and bones. Dental caries, pyorrhea, arthritis, etc., would be logical end results that would inevitably follow, especially in view of the added influence of other refined and devitalized foods. 3) Evidence is accumulating to show that multiple sclerosis is a result of deficiencies in which vitamin E complex (as found in butter) is vitally involved. This list could be extended almost without limit—but we feel we have established our case.

Because it is found in free-floating globules, butter is easily acted upon by the body enzymes. It is partially because of this that butter is the most digestible and easily tolerated of the fats. Butter is rich in the fat-soluble factors which must be present for proper mineral ingestion.

By now you probably are wondering why the dairy industry does not advertise these facts. The reason is that the Federal Trade Commission has is-

sued orders to makers of natural foods prohibiting them from claiming that natural food factors are superior to synthetic imitations. Violators of a cease and desist order issued by the Federal Trade Commission are subject to a fine of \$5,000 a day. The power of the commission to issue such orders is considered by some to be comparable only to that of a totalitarian despot.

Soap manufacturers can claim that their soap is the best made. Automobile manufacturers are allowed to state that their autos are better than any others, and give the reasons. Why is it that butter makers are prohibited from advertising that their product has qualities which cannot be artificially reproduced?

The result, of course, has been twofold. Worst of all, many American people have been misled into believing that margarine has just as many nutritional benefits as butter. Secondly, the butter-oleo fight has been reduced to trick issues—whether or not a substitute can be colored, in what shape it should be sold, and whether or not it should be taxed.

What Can Be Done?

The next question is, what can be done to fight these legal obstacles which have been strewn in the path of better health for thousands of Americans? The remedy will have to come through more sensible rulings by the Federal Trade Commission, and through complete enforcement of the pure food and drug laws.

And that will be a battle royal! Manufacturers of devitalized foods will defend their position to the last inch. They defend it by propaganda, through well organized and well financed lobbies, by financial inducement of professional men to create pseudo-scientific evidence to favor their products, or any other means which they can find to perpetuate their existence.

The natural food industries have a big job ahead, not just for their own self-preservation, but for the preservation of America's health. In Canada the adulteration of white flour with synthetic vitamins is a criminal offense. Sensible laws such as this one can be passed in the United States too, if the public and our lawmakers can be awakened to the fact that devitalized foods can be the instrument for devitalizing the whole nation. A great campaign of truth is needed now, before the evil effects of synthetics start snowballing to the detriment of future generations.

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It is highly interesting to find that tests of oleomargarine feeding to human subjects in comparison with commercial butter (having relatively low content of the fragile "X" factor), HAD THE SAME EFFECT of failing to bring out the secondary sex characteristics: not only a delay, but a failure to promote sex changes in toto. Here are the results:

160 Children were fed oleo, 107 butter, over a period of two years. Ages up to 17 years.

Average gain in weight on oleo for girls, 8.2 pounds. Yearly average growth in height, 2.2 inches. Girls on butter gained 6.3 pounds per year, grew 0.9 of an inch.

Boys on oleo grew 2.2 inches per year, gained 8.1 pounds. On butter, boys gained 6.7 pounds, grew 1.6 inches.

(From Science News Letter, February 14, 1948, page 108, reporting work of Leichenger, Eisenberg and Carlson.)

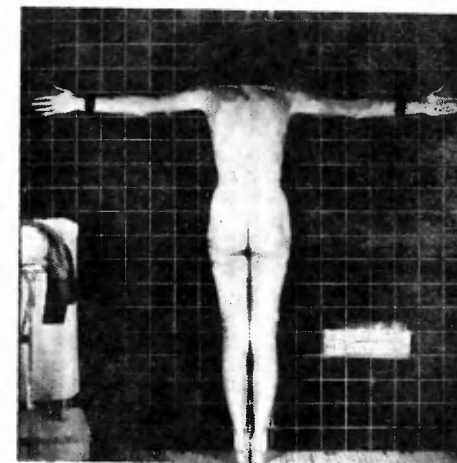
A characteristic effect of castration of the child is a stimulation of growth and greater height.

The investigators say the results vindicated oleo. What do YOU say?

Dr. F. M. Pottenger, Jr., of Monrovia, California had previously called attention to the castrating effect of devitalized foodstuffs. In the News Letter of The Academy of Applied Nutrition for September, 1948, the following comment and photograph were published:



1



2



3



4

WHICH ARE GIRLS AND WHICH ARE BOYS?

Numbers 1 and 4 are boys, numbers 2 and 3 are girls. Ages are between 15 and 17. An explanation is in order.

Experimental work with animals shows a loss of secondary sexual characteristics after two or three generations on impoverished diets. Males lose their heavy masculine frame, their make up begins to resemble the female. Females also tend to lose their distinguishing build so that both sexes approach a state of physical neutrality. The male no longer has the strength of body that normally makes him the breadwinner and dominant personality. The female no longer has the pelvic capacity required for easy child bearing. Other undesirable changes go along with these among individuals of either sex.

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