

# Dr. Brady's Health Talk

By DR. WILLIAM BRADY.

A health problem of concern to every one who lives long enough to attain full growth and development has been more or less on my mind: How to teach poor ignorant, misinformed or deluded fourth grade morons, high school or college graduates, artists, merchants, doctors, lawyers and folks, the meaning of physical degeneration without scaring the gizzard out of them or even suggesting any morbid ideas.

I thought I had hit upon a happy solution when I sounded off about the way of all flesh, indeed, all life, human, animal and vegetable, in a series of talks here in the past year. In these talks I tried to show how, like a rose, a pumpkin, a sparrow, a poodle, a racehorse, a sequoia or a stalk of wheat, the human organism grows and develops to the peak of perfection and begins to decline, to die, the year, the day, indeed the instant it passes the peak—although we all like to believe we can and do remain for 10 or 20 years on the summit before we begin the long slide down the other side.

Physical degeneration, I called the process, and I took pains to explain that every one of us, indeed every living thing, undergoes physical degeneration—it is the way of all death, barring accident, the natural antithesis of eternal life.

#### Degeneration Defined.

Furthermore, I pointed out, the term degeneration, in the biological or medical sense in which I used it here, means just this, ac-

cording to Webster: Deterioration of a tissue or an organ in which its vitality is diminished; a substitution of a lower for a higher form of structure, either by chemical change of the tissue (true degeneration) or by the deposit of abnormal matter in the tissues (infiltration).

Webster's definition is pretty good but Stedman's (Medical Dictionary) is better, I think. Stedman says degeneration is "a retrogressive pathological change in cells and tissues in consequence of which the functioning power is lost and the living substance becomes converted into an inert mass."

By now, you should begin to understand that we are talking about physical deterioration or decline and not about moral depravity.

Poorer-than-average nutritional condition—most Americans, particularly the well-to-do class, suffer from poor nutritional condition and are too dumb to realize what ails them—manifests itself as physical degeneration. At least that's what it spells to my mind. To your mind it very likely spells premature aging, general debility, chronic rheumatiz, hardening of the arteries. I tell you it is physical degeneration and you have many years on your modern, refined Yankee diet to thank for it.

Lest wisecracs, medical or non-medical, reading this harangue infer that my notions of physical degeneration and nutritional deficiency are pipe dreams, let me recommend as required reading for any one who purports to be informed "Nutritional and Physical Degeneration" by Weston A. Price, D.D.S., "Studies in Deficiency Disease," by Sir Robert

McCarrison, M.D., and "The National Malnutrition," by D. T. Quigley, M.D., F.A.C.S.

Whether PD in your case manifests itself in the form of defective teeth, shrinking gums, chronic, rheumatiz, hardening of the arteries, slow heart muscle failure or the common complaints due to calcium shortage, it is well for you and your doctor to know that these and other manifestations of physical degeneration may be retarded and even prevented, not by medicine or "shots" or "baths" or magic lanterns or incantations, but by improved nutrition.

It takes years of malnutrition, the nutritional deficiencies from which most Americans suffer, to produce these manifestations of physical degeneration. Hence it is only reasonable to expect that it will take months or years of improved nutrition—correction of the long standing dietary deficiencies—to bring about any apparent amelioration of the ailment.

If or when the everyday diet includes as much refined white flour and refined white sugar as the diet of most Americans does (most of the daily calories are derived from these cheat-foods) it is virtually impossible to insure a daily intake of vitamins and minerals adequate to maintain good nutrition, unless the deficient diet is supplemented by suitable daily rations of the essential vitamins and minerals.

Trouble with many victims of PD is that they have neither the intelligence nor the gumption to use plain wheat (as grain, cereal or ground into meal or flour, from which nothing is removed) in place of at least one-half of the white flour in their everyday diet.

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