

## Mineralized Garden Brings Health, Acclaim to Kentucky Soil Doctor



**ALBERT CARTER SAVAGE** of Nicholasville, Ky., standing in a clump of lamb's quarter that grows as high as his head from mineralized soil.

### Albert Carter Savage Says New Type Man Could Be Created in Generation by Proper Nutrition.

By F. A. BEHYMER  
A Staff Correspondent of the  
Post-Dispatch.

NICHOLASVILLE, Ky., Nov. 16—The man of science stands in his garden alone while the dew is still on the leafage and calls to the world to come and get it—calls to the ailing to come and eat and be well—for there is healing in the plants that grow in his garden.

Better, he pleads with men everywhere to carry health to soils that are sick and have

gardens of their own where they can eat and find healing for their diseases. For the man is a physician who diagnoses the illnesses of the land and prescribes for its restoration.

Albert Carter Savage stands in his mineralized garden where the lamb's quarter is head-high and the hog weeds thrive, weeds that men of little wisdom mow down and cast into the furnace with the thorns and thistles, for with fit soil to feed upon even the weeds are food, bearing strength for the weak and relief for the afflicted.

#### Three Crops a Year From Garden.

Three crops his garden has borne since the coming of spring, giving of its plenty for it is rich with the minerals that the soil must have to fulfill its mission, minerals that the soil doctor prescribed and provided after it had been robbed of its heritage by farmers who were wasteful and willful rather than wicked, for they knew not what they did.

When Albert Savage was a boy he wanted to know the why of things. When he was 5 years old he asked "What makes things grow?" The answer didn't satisfy him. Grown older, he saw around him imperfect plants and animals and people. He looked at the sky to find the fault and discovered no flaw. There was perfection at the top of the world. There must be, it seemed to him, something wrong at the bottom.

If plants did not thrive it was not because of the air that they breathed. So it must be because their roots were not nourished. He was just a lad when he realized that, for he was precocious. His great uncle, Dr. Charles Savage, had recognized his precocity and had stimulated it by giving him test-tubes containing colored chemicals, instead of toys, to play with. His parents provided him with laboratory equipment of a sort before he was 8. As a high school pupil, in a better laboratory that he had fitted up in the barn loft, he brooded over the mysteries of chemistry, seeking answers to his questions.

#### Experiments With Rock on Soil.

He came to know that the rock in the soil had something to do with the growth of plants. In the beginning there had been abundance of rock and the soil had been rich. But it had been robbed of its richness and more rock was needed to replenish it. His father gave him a little piece of land. He crushed rock and spread it upon the land. The vegetables that he grew were better than his father's. He had something there but it was not enough.

He saw animals languish and waste away and human beings sicken and die before their time. His father died and his great uncle died.

He asked the doctors why this was so, and they couldn't tell him except that disease had fastened upon them and they had gone the way of all flesh. It was the law of life that found its fulfillment only in death.

Their answers didn't satisfy him. There must be a better reason. There must be a fault somewhere that the doctors hadn't found. It wasn't in the sky. It might be in the ground.

Plant life, he knew, was the product of soil, air, sunshine and water. The air elements were constant and shiftable. The sunshine was changeless. The soil elements were inert and stayed where they were except as they were displaced or washed away. The soil was subject to deterioration by natural agencies and unnatural uses, necessitating restoration of its elements. Restoration had been neglected and there had been de-

terioration of the plants because of the deficiencies of the soil upon which they fed.

Animals fed upon the plants and human beings fed upon the animals and the plants. Could not the basic deficiencies be in that manner communicated to animals and human beings? Savage was satisfied that they could be and that they were, but he knew that he had to prove it.

For 20 years the man applied himself with consuming fervor to the proving of what he knew to be true. There were countless experiments and tests that, by their progressive revelations, strengthened his faith.

**Publishes Booklet of His Beliefs.**  
Not until 1942 did he write the testament of his faith, though many knew of his work and numbers had claimed benefits in health and wellbeing from the mineralized foods that he offered without money and without price. The pamphlet that he privately printed he called "Mineralization."

It was in his thinking of it a life line thrown out to a stricken world. On the title page he anxiously asked: "Will It Reach You In Time?" Sponsored by the Albert Carter Savage Foundation, a non-profit organization founded to foster the development and dissemination of knowledge for better practical life control, it told of the mineral garden that had been planted here in Jessamine county, "where the vitally important but rarer minerals and metals, as well as the common ones, are supplied to the soil, balanced and proportioned to the needs of the soil, the plant, and thus, in turn, to the needs of the animals and humans consuming the vegetables."

The book set forth solemnly the inescapable conclusion from extensive tests that "all life can be and is now completely controlled by the amounts, kinds, proportions, combines and preponderances and arrangements of the chemical elements in the soil."

The human body, it was pointed out, was in vital need of the "trace" mineral elements, as well as the better known common ones. These elements, it was declared, are noticeably lacking or insufficiently present in the plant and animal food of the nation, with the result that there is slow starvation, gradual weakening of the body cells and susceptibility to infectious diseases or organic weaknesses, and accordingly national deterioration.

Appealing to the proofs of science that 90 per cent of all diseases come from nutritional or chemical deficiencies, due to a preponderance or lack of some of the 93 elements or their ill-combination or ill-balance, Savage blamed it on the stripping of mineral elements from the soil. He offered his proofs that health can be restored by the restoration of these elements to the soil at the source, including importantly the iodine,

manganese, copper, zinc, nickel boron, cobalt and others, heretofore considered negligible, if considered at all, as vital necessities in plant and animal nourishment.

There were believers and unbelievers among the readers of Albert Carter Savage's testament. He was acclaimed a prophet indeed with a message for mankind and scorned as a crackpot. He was not puffed up by the acclaim nor cast down by the scorn.

There were dissenters among the state university men at nearby Lexington who, in a way of speaking, hold the keys to the scientists' heaven, saying who may enter and turning away from the gates such as dare to be unorthodox. They shrugged their scholarly shoulders and asked could any good thing come out of the little town of Nicholasville, as skeptics once asked could any good thing come out of Nazareth.

It was a modest three tenths of an acre, that garden, once so nearly worthless that it wasn't considered worth plowing. It was feeble ground because it was very old, part of the old Wendover place as the countryside knows it, cleared a hundred years ago and consecutively in cultivation for 40 years, robbed of its richness and left by the wayside, sick and ready to die.

Then had come the soil doctor, diagnosing its ills and prescribing the medicaments that it needed, mechanico-chemical nutrients, physical care, moisture and bacteria control. To the colloidal phosphatic base were added the elements nitrogen and potash in customary quantity, all quite orthodox. Then were added the rare and common elements, not ordinarily used in fertilizers, that previous tests of the soil indicated were needed.

Peas had been planted in January, harvested and followed by tobacco by the end of May, that in turn followed by turnips and kale with cover crops of rye and vetch, all to be plowed under to raise three more crops the next season. **Even Weeds Prove Nourishing.**

That was the mineralized garden in which Albert Carter Savage walked and talked that sunny Saturday morning, speaking softly as one who walked in a temple, touching with something like a caress the "weeds" that alone remained at the end of the season, the clumps of lamb's quarter and the rows of hog weeds, snapping off their tops, nibbling them and offering them to his guest, for they were food when they grew on mineralized ground and there was healing in their leaves. Just as there was nourishment and health in the tops of beets, carrots and turnips and green leafy vegetables, either raw or in soups or as greens, for these are, in specified cases, heavier in mineral elements and better in their combinations than the roots.

The scientist of the soil was looking into the future as he stood

there in his garden, visioning a better world: "A program of countrywide mineralization could and would create, within a generation, a new type of human being. . . . The nation can be changed practically and easily 50 per cent by a reasonable control of mineralization in fruit and vegetable sources. Actually it can be done in one year. . . . People can be fed to live peaceably or fight, to think or dream, to work or sleep, to be virile or pathologic, physically, mentally and spiritually developed or retarded, and for any possible degree of advance or variation, within the mechanical limits of the organism."

That was the scientist talking, but also it was the prophet prophesying.

"A scientist should be like a prophet," he said. "He should give the people the Truth. I want to be free to give. I believe I was born for this: I never was satisfied with what anybody told me or with what I knew myself.

The man of science spoke of creation's climax when God, having formed man of the dust of the ground, breathed into his nostrils the breath of life. Daringly he said: "Man couldn't be created from the dust of the ground today because the dust doesn't contain the 29 elements recognized as required before the breath of life, the air elements, can be breathed into him."

**Wishes No Profit From His Work.**

"Money never meant anything to me," he explains. "I have enough sense to get out of the soil all that I need. I don't have to use money to make a living. I want to be free to give away what I know. If I took money for it I wouldn't be free."

It bothers him not at all that the university people disparage him.

"The University people," he said with a tolerant smile, "can't do anything to me. They don't know enough. They read books. I write them."

He is willing for them to read his new book, soon to be published, called "Mankind's Folly," and learn from it.

All these things the scientist talked about as he and the wayfarer walked away from his mineralized garden across his mineralized fields and came to the terraces that catch the rainfall and drain it to settling ponds so that not a drop of it flows away. The banks were piled high with hundreds of tons of mineralized settlings that had been scraped by a bulldozer from the pond bottoms in dry season, enough, he said, to mineralize 10,000 acres.

Belatedly, for the walk had been long, the scientist and the wayfarer came to the house on its hill where the table was spread. Over the food from the mineralized garden and farm the scientist's young son bowed his head and prayed that the Truth might prevail and spread through all the earth.

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