system" and serve "as an antiseptic for the intestinal tract." Included in some recommendations were yogurt tablets. For a man with stomach ulcers, yogurt was prescribed as the primary source of calories.

Cheese was to be used only in moderation and not with starchy foods, such as pasta or potatoes or with sweets. Butter was suggested as a seasoning for vegetables but also to be used in moderation. Margarine was recommended only once and said to be an assimilable source of vitamin D.

Eggs

ECR mentioned eggs 45 times during a 17-year period, only three times advising that they not be eaten. ECR specifically recommended egg yolks 22 times, saying that the yolks contain phosphorus, sulfur, iron, silicon, and gold, but the white promoted acidity. However, the readings indicated that the white could be eaten if the egg was coddled or soft-scrambled. ECR warned against consumption of fried eggs. The frequency of egg use was daily to a few times weekly. Eggs were especially recommended for TB patients.

Poultry

ECR recommended poultry over 50 times over a 22-year period but only baked or broiled, not fried. To a 71-year-old woman with hypertension, only lean rather than fatty meat was permitted. Eating the bony parts of fowl was often advocated as a preferable source of calcium. This included chewing the ends of cooked chicken bones, backs, feet and necks. Poultry was almost always recommended instead of beef or pork. One reading mentioned that fowl is vitamin-rich and a source of iodine. A 36-year-old woman with tuberculosis was advised to eat chicken daily. ECR recommended a product called Calcios as a calcium source. Calcios was made from pulverized chicken bones.

Fish

Fish was recommended about 60 times over a 22-year period. It was always to be prepared broiled, baked, or boiled, never fried. ECR stated that this was a source of calcium, iodine, phosphorus, silicon, and gold and vitamins A, D, and B complex. A woman with TB, was told to eat the backbone of baked fish as a calcium source. The bones of canned fish were prescribed for a 12-year-old boy with asthma. For a woman who had anemia and another who had asthma, the readings specified freshwater rather than marine fish. However, marine fish were usually advised. Cod-liver oil was prescribed 10 times over an 8-year period. A 9-year-old girl was told to use halibut oil for its content of vitamins A, D, and B complex.

Shellfish

ECR suggested shellfish, especially clams and oysters, for their content of vitamin E, B vitamins, phosphorus, iron, iodine, silicon, and gold. It was said that oysters are rich in iron but not copper or manganese. Oysters and clams could be eaten raw but crustaceans should be cooked. However, ECR sometimes said to eat lobster, but not shrimp or crabs. Lobsters from southern waters, not Maine lobsters, were recommended. Crabs were said not to be a source of gold.

ECR recommended conch 5 times over a 13-year period for its phosphorus and silicon content. He claimed that conch contained the highest amount of absorbable phosphorus and that this mineral would treat anemia. ECR stated that shellfish should never be consumed with whiskey.

Red Meat

ECR frequently cautioned against eating beef, especially when fried and/or combined with foods high in starch, such as bread and potatoes. Most readings advised against the consuming the fatty portion of meat. However, some readings mentioned the use of broiled beef in moderation, usually only once to a few times per week. One reading mentioned that beef was a good source of vitamin B complex and vitamin A. Roast beef was recommended only 3 times over a 5-year period. Rare beef was recommended very infrequently and was generally not to be eaten more than once a week.

In sharp contrast to beef itself, beef juice was recommended 55 times over a 19-year period, especially for anemia. The recipe for preparing this is to put marble-sized chunks of raw lean beef in a jar half filled with water. The jar is placed in a pan of water and boiled for 2 to 3 hours. The beef is then strained and one or two teaspoonfuls to a tablespoonful of the juice is sipped very slowly. For a TB patient, the dosage was 4 to 6 ounces daily, but usually much less was prescribed, even for TB. ECR stated that the juice, not the meat, contains iron and is also a source of vitamin B1. It was asserted that a teaspoonful of beef juice had more value (presumably nutritional) than a quarter-pound steak and 5 pounds of vegetables.

Lamb was the red meat most often recommended, 25 times over a 20-year period. This was to be cooked by broiling or roasting, never by frying, and eaten once to a few times weekly. According to the readings, lamb is a good source of calcium and vitamins A, D, and the B complex.

Wild game, including squirrels and rabbits, was recommended 17 times over a 22-year period. A TB patient was told to eat the bones of these animals. It was mentioned that wild game is a good source of phosphorus, iron, and iodine. Wild game was never to be fried.

Next issue: Part 2 and references

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