

Faith and Luscious Apples Two Master Keys to Health

HAVE YOU NOT OBSERVED the notoriously good digestion enjoyed by stomach sufferers on a holiday? Foods ingested on such occasions with more or less impunity would profoundly disturb their digestion at other times. For when the mind is carefree, when good cheer, faith, and hope dominate the mind and nervous system, the stomach glands do their best work and pour forth a copious and abundant amount of gastric juice, strong in digestive power. The stomach is probably the most suggestible organ in the whole body, exceedingly susceptible to the slightest changes in the mental state. Many stomach disorders are but a reflex of a similar mental derangement. A sour disposition in the course of the inevitable leads to a sour stomach.

When the mind is pleasantly disposed and anticipative of enjoying some favorite dish, the action of the mind upon salivary secretion is such as will produce a profuse secretion of thin, "makes your mouth water," fluid. In like manner, stage fright and other nervous and emotional states in which fear is the dominating element have been accompanied by a characteristic dry mouth resulting from the almost complete suppression of the saliva.

Faith and happiness encourage the production of a strong and active saliva—a secretion powerful in its ability to convert starch into sugar. The digestion of starch commences in the mouth. Conversely, fear not only deteriorates the quality and digestive power of the saliva, but not infrequently results in the production of a secretion so modified as sometimes to become actually bitter.

Thus fear greatly favors the abnormal growth of bacteria in the mouth, thereby exerting a pernicious influence on the teeth.

An ancient experimental criminal test of the Chinese is markedly illustrative of the power of fear to diminish the flow of the saliva. Suspects were compelled to line up and then to chew and quickly swallow a handful of dry rice. The guilty man usually became so frightened that his salivary glands refused to function. The parched condition of his mouth and throat obviously menaced his capacity to swallow the rice in the allotted time.

Chronic worriers and despondent patients universally suffer from deficient gastric juice and slow digestion. Melancholy people are almost invariably dyspeptic; indeed many cases of so-called acid dyspepsia have been traced to acid mental and nervous states. This is because a full supply of the vital electric power is withheld from the pneumogastric nerve, which conveys from the brain the life forces needed to give tone and activity to the digestive organs.

Indeed, despondency affects all the organs of the system on the same principle; the brain consumes in its excitement more than its natural allowances of nerve-electricity, and consequently it withholds the vital energy from the organs which are dependent upon it for healthful action. Faith encourages the assimilative powers of the body, while unusual sorrow and protracted grief retard and even temporarily inhibit the process of assimilation, thus interfering with the nutrition of the cell.

Fortunately for humanity, each evil carries its own remedy in its bosom; each action is followed

by a corrective reaction. In the rescue squad towers the luscious apple—king of orchard fruits.

The malic acid content of the apple is agreeably appetizing and aids digestion by assisting the digestive enzymes in the performance of their duties; thus the digestive system is stimulated to a more vigorous action and enjoys increased capacity in the handling of food committed to its care. Especially in non-malignant conditions of the stomach and liver has apple concentrate (condensed whole apple) proved particularly beneficial, because of its marked stimulating effect on the digestive function.

Malic acid also plays a stellar role as a disinfectant for mouth, stomach, and intestines. Malic acid normalizes the acidity of the gastric juices of the stomach, enhancing at the same time their germicidal effects.

Organic malic acid must not be placed in the same category as those fruit acids that have been productive of much mischief. Malic acid exists in chemical combination with the mineral salts of potassium, sodium, magnesium, calcium, iron, and the phosphates. These salts or malates are absorbed directly into the blood, and preserve and increase the alkaline reserve.

When the mucous membrane is functioning normally—as it does when faith dominates the mind—it secretes a mucus that lubricates, thus permitting food to pass along without scratching, bruising, or irritating hypersensitive alimentary walls. Fear and anger cause an inadequate secretion, often a complete suppression of mucus, which gives rise to peptic and duodenal ulcerations and other erosions. That is why the Great Cosmic Intelligence has provided fruit pectin—generously available in the condensed apple known as apple concentrate—there to exert its tranquilizing influence in soothing sensitive as well as inflamed or irritated gastrointestinal canals. Pectin is not indicated as a specific for ulcers or other lesions. We warn against self-medication in pathological conditions.

We merely want to emphasize that fruit pectin is an exceptionally fine source of uronic acid—an



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important constituent of the mucus-producing cell. Any shortage of uronic acid produces erosions and ulcerations.

The principal constituent of mucus is a protein known as mucin. Uronic acid is an important component of mucin; in the event of a shortage of uronic acid, the mucous membrane is the first to suffer, for it cannot manufacture its full quota of mucus. Delicate alimentary surfaces are thus bruised in absence of this copious, viscous demulcent secretion that is soft and slippery, thus inhibiting masticated food particles from passing along in the normal easy gliding physiological way that Nature intended.

While raw apples, when ripe and properly masticated, are extremely wholesome and very digestible, doctors of repute recommend cooking, baking, or processing, via concentration, the whole fruit when included in the diets of invalids, convalescents, and those with weak digestive powers unable to load their stomachs with sufficient quantities of fresh fruits and leafy vegetables.

Doctors who were skeptical of the efficacy of this safe therapeutic measure and who availed themselves of the apple technique only as a last resort, were thoroughly satisfied with the uniformly good results obtained and have enthusiastically acclaimed apple therapy as superior to any other single mode of treatment in uncomplicated gastrointestinal derangements. □

—Lillian R. Carque, Sc.D.