

We Are Our Own Worst Enemies in Food Matters

BY CYRUS EATON

Mr. Eaton is a farmer and a philosopher as well as a banker and industrialist. *FOOD ENOUGH*, by John D. Black (the Jacques Cattell Press, \$2.50).

OF first importance in the life of man—of animal and plant, too, for that matter—is food. So it is not inappropriate that the Jacques Cattell Press has initiated its new series of books on "Science in War and in Peace" with a study of food, and has selected an expert like Professor John D. Black of Harvard University to present the subject in all its broad aspects.

Dr. Black is the apostle of an agricultural economy of abundance, and he emphasizes the point that, while the United States by itself cannot feed the whole world, there can be sufficient food for everyone on earth if the problems of production, processing, distribution and consumption are tackled vigorously both at home and abroad. To lay plans for the abundant life, as Dr. Black does, is, unfortunately, one thing and to get mankind to carry them out quite another.



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NATURE, except in her infrequent spiteful moods, has always stood ready to provide man with good food and plenty of it if only he would go after it energetically and intelligently. But man, in his ignorance, has been slow to learn how to make the best use of nature's bounty. In his superstition, he has been prone to look to the supernatural for help to secure his sustenance. And in his folly, he has often fought and killed his fellow men when the plow would have availed him far more than the sword.

One of the best illustrations I know of man's failure to make the most of his opportunities for good eating is furnished by my native

Nova Scotia. In the surrounding sea, for the taking in unlimited quantities, are such exquisite delicacies, as oysters, clams, lobsters, crabs, trout, salmon, cod, tuna, halibut, haddock, swordfish, shad, mackerel, herring and smelts. Despite the shortness of the growing season, the land lends itself to the cultivation of a wide range of excellent cereals, fine vegetables and choice fruits. The best mutton in the world is raised in Nova Scotia. Domestic fowl thrive there, while superb wild-fowl, including duck, grouse and woodcock, abound.

ALTHOUGH the pick of these products is shipped away to Boston and New York to be served at premium prices by the leading clubs, restaurants and hotels, Nova Scotia could still supply her population with all of them it could eat. Yet many families live on a diet mainly composed of salt pork, boiled potatoes, bread, pie or cake, and tea, and choose to neglect the infinite variety of foodstuffs that could be enjoyed and the multiple attractive ways of preparing them for the table.

The idealists and the mystics have long called upon mankind to glorify the mind and the spirit, and to belittle the flesh as a burden, but the world will also do well to listen to high-minded, practical men like Dr. Black who proclaim the importance of proper nutrition. For the lesson of history is that the mind and the spirit will flourish only if the body has food enough.

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