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# Some Food Problems

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Have we the right to live? In order to live we must have food and to get food we must work and to always have work we must control our jobs. Then have we the right to alter or abolish anything that puts that right in jeopardy? When a panic is on or impending let us get at the cause,—like a Damocles sword it hangs suspended o'er every workers threshold. An army of idle men will again stalk the land. Will Japan start a war this time to stave off an unemployed crisis? Or when ours is acute will we? Europe is too busy building a new world to have any more wars of conquest. Poverty and war there is a reason for, it is not far to seek, nor abstruse. We are poor because we don't get in wages all that we produce and right here is the cause of all our troubles, poverty, crimes, strikes and wars.

1st, Working people create all the wealth. 2nd, They get wages that only equal about one-fourth of it: hence can buy only that much, the balance must be sold by the boss abroad. Europe repays in part for raw material, with finished product which is that much less work for the workers here, and China is now operating more than one million cotton spindles and many giant steel mills, etc., and her cheap products flooding the world—where or how will we sell our products? And how will she continue after the markets are glutted? We must, if we want to live in peace, plenty and pleasure, own the industries collectively and get the full equiv-

alent of what we produce and this is what the Socialists the world over are striving for.

Here in this country where we have the ballot we hope to effect this change peacefully, the powers that be permitting.

The workers are 9-10 of the people—an overwhelming majority—producing everything, getting nothing; the other 1-10 producing nothing, getting everything; they own the jobs, they are the government, legalizing private ownership of socialized industries, an anachronism, an unbearable despotism, they can close their mills and factories at will, while the workers who built them can starve; this I say is insufferable, an impossible autocracy and cannot long endure. Further, organized labor is out witted by them cornering the food supply and other essentials to life. Like Napoleon they have kept the workers politically and industrially divided and conquered—but solidarity out of this travail born of mutual interest will come. On the rock of surplus value the capitalist ship of state will founder and succumb. Like Alexander, the capitalist will sigh for more worlds to conquer and exploit and when unemployment and stagnation ensues and revolution impends, he will incite and precipitate a foreign war to ensnare and divert the workers and have 'em kill and destroy ad infinitum; because they produce so much, get so little and the do nothing bosses getting so much, they make war for foreign markets and the workers do the fighting, making others take the things they made, while they do without. How future historians will marvel at this tragic tragedy and stupendous stupid-

ity! Is it not high time to listen to socialist logic and reason? Who is it that says this blind and bloody competition, this frankenstein of a thing is the acme of civilization, the ultima thule of progress? Why Ludendorf, the mad former German war lord, afraid of overalls and the overall army of Russia, warns the capitalists of the world and "begs them unite against these barbarians" that want the workers of all lands to have what they produce; yes the capitalists and ex-war lords don't like the idea of wearing overalls and working for a living, they've worked the workers so long, their psychology is fixed and immutable, but they are few and we are many, they are wrong and we are right and right and justice must and will prevail. He is close kin to those that said the world was flat and held the geocentric idea and cowed Copernicus to 35 years silence in his heliocentric hypothesis, while Galileo dared and was jailed and Bruno, transcendent, tho years entombed, dared while the faggot fire seared his lips and sealed his doom. How puerile and presumptuous of the manakin to deny or becloud the immutable laws of nature and try to stay the juggernaut of social progress! But didn't the omnipotent Joshua set a precedent by stopping the sun? In 1914 before the outbreak of the war all countries equipped with modern machinery had a surplus that could not be sold and an army of idle men that could not be employed, for bosses you ought to know employ people for profit and when they can't sell goods at a profit they close up shop; thus people were laid off, millions were out of work and revolution impended in each

country. War to the masters was the only alternative, to save capitalism from revolution and doom. In their frenzied self anxiety and stupidity of evolution, they sought to stay the progress of the Workers Co-operative Commonwealth all in vain. Europe upon the ash heap of competitive bankruptcy is erecting the new order that will have as its basic law co-operation in life's affairs, instead of this age long barbarous competitive warring struggle for life, that drenched the world in blood, flooded it in tears and wove in its social fabric, an idle, riotous, despotic class and submerged in poverty and ignorance the doers, hewers and burden bearers. Poverty must go and ignorance shall no longer stay co-operation and brotherhood.

Thanks to the "printed word": all hail the Archimedean lever that is prying us out of the savagery of competition! The masters may imprison our flesh, but not our ideas, like matter they are indestructible, they laugh at bars and barriers and take flight on the wings of the wind and dance resplendent with the sunbeams and light our weary way to higher ideals and nobler deeds unto infinity. Competition the blunt and blood thirsty has fulfilled its mission, all the world is modernized, no longer are there new countries to be exploited. Capitalism thundered at the gates of sleeping China and at the canons roar awakened its 416 millions from their feudal slumber, now to witness their entry into the world's markets with their cheap products, there is not much chance to sell, and lo! poor Lo Ching by the magic of the modern machine will have to come into the brotherhood of na-

tions by the same inexorable law, to eat to live and to eat, to have a job, he must too, own the industries collectively. What a sublime consummate end to all the blood and travail that competition has inflicted upon human kind since the dawn in the night of savagery.

It is being a dearly bought freedom and will all the more be safeguarded and appreciated.

Now that you know why you are poor, sometimes out of work and hungry; it is well to know something about your being; how food is used and abused.

First: Let it be borne in mind that we exist because we eat life, primarily plant life, breathe air and drink water. We are all vegetarians since animals eat vegetable matter and we eat the animal, but in so doing we eat diseased, decaying waste cells, that is more pronounced in domesticated animals than in the wild ones. The Eskimo lives on flesh in the raw wild state almost exclusively, as did our savage ancestors except in more tropical climates where fruits, nuts and vegetable life abounded in plenty.

Fire for heating and cooking purposes was unknown to the most primitive man, its discovery was the most important thing in the life of man, separating him from the beast literally and figuratively—around it the first habitation was built, the origin of the home and fireside, hence the expression fireside, camp fire and the instinct for fire; it enabled man to get out of the trees and sleep on the ground, for all wild animals are afraid of a fire, thus man began to stand erect and walk and here differentiated from all other life.

Second: Thus we see that all animals and

our savage ancestors ate raw food; hence this must be the natural diet; science now proves that the cooking process eliminates the life force, germ or vitamine. Man can not exist on all cooked food and boiled water, he must have occasionally some raw fruit, vegetables, nuts, flesh or milk.

Milk is the most universally used food, indispensable to the growth of the child, especially because of its calcium, a bone builder. It is the substance of the flesh via the vegetable world, most easily digested, contains all the necessary vital elements save enough iron; but faulty in that so many domesticated cattle are tubercular and cancerous; this, a socialist state would obviate by doing things right, for use, instead of for profit. The adult however can live without milk, his bones and tissue are matured. If you are thin weigh less than 25 lbs. per foot for woman or 28 for man, drink plenty milk and eat whole ground cereals, rest and dont worry—to avoid constipation eat bran with your cereals, plenty of fruit, raisins, nuts, raw eggs, prunes, figs, dates, olives, rhubarb, spinach, the latter 5 or 6 are laxative, eat nothing pickled, sour or salty, or fried, its indigestible, nor white bread, pastries and candies, these are acid and fermenting foods, dimineralized and constipating. Or if you are over weight eat less, sleep less, exercise more, be serious, fast, eat only fruit for a week or more, for it is far more difficult to subtract than add; overweight is dangerous, the fat presses the arteries and all organs, preventing perfect assimilation and discharge of waste. The intake of food must supply the constant waste and antici-

pate expended energy, no more no less, this is the secret of well being, future man will have a regulating chart for work, in or out side, for leisure, cold or warm weather. We eat and drink more on Sunday and do nothing, hence our blue Monday and some think they must eat as much in summer as in winter, thus some of our troubles are started. If an engine is leaky there is trouble if clogged with ash or carbon; it is soon out of order so the oxygen must be properly fed, combustion perfect, the waste, carbon eliminated—so to with the human engine. The oxygen must in proper proportion be mixed with protein in proper quantity; combustion then is perfect; lungs, skin, kidneys and alimentary canal eliminating waste carbon, nitrogenous matter and ash or excreta—but when carbon is re-breathed in foul, close places, combustion is faulty and weak, carbon accumulates, clogs, and elimination of waste is retarded, our stomach engine, does not work in harmony with lungs carbureter; because the oxygen combustion is not just right. What a wonderfully complicated piece of mechanism the human is! His enigma is the riddle for the eternal ages. Yet what has Capitalism taught you? Or done for you? Brother worker, you have housed, clothed, and fed the world and bled and yet you have not where to lay your head.

Biology, the science of life, you know not, the wonders of the earth and sky is a blank to you; would that I had the means to enlarge this booklet to impart what little I know. Pompous man thinks he can imitate nature, in his laboratory, create life force and decoc-

tions equal to the mysteries wrought in the human mechanism. In vain he tries to create the vitamine. Like ancient quacks and impostors that couldn't scare or pray the devil pain away, they concocted vegetable brews and mineral salts and compounds, calomel, sulphur, arsenic, iron, etc. to dose man with to drive the devil pain out, but they more often killed the patient than the devil and that has been their dilemma throughout their 4 or 5 thousand years of medicine "practice". Imagine puny man making a decoction of iron and sulphur that nature makes and puts in spinach and celery and all life essentials in varying degrees in the vegetable world, the colloids, enzymes, vitamins and mineral salts, so delicately adjusted and proportioned for assimilation. Let man first know and create this life force before he attempts doctoring it; of course this is beyond his ken, he is the child of this force and can't create his parent—and too this force is indestructible and of course uncreatable; it is there in the "milky way" in fiery gaseous, vapor—Aristotle spake more wisely than he knew in saying "all emanated from fire". Ye can't substract or ad an atom to the universe, the thought of it alone staggers the imagination. Yet man would dose for profit our wondrous mechanism, with his crude concoctions of iron and sulphur, etc. to restore the balance we are exploited of by adulterated, decorticated, denatured and demineralized foods, contributory to cancer, consumption and all other debilities, a modest price we pay for perpetuating Capitalism and money kings. Thus if our ills are due to improper food, demineralized white

bread, the so-called staff of life, a slender splintered staff as we will see, through decortication, barren of the vital mineral salts, calcium, magnesium, potassium, iron, etc. and the necessary bran roughage to aid peristalsis of our 32 or more feet of intestines; then obviously the only remedy lies in eating the raw grain or whole wheat or bran bread, thus insuring our bodies the necessary mineral salts in nature's way.

If the chemist could make a grain of wheat with all its natural constituents, all would be well, but unfortunately he can't and proceeds to restore the balance we rob ourselves of with his crude iron, etc., that our delicate organs can't assimilate, because they know only one way, the plant way, nature's way.

The doctors and chemists as sensible people should advise us to restore our mineral balance by eating right. No, they lock the door after the horse is stolen and leave a corpse: well this is Capitalism, they'd sooner we'd be a corpse than they—by telling us how to keep well they'd starve and be the corpse and yet there be those that think, Capitalism and competition is divinely ordained. And this crude stuff, iron, etc., oh! they take the death kick out, Calotab, is mercury without the kick. We were told and made believe the more bitter and nasty the medicine the more efficacious; an old allopathic hoax. Now we are being hoaxed into taking nuxated iron and Calotabs—well, this insoluble mineral gritty stuff in our delicate anatomy is like putting emery grit in delicate bearings of machinery: it finds its way into the blood stream and delicate cells of organs, clogging and irritating un-

til a cyst is formed, then a cancer and death. Imagine calomel, a product of quicksilver and that bichloride of mercury is of, also corrosive sublimate, deadly poisons, administered for inflamed kidneys or congested, leathery torpid liver caused by alcohol.

Oh! What a pity man in his stupidity, torments his being; becomes a slave to alcohol, to drugs, to caffeine in coffee, theine in tea, and nicotine in tobacco and this life destroying stuff is sold to make money, for profit. Oh Capitalism, thy toll of death is legion! How many sins hast thou committed? Now that the wild life of animal and man we see is comparatively free of disabilities that beset us, it is well in so far as possible to imitate. Let us get plenty of sun and air, wear less clothing, women excepted here, let drugs to the doctors, eat right, avoid sugar, it is unnecessary and harmful, we get all the sugar our system needs in milk, cereals, nuts, fruits and vegetables. It has an affinity for lime causing calcareous deposits and bone depletion when taken in excess of needs, causing too, diabetes mellitus and a host of ills, like coffee, tobacco and white bread it is scarcely more than a hundred years in general use and what a graveyard of despair these have wrought! - "Cleanliness is next to godliness", be clean mentally and physically, be assured sound eight hours sleep. Sleep permits the heart the hardest worked organ to rest, by pumping blood when on a level; a person made to stand erect 3 or 4 days unsupported, would expire from heart failure; thus one of the prime necessities of sleep, recumbent, unrestricted, is to give the heart rest by easier

work and sleep on your right side not to crowd it and also the stomach is more easily emptied; no food should be in stomach while sleeping, thus eating before retiring is harmful. No food should remain in intestines more than 30 hours—meat of all foods is subject to soonest decay, fermentation and bacterial growth. If good teeth and foul breath clean out your sewer with a big dose of prunes, figs, olives, rhubarb or bran as a meal for the day; avoid mixtures and two protein foods at once as milk and meat in large portions; when in distress and doubt eat one food at a meal, varying each meal; don't eat between meals, 3 meals a day; your stomach needs rest, a diet of fruit only, for several days is good and its exclusive use in old age is life promoting. Avoid enemas only in extreme cases, never take salts, any kind, or purgatives they paralyze peristalsis, impoverish blood cells, dry up the mucous membrane and cause piles, of course you are constipated and this is the primary cause of all our troubles and a chief factor in constipating is white bread and pastries, causing also intestinal parasites. Avoid nasal douches, your nasal, throat, stomach and intestinal catarrh is from improper eating.

Eat right, keep your appendix and tonsils, they are there for a purpose and be good to your eyes and they'll last through life without glass assistance. Drink plenty of water, not cold, not at meals and always first thing in the morning—of course in summer you need 2 or 3 times as much as in winter due to heat and perspiration, wear little clothing, let out heat by cleaning pores, by bathing, and inversely in cold weather to conserve the body

heat dress warmly. The Eskimo eats plenty fats, wears heavy skin furs, virtually hibernates in his snow hut when zero, while his brother savage in the tropics wears no clothing, sleeps out doors and feeds on fruits and nuts, while here some folks of the female gender with inverse minds wear their bear skin in July and tropical décolletes in January, eat beef in summer and jiffy jel in winter; but that's no reason why they shouldn't have a right to vote, they're half of us biologically and by far the most important half for they can will us extinct, willy-nilly—and for all their eccentricities and short comings we ought to love them enough to accord them the right to vote to others what they make and fight foreigners for theis bosses sake, as we men do. We were plagued with the plague, because we (men) played with the poisonous filth, we removed the filth, paved and sewerred streets and so too was small pox banished. We drained our swamps, destroying mosquitos and was freed of fevers and if we will eat and live right, keep our intestinal sewer clean we will be freed of all physical ills and if we will clean our minds of ancient myths and dogmas, listen to modern science and economic truths of the Socialist philosophy, we will rid the earth of the scourge of poverty and war.

Then how vicious and ridiculous to innoculate us with virulent vaccines to cure and immunize, after removing the filth, the cause. Typhoid was removed by cleaning, filtering our water supply—yet inoculation for that still abounds. Are we to have a virus for head, belly, tooth and earache, coughs and

colds, ad nauseum? How about a vaccine for constipation? Will we take the foul filthy pus from a plugged and polluted gut and inject it in our blood stream? How about the immunizing phago or leucocyte and the proteomorphic theory? Both can't be right. May be the fifty cents a shot has something to do with the virtues of vaccination. Doctors and druggists must live you know under this fool system. In writing this tract how I would have appreciated "fonetik" usage, but language and laws you know befuddle wage slaves—leave it to Socialism.

Our quack doctors of our social ills, the philanthropists, like those of our physical ills, strain at effects and overlook causes, he thinks he is removing poverty when he doles out a little of his ill-gotten gains, the product of the workers. We are led to believe the Chinese are an inferior and benighted people, yet they pay doctors when they are well and laugh at our many brands of Presbyterians, Methodists and Baptists missionaries explaining our superior religion, all professing to be it, while they wondered at our indiscriminate slaughter in the world war and thought suspiciously of our boasted faith in the commandment, "thou shalt not kill"—but may be they know something of economic determinism and too they may remember the clear concrete example afforded by the civil war, when churches in the south supported slavery and in the north opposed it and in looking ahead they may see a church cleavage rending, in the emancipation of the proletariat of all lands.

Now reader don't seek surcease from this mental drilling in the dope stick cigarette,

perhaps lured to its use by seductive advertising, or the strain of over there; think of the millions spent in advertising, luring men and women to a slow torturing death, and think of the asylums for those too tough to kill outright whose minds succumbed and doctors doctoring them and others on their painful journey wabbling to asylums and graveyards—this is some system! Not the least in idiocy tho, is he who creates the wealth, votes it to another and then makes guns and shoots at some foreigners, makes them buy some of the things he made, that he needs, while the boss, secure in his mansion gets the money. Now don't laugh, we were all in the same boat at one time, someone had to put us wise and it took some time for some of us to get our eyes open—so brother worker don't believe the fool stories of free love and all that stuff about Socialists and the Bolsheviki: we are all of the working class and want a working class government where all shall be workers and receive all we produce, we would then only, have to work half as much as today, and get more than twice as much. Be patient, if this does not open your eyes, there are others that may, at any rate we, with open eyes and open arms will eternally stay on the job until a majority see. We are right, we have the truth, the Capitalist is wrong, he has only lies to combat us with, lies like murder will out; the Bolsheviki lies are fast finding the Capitalists out.

The modern world cannot be half slave and half free, half Capitalism and half Socialism; they are irreconcilable in their very nature, both products of social evolution and nec-

essarily these two conflicting interests, the employer and employee seek every advantage the transitional interim affords; but ultimately Socialism must succeed Capitalism as it succeeded Feudalism, except by the ballot instead of force. This class struggle is the conflict since man first enslaved his fellow in the early dawn, when wild cattle was domesticated and agriculture began; a captive then had a use value above a cannibalistic feast and upon these savage slaves a civilization for the master few began; they had time now, to study and reflect and to keep their slaves in subjection until now. The boss, owners of our jobs, wants to continue to live off our labor; we that understand, want all we make; we organize, we get a necessary training in unions, in shop committees, to conduct industries for our benefit and panics will leave us no other alternative except to starve or war and this is not pleasant and too it is tough on the kids—"Suffer little children to come unto the workers", he alone can save them by controlling his job, by the Workers Republic, were all shall be workers and by scientific agriculture and by planting fruit and nut trees and fruit vines instead of shade trees, there'll be forever feasts instead of famines. Our ancestors fought for religious liberty, then political, and we now in this age of the universally printed word, hope to effect the coming industrial liberty with the ballot; but we will not neglect industrial solidarity.

Capitalists are few and we are many; panics, unemployment, wars, want, strikes and grim necessity is prodding us; we can't stand still, everything is in a state of flux, the atomic life

is vibrant with force some day we may harness and be free physically and mentally—we will leave that to Socialism.

Now fellow workers the whole aim of this tract could be epitomized in one sentence, to-wit: "if you want life, peace and steady work and all that you produce, you must control your job and to do so you must get a majority of the other fellows to want the same thing", but then in such a short sentence you'd see imaginary mountains and bugaboos, a million jokers, free lovers, red perils, yellow perils and what nots—implanted years back by the Capitalist press and other institutions. May be in spite of this humble effort you will still see red, any way while there is life there is hope, concluding with the hope that you will at least cuss this in disgust, if you do not discuss in trust.

The mountain labored and brought forth a mouse! Too bad, if you don't appreciate the quintessence of my thought of a life time thus portrayed—but it is all I have to offer upon the altar of freedom, except be jailed and mobbed again, or my life, and if it would do good, I'm ready.

JOHN J. THOBE,  
Covington, Ky.

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