

The Jekyll & Hyde of the Plant World!

PARIS: ABOUT 800 B.C. AN ASSYRIAN HERBAL NOTED that a certain food plant possessed "a narcotic principle". Thus warned, humans continued to eat it & are still eating today a vegetable whose cultivated form was described in a dietetic article no longer ago than 1972 as "hypnotic" & whose wild form is listed in a recent book on medicinal herbs as "slightly narcotic."

A MODERN GASTRONOMIC ENCYCLOPEDIA EXPLAINS that it is chiefly the juice which is "narcotic, bearing a certain analogy to the opium of the Levant," whether wild or cultivated, & a second book on medicinal herbs says the juice has "a very bitter taste & a noxious odor similar to that of opium."

EXPRESSED TO THE AIR, THE JUICE THICKENS into a sort of gum. "Formerly, great quantities of this gum were gathered & sold to the drug trade," Euell Gibbons wrote, "it being considered only slightly less valuable than opium."

"IT LOOKS LIKE OPIUM, smells like opium & even tastes a bit like raw opium." As for the whole plant, "eaten...in some quantity," says a contemporary authority, "it has been known to cause coma."

WHAT IS THIS DANGEROUS PLANT? Pliny gave the show away 19 centuries ago, when he referred to it, also because of its narcotic nature, as "poppy lettuce". He was not talking about a sort of poppy which suggested lettuce, nor about a lettuce-like plant endowed with toxic qualities, nor even about a particular species of genuine lettuce equipped with the weaponry of the poppy:

HE WAS TALKING ABOUT THE ORDINARY everyday commonplace lettuce that all of us eat, the food which the American public was induced to accept on its tables not much more than half a century ago as a "protective food" extolled for its wealth of vitamins & mineral salts.

CAN LETTUCE, PURE, INNOCENT, CANDID LETTUCE, be the Dr. Jekyll & Mr. Hyde of the plant world? Well, no. First, let it be explained that the lettuce that "eaten

was bolted lettuce, which, exposed to unreasonable heat early in life, had gone to seed prematurely, engendering in the plant an unnatural chemistry (akin to the draft which converted Jekyll into Hyde).

LETTUCE EATEN IN A NORMAL UNDEGENERATIVE STATE will do no harm, even in some quantity, though Gibbons did write:

"When I ate a large helping of the cooked greens, I became aware of a sort of languid drowsiness & feeling of well-being, as though I didn't have a care in the world...Now, whenever I feel nervous or irritable, I merely lunch or dine on wild lettuce greens & then bask in a feeling of complete relaxation."

GIBBONS' EXPERIENCE MAY LEAD US TO REFLECT that "narcotic" is not necessarily a nasty word; narcotics, after all, are used in medicine.

"Modern medical science," he continued, "says that (lettuce) has few, if any, of the physiological effects of opium, & it is, at the best, only a very mild sedative."

IT WAS FORMERLY USED AS A SUBSTITUTE FOR OPIUM in treating nervous diseases, for insomnia, for allaying the pain of rheumatism & colic, to relieve coughing & to treat diarrhea.

LETTUCE IS INDEED A CALMATIVE (because of its magnesium salts) & a soporific (because of its milky juice, known as lactucarium, or in medical preparations as thiamine).

IT HAS BEEN USED MEDICALLY SINCE VERY EARLY TIMES, though not always for reasons which would be considered valid today. For instance, the ancient Romans fed it to pregnant women & nursing mothers on the theory that it promoted the production of milk, for this was the conclusion they drew from the observations that lettuce juice is milky.

THE ROMANS SERVED LETTUCE WITH HEAVY DISHES at their banquets as a digestive; & indeed, whether or not it has any effect in helping to digest other foods, it is itself the most digestible of all the salad plants.

IT IS TO BE DOUBTED THAT

prescribe lettuce for tuberculosis, as Marat did at a period when he was busying himself with the practice of medicine rather than with the practice of politics, but in Germany today there is a school of thought which holds that it is a good food for cardiac patients; this would be the magnesium again.

LETTUCE (UNBOLTED) IS HEALTHY ENOUGH, but it is not quite a miracle food. "Lettuce contains all the vitamins & all the mineral salts," I find one dietitian writing, while another says that it is "rich in Vitamins A, B & C." There is little reason for loud hurrahs concerning Vitamin B or C, for other foods have more of these vitamins than lettuce.

THE VITAMIN FOR WHICH LETTUCE IS REALLY VALUABLE is A, far above apples, Brussels sprouts, cabbage, celery, citrus fruits, tomatoes, walnuts & soybeans. But even in this field lettuce breaks no records. There is a higher proportion of Vitamin A in broccoli, apricots, watercress, kale, collard greens & carrots.

MOST OF THE VITAMINS & MINERAL SALTS OF LETTUCE DISAPPEAR to a large degree when it is cooked; but this is partly balanced by a tendency to eat larger amounts of cooked lettuce, thus cooking greatly reduces its volume.

A "PROTECTIVE FOOD" YES; BUT A WONDER-WORKER, NO. Lettuce continues to be used in rustic medicine all the same. Maurice Messegue, the most famous of French healers (who is not regarded with great favor by the medical profession), told the weekly Paris Match that nervous persons should eat lettuce every evening to be sure of getting a good night's sleep.

THE IMPORTANCE OF YOUTH IN LETTUCE was pointed out for the wild variety by Gibbons. "When the first leaves of... wild lettuce are only a few inches high," he wrote, "they taste like young leaf lettuce from the garden, only more so. Unfortunately, wild lettuce stays in this eminently edible condition only a week or so."

THE VAST SIZE OF THE UNIT-

nia provides 70 percent of all the lettuce consumed throughout the nation militates against the delivery even of mature lettuce in the state of freshness which the French believe it requires. France is only as big as Texas, so it would occur to no one to ship lettuce from one side of the country to the other; it is eaten everywhere not many miles from the place where it was grown.

(Sent in by Dad.)

THE IMPORTANCE OF Vaginal Cleanliness

by Sara Davidito

WE DEFINITELY CANNOT STRESS ENOUGH TO THE ENTIRE FAMILY the importance of effectual fervent PRAYER & CLEANLINESS! Dad has counselled before that women who frequently make love should submerge their bottoms under water daily—for about 10 minutes, if possible, so the water can run up into the woman, thus thoroughly cleansing her from within. Access to a swimming pool, pond, lake, river or sea is a great help for this in warm weather.

A GOOD NATURAL DOUCHE by emersing in sea water is about the best help in clearing up a bothersome vaginal discharge or even for cleansing men & women. If you live by an ocean, try as often as possible to "cleanse" your bottom in the water daily; even just sitting in the shallow salty water helps. We have read in several Medical Encyclopedias that using regularly a good natural douche agent such as white vinegar (2 tablespoons to 1 quart water) or a salt water solution can help halt mild infections.

A PORTABLE BIDET IS ONE OF THE MOST HELPFUL AIDS to cleanliness to have in your home. It fits on the rim of the toilet for washing. It might take some searching to find, but is usually available at pharmacies or houseware stores. Bidets are helpful for washing children's penises or bottoms, too, without having to bathe the entire body. **IF YOU VISIT A DOCTOR FOR AN INFECTION** & he prescribes suppositories, pills or cream, this still may not help to clear problems up if you are continually making

love with others who are troubled with "bugs" as well. If you are aware that you have something, try your best not to spread it to someone else, in or out of the family! Perhaps you could pair off in couples & keep sex just between your chosen partners!

WHEN WE'VE CONSULTED WITH FRIENDLY DOCTORS, they have confirmed this counsel on daily cleansing of the sexual parts. They have also told us that if a woman's discharge does not itch nor smell nor bother them then it is really nothing to worry about & is actually common in about three-quarters of

women everywhere!

IT IS IMPORTANT TO STRESS THAT DURING PREGNANCY, you should especially keep clean, aired & free from infections. It is common to clear up bothersome infections. If you have an infection that persists & bothers you, is itchy etc. & is not cleared up after care & prayer, then you must have it cared for, continue to pray & keep yourself clean. Otherwise infections may grow into greater problems that could have been avoided.

(Ed.: Some of Dad's counsel is in Letter 555-55-78. See Index 10!)

Recommended Books!

GEOGRAPHICAL WORKBOOKS, from William Collins & Co., Ltd., Glasgow G4 0NB, England.

By Collins & Longman: **"LET'S MAKE MAPS"**, a recently published pre-Atlas workbook in 2 colours. (A child between 3½-5 can work with it.) After working thru' "Let's Make Maps", children will have a good grasp of scale, direction & simple conventional signs & will be ready to take an atlas with real understanding. They are available only in packs of 10 for £3.00, but single inspection copies will be sent at 30p each.

"ATLAS ONE", 32 pages, paperback, 264x211mm, in colour, costs 55p. Simple explanations of map-work & scale, closely related to the child's own experience. You can see the British Isles, the Continents & the world as a whole. There are 28 pages of maps & numerous, informative coloured photographs illustrating life & work in many lands.

"ATLAS ONE WORKBOOK", 40 pages in 2 colours, 264x211mm. Designed expressly for use with **Atlas One** (metric edition) which will help the young child to appreciate how much information & fun can be ex-

tracted from the simplest map. Games & exercises introduce symbols, compass directions, the use of an index & scale & are followed by set of questions directly related to the maps & photographs in the Atlas. The emphasis is on activity, with outline maps which children can colour in themselves as they learn to locate geographical features. Thru' the games, they will begin to understand compass directions & the measurement of distance. Sold only in packets of 10 at £4.00. Single inspection copies will be sent for 40p each. (Approximate age to work with **Atlas One** & **Atlas One Workbook**: 4½-8 years.)

"ATLAS TWO", 80 pages, 64 pages in full colour, 264x211mm, £1.10. (Approximate age: 6-12 years.)

"ATLAS TWO WORKBOOK", 32 pages, sold only in packs of 10 for £3.50. Single inspection copies will be sent for 35p. These are good for children who are not able to go to system schools, or not regular, or for use in his hobby or during vacation. All the above atlases & workbooks are paperbacks, very well-made, very easy to carry & they are such a fun way & chronologically graded for a child to learn his geography. (Recommended by Family Care Services.)

WITH EVERY COMMENT YOU MADE, DAD, as to our liberties in serving the Lord as we desire & with whom I also believe it would be better for her to escape to where her heart longs to be, with whom she desires as she's obviously overlooked & forgotten the good side he possesses.

I FELT IT A TERRIBLE MISTAKE that one family member could write such an accusing letter about another without others testifying as to the letter's authenticity & accuracy. But even if the whole home signed her letter, I still want to state that there are definite errors in her evaluation of her husband, in indicating that he's been in his present condition all six years she's known him—Nobody that I knew when working with him a few years ago could have felt the same way.

THANKS FOR LISTENING, DAD. I just wanted to try & straighten something out. By the way, my name was Darda Travels at the time I knew & worked with them in Colorado. Love, Alejandro Luchador.

From Saffron Davidson; Colorado: Dear Dad & Maria,

GBY! THE REASON I'M WRITING THIS LETTER is because I want to tell you about someone that the Lord has used to change my life. His name is Jacob Davidson & he is

WHEN I READ THE LETTER, I COULD HARDLY BELIEVE IT WAS ABOUT THE SAME PERSON! I was really shocked that such a different view could be presented of one person. I love Jacob very much & at first thought that I might be "blinded" by my love, but the Lord gave me the quote from your Letter: "Love is not blind—it has an extra spiritual eye..."

SO I WAS ENCOURAGED TO WRITE TO YOU ABOUT WHAT JACOB HAS DONE FOR ME. First of all, he led me to the Family. I had been saved for a long time but never did anything for the Lord until I met Jacob. When I first met him, the thing that impressed me the most was the love & patience that he gave to his children.

AT THE TIME, HE & MARSENA WERE SEPARATED & each had two children. Tamara & Benjamin were very sweet & well-behaved, & I fell in love with them on sight. The Lord gave me a picture of an almost perfect family love & I was immediately drawn to it—& before I had never liked children!

WHEN I MOVED INTO THE HOME, MARSENA CAME BACK & I knew that Jacob really loved her very much. It was obvious that the Lord has used to change my life. His name is Jacob Davidson & he is

BUT I DON'T BELIEVE THAT IT WAS BECAUSE OF JACOB'S ATTITUDE, as I have always found him to be positive, loving, encouraging & inspiring. He taught & trained me & I am very grateful for all of the patience that he has had with me. I know he has a lot of faults & there's almost no end to the mistakes that he has made, but "men of force are men of faults"—& Jacob is certainly a man of force (& in good company!).

IN SHORT, I DON'T BELIEVE JACOB IS THE "UNLOVING & JEALOUS HUSBAND" that Marlene depicts him to be. He is my husband also, & I've certainly never found him to be jealous but always encouraging both Marlene & me to share with other brothers & fish. And I believe that he has a lot of love to give to anyone who will receive it.

THANK YOU, DAD & MARIA, FOR LISTENING TO ANOTHER SIDE of the story. I love you both very, very much! God bless & keep you! Thank you for all your love & your letters!

Love, Saffron.

(Editor: Sorry, but all we know is what you write us, & we were only trying to answer her questions—Be sure you tell the whole story!—Tks. GBY all!)

M & M Mail!

MONTHLY RECAP OF M & M MAIL MINISTRY!

by Keren



1. NRS—continued inspiring testimonies from new "cover jobs" by some members of our Homes; many comments on being convicted by "Why the Family?" regarding selfishness, expressing a desire to change; "DTD" testimonies beginning to come in from those who had been exploring this way to witness, with inspiring accounts of much fruit won & good support as well.—The W.W.W.'s are definitely doing just that! PTI!

2. HOMEOING—A few still plan to make belated visits, but it seems most who went home during the holidays have now decided "where to" & are either returning to the same fields, pioneering a new field, or remaining home for a continued visit or to I.R.F. Received many inspiring testimonies of parents & friends who are helping

us in many ways (funds etc.), financing businesses for those very closed countries where this is necessary, providing baby & children's needs etc. Also good testimonies of finding renewed joy in His Service from those who went on to new fields!

3. NEB. REV.—These ML reactions have expressed sorrow at Dad's having to go thru' this heartbreak & trust in His promises for a Greater Victory to be won thru' it all, & what a loving & merciful sample M & M have been as well.—Plus expressions of love & prayers for Rachel & that she will obey & return.

4. CHILDREN—Many encouraging natural childbirth testimonies. Special thanks still coming in for "Jesus' Babies" & now for "God's Gift is God's Work", with inspiring testimonies of the beautiful children of the Lord's blessed many with.