



OLDE AG BOOK 1945: Farming and Gardening for Health or Disease (OLDE AG BOOKS)

Sir Albert Howard



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The earth's green carpet is the sole source of the food consumed by livestock and mankind. It also furnishes many of the raw materials needed by our factories. The consequence of abusing one of our greatest possessions is disease. This is the punishment meted out by Mother Earth for adopting methods of agriculture which are not in accordance with Nature's law of return. We can begin to reverse this adverse verdict and transform disease into health by the proper use of the green carpet -- by the faithful return to the soil of all available vegetable, animal, and human wastes. The purpose of this book is threefold: to emphasize the importance of solar energy and the vegetable kingdom in human affairs; to record my own observations and reflections, which have accumulated during some forty-five years, on the occurrence and prevention of disease; to establish the thesis that most of this disease can be traced to an impoverished soil, which then leads to imperfectly synthesized protein in the green leaf and finally to the breakdown of those protective arrangements which Nature has designed for us.



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