

Inside the Body Also Needs Sunshine.

By A. E. Hopkins.

IT IS COMMON knowledge that sunbathing has a beneficial effect on the general health, but it is not so well known that the elements of sunshine are needed just as much inside the body as outside.

When sun ripened fruits and vegetables are eaten the benefits are received direct into the bloodstream, and all the metabolic functions are stimulated to maintain vibrant, radiant health.

Fruits and vegetables ripened by the action of the sun's rays are actually sun cooked, and filled with food elements that energise every cell and tissue in the body, and strengthen the resistance to disease.

Heavy foods are only needed in bulk on really cold days with dampness in the air, but when the days are warmer, the wonderful structure of the human makeup is ready to take advantage of every ray of sunshine, direct or from sun kissed foods.

In sun ripened fruits and vegetables there are great stores of vital vitamins and organic mineral salts, which are essential to health, together with the cleansing properties of the valuable distilled water, which they also contain in large quantities.

There is no equivalent in modern chemistry to natural distilled water. It cannot be produced or manufactured by any known method. It absorbs poisonous body waste and helps to expel it through the provided eliminating channels. It has the capacity of sweetening, refreshing and lubricating the mechanism of the human machine. It is a reliable thirst quencher and rejuvenates a tired body by accelerating the disposal of waste products.

Fruit juices, those health giving liquids, are valuable tonics for the system. Pineapple, apple, orange, lemon, lime, loganberry and many others provide valuable juices which are literally sources of energy, directly absorbed from the sun itself.

The habit of drinking a wineglassful of fruit or tomato juice first thing in the morning is far more valuable than the customary cup of tea or coffee. For casual drinks during the daytime they can be used stirred in fresh milk.

These drinks are vital ones as they quench thirst without creating it, and provide energy to tired muscles by being absorbed quickly into the bloodstream, without requiring any digestive effort, and pass along to every part of the human structure where their services of restoration are needed.

Large quantities of easily absorbed organic salts are drawn from the soil in which the sun ripened food grows. These vital elements preserve the balance of the bloodstream, and harmonise the working of all the glands and nerves. The essence of these salts are changed by the sun's rays into vitamins, without which the body cannot function efficiently. They stimulate the energy, the appetite and rebuild sick cells, thereby adding their quota in no small way to perfect health.

Vegetables are as important as fruits to maintaining health and especially so are those which grow above the ground, where the rays of the sun can reach them.

Phosphorus and iron, Nature's tonics, more reliable than any synthetic or mineral compounds, are found in balanced quantities in the leafy greens of lettuce, spinach, young cabbage, all kinds of herbs and so on, and provide

a "fillip" to the nerves, which is particularly valuable on enervating days, when the temperature is high, humid with moisture and atmospheric pressure. Other vegetables such as peas and beans provide energy and nourishment in an easily digestible form.

The blood is cleaned and acids neutralised and removed by the blood purifiers contained in young onions, celery, leeks and that wonderful vegetable, the tomato, with its glorious coat of scarlet or gold.

Green salads with young vegetables added are pleasing and attractive to the eye, and being already sun cooked are easily digestible. If the variety is limited to four or at the most five kinds of growth, unlimited changes can be rung, thus ensuring that the desire for salads never stales. If the dairy products which include fresh milk, butter, cheese of all kinds and eggs are added, a perfectly balanced meal is provided, full of health and sunshine.

Herbs are sunshine foods also and should be used whenever possible. A sprig of fresh parsley, sage, thyme and mint is invaluable in the salad dressing, or even added freshly picked from the garden. Herbs are disease fighters and help to preserve the body against illness. They also add to the vitamin content of the other foods.

Too much cooked food produces acidity but the alkaline properties of fresh salads neutralise body acids and dispels that listlessness and irritability so common when the stomach rebels against too much acid forming foods.

Small summer fruits and berries contain valuable tonics and body correctives and should be used freely, as they come into season. They increase their tonic properties when mixed with milk or cream, but white sugar should never be used, as being already ripe they contain all the sugars the body requires. If white sugar is added to ripe fruit an acid reaction is produced, which is a tax on the digestive processes.

There can be no finer meal for health than wholemeal bread or biscuits and berry fruits with cream added.

Bilberries, if it is possible to select one summer berry more valuable than any other, contain the greatest number of the essential elements for health. They are remarkable as antiacid powerful diuretics and outstanding curatives. When convenient, a few of these berries with a spoonful of fresh cream or full cream milk works wonders with the urinary system in men, women and children.

Strawberries, the favourite summer fruit for many people, are very rich in iron and consequently are excellent for blood purification, and particularly so for anaemic persons. Also nervous people will find their tonic properties invaluable.

Loganberries with whipped cream or white of a new laid egg, taken with a little crushed cereal or toasted wholemeal bread fingers, help the recovery of the convalescent.

Sweet gooseberries are especially good for children whilst cherries are good for everybody as they contain elements which benefit the glandular system.

The fruit sugars present in almost every sun ripened fruit provide food and energy which strengthens the muscles and stimulates the body tissues.

Nature provides the goods but it is up to the people on the earth to use them, if they desire the health and vigour which are the birthright of every human being.

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