

# **Fruitarian Diet & Physical Rejuvenation**

**A medical doctor's personal account  
of his health rejuvenation plan**



**Dr. O.L.M. Abramowski**

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*Perviously titled A Doctor's Raw Food Cure  
and published by Morris Krok*

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## PREAMBLE BY MORRIS KROK, PUBLISHER OF THE CENTENNIAL EDITION OF THIS BOOKLET

Possibly the best and most important document related to the value of the raw food diet is Dr. O.L.M. Abramowski's *Fruitarian Diet and Physical Rejuvenation*, written at the beginning of the 20th century. Here is how I obtained it.

In 1957, while still living in Johannesburg, South Africa, I was given a copy of *Herald of the Golden Age*, a magazine produced by the Order of the Golden Age founded in Britain during the latter part of the previous century. The Order's ideal was to promote humanitarianism, spirituality and vegetarianism. In my magazine copy, the article which most impressed me related to the possibility that man could live on a diet free of animal products. This diet is now known as the vegan diet.

Many years later, in my new abode in Durban, a subtropical seaside city on the Indian Ocean, I was given all the remaining literature of the Order of the Golden Age by an elderly lady living in Pietermaritzburg. Amongst the literature was *Fruitarian Diet and Physical Rejuvenation*. I also received recipe books and flesh-free diet and a number of bound volumes of the *Herald of the Golden Age*.

When the Order of the Golden Age ceased its operations in England, all its remaining literature was sent to the elderly lady who distributed some of it freely via the local newspaper's "Reader's Point of View" column. Her notices introduced me to the Order and led me to take over the distribution of its publications.

After the original copies were sold out, I reprinted newer editions on a number of occasions. This latest reprint comes at a time of the Internet which is playing a major role in the dissemination of this

most remarkable information on the role of raw foods in preventing and restoring ill-health. IN a sense, although not officially recognized, the knowledge contained in this booklet launched the raw food movement and gave true meaning to natural healing and living. I am pleased to say that this edition is in fact commemorating its centennial.

It is my hope that the distribution of this booklet will reach millions and enable the Internet to really come of age by communicating information that is in complete attunement with life's simple, powerful and intelligent logic. Undoubtedly, this is "Knowledge of the New Millennium."

Morris Krok  
26th July, 1999

## **ABOUT THE AUTHOR**

O.L.M. Abramowski (1852-1910), a German-born medical doctor trained in Berlin who after spending eight years as a surgeon in the Prussian and German Army, including service in the Franco-Prussian War, immigrated to Australia in 1884. Abramowski first settled in the railway town of Terowie, South Australia, until in 1888 he heard that the Chaffey Brothers were starting an irrigation colony in Mildura for the growing of fruit. He immediately bought a plot of land and headed out there.

Abramowski quickly became a leading member to the then small community, as its doctor, advisor on town sanitation and the director of its first hospital. Finding that the citizens of Mildura were actually quite healthy by Australian standards, his medical skills were not too much in need, so he also ran his own dispensary catering for both allopathic and homeopathic patients, and wrote

and studied in his field. He also found time to establish a small vegetable farm, specializing in growing artichokes as well as keeping bees.

Even before his arrival in Mildura, Abramowski had started sending articles giving medical and social advice to the local paper, the *Mildura Cultivator*. This newspaper, which served the residents of the Irrigation Colony, clearly had a good number of fruit and vegetable growers among its readership who were keen to hear of a diet that promoted their crops. It also from 1890 had the vegetarian, John Newton Wood, on its editorial staff who was always keen to add any vegetarian information to the publication. From his many articles over the years, Abramowski eventually compiled a book entitled, *Eating for Health: The Evolution of a Commonsense Conception of Disease and a Natural System of its Prevention and Cure* (1907).

Seeing the commercial possibilities of diet books, the Melbourne publisher, E. W. Cole, picked it up in 1908 and republished it twice with the catchier title, *Vitalism: The Art of Eating for Health*. Abramowski reported in his columns his studies into why it was that humans and domesticated animals were so prone to diseases while animals living in a “natural state” were not. He, himself, was overweight and in poor health and after experimenting on himself he systematically eliminated various foods that he thought harmful until he was essentially on a healthy vegetarian diet.

He wrote:

“Great as the improvement is in my bodily condition, the change for the better in my mental and intellectual faculties has kept pace with it. My father, when past fifty years, became a hypochondriac and also looked at life from a very gloomy point of view. When I approached the half century, I too, developed this pessimistic

inclination, and I had quite accepted my fate—that I was to be an outspoken hypochondriac.

“I was dissatisfied with myself and my surroundings and gave up the hope of ever reaching a better condition. Every year onwards seemed to prove to me certainly that life was not worth living!

“Especially did I notice this despondent mood on awakening in the morning, when sometimes an actual fear of impending disaster would get hold of me and render my life absolutely miserable.

“All this is gone now; hypochondria and despondency are long left behind. Out of the pessimist preparing for death has developed an irrepressible optimist who feels he should live a full century and spread the joyful gospel of health and rejuvenation among suffering humanity with all his youthful vigour and endurance.

“Intellectually, the improvement is just as marked—my memory is vastly improved and I can concentrate my thoughts now as I never could before. Out of a decided follower of authority, public vaccinator, etc., I have developed into a self-thinking critic, an intellectual seeker after truth. I have been able not only to get rid of an incalculable amount of old and erroneous ideas, but to go in for quite a few fields of study and observation with a zest and interest I had not known since my days at the University:

“Time never hangs heavily now; all my different occupations, studies and enterprises are treated with the same absorbing interest. Still, I find time for play and exercise with the very fascinating babies in my family and for a social chat with friends in the evening. I have no fear of any disease nor any common everyday accident, as I now know my body creates the disease and is quite able to cope with accidents. I make my plans with the firm conviction that many useful years are yet in store for me and that

mine should be a green old age with a quiet, painless death as the closure of my visible existence when the doors open into Life Eternal.”

Abramowski became convinced that meat was the prime cause of illness, and so advised against its daily consumption. As can be seen from his description of beef tea variants, which were then the most popular remedy for a multitude of illnesses: “The celebrated Bovril, the beef tea, the soup, bouillon, gravy, etc.; poisonous materials all, although they are even at the present day considered nourishing, and often prescribed by the medical men; decoctions which in their chemical composition have a surprising similarity to the urine of the respective animals.”

Although he warned others off meat, he himself stopped short of total abstinence, saying, “I do without it altogether, although we usually have some on a Sunday as a special indulgence.”

Abramowski is still known today mainly for his work in support of the raw food diet and fruitarianism. His books on the subject, particularly *Fruitarian Diet and Physical Rejuvenation* and *Fruit Can Heal You*, have been republished a number of times over the years both in Australia and overseas and is still available today.

Abramowski believed the diet was particularly beneficial for invalids and reported that he used the diet during a typhoid outbreak in 1908 whilst he was senior physician at the Mildura district hospital. Putting some patients on a diet solely of fruit and leaving the others to the traditional Australian meat diet, he found the fruit eating group had a much greater recovery rate.

After Abramowski’s death at the young age of 59, there were many letters in vegetarian and other journals discussing his untimely demise with speculation as to whether a fruitarian diet was to blame. The letters finally prompted his wife to write to the *Herald of the Golden Age* (the letter also being reprinted elsewhere) stating

that the prime cause of his death was his loss of will to live brought about by his financial woes after the failure of his sanitarium in Coronet Hill (Victoria) and his dietary experiments which apparently included "introducing poisons and disease germs of all kinds".

## INTRODUCTION

I advocate the simple and single natural food of original man even for modern man, in spite of all the long centuries of mixed and cooked dietary of mankind. I feel strongly—very strongly—on this subject. And why? Firstly: because the natural uncooked food has saved my life, has rejuvenated my body and made out of an overfed, old man, courting apoplexy and rushing blindly into a premature grave, a comparatively young, vigorous and healthy person, fit and willing to live another half century. And secondly: because it has, through my mediumship, saved many a valuable life threatened by disease, which would have succumbed under the unnatural, modern diet and orthodox treatment.

Up to my fiftieth year I lived on the common mixed diet. I had meat, bread, vegetables, a little fruit, etc., all cooked. I drank tea and coffee, beer and whisky, and smoked cigars. I grew stout and heavy, and although I did my work as a physician and surgeon with the usual amount of success, I began to feel that I would not be able to stand the strain of an active life much longer, as the resistive powers of my tissues were getting weaker, and more infirmities presented themselves from year to year.

Palpitations of the heart, sleeplessness, headaches, rheumatic and digestive troubles and other disorders made their appearance and became more and more confirmed. Still I managed to square all these warnings until the unduly high blood pressure, caused



through constant stimulation, brought on epistaxis and my nose bled for eight hours. An examination of my arteries proved them to be in a progressed state of hardness and brittleness —arteriosclerosis, as it is called.

We are as old as our arteries. As soon as I found out the dangerous condition of my vascular system, I knew that my days were numbered and that mother earth would soon cover this ruined body of mine unless a miracle happened.

That miracle has happened! My arteries have carried me safely, so far, through ten more active and strenuous years, and they are in much better condition today than 20 years ago. All the symptoms enumerated above have disappeared, the power and endurance of my body and mind have increased to a wonderful extent, and I feel more vigorous, more active and more certain of my life than I did when I was a young man. More than ever before, I know that I have my life and my health in my keeping, and that if I live right I shall prolog my life to its natural limit.

## DIET IN RELATION TO HEALTH

The uncertainty of life and health is usually considered a proven fact. And we might well fall in with this public error when we see young and weak and strong healthy and sickly people die with apparently no regard to their station of condition. Still, in the face of that experience, I declare that, accidents excepted, there is nothing more certain and more reliable than a life properly lived. We do not die; we kill ourselves, and mostly with our teeth.

There is nothing better proved than the equal health and equal longevity of free, wild animals. The birds and insects in the air, the fishes of the water, the animals in the forests and on the prairies all

have their certain terms of life, and they all have to live up to them, accidents and injuries excluded. Furthermore, they are healthy and perfect specimens of their kind.

Where are the perfect specimens of mankind? And how many of modern men manage to live even approximately to our natural term, viz., from 100 to 120 years? What about the strata of health of man and his subhuman helpers—the domestic animals? Is their flesh really weak and heir to innumerable diseases, while that of the wild animals is strong and immune? No; the difference is not the original flesh, but in the method of *repairing* and *replacing* their flesh; it is in the food-material, for we are what we eat.

No free-living animal ever tampers with its food. One single food is enough for it from year to year and through all the ranging seasons. If it cannot get this food on the spot, it will either go where it can get it, led to it by an unerring instinct, like the migratory birds, or it will die, like the silkworm, which will not eat anything else if it cannot get the leaf of the white mulberry. Free-living animals will not “improve” their food, nor will they eat any unnatural or artificial mixture; they keep their flesh pure and healthy; they do not know disease; they know only life-full, buoyant life in constant health-and death.

Man, especially civilized man, is not satisfied with the single food offered to him by the hands of Nature. In fact in many instances he has quite forgotten what his natural food is, and looks with fear and suspicion upon the luscious fruits, the strength-giving nuts, and the ideal body builders, the grains in their natural state. He has for centuries prepared and improved his food. He has cooked and stewed, baked and roasted, changed and mixed the most heterogeneous substances in such a multiplicity of ways, that his whole food has become an unintelligible, and, for his body, most useless and poisonous mess of devitalized and disorganized food materials, which he is pleased to call “mixed diet.” This dead and

artificial food is not only unable to keep the body alive and in repair, but is filling it with waste matter, and forms the preeminent cause of disease and premature death.

In spite of all the boasted modern chemical remedies, changing with kaleidoscopic rapidity from day to day; in spite of vaccination and injections; in spite of serotherapy and organotherapy; in spite of all the modern artificial, electrical and magnetic appliances the general death rate of typhoid and of the epidemic diseases is as high today as it was centuries ago. The deaths from Bright's Disease, diabetes, pneumonia and cancer are increasing in number every year, and only in the mortality from pulmonary tuberculosis, when treated by natural means in its first stage, appears a slight reduction.

Sanitation and hygiene have reduced the number and the extent of epidemics. But, if you are once attacked by any disease, your chances of recovery, under the usual modern medical treatment, are today hardly better than they were during the darkest ages of medical quackery, of human superstition and credulity.

These and similar observations had so much disheartened me that, after a not successful medical career of fifteen years, I had decided to give up the medical profession as soon as the income from my land here would supply my wants.

## **MY PERSONAL EXPERIENCE**

During the last six years, however, a change has taken place in my relation to my profession. I am today filled with an enthusiasm for the noble Art of Healing, even greater than I felt when, as a young doctor, I was just let loose upon unsuspecting humanity a generation ago. But my present enthusiasm is not founded on the

blind belief in “authority” and the daily-repeated experimenting with newly-invented remedies. It has its roots in my own experience and studies and in my changed views with regard to the nature of Disease.

Yes, my own body, my whole family, and the families of my friends and patients have proved it and are proving it daily, that our health depends upon our food, and that we have it in our own power to keep healthy or to get sick.

Before I started on the natural food. I suffered from numerous colds every year, and for years I had a severe attack of influenza every Christmas. Wife and children were equally troubled; colds, sore throats, diphtheria, measles, whooping cough, even typhoid, they all appeared in our family in their turn, and at pretty regular intervals.

Since fruit has been our mainstay, and meat has disappeared from our table, since water and fruit juices became our drinks, since tea and coffee were reduced to a minimum, no disease whatever has made its appearance in our home, and we have lost all fear of disease or infection, while in quite an automatic way I have lost all inclination and taste for beer, whisky and tobacco.

The two children born since our conversion, a girl now five years old, and a boy three years old, have never had a day's sickness in bed, and have developed in a way far superior to my older children, and promise to grow into as perfect specimens of humanity as the imperfect condition of their ancestors will permit.

And the results with my patients? Well, they are simply phenomenal! Out of 166 cases of typhoid (at the Mildura District Hospital), treated with fruit and fruit juices, without any drugs or unnatural alimentation, only two died, the one coming too late (in

the third week) under the regime, the other succumbing to a heat-wave, when four, apparently healthy people, died in the streets around in one week with heat-apoplexy. Of nine cases of appendicitis, without operation or drugs, not one died; inflammation of the lungs passed into convalescence in from four to ten days without even a crisis. Acute affection of the bronchial tubes, the bowels, the nerves, rheumatic and other feverish attacks have been deprived of their pains and anxiety, and cured in the shortest time through fruit juices and fruit fasts.

Besides this saving of life, the greatest recommendation for the new treatment is undoubtedly the almost complete absence of complications in any of the diseases, and the all but certain relief from distressing symptoms in a comparatively short time.

The typhoid patients, for instance, were hardly ever delirious neither did they show any threatening symptoms from the bowels, except a few slight and short hemorrhages; no vomiting, distention or diarrhea, no complications from the lungs or the heart or any other organ.

The nine cases of pneumonia all ran a very unexciting course; the crisis was a mere falling off of the temperature with very little sweating (often none at all); no symptom of collapse or delirium.

The surprisingly favorable influence of our treatment upon the course of disease could not fail to impress itself upon our nursing staff. All the experienced nurses occupying the place of Matron were, in consequence of their previous training in other hospitals, at first conscientiously prejudiced against the treatment, but without exception they all were very soon convinced of its exceedingly favorable results and then became its most persistent advocates. The younger nurses, whom I was training myself, never doubted my teaching.

The ultimate result with our nurses since 1903 was that most of them became fruitarians themselves, and, as a matter of fact, got stronger and healthier than they ever were before.

## **PRACTICAL RESULTS IN SURGICAL CASES**

In surgical cases the fruit fast has provided a wonderful factor in purifying the blood and strengthening the healing powers of Nature, so that without any antiseptic wound poisons, using only cleanliness and sterilized water during operations, our wounds and injuries now heal better and quicker under a common wet compress than they ever did before under carbolic acid, sublimate or iodoform.

If, after a time of feeding, the wounds do not look as well as they should, a short fast with a restricted quantity of fresh fruit very soon puts fresh life into the healing process, and renders the wounds clean and healthy looking.

The small number of these cases at the Hospital does not warrant any further remarks. I have, however, before me a letter dated June 3, 1908, kindly sent me by Dr. Josiah Oldfield, the well known London surgeon and superintendent of the fruitarian "Lady Margaret Hospital" at Bromley, England, which proves the immense benefit of a regime similar to our own in surgical cases and which I shall here quote in full. Dr. Oldfield says:

"I am very much interested in your letter of the 10th of February and especially to know that you are carrying out similar experiments in Australia to those which I am doing here, and that you find the fruitarian dietary is so valuable in your Hospital. I have had a very little experience in typhoid cases myself, but we have a great deal

of surgical work here, and my experience is that one gets a smaller amount of shock, and less amount of inflammation, and more rapid healing, and more complete restoration to the original vitality than one gets on a meat diet.”

“I should have no objection to your quoting this statement of mine before your Medical Congress, as I make it with the experience of having done over two thousand operations on patients treated on the fruitarian dietary, and I have come to the conclusion that to obtain the best results it is well to put the patient on a fruitarian dietary a month before operation. In abdominal cases and rectal cases and in internal cases the benefit of having a clean aseptic condition of the bowels is of the greatest importance. I have lost only one case after operation during the last ten years.”

At Coronet Hill, my SunSanitorium near Melbourne, cases of neurasthenia, paralysis, Bright's disease, drug and alcohol poisoning, rheumatism, arthritis, diabetes, skin diseases, arteriosclerosis and many other afflictions which gradually became worse under the usual treatment, and were eventually declared incurable by the orthodox profession, have been not only improved but healed, absolutely cured, when enough time was allowed for Nature's slow but safe healing processes.

## GENERAL PRINCIPLES

This treatment is based on the following observations: Disease is practically restricted to Man and his *domestic* animals. Free animals are nearly always healthy, like the birds in the air and the fish in the water. The difference in living between Man and the free animals will give us the cause of disease.

Free animals live on *natural* food and *natural* drink. Man seldom

likes natural food and drink; he *prepares* his food and drink.

Preparation of food means, practically, the application of heat to it, or in other words, cooking in all its different branches.

Natural food does not want cooking, but is chemically changed-often killed-by boiling temperature, whilst a great number of unnatural foodstuffs are made eatable and digestible by heat. Cooked food is *dead* food.

A diet full of dead material forces the body to great exertion in order to extract the new living particles, or to revivify those that can essentially yet be used, and thereby weakens the constitution; while, on the other hand, it must fill the body with useless material, often decomposed and poisonous, which we call “waste matter.”

Waste matter, the product of cooked food, is the cause of most bodily encumbrances and impeded bodily functions. Nature may for a time accommodate this waste matter, but then it has to work under difficulties, which are the symptoms of so-called chronic disease.

As soon as the bodily functions cannot go on any longer under the daily-increasing burden of waste matter, the process of life would come to a standstill, and death would follow, if Nature did not start a process of removing the waste matter. This process of “burning off rubbish” in order to enable the body to go on with the work of life is called disease.

## **A RADICAL CHANGE IN TREATMENT**

A treatment founded on these views must naturally be very different from that at present taught at the Universities, where disease is considered as an enemy of human life and as brought on by



accidental causes such as changes of temperature, miasmatic influences, microbes, etc.

The present school Treatment tries to *cure* the different diseases by *suppressing the different symptoms*, and is therefore always looking for specific remedies, which have to vary with each disease. The effects of its therapeutic actions are not only *uncertain* but often directly mischievous, imposing upon Nature the task to get rid of the poisonous drugs called “medicines,” in addition to the bodily impurities.

The new treatment, on the contrary, does not interfere with the different symptoms, which are considered as so much smoke produced from the internal fire, but endeavors to assist Nature by keeping away everything that might interfere with the great internal cleansing process, and by removing all hindrances to the free working of the eliminating organs.

The first purpose is gained by stopping, for the time, any fresh food supply; the second, by giving unlimited quantities of fresh water, and by sweating or other hydrotherapeutic measures.

Yes, I advocate fruit diet not only because Man is a fruit-eater anatomically and physiologically, but because my experience as a patient and a physician has proved to me the beneficial influence of the natural food on healthy, as well as on sick people. The first will preserve their health and strength, their corporeal, mental and spiritual powers to the highest old age, under a fruit diet. To the latter, the sick people, I like to say as a last injunction, “Do not give up hope, whatever be the matter with you. Nature can heal where human wisdom and interference fails; return to Nature; live on man’s natural food; build your body of the normal, life and strength-giving material, and you will find that the time for miracles has not passed yet.”

## FOOD AND VITALITY

Man's body is a commonwealth of innumerable living cells, each one filled with organic electricity (so called vitality), and forming in their totality a marvelously adjusted power plant or storehouse of organic power, i.e., of life.

Life is constant motion and constant change, brought about through the outward manifestations of this organic electricity by means of the different tissues and organs forming our body.

A constant stream of organic electricity and organized material must pass through our body in order to repair the constant loss of energy and of cell substance accompanying the phenomena of life.

Our food is this life-giving stream. Our food, therefore, must not only contain all the different elements composing the substance of our cells, but must contain them in organized combinations of high potential electricity, so that we may eat both matter and energy.

All the energy on Earth is derived from the sun. Sun-power is being constantly stored up in the plants, which under its influence, forms out of the simple elements needed in our body, food materials containing the highest latent energy.

Ripe, uncooked fruit is the most attractive and delicious, and nuts are the most compact and nutritious representation of condensed sunlight—the highest accumulation of vital energy.

The energetic tension—the life—in the food materials is destroyed by the temperature of boiling water: a cooked seed cannot *germinate*.

Food thoroughly *cooked* is food thoroughly *killed*; foods partly

cooked as in our kitchens and bake houses, are food partly dead and partly living.

Nobody can live on dead food, whether mixed in the chemist's shop or in the kitchen, or on food deprived of its vitality through cooking.

Many people die nowadays simply from want of vitality trying to live on cooked food only.

Modern Man lives really on the fragments of his food not killed by heat; the cooked part is so much dross and waste matter, causing disease and premature death.

The natural food of Man is formed by those articles we can eat, enjoy and assimilate in their natural raw state.

Living, organized Man wants living organized food, which he cannot get from dead animals or cooked vegetables and his health is in direct proportion to that part of his food which he eats in its natural state.

Civilized Man's present diet consists largely of natural food disorganized by cooking, or of unnatural food disorganized but rendered eatable and digestible by cooking, and containing matter dangerous or directly poisonous.

The consequences of this wrong diet are a general decline of civilized people in the development of body, their health, strength, duration of life, character and social habits.

The greatest enemy of life, and therefore of organized electricity, is fire, or a temperature able to sterilize albumen. The temperature of boiling water destroys life in plant or animal tissue, and therefore the process of cooking must of necessity deprive our food of its

vitalizing qualities; cooking means devitalization of the food material.

We know that to the living albumen-molecules are attached in an organized combination most of the so-called food salts. Cooking not only changes the albumen by coagulating it, but it also detaches from the albumen-molecule the food-salt; it tears these out of their organic combination and reduces them to lifeless inorganic matter.

We see then that from the chemical as well as from the biophysical (life-carrying) standpoint, cooking interferes most disastrously with the value of our food. It practically destroys the food in its functions as life-giver and as building material.

Cooked food, therefore, is useless to our bodies as far as the building material is concerned.

In order to reclaim humanity, our food, as offered by the hand of Nature, will have to be used in its natural living condition, and the valuation of food should be taken, not according to its caloric or chemical standard, but by its biological, or better, its biophysical, i.e., *life-giving* qualities.

## **ADVANTAGES OF FRUITARIAN DIET**

Raw fruit diet supplies every want of the human body, and it is not only as nourishing and sustainable as the most expensive mixed diet, but it produces more energy and endurance, and is more easily assimilated, and is absolutely free from any dangerous matter.

Raw fruit counteracts the deleterious influences of the usual mixed diet, as it prevents constipation, helps the excretion of uric acid and

other acid poisons by rendering the blood more alkaline, and supplies those important food salts which in a cooked diet are rendered almost valueless.

Raw fruit is not only food but also medicine for all people using cooked food, and these should therefore eat as much raw fruit—fresh or sun-dried—as possible, or have at least one meal a day consisting of fruit only.

It is advisable for every mixed eater in order to purify his body, to undergo a fruit cure of four to six weeks duration every year, at a place where and at a time when, the fruit is at its very best. Such cures would do more good than the usual annual visit to the seaside.

If parents are not able to give up the usual abnormal dietary, they should at least allow the natural instinct of their children for fruit full play, and, if possible bring them up on the natural diet. They will thereby escape many diseases, and grow up, not only healthy and strong, but also gentle and lovable, and free from unnatural propensities and vices.

Humanity cannot hope to escape the attacks of the ever-present microbes by cooking those few contained in the food and water. The only reliable safeguard against infectious diseases is the natural resistance of a body free from poisonous waste matter (which acts as food for disease germs).

Fruit is the only food, which neither introduces dangerous material into the body nor produces such while passing through it.

Fruit diet will once more enable mothers to suckle their young by producing an abundance of milk rich in all necessary constituents, but free from any dangerous matter.

Sun-dried fruit is as food as fresh fruit, as its whole vitality is preserved; it should, however, *not* be cooked, but only soaked for about eighteen hours in sufficient water to make it swell, and should then be eaten *raw*.

Fruit does not only satisfy hunger but also thirst, and does not create any craving for tobacco or other stimulants.

Fruit is not a luxury, but an absolute *necessity* in the diet of Man. It is the duty of every thinking man who does not live merely to eat, to live as much as possible on man's *natural* food.

## MAN'S NATURAL FOOD

From a scientist's point of view, man is nothing but the highest-developed animal, and anatomically speaking, he belongs to the fruit-eaters.

The shape and arrangement of his jaws and his teeth, the want of any natural organ for offense or attack, such as tusks or claws, prove that he is not naturally an aggressive animal, or a destroyer of life. The relative length and internal arrangement of his digestive canal, the shape of his skull, his hands and his feet, and his upright habits prove that his nearest surviving relatives amongst the highest animals are the man-like apes—viz., the active chimpanzee, the powerful orangutan, and the awe-inspiring gorilla. These animals live on fruit and nuts, and develop on this food such a power, that, for instance, an orangutan, unaided, has wrenched a young tree out of the hands of six British sailors, and that the gorilla will take up the fight with a lion, and hug this king of the beasts to death in his powerful embrace.

Open the mouth of a meat-eater, like the cat or the dog, and you will find there is not one single tooth like our, and the whole set is differently arranged from that of Man. Further, we know that carnivorous animals do not sweat (as their sweat glands are atrophied), because a sudden cooling down through heavy perspiration of the body of a meat-eater, whose blood has to carry great quantities of uric acid and similar poisons found in meat, would endanger the very life of the animal; that they produce only very little saliva, as their salivary glands are similarly reduced, since their food does not need much preparation with saliva.

Our teeth are wonderfully adapted for grinding grains and nuts.

The natural food of Man is that food, which he can eat in its natural state without any interference whatever—eat with pleasure, and to the satisfaction not only of his palate and stomach, but to the satisfaction of his whole body. And if we go through the whole world, we will find nothing answering to these desiderata but the soft, luscious thirst-and-hunger-quenching fruits and the solid, heat-and-strength-giving and bodybuilding nuts and grains.

Man, like all the other living creatures, is the product of circumstances and environment. He could develop as a fruit, grain and nut eater, only on fruit, grain and nut food, and on nothing else; therefore, he must have originated in a region of the Earth, where this particular food was produced in abundance. Man's cradle, as science tells us, stood in the region of the palms. Here we find to the present day the most wonderful assortment of eatable fruits and nuts, and the most happy and perfect specimens of humanity. But even in the temperate zones—in fact, in every clime suitable and advantageous to man—we find trees producing suitable fruits, and plants producing edible seeds. Forests of nut trees must have covered, for thousands of years, great parts of the surface of the earth, for their timber and their fruit have been found in the lowest

strata of the inhabited earth.

Man, then, was well provided for, and must have existed for many years on this, his natural food, to develop into the most perfect specimen of a fruit-eater on Earth. How long this easy and natural life lasted we can but imperfectly guess.

The great change of the whole life of Man and of all conditions and aspirations of his nature came with the discovery of fire. Fire is undoubtedly the greatest factor in human progress, without it the advances and blessing of civilization are absolutely impossible. If Man had been satisfied to use the fire for productive and scientific purposes only, he would have become master of the earth without degrading himself to the slave of his most brutal passions and desires.

Soon after Man had found the influence of fire in warming his body or his hut, he must have been captivated by the alluring flavors and the inviting appearance of some, perhaps, accidentally; roasted animal, and he tried to eat it! The taste of cooked food, once acquired, has proved the curse and the bane of mankind ever since. With the help of fire, Man has been enabled to render edible, things altogether foreign to his digestive apparatus. Fire assisted him to try as food the most extraordinary articles from the animal as well as from the plant world, with the result that his desires for artificial combinations grew apace, and ultimately he almost forgot his natural food—the food he could eat for pleasure and profit without fire, without the help of the cook and the kitchen—the fruits, grains, and nuts.

## **IMPORTANT SCIENTIFIC FACTS**

Man found that on the artificially prepared food he grew fat and



heavy, and thought he was getting strong. His desires and passion were roused through the stimulating of the unnatural food, and he took that for an expression of increased vitality and vigor. His thirst increased inordinately by the artificially seasoned and salted diets: he invented fermented and distilled drinks and mistook their baneful influence in driving the functions of the body into mad fury for a sign of increased strength and power to enjoy life. As the years went on, Man became more and more short lived, more and more subject to disease and ailments.

The plant eaters form still at the present time, as they have always done the great majority of animals on earth.

The highest developed plant eaters are the fruit-eaters; the highest fruit-eater is Man.

Man evolved on a food consisting of fruits especially palm fruits, grains, and nuts. His teeth and digestive organs are most perfectly adapted for this diet, even more so than those of his immediate forerunners-the man-like apes. More than three-fourths of humanity at the present day lives on plant products.

There are no meat eaters in the direct line of Man's ancestry. Man's organism is not adapted to a diet of unprepared meat.

As long as Man ate the food on which the human race originally evolved, and to which his body is adapted, he was as healthy as all the normally living animals; he did not know sickness, and his life extended to its normal term of 150 years and more.

man did not take to meat in the natural way of evolution; his body *is still that of a perfect fruit eater in every respect*. man was forced to this unnatural food by terrestrial catastrophes, as the disappearance of his first habitat under the sea and the glacial

period, which for a time deprived him of his natural food. The race of Man would have died out in those times, if he had not, at the proper moment, discovered the flesh foods and the use of fire to render unnatural food palatable and digestible for himself.

An animal organism—and Man is but the highest developed animal—may be compared to an engine in motion. As a working unit this engine claims first the driver's brain power as its energy-directing agent, it is built of metal and fed with coal or other fuel. The animal body directs its own operations through its own vitality; it is built of albumen with its organized food salts; it works on fuel food, such as sugar, starch and fat. During life a constant loss and waste is going on in our body, not only of the fuel food, but also of the building material, and especially of vitality and energy. All this has to be replaced and renewed through the food.

A complete food, therefore, must contain vitality, or energetic tension, bodybuilding substance and fuel material.

All animals eating their natural living food receive abundance of these necessaries, and are always healthy and well fed.

All life on Earth is transmuted sun-power. The plants are the storehouses and accumulators of sun-energy, and their products contain, in their natural state, the highest energetic tension; coal, the oldest plant-product, is the great power producer on Earth. Fruits and seeds, the noblest and highest products of plant life, form the most luscious and the most compact representation of condensed sunlight, the highest accumulation of vital energy. They are *perfect foods* for Man.

The fruit-eaters next below man in the animal scale are represented by the man-like apes, the orangutan and gorilla prodigies in strength, endurance, and longevity.

Cooking has rendered accessible to Man vast stores of food-material, which Man cannot digest in their raw state. But boiling heat destroys the albumen molecule—the building material for the body—which at the same time supplies the vital principle.

Cooked food is like a burnt granary containing a variable quantity of salvage concealed in useless debris. Cooked food is partly destroyed food, and can never regain its full feeding or life-giving value. A body fed on cooked food is a body starved with regard to real life-giving food, but over filled with useless waste material.

Every animal body is able to regularly remove the waste produced by its own workings; it preserves internal cleanliness, which is necessary to a harmonious discharge of all its functions, i.e., to perfect health.

When surplus waste is introduced and the body cannot discharge it or burn it all off at once, our system must give the intruder lodging-room, and must find a *modus vivendi* under adverse circumstances.

The bodily functions must, to a certain extent, be hampered by this deposited waste, the working of the organs become irregular, and often painful; a state of chronic disease is created.

At times the body—stimulated by changes in temperature, or an extra surfeit, etc.—makes a special effort to remove the foreign waste; this critical effort is called an acute disease.

There is but one great cause of disease, internal impurity. There is but one cure for disease: the removal of internal dirt.

The waste matter is either carried away in the shape of increased discharges from the different excretory organs, the mucous

membranes, the skin, etc., or it is burnt off through increased bodily heat, accompanied by fever, thirst, and want of appetite.

The only rational assistance we can give Nature during these critical exertions at self-purification are a constant supply of fresh air (oxygen for the burning off), the free internal and external use of water and fruit juices as carrying and dissolving agents for the impurities, and total abstinence from solid food in order to give Nature a free hand.

All other attempts at curing disease are but an interference with Nature; especially the introducing of poisonous drugs, stimulants, alcohol, serums, lymphs, etc., and can do only harm by increasing and impeding the work of nature.

There is but one way of *preventing* disease: to live in the open air and on our normal food, unspoiled by artificial interference: on the sun-cooked fruits and seeds.

When the people, free from bloodshed in their daily meals, live on their natural food in its natural state; when they keep their digestive organs free from irritating, biting, and fermenting artificialities, and their blood free from poisonous waste matter derived from dead food, there will be no more need for the stimulating fiend alcohol, who only waits the opportunity of a little carelessness to destroy its unthinking victim, and there will be no more need for prescriptions and poisons.

## **THE LATE DR. ABRAMOWSKI**

The passing from this world of our Colleague, Dr. O.L.M. Abramowski, who has rendered such great service to the Food

Reform Cause in Australia, caused spontaneous evidence concerning the value of his labors in the interests of mankind to be at once forthcoming; Letters of sympathy and appreciation were received by his widow from every part of the world.

As many people were perplexed by the news of his sudden death, and certain opponents of Fruitarianism have suggested that his dietetic views shortened his life (though the reverse is the truth), it is advisable to print the following extract from a letter written by Mrs. Abramowski:

“I am very pleased indeed to give you information re the cause of the Doctor's death, so that you may be able to refute any hostile remarks, which would injure a just and good cause.

“His rejuvenation was complete, wonderful and lasting, allowing him an activity, both of body and mind, far beyond his years, and giving him a keen enjoyment of life, which alone was worth striving for. His body, and all organs were, according to medical men who examined him and Assurance Company's statements, in most perfect order and state of health and strength to the very last, his death a most peaceful and painless one, like slumbering into another world.

“These were the results of diet and mode of life on himself, while there are thousands whose lives he has saved, prolonged and freed from pain by his advice and treatment-most wonderful cures and happy restorations indeed.

“Now for the cause of his death.

“Inadequate support of his ideas and his Sanitarium resulted in a severe financial failure, quite unexpected and unprovided for by the sanguine Doctor, whose every thought was but the benefit of

humanity at large.

“He took this so much to heart that after having to give up the Sanitarium, he lost interest in life and neglected himself in spite of our entreaties to take care of himself.

“His diet and fasting cure proven by hundreds of results of the most successful kind, he had commenced to experiment with his body in different directions, *introducing poisons and disease germs of all kinds*, which his body had resisted so long as his general state of health and vigor was not lowered by worry and trouble.

“But mind and body *attacked together*, proved too much for even such a resistant commonwealth of cells. The combined poisons did their work, and he died within a week, keeping up cheer and hope to the last.

“Please make use possible of this information so that the Doctor's great and good work may continue to help sufferers and believers.”

(The above is reprinted from the Editorial Notes appearing in *The Herald of the Gold Age* of October, 1911, the publication of which magazine ceased in 1918.)

“He (Dr. Abramowski) was in charge of the local hospital when an epidemic of Typhoid occurred. Being an experimented born, he admitted alternated patients to the two sides of a ward. Those on one side were fed on the usual typhoid diet—an ample one including milk, eggs and minced meat. Those on the other side were fed on 3 pounds of soft fruit a day—peaches, grapes and apricots. He dealt with over a hundred patients altogether. Among those getting the orthodox diet there were the usual complications and several deaths. On the other side of the ward patients got well much quicker; serious complications, such as perforation, did not occur,

and the one and only patient who died was one who was moribund on admission. He relates sadly that his experiment would have been even more conclusive but for the fact that one morning the Sister in charge presented him with an ultimatum, flatly refusing to give the old-fashioned diet to any more patients because, she said, it was clearly killing them.”

(Extract from a Lecture, entitled “Vegetarianism in Medical Practice,” by Dr. C.V. Pink to the Croydon Vegetarian Society on 3rd November, 1945.)

## **FURTHER READING & FRUITARIAN EDUCATION**

Please visit our Living Nutrition / Vibrance eZine webstore at [www.livingnutrition.com](http://www.livingnutrition.com) and get many more titles on fruitarian diet and lifestyle.

Publications on fruitarianism by fruitarian authors:

Living Nutrition Magazine (Dr. David Klein)

Vibrance eZine (Dr. David Klein)

Your Natural Diet: Alive Raw Foods (Drs. T.C. Fry & David Klein)

The Fruits Of Healing (Dr. David Klein)

Self Healing Colitis & Crohn's (Dr. David Klein)

The Art of Rejuvenation (Dr. David Klein)

Self Healing Power! (Drs. Herbert Shelton, T.C. Fry & David Klein)

The Raw Food Pyramid & Food Combining Chart (Dr. David Klein)

The Great Fruitarian Debate! (Dr. T.C. Fry)

Perfect Body (Dr. Roe Gallo)

Fruit the Food & Medicine For Man (Morris Krok)

Dr. T.C. Fry's Raw Energy Mini-Course (Dr. T.C. Fry)

Introducing Natural Hygiene (Dr. T.C. Fry)

Fruit Can Heal You! (Dr. O.L.M. Abramowski)