

# Download Nutrition And Physical Degeneration

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**Chapter 1. WHY SEEK WISDOM FROM PRIMITIVE PEOPLES.** SOME of the primitive races have avoided certain of the life problems faced by modernized groups and the methods and knowledge used by the primitive peoples are available to assist modernized individuals in solving their problems.

List of illustrations. Loetschental Valley in Switzerland; Hand-mill used by natives in Loetschental Valley; Natives of modern Swiss valley showing normal design of face and dental arches when adequate nutrition is provided

**The Soil and Health** Albert Howard. An Agricultural Testament by Sir Albert Howard, Oxford University Press, 1940. This is the book that started the organic farming and gardening revolution, the result of Howard's 25 years of research at Indore in India.