

THE McCARRISON SOCIETY

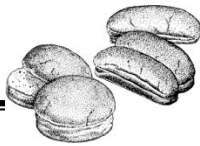
The McCarrison Society for Nutrition and Health, Scottish Group

“ I KNOW OF NOTHING SO POTENT IN MAINTAINING GOOD HEALTH IN LABORATORY ANIMALS AS PERFECTLY CONSTITUTED FOOD; I KNOW OF NOTHING SO POTENT IN PRODUCING ILL HEALTH AS IMPROPERLY CONSTITUTED FOOD. THIS, TOO, IS THE EXPERIENCE OF STOCK BREEDERS. IS MAN AN EXCEPTION TO A RULE SO UNIVERSALLY APPLICABLE TO THE HIGHER ANIMALS? ”

The Promotion of Health and Prevention of Disease



Food should be as close as possible to its natural state and grown on healthy soil. It should be varied and eaten fresh.



Cereals, starches and sugars

Refining robs these foods of important nutrients and of their fibre. It also leads to unnatural concentration which is partial in the case of wheat but total in the case of refined sugar. In order that these foods should be as near their natural state as possible they should be eaten unrefined, as wholewheat flour or unpolished rice. Foods laced with refined sugar should be avoided. Naturally sweet foods like raisins, figs or other fruits rather than refined sugar should satisfy a desire for sweetness.



Fats

According to McCarrison's thesis, natural fats as part of a varied diet are not harmful to human health. Milk, butter and cheese or cold pressed vegetable oils are thus preferred to over-processed oils and margerines. McCarrison repeatedly emphasized the value of whole milk and eggs in human diet.



Meat

When reared in natural conditions, meat, poultry, fish and game are valuable sources of nourishment, but the record of good health, stamina and fine physique of certain races in Northern India lead McCarrison to conclude that a high intake of meat as a source of protein was not necessary. The lack of land for pasture did not allow these races the luxury of meat. This did not matter provided a plentiful supply of milk products were available.



Soil

From carefully controlled feeding trials using laboratory animals McCarrison concluded that food grown on soil fertilised by cattle manure had better nutritive value than when soluble chemicals were used. Thus the quality of food depends on the way it is grown.

THE McCARRISON SOCIETY

The McCarrison Society for Nutrition and Health, Scottish Group

Sir Robert McCarrison

Sir Robert was an army doctor in the Indian Medical Service at the beginning of the last century when only a handful of people were interested in nutrition. He recognised the supreme importance of human nutrition to the health and was knighted for his seminal work which led the way to great improvements in health of troops and the Indian people. He was founder and first Director of the Nutrition Research Laboratories in Coonoor, India from 1927 to 1935. On his return to England he delivered three Cantor lectures and contributed to the wartime effort to secure the nutrition and health of the British people.

The McCarrison Society

The McCarrison Society for Nutrition and Health was formed in 1966 by doctors, dentists and veterinarians, all members of the Soil Association, who were convinced that nutrition was of supreme importance in the promotion of health and the prevention of disease. They named their new Society in honour of Sir Robert McCarrison

The Scottish Group

The Scottish Group was formed in 1981, organises public conferences and publishes regularly a newsletter. Members also receive the international journal "Nutrition & Health". Recent conferences have addressed obesity and the role of pesticides in food.

Contact:

Dr Cedric de Voil, Chairperson McCarrison Society (Scottish Group), Reg. Charity No 274304
5 Albert Street, Arbroath, DD11 1RA

tel: 01241 872614

email: info@foodforhealthscotland.org, web: <http://www.foodforhealthscotland.org/>

The McCarrison Society for Nutrition and Health