

# Editorial

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## EN-TROPHY INSTITUTE REVIEW

Usually one journal does not extol the virtues of another. I will, however, follow the unusual pattern by bringing to your attention a new and important journal produced by Prof. Ross Hume Hall, author of "Food For Nought." This valuable book was reviewed several years ago in this Journal. In this new publication Prof. Hall continues his examination of the role of food technology in the destruction of food by its conversion to food artifacts (junk).

The first three issues have appeared. In the first, Prof. Hall examines the relation of RDA's (recommended daily allowances for some nutrients) and public policy. His conclusions: (1) There is no scientific basis for setting exact RDA's. (2) Nevertheless, it has provided a false scientific rationale for institutionalizing the feeding of the whole nation.

In the second issue Prof. Hall examines critically a number of fallacies promoted by food technologists and the FDA. These are: (1) Variety in diet keeps us from getting too much of any one chemical. (2) There is no clear distinction between real and man-made foods. (3) Food industry is concerned for the health and safety of the consumer. (4) The FDA assures nutritional adequacy of the diet through regulatory techniques. (5) Critics of modern processed foods suffer from chemophobia.

In the third issue Prof. Hall states that *laissez-faire* is alive and well in the field of technological innovation (speaking about

the food industry). "The new technology, based on molecular processing of foods through the use of chemical technique, reduces the fundamental biological complexity, subtracts important nutrients and alters the molecular architecture of foods. This has greatly distorted the smooth biological relationship that should exist between humans and the food they eat."

For many decades a few visionary, usually self-taught nutritionists have maintained that foods in their natural form are nutritionally superior to food artifacts (processed foods). Food technologists and their nutritional advisers have maintained that this was an irrational, bizarre notion arising from queer, nutty people. It turns out that the natural food proponents were correct. Prof. Hall has provided the scientific evidence. His theoretical analysis provides the scientific explanatory basis for observations made by many unsophisticated and a few scientific observers, that food is infinitely superior in nutritive value to food artifact—junk.

The 16-page Review is published bimonthly. A subscription fee of \$17.50 will include all issues of the current subscription year unless the subscriber asks that the subscription begin with the next subscription year which begins the first of the year with delivery of the November-December issue. The En-Trophy Institute encourages all those interested in its education to start at the beginning.

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