

Milk: A Myth of Civilization



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Introduction

There was slavery in this country until a hundred years ago. When it was outlawed, another type of slavery was introduced. The new slavery is not black but white. It is not only in the South but all over the country. Armed with intellect, mass media, and science, the new slavery system brainwashed the majority of Americans, including some of the most educated people. This new slavery is the superstition that cow milk is a necessary part of the diet, not only of infants, but of children as well.

The idea that cow milk is a necessary food for humans is a form of slavery, because it is a belief that makes humans dependent on cows. Such a claim is not new. The November, 1959 issue of *Consumer Bulletin* shares this view with me.

“The noted nutritionist who favored more extensive use of milk for ‘super-health’ expressed the view that milk was the most natural of all nutriments because it is the one thing that nature has evolved for the sole purpose of serving as food. His idea was exceedingly appealing to some prominent dieticians and nutritionists and to workers in agricultural colleges, many of whom were delighted to accept and spread the view that the future health in America was linked to an even greater extension to the parasitism of man upon the cow.”

The extension of this parasitism was so great a success that, now, according to the U. S. Government Statistics of 1967, Americans are consuming 80 billion pounds of milk or milk products a year. This consists of 28% of total food consumption and is the highest percentage, followed by meat (20%). In order to meet the demands of such a huge consumption of milk, cows are confined, given hor-

mones and antibiotics and forced to produce milk. This is not only unnatural but also unhealthy.

The U. S. Government frequently gives warning about the dangers of milk in its publication, *Food: Yearbook of Agriculture 1959*.

“An important difference between cow milk formulas and human milk lies in the fact that, while the milk of a healthy mother is always fresh and free from bacteria, any artificial formula must be heat-treated to destroy harmful organisms. Raw milk should never be given to an infant. Even pasteurization cannot be depended on to make milk absolutely safe for young infants.”

In other words, cow milk is not only inadequate for human infants (cow milk is for calves only) but is also dangerous. However, milk consumption has increased tremendously within the last fifty years. Why?

The first reason for the increase of milk consumption is that cow milk contains much protein and calcium. Therefore, many nutritionists and dieticians promote the use of cow milk. The second reason is that the dairy industry promoted its consumption through television, radio, and other news media. The third reason is that daily use of cow milk certainly develops man's physical condition. He becomes as fat and as strong as a cow. However, over-use of cow milk deteriorates the human brain to the level of a cow's.

It seems to me that man's happiness depends on his judgment. When his judgment is not man's, he certainly cannot be happy. My aim in writing this article is to encourage man to choose his daily food from the standpoint of man as a part of nature—not from the analytical microscopic theory based on dead life in a test tube. In other words, man should not be a parasite of the cow.

Americans are facing two slavery problems. One is the Negro problem, and the other is the problem of cow milk. Negro slaves were important laborers for the American pioneers who were dependent on slaves then. The cost of this dependence has to be paid. The same thing is true in the case of milk slavery. When man exploits the cow and depends on its milk, he has to pay the cost some day sooner or later, because he who exploits will be exploited.

My Experience with Cow Milk

It was the beginning of October, 1952, when I came to this country, and I was staying with an old farmer in Ohio whom I had known from Japan through correspondence. He had a small farm and raised cows and hens, as well as grew corn. I helped him with milking and gathering eggs every morning. I tasted fresh milk for the first time in my life. It was very delicious and rich.

A month later, I was living in New York City where I couldn't find any milk that tasted similar to what I had had in Ohio. It not only tasted bad, but also caused me to have diarrhea sometimes.

In 1959, George Ohsawa came to this country and gave a series of lectures in 1960 at the Buddhist Academy. Dr. K., one of the attendants, arranged the first macrobiotic summer camp in Long Island, N.Y. Whether or not to use milk was a great concern at the planning of the summer camp, because many young children were expected and milk was believed to be the most important food for the young. Ohsawa emphasized that milk can be used as a pleasure food, but not as a necessary daily food. Thus, milk was eliminated from the camp kitchen. Since then, none of the macrobiotic summer camps have used milk.

We didn't give cow milk to my children until they were about 7 or 8. Then they tasted milk at school or at a friend's home and wanted to drink milk. So we give it to them sometimes. Although they got along without milk, we gave them cheese sandwiches for school lunch sometimes. Giving them milk or milk products once in

a while satisfies them, and I don't think this occasional use will harm their physical or mental condition.

About the Author

Mr. Herman Aihara was the founder of the George Ohsawa Macrobiotic Foundation, the sole purpose of which is the education of macrobiotics in the Western world. He worked on macrobiotic education in the United States since he was elected the first president of the Ohsawa Foundation in New York City in 1960. His lecturing covered many cities including the San Francisco Bay area, Los Angeles, Seattle, and Portland once a week or once a month. However, his biggest tours were for summer lectures that covered the entire country, followed by many summer camps.

He edited many publications of G.O.M.F. such as *Macrobiotic*, a monthly magazine, and *Macroguides*. His book, *Macrobiotics: An Invitation to Health and Happiness*, was a great success, and is still considered by many as one of the best books for people just beginning a macrobiotic diet.

About Dr. Keiichi Morishita

Dr. Morishita, an extraordinary medical doctor, was one of the few scientists who confirmed that blood is made in the intestine by food under normal physical conditions.

He was a unique man in medicine who was interested not only in his specialty but also in philosophy, astronomy, and in the macroscopic origins of life.

Dr. Morishita was an unusual individual who lived what he believes. Although he ranked high in the eyes of the medical fraternity, he was a practicing macrobiotic.

Majoring in blood physiology, he took his undergraduate work at Tokyo Medical University, graduating in 1930. In 1935, he re-

ceived his doctor of medicine degree and was later appointed Assistant Professor of Physiology at Tokyo Medical University. He taught at the Dental School of the University in 1937 and in 1944 became the Technical Chief for the Tokyo Red Cross Blood Center. He also was a member of the Physiology Association of Japan, President of the Life Sciences Association, and Vice President of the New Blood Association.

The author of many research papers for the academic community, Dr. Morishita wrote many books for the layman and general public. They include:

The Origin of the Blood Cell

Foundations of Physiology

The Degeneration of Life

Blood and Cancer

Hidden Truth and Cancer

Hidden Truth and Cancer was translated and published by the George Ohsawa Macrobiotic Foundation (Macroguide No. 2).

A list of books by George Ohsawa and others on macrobiotics can be obtained from the George Ohsawa Macrobiotic Foundation, PO Box 3998, Chico, CA 95927-3998; 530-566-9765; fax 530-566-9768; gomf@earthlink.net. Or, visit www.ohsawamacrobiotics.com.