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**The First Century
of
Health Foods**

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INTRODUCTION

I was born with one idea, that my father, James Henry Cook, pioneer of Health Food Stores in Britain, was right. He helped me over all my stumbling blocks. At school, when the staff were sarcastic about my not eating animals, I told my father. He helped me to like people but only to accept what I thought was right. I loved him tremendously and have often felt that he has helped me with all my lectures, articles and talks — so continuing the work he so ably started. Intuition told me that he wanted me to write this book and would help me to remember significant facts. So I decided to start the book as if he were writing it himself.

As soon as I stopped giving talks to schools and W.I.'s I happened to see in the Vegetarian Magazine an old photograph of my father's Vitaland factory, so I wrote to the editor. She said "I wish that someone with a little time would write about the early Vegetarians in Britain but everyone seems so busy nowadays".

It happened that Joy Burling, my first Yoga teacher, was visiting me on the morning the editor's letter arrived. She said "You write it and I'll type it for you and help mould your stream of consciousness into a consistent shape".

I also wanted today's young Vegetarians to hear how Health Food Stores started in Britain and my friends to know how to live on a perfect diet, avoid illness and cause no harm to any creature.

At a very early age father taught me to love the earth, that it is only lent to us while we are here, and to cultivate a natural organic garden. He also said that we must never put any poisons onto or into it because they would kill the wild flowers and penetrate the vegetables. He said

LOOK AFTER THE EARTH AND THE EARTH WILL LOOK AFTER YOU.

Later this was the main principle when my husband and I ran our Vegetarian guest house.

Kathleen Keleny
Coombe Lodge July 1996