

# The Use of Sea Water In Our Gardens

by Charles B. Ahlson, B.S.

Watsonville, Calif.

From earliest ages, the great sea has intrigued mankind. Its vast expanse has fascinated him. Its power has awed him. Its majesty has charmed him. Its moving tides have allured him. He has wondered about it and how it came to be such and what its relation is to us and our life, and how its vast supply of minerals affects us.

In its awesome depths lie the mystery of life. Its beginnings, carefully concealed from us, are yet a part of us. There are marvelous forms of beauty, monstrous creatures living and fighting ferociously for food, fabulous colors and shapes of fishes and flowers, plankton of wide varieties, sea growths as intricate and tall as trees.

## Related to seaweeds

We know very little about the first land plants, but they must have been

closely related to some of the larger seaweeds that had learned to live in the coastal shallows, developing strengthened stems and grasping, rootlike holdfasts to resist the drag and pull of the waves. Perhaps it was on some coastal lowlands, periodically drained and flooded, that some such plants found it possible to survive though separated from the sea.

Plants have adapted themselves to the land environment. The concentration of the minerals in the soil is very dilute compared with the concentration of minerals in sea water. There would be no life, plant or animal, on the land if the minerals were not present. Even though soil analysis may indicate that minerals are present in sufficient quantities, they may be "locked up" in the soil and thus be unavailable to plants. For this reason varying mineral applications are made to determine the plant needs. In this program the minor mineral elements have not been considered of much importance until quite recently.

Nowhere in all the sea does life exist in such bewildering abundance as in the surface waters. The activities of the microscopic vegetables of the sea of which the diatoms—unicellular algae—are most important, make the mineral wealth of the water available to animals and humans. Sir Alister Hardy, professor of zoological studies at Oxford, told the World Congress that, "Man is still a hunter in the sea. He is still in the early Stone Age period. The time will surely come when we will be husbanding the sea bed. I think this will come about in 50 years or so. Man is

going to be forced more and more into the sea to find food for the enormously increasing population." He warned, "We must not start using insecticides and weed killers indiscriminately on the sea bed as we have done on the land before we know what we are doing".

## Plants show results

Sea water always seems to give favorable response regardless of how, when, or where used. Carrots which had been treated with sea water showed a mineral increase of 28% above carrots which had not been irrigated with diluted sea water, proving the power of the carrot to absorb its mineral elements. The treatment was of special significance also to producers and marketers because it improved and extended the keeping qualities of the vegetable by several months.

**Zucchini squash:** The area treated with sea water produced squash until frost. Leaves, stems, and fruit were seemingly perfect, and the fruit was a rich, bright, green color. The zucchini area that had not been treated with sea water produced only one crop that season. The treated plants yielded 19 tons per acre as against eight tons for the untreated. The sea water was applied through irrigation water.

**Tomatoes:** Tomatoes from the treated plants matured seven to 10 days earlier than those from the untreated plants. Besides, the treated plants yielded 31% more tomatoes than the untreated plants. The flavor was superb. The rate of application was 50 gallons per acre.

**Walnuts:** The orchard cover crop consisting of vetch and cereal was sprayed with 500 gallons of sea water per acre. The orchard was practically free of aphids, although other orchards' cover crops in the area were heavily infested. The average yield over a three-year period was reported to be 22% more than nearby orchards of similar size and age. Other tests and detailed information is presented in my book, *Health from the Sea and Soil*.

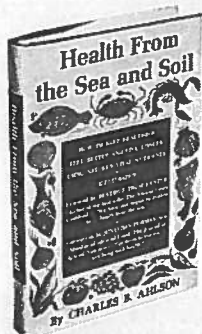
**Roses:** Where sea water or kelp was applied in the garden, the treated roses showed only a very few aphids on the bushes as compared with the untreated.

## Amount to use

The above experiments were conducted by George Hutchinson, soil scientist, and me. There should be experiment station data on this, but if there is, I do not have it. Consequently, I will give a rough guide to the amounts used in obtaining the above results.

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Foreword by  
Beatrice Trum Hunter  
Introduction by  
Jonathan Forman, M.D.

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### Ultimate solution

Individuals living close to the sea can take advantage of this source of minerals. Eventually water from the salt water conversion plants may be delivered inland. The potable water obtained from some conversion processes is almost as pure as distilled water. It would be necessary to inject enough sea water to provide the necessary parts per million for human consumption, which should also be quite satisfactory for plants and animals. The most feasible means of deriving direct benefit from the use of sea water is to consume about a half ounce to an ounce a day, as thousands are now doing. ◆

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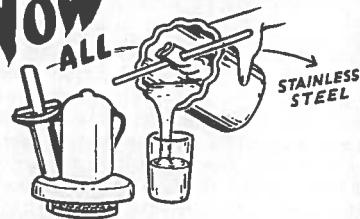
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The total mineral content of sea water is 3½%, of which 2.72% is sodium chloride—common table salt. Consider that 0.2% salt in the soil is generally considered the upper limit that can be used without crop damage. Some say 0.1% is better. Then you could not add more sea water (3½% total salt) than enough to bring the soil in the root zone (the root zone is tricky) to 0.2% or 0.1%. Using the latter figure (0.1%) would allow a maximum application of about 8000 gallons per acre to a depth of six inches. This means that the addition of 100 gallons, or even 500 gallons, of sea water would make only a slight increase in the salt content per acre irrigated.

In recent tests on grasses and legumes (clovers) I find that the growth response is about the same when sea water is applied at the rate of 800 to 4000 gallons per acre. The growth is about twice the height of the untreated. The growth response of only 300 gallons per acre is as good the second year.

The application of 800 gallons is the equivalent of one quart to 12 sq. ft. and 4000 gallons per acre is the equivalent of one quart to 3 sq. ft. In the case of roses, where the bushes are close together it appears safe to apply one-half to one pint of diluted sea water to the bush or, if applied before diluting, water down well afterward. Always leave a few plants or an area untreated for comparison.

# Why I Drink Sea Water

by Charles B. Ahlson, B.S.

Watsonville, Calif.

Perhaps no one interested in natural gardening or farming has done more experimenting with sea water during the past 25 years than has the author of this article. Last month he told of the almost miraculous results obtained from using the ocean's liquid in the growing of plants. He now tells the benefits to humans from the use of the mineral water.—Ed.

What! Drink sea water?" "Yes." "Is the salt removed?" "No." "You

mean to say, drink it as is?" "Yes, but only one-half ounce to an ounce a day." "What a ridiculous idea. If sea water had any value, it would have been used for generations, for centuries."

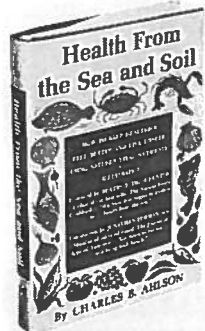
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CHARLES B. AHLSON

211 Mariposa Ave., Watsonville, Calif.

The fact remains that not all good things on this earth come wrapped up in a labeled package. We have to study and experiment and learn new things about this old world and make use of resources which have always been here waiting to astonish us as we wake up to new and valuable discoveries. Atoms have always been present, but only recently have we been able to harness this energy.

I know of one family who have used sea water for three generations. The grandfather is 87 years old and recently received his driver's license for the next five years from the State of California. Of course, this is not sufficient evidence or proof of the benefits to be derived from sea water, but when scores of individuals report favorable results from its use, the idea becomes worthy of consideration.

The testimonies to which I refer were

not prepared by individuals for the purpose of selling a product. The statements were made under oath in defense of a product which brought them untold relief from many ailments.

## Not a drug

It should be thoroughly understood that sea water is not a drug and is not recommended for any specific degenerative disease or disorder. The sea is a mine of mineral wealth containing all the essential nutrients to be taken directly or used as a mixture in food. Fritz Kahn, M.D., author of *Man in Structure and Function* (based on his research and experiments), made this statement:

"If a human being of average weight were squeezed out like a lemon, no less than 11 gallons of water would be obtained. In other words, 60% of the weight of the body is water. This is no ordinary water! It is sea water, containing the same salts that are dissolved in the ocean and in almost the same proportions. The liquid in our bodies is approximately the established content of sea water." All minerals known to science are found in sea water. Our bodies actually require these minerals. Our bodies demand sea water.

## Too complacent

We are too complacent. We have heard the statement, "Americans are the healthiest people in the world." This is not a fact. Over 40% of the men between the ages of 18 and 38 who were called for service in World War II and the Korean War were rejected because

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of defects, deficiencies, disabilities, diseases, and disorders. The standards were then lowered. In 1962, 58% of the men examined for military service were rejected. The situation is not improving. Eminent doctors say that faulty food is the cause of most, if not all, of these degenerative diseases.

Physical vigor is one of America's most precious resources. Without it, we will destroy much of our ability to meet the great and vital challenges which confront our people. Results of studies of more than 7000 children, aged six to 16, in this country and in Italy, Austria, and Switzerland, showed that 57.9% of American youngsters failed in one or more of the six basic strength and flexibility tests, whereas only 8.7% of the European children failed them. What should be done? Fortunately there is a national movement to encourage a more vigorous physical training program combined with proper nutrition.

### Food and exercise

It is apparent that proper food and sufficient exercise are the two basic essentials for the building and maintenance of better health. In this country we have, on the average, ample food. We have surpluses—and yet we are actually starving on a full stomach. The present production and processing methods are not providing us with the substantial nutrients which we generally expect from our land resources. It will take time to make progressive changes. In the meantime we need to use more products from the sea, including sea water itself, which contains all the vital minerals so important to our well-being.

Minerals, vitamins, proteins, carbohydrates, fats and oils are needed in our diet. The nutrients most lacking are minerals. Vitamins are extremely important, but without minerals in the proper proportions, vitamins have little value. To make up for our deficiencies, we take minerals in capsule or tablet form, but usually only a moderate percentage can be assimilated by the cells in our blood stream. In contrast to this, the ionized minerals in sea water are assimilated very readily and completely. The proportions received from sea water are about right. This eliminates the need of calculating the amount of various minerals required by our systems.

### Leaders stress value

Many of the leaders of the health program stress the value of minerals. Gayelord Hauser, author, lecturer, and newspaper columnist, widely known for his books on diet and health, writes in *Diet Does It*:

"Many minerals are needed by the human body in order to provide health and zest for life. Minerals are certainly as important to us as are vitamins, yet minerals are overlooked, neglected, and their value underestimated. Minerals help to maintain in the body the amount of water necessary to the life processes. They help draw chemical substances into and out of the cells. They keep blood and tissue fluid from becoming either too acid or too alkaline. They influence the secretion of glands and are important in sending messages through the nervous system. They help set up conditions responsible for the irritability and contractibility of muscle and tissues, and they have many other functions too numerous to mention."

As one who has consumed sea water for 25 years, I find my words inadequate to express its merits, so I quote Benjamin Franklin:

"Never leave that till tomorrow which you can do today." ◆

Perhaps the most valuable result of all education is the ability to make yourself do the thing you have to do when it ought to be done, whether you like it or not.

It is the first lesson that ought to be learned; and however early a man's training begins, it is probably the last lesson that he learns thoroughly.

— Thomas Henry Huxley

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