

# Great Garlic\*

*The worst thing about Garlic- Its smell*

*The best thing about Garlic- Its properties*

**Description:** The leaves are long, narrow and flat like grass. The bulb (the only part eaten) is of a compound nature, consisting of numerous bulblets, known technically as 'cloves,' grouped together between the membranous scales and enclosed within a whitish skin, which holds them as in a sac.

**Cultivation:** The soil may be sandy, loam or clay, though Garlic flourishes best in a rich, moist, sandy soil. Dig over well, freeing the ground from all lumps and dig some lime into it. Tread firmly. Divide the bulbs into their component 'cloves' - each fair-sized bulb will divide into ten or twelve cloves - and with a dibber put in the cloves separately, about 2 inches deep and about 6 inches apart, leaving about 1 foot between the rows. Garlic beds should be in a sunny spot.

**Constituents:** The active properties of Garlic depend on a pungent, volatile, essential oil, which may readily be obtained by distillation with water. It is a sulphide of the radical Allyl, present in all the onion family. This oil is rich in sulphur, but contains no oxygen. The peculiar penetrating odor of Garlic is due to this intensely smelling sulphuret of allyl, and is so diffusive that even when the bulb is applied to the soles of the feet, its odor is exhaled by the lungs.

**Medicinal Action and Uses:** Diaphoretic, diuretic, expectorant, stimulant. Many marvelous effects and healing powers have been ascribed to Garlic. It possesses stimulant and stomachic properties in addition to its other virtues.

Syrup of Garlic is an invaluable medicine for asthma, hoarseness, coughs, difficulty of breathing, and most other disorders of the lungs, being of particular virtue in chronic bronchitis, on account of its powers of promoting expectoration.

A clove or two of Garlic, pounded with honey and taken two or three nights successively, is good in rheumatism.

If sniffed into the nostrils, it will revive a hysterical sufferer. Amongst physiological results, it is reported that Garlic makes the eye retina more sensitive and less able to bear strong light.

**Preparations:** Wine of Garlic - made by macerating three or four bulbs in a quart of proof spirit is a good stimulant lotion for baldness of the head.

Used in cookery it is a great aid to digestion, and keeps the coats of the stomach healthy. For this reason, essential oil is made from it and is used in the form of pills.

If a very small piece is chopped fine and put into chicken's food daily, it is a sure preventative of the gapes. Pullets will lay finer eggs by having garlic in their food *before* they start laying, but when they commence to lay it must be stopped, otherwise it will flavor the eggs.

### **Garlic as an antibiotic:**

Garlic is the only antibiotic that can actually kill infecting bacteria and at the same time protect the body from the poisons that are causing the infection. It is known that the most sensitive bacterium to garlic is the deadly *Bacillus anthracis* which produce the poison anthrax. Even the forefather of antibiotic medicine Louis Pasteur acknowledged garlic to be as effective as penicillin and late studies showed similar activity to a more modern antibiotic, chloramphenicol. Even the blood of garlic eaters can kill bacteria and it is also reported that the vapor from freshly cut garlic can kill bacteria at a distance of 20 cms!! Another once common and apparently returning disease, tuberculosis was treated with garlic very successfully as the invading organism *Mycobacterium tuberculosis* is sensitive to several of the sulphur components found in garlic.

### **Garlic and Impotence:**

Garlic has always been known as an aphrodisiac and from a medical point of view it can improve blood circulation significantly. Now it appears that an enzyme called nitric oxide synthases (NOS) is primarily responsible for the mechanism of erection. Studies have recently shown that garlic in certain forms can stimulate the production of NOS particularly in individuals who have low levels of this enzyme. Clearly folklore is now being proven correct!!

### **Garlic and Cancer:**

There is now a lot of information published on the role of garlic in cancer. Research is currently underway in most countries to isolate which particular compounds, after allicin are most active. Recently, researchers in Pennsylvania have shown that by injecting a compound called diallyl disulphide (formed when raw garlic is cut or crushed) that tumors can be reduced by half and that a further compound (S-Allylcysteine) can stop cancer causing agents from binding to human breast cells.

Recent findings support a growing body of evidence that garlic works as an anti-carcinogen in both prevention and treatment, and that garlic and related foods play an important dietary role in the cancer process.

**Garlic Festival:** Garlic is so famous that every year a garlic festival is organized in California to honor Garlic.

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