

## THE ELEANOR ROOSEVELT PROGRAM

January 22, 1951

Description: In the opening segment, ER and Elliott Roosevelt respond to a listener's question about repression against people who were former members of groups associated with the Communist Party. In the interview segment, ER discusses proper nutrition and diets with Dr. Gayelord Hauser, author of the book *Look Younger and Live Longer*.

Participants: ER, Elliott Roosevelt, Dr. Benjamin Gayelord Hauser

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[Elliott Roosevelt:] Mother, I have a question here that I think is uh one which probably uh a great many people find themselves in the same position; it's signed only "a good citizen." "Some years ago we joined the International Workers Order for reasonable insurance as well as medical benefits. We had the services of an excellent surgeon who charged us forty dollars for a major operation against the two hundred dollars which we would have had to pay had we not been IWO members. You can readily see the advantages for people in moderate circumstances. In the last war, I gave hundreds of hours of volunteer service as nurse's aide. Now my country can use me again for civilian defense, but I dare not volunteer because I would have to admit that I belonged to the IWO which is on the subversive list. To get out now would force me to lose the money I already invested in insurance and lose the medical benefits which I need. To remain, I automatically become a subversive because I belong to a so called subversive organization. Yes, we are terribly afraid, so much so that I am not signing my name, although I am not and never was a communist. Signed, a good citizen.

[ER:] That's a very difficult question because what has happened is probably when they joined they had no idea that it was a communist front organization. I wouldn't have known uh, though I would've suspected um an international organization of that name, but um until it was actually on the list I suppose there were innumerable people who didn't even suspect, and um it does offer uh advantages in a material way. It off-- it points up I think, for us, the need of a medical program which people can join and get those benefits from um-- so that they don't have to join an international order of workers. And um uh perhaps it's one of the good arguments uh in favor of the government's health program, which I think has very little hope of uh even moving an inch forward at present because I am given to understand that the coalition of uh our friends the Dixiecrats and the reactionary Republicans have decided that there will be no such legislation in the coming session of Congress. But um that, of course, no one but they themselves know. But I would like um naturally uh to have people understand what uh the need is for this type of medical aid and how easily it could happen for perfectly good citizens having been offered certain advantages um that seem to them uh very good advantages to get into an organization. And perhaps not to find out till after um they put in too much money or they were accustomed to the benefits and hated to give them up that there was a color of communism. And then to feel, "Well, after all, we're not Communist and we know we're not Communist and we're getting certain benefits so don't let's give them up uh it would mean it would cost us too much and we need that medical care." I can see the dilemma in which this woman is-- particularly if they need medical care and it has helped them over uh difficult places. So--

[Elliott Roosevelt:] Well, I imagine this woman also has benefits under the insurance plan which would uh enable them if they're incapacitated to receive uh income.

[ER:] Yes, of course all those things uh-uh have been probably rather carefully worked out if this is an organization under communist uh domination even. Um they've uh they've made this very attractive for

uh people to come in and come in innocently. Now once in and having paid your money in uh you lose everything if you go out and uh um I-I can see her dilemma but I think that's stupidity on the part of our government. They should offer um complete counterparts to organizations of that kind so that um the person could come out and not lose anything having made the mistake. [Elliott Roosevelt: In other words--] I really think it's almost essential that where a person is- is an honest to goodness um -- is really a good citizen, and she has proved by the hours of work she has given in the last war and the hours she probably would give now um that she does care about this country and she is willing to uh stand up and help the country. Well um then I think uh that um something should be worked out where people like that can make a transfer can- can-- uh perhaps they'd lose something but they might uh be able to get something too.(5:59)

[Elliott Roosevelt:] Well, uh do you think that it would serve any useful purpose to uh-uh have uh the members of Congress uh-uh study the importance of the -- of being able to offer something to the people who have been brought into organizations such as this and are receiving benefits, which uh-uh rightfully uh they're entitled to as uh as they've made their investment in there. It's completely a business operation as far as they're concerned?

[ER:] Why of course I think it would be worthwhile, Congress investigating it very carefully, and then investigating uh what it could do to take those people out of a communist dominated organization into a democratically dominated organization.

[Elliott Roosevelt and ER Overlap]

[Elliott Roosevelt:] Well, in order to uh do that though uh-uh--

[ER:] There would have to be an investment of money.

[Elliott Roosevelt:] They would have to have a uh -- there would have to also be an investigation of the people who have signed up in these organizations. And if they can determine that they were simply in there because of the benefits that they received, and that they've gone in because the medical benefits offered and the reasonable insurance that was made available to them. It seems to me that they could automatically get clearance, and all those lists must be available to the FBI and those people who are receiving these benefits and have invested money they should be able to get clearance of any uh possible uh subversive charge being made against them so that they could openly come out and- and uh apply for a job in civilian defense and offer their services without having the stigma put on them.

[ER:] Well, I think that is true, but I think the investigation [Elliott Roosevelt coughs] should be made for the purpose of determining loyalty rather for the purpose-- rather than for the purpose of trying to prove that they were all communists. Because um if you try to prove [Elliott Roosevelt: Well uh--] that all of them were communists, uh you probably can find on circumstantial evidence all kinds of little things uh and you will end by scaring people, so uh that uh nobody will be willing to even say that they ever belonged to the order.

[Elliott Roosevelt:] Well, this woman quite obviously is-is so scared that she's not even willing to sign her name in her letter to you. But uh-uh it seems to me that the great majority of people uh if they're uh some thousands of people who were receiving benefits and making investments in the International Workers Order for reas-reasonable insurance, that those people should be able to apply for clearance from the FBI. There should be some means that they could go to FBI and say, "Look, we want to be cleared. We applied for-- under this plan. It seemed like a good plan to us." Why can't we have a- a uh some kind of a uh routine check made on those people and- and then grant them a clearance so that they can go out and do voluntary work.

[ER and Elliott Roosevelt overlap]

[ER:] But I imagine what you would have to do is take the officers of the organization and-- who are probably under communist domination and um make a real, very careful examination of them. And then outside of that, um unless you knew the names of certain people who are known communists--

[Elliott Roosevelt:] Well, those records must be available--

[ER:] They must be available in the FBI. The others would automatically be cleared.

[Elliott Roosevelt:] Uh- uh if we were able to accomplish that for these people it seems to me it would serve a very worthwhile purpose. How about you taking this letter and sending it in with a suggestion to somebody?

[ER:] Well, I'm very glad to send it in to the Department of Justice.

[Elliott Roosevelt:] All right.

[ER:] I haven't um-- I haven't uh -- I- I don't keep with the organizations on the [ER coughs] subversive list and I haven't heard of the organization before, but I'm delighted to send it in to the Department of Justice--

[ER and Elliott Roosevelt Overlap]

[Elliott Roosevelt:] And at least get an expression from them--

[ER:] And at least find out what they think.

[Elliott Roosevelt:] All right well, I see that our time is up for this part of the program again so we must move on at this point.

(Break: 10:31-10:40)

[Elliott Roosevelt:] Mother, today we're fortunate uh because everyone wants to stay young and healthy but not everyone knows how to go about it. So we have one of the leading advisors on this subject as our guest today, and we're very happy to have as our guest the very well-known Dr. Gayelord Hauser.

[ER:] I'm very glad that you could come today, Dr. Hauser.

[Gayelord Hauser:] I'm very happy to be here, Mrs. Roosevelt. It's a pleasure.

[ER:] Well, I want to know whether it's right to say "Doctor" or "Mister" Hauser.

[Gayelord Hauser:] I think you just call me Mr. Gayelord Hauser. I am a doctor but not a doctor of medicine. I have specialized in nutrition for thirty years.

[ER:] I see. Well now, um you've written a book entitled *Look Younger and Live Longer*, which has sold more copies than any other nonfiction book of the year, so please tell me how you came to write it [ER laughs].

[Gayelord Hauser:] Well, Mrs. Roosevelt, you know, in the book world they just say "that book" and I don't know if they like "that book" so much. Uh how did it come about? I had talked about nutrition, I had written books for babies. Oh, and I had lectured all over the world. And then before I left for Europe this last time, I thought, "Now what must I do?" and I thought, "Isn't it funny? We have the most wonderful baby doctors--pediatricians in America--the best. But who takes care of people after forty and fifty?" So I thought, "Now I must take up what is known as the science of geriatrics and tell people how, after forty and fifty, they can still stay young and strong."

[ER:] Now, did you study mostly in this country or abroad?

[Gayelord Hauser:] Uh I studied both places. I came here when I was sick and uh was in Chicago, went to school there, then went back to Europe. So I have studied in practically all of the countries. I have been everywhere. [ER: That is--]. My chart has been quite-- uh my path has been quite uncharted but I manage to find out everything I could about what people eat and what they should eat.

[ER:] What people eat. Well, of course I think that's one of the, probably, one of the secrets of being well. And there does seem to be a general complaint that um older people are uh often neglected particularly um uh in- in taking care of themselves and trying to stay young, and um uh so that I'd like to ask you, when you consider uh a person begins to be, well we say first middle aged, and then you come to being old -- [ER and Gayelord Hauser laugh]. (13:12)

[Gayelord Hauser:] Right- right off the bat, Mrs. Roosevelt, I would say middle aged is what you make it. Some are old at thirty, some are old at fifty, and some are young at sixty, seventy. I mean, I think it depends on how you take care of yourself. It depends what your parents gave you naturally, but personally as a nutritionist I think you can do an awful lot uh with the food that you eat every day.

[ER:] Food that you eat every day?

[Gayelord Hauser:] Oh yes, your breakfast and your lunch and your dinners after all.

[Elliott Roosevelt:] Mr. Hauser, Mother received a letter from one of her listeners the other day complaining bitterly because Mother called herself "a very old lady." [Gayelord Hauser: Oh my.] And uh- uh she said that at sixty-six that you should never call yourself an old lady particularly that [Hauser: I think as well --] the entire audience felt that she was under fifty because they could never keep up with her schedule.

[Gayelord Hauser:] Wonderful.

[ER:] No, what she really said was how did I think that the people who were eighty would feel, [Gayelord Hauser: Exactly] [All laugh] which I thought was quite sweet. [Gayelord Hauser: I think that's right.] I'd never thought of that. [ER laughs].

[Gayelord Hauser:] That's an excellent idea. I think she's absolutely right.

[ER:] Well now, uh how can one keep young and jolly and hard?

[Gayelord Hauser:] How? I would say first of all we talked about that a little bit. I mean, you have to seek to being active and doing things and doing things for somebody else and then uh giving your body what it needs. Mrs. Roosevelt, uh I wrote many, many books but years ago it came to me so strong. I thought, "Isn't it funny? Florists feed their flowers and make them more beautiful than ever-- we have the most beautiful flowers in the world." The soil is prepared scientifically. Uh we feed our horses

intelligently. Dogs get uh all the best things and we take them to the doctors. And human beings? Voila! They just eat what Mama used to like or Mama didn't like and there they are. But you see today it's a science that certain foods can build you and certain foods make you stronger and other foods make you too fat. So I thought it's about time to stop all that and write about it.

[ER:] Well, in general do you think that the American eating habits are proper for keeping young and –

[Gayelord Hauser:] Oh yes, Mrs. Roosevelt, uh no question about it. I just came back and when I look at the markets and the beautiful fresh things and the scientifically canned things, the juices and wonderful things, it's easy to eat intelligently here, to be well. Uh I think it's wonderful. If I have any criticisms to make I think we're much too wasteful. I think our garbage cans are much too full of wonderful things. Um in France and in Italy and some of the other countries where I have been, I couldn't help but think, "Isn't it amazing that so many of the things we throw away would feed many, many of those people?" We're too extravagant. Then perhaps another criticism: I think we overcook. Women cook their things too long. And you know if you still have the very bad habit -- uh I used to have a saying "the best fed mouth in America is the kitchen sink." I can't say that anymore. Things have changed in the last uh-- I still would say that instead of throwing away the beautiful water from vegetables that you have cooked -- keep it! Keep it! Keep it! Drink it! It's full of minerals, full of vitamins, full of the things that you need. Uh then I would say maybe we suffer from too much. Maybe we eat too well.

[ER:] We eat too much?

[Gayelord Hauser:] Exactly. I think that all of--

[Elliott Roosevelt:] Well, of course sometimes we're afflicted with a special craving and desire for things that are not good for us.

(16:31)

[Gayelord Hauser:] Well, then follow that craving and that desire [Elliott Roosevelt and Gayelord Hauser laugh] because the minute you see -- I have learned one thing: never say "don't." Don't say, "Don't eat this, John" to your husband and don't say to your children, "Don't eat this." That's very unsmart. Don't force them. I'm terribly unhappy when I get letters and they say, "Are you the man that makes us eat all of those terrible things? Are you the new menace in America?" I really received a letter, Mrs. Roosevelt, as a new menace--

[ER:] New menace?

[Gayelord Hauser:] "You are it because we used to be so happy and got along so well and now you make us eat awful stuff." [Elliott Roosevelt laughs] Well, I don't make them eat awful stuff at all! So it seems they haven't read the book [Elliott Roosevelt coughs] because I have wonderful and delicious things that you like, Mr. Roosevelt. [Elliott Roosevelt coughs: Mhm.]

[ER:] Well, you um- you think, of course, of food as a weapon. Um of course, I think of it very largely um as something that we can't just consider in one country because um there are so many parts of the world in which people starve.

[Gayelord Hauser:] Oh yes, Mrs. Roosevelt. That's another -- that's a sad story. I have seen a lot of it. I was very happy to see things are better in Europe almost everywhere; I was in all of the countries. But in England today, still they eat very poorly. [ER: Very poorly.] I mean, oh people would feel so sorry for themselves over here if they had to eat that. I must say they are marvelous and brave. Uh no it's a question

of what they can get and that's why it was terribly difficult for me to teach in England, to teach in the countries where they're so poor.

[Elliott Roosevelt, Gayelord Hauser, and ER Overlap]

[Elliott Roosevelt:] Mhm. And they and their whole output, their production as a country is lowered because [Gayelord Hauser: Yes, because--] of their lack of strength.

[ER:] But even now I uh--

[Gayelord Hauser:] Strength and stamina, that's right.

[ER:] I have been in countries where it's lack of knowledge. For instance, in South American countries um the people actually don't eat enough. Um they can't work. Uh they can't produce because um they either haven't enough money to- to buy enough or they don't know enough [Gayelord Hauser: Yes, mhm.] as to what they eat. You take Puerto Rico, which uh-uh I think does better than most uh of our southern-- countries to the south of us. But even there uh the soldiers when they came into our army would still have to have rice and beans every day [Gayelord Hauser: Oh]. Well, rice and beans isn't a bad diet, [Gayelord Hauser: No, no.] fortunately, but um it uh-- they- they weren't content with anything else. That was all they wanted and [Gayelord Hauser: Yes.] they couldn't have anything else.

[Gayelord Hauser:] Mrs. Roosevelt, I think uh also in-in uh -- I have seen loads of the wonderful food that has come to America over to Europe. I have not been in South America, so I don't know. But what they also need and I think it should go with these wonderful foods -- the American know-how--how to use them and how to prepare them uh is an interesting story. May I tell it? In Paris, something happened. Uh we sent cornflower for the first time--

[ER:] Oh I know [ER laughs].

[Gayelord Hauser:] You know the story? Then I don't--

[ER:] Oh no, you tell me the story. But I remember the First World War, when we were all asked to please do everything possible with the cornmeal because we couldn't send it to Europe -- they didn't know how to use it! [ER and Gayelord Hauser laugh]

[Gayelord Hauser:] And there uh they didn't know how, especially the French you know, who are used to the finest of refined flours, and they were -- they said, the corn flour, that's impossible. [ER coughs] And then the- the uh communist propoganda started at once and said, "Oh look at this horrible food coming from America, which will poison you all." You know? [Elliott Roosevelt: Mhm.] And then I was fortunate enough to- to write to the paper and say thousands of Indians and the Mexicans survive on corn. It was just a new idea. But again, the know-how was missing. (20:18)

[ER and Elliott Roosevelt overlap]

[Elliott Roosevelt:] Well, you know uh [ER: You don't know how to use it.] when uh Mr. Nehru was over here, he explained to us that uh in one part of India uh they eat wheat and in another part of India they cannot use wheat at all in their diet.[Gayelord Hauser: I see.] And that it has a very bad effect on them. Uh in fact, uh they tried to use it and it swelled up inside of their stomachs and they had a dreadful time. And uh he uh used that as an example of the problems that he was having and- and bringing a proper balanced diet to his people.

[Gayelord Hauser:] I see. Uh when the same thing happened in Mexico, we tried to improve the Mexican diet, and they would have none of it. They went back to the old beans and things like that. And uh fortunately in Mexico, I mean, some of the people that eat very intelligently and their good teeth, much of this strength comes from a lot of calcium. You know why, Mr. Roosevelt? Uh, if you see these Mexican women prepare their--what you call this specialty? These pancakes--

[Elliott Roosevelt:] Oh yes.

[ER:] Pancakes--

[Gayelord Hauser:] What is it? No?

[ER:] Uh--

[Elliott Roosevelt:] Tortillas.

[ER and Gayelord Hauser:] Tortillas!

[Gayelord Hauser:] That's right. You see them put a handful of calcium powder in them.

[Elliott Roosevelt:] Mhm.

[Gayelord Hauser:] That calcium, which they like incidentally, [Elliott Roosevelt coughs] and it keeps them nourished and well.

[ER:] Because it's very healthy.

[Gayelord Hauser:] Oh yes--

[Elliott Roosevelt:] Excuse me, may I just interrupt for a minute, Mother? Because I see that Ben Grauer would like to have a word, and then after he has had a word then we will come back to Mr. Gayelord Hauser.

[ER:] All right.

(Break 21:46 - 21:56)

[Elliott Roosevelt:] And now, Mother, I think we can come back to our guest of today, uh Mr. Gayelord Hauser, and uh our very interesting discussions on diets and various parts of the world. I'd like to hear more about the uh our own personal diet.

[ER:] Well, I was going to ask as the very first question, um Mr. Hauser, what do you think is really the basic trouble with the American diet?

[Gayelord Hauser:] Uh, we mentioned that before, Mrs. Roosevelt. I think the basic trouble is we're too extravagant. [ER: Mhm.] And then we uh perhaps eat too much because you know we -we really -- in spite of whatever people say when you come back from Europe you see, we suffer from too much food. We still have it. We have wonderful food. Then there's a tendency to uh maybe be wasteful, overcook, and perhaps we don't eat as many of the fresh things as we should.

[ER:] But don't you advise, for instance, uh that one should eat blackstrap molasses and skim milk and wheat germ yogurt (ER laughs).

[Gayelord Hauser:] Now it comes. Yes, I'm that man again.

[ER and Elliott Roosevelt laugh]

[Gayelord Hauser:] But you see, Mrs. Roosevelt, I thought it over very well. Uh I went to New Orleans where I first discovered black strap molasses. You know, they have given it to animals up to now. But it's really a super food because when you analyze it, it has Vitamin B, it has iron, it has practically everything. It's the best part of the vegetable which we throw away.

[Gayelord Hauser and ER overlap]

[ER:] Blackstrap molasses is what in the early days in this country we-- all of us had as a sweet.

[Gayelord Hauser:] You did? Really? And you liked it?

[ER:] Oh yes. I was brought up on blackstrap molasses.

[Gayelord Hauser:] Oh wonderful, wonderful. I heard also that- that in-in certain parts of the West they give blackstrap to their horses and their cattle to nourish them. [Elliott Roosevelt: Oh yes, very definitely.] So uh this is --so don't go out into the feed store to get black strap because you must get the kind that's clean and-and to be used. Then yogurt I learned about in Yugoslavia and in Bulgaria. It's a simple food. It's quite a delicious food. French people eat it with strawberries. Over here it seems that a great many people eat it. These foods aren't-- they-- you have to get used to them. And that's wheat germ and the other wonder foods. But here is the point, Mrs. Roosevelt. Now I'm glad you asked me because I'm not asking people to eat those. This isn't the diet. I'm asking people to add these foods to the things they are eating because it fortifies, you see? Because-- and- and here you come at a new problem, unfortunately. Uh much of our soil is exhausted, so many of the foods that are produced on that soil don't contain the elements. So I found that um molasses we talked about and I found wheat germ we used to give to chickens. It's a wonderful food. Then I discovered one food which we need more than any and it's the most expensive food and that is uh protein food, to keep people strong, especially now. And I discovered we have mountains of powdered [ER coughs] skim milk, and that powdered skim milk is a wonderful protein food. Just think half a cup of powdered skim milk contains as much protein as four lamb chops [ER: Really?] Very inexpensive and very delicious. Quite good. And so these things -- please add them a little bit at a time. And above all, don't force anybody to eat it. A little at a time.

[ER:] Just see--just see that they're added to the general diet.

[Gayelord Hauser:] Exactly, exactly.

[ER, Gayelord Hauser, and Elliott Roosevelt Overlap]

[ER:] And you can add it in different ways.

[Elliott Roosevelt:] There's a cattle food [Gayelord Hauser: Now don't you call cattle food.] now that's very high in proteins which is made from the pulp of citrus uh, uh--

[Gayelord Hauser:] That's right. It's something new and wonderful.



[Elliott Roosevelt:] Probably that will turn up as a very fine uh--

[Gayelord Hauser:] Uh well, I don't know. I haven't analyzed it, but we won't call it cattle food.

[ER:] Well, I noticed that they sell yogurt at the cafeteria in the United Nations and uh one of my young advisors bought uh a container one day and said he heard that this was one of the things you had to have and he ate it. I don't think he thought it was especially delicious, but I think he probably ate it wrong. Shouldn't it be eaten on something?

[Gayelord Hauser:] Yes. Uh you see uh-uh you have walked down the Champs-Élysée you see all of the French they eat it as we eat custard. They eat it with fruit, so if you- you want to try yogurt--and I think everyone should--eat it with some preserves [ER: Pears or strawberry preserve.] or with some jelly, or pears, or honey--whatever you like.

[ER:] Whatever you like on it.

[Gayelord Hauser:] Oh, it's an excellent food, and I really can recommend it. (26:18)

[ER:] Well now, I being uh, let's say past middle age; [Gayelord Hauser: No, Mrs. Roosevelt.] I'm interested in what you recommend for these people that are past middle age.

[Elliott Roosevelt:] We don't agree at all. [ER laughs] If you're past middle age, I'm an old man because I have a terrible time keeping up with you. [ER laughs]

[Gayelord Hauser:] Exactly. You and I are in the second part of life. [ER: Yes.] The first part is fifty and after that is the second part, and how many in that second part it's nobody's business.

[ER:] But it's- it's important that you keep in the second part as long as you possibly can [Gayelord Hauser: Oh yes.] as active as possible, to make life as pleasant as possible, [Gayelord Hauser: Yes.] both to yourself and others.[Gayelord Hauser:Yes.] Now, uh what is your uh best way to do that?

[Gayelord Hauser:] To do that? Uh I come back to food, and besides food I come back to relaxation. Uh they have discovered one thing --and this isn't a theory, this is scientifically proven --that many of our wonderful men and women die prematurely because of circulatory trouble, hardening of the arteries, which is an old disease. They have discovered that the less fat you eat in the second part of life --that's after fifty --the younger you can stay. So for that reason, I recommend lean meat and lean milk and all kinds of lean things. And that is a wonderful thing. Then they have also discovered that the vitamins, and people get so bored with vitamins I know, but the vitamins of the B family which you get in one of these things that we talked about, brewer's yeast and molasses and all the fresh things, vegetable juices are wonderful for keeping the body young. I would say good protein, young meat, fortified milk, salads, fresh things, don't overcook your vegetables, and you will find that it is the best diet conducive to a long life, to a healthy life. One doesn't want to live a long time and be full of pains and aches, but one would like to live, and should live, and uh stay young.

[ER:] Well, I noticed the Duchess of Windsor [Wallis Simpson] must approve of your diet because uh she's written uh the preface for the first -- the French edition of your book, hasn't she?

[Gayelord Hauser:] Yes, *Vivez Jeune, Vivez Longtemps*. She was very nice to do that, and I think she did it as much for Lady Mendl [Elsie de Wolfe] as she did for me. Lady Mendl, who had ninety-four exciting years, not eighty-three as our papers said. I knew her very well, uh is a good friend of the Duchess. And uh incidentally, Lady Mendl who lived so fully, she did eat intelligently. Maybe one of her secrets, Mrs.

Roosevelt, you asked me about in the second part of life, she under ate rather than over ate [ER: Mhm]. In other words, eating too much isn't good for people [ER: Isn't good for people.] after fifty. So she had the great secret. And then the Duchess, naturally, I mean she entertains smartly and her food is beautifully served and always with an eye on intelligent eating. I like the word "intelligent eating" much better than "diet." Diet sounds awful. [ER and Elliott Roosevelt laugh]

[ER, Gayelord Hauser, and Elliott Roosevelt overlap]

[ER:] I love that! "Diet sounds awful."

[Gayelord Hauser:] Don't you?

[Elliott Roosevelt:] I think a great many people would agree with that.

[ER:] Intelligent eating does sound better, I quite agree with you. And I've always had a uh great admiration for Lady Mendl. She did a great few other things besides eat uh intelligently [Gaylorde Hauser: Oh yes.]. I was always overcome with interest when she would tell me that she got out of bed and stood on her head every morning! [Gayelord Hauser: Yes, but--] I also thought that was a wonderful thing.

[Gayelord Hauser:] But you see I stopped that about fifteen years ago because I think after you have-- in the second part of life, you should just stand on your feet, not your head. [All laugh]

[ER:] You should stand on your feet, not your head! [Gayelord Hauser: Strong.] Well, she went on even through the second -- considerable part of the second part of her life.

[Gayelord Hauser:] Oh yes. She was remarkable. She was an amazing woman. She said one thing to me which I never forgot. She lived at my house when the war started, she flew out to Beverly Hills, and she said, "You know, I started a new way of treating houses." She said houses are ugly and horrible and she says, "I cleaned them up and decorated them and introduce a new age of decoration. And you have introduced a new style of eating." And I like that. A new style of intelligent eating.

[ER:] That's a very good idea -- a new style of eating. Well, uh I think that's something we can all remember. Are there other famous people besides Lady Mendl who uh--

[Gayelord Hauser:] Well, I think if you go out to Hollywood where I used to live, I don't think there's any of the stars -- I used to say from Shirley Temple to Lady Mendl. But now Shirley Temple I think is married and out and Lady Mendl went to heaven. So I'd say [Elliott Roosevelt and ER laugh] I'd say uh there is no star out there that hasn't -- for instance, people always say, "Well women follow these diets." Oh no. Mr. -- for instance, Walter Pidgeon, he's an enthusiastic, handsome man now, and publicly he thanked me the other day that I gave him uh his joie de vivre and his health and strength. And then another wonderful man Mr. Eddie Rickenbacker, who said the other day -- they asked, "Eddie you with the seven lives, what do you do?" He said, "We eat intelligently according to Gayelord Hauser." So I could tell you many, many people, but please, Mrs. Roosevelt, not only the Gables and the Dietrichs and the Rickenbackers and people like that. I want everybody. I want the women of the homes to eat intelligently and cook intelligently. Because that is- that is the best way to start--

[ER:] That is the way to help the nation.

[Gayelord Hauser:] Yes, and in the schools and in our restaurants and everywhere. And with the problems which we face now, I think that we can do a great deal with food.

[ER:] You could do a great deal. I- I think you'd have difficulty probably in your restaurants unless we got more intelligent uh cooks than we usually have in restaurants.

[Gayelord Hauser:] Yes, but it's coming.

[ER:] But in the schools I should think you can do a great deal.

[Gayelord Hauser:] Yes, it is also coming in schools.

[ER:] Because there is a place where you catch them young and teach them early.

[Gayelord Hauser:] And give them good habits. Then I don't have to come around with molasses later on and tell them to eat that.

[Elliott Roosevelt:] Mother, I'm terribly afraid that our time is running out so we'll have to bring this very interesting--

[ER:] Well, I uh think that I'd like to say uh that uh I will go study your book now [Gayelord Hauser: Good, it would be a pleasure.] and see what I should do [ER laughs] and I will try and improve and thank you very much.

[Gayelord Hauser:] Thank you, Mrs. Roosevelt. It was a great pleasure to be here.

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Transcribed from holdings at Franklin D. Roosevelt Library (FDRL)  
File(s): 72-30(75)

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