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HUNZA

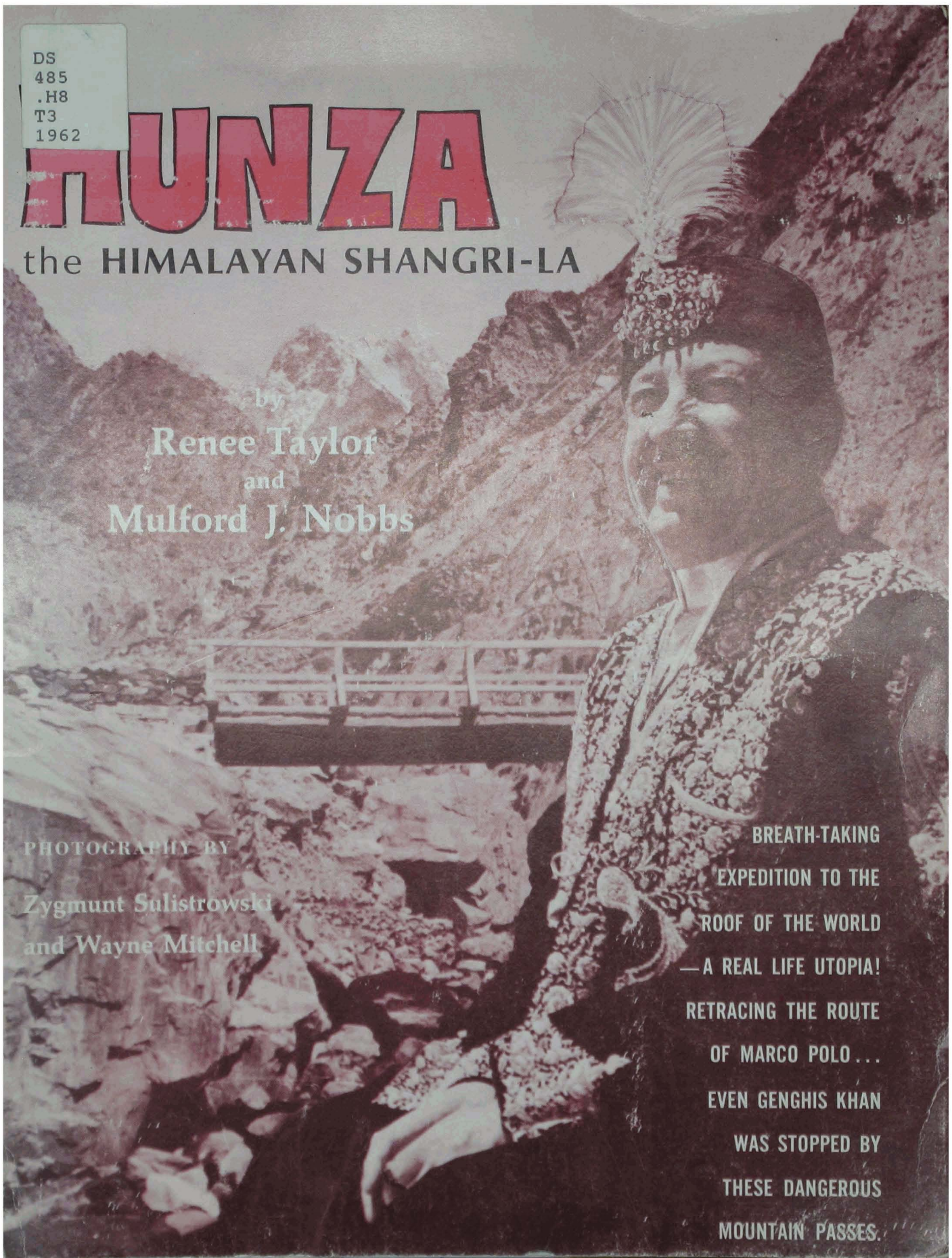
the HIMALAYAN SHANGRI-LA

by
Renee Taylor
and
Mulford J. Nobbs

PHOTOGRAPHY BY

Zygmunt Sulistrowski
and Wayne Mitchell

BREATH-TAKING
EXPEDITION TO THE
ROOF OF THE WORLD
—A REAL LIFE UTOPIA!
RETRACING THE ROUTE
OF MARCO POLO...
EVEN GENGHIS KHAN
WAS STOPPED BY
THESE DANGEROUS
MOUNTAIN PASSES.



HUNZA

The Himalayan Shangri-La

by

RENEE TAYLOR and MULFORD NOBBS

The story of the Hunza people has stirred the imagination of readers throughout the world, since HUNZA LAND, THE FABULOUS HEALTH AND YOUTH WONDERLAND OF THE WORLD, was published by Whitehorn Publishing Company, Inc., in 1960.



And now HUNZA . . . THE HIMALAYAN SHANGRI-LA, is an exciting picture-word report of the Expedition, which has captured the visual beauty of this unique place, whose unusual people live to be over 120 years of age, in perfect mental and physical health, and where men father children at 90.

The Hunza people became a legendary saga, because they mastered the secret of old age, for which the rest of the world has sought so long in vain. They have evolved a way of living . . . thinking . . . and eating . . . that has substantially lengthened their life span. They have no money, but no poverty; no jails or crime, and no juvenile delinquency . . . and they are the healthiest, longest-lived people in the world today.

Nestled in an isolated corner of the Himalayan mountains, HUNZA, has been a land of mystery for more than two thousand years. The stories that reached the outside world pictured a valley of eternal youth, capturing the imagination of every man and woman. The veritable paradise suggested the locale for James Hilton's famous novel LOST HORIZON. A new word came into the languages of the world, a word that symbolizes everyone's deep-felt wish for a long, happy, and healthy life—SHANGRI-LA.

The feeling for the land and people of Hunza is revealed in words and superb photography . . . Here is the thrill of adventure retracing the route of Marco Polo; the dangerous mountain passes which even stopped Genghis Khan's armies. Here is the life of the people of Hunza in all its extraordinary variety and vitality—depicting them at work . . . at play . . . and at home with their families . . . preparing food . . . performing their religious rituals . . .

What great truth must the people of this small, remote valley possess to win the admiration of the world for its secret of a happy, healthy and peaceful, long life?

 *Front Cover Photo: His Highness, The Mir,* 
Mohammad O. H. D. Jamal Khan.

Expedition to HUNZA

Our trip to Hunza, a remote state in West Pakistan, required months of preparation and the wholehearted cooperation of many people.

Our special gratitude goes to Field Marshall Mohammad Ayub Khan, President of Pakistan, for making our project possible by his personal sanction of our permits to enter the state of Hunza. We are also grateful to all the Government Officials for their courtesy and assistance in making our visit in Pakistan most pleasant.

The Ruler of Hunza, His Highness, the Mir Mohammed, O.H.D. Jamal Khan, not only extended his kind invitation, but was our personal host during our stay in Hunza. We will never forget the gracious hospitality of the whole family, His Highness, the Mir; Her Highness, the Rani, Shams-Un-Nahar; Prince Ayash, the Mir's brother; and the nine children, Princesses: Duri, Nilofar, Malika, Mehr, Fauzia, and Azra; Prince Ghazanfar, Amen, and Abbas; and the English governess, Mrs. Hansen.

We deeply appreciate the warm attitude of the people of Hunza.

For our complex travel arrangements we wish to thank BOAC (British Overseas Airlines Company), and P.I.A. (Pakistan International Airlines). The executives and personnel of both airlines arranged convenient flight schedules and assisted us in the legalities of world travel, making our trip very comfortable.

In all we covered about 25 thousand miles, completely circling the globe, to accomplish our mission: to bring you the story of Hunza.

For making possible this first full length color motion picture about Hunza, we wish to thank the Whitehorn Publishing Company, Inc., who co-produced this venture with International Film Enterprises.

Our thanks goes to Zygmunt Sulistrowski, our producer-director, and to Wayne Mitchell and Mr. S. M. Agha, whose magnificent photography made this book possible.

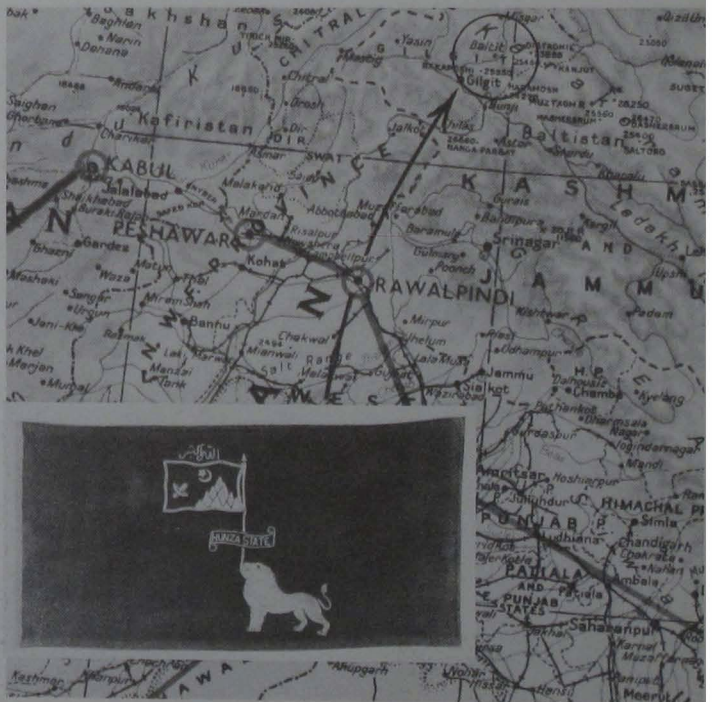
To the other members of the expedition goes our admiration for their constant source of inspiration during the problems and dangers of our trip, especially to Mrs. Pat Nobbs, who was such an excellent sport.

"HUNZA... THE HIMALAYAN SHANGRI-LA"... tells the secrets of the long-life of the Hunzakuts, the healthiest people on earth today, and their philosophy of brotherhood of men. If this important message of health, peace and harmony from the unforgettable Shangri-La can benefit our way of life, then our EXPEDITION has been a worthwhile project.

—Renee Taylor and Mulford J. Nobbs.



Field Marshall Mohammad Ayub Khan
President of Pakistan



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Dedicated to all in search of
a happier, healthier, and longer life.

Rebecca Taylor

Photography by

**Zygmunt Sulistrowski
and Wayne Mitchell**



A black and white photograph of a mountainous region. In the foreground, a group of people, including men, women, and children, are walking along a narrow, steep stone path. The path is built from large, irregular stones. To the right of the path, there is a stone wall or a ledge. In the background, there are steep, rocky hillsides with some sparse vegetation and small buildings. The overall scene depicts a rural, mountainous landscape.

HUNZA

The Himalayan Shangri-La

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WHITEHORN PUBLISHING COMPANY, INC.
EL MONTE, CALIFORNIA



Introduction

This book will attempt to bring you a graphic record of our magnificent experiences in meeting men who live for 120 years or more, and father children at the age of 90; women of 80 whose vivacity rivals that of our women of 40. They have no money, no poverty, no police, no crime, no army, no jails, and no juvenile delinquency. Their life in the tiny valley they call home has remained untouched by civilization for more than 2,000 years!

Tucked between towering mountain peaks in the Himalayas, the valley of the Hunzakuts lies only eighteen miles from the point where Russia's border meets that of China and Pakistan. The approximately thirty thousand inhabitants of this tiny valley trace their lineage back to several soldiers who deserted the army of Alexander the Great. Taking Persian wives, they isolated themselves in this fertile valley, safe from the turmoil and bloodshed they had come to hate. The habits and customs of these people have changed little since those ancient times.

This is a pictorial story about a veritable "Shangri-La." What the reader will find within these pages is a condensed word-and-picture report about an amazing land and happy, contented and long-lived people. Little was known about them until recent times. In fact, this narrative is one of the most authentic and factual reports about the Hunzakuts to reach the outside world. One has only to read between the lines to feel the thrill of adventure . . . to sense the inherent dangers of the perilous journey . . . to share with the members of the expedition their joy and delight in finishing the last treacherous mile . . . and to experience with them the wonders of this rich, green, fertile valley—Hunza, the Himalayan "Shangri-La."

Lahore...West Pakistan

Lahore, Pakistan, is the ancient capital of the Mogul Empire, where age-old structures remain as mute evidence of the power and glory of bygone rulers. The BADSHAHI MOSQUE, built by the last of the great Mogul emperors, is said to be one of the most beautiful, as well as one of the largest mosques in the world.



Thousands of years ago this rugged fort was built on architectural principles that are still used in modern construction. The geometrical mosaic patterns on the exterior walls are without equal for their intricate beauty.

Lahore...

The SHALIMAR GARDENS, one of the seven wonders of the ancient world, are still praised in story and song. They were built by a great "Warrior King" for the pleasure of his four wives.



Pakistani women are noted for their exotic, sultry beauty, and are kept in strict seclusion. They have been seldom viewed by men of the Western world.

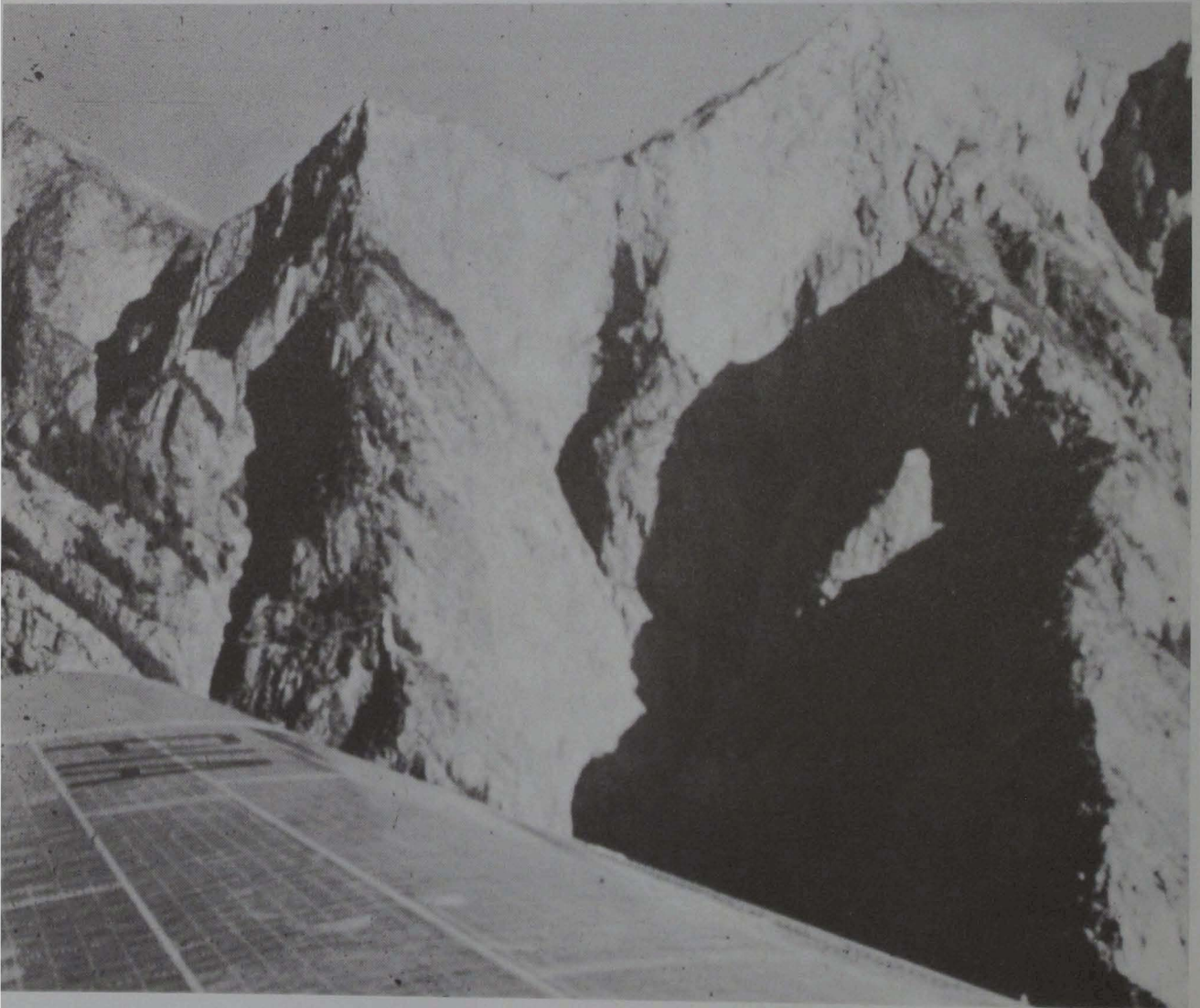
Next stop...Rawalpindi

When the nation of Pakistan was created in 1947, the ancient city of Rawalpindi was selected as a temporary capital. Now under construction, the new and permanent seat of the government, ISLAMABAD (city of Islam), will be modern in every detail.



Never-to-be-forgotten
are the strange sights and
sounds, of a bazaar such as this.

The 375 mile flight from Rawalpindi to Gilgit, is said to be the most dangerous airplane flight in the world. The jagged walls of the mountains, only inches away from wingtips gave us the feeling that they would reach out at any moment and tear the wings from the plane.



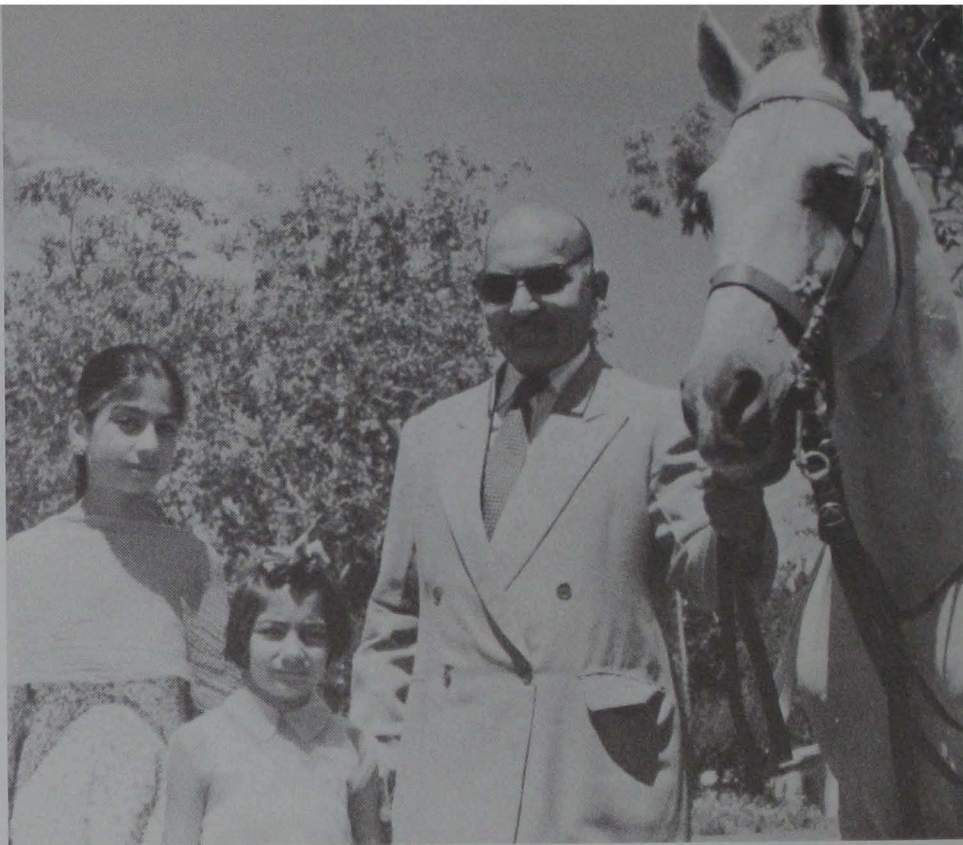


Our DC-3 was forced to fly as high as 16,000 feet to avoid bad weather. The plane was not pressurized and only our pilots were equipped with oxygen masks. The pilots of the Pakistanian International Airlines merit the highest praise for their skill and courage.



Even at this great altitude, a mountain peak towered above us, higher than the clouds themselves—NANGA PARBAT (Naked Mountain), standing in majestic serenity against the clear, blue sky!

After an unforgettable flight, we landed in Gilgit. Habibur Rehman Khan, the Political Agent in charge of the Himalayan region (about 200,000 people) extended to our group all the courtesies at his command. (Pictured with his daughter and niece, and his favorite polo horse.)



Marco Polo traveled this same route in the 13th century on his way to fabulous Cathay, and little improvement has been made in the trail since then.

At dawn, our jeep caravan left Gilgit, the last outpost of civilization, and started the dizzy climb toward the very rim of the world.

Every falling rock, every gust of wind brought a new threat of an avalanche which could have hurled the entire caravan into the icy waters of the river, thousands of feet below. Because of the constant fear of falling rocks, the jeep drivers often refused to stop to let us take pictures.



Time after time the caravan was halted by landslides that completely covered the trail. Everyone dug in to help repair the road by hand. On one occasion, we were forced to spend the night on the trail, perched precariously on the edge of a precipice without food or water. The fabled strength and stamina of the Hunzakuts were demonstrated in their superhuman efforts throughout the night to make the road passable by daybreak.

Our admiration for the ruggedness and dependability of the Willys Jeep increased with each tortuous mile. Since these trails were originally made for donkeys and yaks, not motor vehicles, the turns were barely wide enough for our jeeps. There were no guard rails and no brakes on the jeeps! Getting around a sharp corner was most hazardous, especially when it became necessary to back up to the trail's edge! An alert native stood by, a rock in his hand, ready to jam it under the rear wheel if the jeep started to roll over the edge of the cliff.





Inching our way down the sheer mountainside, we approached the swirling, icy waters of the Hunza River. There stood the only remains of a rope suspension bridge which had been washed away years ago.

Again we were impressed by the ingenuity of the Hunza people as they engineered the crossing of our heavily-laden jeeps on platforms suspended by cables and pulled by men on both sides of the river. The pulleys screeched and the ropes sagged as we laboriously made this dangerous crossing.



Finally, coming over the crest of the last range of mountains, we caught our first glimpse of the beautiful "Queen of the Himalayas"—Mount Rakaposhi. Towering majestically 25,500 feet into the sky, the snowcapped peak sent a rainbow of colors our way as the sunlight glistened in jewel-like radiance on its white mantle. At last, we had reached our "Shangri-La"—the Valley of the Hunza!



Over the centuries, the people of Hunza have learned a basic lesson of practical agriculture. Since there is very little level land in this tiny valley and since the population has gradually increased over the years, it became necessary to find new fields to meet the demand for more food. So, many hundreds of years ago, the Hunzakuts began terracing the sides of their mountains. These small, fertile fields were created, first, by building a retaining wall of stone from four to twelve feet high; and, then, by filling them with silt from the river-bed until the land surface was level. All the work was done by hand and painstakingly the silt was carried up the mountain slopes in baskets from the river thousands of feet below!



Because of the shortage of land, two, and sometimes three, crops are grown on these tiny fields. It is not unusual to see peas and beans being planted in the early spring along with wheat or barley. The peas and beans will ripen and will be harvested before the wheat or barley is fully grown. The mineralized soil is rich enough to sustain this multiple-crop method and still yield highly nutritious foods.

One of the most surprising things about Hunza is the fact that the natural system of irrigation, along with "crop-rotation" and "land-rest" has produced a strain of fruits, vegetables, and grains that are highly resistant to insects and plant diseases. Poisonous plant sprays are unknown in Hunza, and it is seemingly impossible to find plant disease or plant pests at any time of the year.

These fields are regularly enriched with a natural organic fertilizer and irrigated with mineral-rich glacial waters and silt in a most ingenious manner. There are no engineers in Hunza, yet the water system is a marvel of instinctive engineering necessity. This water, or "glacial milk" as the Hunzakuts call it, contains many minerals and has a "pearlized" appearance that makes it look like milk. They rarely drink cow's milk, but this "glacial milk" is an important part of their daily diet. Because of the minerals deposited in the soil from these glacial waters, their fields sparkle when sunlight falls upon them at a reflecting angle.

Following the principles of the Old Testament, the Hunzakuts let their fields lie fallow every seventh year. This practice creates a tremendous hardship for the family whose turn it is to let their land rest. However, the Hunzakuts also adhere to the Golden Rule of "Love Thy Neighbor as Thyself," and during this fallow year, the cropless family is supplied with food by the community in which they live.

These primitive agricultural methods require the arduous labor of men, women, and children from sunrise to sunset, but the happy, smiling, and healthy faces of the Hunzakuts seem to be a more than ample reward for their efforts.





The homes and villages of Hunza are always built on rocks or land areas unsuitable for agricultural purposes.



Since the Hunzakuts have no mechanized farm equipment, all grains are harvested by hand. Every village has a plot of land, levelled and hardened, that is used as a communal threshing floor. A stake is driven in the center of the area; then a group of cows and donkeys are tied together and driven around this stake in a circle, their split-hooves separating the grain from the straw. The Hunzakuts use wooden, hand-made pitchforks to separate the wheat from the chaff. The straw and the chaff is carefully saved and used as feed for the livestock during the long winter months. There is no land available for grazing or growing fodder, and during the summer months, the livestock feeds primarily on the leaves of trees and shrubs. These are meager rations, according to our standards, but the cattle in Hunza seem to thrive on it. The Hunzakuts love their animals, treating them as pets. Often livestock will follow the children around like little puppy dogs.

After being threshed, the grain is stored in a dry place, ready to be ground into flour only as it is needed. The grain is ground in an ancient grist-mill, operated by water from the irrigation system. By this method, the flour retains all of the natural nutrients found in wheat, including the bran and wheat germ.



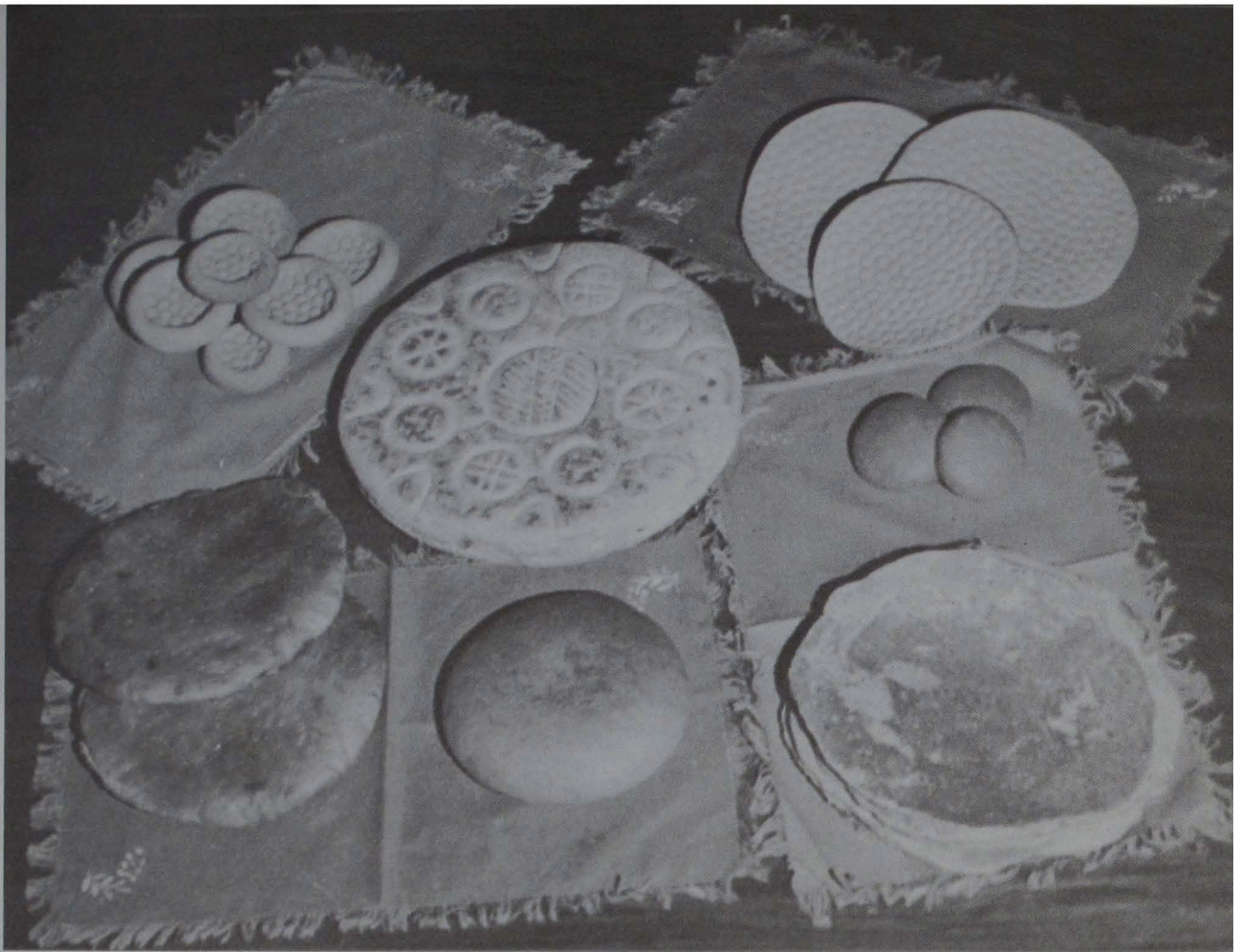


Here in a typical Hunza kitchen, native women are making chapatties, an important staple of the diet, that can be baked anywhere over an open fire by using a flat rock or a piece of metal. Chapatties are an example of the unleavened “staff of life” that is referred to in our Bible. Refined, canned, or processed foods are unknown in Hunza.



The preparation of chapatties* is quite complicated, an art that has been handed down from mother to daughter for centuries.

*Based upon the original recipes obtained from the Rani of Hunza, a prominent U.S. firm is producing these exclusive chapatti mixes, together with chapatti wafers. For further information, the reader is invited to write the authors.



Chapatties, made from wheat, barley, buckwheat or millet, are baked in several shapes and varieties according to the occasion.

Chapatties are delicious, and we could not seem to eat our "fill" of them! The children practically live on chapatties and fresh fruit during the summer months. During the winter, chapatties are equally important in the daily diet, along with dried fruits, vegetables, and their "glacial milk." This photo shows the typical happy, healthy appearance of the Hunza children.



The Hunzas work very hard from sunrise to sunset, six days a week, and burn up a tremendous amount of physical energy. Despite this rigorous life, they eat only two meals a day . . . one in the morning and one in the evening. Wherever they go, they always carry a few Chapatties to renew their strength and energy during the day. Their meals are very simple, consisting for the most part of Chapatties, raw or dried fruits, and vegetables. They rarely eat meat, and when they do,

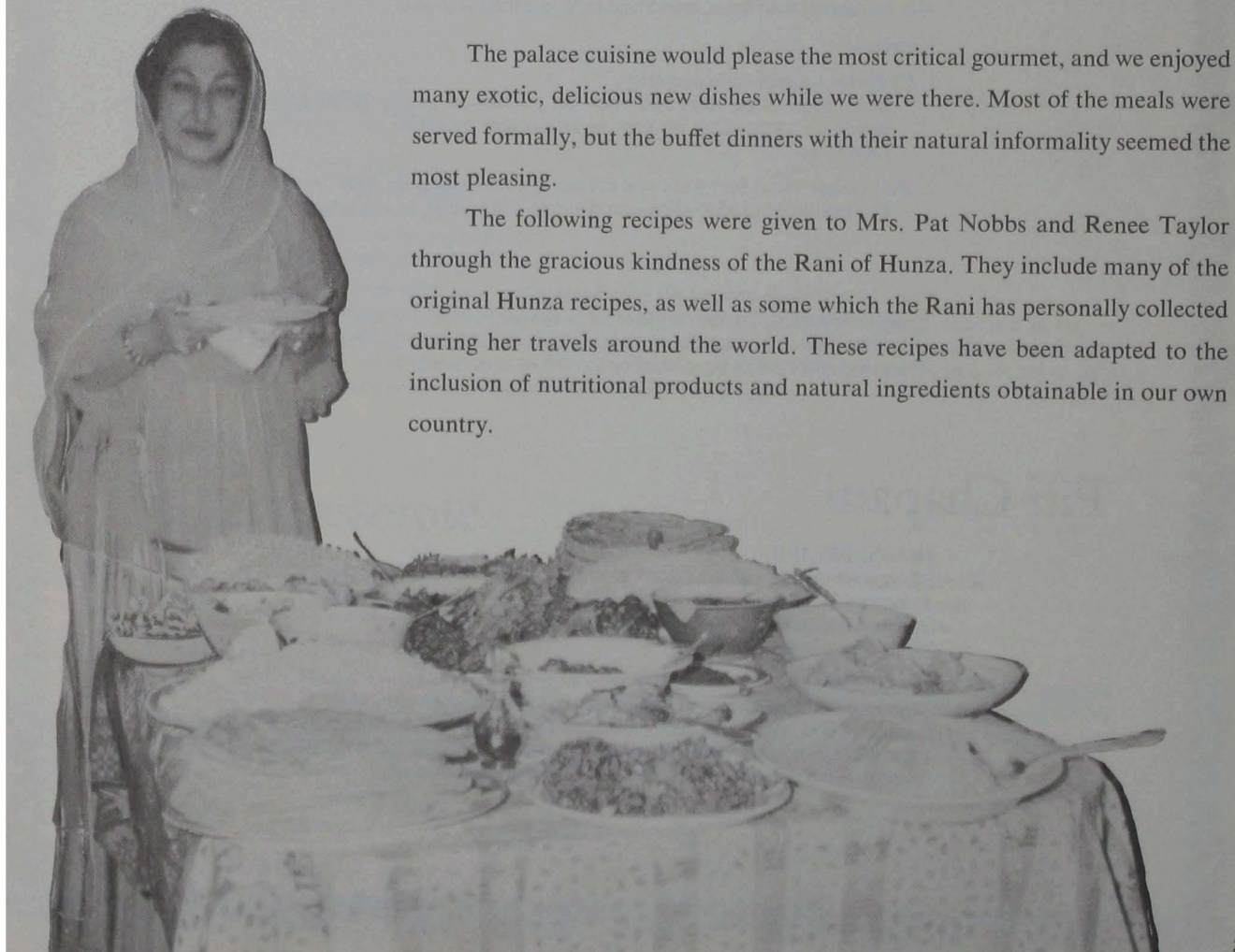
it is in the form of a soup or stew, together with vegetables and grains.

Compared to the variety and quantity of foods the average American thinks he needs each day to survive, the Hunza diet is extremely frugal. Excess weight is unusual among the people of Hunza, and good teeth, sturdy bone structure, excellent eyesight, normal digestion, sound hearts, and a general condition of perfect health are the *rule* rather than the exception in Hunza.

Recipes

The palace cuisine would please the most critical gourmet, and we enjoyed many exotic, delicious new dishes while we were there. Most of the meals were served formally, but the buffet dinners with their natural informality seemed the most pleasing.

The following recipes were given to Mrs. Pat Nobbs and Renee Taylor through the gracious kindness of the Rani of Hunza. They include many of the original Hunza recipes, as well as some which the Rani has personally collected during her travels around the world. These recipes have been adapted to the inclusion of nutritional products and natural ingredients obtainable in our own country.



Kamali—Plain Chapatti

(BASIC RECIPE)

2 cups whole-wheat flour (stone ground)
½ teaspoon vegetable salt or sea salt
¾ to 1 cup water

Blend flour and salt together. Stir in just enough water to make a very stiff dough. Knead dough on a lightly floured surface until smooth and elastic. Cover with a wet cloth; set aside for 30 minutes. Break the dough into one inch balls, and roll out into very thin rounds, about 8 inches in diameter. Bake for 10 minutes on a hot, lightly greased griddle over low heat; turn often. It makes 20 chapattis.

Kalchar . . . Small Chapattis

2 cups of whole wheat flour (stone ground)
¼ lb. of margarine (rich in unsaturated fatty acid)
½ cup buttermilk
½ teaspoon mineral sea salt

Mix margarine with flour, then blend milk in a little at a time.

Variations:

1. Chapattis on grill—thin and crisp.
Roll dough paper thin and cook on pre-heated griddle. It is excellent served with salads or soups. Can be kept in an airtight container and it will remain crisp for future use.
2. Roll dough about ¼" thick and cut out like small biscuits. Bake in oven in greased pan. Pre-heat oven to 350° then turn down to 250° and bake until done.

*The Hunza stone-ground flour contains more bran than our usual flour. Therefore, the consistency might be different and it is advisable to add some bran flour to the mixture. Also they do not use salt, as their food is full of natural minerals. Our taste requires flavoring of food. We suggest using sea salt or vegetable salt.

Piti-Chapatti

(BASIC RECIPE)

2 cups whole wheat flour (stone ground)
¾ cup milk and luke warm water
(half-and-half to equal the ¾ measurement)
½ teaspoon vegetable salt
¼ cup saf-flower oil

Mix flour with milk and water, add oil and salt. Make into a dough and roll out to a ½ inch thick loaf and bake in a 350° oven (pre-heated). Mix dough thoroughly, stirring mixture by hand. The longer you stir the dough, the more you develop the gluten in the flour and the more elastic it will become and the lighter the bread will be.

Cheese Chapatti

½ cup whole wheat flour
1½ cups buckwheat flour
½ teaspoon baking powder
½ teaspoon vegetable salt
¾ cups buttermilk
2 eggs
2 tablespoons sweet butter or preferably saf-flower oil

Sift flour and then add salt and baking powder. Pour into a bowl, add buttermilk and melted butter or saf-flower oil, beat egg yolks and add . . . then blend dry ingredients and beat the batter until it is smooth and elastic . . . add the stiffly beaten whites of the eggs. Bake chapattis on a medium hot griddle following customary rules. Makes 8 large chapattis.

Filling:

Blend 2 cups of cottage cheese with buttermilk until smooth, add vegetable salt to taste. Lay out one chapatti and spread cheese all over, cover with another and repeat till all are used. Let stand for 2 hours then cut like a cake and serve.

Millet Bread

1 cup millet flour
1 cup grated golden carrots
1 tablespoon honey
1 tablespoon vegetable salt
2 tablespoons corn-oil
2 eggs

Combine in bowl: Millet flour, carrots, oil, honey and salt. Mix well, then stir ¾ cup of boiling hot water into the mixture. Beat the egg yolks well adding 2 tablespoons of cold water, continue to beat and then add to the mixture. Fold in stiffly beaten whites of eggs and bake in hot, oiled pan at 350° for about 40 minutes.

Millet Casserole

| | |
|---------------------------------|------------------------------|
| 1 cup hulled millet | 2 tablespoons saf-flower oil |
| ½ cup diced carrots | 1 teaspoon vegetable salt |
| ½ cup diced green fresh peppers | ¼ teaspoon salad herbs |
| 1 cup fresh mushrooms (cut) | ¼ cup whole almonds |

Heat the oil in a heavy skillet, stir the millet and brown slightly. Add the chopped vegetables . . . vegetable salt, and stir for three minutes. Put the mixture into a covered saucepan adding enough water to cover about one inch above the millet . . . add almonds and cook over low heat for 15 minutes, then continue for a while in a double boiler . . . until tender . . . (6 servings).

Millet—Hulled

- ½ cup hulled millet
- 1 cup water
- 1 cup milk
- dried apricots—(soaked in bottled water overnight, just enough to cover the fruit)
- ½ teaspoon vegetable salt

Heat water and milk in top part of double boiler . . . add millet and steam over boiling water for 30 minutes or until millet is tender. Serve hot . . . add apricots and liquid . . . (sunflower seed meal and almond meal or ground nuts can be added). Millet is very nourishing and rich in proteins . . . for a quick breakfast, prepare in double boiler the night before. (4 to 6 servings).

**The Hunzas use Millet frequently, serving with dried apricots or fresh in season. They don't use any sweetening, but their fruit has an entirely different taste . . . if you prefer it sweet, honey is advisable.

Whole Buckwheat Groats

- 1 cup whole buckwheat groats
- 2 cups of water*
- 1 teaspoon vegetable salt
- 2 tablespoons of saf-flower oil
- 1 egg

Heat the oil in a heavy skillet, stir in the buckwheat mixed priorly with the beaten whole egg. Add the vegetable salt and brown slightly, keeping it stirred with a spoon. Finally, add the water, bring to a boil, then reduce the heat. Cover tightly and let cook until all liquid is absorbed. It must never be mushy. Every grain should be separate. (6 servings.)

*Instead of the water you can use vegetable broth in the form of a powder. (The Health Food Stores have a variety of vegetable broth brands.) Pour a cup of hot water over a teaspoon of the powder. It makes a delicious soup and can also be used instead of water in the buckwheat groats.

Hunza Mint Soup

To any broth such as lamb, beef or chicken, the addition of a tablespoon of chopped mint per serving will greatly improve the flavor. Also, blend in some buckwheat groats.

Creamed Spinach

Use 2 pounds of new spinach. Wash it in several waters until it is free of sand. Lift from water with hands and place in a well covered saucepan without adding water. The moisture is sufficient. Cover and simmer over low heat for about five minutes . . . or until it is tender . . . drain well . . . let it cool off and chop it fine, using a board and a knife, or in a blender. Pour 2 tablespoons of saf-flower oil into a skillet and simmer spinach for a few minutes, just to heat it through . . . season with vegetable salt to taste . . . remove from the heat . . . stir in slowly one cup of Yogurt and ¼ lb. of ground almonds. Sprinkle with fresh chopped parsley. (4 servings.)

Hunza Spinach in Chapattis

Prepare spinach by the same recipe as above . . . add 1 cup chopped mushrooms sauteed in 2 tablespoons of saf-flower oil. Blend with spinach. Make thin chapattis (see recipe, page 24), or use a ready mix*. . . place a large tablespoon of the mixture on each chapatti. roll them and sprinkle with grated raw tillamook cheese, or place a slice of cheese on top . . . then broil** them for a few minutes until the cheese is melted.

*Whole wheat stone ground READY MIX is available in your favorite Health Food Store, and your market.

**An electric stainless steel low temperature skillet can be used instead of a broiler, keep lid-covered at all times.

Hunza Spinach Curry With Meat

2 pounds spinach, wash and drain. Chop it fine and let it stay for a while. Shortly before serving warm the spinach including the juice in a double boiler . . . adding 1 teaspoon vegetable salt, 2 teaspoons curry powder . . . cook slowly over low heat for about 5 minutes . . . add 2 tablespoons of saf-flower oil and ¼ lb. ground almonds . . . mix well.

In a saucepan filled with water, place 2 lbs. of finely cut pieces of lamb (shanks). Add 2 carrots (quartered), 3 stalks of celery (cut in 1" pieces), 2 onions (quartered). Cover with a lid and cook over low heat . . . when meat is practically done and very little water is left, take out the vegetables which were added for taste only, but are not used. Now blend in the spinach curry and serve hot. (6 servings.)

Hunza Eggs in Spinach

Fill a buttered baking dish with creamed spinach (see Creamed Spinach recipe). Press hollows in the spinach with a large spoon. Break one egg into each hollow. Season with vegetable salt or seasoning salt . . . place the dish into a pan of hot water in an oven of about 325° for about 10 minutes (until the eggs are firm), sprinkle with grated raw tilla-mook cheese and chopped parsley, keep for another minute in the oven until the cheese is melted, add chopped parsley before serving. (4 servings).

*This dish can be baked in an electric skillet.

Plain Omelet

2 eggs
3 tablespoons of cold water

½ teaspoon vegetable salt
1 tablespoon of saf-flower seed oil

Beat egg yolks until well blended, add water and vegetable salt.* Beat stiffly the white of the egg and add to the mixture. Heat the oil in a skillet over low heat . . . then pour the batter into it. Cover with a lid . . . after a while lift the edges to permit the uncooked batter to run to the bottom. When the eggs are firm, fold over in the middle and serve hot. (One or two servings.)

*People who are not allowed to use salt, may omit, as eggs taste very good without salt. Especially if you can find mineralized eggs.

**The same recipe can be used in combination with many fillings, such as mushrooms, chicken livers, shrimps, cheese, tomatoes, or a combination of chopped vegetables . . . all these ingredients are prepared in the usual manner. When the omelet is ready, before folding it, spread a generous amount on one side of the omelet, then fold over and serve.

Fluffy Omelet

1 egg
1 tablespoon water
2 tablespoons of *Yogurt*

½ teaspoon vegetable salt
1 tablespoon saf-flower oil

Beat the egg yolk well, add the water and salt, continuing to beat.

Then add *Yogurt* and blend well . . . fold in the stiffly beaten egg white. (Follow the same method of cooking as plain omelet.) When the top is set, fold the omelet in the middle with a spatula, turn off the heat . . . top it with a few slices of cheese. Let it melt under the lid and serve it hot. (Serves one.)

**Another suggestion: Blend ½ cup of cottage cheese with 2 tbs. of *Yogurt*
. . . mix well and add chopped parsley. Before folding the omelet spread cheese on one side and then fold over. Keep it under the lid for a few minutes, but turn the heat off.
(1 serving.)

Hunza Lamb Stew

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| 2 pounds of lamb shoulders | 1 tablespoon lemon juice |
| 1 quart of water | 10 small onions peeled (onions can be omitted) |
| 1 tablespoon vegetable salt | ¼ lb. mushrooms, sliced |
| 3 small carrots—sliced | 2½ tablespoons saf-flower oil |
| 2 stalks of celery—diced parsley, bay leaf and sprig dried thyme, tied together in a bundle | 1 cup of Yogurt |

Cut lamb into small pieces, cover with water, bring to boil, then skim off all excess fat . . . add the vegetables and the bundle of herbs. Cover with a lid and cook over slow heat for about 30 minutes, or until the meat is tender.

Sauté the mushrooms in oil in a separate pan for about 5 to 10 minutes. Add the mushrooms to the meat, there should be sufficient liquid (about 3 cups) in the stew . . . add vegetable salt . . . beat the Yogurt with 1 tablespoon lemon juice and pour in some of the hot gravy, mixing it briskly. Then add to the meat . . . cook for a few minutes below boiling point—always cook over low heat—before serving sprinkle with parsley. (6 servings.)

Hunza Golden Brown Lamb Pillau

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|----------------------------|-----------------------------------|
| 1 pound of brown rice | ½ cup of saf-flower oil |
| 2 teaspoons vegetable salt | 2 pounds of meat (lamb) |
| Enough water to cover rice | 2 large onions (could be omitted) |
| 1 lb. of carrots | |

Cut onions finely and brown in oil. Blend in carrots cut into squares. Keep stirring for about 10 minutes over low heat . . . add meat cut up into fairly small pieces and cover with water. Let it cook until the meat is done. Keep it covered all the time . . . take out meat only, strain soaked rice and add to the soup. After ½ hour, add the pre-cooked meat and cook a little longer, covered with a lid.

Hunza Cutlets

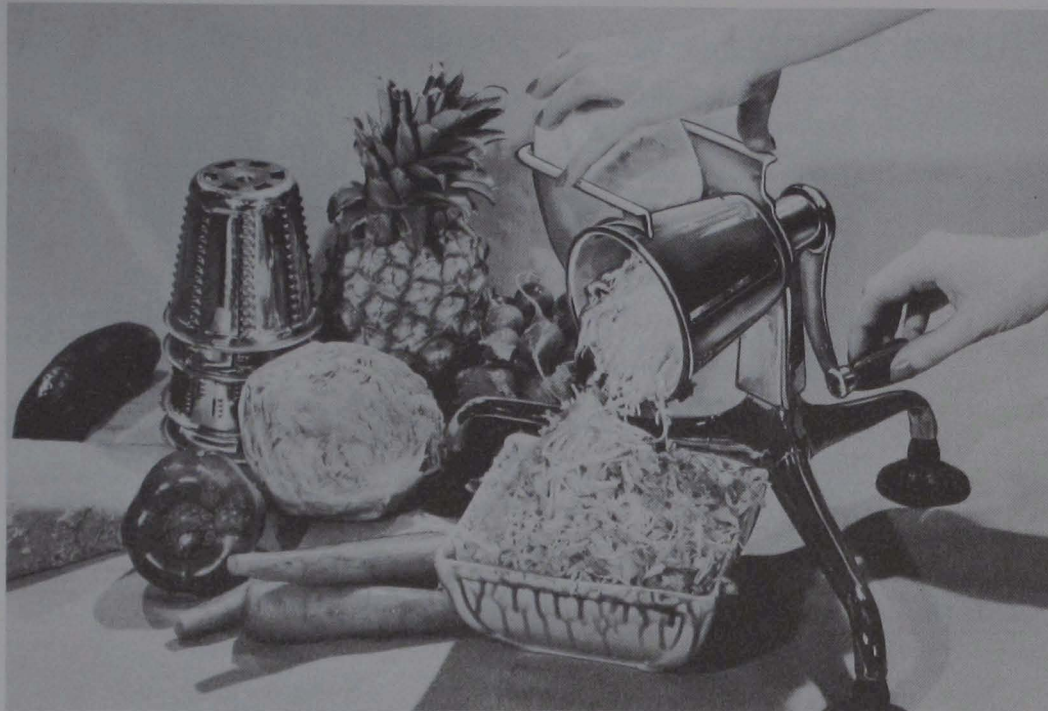
(A BASIC RECIPE)

- | | |
|---|---------------------------|
| 1 pound of minced meat— beef, lamb* or veal, but no pork | 1 egg |
| 1 cup of water | 1 teaspoon vegetable salt |

Mix meat well with the water. Beat the egg yolk and blend with the meat. Add the vegetable salt. Mix well. Beat stiffly the white of the egg, and blend with the meat . . . makes three large cutlets or four smaller ones . . . pre-heat the skillet, place cutlets in without fat, cover with the lid and cook over low heat for 5 minutes. Pour off the excess fat and continue to cook still over low heat, turning the cutlets, browning them on both sides. After a while pour off some more fat. The meat should not get the excess fat at any time. (Serve hot.)

*The Hunzas use mostly lamb.

This is a Jim Baker's famous "Swinger" served at his Sunset Strip "Aware Inn."
12 oz. ground sirloin tip, 1 egg yolk, 1 heaping tablespoon of chopped onions, green peppers, tomatoes, raw tillamook cheese, olives
Mix well and make into a patty . . . broil



Spring Beauty Salad

1 head of lettuce—cut up
1 bunch of radishes—cut
1 cucumber—cut
½ cup alfalfa sprouts
Diced celery
1 shredded green pepper
3 shredded carrots

*Salad dressing:**
(basic proportion)

2 tablespoons saf-flower oil
1 tablespoon apple cider vinegar
1 teaspoon honey
1 teaspoon vegetable salt
Juice of whole lemon

Mix well and pour over the vegetables.
(6 servings.)

Mix the ingredients well in a salad bowl, blend salad dressing, then top with slices of avocado, tomatoes, sprinkle with alfalfa sprouts, and decorate with halved hard boiled eggs, or strips of cheese, or both.

*Salad variations can be used with any kind of raw vegetables with the suggested salad dressing recipe.

**The HUNZA people eat a great deal of raw vegetables. The dressing is prepared of grape vinegar and apricot oil, which has to be replaced with other oils in our country, as we do not make apricot oil. (We recommend the unsaturated saf-flower oil for cooking as well as for salad dressings.)

Papaya Dressing Carrot Pineapple Dressing

1 Papaya
1 Avocado
Juice of one orange
Juice of half a lemon
½ teaspoon salt

Blend all the ingredients in a blender.
Use over salads or fresh fruits.

6 oz. olive oil
5 oz. honey
1 pineapple cut up in small cubes
12 oz. carrot juice
1 avocado
½ teaspoon cinnamon
1 teaspoon vegetable salt

Blend all the ingredients in a blender until smooth. Excellent for salads or fresh fruit.

Apricot Whip

1 package of dried apricots, wash and then soak overnight in bottled water.* Sweeten to taste with honey (1 tablespoon or more). Place soaked apricots with the juice into a blender until the consistency is smooth. Add 1 cup of cold Yogurt whipped with a fork and serve at once. (4 servings.)

*Choose a natural deep well water, which has not been processed and has retained its natural resources.

Apricot Compote

1 cup of water to ½ cup of honey. Simmer over low heat and then pour hot syrup over halved fresh apricots. Keep in cool place until ready to serve.
Same recipe can be used for all fresh fruits and berries.

Fruit Tart

(BASIC RECIPE)

1 cup sour cream
1 cake yeast (refrigerated square cake)
1 teaspoon brown sugar
2 cups whole wheat flour
¼ lb. sweet butter or margarine
Pinch sea salt

Filling:

1 lb. of fresh apricots cut in half. Place on the crust and top with Yogurt blended with 1 tbs. honey to 1 cup of Yogurt before serving.

Mix yeast with sugar to dissolve it into a paste, blend into sour cream and let it rise in a warm place (approx. 1 hour). Mix flour with sea salt and whole butter until all the butter is blended smoothly . . . combine sour cream-yeast mixture; knead until all mixture separates from the bowl. Toss the dough in pan for about five minutes. If dough is too soft, add a little flour until it is easily handled. Divide into 4 parts and roll to pie crust thickness.

***All fresh fruit and berries are excellent as fillings. The dough will keep in the ice box for future use.

Hunza Apple-Nut Tart

2 apples
6 dates (cut up)
2 tablespoons chopped walnuts or almonds
3 teaspoons of honey
2 teaspoons almond extract, allspice, cinnamon, nutmeg

Roll out dough (basic fruit tart recipe.) Place in greased pie plate (using saf-flower oil). Cut apple into slices and cover the dough. Mix together dates, walnuts or almonds and spices, cover the apples with it and the sprinkle with honey and almond extract. Put lattice dough on top, criss-cross, and bake at 350° until done. (About 30 minutes.)

Yogurt Pie

Grease a glass pastry dish with saf-flower oil, then sprinkle the bottom and sides of the dish generously with wheat germ.

Filling:

1 cup thick Yogurt
½ pound cottage cheese
1 tablespoon honey
½ cup fine chopped nutmeats

Lemon rind from one lemon
Lemon juice from ½ lemon
Pinch of sea salt

Whip the filling nice and smooth. Pour into wheat germ lined pastry dish and place in refrigerator until served.

Carob Fudge

1¼ cup Carob powder
5 tablespoons honey
1¼ teaspoons vanilla
2 tablespoons Tahini (hulled ground sesame seeds)
½ cup warm water
1 cup chopped pecans or walnuts

Mix Carob powder with warm water into a smooth paste. Add honey, vanilla and Tahini. Blend well in a blender . . . then add nuts . . . pour into a saucepan . . . cool and cut it into squares before it hardens. Makes delicious candies.

Lemon Pudding

1 avocado
1 cup shredded coconut
½ teaspoon vanilla
Pinch of sea salt

Juice of two lemons
1 teaspoon grated lemon rind
1 medium banana
3 tablespoons honey

Place all the ingredients into the blender, cover with water. Blend until smooth. Chill in refrigerator.



SUGGESTIONS FOR RECIPES MADE IN A BLENDER

Beet Relish

6 beets
1 teaspoon olive oil
½ lemon—juice
¼ of ½ teaspoon cloves
½ teaspoon cinnamon
Honey to taste (1 tablespoon)
½ cup Yogurt

Blend everything in a blender, add ½ cup of Yogurt. Makes a wonderful drink.

Sunflower Seed Milk

1 tablespoon sunflower seeds
1 cup of water (bottled water)
1 tablespoon honey (more to taste if desired)

Blend in a blender.

Orange Blend

2 oranges, peel just the skin, leaving white membrane. . . Cut up with the seeds together, add 2 tablespoons sunflower seed meal or almond meal, 1 tablespoon honey, ½ cup pineapple (fresh cut up into small cubes). Blend just long enough to mix thoroughly. This mixture is thick, can be eaten with a spoon. (2 or 3 servings.) Excellent for breakfast.

Protein Drink

2 tablespoons protein powder
1 glass of liquid
2 tablespoons concentrate Papaya
½ cup of Yogurt
1 tablespoon of honey

Mix the liquid with Papaya . . . for liquid use skim milk or bottled water. Then add the protein and blend everything together until smooth . . . use a blender for better results . . . before serving add Yogurt and honey to taste . . . any of the commercial proteins can be used. It is a very nourishing drink and excellent in between meals. It may be served as a dessert topped with fresh fruit in season. (One serving.)

A Typical Meal in Hunza

BREAKFAST:

Cooked Millet
Apricots—fresh or dried
Chapattis
Herb Tea

LUNCH:

Salad—Fresh vegetables all cut up and mixed with apricot oil and grape vinegar
Chapattis
Fresh Fruits—in season

DINNER:

Salad
Chapattis
A vegetable stew with millet or barley, occasionally meat is added
Fresh Fruit

In between meals they drink the “GLACIER MILK,” their famous water rich in minerals. The Hunza people seldom eat lunch. Their water is quite satisfactory. They start early to work as they have to go to sleep early. There is no electricity and all other light is impractical to import. It works very well. Early to bed and early to rise.

COOKING AND SHOPPING TIPS

Carob Sweet

The Carob is the fruit of the honey locust, and it has been known since biblical times, referred to as St. John's Bread. Carob can be used in its powdered form in place of sweet chocolate and is an excellent substitute for candies. It is a nourishing food and a natural sweetener. It can be bought in any health food store.

Bread

In Hunza, Chapattis are made out of whole wheat grains, stone-ground fresh daily, and are eaten instead of bread with every meal. They call it the “Staff of life.” It is delicious and it is full of good nourishment. One chapatti is quite satisfactory.

Foods

In HUNZA life revolves around four major foods: Grains, fruit, dairy products and vegetables. Occasionally meat stew and eggs are eaten. Goat's milk and goat's cheese are popular. Lots of raw vegetables and raw fruits are consumed with every meal.

Grape Vinegar

Wash grapes well and place in a wooden bowl for seven days. Mash grapes with hands, then strain through a cheese cloth. Place the juice in a glass bottle and seal well. **KEEP FOR 40 DAYS** before using it.

Grape Wine

Use same method as preparing vinegar, but keep bottles in a cool place for 90 days. When the wine is sweet it is ready. Hunza people drink a glass of wine with every meal. It is quite potent.

Basic Vegetable Recipe

All vegetables served in Hunza are eaten raw or just slightly pre-heated.

All vegetables should be quickly and thoroughly washed and then cooked in the least amount of water at a low temperature for the shortest possible period. Prepare, cook and serve all vegetables immediately. Always keep food well covered and away from light and air. Many valuable nutrients are destroyed by exposure to light and air. Never pour the water in which the vegetables were cooked down the drain. Keep in tightly closed container in refrigerator and use in broths, gravy, soups or in any recipe calling for liquid.

**Heavy three-ply stainless steel cooking utensils don't require any water.

Cooking

In cooking we should bear in mind that the food is necessary to feed the body in order to keep well and alert; not just to satisfy the extravagant taste of the individual. Try to use common sense to make the food tasty, at the same time watching the ingredients which go into the recipe. The kitchen should be considered a laboratory and everything should be prepared scientifically and with great care. Any food prepared with love will taste good and look beautiful. You will find that simple cooking not only takes less time to prepare, but also is less costly and tastes delicious. So start on your new adventure today... never postpone for tomorrow.

The oils, vegetable salts, cider vinegar, pure honey, mineralized eggs, bottled water . . . flour, grains and cereals, suggested in the various recipes, are available at your Health Food Store.

Apricot Oil used in Hunza is made from the kernel of the apricot seed. Many pounds of apricots are needed in order to extract a dram of oil. Therefore it is produced in very small quantities by a company that has the exact formula for it. By writing to me, I'll help you to obtain the necessary information . . . This apricot oil is now being made in this country for *cosmetic purposes only*.

Choose for your household duties a product completely free of soap or detergent. I have been using a product, an all organic lotion concentrate . . . a delightful surprise from today's world of science! It has many useful and helpful applications and contains no alkaline builders, no kerosene, hydrocarbons, or harsh solvents of any kind.

For any additional information drop me a note and I will be happy to be of service and share with you the specialties I personally patronize.

Write to: Renee Taylor, P. O. Box 995, Beverly Hills, California.



Apricots are so important in the lives of the Hunzas that the production of apricot oil has attained the status of a solemn ritual. The entire family, dressed in their finest clothing, gathers on the rooftop to make the precious oil.

One man in each village supervises the apricot trees, which are huge, beautiful and produce unusually large quantities of high quality fruit. It is his responsibility to taste the fruit of each newly-producing tree. He also cracks open the pit and tastes the seed. If the seed is too bitter, the tree is destroyed. The bitter taste of the seed comes from a trace of *Prussic Acid*, which is found in all apricots, and which in larger quantities

is poisonous. By eliminating the trees that produce seeds with an excess of *Prussic Acid*, the quality and sweetness of the Hunza apricots are kept at a high level. Nothing is wasted in this land, and the entire apricot is used. The seeds are an essential addition to the Hunza diet, since it provides the remarkable apricot oil.

Apricot oil contains approximately 30% *Linoleic Acids*, or unsaturated fatty acids. Since it is the only oil or fat that is used by the Hunzakuts, they do not have the problem of getting excessive amounts of fat or oil in the diet.



In the making of apricot oil, first, the seeds are removed from the pits and placed in a hollow rock where they are pounded into a pulp with a long thin stone, an operation similar to the use of a mortar and pestle.

Next, the pulp is spread out on a flat rock and rolled into a fine meal with a stone implement resembling our conventional rolling pin.



Then, the fine meal is placed in a hot iron pot, lightly sprinkled with water, and kneaded by hand, more water being added as it is needed to keep the mass pliable. Finally as the oil begins to separate from the meal, the pot is removed from the fire and set on a slant so that the oil will collect in a corner of the pot. This oil, now in a final stage of extraction, is scooped out with a wooden ladle and allowed to cool. The finished product has a pungent aroma and a rich, golden-brown color.

Apricot oil is used by the Hunzakuts for cooking, salads, medicinal purposes, and it is even used as a cosmetic. Every man, woman, and child puts a little of the oil on their faces, necks, and hands each day as a protection against the ravages of sun, wind, rain, and snow.





PRINCESS NILOFAR . . .
the daughter of the Mir of Hunza.

We were amazed at
the Hunzakuts' soft skin and
lovely complexion.



High in the mountains, where crops cannot be grown, there are a few pastures for grazing sheep, goats, and yaks which supply not only food for the Hunzakuts, but also the wool needed for their clothing. Each village has a "weaver" who works on a primitive, hand-made loom to provide his community with a beautiful, luxurious fabric from which their warm clothes are made. Usually the weaver is also the operator of the grist-mill; he is seldom idle.



A yak



The famous Marco Polo sheep



A few years ago, the Aga Khan built schools for boys in every settlement and staffed them with teachers — all Hunzakuts educated in Pakistan. The boys are taught not only the “three R’s,” but four languages as well: Urdu, the native tongue of Pakistan, Persian, English, and Burashaski, the unique language of Hunza.

Every morning, after standing at prayer for thirty minutes, the boys are given physical exercises for an hour and a half. It was gratifying to see that the Hunzakuts appreciated the importance of maintaining physical fitness. We couldn’t help wondering how all American children would react to this strict regimen of physical exercise every day!

Following a short rest period, the children are marched back to their classrooms for a normal day of “book learning.”



Mr. M. S. Agha, Film Director of the Department of Films & Publications, of the Government of Pakistan pictured here in the middle with two Hunza teachers on each side, in charge of the Baltit school, the capital of Hunza.



The Hunzakuts have great respect for the wisdom of age and experience. Dr. Jones, the philosopher of our expedition, spent a great deal of time in talking to the ancient ones, as they sit outside of the school to help the youngsters.

This drinking fountain of "glacial milk," so ingeniously built for the boys just outside the school, caught our attention. We simply couldn't resist trying it. The cold, nourishing water was like a tonic, and it actually gave us a refreshing, exhilarating "pick-up"!



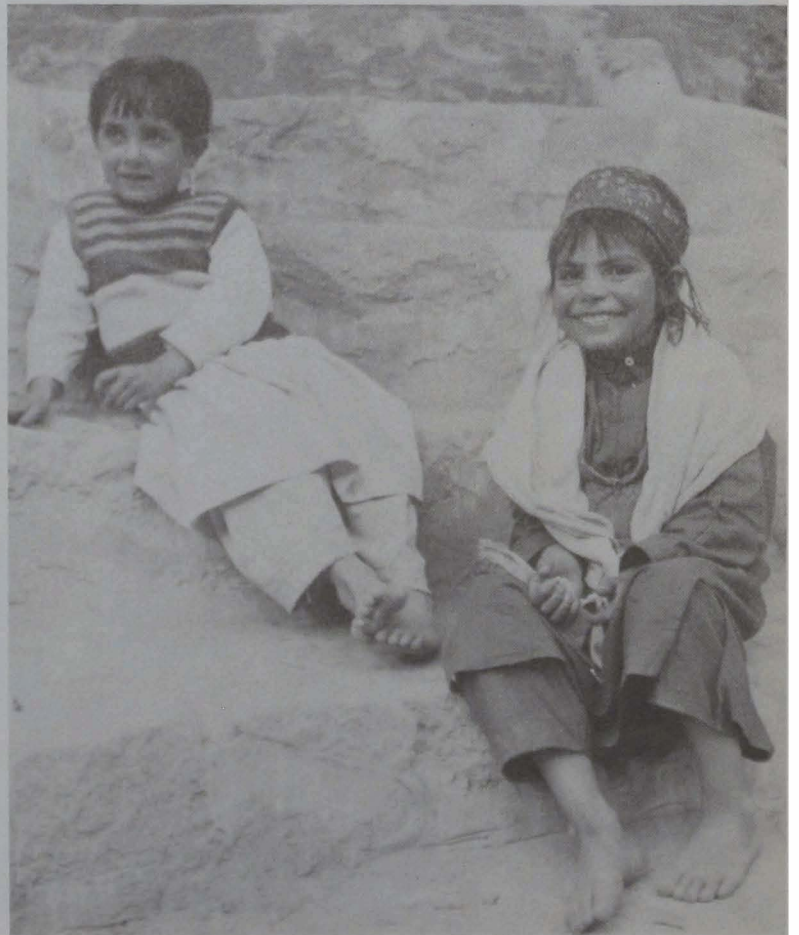
Recently His Excellency Karim, the Aga Khan, established the first school for girls in Hunza. It was indeed a modern innovation! Ancient customs have restricted the activities of Moslem women for centuries, and this first school for girls is a startling change in the traditional social habits of these people.





We were particularly impressed with the wholesome, healthy beauty of the children of Hunza.

Still aware of their traditional position, the girls balked at our suggestion to pose for a photograph. But the beads and earrings we had brought as gifts worked like a charm, and they were soon eager and happy to pose for us. Women are the same the world over!!!!





The old gentleman in the center who is about to hit the ball had dyed his beard a brilliant red. According to custom, it is a sign that he is looking for another wife! These men, all reportedly over the age of 90, are enjoying one of their favorite games, volleyball.



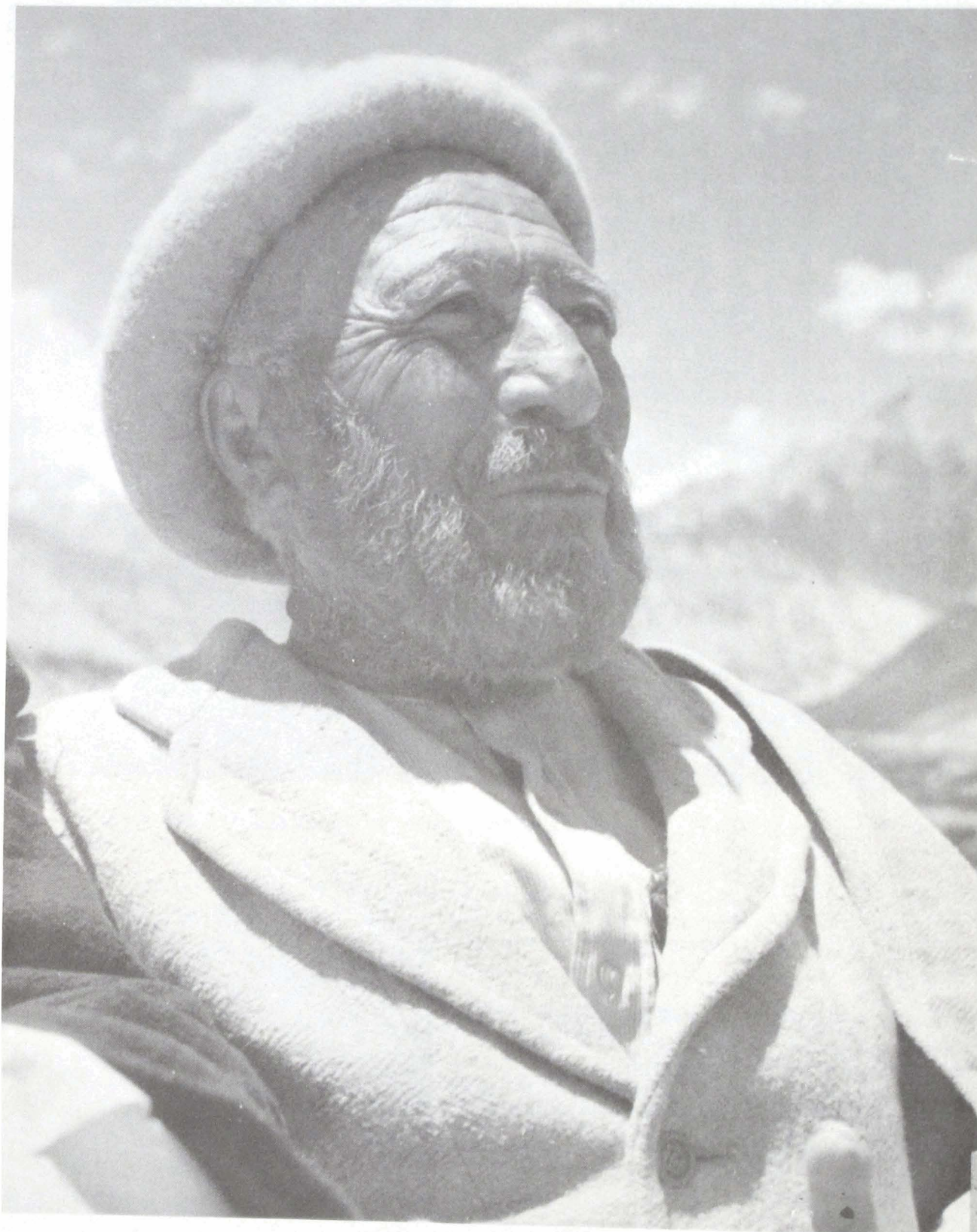
The game of Polo was brought to this area by Genghis Khan and his followers. However, it remained for Marco Polo to give the game its name when he visited the Hunza valley in the thirteenth century. This dangerous, strenuous game is played here without rules or rest periods, the action becoming at times nothing short of ferocious!

The winners of the polo match performing their victory dance before the Mir. The old fortress in the background was built more than 600 years ago.



In Hunza there is a healthy balance between work and play, with all ages actively participating in their traditional games. Archery is one of the most popular. The winner of this particular contest was over 85 years of age!!

This handsome gentleman with the red beard is the headman in the village of Altit, sister-village to the Capitol, Baltit. Legend has it that he was a formidable champion and warrior over a century ago!



December is the month for celebrations! The crops have been harvested and the year's hard work has come to an end. All weddings are performed in the first week of this month. The bride, as well as the other women, are not in the court yard where the men gather for this occasion. However they watch it from above and rejoice with the men in their own quiet manner. Since marriages are arranged by parents, as a rule the bride and bridegroom don't meet until their wedding day.

Marriage in Hunza is a sacred and mutual obligation. Although men are permitted by custom to have four wives, they rarely exercise this privilege because it is economically impossible for a man to support more than one wife. Divorce is uncommon, and married couples seem to share a strong attachment for each other, even though they give no public evidence of it. Since the primary concern of a marriage is to establish a strong and healthy family, they know that they need each other. Concern for the family is shown by the parents' attitude toward their children. A mother nurses her baby for a specified length of time, depending upon the sex of the child—a girl for two years, a boy for three years. During this period of time the husband and wife live together, but they have no relations whatsoever. This is done so that the mother can be sure to nurse her child during the most critical formative years.

Women and girls watch a wedding ceremony from nearby rooftops, since the Moslem faith restricts them from mingling with men at social gatherings.





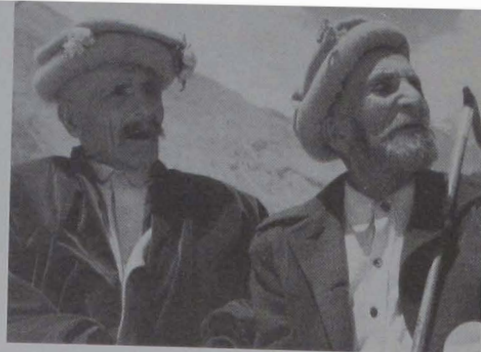
A court session with the village elders in attendance is held daily in the old castle on top of the mountain.

There are no crimes, no police, or juvenile delinquents in Hunza, and the problems coming before the court are generally matters of water or land rights. All Hunzakuts are free to appear before the court to express their grievances and opinions.

The Mir listens attentively to all arguments, and usually withholds his decision until he has heard the opinions of the elders.

Since there are no jails, the fine as a rule is a sheep, a goat, or other valuable livestock. Serious punishment is banishment from this veritable "Shangri-La."

These men, reported to be over 140 years of age, walked 10 to 15 miles to attend the court session, demonstrating their remarkable stamina and sturdy health.



The Mir wearing his ceremonial robes, is attended by the Prime Minister, Wazir Beg (at the left), and a village elder who is reputed to be 120 years of age!



Mr. and Mrs. Mulford J. Nobbs
present at the Hunza court in session.



The Crown Prince, Ghazanfar Ali Khan; the brother of the Mir, Prince Ayash Khan;
and the younger son of the Mir, Prince Amen Khan, attended the court session.

The royal palace is a spacious, substantial, "homey" place. It is equipped with every modern convenience, including a gasoline generator for electricity, a sensitive short-wave radio, a beautiful grand piano (carried into Hunza, incidentally, on the backs of porters, ten at a time, during the reign of the Mir's grandfather), comfortable furnishings, rare china, exquisite silver, and priceless crystal.

Her Highness, the Rani of Hunza, a very beautiful woman, was a most charming and considerate hostess. It would be impossible to fully express our appreciation for the kindnesses which she and the Mir extended to us during our visit.



Hunza is a Moslem country, and the majority of the people are members of the Ismailian sect. Their spiritual leader, His Excellency Shah Karim, the Aga Khan, is pictured with the Mir during his first visit to Hunza. The Ismailians are a liberal sect of the Moslem religion, yet they take their faith very seriously, being a deeply religious people.



The burial grounds of the Mirs of Hunza are atop one of the mountains near the palace, with Mount Rakaposhi standing guard in the background. We heard that the Hunzakuts believe, when a person is buried an angel joins him in the grave to review the record of his life. Thus, all graves are built large enough to be occupied by two people in a sitting position.



The Mir prays at the tomb of his beloved grandfather, Mir Mohammed Nazim Khan, first ruler to bring a reign of peace to the Hunza valley.

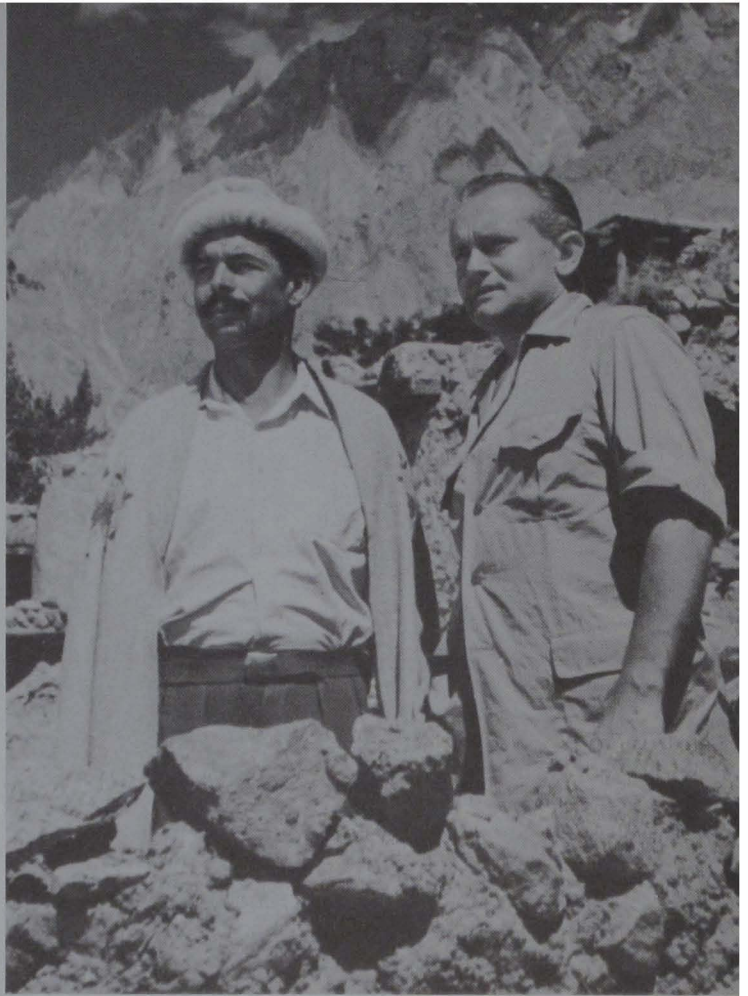


Left to right: Mulford J. Nobbs, The Rani, The Mir (Ruler of Hunza) Mohammed Jamal Khan, and Renee Taylor.

One of the most rewarding experiences of our trip to this "Shangri-La" was the evening the Mir showed us the Koran which has been in his family for over 600 years. It was a beautiful, hand-written book, bound in soft leather and decorated in rich colors. The Mir read to us in Arabic and then translated the message of faith and peace into our own English language. It brought to mind the truth that faith is the great motivating force in the history of mankind. All religions are striving for the same peace and brotherhood of man.

Zygmunt Sulistrowski, producer-director-actor, graduated by "IDHEC" the French film Academy in Paris and trained in Pinewood Studios England, on the productions of "RED SHOES" and "OLIVER TWIST," gained an international reputation for his famous "NAKED AMAZON."

An expert in outdoor movies, he produced and directed "HUNZA . . . THE HIMALAYAN SHANGRI-LA," and "HUNZA . . . THE VALLEY OF ETERNAL YOUTH" with a personal enthusiasm and knowledge that gives the film a fierce authenticity. The same can be said about his photographs, taken in Hunza, which show sections of the country that have never been seen by the outside world.



The Shiahs, another sect of the Moslem religion were mourning the death of a Moslem prophet, Hussein, the grandson of Mohammed, and it was a touching expression of a simple faith. We were privileged, indeed, to witness this religious ceremony that has been seen by very few outsiders.

Summary

According to history, Hunza in the beginning was not a peaceful country. The soldiers who discovered the valley, after deserting Alexander the Great's army, through the years continued to fight in their fashion . . . and they were known as ferocious and dangerous guerrillas whom no one could conquer.

The Hunzas became a terror to the Chinese traders who travelled between Sinkiang and Kashmir. After raiding the richly laden caravans, they found that the high mountains served as a natural fortress, providing protection from the retaliation of their more powerful neighbors.

The present Mir's family has been ruling for over six hundred years. A peaceful way of life began with the reign of his grandfather, Mir Mohammed Nazim Khan, who promised peace to the neighbors . . . and he kept his promise. Now the past is asleep and only here and there a ruin speaks softly of times gone by. In contrast to their rough, warlike ancestry, these people have settled down to a peaceful agricultural life. 130 years of unbroken peace has been enjoyed by the Hunzakuts.

From childhood on, everyone is taught to build a healthy body. Health is considered by these people to be the basic principle of happiness. However, we found their mental attitude and spiritual development at a very high level. None of the fearful conditions exist that have become a byword of contemporary living in the life of our people.

A group that draws together automatically through conscious or unconscious affinity of purpose finds that there is no overlapping of function, no competition, only a thorough conviction that no one can achieve contentment, unless everyone achieves it.

Their cooperation is not planned. It is the spontaneous result of each person's being true to the highest in himself. It is the efflux of selfless behavior.

Day-by-day our admiration for these people grew. The words they spoke were strange to us, but, watching their animated faces, we could feel they were spoken from the heart. Here was the universal language of heart to heart communication . . . a unity of mind and soul, balanced in perfect harmony. They are bound together in the common love that is truly the mother of humanity—the torch that leads the way.

What great truth must the people of this small, remote valley possess to win the admiration of the world for its secret of a happy, healthy, and peaceful, long life? The answer to this question is found in their simple life, their wholesome environment, their hard work, their nutritious food, and their unselfish devotion to the brotherhood of man and to their undying faith in God.

In the words of an ancient proverb:

*"The man who has health has hope,
and the man who has hope . . . has
everything."*





Renee Taylor

Globe-trotter, writer, nutritionist and lecturer, has done research for over 10 years on the health of the Hunza people. She co-authored a recent best seller HUNZA LAND, THE FABULOUS HEALTH

AND YOUTH WONDERLAND OF THE WORLD, published by Whitehorn Publishing Company, Inc.

The book was a result of ART LINKLETTER sending an emissary to Hunza to bring back a report for his PEOPLE ARE FUNNY SHOW. As Art Linkletter, who wrote the introduction to HUNZA LAND book, said, "no other subject has created such wide interest on my program as the story of the health and long life of the Hunza people."

But a book can reach only a limited number of people, while a motion picture can enlighten millions. Consequently, Miss Taylor interested Mr. Mulford J. Nobbs in joining the Expedition to Hunza, and in financing the project. To him goes her deep appreciation and thanks for his professional help in writing with her this pictorial story of the fabulous Hunza.

Her journey was the fulfillment of a dream; her current lectures before clubs, conventions and schools on this subject, are exciting events. She presents a refreshing change-of-pace from the usual stress and strain of our every day complex world.



Mulford J. Nobbs

Co-author of this book, has long been a prominent figure in the business and financial world. He owns a variety of successful business enterprises and has spent much of his life as a student of nutrition

and philosophy. He has lectured on these subjects to large audiences throughout the United States and Canada.

The expedition to Hunza fulfilled a life-long desire for Mr. Nobbs, and his keen observation and instinctive sense-of-values are reflected in the foregoing pages of this book.

Actually photographed in HUNZA...the Valley of Eternal Love and Peace!

★ NO CRIME ★ NO JAILS ★ NO JUVENILE DELINQUENCY ★ NO DIVORCES

