

Pat Robertson's Secret Ingredient

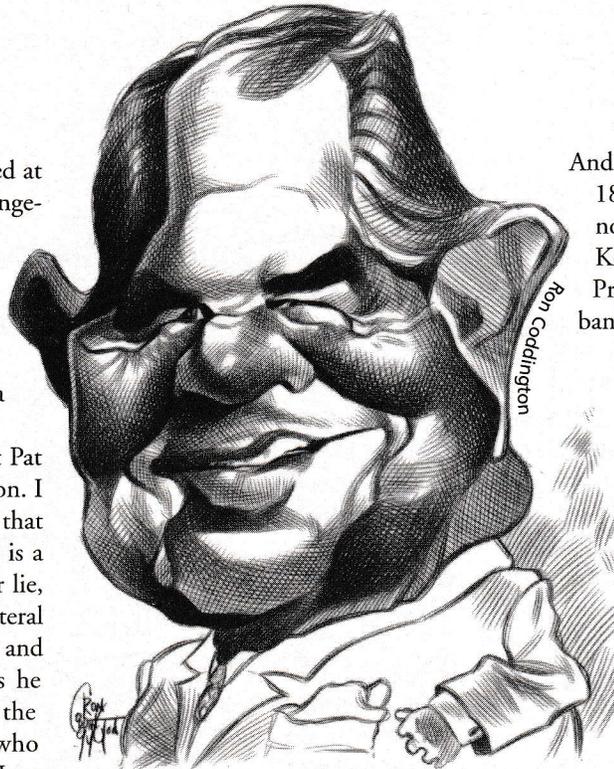
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Like many people, I was amazed at the announcement by televangelist Pat Robertson that he could leg press a ton. At first, I thought this must be an error in converting English to metric units, but a ton (two thousand pounds) is almost the same as a tonne (one thousand kilograms).

So I was stuck with the fact that Pat Robertson can, indeed, leg press a ton. I did not consider, nor can I consider, that his information was inaccurate. He is a Christian evangelist, and they never lie, or even exaggerate; they stick with literal truth, when they read the Bible and when they speak. Indeed, he is, as he claims, God's spokesman upon the Earth; it was he, after all, who announced God's desire to see Hugo Chavez assassinated.

Robertson claimed that his power came from a special protein shake that he had invented that would stop the process of aging. He claims to have posted the recipe on his Web site, but you have to register to receive this information, something I was unwilling to do. Since Robertson considers the Bible to be the source of all knowledge, I figured that the secret ingredient for his protein shake must be there. Therefore, I decided to investigate biblical protein recipes.

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There are many biblical meat recipes in the Old Testament, for beef, lamb, and goat, and even a little-known passage in the Book of Acts, in which God instructs the apostle Peter to eat pork. But meat is not a good component for shakes. Then, I found Ezekiel 4:9, in which God instructs the prophet to subsist on bread for 390 days. This must be very nutritious bread. The flour contained not only grains (wheat, barley, millet, and spelt) but also legumes (beans and lentils), which are an excellent source of protein. In Daniel 1:8–16, we find that another prophet subsisted on beans and had excellent health as a result. But the mystery remained, since liberal vegetarians eat beans without coming anywhere close to Robertson's almost mythical prowess.

And then, I found it. In I Samuel 18:20–29, we read that David, not yet king, tried to impress King Saul and win the hand of Princess Michal. David's little band of warriors raided enemy villages and brought King Saul the foreskins of two hundred Philistines. This must be the secret, magical protein ingredient: foreskins.

This is just one example of the many ways in which modern science can benefit from biblical insights. Obviously, evolution has to go. But medical science can benefit from the Bible also. In I Chronicles 21:14–16, we read that there was a

plague in Judah that killed seventy thousand men and that it was caused by an angel sent from God, whom David literally beheld over the threshing floor of Ornan the Jebusite. In the four gospels, Jesus healed many people; and in about half of the cases, the healing involved the expulsion of one or more demons. It is widely accepted by conservatives that intelligent design should be taught alongside evolution; but it is obvious that demonology should be taught alongside physiology, and that, as Pat Robertson has shown us, biblical recipes should substitute for scientific studies in nutrition. The biblical literalist restructuring of science has only just begun. □