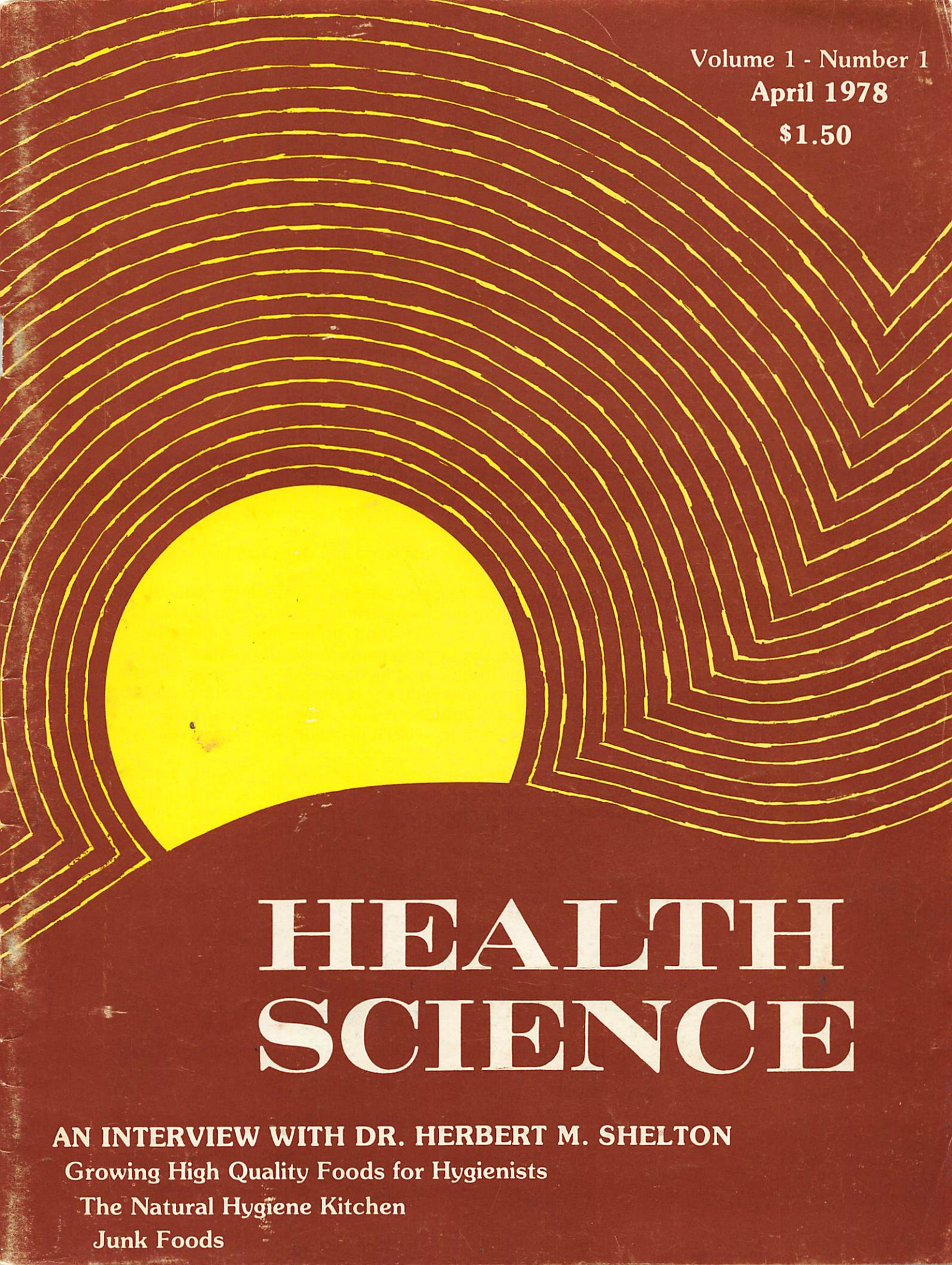




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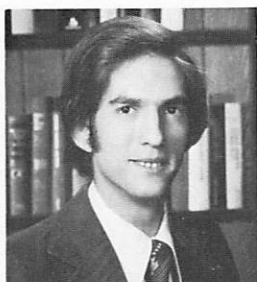
HEALTH SCIENCE

AN INTERVIEW WITH DR. HERBERT M. SHELTON

Growing High Quality Foods for Hygienists

The Natural Hygiene Kitchen

Junk Foods



President's Message

As we enter our 30th year, our Society has blueprinted specific projects to build our membership, expand our publications and greatly broaden our influence on the national scene.

Such an effort demands a dynamic official publication aimed at a wider audience, a first-class journal that will attract the interest of consumers everywhere.

That is the function of this new journal, *Health Science*.

In past years our members were reached with monthly bulletins, pamphlets, booklets and newsletters.

All those communications served a valuable function through three formative decades.

However, we are now entering an area of expansion in membership and influence.

Health Science must reflect this growth to provide the impact we seek to achieve.

What are we offering in this first issue and what may be expected in the future?

As this premier issue reveals, educational features will be the emphasis. You can count on seeing articles on such subjects as fasting, exercise, dental care, and food preparation. Other regular features include a column to consumers, a monthly calendar, and a forum for readers' discussion and feedback.

We shall feature interviews with, and contributions from, prominent professional Hygienists and consumer advocates. However, our pages will also be open to individual members with new ideas, criticisms or suggestions.

It is planned to maintain a number of permanent monthly columns featuring book reviews, food recipes, case histories, sprouting, house plants and letters to the editor, plus other special departments that will develop in response to the desires of our members.

We trust you are pleased with the birth of *Health Science*.

This monthly journal is a most ambitious undertaking.

To insure its success will require the continued interest and support of the entire membership.

Please help us with your observations, suggestions and contributions.

Health Science will be more than the official journal of the American Natural Hygiene Society.

It will be more than a valuable educational tool with diet and living guidelines.

It will be the emblem of your voice and membership in the ANHS, the organization that offers a true program and hope for health seekers everywhere.

Yours in service.

A handwritten signature in dark ink, appearing to read 'Mark A. Huberman'.

ATTY. MARK A. HUBERMAN
ANHS PRESIDENT

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Health Science is the official membership journal of The American Natural Hygiene Society, Inc., a tax-exempt not-for-profit organization, incorporated in the State of Illinois. It is issued free of charge to members.

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Hygiene is the science of health. *Natural Hygiene* is a system which helps people to live in harmony with the physiological needs of the human organism, thereby maximizing health. By supplying the body with the basic requirements of nature—plant food, unpolluted air, exercise, rest, sleep, mental

and emotional poise, wholesome environment, and productive activity—health is assured, the natural immunity against illness is most fully manifested, and the self-healing powers resident within the body are given full reign.

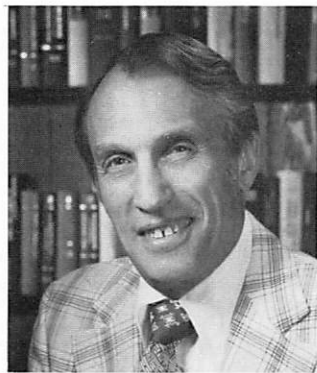
ADDRESS CORRECTIONS

Important: Members, please notify us of your new address at least 30 days in advance of your move. For mail that cannot reach you we must pay expensive return postage rates

(above first class). To prevent delay of ANHS mail, let us know about any errors which appear on your address label. When advising of corrections, clip or copy the label from your latest copy of the magazine. Requests for issues missed due to late notice of address change may be obtained within two months of the issue date by sending \$1.00. Such correspondence should be addressed to: Circulation Department, Health Science, 1920 Irving Park Road, Chicago, IL 60613.

DO YOU REALLY KNOW WHAT YOU ARE EATING?

by Max Huberman



It is a fact of life that many Hygienists, though adhering to a nutritional program emphasizing *live foods*, properly combined, are not always aware of possible hidden hazards on their dinner tables.

Of course, my readers all know that reliance on processed or "convenience" foods is a guarantee of nutritional bankruptcy and a shortened life.

The truly Hygienic home is not only devoid of animal food products and "prepared" food but has no place for the canned, cooked, pas-

teurized and chemicalized, counterfeit foods of any kind. The pantries and refrigerators of those who accept the ANHS credo will not contain TV dinners, candies, pop, condiments, spices, cakes, pies or any other embalmed products of the giant processing, food additive and agri-business complex.

Instead, the Hygienic home abounds with a variety of available fresh fruits and raw vegetables, unsalted and uncooked nuts, edible seeds and sprouts plus dried fruits such as raisins, figs, apricots, dates, etc.

Thanks to Hygienic guidance and our confirming experiences, we have learned that such foods, when properly prepared and combined and consumed in a natural, tranquil atmosphere, will delight the eye, satisfy the taste, please the disposition, while making the greatest contribution to optimum health.

But what do we really know about possible or proven dangers from agri-cultural sprays on those plump carrots and enticing

heads of lettuce or how chemical fertilizers affect that beautiful bunch of celery?

What about *fumigants* on those delicious nuts or waxes on those tempting peppers, cucumbers, apples or pears? Are they really safe?

Do you know if those lovely bright oranges, bananas or tomatoes have been *gassed* as a substitute for normal but slower ripening? What does that do to the nutritional quality of the food?

And what about the *sulphur dioxide* that is routinely utilized to artificially brighten and "preserve" so much of our highly prized dried fruits?

Most consumers convince themselves that they are adequately protected from harmful chemical sprays and food additives by alert and concerned government agencies such as FDA, FTC, EPA, USDA, etc.

How much protection are we really getting?

In the coming issues of the *Health Science*, your *Consumer Corner* will explore

the latest findings on these "safe" chemicals and additives.

We shall also provide updated reports on what is being done and what we can do to obtain more effective government protection for the purity of our foods and the quality of our environment.

More importantly, we shall supply useful tips on maintaining a supply of truly live foods that provide the least risk of being subjected to the aforementioned hazards.

And as we become more informed in such crucial matters, we can better serve the masses of victimized consumers, open their eyes and minds to the truths and logic of *Natural Hygiene*, and bring more grateful members into the ranks of the *American Natural Hygiene Society*.

Max Huberman is a Life Member and former ANHS Director. A well known author and national lecturer, he was the first Hygienist to be elected president (1972-77) of the National Nutritional Foods Association, which represents the health foods industry.

ADVERTISING POLICY

Health Science accepts advertisements that are compatible with the objectives and goals of American Natural Hygiene Society. In so doing we hope (1) to subsidize the magazine, thereby improving quality while minimizing cost; (2) to provide easy access to products and services that may help readers to live hygienically, and (3) to foster enterprises that are in accordance with a Hygienic way of life.

Health Science reserves the right to revise or reject any advertisement with or without explanation.

While Health Science does not knowingly sell space to questionable advertisers, problems which arise between buyer and seller are the concern of the parties involved—not this magazine.

Full liability for the ad is assumed by the advertiser. Offers made are subject to all laws and regulations and are void where so prohibited.

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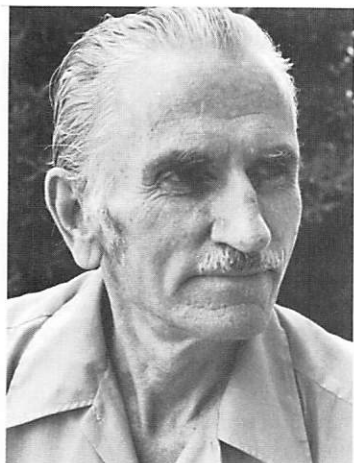
NOTICE TO AUTHORS

Unsolicited manuscripts and art work are always welcome. Submissions should, of course, be broadly relevant to the subject of healthful living and generally consistent with the teachings of Natural Hygiene as outlined in the publications of the American Natural Hygiene Society.

Articles should be well researched, carefully documented and written in an interesting style readable by laypeople. Manuscripts must be typed on 8½" x 11" paper (one side only), double spaced, with one-inch margins on all four sides. Manuscripts will not be returned. Send clear carbon or photocopy.

All correspondence demanding a reply should be accompanied by a self-addressed stamped envelope. Address correspondence to Editor-in-chief, Health Science, 1920 Irving Park Road, Chicago, IL 60613.

EXERCISE...For Fun and Fitness



Benefits of Regular Exercise: Building Energy and Stamina

Bruce Meservey is a member of the ANHS Board of Directors and has conducted the morning exercise class at our annual convention for several years. He has attended several physical fitness clinics and has done considerable research on the best exercise methods. He will write a series of articles giving reasons why we should exercise regularly, and how, where, and when we should exercise for best results.

By Bruce Meservey

"With health everything is a source of pleasure. Without it nothing else is enjoyable. Everything should be made secondary to health."

—Schopenhauer

"A man too busy to take care of his health is like a mechanic too busy to take care of his tools."

—Cicero

Are the stairs becoming steeper? Are life's small problems becoming big? Does life at times seem to be a drag? If the answer is a reluctant "yes," and, if the reader is faithfully following other Natural Hygiene rules reasonably well (diet, rest, etc.), then it must be assumed that he or she is not on a regular and, hopefully, a fairly vigorous exercise program; especially the right kind of exercises

that involve all, or most, of the 600 body muscles.

Our energy needs today are constant and critical. To perform your work, conduct a business, raise a family and take part in social affairs, requires reserves of energy. Many of us are simply not maintaining these necessary energy reserves. Some of us are approaching "bankruptcy"—little or no energy at all.

Natural Hygiene practitioners, and dozens of other professionals, repeatedly point out that lack of proper physical activity leads inevitably to gradual loss of energy—*enervation*. This can lead to physical problems that can eventually become serious. When there is frequent fatigue, Nature simply cannot perform her necessary and abundant duties as she should.

Regular exercise is a must. Even if we eat a maximum of natural foods, and obtain proper rest (including needed fasting) according to the best Hygiene principles, Nature still demands regular and sufficient physical exercise. What we need is not just casual, mild activity, but reasonably vigorous activity that works the whole body, relieves fatigue, lessens nervousness, gives better sleep, and brings true enjoyment of life. This is Nature's promise:

"Give me a few hours of good exercise and I will return to you a more energetic, uplifted, joyful life."

Several years ago my wife and I were on the Natural Hygiene program, but without regular exercise. On my very busy job I had frequent late afternoon fatigue. So we gradually added an exercise program seven years ago. We have not only had no colds, coughs, or sick days in thirteen years, but now we enjoy abundant energy—the key to the good life. My former late-day slumps—the fatigue—gradually ended. Natural Hygiene, including a specific exercise program which I will describe, really worked, allowing full days of sufficient energy and stamina for our busy careers.

Read these articles on exercise carefully. They are based on the viewpoints and experience of our own practitioners and the wisdom of several exercise professionals. We urge you to plan and adopt a regular exercise program *immediately* to prevent major problems, and to obtain sustained good health. Life needn't be a drag. It's up to you.

There are at least three major Natural Hygiene principles: proper diet, sufficient rest and sleep (including needed fasting, the ultimate rest itself) and regular exercise.

These are like the legs on a three-legged stool. Let's not be teetering through life on just two legs. Support your life fully and completely on all three.

What are the results of physical unfitness? Ask yourself if you have any of these symptoms: chronic fatigue, poor posture, digestive disorders, soft protruding abdominal wall, poor sleep, overweight or breathlessness from slight exertion. These problems can be the result of unfitness, and can lead to more serious ailments. Dr. Herbert Shelton has said, "If the system is inactive for a long time it becomes sluggish. The liver is less efficient; the intestines become sluggish; bowel action is subnormal; digestion is impaired. Indeed, all the functions of life are reduced. The weakness and sickness that flow from a life of inactivity—nervousness, dyspepsia, and other evils so common today—attest to the tragic results of this way of life. Many invalids fail to recover health because, although other factors are right, they cannot be induced to take appropriate and sufficient exercise."

The key to physical energy is your blood circulation. Beyond our regular arterial circulation is the capillary circulation—down in the deep tissues of the body. Each person has billions of tiny blood vessels—capillaries—penetrating every part of the muscular and nervous system. When you are not physically active, this capillary circulation gradually decreases, and with it, your energy. It is this *capillary* circulation that we must rebuild.

Dr. Hardin Jones of the University of California made tests on the blood flow of several subjects. His observations are truly eye opening. Using a baseline of eighteen years of age he found that at age twenty-five the blood flow had decreased forty percent. At age thirty-five it had decreased sixty percent. With respect to energy level, then, at age twenty-six the average American is middle aged.

This astounding drop in circulation is due to our sedentary life today. We are a nation of *sitters*. We sit at work. We sit while commuting to work. Even during our offwork hours, we sit—or at least engage ourselves in only a minimum of activity. Sitting has become a way of life

today. There is little of the sustained action of our ancestors. We lack the endurance and stamina so abundant in the more primitive unmechanized countries, where people walk, climb, run, lift, and push—all day long.

Years ago, Dr. Thomas Cureton, former head of the Physical Fitness Laboratory at the University of Illinois, found that **ENERGY FAILS AS CIRCULATION FAILS**. Dr. Cureton has supervised the testing of over 50,000 persons, and has personally taken over 3,000 persons, mostly middle aged, and helped them to rebuild themselves through a regular exercise program. I attended one of the 300 clinics on exercise he has given, and consulted with him personally.

Dr. Cureton tells us "Your life is in danger. Today, the typical American is older physically than his years give him the right to be. Being in less than top-notch shape prevents us from enjoying life completely. By getting out of shape we become susceptible to minor ailments, which in turn are the precursors of serious illness."

"Good circulation," he says, "is the key to maximum health and energy. As circulation fails, energy and health fail. Health, nutrition, endurance, and well-being **ALL BEGIN WITH CIRCULATORY FITNESS**. If we are not physically active, at age 25 this circulation has dropped 40% and at age 35 it has dropped 60%. The results of this decline," he warns, "are poor posture, poor sleep, excessive fatigue, overweight...and eventually chronic ailments."

We need regular physical activity. "The fight," says Dr. Cureton, "is mainly to keep the capillaries open by constantly working the body. Otherwise a person grows old prematurely. He becomes introverted, with tendencies to anxiety, oversensitiveness, mental fatigue. When a person is unfit there is an inability to resist stress and exertion. There is loss of courage and drive, with greater tension."

What are the benefits of a regular exercise program? Regular exercise gradually restores much of this lost circulation and lost energy. It also prevents further loss. Dr. Shelton has said, "Weak hearts, lungs, legs, and bodies may be strengthened by wise physical education. Exercise is

essential to maintain the general health of the entire system. All organs are accelerated in their functions. Metabolism is increased with consequent improvement in the tone and quality of the tissues involved. Exercise is a most valuable means of restoring health. No person should omit it from his health program."

Dr. Felix Oswald has said, "There is not an hour of the day when the practical business of life cannot be performed more easily and pleasantly with the aid of a vigorous body. There is greater strength, increased speed, improved skills, added endurance. Exercise adds to efficiency, and efficiency adds to life."

"Exercise can make you feel like a new person," explains Dr. Cureton. "Very likely you will become more alert and have a sense of being alive. Everything you experience will take on a new meaning. You will be less irritable and jumpy. You will enjoy life more."

"From hundreds of letters and interviews, a persistent testimony bears out... that our exercise program results in a gradual overcoming of digestive upsets, heartburn, acidosis, diabetic tendency, constipation, headaches, fat, fatigue, hemorrhoids, painful feet, eye watering, and sinusitis."

In addition, only exercise, or some physical movement, can adequately carry the lymph back to the main circulation. Lymph carries with it the waste matter from the tissues. Regular exercise, especially if vigorous, accelerates lymph movement, lessening our body toxemia. Accordingly, we feel better—assuming, of course, other Natural Hygiene principles are also followed.

Dr. Hans Selye, a leading authority on stress, made an instructive experiment on rats. He found that ten rats, allowed to be sedentary, were unable to resist his stress exposure and died. However, ten rats, conditioned by exercise, were well and thriving after a month—in spite of being exposed to identical stress. Selye has become a strong advocate of physical fitness and exercise.

Today most of us are exposed to stress. We would bear it much better on a regular exercise program, combined, of course, with the Natural

Hygiene diet, sufficient rest and sleep, wise emotional expression, sufficient sunshine and pure air, and occasional supervised fasting.

SUMMARY

1. We need extra reserves of energy today to meet the many demands and stresses of our busy lives.
2. This needed energy is often missing. Most of us are physically inactive. As a result, at about age 35 our energy has gradually dropped to *one-half or less* of what it was at age 18 or so.
3. The cause of this drastic energy drop is our sedentary life. As a consequence our blood circulation drops and with it our energy slumps.
4. The symptoms of our unfitness are: persistent fatigue, nervousness, poor sleep, overweight, periods of indigestion, anxiety, among others. We tend to live lives of "quiet desperation." Even our Natural Hygiene diet and regular sleep suffer because of this enervation.
5. We must exercise regularly, to rebuild our energy supply and give us adequate reserves.
6. The benefits of regular exercise are abundant, assuming you adhere to all the Natural Hygiene principles: stronger heart, lungs, and body; increased metabolism and improved digestion; sounder sleep; less irritability; ability to cope with stress; elimination of many physical complaints; more energy; in short—better health. As we fulfill Nature's needs we gain true enjoyment of life—something the primitive nations take for granted. A few hours of exercise each week may be somewhat "uphill," but the rest of the week will be "downhill sailing." Isn't that a fair deal? Dedication to the *total* program of Natural Hygiene brings bountiful rewards—abundant and sustained good health. ●

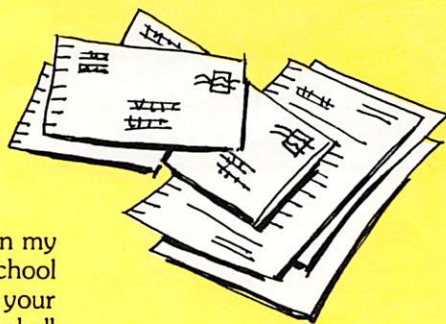
Next issue: The best forms of exercise and physical movements for maximum results.

RECOMMENDED READING

Cureton, Thomas K. *Physical Fitness and Dynamic Health*. New York City: Dial Press, 1965.

Shelton, Herbert M. *Exercise!* Chicago: Natural Hygiene Press, 1971.

READER'S FORUM



I don't think there is much in my experience with the local school system that is new to your organization. However, I shall outline it and you may publish it, if you publish it in its entirety.

Last June when I accepted a university teaching appointment for the fall in Kansas I wrote the advisor assigned to my son's high school class to learn how to transfer his records, register him, etc. One of the forms I was sent was to be filled out with the history of the immunizations it stated he was required to submit to attend school in Kansas.

I wrote the local Superintendent of Education and stated the following points: My son had received most of the required immunizations before I had become aware of the dangers of submitting to them, but that he had received most of them many years ago and that I did not have medical records to verify them; my son opposed immunizations on religious grounds but he refused to "hide behind religion" because he believed in *complete* separation of church and state; I oppose immunizations on moral and scientific grounds. The Superintendent began his letter by stating that I had contacted the wrong office and in summary, his response was that his job was to uphold the law, not to pass judgment on it.

When we arrived in Kansas I presented the school with a notarized statement attesting that my son had received certain of the allegedly required immunizations. The school nurse wrote me stating that he was required to submit to two boosters. I pointed out that he had already had one of them and stated that he refused to have the other. (Incidentally, she was willing to exempt him from having the mass of other immunizations repeated provided a local doctor would accept my notarized statement and verify that he had had them. She would not personally accept it.) I stated that

she could contact the doctor, if she wished, in regard to the immunizations he had had in the past, that I was not going to pay for an office call to satisfy her whim.

I also stated that my son would not submit to the remaining immunization but that I honored his principle of complete separation of church and state and that I would not sign an exemption form invoking that option. This occurred in early September. She stated that he would be barred from school effective September 15 if he did not submit. After talking to me she called him out of class and browbeat him for about 45 minutes to try to get him to submit to the booster shot.

I had, meanwhile, written ANHS, of which I am a member and requested that an exemption letter be sent to the nurse. After she received it she telephoned me, stated that she had showed it to the principal and that he said he was unfamiliar with ANHS and that my son would be barred from school according to the law. I replied that if that were done I would seek a court injunction to keep him in school until the Constitutionality of the law could be tested in court.

This upset the nurse greatly because she knew such laws had been overthrown in some other states. A few days later my son had to take another form by the nurse's office and while he was there she told him it appeared the ANHS exemption letter would suffice to obtain him an exemption. It is now September 29 and he is still in school.

Roger M. Clites, Kansas

According to Grace Girdwain who volunteers her time to prepare letters of exemption for ANHS parents who do not wish their children to be inoculated, Kansas is one of the more difficult states.

This interview was conducted by President Mark Huberman. The questions were prepared all at once and mailed to Dr. Shelton for his reply.

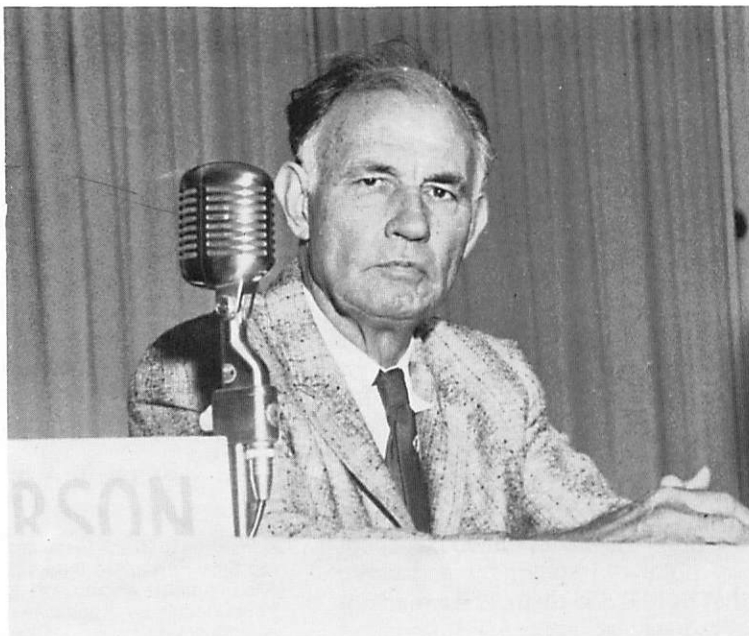
When and where were you born?

I was born in the early morning of October 6, 1895 in a sharecropper's cabin near the little town of Wylie, Collin County, Texas. My father told me I was born during a storm; I've been in a storm most of my life.

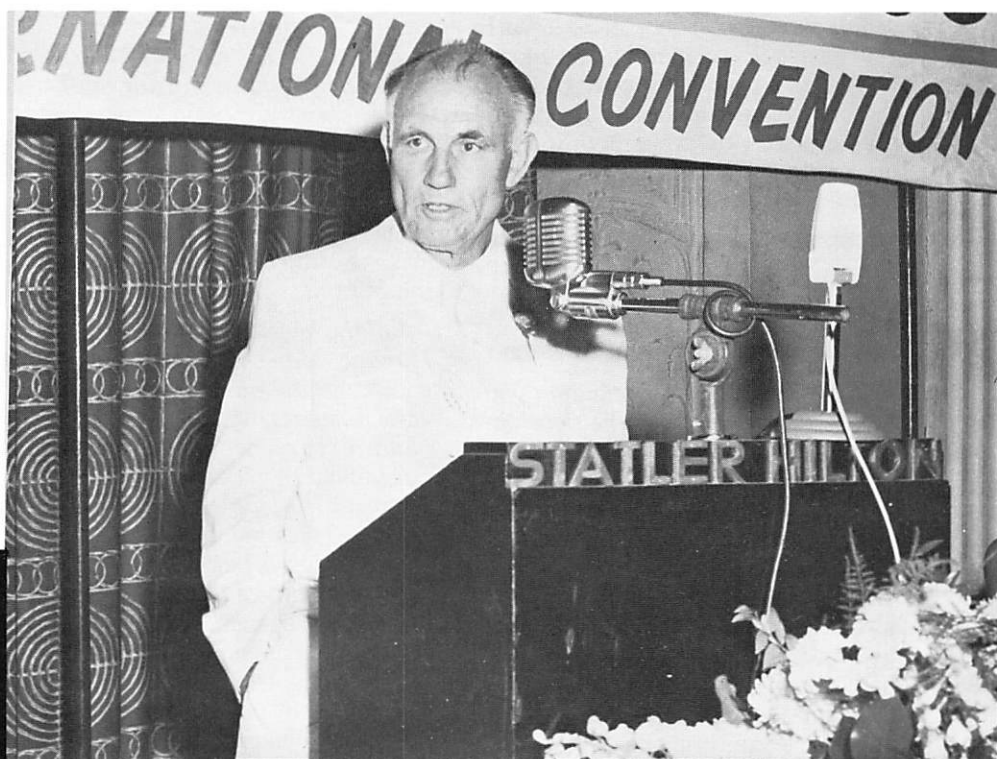
What is your educational background?

I postgraduated from the University of Hard Knocks and left before I got my diploma. I went

An Interview with Dr. Herbert M. Shelton



through the usual brainwashing process of the public school system in Greenville, Texas and revolted against the whole political, religious, medical and social system at the age of sixteen. From the time of this revolt to the present my studies and thinking have been of revolutionary character. I received my first degree, that of Doctor of Physiological Therapeutics, from the Internal College of Drugless Physicians, a school established by Bernarr Macfadden. Following this I took a postgraduate course at the Lindlahr College of Natural Therapeutics in Chicago. From Chicago I went to New York where, after nine months of brainwashing I received two degrees, Doctor of Naturopathy and Doctor of Chiropractic, from the American School of Naturopathy



and the American School of Chiropractic. I then returned to Chicago where I did P.G. work at the Peerless College of Chiropractic. This school

"The most valuable thing I learned was what not to do."

"I am still learning and can see no end to the learning process."

work was accompanied and succeeded by thirty-one months of apprenticeship in four different institutions where the most valuable thing I learned was what not to do.

What pointed you in the direction of Natural Hygiene?

The discovery of a copy of the September, 1911 issue of *Physical Culture* magazine on the newstand in August of 1911, revealed to me for the first time that there was something other than the drugging system upon which reliance could be placed in both health and in sickness. What it said dovetailed so nicely with experiences I had had that I grasped it eagerly and began to pour time and money into my newfound study.

Which of the early Hygienists had the most influence on your thinking?

Sylvester Graham and Russell Thacker Trall, M.D. had the greatest influence in the early direction of my thinking. The next important guides to my thinking were John H. Tilden, M.D. and Robert Walter, M.D. Doctors Isaac Jennings, M.D. and

George H. Taylor, M.D. came later only because I discovered them later. Valuable assistance came to me from William A. Alcott, M.D., James Caleb Jackson, M.D., Thomas Low Nichols, M.D., Charles E. Page, M.D., Elmer Lee, M.D., George S. Weger, M.D. and other medical men who had revolted against the poisoning practices of the medical professions. With the exception of Sylvester Graham and Mary Gove, most of the outstanding men and women whom we call pioneer *Hygienists* were allopathic, eclectic and homeopathic physicians who had tested the poisoning practices at the bedside and found them wanting.

In the schools I attended and the institutions in which I received my initiation in caring for the sick, the importance of treatment was stressed. There was no agreement about which treatment was important. What one man swore by, another of equal prominence con-

"We must avoid cultivating the idea that fasting is Natural Hygiene or that Natural Hygiene is fasting . . . Natural Hygiene is a comprehensive system and not a one idea fad."

demned utterly. In spite of the diversity of opinion and the hopeless disagreement about methods of treatment, they all seemed to be having about equal success, a fact which early caused me to question the validity of any treatment. Dr. Anton Deinninger, Dean of the American School of Chiropractic, used to tell his classes in adjusting: "We do something when we give a thrust. We don't know what we do, but we do something."

During one of his visits to the Health School I told Dr. Alec Burton, of Australia, that I am the world's champion plagiarist, that I had borrowed freely from the writings of all the early *Hygienists*. I called his attention to the saying among literary men that if you borrow from one author that is plagiarism but if you borrow from a hundred authors

that is research. Dr. Burton said to me: "You are not a plagiarist; you are a synthesist. You have taken the works of a number of different men and synthesized a unified whole."

How do you evaluate your own role in the Hygienic Movement?

I am just one of the workers in a vital cause. How I rank in this work others will have to decide. So far as I see myself I am merely one more wielder of a pick and shovel. I do not rank myself as superior to any of my predecessors or contemporaries. I am still learning and can see no end to the learning process.

"Our motto has ever been health by healthful living."

What is the major contribution you feel you have made to the development of Hygienic theory?

My major contribution to the *Hygienic Movement* has been that of resuscitating a movement that was almost dead. Almost alone at the start, I fanned its glowing embers into a fierce flame. In doing this I had to resurrect men and women who had been buried beneath an avalanche of palliatives and cures and revitalize principles that had been forgotten. At the same time I had to repopularize a literature that was being allowed to slip unobservedly over the precipice into oblivion. Today, thanks to my untiring effort and the efforts of those who joined me in the work, men that were dead live again, principles that were forgotten have been refurbished, and a whole literature has been salvaged.

How many books have you written on Natural Hygiene?

Without attempting an accurate count, the books and booklets that have been pounded out from my typewriter range from thirty-seven to forty. This count does not include the books I turned out as a ghost writer for other would-be authors.

What was the first?

My first book was published under the title *Fundamentals of Nature Cure*. The second edition of this

book was revised and published under the title *Introduction to Natural Hygiene*.

Which of your books do you consider the most valuable in expounding the science of Natural Hygiene?

Would this also be the most helpful for someone who knows nothing about *Natural Hygiene* but is searching for its truths? Would this be *Fasting Can Save Your Life*?

I consider my most valuable works to be *Human Life, Its Philosophy and Laws*, Vol. VI of *The Hygienic System*, *Basic Principles of Natural Hygiene*, *Natural Hygiene*, *Man's Pristine Way of Life and Health for the Millions*.

Of my available books, *Natural Hygiene*, *Man's Pristine Way of Life* should be the most valuable to one who is searching for the truths of *Natural Hygiene*. We must avoid cultivating the idea that fasting is *Natural Hygiene* or that *Natural Hygiene* is fasting. It is essential that we keep always before the public the fact that *Natural Hygiene* is a comprehensive system and not a one-idea fad. Fasting is an essential factor-element in a total pattern of life which, in its wholeness, is the only valid means of restoring, as it is the only valid means of preserving health. For the neophyte in *Hygiene*, *Health for the Millions* is paramount.

"I believe I have supervised more fasts than any man now living."

In how many languages have your books been translated?

My book on syphilis was translated and published in Spanish; my book on food combining has been translated and published in Spanish, Italian, French, Hebrew and in one of the languages of India. My book on fasting and a compilation on tumors have been translated into French. There was also one edition of a translation of *Food Combining* into the Swedish language. There may be others, as a new one pops up from time to time.

Are there any of your works that you would like to rewrite or that you are presently rewriting?

I would like to update all of my books, but I lack the time and energy for the work. I am at present revising *The Road to Health by Way of Natural Hygiene*.

Tell us about the founding of your world famous Health School in San Antonio, Texas. (Its date of founding, concept, development, management, services, etc.)

Dr. Shelton's Health School opened its doors to guests on September 1, 1928 and has been in

"Healing is a biological process, not an art."

continuous operation ever since. It started modestly and grew slowly with the passage of time. From the outset its program has been, as the name implies, an educational institution where the students and guests learn by study, by attending lectures and by doing. Our aim has been to teach our students and guests to build health with the causes of health and to cease relying on the practices of traditional medicine. Our motto has ever been *health by healthful living*.

How many guests have received the benefits of the Health School?

No accurate estimate of the number of people who have benefited by a stay at the Health School is possible. The stream of people in and out of the Health School has been composed of individuals from all walks of life, from plough boys to college professors, from the poor to millionaires; people of both sexes, young and old, from all parts of the world, of all races and climes, have poured through its portals at an increasing rate. As the Health School has become better known the demand for its services has increased. Since Dr. Vetrano joined our teaching staff there has been an especially growing increase in the demand for the Health School's services.

How many fasts have you personally supervised?

I cannot possibly answer this question accurately. Suffice it to say the number is very great. I believe I have supervised more fasts than any man now living.

"... if I practice medicine, I am the only man in the state of Texas who does."

How do you respond to the usual charge that by teaching the truths and applications of Natural Hygiene to your guests that you are "practicing medicine"?

Medicine is defined as *the art of healing*. The word and its definition give expression to a fallacy. *Healing is a biological process, not an art*. There is no such thing as an art of healing. Living organisms are self-healing, the process of healing being continuous with life. Every blow, however light, produces a bruise and every scratch, however superficial, produces a wound that must be healed and is healed without the practice of medicine.

In law, the practice of medicine is so broadly and loosely defined that a mother practices medicine when she changes her baby's diaper, gives it a bath or takes it for a walk in the fresh air and sunshine. The only reason she is not hauled into court on a charge of practicing medicine without a license is that she does not receive a fee for her services. I have repeatedly stated that *if I practice medicine, I am the only man in the state of Texas who does*. The same may be said of Dr. Vetrano: *if she practices medicine, she is the only woman in the state of Texas who does*. Another statement I have repeatedly made, which applies with equal force to Dr. Vetrano, is that *I wouldn't practice medicine if I had a license*. By this last statement is meant that if we cannot do good, we will not do evil.

The practice of what is falsely called medicine produces an everlasting crop of untoward side effects, adverse reactions, allergic

symptoms, anaphylactic phenomena, iatrogenic diseases, drug-induced insanity, crowds the courts and jails with drug addicts, fills the graveyard with the prematurely dead, all of these evils the logical and legitimate effects of what Sylvester Graham rightly described as "the deadly virtues of the healing art," especially the healing art as it is carried out by what Graham described as "the drugging craft".

When did you begin the Hygienic Review and what role has it played in the Hygienic Movement?

The first issue of the *Review* was that of September, 1939. At this time *Health Culture* and Dr. Tilden's *Health Review and Critique* were still being published. Shortly thereafter, Dr. Tilden died and his magazine died with him. *Health Culture* folded after about forty years of service. This left the work of spreading *Hygiene* up to the *Hygienic Review*. With the exception of three or four years during which the ANHS published a magazine, the *Review* has been alone in this country as a *Hygienic* periodical. I burned the midnight oil night after night to keep it going, but it has never missed an issue.

"An army of Hygienists will eliminate the need for the professionals."

As founder of the ANHS, how do you evaluate its growth and influence?

Let us get one thing straight: I am not the founder of the ANHS. I served as chairman at the organization meeting; but Doctors Esser, Cursio, Benesh and Anderson were as active in forming the organization as I was. George Boutwell, John Leikert and others took part in the formation of the Society. Although not present at the initial meeting, Symon Gould, Irving Davidson and Jack Trop were zealously active in the early stage of the embryo society. It is not fair to these other men to credit me with founding the ANHS.

The growth of the Society has been disappointingly slow and its influence has not been as great as was hoped. It has reached a point in its development where all of this should be changed. I think we can now look forward to greater growth and a widening and intensive increase in its influence.

As you know, the Society established the Natural Hygiene Press in order to distribute your own works and those of other leading Hygienists. As noted earlier, just one book, your modern classic *Fasting Can Save Your Life*, has sold through our NHP over 400,000 copies. Is this the major effort that the Society should continue to pursue?

The Society should continue publishing and marketing books on *Natural Hygiene*, but its most important work should be that of creating an ever-expanding army of *Natural Hygienists*. To this end lectures, classes, movies, tapes and other means of educating a receptive public must not be neglected.

While we are on the subject of the *Natural Hygiene Press*, do you have any new books in the works?

A new book to be entitled *How to fast* is in the making.

"The complete destruction of our political structure and its substitution by a classless society is necessary for the fullest development of Hygiene."

Would you like to see any of your earlier works republished by the Society?

I would like to see *Basic Principles of Natural Hygiene* made available to the public in a low-priced paperback edition. The NHP has in its possession an addendum to *Rubies in the Sand* and a contract with me to publish a paperback edition of this book. A paperback edition of Vol. III of *The Hygienic System* is about ready to go to press. The panic caused by Mr.

Fry with the able assistance of the Board of Directors of the Society, stopped the work on this book. It is time to resume work thereon.

The Society shares your dream of establishing a Natural Hygiene College to develop new Professional Hygienists and thereby expand the science and practice of Natural Hygiene. How can we best make greater progress toward that goal?

This is a question I cannot answer. I have about concluded that more professional Hygienists is not a worthwhile goal. An army of Hygienists will eliminate the need for the professionals. Professional Hygienists will require a license and a license will put Hygiene under political control, and political control will destroy Hygiene. Hygiene belongs to the people and the Society should bend every effort to prevent it from being monopolized by professionals.

Many professional Hygienists have come from the ranks of the drugless "healing arts" (chiropractors, naturopaths, etc.). Should our Society seek new converts from the ranks of these professions?

It would be more profitable to expend the energy of the Society in making new Hygienists from raw material than to expend its resources to unbrainwash members of the treating cults and convert these into Hygienists. Once a therapist always a therapist, is the almost invariable rule.

It was early members of the medical profession that gave birth to the Hygienic Movement. Despite the strong monopoly that orthodox medicine exercises today, more medical doctors are challenging the "curing" emphasis and concept and stressing nutrition and prevention. Do you see this as a positive trend favorable to the Natural Hygiene Movement?

Those physicians who pretend to go in for nutrition and prevention are opportunists who are drifting with the popular tide. They are still medical men and will dose and drug their patients in the popular fashion.

The national consumer organizations are active in combatting the depletion of our natural resources and the pollution of our environment. Should our society be more involved in the ecology, conservation and organic food movements?

The Natural Hygiene Society should become involved in every genuinely forward-thinking movement, but should beware of all compromises that will impair the Hygienic movement.

"Keep always in mind the fact that no man lives to himself alone, but that he is an integral part of all that goes on around him."

What changes if any must be made in our political structure in order for Hygiene to reach its fullest potential?

The complete destruction of our political structure and its substitution by a classless society is necessary for the fullest development of Hygiene.

We know you have been a constant target of slander, attacks and conspiracies by the orthodox medical and political establishment. Have you ever thought of giving up the fight and treating yourself to a well deserved rest?

Yes, but as you will learn as you grow older, there is no rest for the wicked.

One last question: Do you have any special message or advice for those who join the ranks of ANHS and the Hygiene Movement today?

Yes. Try to acquire a full understanding of the whole Hygiene system and strive to put it into full practice in your daily life. Work for the abolition of all the harmful elements in our environment and in our social system. Keep always in mind the fact that no man lives to himself alone, but that he is an integral part of all that goes on around him. For this reason work diligently in building a Hygienic world. ●

inner strength



A continuing column will be presented here which will be dedicated to the presentation of the best available methods, techniques and attitudes aimed at assisting every person who is desirous of living a Natural Hygiene life and *holding fast* to it in the face of all environmental and social pressures.

Effective psychological techniques and mental attitudes which will lead to a minimum of stress during the unavoidable adjustments in going from deeply-ingrained, conventional habits to the life-style of Natural Hygiene will be presented to make the transition as enjoyable as possible and to facilitate success.

Dr. Stanley S. Bass, N.D., D.C., Ph.C. is in private practice in Brooklyn, New York, where he consults, supervises fasts and guides others to nutritional programs and practices productive of good health.

Dr. Bass began his career with nutritional studies in 1936. He undertook his first fast in 1939 and in 1947 became a Natural Hygienist. He graduated from the New York Institute of Dietetics, The American School of Naturopathy, The Columbia Institute of Chiropractic and the Eastern States Chiropractic Institute.

An original thinker who has contributed much to the philosophy and practice of Natural Hygiene, Dr. Bass is an avid exponent of proper diet, fasting and other facets of the Hygienic regimen for restoring health and maintaining it. He is the author of several publications on the subject and at this time he is preparing a four-book course to teach Life Science and Natural Hygiene to others at the Life Science Headquarters which he founded in New York City, and The Life Science Health Haven in Woodridge, New York, a retreat where he supervises fasting and instructs students and guests in Life Science and Natural Hygiene diet and principles.

How to Solve Problems Objectively

by Stanley Bass, N.D., D.C.

How often do we find it necessary to seek out a good friend whose judgement we trust, who will listen to us as we discuss a problem which we are unable to solve? How easy it is for another person to see where we are in error and to give us sensible advice and guidance. Why do they see things that we cannot see?

The answer is because we are emotionally involved and the intellect has become obscured by our strong emotions which make objective analysis most difficult if not impossible. Since the emotions represent the chief barrier to logical and intelligent analysis which may lead to a successful solution of the problem, how is it possible to be able to see our problem as another person would? How are we to obtain an objective view? The following method, ancient in its origin, has been practiced by several civilizations dating back for

thousands of years. It is a technique which should be practiced by every person who is desirous of putting order, meaningfulness and sanity in his everyday existence. With it he will learn to solve all problems ultimately which may arise if he persists daily in this method. It is the method which I have used for over 25 years and it has never failed me, whenever I used it properly. What is even more important, with this technique, one can make himself or herself completely over, changing personality and even character at will. You will be able to see your error in thinking and behavior as clearly and objectively as if you were studying another person's behavior. As the truth about yourself unfolds, your thinking will become clear and your actions will be correct.

When faced with a nagging problem, it is important to avoid trying to solve it during working hours, where your attention is required elsewhere. Do *not* allow

your mind to flit back and forth, time and time again on the problem. It is wasteful of energy and if continued with deep emotional involvement, it leads to tension, irritability, worry and finally exhaustion. To try to solve a problem when other duties are pressing in, prohibits us from gathering our thoughts together logically and is an unprofitable waste of time and energy and can only lead to frustration. It is best to refuse to consider all thoughts relating to the problem and wait until you are able to be alone and free from the responsibility and pressure of work. Then, when alone in a quiet place, sit in a comfortable chair or lie down and begin your review of the problem, step by step in the ensuing manner.

The following is adapted from Paul Brunton's "Wisdom of the Over-self", (A Meditation on the Past, P. 391-393). To begin, this technique should be practiced at night just before sleep. If this time is inconvenient, it may be done in the morning instead, immediately after waking up, but the power and the possibilities of this exercise will then be notably lessened. After getting into bed and settling himself down, with legs fully stretched out, he must set out to visit the man he used to be and events he has earlier experienced.

He begins to direct his consciousness to the past. He reviews the chief events of the day starting from that very moment and works his way slowly backward from one experience or feeling or idea to another; first through the evening, then through the afternoon and the morning and finally he returns in memory to the moment of his first awakening. He must not however stop even here but must try to recall the dreams if any which he had during the previous night. He should indeed stop this review only when he reaches the mental picture of himself settled in bed and about to fall asleep *the night before*. If he is devoting the morning to this meditation then of course his thoughts will start instead with the night's dreams

and end with the previous morning's awakening. The need of blacking-out all other images which will otherwise intrude themselves, thus defeating concentration, renders it desirable to meditate on images *which are intensely vivid*. Hence he must draw upon the mind's picture-making power to its utmost extent. He need not relive *everything* that has happened during the twenty-four hours which have gone by. It will suffice if he picks out a few major occurrences, activities, contacts and reflections which possess some importance both from a personal and from a philosophic standpoint.

What is essential, however, is to see his own body with its actions as though it were someone else's. He has to behold it working, moving, talking, enjoying and suffering with the same easy sense of being separate from it that he feels when beholding the other figures which enter into the day's life. At the same time he should bring his own deeds and his own thoughts and feelings before the impartial tribunal of his better self for philosophical evaluation. He should adopt a detached attitude to enable him to expose unconscious complexes and hidden motives, to view critically and without favoritism his own dreams, acts and thoughts according to the higher ethical and intellectual demands of philosophy. He should stand spaci-ously aside from his personal life and view it as a thing apart; its excited joyous hours and its tragic unhappy days will then seem much less important as happenings and much more important as tutors to impart philosophical lessons. The exercise therefore requires the strong use of his creative imagination both to retrace his steps and to accomplish this bifurcation of consciousness.

As he calmly surveys the person, treats it theoretically and actually like a separate and different creature apart from himself, and then critically judges its thoughts, feelings, and deeds quite impartially and quite sternly, he creates an

effective means of self-betterment. This will purify his motivation, educate his emotions, strengthen his will-power and improve his mental capacity. Thus the mind's power to create its own pictures and recapitulate the past is utilized to modify his own character in an effective manner. Moreover, the repeated and faithful pursuit of this habit will eventually improve the powers of remembrance too. They will not only begin to yield up during the meditation little details of the past that would otherwise be permanently buried but will also begin to yield its contents at any time of the day when he wants them—and that with a smoothness and readiness not before experienced.

If the person finds that he is still emotionally involved with his problem even though he sees himself objectively acting and thinking in various scenes, there is even a simpler approach he may use at the very beginning which will unfailingly produce objectivity. He should review all the thoughts and actions as though he is seeing *another person* on a movie screen. He should see that person who has a different face and body going through the experiences and thoughts that he has gone through the day before. He should analyze that person's thought and behavior emotionally detached as though he would be giving advice to a friend who requested it. When he obtains objectivity, he should then see himself as projected outwardly. what he will see with this method will prove to be a literal revelation. It takes about 2 weeks of practice before this exercise becomes natural and easy. from there on, the enjoyment of it will increase daily and it will prove to be an indispensable tool to intelligent self-study. It will lead to meaningful and purposeful living each day and in time a great peace will settle upon your heart and mind as your life becomes integrated in all departments—physically, mentally and spiritually. ●



MY STORY



Health and disease are not the lawless processes that people would have us believe. Rather, they are obedient to the laws of Nature.

Observing one's life—one's living habits and the quality of one's life—over an extended period of time is an excellent way to learn the laws of Nature. Patterns that are not so obvious in the short run become clear in the long run.

"My Story" is a precious opportunity to obtain such a perspective—and to do so through the experience of others. We intend to make it a regular feature of the *Health Science*. We hope it will instruct and inspire others to test the principles of Natural Hygiene for themselves.

Readers who have come to appreciate the valuable lessons of Natural Hygiene through experience are invited to share them with the rest of us.

Manuscripts should be addressed in care of this department.

Jo Willard is 1st Vice President of the ANHS; president of the Connecticut chapter; lecturer; and health commentator on radio stations WPKN FM (89.5) and WHUS (University of Connecticut).

The Long But Sure Road Back To Health

By Jo Willard

For me the subject of arthritis has always been difficult to talk about, to recall the suffering and the frustrations. But when it was suggested it might help someone else, I forced myself to relive the bad times and to try to put together the concatenation of events.

It takes a long time to realize we are becoming ill. We become subtly and gradually accustomed to a condition which is less than our potential and we don't notice our decrease in ability or well being. Since most people around us are in the same boat, there are a few, if any, standards by which we can judge our decline. When we wake up it's a pretty discouraging picture.

My cultural and nutritional base was a fairly good one—European. In our family, we were brought up to eat mainly fruits and vegetables. Meat was, at most, twice a week.

Normal desserts were either fruits, nuts or chestnuts. Cakes or cookies were purchased twice a year from Ferraras in New York. It was later in life—when I was thrust into the mainstream of our western culture—that my eating patterns changed.

I was married at least two years before I learned how to make American coffee or pot roast. I married a meat-and-potatoes man whose sister taught me to make gravies with flour. From then on I started to accumulate every well known cookbook. It wasn't long before my taste buds became perverted. Soon I gained the reputation of being a gourmet cook.

My tennis became card games. My swimming became socializing with its accompanying cigarettes, cocktails and hot and cold hors d'oeuvres—served morning, noon and night. All this while I was trying to adjust to a marriage—to so-called wifely chores (janitorial services), to work at a job under great stress and to work in many civic and social organizations where I was trying to save the world. Needless to say my eating, sleeping and exercise patterns were atrocious.

The first hint that something had gone wrong was my need to sleep immediately on getting home. I would lay on the couch and fall off to sleep, miss appointments, and go through the hell of guilt. Earlier signs were constant colds and stomach and colon problems.

My body was giving me plenty of warning but I couldn't understand

the language of my body at that time.

The constant need for sleep was rather strange for me because of my tremendous energy levels. Soon afterwards, I started to drop things and I began to notice pain—first in my hands, then other parts of my body. All this was accompanied by hostility—anger—a low boiling point. No one around me was doing things right any more.

It was sometime before I took the trouble to go to a doctor. By that time, my knees were badly swollen, my fingers looked like little stuffed sausages, and rotation of my head was slow and limited.

Bending became an ordeal. I was sure I was poisoned by some toxin and the doctor was going to give me a pill and everything was going to be fine. Why didn't I do this sooner I thought; what a stupid waste of time. He took his time in examining my joints and all the sundry other exploration. When he said: "You have arthritis," I almost fainted. He might just as well have said the dread word, Cancer.

"To me it meant a slow death — that I had gotten old. My life was finished. He was as honest as he could be in his ignorance and told me there was no cure. . . ."

To me it meant a slow death—that I had gotten old. My life was finished. He was as honest as he could be in his ignorance and told me there was no cure—"but we'll be able to manage the pain". I was to take six little pills each day. They were salicylates he explained. Three days later I called him to tell him my chest and arms were badly broken out. He told me to stop taking the pills. They were

understanding FASTING

Less Difficult than Dieting... it Leads to Health Improvement



by Hannah Allen

This article is the first of a series designed to investigate and discuss the various aspects of this subject and to strip away the mystery of the unknown. An understanding of the potential of fasting will bring to the individual knowledge and power which can lead to health improvement, and introduce him to a new rationale which can lead him away from treatments and nostrums, and toward health independence.

Although fasting for health maintenance, weight reduction and health improvement has been utilized in recent years by hundreds of thousands of people, most medical doctors continue to denigrate the concept, and there are still many people who react to the idea with disbelief and fear. If this valuable health tool were more fully understood, it would be more widely utilized with resultant untold benefit to the populace.

Fasting is nothing more mysterious than a period of voluntary abstinence from all ingestion—except distilled water. Most people find fasting much less difficult than dieting. It seems to require less will power to abstain from food altogether, once you have decided on a fast, than to cut down on frequency of meals, or to limit the amount of food consumed at a meal. A dieter feels hungry all the time, while most fasters lose their hunger altogether after the first day or two.

A new treatment for schizophrenics is hemodialysis—blood purification by kidney machine. (*Time*, 11/21/77)

A much simpler and safer way to overcome schizophrenia is fasting, the method used in 5,000 cases by Dr. Yuri Nikolayev of the Moscow Research Institute of Psychiatry. (*Los Angeles Times* 4/3/72)

Dr. Alan Cott, author of *Fasting, the Ultimate Diet*, has also found fasting successful with his schizophrenic patients.

Many people who were certain they would never desire to fast, nor be able to fast, have found that, under certain circumstances, it becomes a privilege and actually a relief. They may welcome the opportunity to escape from all the factors in their daily living that, in toto, have been causing their pain and suffering, and to enter upon a new era of allowing the body's own healing power to take charge. Those who have experienced prolonged fasts know that people can at times be motivated by drives they were not aware that they possessed.

Most fasts involve no real problems or dangers. When compared to the use of potent drugs and radical surgical procedures, either of which may be life-threatening, fasting is indeed a mild procedure.

Fasts can be conducted more comfortably and with greater peace of mind if the faster has been briefed in advance, and if the faster has an experienced mentor.

My personal fasting experiences, beginning with a 29-day fast in January 1967, have given me a profound empathy with all fasters, and with all those whose suffering could be relieved by fasting. In the almost eleven years that have elapsed since my first fast—in addition to in-depth analysis of my own and my family's fasting experiences—I have diligently probed and investigated this subject, through courses, books, articles, discussions with Professional Hygienists, and snowballing personal contacts and case histories.

It has been my continuing hope that my efforts will contribute to broadening the viewpoints and clarifying the interpretations of fasting experiences and phenomena, to the end that the lay person will find the concept more understandable and acceptable.

During the past twenty years, I have observed a new acceptance of the idea that people must assume the responsibility for their own health, and also an increased motivation to learn how to become competent to deal with this responsibility. Members of the American Natural Hygiene Society are fortunate to have an "inside track" to the availability of this knowledge, through personal contacts, publications, seminars and conventions, and can eventually influence the lives of their families and friends by personal example and through the sharing of this knowledge.

The art and science of fasting, when properly presented, captures the interest of the public, and even those who are skeptical about its efficacy, are often prone to enter into adversary discussions, from which they have been known to emerge at least partially convinced that the procedure merits investigation.

The most common questions confronting advocates of fasting are:

1. What does one eat and drink during a fast?
2. What is the best way to start a fast?
3. How long can one safely fast without supervision?
4. What is the best way to break a fast?

In this first article, brief answers to these questions will be given, followed in subsequent articles by in-depth analysis of many related factors.

Question No. 1: Only distilled water is taken during a fast. The use of any other substance interrupts the fast. The body must deal with, and discard, the minerals and other substances in water that is not distilled. The use of vitamins during a fast, since they are not mixed with food in the stomach, may cause violent and complicated expulsive reactions. I personally saw such a reaction eleven years ago in the form of a crustaceous, widespread and stubborn eczema. The misnomers "juice fast" or "fruit fast" refer to types of elimination diets, which will be discussed in subsequent articles.

Question No. 2: The best way to start a fast is to stop eating! It is sometimes recommended that individuals taper off gradually from conventional diets by eating fruits only for two or three days prior to a fast, or even the use of juices only for several days prior to the fast. In some cases, this period of "preparation" satisfies some emotional or psychological need but there is rarely any psychological necessity for such "preparation". It is sometimes recommended that fasts be started with laxatives or enemas, but Hygienists believe that these procedures are not only unnecessary, but that their effects are frequently harmful and may actually aggravate existing pathologies.

Question No. 3: Usually, it is best to fast no more than three days without supervision. This advice is subject to some modification in individual instances. Some extremely ill people, especially those on prescription drugs, should not attempt a fast of any length without professional supervision. It is my opinion that no fast should be

attempted until after the individual has read about the subject in a good book by a Hygienic author, so he may have some understanding of what he is doing. After such prior reading, he should experiment with very brief fasting periods, such as 24 to 36 hour fasts, before undertaking a two- or three-day fast without supervision.

Question No. 4: A 36-hour fast may be broken on a small monotrophic meal, such as, one kind of raw fruit, and, after several hours, a return to the regular diet. A three-day fast may be broken on small meals of fruit juice or whole fruit the first day, and return to the regular diet the next day. Longer fasts need supervision in breaking them properly. ●

FEASTS FOR FASTERS

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(All are available from Natural Hygiene Press, 1920 Irving Park Road, Chicago, IL 60613.)

FASTING

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REVISING MY THINKING...

Food is not the Whole Answer to Good Health

By Helen Lamar

Helen Lamar has been a Hygienist since the summer of 1972. She has six children and one grandchild. She is a member of the ANHS Board of Directors.

Food is not the whole answer to Health. Not even in the Natural Hygiene Kitchen. I never want to forget that. How much good can a plate of oranges be if your mind and stomach are in turmoil? Will bananas and dates—however sweet—change a selfish disposition? Can the *ideal* diet of raw fruits, vegetables and nuts substitute for late hours and insufficient sleep? Will a crisp, delicious vegetable salad ever take the place of sunshine, fresh air and exercise? And shall we admire the raw foodist without principles or ethics rather than someone who is honest and sincere because he or she doesn't eat like we do?

What kind of foods can be served from the Natural Hygiene Kitchen that will result in emotional poise and tranquility? In what kind of lettuce can we find compassion and understanding? Is it red peppers or green where we find love for one's self and for others? Food alone can never be all these things. It can never be more than a single spoke in a very large wheel. No food, no matter how right, can insure you Health and Good Health is not all there is to life.

Shortly after joining Hygiene's Circle I remember resenting quite strongly a statement I had read among the literature that "there was no such thing as a 100% Hygienist". So for the next two years I ate only raw foods to prove the statement wrong. How naive.

Being a Hygienist is not a hand to mouth existence. Nor is good health a piece-meal affair. Your life is the sum total of everything you think and everything you do. Sometimes we make this a difficult thing to remember when too much emphasis is placed upon one part and we get carried away with the food factor in Natural Hygiene. Why not? Not everyone exercises, not everyone sleeps enough, not everyone seeks daily sunshine, nor is everyone calm and serene. It is not however, assuming too much that everybody eats.

Life doesn't begin or end in the kitchen. And the Natural Hygiene Kitchen is no different. There are no secrets hidden in cupboards, and no panacea's flooding the countertop pointing the way to Health. You won't find anything mysterious and you won't find anything new. You *will* find much that is not generally applied (and one of it's confined to the kitchen).

Most of us already know enough to live better lives. Putting what we know into practice is something else. Some can do it immediately. That's great! Some take considerably longer. That's OK too. For others it's a last resort and that's still "better late than never".

Just as there are laws to explain Chemistry, Physics, Gravity, etc. there are Laws of Life as explained

by a study of Natural Hygiene. That seems to be the most difficult thing for us to believe. Yet all around us we see endless examples proving we do not understand these laws nor can we put them all together. Confirmation is everywhere that the Laws of Life don't get broken—we do. and when somewhere along life's path we decide to improve our lot it is further confirmation that these Laws don't change—we do. Finally when we come to a place where we can put the whole picture together, we see that we didn't unravel the laws, we unravelled ourselves. And that "single spoke in a very large wheel" becomes just a speck in a much larger circle.

Food is not the same as Nutrition! Nutrition is the *digestion, absorption and assimilation* by the body of substances it can use. Just because we put something into our mouth in terms of eating doesn't mean it serves the body as food. Many items called food are nothing more than a concoction of plastic and chemicals. We must learn what the body can use and what it can't. If what we take into our mouth as food cannot ultimately be used by the body to make blood and bone, to make muscle and flesh, to make brain and brawn, skin and teeth, hair and nails, etc. then it's not a food and *the body can't use it*. And whether a "food" is utilized by the body as a substance it can use or eliminated as

a substance it can't use, the processes of both require energy. And it's a great deal more than most of us fully comprehend.

We've discussed much that food isn't. Let's discuss what food is. Viewed from its proper place Food is important. Food is Life in the sense that we must eat to replenish the body of substances it has used up in its daily activities necessary to sustain Life. It insures at the same time the perpetuation of the human race. And food is delicious. Even those things which we know we shouldn't have, taste good—darn it! I know that cheese (as an animal product) is not part of the Hygienic Diet, but I like it. And I eat it and I don't feel guilty about it when I do. Yes, Good Health is important to me but so is cheese. I know it won't kill me and I can live without it, I'm just not ready to.

We are healthy or sick in the exact proportion to Life's needs that we supply or don't supply. Food is only one part. As we come to understand the term "Food" we see that it runs the gamut of being no food at all, to bad, better and best. The *No Food* class contains such things as coffee, tea, soft drinks, alcoholic beverages, salt, spices, and so on. Taking a look at the *Bad* class we see the processed, the denatured, the refined, the enriched, the adulterated, the canned, the pickled and that list goes on too. The *Better* category really is better. Here we see cold pressed oils in place of vinegar and salt, brown sugar instead of white, orange juice instead of chocolate milk, whole grain brown unpolished rice instead of spaghetti or pizza, fresh steamed vegetables instead of canned or frozen, I think you get the picture. The *Best* class may not be more than a star-gazer's dream to you. Nevertheless it can be and has been reached, it is Man's Natural Diet. We have strayed far from it. But it is to our respective Kingdom of fruits and vegetables, nuts and seeds that we are finding our way back. It's easier for some, and harder for others and seemingly impossible for still more. But when we do the best that each of us can, who outside of what we want for ourselves could stand in the light of love and ask for more? Each of us will

go as far as our needs and desires take us. And not until we want to be more will we do more. And that's ok too.

For the good that you can be and the good that you are the following might help you in planning some meals. Good digestion cannot accompany the likes of illness, stress

RECIPES

I have included here a few of the recipes that I particularly enjoy. I hope you will have as much fun with them as I. Please do not hesitate to share your favorites as well. Send them to me in care of this column. We'll publish those that come as close to Hygienic fare as possible. Forget the ones with onions or tartar sauce. We want foods that we can eat, not foods that eat us. Please feel free to write me if I can be of help in any way.

Fruit Bouquet

Red and green apples
Oranges
Persimmons
Pears (variety)
Pomegranate
Ribier Grapes
Green Grapes

Wash all fruit, leave whole and pat dry. arrange as desired in large bowl, tray, dish or platter and top with dates and figs.

Vegetable Bouquet

Bunch of carrots, celery, broccoli
1 egg plant
Cauliflower
3 artichokes
6 medium tomatoes
6 to 8 stringbeans
2 red peppers
2 green peppers

Wash all vegetables, leave whole, dry. Arrange as desired in any shape bowl, platter or dish. Create your own bouquet.

Baked Eggplant

1 medium eggplant
8 medium whole tomatoes (if necessary—2 cans whole tomatoes)
1 green pepper
mild cheese (preferably unsalted, no

or pain; nor fatigue, gluttony or anger. It is best surrounded by companions like wholesome congeniality and poise together with mental and physical comfort. If these become lost or forgotten on occasion they are worth the waiting time it might take for you to return with them to the table. In other words skip the meal or meals.●

preservatives, no artificial coloring)

Set oven to 350 degrees. Wash pepper and whole tomatoes. Remove outside skin of eggplant. Cut eggplant in $\frac{1}{4}$ to $\frac{1}{2}$ inch large slices. Squeeze tomatoes in bowl, set aside. Cut in cube size pieces 1 green pepper, set aside. Arrange eggplant in shallow baking dish followed by tomatoes, green pepper and cheese slices to cover. Repeat layers/Serves four.

MEAL IDEAS

Breakfast

oranges or grapefruit or pineapple or tangerines or melon.

Lunch

red delicious apples and green pears with avocado
bananas and dates with grapes
papaya and kiwi with bosc pears

Dinner

(Protein meal)
romaine lettuce, celery, green pepper, 2 medium size tomatoes, one handful of cashews, steamed broccoli and yellow crooked neck squash

(Protein meal)
red leaf lettuce, cherry tomatoes, string beans, chinese cabbage, one handful of pecans, steamed beet tops and collard greens

(Starch meal—do not include tomatoes);
green leaf lettuce, snow peas, purple cabbage, cucumber, steamed sweet potato or yam.

Note: If salad dressings are used buy cold-pressed oils such as: sesame, safflower, etc. Something even better is to whip up and mix together tomatoes with avocado. Depending upon fluid consistency desired, add or delete some tomatoes.

GROWING HIGH QUALITY FOODS FOR HYGIENISTS

By William S. Peavy

This article is based on a talk given by William S. Peavy at the 1963 American Natural Hygiene Society Convention. Mr. Peavy holds a Bachelor of Science degree in Agriculture, a Master of Arts degree in Education, and a Master of Science degree in Horticulture. He has had a number of articles on soil building and gardening published in Organic Gardening Magazine, Let's Live, Health Culture, and others. In 1957 he conducted a nation-wide lecture tour, speaking to gardening clubs and Natural Hygiene Chapters.

A chain is no stronger than its weakest link. One of the important links in the chain of Hygienic living is high-quality food. Not just food, but *high-quality* food. Therefore, Hygiene cannot work successfully unless you have high-quality food in your diet.

What is high-quality food? How can you grow it?

First of all, it must be free from toxic insecticide residues. Notice that I said free from *toxic* insecticide residues. You might ask, "Aren't all insecticide residues toxic?" Strictly speaking, no. In 1961 a new material was developed which is called an insecticide, but it is a biological insecticide. It leaves no residues, does not harm—in fact, you can eat it, it's so safe.

Years ago, some of you remember, to combat insect pests farmers used to use Paris Green. They used Lead Arsenic, they used Calcium Arsenic. These things were bad because they did leave residues. Apple orchards have been sprayed for the last hundred years, probably, with Lead Arsenic. Lead is always toxic, and arsenic, of course, is poison. Poisons are like drugs: They

do affect cells, they do tend to poison living protoplasm, of which you and I are composed.

In 1939 another class of insecticides came into use, known as the chlorinated hydrocarbons, such as DDT. These were called organic insecticides. Because they were "organic" didn't mean they were good, and they had nothing at all to do with the organic method of farming. It simply meant that they had carbon included in their chemical formula. If you mentioned organic gardening to an ordinary person who had studied chemistry, they would say, "Well, DDT is a compound of carbon, therefore it is an organic insecticide." And they were right. Then they might say, "If I use DDT, then I'm an organic gardener." But of course that's ridiculous, because it isn't so.

In other words, organic is not the same as the organic method. You have to be careful if you have to make your living among the non-believers, so to speak, as I do. We are a little island of Hygiene, you might say, surrounded by a sea of people who don't know and could care less about natural living. I'm sure some of you are in that shape, too. Sometimes we feel like strangers from another planet.

You have to be able to put this thing into a frame of reference which will prevent these people from catching you on a technicality. A lot of people who have studied organic chemistry will point this out. And actually, according to Webster's, it's true, these things are organic, but

they're not organic in the sense that you and I mean by organic.

Those of us who have grown a garden know that insect pests can indeed be a problem. I don't know how you are, but I personally open an ear of corn and if it has a worm I'll eat it, and if it doesn't, I'll throw it away. I like that worm there because it proves to me that it wasn't sprayed. But if we are going to take away the poisonous sprays, what else do we have to offer?

Nature has some wonderful tricks up her sleeve, and she can help us if we learn her ways and cooperate with her. We don't ever *conquer* nature. We have to learn to *cooperate* with her.

Very simply: for every insect pest, there is an enemy of that pest. There are friendly insects and there are unfriendly insects. The unfriendly ones eat our lettuce, they eat our tomatoes, they bore into our apples. But there are other friendly insects that attack and destroy them. We have to learn what these are and work with them.

We have the praying mantis, we have the lace-wing beetle, we have the ladybird beetle and the trychagama wasp. All of these are biological controls: They are insects that eat other insects. They are your unpaid friends that control insect pests.

Another method of controlling insects is birds. If you live in the Eastern United States, you're missing a real bet if you don't try to attract the Purple Martin, one of the most beautiful birds we have, and a

real insect catcher. Once I built a colony Martin house, consisting of two stories, foundation, and a roof. There were sixteen holes, all the way around, and we had sixteen pairs of Martins that year. Every hole was occupied, and they paid their room and board by catching insects.

The mechanical trap is another method of controlling insects. One such means is a light trap, consisting of a fluorescent tube and a fan, which is turned on at night. The light attracts night-flying insects which are largely the bad kind, and then the blade of the fan rotates at a high speed and shreds them up and makes good compost out of them at the bottom.

We have the non-toxic biological insecticide that was introduced in 1961. It's called *Bacillus Thuringiensis* Berliner—BTB for short. You've heard of DDT, well, now we have BTB. It is a preparation made from living organisms and it is dusted or sprayed on fields commercially. It is a safe material that will take care of worms, and certain classes of insects. If you buy from a commercial grower and he tells you he's using BTB, well you shake his hand, don't run away—he hasn't used anything bad. It's a safe material.

The second thing about high-quality food is that it has to be grown in humus-rich soil. This has been proven pretty well and I think most of you are aware of that. You need soil that's rich in humus or organic matter—they're very similar. Don't burn those leaves—it's like burning dollar bills. Leaves are one of the best types of organic fertilizer I know of. And if you have a neighbor burning them, you ought to, if you can, build a wire pen and go out and rescue those leaves and make them into spongy leaf mold. They're excellent for the soil, both for organic fertilization and they have a lot of minerals.

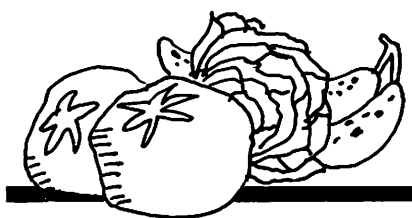
And that is the third thing—high-quality food has to have mineral-rich soil. I think that this is the place that we are slipping most of all. Fertile soil means more insect resistance. It means better food. So if you have a garden or an orchard, or are going to, look into mineralization. Find out how to add the proper minerals in

the right balance. It's not enough to have organic matter or compost or humus, we have to have these minerals, that is of extreme importance.

One of the best materials you can use to mineralize your garden is dried seaweed. Now if you live near the ocean, by all means, have compost and put the fresh seaweed in it and put it in your garden. It has everything in it and there have been excellent results with it.

Fourth, high-quality food has to be harvested at the proper stage of maturity. Bell peppers are a good food. They're in the Hygienic diet and most of us use them. But did you know the difference between a green bell pepper and a ripe bell pepper? When they're green they're not ripe yet, they're not mature. A ripe, red bell pepper has 500% more vitamin C and it's also very tasty, much more tasty than the green bell peppers. So you should learn how to grow them because it will give your tastebuds a treat, and even your neighbor, who probably sprays, will understand when you tell him it tastes better.

When is a banana good and fit and ready to eat? We use three criteria. If they don't have any green at the tips, if they are yellow, and if they have those brown freckles, then they are really ripe and ready to eat. If you get them before the brown freckles



appear, even if the tips are not green and the banana is yellow, it is not really ready because there is still a lot of starch in it and your stomach will have to do a lot more work.

Fifth, high-quality food is eaten fresh from the soil. The ideal thing is to go out and pick a leaf of lettuce or a tomato or a peach right off the stalk or branch and eat it right there. We often can't do that so the next best thing is to get it as soon as you can. Therefore, you should have your own garden, orchard, or live near somebody who can grow it like you'd like it grown. I'm convinced that this

is a weak link until we can get to the point where we can get our feet in the soil, or hire somebody to grow food the natural way.

Even if you are from a place that has a cold winter, this doesn't mean you have to be out in the cold. I would strongly advise you to look into a greenhouse. We know a man in Maine who has fresh green lettuce the year round—he has a greenhouse. So if he can do it in Maine, you can do it. And now they have some wonderful new materials, plastic materials. They do not touch the plant, but they let all the ultraviolet rays through so when you grow greenhouse plants you get very nutritious vegetables.

And sixth, and last but not least, high-quality food is eaten raw whenever possible. Ideally, grow only those things which you can eat raw. I know some of you folks are from places like Canada and from the North, and it's difficult sometimes to get these things, so you may have to go to crops that require little bit of cooking, but the ideal, of course, is the raw foods.

So remember, unless you can get these foods grown according to these ways that we've talked about, you're going to be cheating yourself of enjoyment from the taste angle, and you may get some insecticide residue, which is very toxic, especially if you're a Hygienist, because you get sensitive. And the boys at the office wonder why but they don't understand because they're still in their meat and potatoes. So when you sensitize yourself you have to be especially careful.

So remember these ways of growing food. And try to get a little piece of ground of your own, even if it's a 10 by 10 or even a little flower bed. It's surprising how much good green salad you can grow yourself, and there's a thrill that comes from growing these things yourself that you never can get even if you do get an organic farmer nearby to grow it.

Get your feet out on the soil, Mother Earth. Get in close contact with her. You'll find that not only do you fulfill the diet requirement of Hygiene, but you also get the exercise, the fresh air, and all the other things that are so wonderful which we all try to practice. ●

Jack Dunn Trop's REFLECTIONS- Past & Present

The Past: Jack Dunn Trop is one of the six founders of the ANHS and has been administratively active since its inception. As a motion picture producer, it was natural that he should make "The Greatest Adventure"—the only film ever produced about Natural Hygiene. In addition he has written three books: *You Don't Have to Be Sick!*, *A Gift of Love*, and *Please Don't Smoke in Our House*.

The Present: Mr. Trop says: "I am still on the Board of Directors of our beloved Society. At the age of 76, I play tennis every day vigorously. Hopefully, I will never retire, and I have several projects under way." He is preparing *A Gift of Love* for paperback publication. It will have a new title: *The Young Vegetarians*. This book contains indisputable positive proof that Natural Hygiene properly applied resulted in children who were the "healthiest in the world, with the best teeth in the world".



By Jack Dunn Trop

Let me tell you today about a letter and a telephone call. I hear from many readers of my column in the *Natural Hygienews*, members of my lecture audiences, and readers of my books. I try to answer all communi-

cations. From time to time I'll share them with you. First the letter.

Hope this finds you in the best of health. I tried locating you in New York, but had no luck. I managed to acquire your new address from the Hygienic Society. I have had your book "You Don't Have to Be Sick" for quite some time and enjoyed reading it. I am interested in Naturopathy and understand that you spent some time at the Youngborn in New Jersey.

When you were there did you ever see anyone with a serious disease recover their health? Could you tell me how successful the Youngborn was in restoring sick people to health? I have had very little luck in acquiring any information on the success of these health institutions. When I find someone who has knowledge of these places and am asked questions pertaining to the success of them, they become more quiet than a cemetery at 3 o'clock in the morning.

How would I go about acquiring information on case histories of patients at the Youngborn? Do you know of anyone who was employed at the Youngborn that I may contact?

Sincerely/Alex Pilin

I answered Mr. Pilin as follows:

Yes, 40 or so years ago I spent many happy days at Jungborn at Butler, N.J.

Insofar as I observed, of course, there were many people who derived great benefits by basking in the sun, naked, in separate solaria for men and women, bathing in the clear brook, partaking of the excellent vegetarian fresh food, etc. Yes, innumerable people recovered in the natural order of things from poor health.

In Natural Hygiene we teach that if you permit the body to be treated kindly and stop abusing it, the powers that made us will restore us to good health, providing that the vital powers have not been damaged beyond repair or recovery.

Benedict Lust, the guiding light of Jungborn, was a naturopath and did not practice Natural Hygiene, but when he or his minions abstained from stimulation and allowed nature to take its course great benefits were the reward.

Naturopathy per se is a modified version of the "curing school"; we in natural hygiene do not subscribe to any school of healing. In some areas, naturopaths are more medical than the medicos. If you are riding the naturopathic bandwagon you must inevitably reach a dead end. Natural Hygiene will continue because its truths are incontrovertible.

Read in my book *You Don't Have to Be Sick!* "Some of the methods and implements the naturopath uses to 'simulate or assist nature' are sunlight, air, water, diet, fasting, baths, physical

culture, massage, mental stimulation, vitamins and minerals, herbs, enemata, colonic irrigation, the water cure, physiotherapy, and chiropractic.

"Naturopathy is the 'healing art', which is most often confused with natural hygiene, but there is a sharp cleavage, but not quite as wide as the division from medical practice, but the difference is clear although experience has shown it is difficult for the practitioners of naturopathy to understand. Naturopathy stems from Germany where it began in the middle of the 19th century as a "back to nature" movement. It's leading protagonists were Father Kneipp, Bilz, Preissnitz, Just, and it was introduced to the U.S. about the turn of the 20th century by Benedict Lust. For a number of years some of the early hygienists were misled along naturopathic lines, particularly in their use of the 'water cure', but as time went on the dividing lines were sharply drawn.

Today the modalities and methods of 'treatment' used by the naturopath have increased to a bewildering number: color therapy, fever cabinets, dozens of variegated baths, medicaments ranging from herbal laxatives and curative teas to volatile drugs. Curative powers are attributed to various foods. Recently the craze for "Queen Bee Honey" with hints of its aphrodisiac properties reached ludicrous proportions. In a word, naturopathy is mired in its fundamental belief in 'stimulation', forcing the body to react as a method of curing. There are practitioners who call themselves 'basic naturopaths', who view the modern tendency toward heterogeneous 'treatment' with dismay and in their personal practice lean close to 'basic nature cure'. The sad truth is that as long as their basic principles are naturopathic they are riveted to the "cure" schools.

You say that you enjoyed reading my book BUT what did you get out of it? Here you are going up the blind alley of Naturopathy. Get on the Natural Hygienic trail and leave the curing shibboleths behind you."

The foregoing was the letter. Now to the phone call.

I know a lady who lives in Chicago and spends her winters in Miami. No gentleman gives a lady's age but she will not mind my saying she is crowding eighty and is a fine example of Natural Hygienic vigor. But we in this field must always be helping each other.

The phone rings. It is my friend, whose name is Rose Lazar.

Rose: I'm here in Florida and I just fasted in my home for seven days.

Jack: Well you have fasted often enough at Dr. Esser's so I am sure you know how to conduct and break a short fast.

Rose: Right. I feel fine but I'm calling you about something else. I just have to share this with someone. A couple of months ago in Chicago my vision became blurred. I saw spots flickering. I had some pain. I went to see an ophthalmologist. He gave me a lengthy examination. His verdict was "Deterioration in back of the eyes. This is an indication of a start of cataracts." He said there was nothing to be done at this time but to come back in six months. It was not so much what he said, but his attitude, that frightened me. He expected the worst and gave me no encouragement. I knew that two of my close friends had received a similar diagnosis not so long ago and after a short time they were both practically blind. The way my eyes felt I dreaded that it was also going to happen to me.

Ordinarily I would have gone away and fasted and rested but personal problems made that impossible. So I did the best I could. I fasted one day each week and tried my best to live as hygienically as possible.

About five agonizing months passed. The time came to go to Florida and after I got there I fasted at home for one week as I told you. I figured that I had better see a professional man down here and at the end of six months I went to another ophthalmologist. He examined my eyes thoroughly. I need not tell you how nervous I was, but he said, "Young lady, you have a fine pair of eyes." He did not even find it necessary to change my eyeglasses. I walked out on air.

Now my question, Jack, is: Did the one day of fasting each week in

Chicago and the seven days of fasting in Miami help to remove the danger of the cataracts?

Trop: As you know Shelton teaches that the fast does nothing. It is the body that is given a new lease on life when it is treated kindly and that is what you did by improving your already pretty good way of life. Let me quote to you from "The Genesis and Control of Disease" by George S. Weger, M.D. He wrote this book in 1931, and one day his ringing truths and those of our other revered pioneers will sound their clarion call so loud that the world will finally be awakened and escape from the morass of drug medication and other "heroic" and barbaric procedures.

Weger says: "Nothing is more gratifying, no work more inspiring, than actually to witness complete recovery (from serious chronic diseases) during comparatively short periods of fasting" (p. 412). The parenthesis is mine as Dr. Weger lists about forty serious chronic diseases specifically, testifying that he has seen recoveries himself in over 5,000 people whose fasts he supervised.

He concludes the chapter as follows: "To all doubters we must say in all seriousness that fasting followed by a diet properly selected and combined is the nearest thing to a "cureall" that it is possible to conceive . . . science will one day verify these statements. . ."

Of course, Rose, (and dear readers), Weger was well aware that fasting cures nothing per se, but that the body does all the work, and that is why he put "cureall" in quotes. We, in Natural Hygiene, have been carrying the torch of good health enlightenment since the year 1820, and now finally there are definite signs that our teachings are beginning to reach a wide audience.

I leave my readers with this admonition. We have but one life. Rose made her decision and it was a wise one. But thousands of others faced with a similar dilemma, go down the primrose path of ordinary harsh procedures and the end results are tragic. Take the blinders off your minds and your eyes and make the decision to live in accordance with the primordial natural laws of life. ●



(The following article is based upon a talk given by Dr. Burton of Sydney, Australia, at the American Natural Hygiene Society Convention at Tufts University near Boston, August, 1977.)

by Dr. Alec Burton

When my wife and I arrived in San Francisco on our way to the American Natural Hygiene Society Convention, we were astonished to observe a new type of eating place. It was called a "Doggy Diner." I thought that this was absolutely incredible—a Doggy Diner. What could that possibly mean? Imagine the connotations!

I could not resist walking up close to the window to see what sort of dogs were eating here. But I did not see any dogs. Amazingly, there were only human beings inside.

By now my curiosity was really high—just what were my American friends up to now? I moved closer to the window and read the menu. I could not find a single item of food listed.

Itemized for the delectation of the passerby were *Jumbo Dogs*, *Long Dogs*, *Short Dogs*, *Cold Dogs*, *Sauce Dogs*, and finally a familiar clue, *Hot Dogs*.

I thought, "This is a very strange place—am I really in the United States?" The last item reassured me, because, heaven help us, we have Hot Dogs in Sydney, too.. It is

comforting to realize that our two countries are joined together by this ubiquitous link.

We even have Colonel Sanders fried chicken. In fact, there was a bit of a scandal at home, because one of the Colonel's branches was serving fried rabbit instead of fried chicken. A Sydney newspaper did a Sunday Supplement story about this tragicomic situation, and in semi-bold sub-headlines wrote: "Finger licking may be okay, but keep the darned stuff out of your mouth."

DOGGIE
DINER

If a highly respectable conservative newspaper makes such a statement, certainly the Hygienist and other health-minded people will stay far away from junk foods, loaded with monosodium glutamate and many other additives. In fact, many of those so-called foods are nothing more than additives.

There are over thirty-five hundred additives used in the processing of foods. In the majority of these adulterants, it is not yet known what effect they have on the body. However, we do know what effect some of these additives have on the

body, and in not a single case is it to the advantage of the organism.

When we consider food—genuine food—we must realize that there is comparatively little eventual value that we get out of even good food.

At the height of its functioning, the human body is only somewhere between eighteen and twenty-three percent efficient. This calculation is based upon the ratio of the amount of energy your body must expend on the food which you ingest, to the final amount of energy which your body reaps as a reward for its efforts.

In the process of feeding yourself, the food enters your mouth, you masticate it, you elaborate secretions, and you thoroughly ensalivate it, consuming energy. Then you swallow it and transport it to the stomach, using more energy. In the stomach, further secretions are produced and elaborated, and mixed with the food.

After this enormous expenditure of energy, the mixture is transported into the gastro-intestinal tract (the small intestine), and more energy is used with the elaboration of secretions from the pancreas, the liver, and the lining of the small intestine.

I am not going to detail every step of the digestive and assimilative process; suffice it to say, converting food into nutrients, in such form and

substance that they can be moved on into circulation, so that they may be distributed to the various parts of the body where they are needed—not to speak of the residue which is evacuated—all of this incredibly intricate manifestation of “life-in-action” utilizes enormous quantities of energy.

Even when you eat perfect food, deducting the amount of energy that you have expended in transforming it into material you can use, the amount of energy you have left is very little on the plus side.

If you have eaten junk food, then the amount of energy expenditure may actually be considerably greater than the feedback. Is it any wonder that so many people die after a heavy meal?

“Why is it,” you may ask, “that after eating this junk food I feel exhilarated; I feel good; I feel strong.”

What you are feeling is not the end result of over-all well-being that comes with good nutrition. It is, unfortunately, *stimulation*. And this is one of the facts of life that is most difficult to get across to people: *that many of the seemingly good feelings that they experience are associated with stimulation and not nutrition.*

I have seen this misconception manifest itself with people who have just come off a fast. A person goes on a fast for two weeks, three weeks, or four weeks, and before they break the fast they are feeling weak and debilitated. Now you tell them that they are about to get their first bit of food. You give them a small quantity of fresh orange juice and PRESTO! immediately after drinking it, they say that they feel great. Although orange juice is not junk food, it still has not nourished them yet, because it is of no value to them until the entire metabolic process is completed. *What has happened is that they have been stimulated, not nourished.*

In my daily contact with people, when I advise them that a two meal a day plan is better than three meals a day, or when I tell them to miss breakfast, “oh,” they complain, “I could not possibly do without breakfast. If I don’t have my morning meal, by ten o’clock I have a headache, a pain in my stomach, I feel nervous, irritable, and weak. I simply must have that breakfast.”

So they have their breakfast—the cereals, the coffee, rolls and jam, the steak—not to mention the infinite variety of junk that is so widely and insinuatingly advertised—the refined foods, the sugars, the pop-overs. . .

“It’s not news that school vending machines are spewing out the worst possible food for our kids. What would be news is for a few parents to do something about getting good, wholesome food in the vending machines, in place of the junk food,” says Susan Dart in her “natural foods” column Chicago Tribune 11/17/77.

“It can be done,” she says, as proven by one woman in Bloomington, Indiana who fought hard until the school board ousted the junk and replaced it with apples, peanuts and other healthful items. School boards in Dallas, Washington, D.C. and Burlington, Wisconsin have done it, too.

“You’ll be amazed at how much support you will get. . . I have never found any school official in charge of food who was uncooperative when it came to getting a better diet for the students. The astonishing thing is the kids’ reaction. They are starved not only for good food but for good guidance.”

Helpful information on organizing and publicizing a campaign to get junk food out of the schools can be obtained by sending a stamped, self addressed return envelope to Nutrition Action, 1755 S. Street, N.W., Washington, D.C. 20009.

(And down under in my home, Australia, they really ought to call them pop-unders, because that is where they will ultimately leave you, way down under).

The complexity of these kinds of meals alone—and they are even worse for lunch and dinner—will remain in the intestinal tract for from

four to six hours. But long before these foodless foods have gone through the process of digestion (or more probably fermentation), attempted metabolization, attempted assimilation, and the end product has been evacuated, these gross feeders will say, “I feel great.”

Now, hopefully, you will understand that this is a false feeling of stimulation. The reason why people have a headache, and are nervous or irritable if they are not pushing something into their mouths is that they miss that stimulation.

People are always looking for stimulation and, sadly, not for good nutrition. That is why it is so difficult for them to break away from junk foods.

The richly sweetened, highly seasoned, artificially and attractively colored junk foods are an addiction. They simply must have them. What they think is hunger is really the crying need for stimulation, for a fix, if you wish, and the junk foods are the “habit” that satisfies them.

Now, what can you do about breaking the habit? Certainly you should not follow the procedure so widely used with so-called drug addicts who are told to substitute a lesser drug for the stronger one that they have been taking—for example, methadone for heroin—and start eating milder kinds of junk foods. That is the wrong way.

The one sure road to better nutrition and better health is first to fast. Let your body do its professional and expert job of nourishing you during the fast, and then, with your taste buds cleansed of the false craving for junk, you will readily embrace the fresh fruits, vegetables, and nuts, and finally break away from the junk foods that have been destroying you.

My parting words in this brief essay are: *Keep away from junk foods.* Eat fruits and vegetables and nuts, in proper combination. Eat only when you are truly hungry. Obey the primordial laws of life.

Don’t gorge yourself at every meal, and as Luigi Cornaro so sagely wrote in the sixteenth century, you will in the long run eat much more, because you will live longer. And all the days of your new life you will have an excellent prospect of enjoying good health. ●

six grams and too strong for me. "I'll send you something for the break out," he said. Two days later, when I had severe pains in the stomach, he advised me to stop taking the antihistamines and come in. This time he put me on cortisone. Needless to say, my old stomach ulcers flared up rather badly and I was back on the "sippy diet". This continual round of side effects from each type of medication went on for over a year, after which I was sent to Yale New Haven Hospital where I spent about 40 days—as their guinea pig. I was one of the first to get a so-called refined steroid—according to an 8-hour drip method. After about six treatments and \$1400, my body broke out in huge welts and they would put ice packs on them.

By this time I wasn't even able to raise my arms to comb my own hair. My very blood vessels were rebelling, because each time they would try to inject that huge needle in me, my veins would collapse.

One morning a team of doctors came in and a "specialist" checked my veins. They decided to start putting the injections in my ankles and allow the 8 hour flow to be handled from that end.

I heard myself scream a loud NO, curse them, tell them that the so-called cure was worse than the ailment and that I wanted out. Two days later I was home, in ugly pain, angry, and frustrated.

My next visit to the doctor was perhaps the turning point. He said, "I have one more suggestion. I'll make an appointment for you with a psychiatrist so that you will be more able to accept the situation." I was horrified and in a shocked state when I left the office abruptly. For about a week I wallowed in self pity and anger at my cursed luck—the "Why me" syndrome.

I had gone to that doctor for help, for hope. I left in despair. That doctor is dead now, and I often wonder if he ever realized his mistakes, because now it is well known that even giving hope to a cancer patient can trigger the mind to use its power for the body to heal itself.

At any rate, the smoking, the drinking, and the eating of conventional junk food continued. What else was I to do? I certainly

wasn't an aware person. As luck would have it, one day I heard a speaker on the radio talking about disease and its relationship to food. Now that is silly, I thought. How could anything that's allowed to be sold be bad for you. But I listened again—and again—and I wrote him and he responded with a suggestion to take certain vitamins. For the first time in three years my hopes skyrocketed.

“. . . it wasn't so much what I had added to my intake, but what I had eliminated.”

I started to take on some human semblance again. I took the vitamins religiously, changed some basic habits, and, as I started to feel better, I became one of the best exponents for vitamins the companies had ever had. . . till it suddenly dawned on me that it wasn't so much what I had added to my intake, but what I had eliminated from my intake; Not what I had started to do, but what I had stopped doing!

I had stopped smoking and drinking. I had stopped wheat products, bread, cakes and pastries of all kinds. Later I had stopped coffee and started eating more fish than meat. Soon afterwards, I started on a program of "self awareness" and exercise. I began to realize that I was very tense. A friend of mine suggested I learn to play a musical instrument. What could I play with my fat fingers?

After some time it was decided that I try an organ. Since the organ is not a percussion instrument like the piano, the playing is legato. Interspersed into my music came an awareness for Horticulture; I started to raise plants. Tremendous changes started to take place. A subtle awareness of thought processes in relation to pain levels was taking place. When I was immersed in music—no pain . . . when I was playing with my dog—no pain. . . same body, same mind responding differently under different circumstances.

The next qualitative change that took place was a sudden realization that the world was filled with all types

of therapies, that allopathic medicine was only one, and that drugs were not curing agents, but simply palliative measures. I went thru the whole gamut of therapies from chiropractic to homeopathy to acupuncture. Each one helped me to evolve and learn more, but it wasn't until I had my first fast about 16 years ago that I first realized freedom from pain. Needless to tell you, I became a Vegetarian and evolved quickly into Natural Hygiene.

The most difficult ordeal was being a non-conformist—a health nut—ostracized and condemned by my family, friends and neighbors. By sheer determination, I overcame. I realized that the conformist way of life was destructive and that its basis was profit motivated. I looked at other arthritics and I didn't like what I saw or sensed.

I became aware of my needs; of how I had been destroying myself; and of how destruction is a process—a path. In examining the path, I changed rigidity to flexibility, dead security to exploration. New ideas no longer frightened me. I realized that school had filled my head with garbage rather than made my head a tool or instrument for thinking. I went back to school for technical courses, and later, for the humanities. Between schooling and reading health books (very selective reading), my life soon became a joy again.

A slow process of self-awareness and awareness of my relationship to society was the key to regaining my health. Not only did I get rid of arthritis, but also allergies of all kinds, stomach ulcers, and a myriad of other sundry symptoms.

If I have a message for you, it is a message of hope and joy and respect and love—for yourself. There is a special glow and vibrancy about good health. It is not simply freedom from disease. As you change your way of life, you begin to perceive through your own personal encounter rather than through what you were taught. You are able to see, smell, touch, taste, and hear with greater sensitivity. You begin to realize how very beautiful you are and you feel and become an integral part of the ecological process—a part of the universe. Slowly you evolve into an aware human being.

What is awareness? Aware people listen to the messages of their own bodies. They know when they are relaxed or tense. Aware people know their inner world of feelings and fantasies; they are not afraid or ashamed of them. Aware people listen with their whole body rather than just their ears.

It takes courage to be healthy. It takes courage to experience the freedom that comes with this autonomy. It takes guts to choose something authentic over disapproval and to choose it again and again.

Have the courage to accept the responsibility for your own choice. Have the courage to be the very unique person you really are. We must stop being willing to pay for everything—so-called cures, drugs, doctors, psychiatrists, ministers, priests. We are always willing to pay some one to do it for us. We must learn to do it for ourselves.

New ways are often uncertain ways. Robert Frost put it aptly when he said "Courage is the human virtue that counts most—courage to act on limited knowledge and insufficient evidence. That's all any of us have."

We must become the complete person! What is a person? It's what you think—judge—feel—value—honor—esteem—love—hate—fear—desire—hope for and believe in—what you are committed to. These sentiments define you. They are constantly in process—constantly changing. Unless you are hopelessly and completely barricaded with neuroses, hang-ups, and closed doors you are "in-process". Unless you have a little hard core inside you, you are in-process. If you say "This is me" and I can't change you are not in-process.

All human experience is sequential whether it is personal political, religious or scientific. In science, in health, the particular sequence in which discoveries are made determines the ideas held at that time. We get caught in mental sequence traps. They are more powerful than we realize.

We must know that there is no absolute rightness. Any idea no matter how powerful, needs examination from time to time.

Creativity, or the process by which we can escape the sequence

trap is the key to looking at ourselves, our way of life, what we eat, what we do—hopefully in a new and different way.

Only you can change you. But in the process of changing you, we affect great changes in the life of all those around us. It is a beautiful process.

In the process of changing and becoming more aware—there are some basic fallacies that we must get rid of:

1. *That disease is bad luck.* Disease is not bad luck, but a slow process of continual violations of the laws of nature.

2. *That there is a specific cure for every disease.* There is no specific cure for each disease; there are only symptoms. There is one disease: toxemia of the blood stream. When the body can no longer handle the toxemia, it will throw it out. Where it is thrown out depends on who you are, your points of least resistance, your ancestors, your type of job, your weaknesses.

3. *That medicine is science.* Stop worshipping things that don't exist ...like medical science. Allopathic medicine is not a science.

4. *That the Food and Drug Administration is a friend of the consumer.* Stop trusting the FDA. It is not on our side. There are over three thousand chemicals in our food now—one thousand of which are cancer producing, one thousand of which if slightly increased in quantity could be dangerous, and one thousand not fully tested. There is a powerful combination of forces between the food industry, the chemical industry and the FDA.

Now the inside of our body does not show age as the outside does. With the exception of brain and kidney cells, the inside is continually shedding its old cells and proliferating new cells.

The cells have a varying bi-rhythmic life span and are continually processed. But new healthy cells will grow by what we assimilate—not just by what we eat.

Raw foods are key. However assimilation of the food depends on how much rest we get; how much of the full spectrum of sun light; how much exercise every day; and how we handle the powerful energy that's known as a thought.

When you put something in your body that is not organized by nature—not a complete food—you destroy vitamins or excrete them too rapidly thru the urine.

The secret of life is enzymes. They are needed for every chemical reaction in the body. They make life itself possible. Without enzymes, no activity at all would take place. Neither vitamins, minerals nor hormones, can do any work without enzymes.

If you plan to build a house and you get your raw materials, you would need among other things, a plumber, a carpenter, an electrician, a planner, and workers. Well, enzymes are the "labor force". They represent the vital life element. They're not just catalysts; they give off a kind of radiation when they work. There is no combination of proteins, no combination of amino acids nor any other substance which can give enzyme activity. There are proteins present in enzymes but they serve only as carriers of the enzyme activity factors. So we can say that enzymes consist of protein carriers charged with energy factors just as a battery consists of metallic plates charged with electrical energy.

"Raw foods are key. However, assimilation of the food depends on how much rest we get; how much of the full spectrum of sun light;..."

We inherit a certain enzyme potential at birth. If we use up what's in the enzyme bank and do not replenish it, the body will run out of them and deterioration takes place at a rapid speed. Dr. Edward Howell, who has done tremendous research on the subject says, "All things being equal, you live as long as your body has enzyme activity factors to make enzymes for you. When it gets to the point that it cannot make enzymes for you, then life itself ends."

Most people eat a diet of cooked foods. Cooking at temperatures of 120° degrees or higher kills enzymes. So that when you eat cooked, enzyme-free food, this forces the body itself to make the enzymes needed for digestion, thus depleting

the body's limited enzyme capacity. This is one of the paramount causes of premature aging, disease and early death.

It is the main cause of degenerative disease. When the body is overburdened to supply the many enzymes to the saliva, gastric juice, pancreatic juice and intestinal juice, then it must curtail the production of enzymes for other purposes. If this occurs, how can the body make enough enzymes for the brain, the heart, kidneys, lungs, muscles and other organs and tissues? The stealing (so to speak) of enzymes from other parts of the body to service the digestive tract sets up a competition for enzymes among the various organ systems and tissues of the body. The resulting metabolic dislocations may be the direct cause of chronic diseases.

"We must take an honest look and make an intelligent and objective appraisal of our life style..."

An interesting piece of evidence is that farmers use cooked potatoes to fatten pigs for market. They've found the pigs on cooked potatoes fatten faster and more economically than pigs on raw potatoes. Dr. Howell feels that it is virtually impossible to get people fat on raw foods regardless of the calorie intake. My research into Dr. Howell's work leads me to confirm the absolute validity of Natural Hygiene. Like many others who have become commercialized, he recommends supplementation. However, we who eat raw foods know that that is where it's at, from our years of experimenting and evolving.

We must begin to examine our way of life. We must take an honest look and make an intelligent and objective appraisal of our life style. We must begin with a true examination of our eating patterns.

Why do you eat? How do you eat? How do you perceive food? Remember that perception comes before the thinking process. Does food fill your emotional needs? Does it fill cultural needs? Is it a status symbol? Why do you eat? Is it for hunger or for stress relief? Is it for

hunger or appetite? Is it for hunger or because you are bored? The greatest crime against our body is overeating. But it is not usually our fault. The pressure to eat is always there and food is constantly the catalyst.

In our home, guests were wined and dined the moment they walked in and woe to them if they did not partake. It was a sign of rejection.

Over the years it has been necessary, yes, not only to change our way of life, but to change our very friends. I no longer feel guilt in this. If I should falter or digress from my pattern of eating, my body lets me know in no uncertain terms. Tension starts and the inevitable cramping in the fingers. My body reacts best on all raw foods. Even one cooked food means some discomfort for me now. We are becoming real good friends, my body and I. There is greater rapport between us and much less conflict. I know now that my head was a hodgepodge of conditioned patterns based on tradition, cultural preferences, prejudices, media-oriented garbage, and that if I should eat based on those premises, it would be no time at all before I would be very ill again. My body, my chemistry is precise and clear and very much aware of what it needs. And this conflict no longer takes place.

My body is very mechanical and knows that it needs a regular program of exercise. It knows that it needs the stretching exercises to rid the body of toxins, the ventilating exercises to force the lungs to work overtime, and the resistance exercises to force blood into the bones to avoid demineralization. Most arthritics have stopped exercising very early, and unfortunately, this speeds the aging process. We see the accumulation of fat, the flabby muscles, the loss of flexibility and agility, the loss of reaction time, the ligaments readily spraining and straining, and many other symptoms including osteoporosis—the progressive bone loss and inflammation.

Most arthritics never walk, run or play outdoors. They deprive their bodies of the full spectrum of the healing rays of the sun. Most arthritics never know the daily joy of fresh air. Most arthritics are too concerned with agonizing over their

fate rather than turning it around. Most arthritics are not aware that they are embedded in a society that is not geared for their welfare.

We must start focusing less on our inevitable fate and start examining the quality of our journey. We must learn to spend our energies as constructively as possible—to condition and recondition our minds to understand that we can become autonomous; that we need not follow the path of illness before death; that we have the right to die in good health. Once we realize that we must take an active and responsible role in the process of self healing, then and only then will we no longer feel that we are the passive victim of a disease.

When we become aware of our creative capacity, we open up new possibilities and we learn of the deep well within each of us called our inner resources. When we work toward inner quietness while actively engaged in the turmoil of the exterior life—when we know that anxiety is only in the mind. . . but so is peace, then we know that *I* yes *I* have the choice. When we learn that happiness is not what we have but who we are, we will work toward self-liberation. When we learn that we are loved far more than we realize, we will start to grow and one of the signs of growth is better health, more vibrant health.

When you feel less blamed by blame and less flattered by flattery, you will realize you have grown a little. When you feel you have the right to show your anger without guilt, you will realize you have grown a little. When you no longer feel put-down and under-rated, you have a better self image. Then you know you have grown a little. When you have the guts to say I do not need to eat meat, I do not need to eat bread, I no longer need the poisonous garbage known as sugar, I love myself too much, you know you have grown a little! And your joints will be lubricated with the warmth and juices of your own love, your own strength, *your own* decisions. This is growth. . . this is knowledge. This is health! ●

LOVE YOURSELF, YOU ARE VERY BEAUTIFUL!



Dr. Bressack graduated from the University of Bridgeport with a B.A. in Biology in 1969, and from Georgetown Dental School, Washington, DC, in 1973. He spent one year as the only dentist on a North Dakota Indian Reservation and one year as the health director at the Shangri-la Health Institute in Bonita Springs, Florida. For the past 2½ years he has been engaged in private dental practice in Middletown, New York. He and his wife Marsha have been lactovegetarian hygienists for seven years and have two children, Blue and Dovee, who have been vegetarian hygienists from birth.

by Dr. Dennis Bressack

When people ask me if I'm a hygienic dentist, I answer, "I'm a natural hygienist—I'm a dentist and if you're a hygienist then I'm a hygienic dentist."

Unfortunately, the general public still believes that the health of their teeth and gums is their dentist's responsibility. They feel that their own contribution to oral health is the six month check-up, having fluoride treatments, brushing 2-3 times a day with a fluoride toothpaste, flossing once in a while, and using mouthwash to kill the germs. The rest is up to the dentist.

There are three major factors involved with tooth decay and gum disease. The first, heredity, is of course noncontrollable. The others, poor oral hygiene and improper (enervating) eating and living habits are definitely controllable by most people. The dentist need only play a reparative and educational role. The rest is up to you.

The purpose of this column will be threefold: 1) to answer any questions about dentistry with hygienic insight. 2) to discuss the contradictions that exist between the two diverse schools of thought such as a. relief of pain versus the recognition that pain should not be relieved and b. contamination of the body and environment with fluoride, mercury (silver fillings), x-rays, medicaments, and novocaine, versus the cleansing of the body and environment with fasting, natural foods, sunshine, fresh air, exercise, and rest. 3) to explore where these two contrasting philosophies can be reasonably fused and can exist somewhat in harmony.

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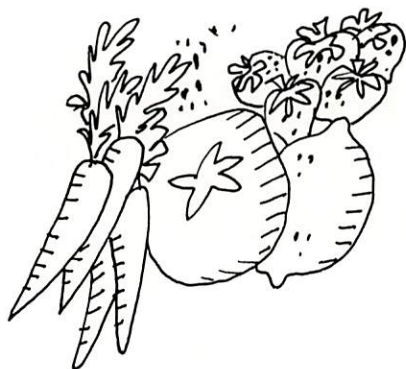
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FOOD & LIFE

by K. R. Sidhwa, N.D., D.O.

Diet well ordered bears the greatest part in the prolongation of life.
(Francis Bacon)

Life depends on several factors—one of them is food.

All growth, repair of tissues and vital functions are the result of the process of nutrition.

What to Eat

What is the natural diet of man? And what do we mean by natural? Honey, fish, meat? No! Natural foods are not only foods unchanged by the hands of man, but foods natural to man; that is, "natural" in the same sense as grass is natural food for the cow. Ideally, our food should be palatable, unfragmented, whole, unprocessed, uncooked and uncontaminated; in other words, as nature provides it in the wild.

All scientific evidence that we can unearth, tells us that man is not a carnivorous animal. Comparative anatomy and physiology, anthropology and archeology all point to the fact that man is best constituted to live on fruits, vegetables, nuts and seeds.

The idea is not new. Wise men have advocated vegetarianism for ages.

Pythagoras, born on the island of Samos in 582 B.C., warns: "Forbear, mortals, to pollute your bodies with the flesh of animals. There is corn; there are the apples that bear down the branches by their weight; and there are the grapes, nuts and vegetables. These shall be our food."

Eight hundred years ago, Maimonides, greatest Jewish philosopher of the middle ages and physician to the court of Saladin in Egypt, treated his sick patients by prescribing vegetable diets.

How Much to Eat

Again, Maimonides' ideas are worth noting: "Eat that you may live and condemn excess. Excessive eating is to the body of man like deadly poison and can be the root of all diseases. Many illnesses which befall man arise either from bad food or excesses of the wholesome kind." He used to say to his patients: "If you will rise from the table with an appetite you'll never sit down without one."

Today, hygienists echo the same viewpoint. They teach that eating small amounts of food at a time enables the body to digest and absorb the food more thoroughly than otherwise, thus ensuring adequate assimilation of vital ingredients our body needs.



When to Eat

It should go without saying to eat only when hungry, but most of us need to remind ourselves of this rule—and to apply it.

We should allow sufficient time to elapse between each meal. The stomach empties itself normally in four hours. When an interval of five hours is allowed between meals, it has an hour in which to completely empty and disinfect itself, as well as to recruit the energies of its gland cells in preparation for the work of digesting the next meal.

Eating in between meals leads to poor digestion. Late suppers are particularly injurious. They not only lead to impaired sleep, but by exhausting the stomach, take away hunger from breakfast time. It is very common for the late hour diner to suffer from heaviness and a feeling of malaise and inefficiency the next morning.

Eating when one is not very well is another destructive habit. Most of us do this because we have been taught from our childhood that "one must eat to keep up one's strength" or that one should "feed a cold and starve a fever."

When we are ill, our body usually takes our hunger away. Instinctively we no longer want food; but we eat nonetheless because we are afraid

that something awful will happen if we do not.

When one is ill, it is time to fast. If you feed a cold—you will have to starve a fever because the simple cold is complicated by feeding and fever results.

Eating when exhausted or very tired because of great mental or emotional or physical effort or shock is also a pernicious habit and conducive to indigestion. Digestion fails because the body has no energy left for production of enzymes and digestive juices. Rest, especially sleep, is indicated rather than food.

For "superior nutrition" one needs not only high quality foods (nutrients) but a high quality of physiological functioning of the whole body that can only take place when all the requisites of life and are met.

Sleep, rest, relaxation, exercise, fresh air, sunshine, emotional and mental poise have to be supplied to the body if we want the process of nutrition to take place.

How to Eat

All foods, whether solid or liquid, should be chewed thoroughly to avoid hasty eating and to ensure thorough ensalivation of food.

Drinking at meals is not conducive to proper digestion of food. Liquids

dilute the digestive juices and thus interfere with their work.

Very hot foods are objectionable because the excessive heat injures the delicate mucous membrane lining the stomach and intestines. Dr. William Mayo, the eminent surgeon, has for years maintained that taking of hot food and liquids into the stomach is one of the causes of gastric ulcer.

Very cold foods, e.g. ice water, ice cream, are also questionable items. If taken at all, they should be used in limited quantity and so slowly sipped, chewed and swallowed that before reaching the stomach they acquire a temperature near that of the body.

What Not to Eat

We should aim to meet our nutritional needs, while consuming as little poison as possible. All food contains both artificial and natural poisons. So don't be discouraged if you discover that lettuce contains belladonna or spinach contains oxalic acid. It is only when a food is more harmful than helpful that it can be classified as a poison.

Sugar-coated drugs, tea, coffee, cocoa and "medicinal herbs" can hardly be glorified as food because the poisonous quality overwhelms the nutritional value.

A food can start off as a "food" but by the time it is cooked, pasteurized, synthesized, extracted, homogenized, adulterated with additives, and devitalized by processing for commercial use and storage, it is rank poison. Animals that consume such foods exclusively become progressively deformed and infertile with each generation.

Herbs must be considered as poisons rather than food because their consumption is followed by physiological changes similar to changes which follow administration of the drugs which they contain. Thus coffee resembles caffeine, foxglove resembles digitalis, tea resembles tannin, and the bark of the cinchona tree resembles quinine in their effect upon the body.

Is Food Therapeutic?

Some foods—indeed almost all—are claimed to have "therapeutic qualities" or "healing forces". If this

were true, eating a mixed diet, as many do, would prevent most of the ills of humankind.

To speak of food and to use food as "medicine" is to transfer to food all the misconceptions about drugs. It is to replace the notion "drugs can cure you" with the notion "food can cure you". Food is material for use by the body. Food does not do anything; it is done unto—digested, absorbed and metabolized.

The consumption of a particular food or foods cannot nullify the necessity of abandoning poor foods and removing the other causes of disease, such as cigarette smoking, insufficient sleep and lack of exercise.

Usually, the avoidance of specific foods is more important than the eating of specific foods.

Advising a diet change for the sick is not necessarily diet therapy unless we think of "therapy" as everything a sick person does that facilitates the achievement of health.

To use diet therapeutically leads to trouble. For example; a few years ago the most common medical dietary recommendation for diverticulosis was "avoid coarse foods; they irritate the bowels". Unfortunately, this therapy only made the situation worse, because the aim had been to reduce symptoms. Now, it has been "proved" that a lack of "coarse" foods "causes" diverticulosis. So, today most physicians advise patients with this disease to eat more coarse foods—a complete about face.

Thinking of diet as a therapy—even if it is a healthful one—blinds the sick to the realization that health depends upon providing the factors that favor life and removing the factors that do not.

Understanding that food is for living—not for curing—is the most important step toward learning how to achieve prolonged and abundant health. ●

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ABNORMAL GENES AND THE "BUG"

By Dr. Jack Goldstein
Immediate Past President of the
American Natural Hygiene Society

If you have read my book *Triumph Over Disease—By Fasting and Natural Diet*, no doubt you recall that in 1975 my wife and I were bodily thrown out of a large public meeting of the Michigan Chapter of the Ileitis-Colitis Foundation because we created a furor when we dared to question the medical panel and present a different idea.

In October, 1977, we had the opportunity to attend another public meeting of this same organization. Out of curiosity, we went. I am certain our presence was felt since the lecturing doctor surprisingly began on the defensive; he said: "I

welcome controversy done in good taste." I think he anticipated a rebuttal by us, but this time we remained silent. We came only to listen—to hear how little progress had been achieved in the intervening years. We weren't disappointed.

The "causes of disease," explained the doctor, are abnormal genes and the "bug".

He also discussed the latest drugs and surgeries to "cure" colitis, ulcerative colitis and ileitis. Unfortunately, nothing substantial has changed since I became involved with ulcerative colitis over 17 years ago. The choices he offered to the people were still: drugging, drastic surgery, or death. Hardly a choice, but rather an ultimatum.

According to the doctor, "If the ulcers indicate that they may

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become cancerous, you have nothing to worry about because all your doctor has to do is remove your colon (large intestine). You do not need your colons. You can live normal, happy lives without them."

The doctor denied that diet has any role in the course of the disease.

"When patients get well," he admitted, they get well for no apparent reason that we as physicians can understand." Despite a high degree of education, doctors do not appreciate—much less understand—the body's innate ability to heal itself *without* their help.

Sadly our well-meaning doctors have yet to learn, as I eventually did, that we do not have to succumb to the disease of our genetic weakness. With knowledge and strict application of the Hygienic principles we can learn to strengthen this weakness and thus prevent the possibility of illness.

According to the popular column, "Ear", which appears in the *Washington Star*, "colitis is the *In* disease".

—Chicago Tribune,
November 27, 1977

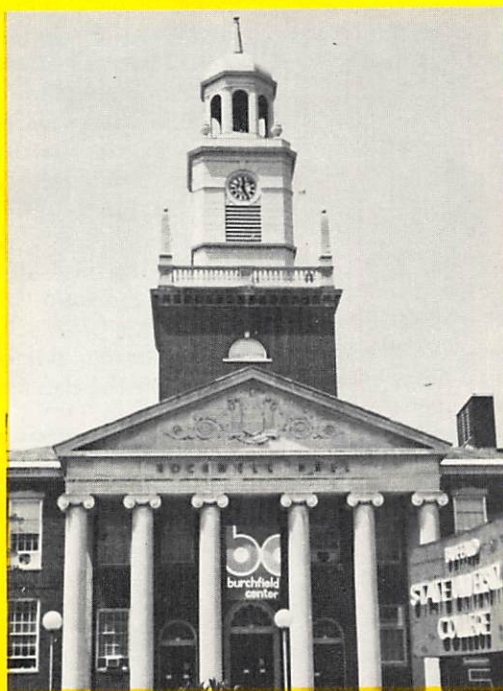
Of course, there is no question that bacteria play a role in disease. However, their role is secondary rather than primary. Bacteria cannot thrive in a healthy body. Only when the internal environment is unhealthy can bacteria grow and further complicate the already sick body. The idea that bacteria are the cause of disease is a myth perpetuated by orthodox medical philosophy. On the contrary bacteria are the *result* of disease.

The primary purpose of the Ileitis-Colitis Foundation (like all "Foundations") is to collect money for research to find a "cure". Instead, doctors should be investigating methods of recovery and prevention that now exist. They should expand their awareness beyond orthodox medical knowledge, to a holistic approach to human health.

Unfortunately, changes are not coming from inside the medical sphere. It appears that only when an enlightened public exerts pressures will changes take place. ●

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