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Natural Hygiene

**Official
Publication
of
the
American
Natural
Hygiene
Society**



LINNIE McFARLIN

Secretary

25¢

And Now I Dance Again...by Doris Johnstone

Contents

■ VOLUME 4, NUMBER 1

■ AUGUST, 1958

Hygiene on the March—R. J. Cheatham.....	1
Questions and Answers—H. M. Shelton.....	3
And Now I Dance—Doris Johnstone.....	6
The Kitchen on a Budget—William L. Esser.....	8
Moments to Remember.....	11
Local Chapters in the News.....	12
Here 'n There.....	15
News.....	16

THE AMERICAN NATURAL HYGIENE SOCIETY, INC.

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Affton 23, Missouri

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NATURAL HYGIENE DATA

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In Natural Hygiene less than a year, **Linnie McFarlin** of St. Louis, Mo., has made great changes in her life. From candy, coffee and cigarettes to raw food, fasting and daily exercise, she leaves her office this Fall and heads for the college campus. "The wonderful thing about Natural Hygiene," says our 19-year-old lovely, "is that it keeps on doing wonderful things for you every day of your life."



Hygiene on the March by — R. J. Cheatham —

In all of nature the passing of one form of life is the beginning of the natural evolution of a new form of life. The St. Louis Convention is now a pleasant memory. But from these experiences will begin the *natural* evolution of a bigger and better convention in 1959.

Everyone attending the 1958 Convention in St. Louis will remember this pleasant event for months to come. Its setting, the Ambassador-Kingsway Hotel was beside one of the most beautiful parks in the world. The hotel staff did everything possible to cater to our convention, from providing a special "Hygienic Menu" in their restaurant, to accelerating the completion date of their new swimming pool in time for use by our group.

The educational agenda was filled to overflowing with such excellent speakers that everyone seemed anxious not to miss a single lecture, class or workshop. The program was well balanced with social and recreational events. All of this was climaxed by a wonderful banquet on the last evening complete with entertainment and dancing. Yes, the '58 St. Louis Convention will long be remembered as one of the most outstanding and harmonious conventions in Hygienic history, a convention which has established a standard to be reached for by all future conventions.

Because Natural Hygiene is growing so rapidly, the 1959 Detroit Convention is predestined to be the greatest convention ever attended by Natural

Hygienists. This magnificent city has many attractions which bring kings and potentates from all corners of the world to see and marvel at its treasures in industrial mechanization and know-how, parks, architecture, museums, culture, and art. Detroit is a metropolis of some four million people, all in need of an understanding of Natural Hygiene. This convention will attract the attention of a large number of these people.

The American Natural Hygiene Society of Detroit is pleased and proud to be the host for this momentous occasion. But, if this Detroit 1959 Convention is to reach the number of people it should and must reach, attention, cooperation and assistance is required from each and every person that understands what the words "Natural Hygiene" mean.

We implore your assistance in making this a convention of which you will be proud to have been a part. **How** can you help? There are many ways. We'll list a few to get your thinking started.

1. **WRITE IN YOUR SUGGESTIONS.** Let's have all your ideas. What you have liked about previous conventions. Also the things you have disliked. How do you like workshops, case histories, and question-answer periods? What sub-

jects would you like the speakers to discuss? What kind of entertainment and sight-seeing you would like to have included in the program. How many days should the convention last? How many days for lectures and education? How many days for sight-seeing and social activities? This is your chance to provide real assistance in planning the convention program. One member, desiring to have organically grown baked potatoes, has volunteered to donate enough organically grown potatoes for the entire convention. Write all suggestions to your Detroit '59 Convention Chairman—"R. J." Cheatham, 14302 Grand River Avenue, Detroit 27, Michigan. All comments will be appreciated and given careful consideration.

2. **START TALKING** about the "Detroit '59 Convention" to all Hygienists, your orthodox friends, and everyone else.

3. **PUBLICITY** — Help your local secretary get together articles for your news sheet. Extend this to your local newspaper. If you have connections, get us a plug in anything that's printed.

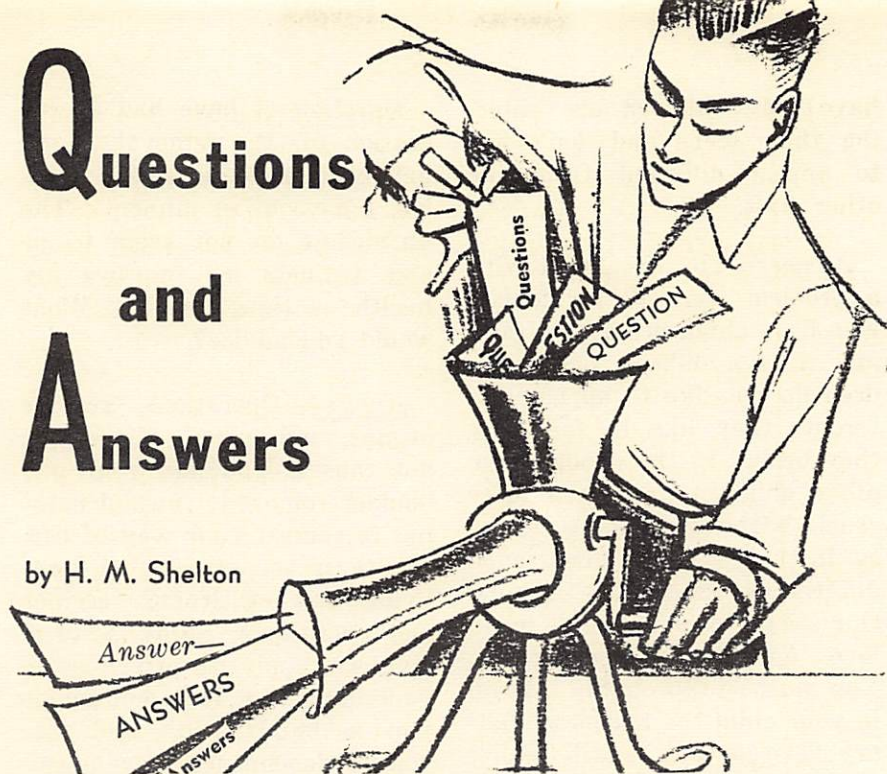
4. **TRANSPORTATION** — It isn't too soon to start thinking about getting a group together for a "car pool" or bus or train.

Continued on page 10

Natural Hygiene

Questions and Answers

by H. M. Shelton



Question—Can you tell me how a tall, slender person can gain weight? Some diet exponents tell us that such people can gain weight by juices, or with between meal and bedtime snacks. Can you help me?

Answer—What do you want to gain? Overeating, eating between meals and eating the commonly advised "weight gaining diets," you may succeed in laying on a quantity of fat or you may only succeed in further impairing your health. Should you put on fat, it will not be evenly distributed and will not provide you with a normal figure. My advice is not to attempt this.

If you want to gain useful

flesh, this may be done by 1. First correcting all causes of impaired health that have crippled your digestive and assimilative powers; 2. By eating a diet that is rich in vitamins and minerals (fresh fruits and vegetables) and adequate quantities of the finest quality proteins. Do not put the emphasis on fats, starches and sugars, but on proteins. 3. By pursuing a course of daily vigorous and resistive exercise that is progressively increased, as strength increases, to build up your muscular tissues.

Question—Can you tell me how to handle social situations wherein my children are exposed to foods they should not

have? My children are entering their teens and don't like to appear different from the other kids.

Answer—You are faced with a problem that all Hygienists who have children have to face, and it is a difficult one. Children do not like to appear different; they like to feel that they belong to the group. Also, other children are often more cruel, without meaning to be so, in their remarks about such differences, than are adults. Our society does not have much love for the non-conformist. You must so thoroughly ingrain in your child the truths of dietary science that it will realize fully, the mistakes of the other children; you must teach your child not to fear criticism and to actually glory in its differences; you must never tire in your efforts to counteract the vicious elements of our contemporary culture. In many instances full success will crown your efforts; in many more you will only partially succeed.

If your child indulges in a food debauch at school—eats the pies and cakes and hot dogs the other children will trade for its fruits—you may counteract this by letting it miss a meal or so. Do not make the child feel that this is a punishment, but that it is a mere matter of balancing the books.

Question—I have had an operation for the removal of my gall bladder. Besides this trouble, I have other ailments. The physicians do not seem to be able to help me improve my health as time goes on. What would you advise?

Answer—Operations remove organs and parts of organs, not causes. You had your gall bladder removed; you did nothing to correct your way of life. Health is the product of right living, not of drugs, vaccines and operations. Study Natural Hygiene, apply its principles to your daily life. This will enable you to build health and free you of dependence upon physicians. You will profit immeasurably from a preliminary fast, which should be taken under competent supervision.

Question—I have an inferiority complex and only feel self-confident when I've had a couple of drinks. How can I overcome this?

Answer—Drinking inhibits your higher mental powers. Your self-confidence is largely a psychological problem, but it is amazing how these commonly solve themselves when health is improved. It is difficult to conceive of a man or woman of vigorous health lacking full confidence in himself or her-

self. Psychologically, I believe in forcing issues. Make yourself do or attempt to do the thing that embarrasses you. Repetition of this will build confidence.

Question—I am a young man and have just found out that I have diabetes. The doctors have put me on insulin. Can I overcome my condition and be healthy without the use of insulin? I am afraid to give it up.

Answer—Insulin does not remedy diabetes. It is a crutch that creates a permanent need for itself. Two years on insulin will result in sufficient added degeneration in the pancreas that you will find it very difficult, perhaps, even dangerous to discontinue taking it. The time to discontinue this drug is now. A fast is helpful in the beginning of care of diabetic individuals. This should be followed by a diet rich in vitamins and minerals, with moderate quantities of high grade proteins. Starches and sugars may be employed within your crippled range of toleration. All en-

ervating habits and indulgences must be discontinued at once and permanently.

Question—I am in the second month of my first pregnancy and feel wretched. The only food that will stay down is crackers or toast. If I fast I am so weak I can't get out of bed—and I still feel sick. What would advise that I do?

Answer—Vomiting in pregnancy is a sure indication that a fast is needed and will be helpful. That you grow weak is not of importance. Stay in bed and fast anyway. Commonly only three to four days are needed to overcome the vomiting and nausea. I have seen one case in which I had to prolong the fast to ten days. To other young women who may be looking forward to prospective motherhood, I advise that you cultivate and maintain good health in advance of pregnancy so that you will escape the nausea and vomiting. Healthy women who live sensibly do not have such developments.

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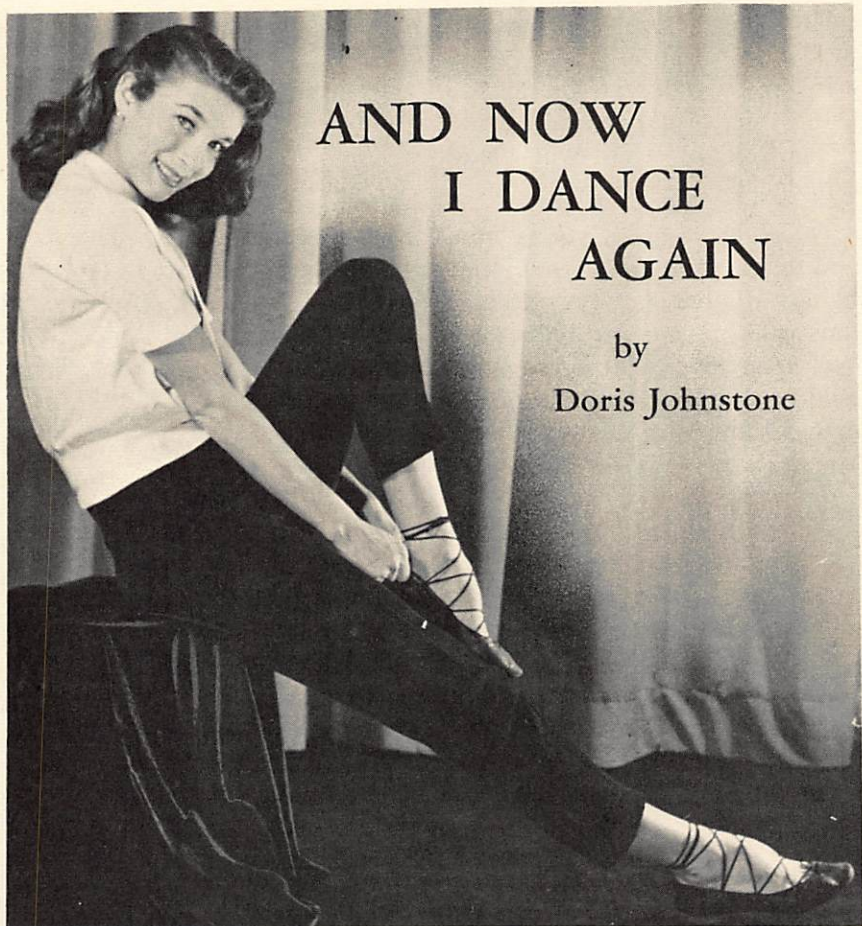
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AND NOW I DANCE AGAIN

by
Doris Johnstone

My first association with Natural Hygiene happened one year ago at the age of 21 when I had the good fortune to attend the American Natural Hygiene Society's annual convention in New York.

As a child I had an interest in health, but had no health itself. I had no energy, no vitality. I was thin and anemic. Never had much of an appetite. Had trouble digesting my food.

I had the usual childhood diseases plus rapid tooth decay. In school I had no ambition and was inattentive. As a result my grades were poor.

My life's ambition had been to dance. So at the age of 13 I began taking dancing lessons. The physical activity in addition to school activities improved my condition slightly, but temporarily.

In the school library I read books and magazine articles on health and nutrition. Here I became aware of the importance of diet. I tried to follow as closely as possible the diet charts shown in my health and science classes. From a breakfast of cocoa, white toast and jelly, I switched to a big breakfast of bacon and eggs, whole-wheat cereal, milk and fruit. For lunch I insisted my mother give me wholewheat bread sandwiches instead of white, along with fruit and a few pieces of carrots and celery. I cut out gum, candy and soft drinks. I never cared for pastery or desserts, preferring a second helping of vegetables. I increased my intake of milk and meat and at last I thought I was eating a well-balanced diet.

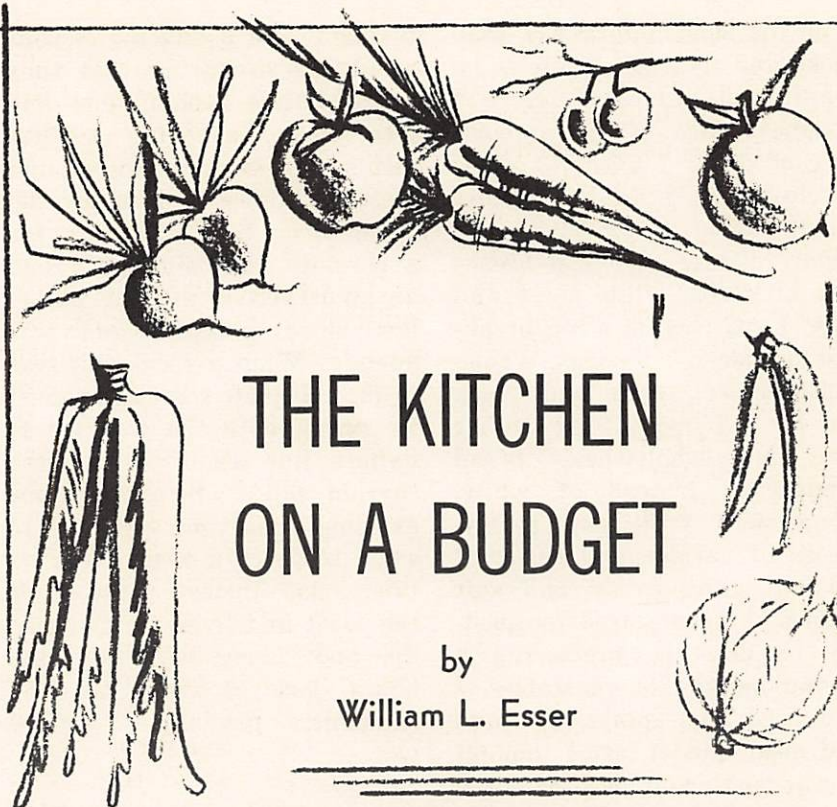
At 17 I graduated from high school and left home to dance professionally in summer shows in various places throughout the country. Despite the fact that I "lived out of a suitcase" for those few years and always ate in different restaurants, I still managed to eat what I thought was a well-balanced diet. Then I settled in New York City to resume my dancing lessons because I wanted to become a ballerina.

I worked very hard—almost to the point of exhaustion—

taking 2 and 3 dancing lessons a day. Also during that time I would take dancing jobs and free lance modeling assignments. I became more and more run-down and finally decided to go to a physician for a checkup. He told me I had an underactive thyroid gland, low blood pressure and was anemic. What a shock this was to me! I knew something must be wrong with the way I was living. But what? I took the thyroid pills, which made me extremely nervous. I was to come in twice a week for liver injections. Instead I ate more red meat and liver. I kept this up, and, along with my late hours, lack of fresh air and sunshine, gradually grew worse.

One day I discovered a health food store in my neighborhood and started eating all my meals there hoping this would do the trick. I attended all the "health" lectures and read all I could find on the subject including Dr. Shelton's *Food Combining* and *Superior Nutrition*. At this time I was a "mixed-up kid", and could not fully appreciate Dr. Shelton's books. I didn't know what course to follow. Of one thing I was certain: Meat was not good food. I still forced myself to be very active thinking

Continued on page 14



THE KITCHEN ON A BUDGET

by
William L. Esser

Reprinted from the book *Dictionary of Foods*, with permission of the author.

It is typical of the housewife, who has to be thrifty in her shopping, to complain that the cost of living on a well-rounded diet of natural foods is prohibitive and that the majority of the poorer classes could never afford the luxury of living on such expensive foods.

Though in exceptional cases this statement may have some foundation, the majority of people will find that all things con-

sidered, the correct natural diet is not more expensive, but in most cases will actually reduce the cost of living. The family living in a rural locality will have certain advantages over the city dweller because he will be able to grow much of his food in his own backyard. The urbanite, on the other hand, will have the distinct advantage of obtaining foods in the city markets which are rarely sold in the smaller and more obscure general stores

to be found in out of the way places.

First of all, it must be realized that it is not necessary to health to select the scarce, out of season foods and those which come from distant points and foreign countries. These are generally not only high-priced, but due to the extended time required for transportation during which time they are under refrigeration, much of the food value has been lost and the quality greatly altered.

Markets

Most markets have a year-round supply of apples, oranges, pears, berries, melons, bananas, and raisins. Those fortunate to own a small amount of property can readily plant enough fruit trees which will bear an ample amount of fruit to last for nearly the entire year. For those living in regions too cold for citrus crops, tree-ripened fruit can be reasonably obtained from sources in Florida, Texas and California and easily stored.

Vegetables such as beets, cabbage, collards, spinach, dandelion, endive, tomatoes, turnips, okra, sorrel, mustard greens, onions, chives, carrots, rutagabas, lettuce and many others can easily be grown in the home garden and cheaply bought in most markets. In the winter time, practically all

of the root vegetables can readily be stored. Sorrel, dandelion, chives and many other greens can be found growing wild by those who will give a little time to searching for them.

The cereals in the whole unpolished state are admissible in restricted amounts when other articles of food are limited, expensive or hard to obtain. The best of these are rice, wheat and barley and the legumes, lentils, peas, and beans. While very rich in minerals these foods at the same time are unfavorable in that they tend to develop hypo-alkalinity in the body and therefore it is advisable to keep their use to a minimum. These high starch and protein foods when unrefined are far superior to the pale demineralized white breads, macaroni, cake, cookies and cheap candies to which so many families are accustomed.

If those who complain about the high cost of the natural diet, were to spend no money for soda-drinks, beer, tea, coffee, tobacco, alcohol, pickles, meat, hot-dogs, potato chips, candy, catchup, mayonnaise, mustard, jelly, canned foods, plus numerous other worthless items ordinarily considered as foods, there would be enough money to buy wholesome, complete foods which would nourish

rather than rob health and build disease. The immediate cost of foods however is vastly less important than the consideration of its health or disease producing factors. Good foods are a form of health insurance and even if their cost is a little higher, they are a sound investment. Poor quality foods are bad investments because of the manner in which they undermine health and build deficiencies and disease.

Save Time and Money

The many days, months and years which are lost from work, and the daily inefficiency and incompetency which result directly from bad eating habits, cost vastly more in terms of doctor and hospital fees, plus lost time, than the most expensive natural foods would ever cost. There are few who can boast of passing through a year without having lost a day from work or school.

Though all illness is not caused by bad eating habits, a large percentage of it is. This is false economy indeed! Children particularly are injured by denying them the fruits and green vegetables, nuts and other whole natural foods they require for sound nutrition and steady growth. They become physically crippled, though this is not always outwardly apparent. Their teeth quickly become

carious, the bone structure weak, the nervous system unstable and their minds unpoised. They are denied the opportunity to develop into strong men and women and pass through life mentally and physically handicapped.

Anyone Can Improve

Even people existing under the greatest poverty can do much to improve their diet. The substitution of whole natural foods rather than processed devitalized ones, and the conservation of nutritive elements will aid much to improve nutritional poverty. With the greater vitality, poise and efficiency resulting from a natural diet, the working capacity alone would make the family earnings double and triple what they formerly were.

Hygiene on the March

(Continued)

New York and Cleveland are thinking about a chartered bus for their group. How about your area?

The above probably has started ideas evolving in your own mind. If enough Hygienists will start thinking positively about how to improve the Detroit '59 Convention—and then act—this natural evolution will continue ever upward.

Natural Hygiene

MOMENTS TO REMEMBER



Posing between bites of delicious Hygienic fare are members of the Century Club of the Society. The luncheon was arranged in their honor at the Society's annual convention held in St. Louis June 23-28.



Shown above are some of the participants of the early morning bike ride held in Forest Park in St. Louis during the tenth annual convention. Sixth from the left in the first row is R. J. Cheatham, newly elected vice-president of the Society. Fifth from the right in the first row is Joy Jacaruso, Secretary-Treasurer; and fourth from the left, top row, is Dr. William L. Esser, President.

LOCAL CHAPTERS IN THE NEWS

CLEVELAND—The Cleveland Natural Hygienists enjoyed a picnic at Coriland Farm on August 24th. A report of the St. Louis Convention was presented. Preceding the September meeting there will be a Hygienic dinner featuring color slides. In October our guest lecturer will be Dr. D. J. Scott. For information about time and place of meetings contact Margie Parks, president, 4638 Colorado Ave., Lorain, Ohio.

DETROIT—The regular monthly meeting of the Natural Hygiene Society of Detroit was held on July 12th at the National Federation of Women's Clubs. Speaker was Mike Lupo, whose topic was "How I Live Hygienically." Pot Luck fruit snack followed the meeting.

ST. LOUIS—In July the Natural Hygiene Society of St. Louis heard a fine lecture by Arthur D. Andrews on "The Basic Principles of Natural Hy-

giene." The lecture was preceded by a showing of the film, "The Greatest Adventure" and followed by a watermelon feast. St. Louis Hygienists are meeting once a week at each other's homes for fellowship and discussion. Throughout most of the summer these get-togethers have been held at the home of Sally Burkham and swimming has been one of the main features. For information about our activities contact Neale Zinzer, Secretary, 3449 Gravois, St. Louis 18.

LOS ANGELES—Our June meetings featured Dr. Shelton's lectures via records and a party on June 28th with social and folk dancing, entertainment and refreshments. On July 19th a forum was conducted on the subject of "Why Vegetarianism?" On July 27th a discussion and record session was held at the home of the Des-sau's in Encino. For information about time and place of

meetings write Natural Hygiene Society of Los Angeles, 1639 Ina Drive, Glendale, California.

NEW YORK—New officers were elected at the June meeting of the Natural Hygiene Society of New York. They are as follows: Irving Davidson was elected president and Sylvia Delhi, treasurer. Other officers will be listed in the next issue of *Natural Hygiene*. On July 10 the monthly meeting featured a lecture by Dr. Robert Gross on "Heart Disease and Arthritis—Causes and Remedies." Bonnie McKissack, R.N., presented her case history. The August 14th meeting

featured a lecture by Henry Sherman entitled "Natural Hygiene." Hygienic Youth Forums are held preceeding each monthly meeting. Meetings held the second Thursday of each month at 8:00 p.m. at the Hotel Woodstock, 127 W. 43rd St., N. Y. C.

SAN FRANCISCO—Hygienists in the San Francisco-Bay area are invited to become charter members of a group which is now being organized there. The group is under the guidance of Mr. Alfred Siedel, Mrs. Belle Jacobs and Mrs. Gertrude D. Roche. For further information contact Mrs. Roche at 3977 Rhoda Ave., Oakland 2, California.

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And Now I Dance

(Continued)

this is what I needed while living on a rather restricted diet of so-called health foods and vegetable juices and no concentrated protein of any kind.

Now I began getting severe leg cramps which forced me to give up my dancing. My legs would tire after walking just a few blocks. Someone told me of a chiropractor who believed in "curing" by exercise; so, in my depleted state I took this "cure" which was mostly a program of weightlifting.

At this time I heard that there was to be a convention of the American Natural Hygiene Society in New York City. Although I was very weak I attended all the lectures and at last everything became so clear. Someone loaned me Dr. Shelton's book on fasting and after reading it I couldn't wait to visit his health school and begin my fast. Within a month I was on my way determined to fast as long as possible. And I did—for thirty-seven days!

What a wonderful experience! My outlook on life improved considerably and I overcame any fears or anxieties I had regarding my health. I began to notice and appreciate the beautiful and natural things in life. At last I found what

I had been seeking all these years—the wonderful philosophy of Natural Hygiene. During my stay at the health school I attended all of Dr. Shelton's lectures and since have studied his 7 volumes of the Hygienic System carefully. The change was easy for me to make because I wanted health more than anything else in the world, and I knew this was the only way I would get it. Now, my diet consists of raw fruits, vegetables and nuts. I carry on a well-rounded program of daily exercises, including some running whenever I can, and I take my daily sunbaths every day of the year (in the winter through my open window). I try to get as much fresh air as possible even though I live in midtown New York City. (I hope to correct that someday as my fondest desire is to live in the country and grow fruits and vegetables organically for myself and my family.) I make sure I get enough sleep each night. I do the best that I can to live according to the laws of nature and resolve to keep living the Hygienic Way for the rest of my life.

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Here'n There



Norma Waugh

Norma Waugh of Sioux Falls, S. Dakota, is the youngest looking grandmother you have ever seen. She has 14 lovely grandchildren. . . . **Yehis S. Amin**, Egyptian Hygienist, writes that he has received a letter from His Excellency, Monstafa Fadel, president of the highest court in Egypt, in which Fadel states: "I have read your priceless book on Natural Hygiene. Doubtless, it proves the right attitude towards understanding the two states of health and disease. . . . I will be happy to rejoin the Natural Hygiene movement in Egypt."

New Hygienist **Milton Gould** of New York City, writes, "I had been very sick until recently. Had mucous colitus, skin rashes, liver and gall bladder trouble among other things. About 2 months ago I completed a 38-day fast at home, and am a new man today. I now eat only raw fruits, nuts and vegetables." ANHS Presi-

dent **William L. Esser** is vacationing in Nicaragua. He says the fruits down thataway are luscious. . . .

Erna Hollis, attractive mother of enthusiastic Hygienic teen-ager **Gary Hollis**, of Darlington, Wisconsin, will begin her new job as assistant to Dr. Shelton at the Health School in San Antonio, in September. . . . The **Donald Ogdens** of Mt. Dora, Florida, were blessed with a bouncing baby boy on July 12th. . . . **Gerald Benesh** of Van Nuys, California, graduated from Chiropractic School a few weeks ago, at the head of his class, naturally. . . . **Cathy and Douglas Andrews** of Ferguson, Mo., are visiting their grandmother in Cleveland, Ohio. . . . **Dee Dee Robbins** is back "home" in New York City after an absence of several weeks, during which time she fasted for 31 days at Shelton's, attended the convention in St. Louis, and visited her parents in Centerville, Indiana.

Esther Solomon to Study in the West



WEST PALM BEACH, FLA.—Miss Esther Solomon, 15-year-old daughter of Jack and Rose Solomon of West Palm Beach, will study dancing with a famous west coast instructor during the coming year. Esther is a talented and lovely example of the Hygienic way of life. She has been reared from birth on the raw-food diet, and has also proven the merits of exercise and dancing as the means to building a beautiful body.

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Murray Rose, sensational swimming champion, is shown below with Sophie Holzgreen, (president of the Los Angeles Natural Hygiene Society), after he licked Japan's heralded Tsuyoshi Yamanaka in the 400 meters on the windup day of the International Invitational Swimming Meet in Los Angeles recently. Goodlooking 19-year-old Murray is a Natural Hygienist.



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by Herbert M. Shelton

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Therapeutic Fasting

by Arnold De Vries

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Toxemia Explained

by J. H. Tilden, M.D.

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