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American
Natural
Hygiene
Society**



GEMMA LEE and KENNY BAUER

25¢

Better Meal Planning . . . William L. Esser

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Affton 23, Missouri

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NATURAL HYGIENE DATA

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Gemma Lee and **Kenny Bauer** . . . are the Hygienic children of St. Louis Hygienists, Rose and Lee Bauer. Gemma Lee is 12 and plans to become an elementary school teacher. Kenny, at 10, is an enthusiastic naturalist with a keen interest in Biology.



Hygiene on the March

by — Jesse M. Gehman

So much has been written about the American standard of living and so little about creating a standard based on the fundamental principles necessary to guarantee a healthy life, which is the basis of a happy life.

True, we have more bathtubs and automobiles in proportion to our population than any country in the world. We have more hospitals, more insane asylums, eat more white sugar, consume more liquor, coffee and cigarettes and more meat per capita than anywhere else in the world.

All this adds up to a poorer standard of living than that enjoyed by the woodman, the farmer or some one quartered in a remote corner of the country, mayhap without benefit (sic) of most of those things named, but with an abundant

supply of fresh air always available.

Good wholesome natural food, as fresh fruits, vegetables, nuts and whole grains, etc., would mean a better American standard of living than the civilized commercial variety of foods provided. Natural wholesome foods coupled with simplicity in living means so much, but yet, will fall short if unaccompanied by the "life itself".

Life itself is the air we breathe. Truly, this is the life. The air we breathe is the great catalyzer, the great utilizer of all else that we take into our system, from all of our contacts with the material elements. Without it we perish—with it we progress.

Most people, whether following the accepted American standard of living, or a more healthful manner of living, ne-

glect the matter of fresh air—oxygen—the most important single factor in our environment. Oxygen supplies the wherewithal to make all other sources of energy available. Without food, if necessary, we can live for days, or even a month or more; we can get along without water for even longer, especially if our food includes larger quantities of fresh fruit and vegetables. But without air or oxygen we would be gone in less than five minutes.

Realizing that "Air—Oxygen—is Life" will be of no avail unless you do two things:

First: Always see that you have good air to breathe. This means, insofar as possible avoid smoke laden, illy ventilated rooms and insist upon your right as a non-smoker to have no smoking rules enforced in public buildings, buses, home or wherever smoking is prohibited.

Second: Learn to use the lungs as they should be used, and in this way you will be able to create a new and better standard of living for you will be supplying "the Life of Life"

which is the air we breathe.

To become a better breather practice this simple method. Stand erect, chest high, without any thought of pulling the abdomen in. Now exhale through the nostrils slowly until all the air is expelled. Then hold the breath momentarily—several seconds—and begin to inhale through the nostrils, slowly and rhythmically filling up, which cause the diaphragm to descend forcing the abdomen slightly outward. Keep filling up slowly and then in one final effort raise the shoulders slightly and as you complete the inhalation, drop the shoulders into place. Now then hold the breath for about half the time it took you to inhale a complete breath, and then begin to exhale slowly and rhythmically, expelling all air from the lungs.

Practice this 5 to 10 minutes in the morning on arising, and for a similar period before retiring to insure getting your share of the breath of life today, which practiced conscientiously will assure you a better tomorrow.

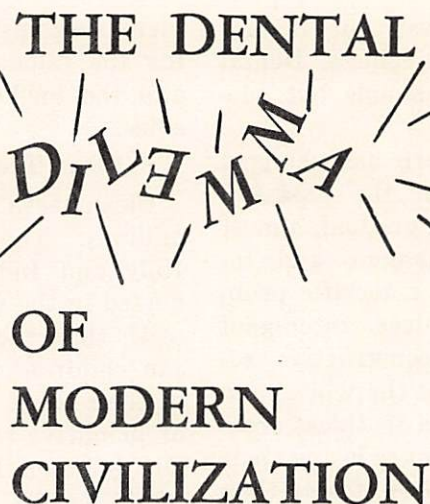
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The title is centered and features a sunburst or starburst design. The word "THE" is at the top, followed by "DENTAL" in a larger font. The word "DILEMMA" is written in a large, bold, serif font, with each letter of "DILEMMA" tilted at an angle so that they all point towards the center. Below "DILEMMA" is the word "OF", followed by "MODERN" and "CIVILIZATION" in a large, bold, serif font. The entire title is enclosed within a large, thin-lined diamond shape.

THE DENTAL DILEMMA OF MODERN CIVILIZATION

by

Dr. N. S. Hanoka, D.D.S.

Modern civilization has brought us many advantages; it has also brought us many problems. One, a very serious one, is the dental problem.

Scientific Dentistry is a product of modern civilization. It was non-existent one hundred years ago. From the lowly barbers' trade, it blossomed into an academic science and an art of which the ancients never dreamed. A dentist of today spends six years of study. The practice of modern dentistry is a very complicated art. Its accomplishments, especially in the field of oral surgery, anesthetics, and restoration of loss of teeth, is next to miraculous. And the U.S.A. leads in this

field just as in so many others.

But strange as it may seem, as the skill of American dentists has increased, so have dental caries, pyorrhea, gingivitis, and crooked teeth also increased. The condition of the people of the U.S.A., especially the children, is the worst in the whole civilized world, in spite of the marvelous skill and efforts of ninety thousand dentists. Statistics show that it was not so in the year 1912 when I matriculated as a dental Freshman in St. Louis University Dental College in St. Louis, Mo. The curriculum at that time required three years to graduate with the title of D.D.S.

The X-ray was not in use when I entered college. Dental equipment was simple but adequate.

But the picture has changed tremendously in the last 45 years. It was a gradual, almost imperceptible change, and today it exists as a terrific problem that requires intelligent scientific and constructive solution to prevent the white man from becoming a toothless creature. Yes, people are losing their teeth, even children, faster than the Dentists can replace them—in spite of all our dental skills, in spite of having doubled our dental curriculum, and in spite of our beautiful offices and gadgets and mounting dental costs to the Dentist and patients.

What is the Cause?

What is the cause of this condition that is attracting the attention even of the American Congress?

Over the years emphasis has been put on mouth hygiene. The "brushing of the teeth" craze has built up a great industry of tooth brush manufacturing, tooth paste and mouth washes. The slogan: A Clean Tooth does not Decay. Americans have gone at it with a vengeance and all these years they have used, and still use, more and more tooth brushes, tooth paste and mouth washes—but tooth decay has kept on

increasing just the same, proving the fallacy of our theories and the inefficacy of our remedies.

Clean Teeth Do Decay

Clean teeth DO decay by the millions. The poor children of Italy and India, the most underfed in the world, have better teeth than the best fed American children, with no brushing of their teeth. And the children of primitive races, according to Dr. Winston Price, one of the most famous Dental Research Scientists, have hardly any decay at all. He brings this out so beautifully, so convincingly, in his classic book, *Nutrition and Physical Degeneration*. I had the pleasure of meeting Dr. Price at one of our Dental Conventions and saw his photographs of Natives from all over the world with their beautiful teeth and large jaws, free from caries and other dental abnormalities afflicting the white race.

Vitamin Deficiency

According to Dr. Price and many other investigators the world over, the main cause of tooth decay is chemical and vitamin deficiency of civilized diets produced by our devitalized foods—mostly starches and sugars—and our excess use of meat which is poor in calcium, one of the main requirements in the building and maintenance of sound teeth.

Our millers and sugar manufacturers, by their refining of flour and sugar, and the tremendous consumption of these products daily (each American uses about one hundred pounds of white sugar a year) are directly responsible in large measure for the present deplorable condition of dental diseases. Next are the manufacturers of tooth brushes, tooth pastes and mouth washes with their deceiving propaganda, luring the public away from the real cause of tooth decay—improper nutrition.

Dental colleges are also guilty

Dr. Hanoka is the author of a book entitled "Teeth and Your Food." The book can be ordered from Good Life Publications, 126 Parsons Ave., Webster Groves 19, Mo. Price, \$1.25.

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of neglecting to teach the findings of Dr. Price, and educate the public nutritionally. Instead they are boosting the fluoridation of water supplies with dangerous sodium flouride.

The manufacture and sale of highly refined grain products, (white flour) and white sugar—candy, ice cream, soda pop, etc., must be prohibited if we want to prevent our children from developing into a toothless race. Big Business is not interested in human welfare. Dentistry is, or should be, if it is to survive as a scientific profession and hold the esteem of the public.

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**Dr. D. I. Ogden
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Life Begins at Eighty

by Charles Newlin

For a long time I've wondered what it's all about. Diligently, for many years, I've studied and pondered. As a result of my searching, I have reached some very definite conclusions. I believe in law—natural law. I believe one and one always makes two. I do not believe in exceptions to natural law. Man's laws—Man's Society—apparently are leading him to chaos.

Out of my former bewilderment, the sweetest and most precious thing that I found was Natural Hygiene. It made sense. Almost everything else I found lacking in one way or another; but this my mind could accept. At last I could be sure of something. I have tested and tried the principles of Natural Hygiene in my own life and have been amply rewarded.

The following incident concerns an attempt on my part to help someone else through Natural Hygiene—my old eighty-two-year-old grandmother whom I love dearly.

In December of 1957 I received word to the effect that grandmother had suffered a slight stroke. I went to her as quickly as I could—about a week later.

For five years I had passed along to grandmother little bits of Hygienic wisdom, in an effort to help to make her last days as healthy as possible. I helped her to refrain from putting her belief in medicines and doctors completely.

When I arrived at her home in the little backwoods Arkansas town I found her in bed with a glass of water, a snuff box and some pills which a phy-

sician had given her to take. (The neighbors had finally persuaded her to call one in.) Right away I suggested to her that she fast, and promised to fast with her to help her feel better about the whole thing.

She had been eating very little anyway, but the neighbors and relatives were coming in every day, bringing all manner of food and urging her to eat. After my arrival, I accepted the food the well-meaning people brought, took it to the kitchen, and when they left I threw most of it away.

Fasting Easy

Fasting was easy for both of us. I kept her room warm and a hot water bottle on her feet. She stayed in bed most of the time and I did so only when I felt the inclination. I was often awake during the night as I required less sleep. After a day or so grandmother slept well and quit snoring! After a few days she felt much better and looked much better, too. In addition to other troubles she has had an eye infection that has dealt her much misery and the eye was often running. During the fasting the bad eye greatly improved.

To the people who came in we made no mention of the fact that we were fasting.

Then one day along about noon three middle-aged women who had known me all my life,

came to visit. I had become tired and gone to bed. They asked right away if I was also sick? And I then told them that I was fasting, that I hadn't eaten for almost a week, and that grandmother was fasting, too. They had just told her that she seemed and looked so much better than when they'd seen her last week—and so after this information they were dumbfounded. This started a discussion on the subject of fasting and Natural Hygiene. During the course of the conversation I learned that there were three physicians in the little town; two had recently suffered heart attacks, and the third was at that time in the hospital with something else. One of those who'd had the heart attack was back in his office and was working night and day to take care of all the sick people who came to him. No one, however, seemed to have lost any faith in doctors or drugs.

I didn't try to go into the subject too deeply for I had learned long ago that it doesn't pay to talk about Hygiene unless the person shows a sincere desire to know more about it.

Fasted Nine Days

We fasted for nine days. I had not much longer to stay, so thought I'd better get grandmother back to eating before I left. Before my departure her

neighbors all exclaimed over how much better she looked, and asked what the doctor was doing for her and what she was eating. (To most of the folk I'd mentioned nothing about the fasting.) On the evening of the ninth day I fixed her a small glass of orange juice which I'd ordered from an organic grower in Florida. That night after the orange juice, she didn't sleep well at all—she was very restless. I was worried, for up until the orange juice she had improved steadily each day. The next evening I fixed her a glass of orange juice, but this time I diluted it with distilled water. She had no trouble that night. For the next few nights that I remained there she had small amounts of undiluted juice, and I began to give her small amounts of well ripened bananas. I left plenty of fruit, lettuce and celery on hand for her and she had plenty of pecans and walnuts from trees on her place. The last few days

she was up and around the house, doing just fine. I was well satisfied with her progress.

The day before I left I did away with all the food I found in the kitchen that she shouldn't have. The good neighbors seemed determined to keep trucking it in—not that she was in want, but people do things like that in the country. They brought milk and eggs and country sausage, one even brought in a roast of venison. But grandmother was very cooperative, and listened to me. She is still alright and I still try to encourage her to live as Hygienically as possible, in spite of all the neighbors and friends.

She's quite old—a life mispent as far as eating habits are concerned, but now, at 82, in spite of the past, she looks forward to a "new life."

She raised me, and under the circumstances, I've sought to do the best I could for her.

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GUIDE TO BETTER MEAL PLANNING



by

William L. Esser

Director, Hygienic Rest Ranch, Lake Worth, Fla.

Of all foods that can be set before the diner, fruits are best in every respect. They are objects which enchant the eye, delight the smell, and thrill the normal taste beyond the sensation any other food can incite. In itself, fruit is perfect. It requires no preparation of any kind, no cooking, no seasoning, additions, or subtractions to make it palatable. The major part of one's diet should consist of fruit. It is the most delicious, wholesome, perfect food which can be had.

It is a regrettable fact that nuts, as a class of food, are playing such an inferior and unjust role in the daily menu of the average family. Accord-

ing to paleontologists, man was a nut eater just as are his prototypes, the great apes. But as he wandered away from the fruitarian habits to which he instinctively and physiologically was adapted, nuts, being botanically a fruit, were given the role of a confection. In nutritive value, they are superior per pound to any foodstuffs that we know.

Vegetables play an important role in the nutrition of man in furnishing vital mineral elements and vitamins. In the average household, vegetables are limited to a very few. A salad is usually thought of as a lettuce leaf, covered with a generous portion of tuna fish or

chicken dressed with mayonnaise. Fruits and nuts are the perfect food for man, but in the civilized areas of the world it is virtually impossible to obtain a sufficiently rounded supply for perfect nutrition and health. Therefore it is necessary to supplement them with vegetables, especially green leafy ones. Large raw vegetable salads should form the major part of every dinner. Below are suggested menus for a week.

BREAKFASTS

8 to 12 ozs. fresh tree ripened orange juice or 3 whole oranges; 2 to 4 ozs. shelled almonds.

1 pint fresh ripe berries in season.

2 to 4 ozs. raw cashew nuts.

3 pomegranates.

2 to 4 ozs. raw brazil nuts.

(To eat pomegranates, knead fruit with fingers until soft, then suck out juice.)

5 to 6 thick slices fresh ripe pineapple, unsweetened.

2 to 4 ozs. shelled almonds or walnuts.

1½ to 2 tree ripened grapefruit.

2 to 4 ozs. shelled pecans.

1 pint ripe gooseberries or loganberries.

2 to 4 ozs. of hazlenuts or fresh cocoanut.

Fruit compote: ½ pint straw-

berries, 1½ orange, diced ripe pineapple. Sprinkle with 2 ozs. finely chopped nuts.

LUNCHES

2 sliced large ripe bananas.

¼ lb. Persian dates.

Sweet apple.

Fruit salad: sliced banana, diced sweet apple and ripe pear and raisins.

¼ lb. grapes..

1 apple.

2 fresh ripe pears.

1 large ripe avocado.

2 large ripe tomatoes.

celery sticks.

1 to 1½ pounds of luscious ripe grapes.

Large fruit salad, tree ripened orange wedges, strawberries, sprinkled with grated fresh cocoanut.

Fruit salad: 2 ripe bananas, 1 ripe pear, 1 ripe persimmon, fresh dates.

2 large ripe persimmons, 1 lb. sweet seedless grapes.

DINNERS

Vegetable salad: ¼ head lettuce, 3 sticks celery, 1 red sweet pepper, ½ avocado, 1 small grated beet or turnip; baked potato.

Vegetable salad: Chop young collard leaves, ½ ripe avocado, 1 large ripe tomato, 3 chopped celery sticks, water cress; steamed fresh young peas and swiss chard.

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BETTER MEAL PLANNING (Continued from page 10)

Vegetable salad: Fresh young cabbage, sliced okra pods, 1 avocado, 2 grated carrots; baked sweet potatoes.

Vegetable salad: Head Romaine lettuce, 2 tomatoes, 1/2 A Guide to Better Meal Plan avocado, small sliced turnip; 2 to 3 ozs. raw nuts.

Vegetable salad: Leaf lettuce, 1/2 ripe avocado, 1 kohlrabi, 1 young green onion, 3 sticks celery; 1 or 2 medium sized baked potatoes, 3 young beets, greens.

Tests Effects of Tobacco Use

Dr. Arne Suominen, Society member from Delray Beach, Fla., sent in a newsclipping the other day telling about another of his annual tests. This time it was running up and down mountains in Finish Lapland.

This latest outburst of energy took place last July, with daily mountain running of some five hours, from the tourist hotel to the highest peak, Himmelriki. This route was made three times every forenoon. The doctor started experimenting with tobacco, keeping up the same running program each day. He began with one and a half cigarettes the first day and increased the number each day for 5 days. The 58-year-old guinea pig found his endurance waning each day until by the fifth day instead of making the trip in under 5 hours as before, it was taking 5 hours and 48 minutes. He began to have coughing spells and on the third day there was nausea. He says he will never smoke again.

Vegetable salad: Plate arrangement of romaine lettuce leaves, ripe tomato wedges, sliced red pepper and carrot sticks; 2 to 4 ozs. raw pecans.

Convention Previews

DETROIT, MICHIGAN—Enthusiastic Convention Manager "R. J." Cheatham reports that everything is shaping up nicely in regard to the 1959 Convention of the American Natural Hygiene Society. The eventful gathering of health-seekers will take place June 24th-29th at the beautiful Statler-Hilton Hotel in Detroit.

National Librarian Lora Ross (Good Life Publications Director) announces that there will be new and interesting books for sale. Mrs. Thelma Scott, in charge of the annual Century Club luncheon, promises a unique and delicious affair in honor of Century Club members. The Natural Food Exhibit under the direction of Barney Lewinson will be one of the most unusual and complete ever shown.

Plans are being made to enable Hygienists to have their meals together if they so desire. The meals will be planned and served by our own capable women with Sally Burkham, Frances Cheatham, Dorothy Patton and Betty Weingartner in charge. There'll be hikes, bike rides, night parties and sightseeing tours, in addition to the main attraction: the nation's foremost authorities lec-

What's This, Another Daughter for the Strys?



The latest addition to the Stry family in Melbourne, Florida, is "Fuzzy," a fruitarian they adopted from Honduras. Fuzzy runs around loose, loves people and tree-ripened persimmons—doesn't smoke, drink, overeat or stay up late at night to watch that "crazy" television. In the photo above, Fuzzy and new mother, Liz Stry, pose happily together.

turing on the subjects of vital interest.

If you haven't sent in your reservation, do so as early as possible. Send it to the Hotel Statler-Hilton, c/o Mr. Pessell, Detroit 31, Michigan.

ANNOUNCING the opening of the 1959 Convention Program DONOR LIST.

The coming convention promises to be a unique and outstanding one! Convention Manager R. J. Cheatham is working hard to bring you the very best in speakers, entertainment and Hygienic inspiration. He takes this opportunity to inaugurate the '59 Donor List, and urges each of you to do your part to help make this the greatest convention ever!

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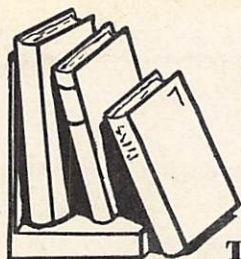
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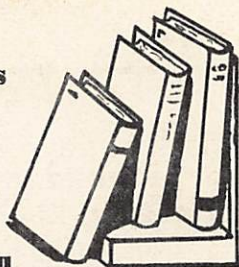
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