

NATURAL HYGIENE

THE OFFICIAL PUBLICATION OF THE AMERICAN NATURAL HYGIENE SOCIETY, INC.

CARING FOR YOUR BABY



Adele Davidson smiles happily after a fast which took off 15 excess pounds.

Living Natural Hygiene Here-N-There

By Sally Burkham

Adele Davidson spent two weeks at Pawling Health Manor recently. She lost 15 pounds and looks wonderful. . . . Among guests at the New Year's Eve party of the New York Natural Hygiene Society were Mr. and Mrs. George Woroboff and son Cy Travers. Cy is a well known Broadway actor. They're all good Hygienists. . . . A St. Louis N. H. whose husband is an MD recently fasted for five days without
(continued on page 8)

By Dr. William L. Esser, N.D.

DIRECTOR ESSER'S HYGIENIC REST RANCH
P. O. Box 161, Lake Worth, Florida

Child care presents one of the greatest problems of modern parentage. Many do not consider it a problem. This is because of ignorance of the long chain of degeneration mentally, physically and morally which can follow the misformed life of a human being. Admittedly, heredity influences the future of the child, but growth during pregnancy and afterbirth is of vaster importance than heredity, since much that has been done can be undone during prenatal and post-natal life. Then too, there are many who actually build themselves great hardships by coddling and over-caring for the child, so much that the well-intentioned parent actually subjects his child to much abuse.

Parents who have studied, but received their information from unfit sources, may be to a certain extent
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America "Greets" British Naturopath

By Dr. Stella Lief

Editor's note—Natural Hygiene is slowly beginning to make inroads in England. Dr. Stella Lief believes in "Basic Naturopathy" which is very close to Natural Hygiene.

Once again, in 1959, I went to the Annual Convention of The American Natural Hygiene Society, which was held in Detroit.

The reasons for my going were similar to those which prompted my pre-
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"R. J." Cheatham and Bill "Nature Boy" Kama at Nature Boy's "Garden of Eden" south of Fort Myers, Florida.

THE PRESIDENT'S PAGE

"R. J." CHEATHAM, President

HYGIENIC

SHANGRI-LA?

Last week Mrs. Cheatham and I drove down to Fort Myers, Florida, for an interview with Mr. Bill "Nature Boy" Kama. We found Mr. Kama to be a very interesting person, 70 years old, with definite opinions, and his own philosophy of life. He lives a simple existence, wears no shoes, very little clothing, and allows his beard to grow full. Most of his food is raised on his place and for the most part is eaten uncooked.

Mr. Kama told us that he had enjoyed a very happy married life for some 27 years until his wife died. He said he sold out his business in Chicago and moved to Fort Myers about 14 years ago to get away from the foul air and high tension of the city. He purchased forty acres of barren land and during the years has developed it into what could be a hygienic paradise, with many varieties of orchids, flowers, tropical fruits, vegetables, nuts, etc.

During the past years, it has been my pleasure to investigate many such

"Gardens of Eden" all the way from Acapulco, Guadalajara and Ajijic down in Mexico on up into Canada to the North, and from New York over to California. I also spent seven years aboard ship in the U. S. Navy, which gave me the opportunity to observe life in other countries and islands under completely different circumstances. In just about every area visited, some places and some people have always stood out as though to say that this is the Shangri-La and we have found it. Jack Trop's movie, "The Greatest Adventure," depicts many such places and people, north and south, east and west.

After much thought and careful consideration, I have concluded that there is no specific interpretation or definition of a Hygienic Shangri-La. There is no ideal city, state, or country. There are too many variants within the mind of the individual to allow for an exact site, location, climate or altitude. Differences in occupation, family ties, fin-

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ancial obligations, religion, personal preferences, etcetera, are so vast that it would be impossible for any person to make such a selection for another. One lady, interested in finding an ideal spot to move to, wrote asking if the humidity in a certain area was such that her hair might not stay curled; another person was concerned about the insect life, or "bugs;" still another questioned about the climate being too dry. While such questions did not seem important to me, and may not appear so to you, they were important to these individuals, or they would not have asked them.

Even if someone had been fortunate enough to explore every spot on earth, it would be impossible for anyone to consider all the questions in other individual's minds and presume to make a wise decision for them. No, it seems to me that those Hygienists who have not yet found their own Shangri-La will have to continue their search by themselves and in their own way. Some will find it and others will create it where they are. The important thing is that we learn the principles of Natural Hygiene—the laws of nature, and do our best to live in harmony with them wherever we are.

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—Sally Burkham

**CENTURY CLUB
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Why Man Is Unique

By

Ken Trueblood, President

Natural Hygiene Youth International
A Subsidiary of the A.N.H.S.

Man is a something unique from the rest of the animal kingdom. He differs basically from the other mammals (even the monkeys) in his mental capacities, in his ability to form concepts and of applying them to his life and everyday activities. Another outstanding difference between man and the animals is that only man is subjected to so many physical, mental and social troubles.

Hygienists know that disease, in any sense of the word, is seen as symptoms or end results. It is usually defined as something that happens after some disquieting influence has had an effect. They also realize that the basic cause of most of man's troubles is the wrong thinking and acting of man himself!

The principles of Natural Hygiene alone hold the answer, the "remedy," the absolute truth concerning the removal of the causes of disease and the maintenance of health. They dictate that if men are ever going to get rid of the end results that torment them (such as physical and mental disease, war, bad economics, etc.) they will have to begin dealing with the cause of these symptoms instead of with the symptoms themselves. In other words, the tap root of the tree of disease and ignorance involves man's departure from the laws of organic existence as they relate to diet, pure water, sunshine, mental poise, fasting and exercise. In his Volume I of THE HYGIENIC SYSTEM, Herbert M. Shelton wrote: "Give men health and goodness will flow from that condition as naturally as water flows downstream."

Enlightened individuals must use the opportunities they now have—for free moral activity—to deal with the root causes of the many varied and inter-related problems facing humanity. It is never too late or too early for one to
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Caring For Your Baby . . .

(continued from page 1)

excused. But parents, unworthy of the name, who bring children into the world purely as the outgrowths of sensual indulgence and without future purpose in mind deserve no condonements. It is the haphazard education of children both physically and mentally which causes their perversions, later manifested in criminal and unsocial tendencies, idiocy and insanity.

It is the writer's opinion that were children to be born and reared and educated according to hygienic principles, it would favorably change the entire social and economic structure of the world. All crime, all vice, all perversion can be directly or indirectly traced from the early training those involved have received. No foul waters flow from a sparkling crystal-clear mountain stream, and no evil will spring from a hygienically reared child. Look to the source and the answer will be only too obvious.

When the male and female germ



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cells unite to begin a new life, a new intelligence, a human being by their union, the parents, not one but both father as well as mother, should reform themselves and begin life anew. What finer thing could they do than to prepare for this miracle, this creation of a pure and beautiful life? To cleanse the body and mind by divorcing all harmful and abusive habits and perversions and to institute daily study and education is to insure and guarantee a healthy and consequently happy life for their child as well as for themselves. If they fail in this, they are unworthy of motherhood and fatherhood and it would be better for themselves, their children and the human race if they had never been united in matrimony. We need not necessarily picture the gin swilling, tobacco using parents as the only offenders deserving of condemnation. The innocent (?) individual who arises at seven in the morning, breakfasts on orange juice, cereal, toast, bacon and eggs and coffee, has a three o'clock cocktail, dines on a dinner of soup, meat, potatoes, canned peas pie and coffee; dully gapes over the paper until one, then has another sandwich and cocoa before heaving his fatigued body into bed for a lethargic sleep, is no more justified in this mode of living than the man or woman who dissipates his energies with gin, tobacco and sexual excesses. To "moral" people perhaps such a life, being average, seems normal, but to the writer this is similar to one man eating peach pie and condemning the practise of eating strawberry pie in another. Because a habit is a custom makes it neither good nor bad. The habit must be judged on its own merits.

Hygienic parenthood depends upon complete reform. Diet, sun-bathing, exercise, rest and food are vital to health. Food that is raw, fresh and ripe (so-called "health foods" and "health preparations" excluded) should be the chief constituency of the aliment. Sun-bathing taken regularly and wisely increases

the red blood cells and improves the nutrition. Judicious and proportionate exercise increases elimination and betters the tone of the muscles. Rest, taken in sufficient amount, not only during sleep, but also relaxation during daily activity, is important for a daily rejuvenation and elimination of fatigue poisons.

A regime corresponding to this and instituted early in life will insure and guarantee the health of the child during pre-natal existence and bestow a potential energy and vigorous longevity far beyond the average of today.

In molding children and building habits for which they will be grateful in adult life, the earlier these are instituted, the better. To begin at the age of one or two or seven is not early enough. Feeding habits and their frequency, which, at first should never be more than four or at the most five times a day, must be carefully planned from

the first day after birth. After the mother has nursed her child for a year and a half to two years, the gradual introduction of all raw foods, fruits, nuts and vegetables, properly portioned and combined, is advisable. The child, having known no unnatural, unfit foods, will not desire them. It will instinctively eat as much and no more of food as it's body requires. If the slightest physiological disturbance should rise from exogenous influences it will immediately stop all food intake until the impairment is corrected.

It must not be thought that a child's cry is always an indication that it is hungry. Most parents muffle these cries temporarily by quickly stuffing something into the mouth. Instead it is often an indication of a colic or an unchanged diaper or too tightly arranged and too much clothing or from being accustomed to having the parent come and hold

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BOOK REVIEW

Health From The Soil

By Arnold De Vries

Health begins with the soil. Food grown in depleted soil is low in proteins, minerals, vitamins and the trace elements and must be sprayed with poisons to prevent plant disease and insect infestation. On the other hand, plant and tree-foods grown in beautiful black rich humus, teeming with life, contain the vital nutrients and are so disease and insect resistant they need never be sprayed. Such fruits, nuts, and vegetables are more fragrant and flavorful which adds to their enjoyment and digestibility.

"Health From the Soil," an important new book by an author well known to Hygienists for his earlier works — "The Fountain of Youth," "Primitive Man and His Food," "The Elixir of Life" and "Therapeutic Fasting" — tells the story of soil as it is related to food and

health. It covers the causes of land fertility loss and how they can be removed and richness restored. He takes the reader into Nature's workshop and shows her carrying on the cycle of growth, decay, absorption back into the earth and growth again through bacteria, worms, and insects—a ceaseless round of success when man cooperates.

The author's technique of organic culture can be applied by you garden-plot Hygienists or large-scale growers. The book ends with an absorbing account of the controlled use of organically-grown foods in scientific experiments to bring about animal and human health. No yard is too small for one or two fruit trees and beds of leafy greens. Order "Health From the Soil" today. First edition. 1958. 6" x 9" size. 64 pages. Referenced and indexed. Price \$1.75, postpaid to you. THE A. N. H. S. Publications, 126 Parsons Avenue, Webster Groves 19, Missouri.

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ON THE JOYFUL SIDE

By Joy J. Gross

"If man ever finds the cause of his health and disease, he will find it by understanding the laws of his being; and if he is ever saved, he will save himself by obeying those laws." Thus wrote J. H. Tilden, M.D., back in 1917. Dr. Tilden, one of the early pioneers of the Natural Hygienic movement, devoted many pages in his books to the causes of disease—in trying to teach and to show the people of his day that instead of treating and removing symptoms they must remove the cause of the symptoms.

Then, as now, there were cancer, heart disease, diabetes, arthritis and all the other myriad of chronic diseases. Then as now everyone looked to their physicians for help when they were sick. Scientists were studying and researching, looking for cures—spending millions at it—confident that success in their endeavor was just around the corner. Throughout the ensuing 50 years the same philosophy has tinged all research; a cure is just around the corner. The disease picture has changed, however. There is now more disease than ever before. Symptoms are being repressed as never before. There's less acute disease but many times more cases of chronic diseases. Medical expenses are mounting higher and higher—drug bills, doctor bills, hospital bills. 8,000,000 American families went into debt last year for these expenses.

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etc. But we continue to have more and more degenerative illnesses.

In a recent issue of the New York World-Telegram there was an article entitled "Stop Worrying About Your Heart." Advice was given therein to heart patients — moderate amounts of alcohol beneficial in some cases, etc. and etc. On the opposite side of the page, accompanied by a large picture of an ice cream sundae, was a food feature, "Desserts that Lend Inspiration." This full page layout typifies the modern way of life: eat, drink and be merry. When degeneration sets in, let the doctor take over.

Few people ever realize the connection between their living habits (especially food) and the diseases that eventually kill them. It's still as Dr. Tilden said 50 years ago: "In regard to diseases, modern medical science often starts at the finish—to diagnose them. In order to find out all about the disease that killed the patient, a post-mortem is held, and the morbid findings are given out as diagnosis. A cancer is found; an abscess is found; but the causes that produced these diseases have passed. The laws which were broken still exist, however; and, when broken again in the same way, like diseases will result, no matter whether or not the interpretation of the stars or the deities agrees."

There is nothing more disheartening than to see intelligent, fine women and men—from young mothers and fathers to grandparents—being snatched from this life because of the chronic diseases; cancer, heart disease, diabetes, etc. It brings to my mind visions of reform; of young boys and girls learning and living Natural Hygiene—learning to live by the laws of nature instead of spending precious lifetimes breaking the rules of life. Of busy men and women taking time out from the rush and bustle of cities, jobs and obligations for resting and fasting a couple of times a year as insurance against old age and degeneration. Of these

folks developing interesting and useful hobbies so that in their golden years they won't have time for mental disease and self-pity. Of seeing the fruits of Natural Hygiene in the lives of these people: longer, happier, healthier years and eventual eradication of the degenerative diseases. Again quoting Dr. Tilden, "If we live for health, and seek health instead of disease, we find it. Post-mortems, vivisections and laboratory investigations are all in the line of looking for disease—and we have found disease galore. If we look for health, it can be found."

Delinquent Children Garden Their Troubles Away

At the Pontiac State Hospital, Pontiac, Michigan, there's an unusual group of young gardeners. These are emotionally disturbed boys who have tangled with society in varying degrees up to and including crimes of violence and who have been hospitalized by court order.

The boys have been enrolled in the 4-H Club Garden program for teenagers, bringing "home" frequent blue ribbons for their garden grown vegetables.

Through gardening, the boys have been stimulated to scholastic study, relating mathematics and language arts to their vegetables and annual flowers.

Across the grounds are six girls, each working a 20 x 30 ft. facsimile of a home garden, which bears her name and to which she invites her friends. Thus she acquires the sense of her own identity and importance so vital to rehabilitation.

So effective has been the horticultural therapy program at Pontiac, that similar programs are now beginning at Detroit's House of Correction and in Chicago protective homes, reports the National Garden Bureau, educational arm of the garden seed industry.



Dina Gray: The experience of fasting recently converted this young lady and her spouse, Martin, to Natural Hygiene.

Living Natural Hygiene

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anyone in the family noticing. They were used to her not eating breakfast and at dinner time she cracked nuts and put lettuce on and off her plate and waited on the others. She felt no ill effects, only good: slight "pot" gone, gravelly throat healed. . . . Margaret Sperry, R. 6, Butler, Mo., has been placing hygienic books in a local lending library—and people seem to read them! If you have any extra copies or would like to buy some, please mail them to her—or put some into your own local library. On a parent's shelf of a St. Louis school is De Vries' "Primitive Man and His Food," placed by guess who? . . . Mr. Wilbur Putnam of Elton, La., climbed Pikes Peak in 1914 in 18 hours. This, of course, was before he was young. Now he is a vegetarian and 82 years young. He runs 440 yards (1/4 mile) every morning and never has a cold. And while we're on Pikes Peak, let's admire Dr. Arne

Suominen, the 59-year old Finn who got in condition for the big run by fasting for two weeks a month before the race. . . . The Buffalo group celebrated the Christmas season by singing carols and eating fruit. In February they will return to reality and listen to Dr. Gross speak on "The Common Cold." By that time Mr. Wangler will have returned from his fast at Dr. Esser's. . . . The Los Angeles Youth Group stuffed the house of Charles and Peggy Fox to overflowing to enjoy games, dancing, fresh refreshments and socializing in unpolluted air on New Year's Eve. . . . Look for an article entitled "Why Movie Celebrities Are Dropping Dead of Heart Attacks" in the February issue of Police Gazette. Also one entitled "Charlie Chaplin's Secrets of Fatherhood at 70" in the March issue of the same magazine. One of our professional Hygienists, Dr. Robert Gross airs the Hygienic viewpoint in the articles. . . . Mr. Cecil Abney of Hendersonville, N.C., wrote in the Guest Book at the David Stry Health Ranch, Melbourne, Florida: "For 24 years I have had the cigarette habit and have tried to break it, but during my stay here, with a 3-day fast plus a hygienic living program, I have finally been released from the desire for tobacco. I appreciate the fine teaching that hygiene is doing."

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Nutrition

By James A. Lopez

Nutrition is the sum or results of the processes by which the plants, animals and man absorb and utilize the nourishing substances. Food has to be digested and assimilated before it can be utilized by the living organism, therefore, it is not what we eat, but what we digest and assimilate that nourishes the millions of cells that form our body.

Digestion is a continuous process of chemical changes of the food we eat beginning in the mouth and ending in the intestines with the absorption of the nourishing substances that enter the circulation of our blood and go to the liver to be inspected and to the heart to be oxygenated before they can be assimilated by the cells for their nourishment and structural make up. Digestion is both, mechanical and chemical. The mechanical part consists of mastication, swallowing and the peristaltic movement of muscular contraction along the digestive tract that moves and mixes the food with the chemical secretions or ferments of the buccal, gastric and abdominal glands. The chemical part consists of the action of the different ferments of all the glands located along the digestive system on food, changing it and preparing it for its absorption in the intestines.

To nourish the body properly it is necessary, in the first place, that the food we eat contain all the elements that our organism needs for reconstruction or repair of the wear and tear of the cells, and, in the second place, that the food eaten be completely digested and assimilated. Digestion and assimilation require moreover the strict observance of the main rules of correct eating: To eat our food under ideal circumstances and with constructive thoughts and emotions, our food must be eaten in proper combinations, proportions and amounts.

After the body attains full growth it requires moderation in the supplying of all the biological agents, especially

food, the requirement of which is very often violated by the great majority that mistakenly eats great quantities of food mostly concentrated and generally denaturalized: refined, polished, preserved, cooked and adulterated with chemicals and in various forms, and which denaturalization and wrong eating are the main causes of sickness and early death because food is the main material that reconstructs all the cells, tissues, organs, blood, and supplies the basic elements that the glands utilize for the manufacture of the different chemical compositions that maintain the normality and the metabolic equilibrium of the whole body.

All the rest of the biological factors and constructive habits contribute to proper nutrition. The sun, for instance, through intelligent sun-bathing co-operates in the complete assimilation of the nutrient elements, especially calcium and phosphorous. The fresh air contributes to the healthy oxygenation of all the

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NEW YORK NATURAL HYGIENE SOCIETY

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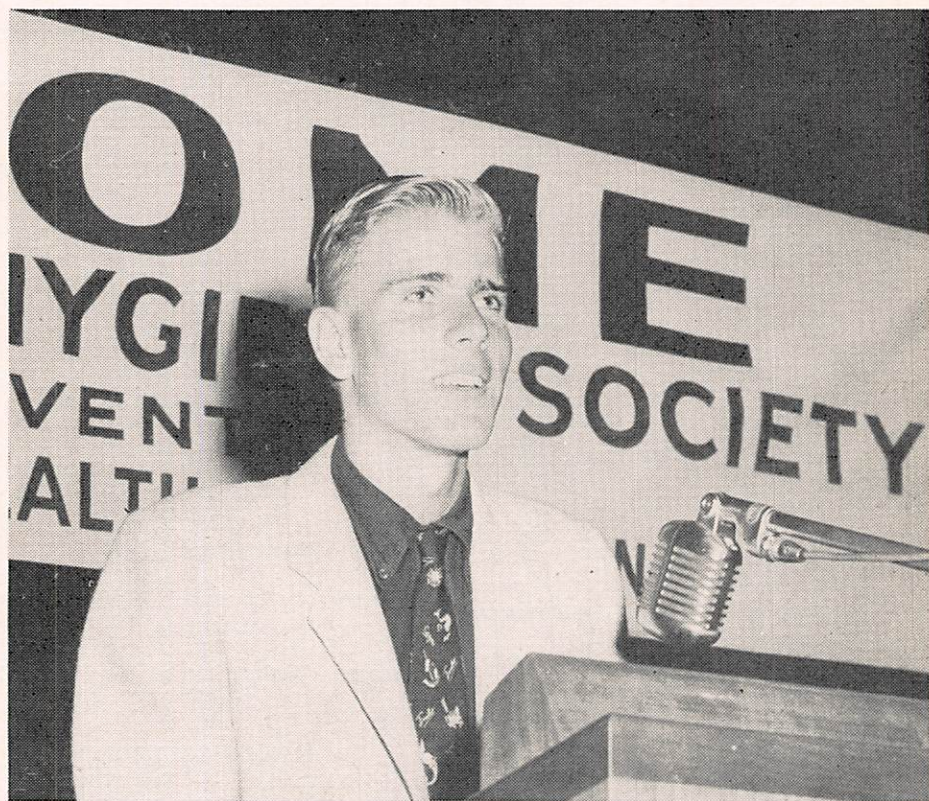
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Seldom in life do opportunities present themselves which call upon us to demonstrate a level of selflessness approaching greatness. Such an opportunity is now at hand for true believers in the ideals of Natural Hygiene. Murray Rose, triple Olympic Gold Medal winner and Natural Hygienist is qualified to attend the 1960 Olympics in Rome next summer, but funds must be raised to meet the many expenses incidental to his training, transportation, etc.

The decision as to whether or not the world's greatest swimmer and a Hygienist shall participate in the 1960 Olympics is now in our hands. When has the Natural Hygiene Movement ever before held in its hands such an opportunity to challenge the world with an athlete representing its ideals?

Is this opportunity destined to go unheeded? Must this challenge remain unaccepted because people who lend enthusiastic support in words fail to contribute dollars?

"No!" is the answer of the American Natural Hygiene Society. The money can be and will be raised to put Murray Rose into training and send him to the Olympics in Rome next August. The amount needed is \$8,000.00 and this is our goal. We already have the personal pledge of one group to raise \$1,000.00. The money is needed within two weeks. How fast can we work?

This Murray Rose Olympic Fund presents a providential opportunity for the American Natural Hygiene Society to espouse a cause worthy of its high ideals. We cannot pass up this opportunity to aid and assist a fellow Hygienist and further our great Hygienic movement.

Make out your checks today to the "ANHS Murray Rose Olympic Fund" and send them to Robert S. Rowe, the campaign chairman. If you do not have the cash available, send your pledges indicating when you will be able to make your contribution.

The Murray Rose Olympic Fund Committee

Mr. Robert S. Rowe—Chairman, Hopewell Farm, Dalton City, Ill.
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Mr. Richard Wangler, 104 Brompton Road, Buffalo, New York.

Why Man . . .

(continued from page 3)

repent and begin living in conformity with the simple truths of Natural Hygiene. It is also true that before people can become converted they must be educated; their conversion must stem from a profound realization of the essential correctness and unity of this way of life; and finally they must see that Natural Hygiene jibes with their understanding of what Aldous Huxley calls the "order of things," the eternal laws of nature.

The best way for you to receive a "Hygienic" education is to become a member of a Hygienic organization and subscribe to a Hygienic publication. As President of the Natural Hygiene Youth International, and as editor of our publication "Truth for Youth," I would like to take this opportunity to invite all interested individuals to become member subscribers. Although the management and official business of N.H. Y.I. are handled by members between the age of zero and twenty-five, anyone can become a member subscriber for a year by merely sending \$2.00 to our treasurer Miss Cathy Hruby, 4419 Pershing, Cleveland 27, Ohio. Separate yearly subscription to our quarterly publication is \$1.00.

N.H.Y.I. welcomes you. We urge you to join us today. Remember, the life you save and the world you help save . . . ARE YOUR OWN and they are both unique.

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America "Greets" . . .

(continued from page 1)

vious visit. I wanted to listen to talks on true naturopathy, free from what we might call "extraneous trappings"—talks given by some of to-day's greatest teachers, imbued with the spirit of hygienists like Issac Jennings, Sylvester Graham, Russell T. Trall, James C. Jackson, Hereward Carrington, and others.

On my arrival in America I again had trouble with the American airport authorities because I had no vaccination certificate. I had armed myself with a few facts and figures and two letters—one from a doctor saying that as vaccination in my case would be a primary one it would be very dangerous, and one from the local Medical Officer of Health stating that there had been no smallpox in the district for 14 days. These two documents are in conformity with *Clause 83* of the *International Sanitary Regulations*.

When I left the plane at Detroit I was taken to an official. He looked at me and said, "I want your reasons for refusing vaccination, and please don't give me anything of a religious nature." I simply said, "Vaccination is dangerous." "Dangerous!" he replied, scornfully, and began to laugh. I waited until he had recovered, and then said, "Don't these two letters conform with *Clause 83*?" This really upset him. "Clause 83" he spluttered, "Why that clause applies only to Americans."

I was tempted to start an argument about the meaning of the word "international" but decided it was useless to waste my breath.

The Same Picture

Then, he pointed to a picture of a small-pox victim and said, "Look at that." "Why, that's the same picture I saw in New York in 1957. Is that the only victim you have?" I asked.

He didn't like that. "So you were in New York in 1957. I was in New York at that time. Did you see me?" "No," I replied, "The man I saw in

New York was a very nice man." Then, as he seemed lost for words, I thought I had better help him. "Do you want to put me under surveillance?" I asked. "Oh no, I'm going to let you through and I will say that I agree with your doctor's statement that a primary vaccination would be very dangerous for you." (I wondered why he had laughed at the beginning of the interview when I had stated that vaccination was dangerous.) Then he went on, "If you become ill while in Detroit, will you visit a doctor?" "Yes," I assured him—for there are doctors and doctors! He then shook hands with me and wished me a pleasant holiday.

(This interview was practically identical with the one I had had previously in New York. There's food for thought there!)

I arrived in Detroit a week before the opening of the Convention, but as I had arranged to give a talk to the Missouri League for Humane Progress in St. Louis I flew on to that lovely city. I talked about vivisection and natural hygiene, showing how a universal belief in natural hygiene would put an end to vivisection.

I Asked Myself Questions!

On my return to Detroit, where I was to broadcast the following day, I heard that the radio people had the idea that I could speak on any subject under the sun. What a reputation to have thrust upon one!

The next day, as a preliminary to the broadcast, I was interviewed by a
(continued on page 14)

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America "Greets" . . .

(continued from page 13)

young man called Dan who wanted to know, "Now then, Dr. Lief, what shall I ask you?" So I told him.

What it amounted to was that I asked myself questions concerning the American Natural Hygiene Society, on how natural hygiene differed from medicine, on why I refused vaccination, on fasting, on the true nature of health and disease, on "cures", on what to do for a cold, and so on. And, of course, I gave myself the appropriate answers! (Since returning to England I have heard that the broadcast was repeated on two further occasions.)

In the evening, after the broadcast, I was sitting in my room when the phone rang and R. J. Cheatham, the convenor of the Convention, asked me to join some friends who had already arrived, and so I went along. I was greeted in the truly American manner.

The next morning the hotel seemed to be full of Natural Hygienists from all parts of the United States, with just a few from other places including Australia, France, and Israel.

The Finest Moment

But the finest moment of the Convention was, I feel, the one when Dr. Shelton received a bronze plaque on behalf of the Society. Mrs. Joy Gross, writing of the occasion, said, "When the entire gathering stood in unison I closed my eyes and visualized all he had done through the years to further the cause of Natural Hygiene, and I wished him grand success in his new Health School."

The Same Lessons

The lessons that ran through all the lectures were the same, i.e., that Natural Hygiene is that branch of biology which investigates the condition upon which health depends and the means by which it is sustained, and that it is a way of life based on the eternal laws of Nature and not a collection of modalities and

alleged "cures" for so-called diseases.

In his lectures, Dr. Shelton stressed repeatedly that there is a world of difference between the recovery of health and "getting cured."

"Strictly speaking," he said, "there is no such thing as a healing art. Healing is not done by someone or something, but by you. There is no surgeon living who can heal a wound. He would not dare to risk an operation unless he was conscious of the body's power to heal. This process of healing never leaves us; it is a part of life itself. The first requisite for the recovery of health is the removal of the cause of the ill-health. In fact, we are foolish to expect a recovery without removing the cause.

"It is stupid to think we can drug or vaccinate or bathe or feed or fast or pray ourselves into good health if the cause of the condition remains."

"I do not cure," he went on. "There are plenty of other fellows claiming to do that. All healing power resides in the living organism. It is not in food, water, air, rest, sleep; these merely supply the right conditions for the body to remain normal or to restore normality—that is, health—when it is lost. And for the same reason fasting does not cure: it supplies the right conditions for the recovery of health."

This is the heart of the message of Natural Hygiene and Nature Cure. It is wonderful to see it being spread further afield.

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Robert Rowe	5	Marge & Ted Parks	2	Lora Ross	1
"R. J." Cheatham	4	Christian Vrang	2	Oscar Floyd	1

Caring For Your Baby . . .

(continued from page 5)

it each time it cries. If a child cries at night, it may be from one of these things or some other cause. The child should be made comfortable, it should be noted whether the covering is not too heavy, that it is not cold, that it is dry, that the air is fresh. If the child has been fed properly and all of the above factors have been checked over, then the child should be left to cry, several hours if need be, since he has been coddled and spoiled and should be broken of the habit. Humoring these whims destroys the health of the parents, as well as the child's, by preventing each from getting sufficient rest.

One factor which cannot be overstressed is that the parents must be in harmony one with the other. Differences of opinion expressed openly before the child must be avoided as if it were the greatest evil. Disharmony confuses the child and makes it choose the one or the other (always the one who gives it its way) as its favorite. This even promotes jealousy and antagonism between the parents. All problems should be discussed when the child is not present, so that differences and difficulties can be settled without the young "Majesty's" approval or disagreement. Even when one parent commands the child to do something of which the other disapproves, the other should agree and later discuss the right or wrong of the matter.

Wisdom in directing children is of vital importance. Unnecessary things should never be commanded. Constant nagging to "do this" and "not to do that" will simply cause disobedience. Only important, necessary duties should be taught and then when something is asked of little Johnny, he must do it, for to ask something once and have

(continued on page 16)

Natural Hygiene

By George F. Kellner

Natural functions and processes for survival which provides

A way of life, embracing all natural laws of health.

Temperance in all things and

Utmost diligence in all aspects of life.

Rational actions in all things including

Appetite, and always

Loyally obeying the laws of nature.

Healing through the processes of right living to provide

Youthful rejuvenation of mind and body,

Giving

Increased strength and longevity for

Enthusiastic assistance for our fellow man.

Normal functions and processes for an

Existence that is happy and serene.

Caring For Your Baby . . .

(continued from page 15)

Johnny ignore it is only to teach him that he can do as he pleases. Briefly, nothing unnecessary should be asked or expected, but if something is told to the child it must be obeyed, otherwise repetition will make him disobedient and dishonest.

Being pliant, the child's mind accepts any standards and therefore must be taught the correct things from the beginning. "Baby talk" is to be condemned. How can the baby possibly learn good speech when it hears things said to it in the same manner as it's floundering learning tongue first uttered the sounds. Only the best in thoughts and ideals should be the intellectual menu. Parents themselves will profit from an effort to give their "noble experiment" a full and beautiful life. This will help to make marriage a happy and wholesome state instead of a discontented, quarrelsome and sordid association.

It need hardly be stated that fright-

ening the child with "Bogey men," ghosts and other superstitions is only suppressing the mind and creating fears that helps to cause nervous and other disorders which later act as a boomerang to worry the parent.

When correct habits, mental and physical, are instituted from the beginning, the first two years are followed by peace instead of worry and fears. True, the troubles and problems ahead are innumerable, but two years of hygienic training and care will put Mary and Johnny on a direct route to ideal manhood and womanhood. After a child has found an easier, self satisfying road, it is much more difficult to change it than if it had never known anything wrong. The effort required to hygienically rear a child to manhood or womanhood has its own reward just as certainly as every good action has a good reaction and every bad action has a bad reaction.

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Nutrition . . .

(continued from page 9)

nutritional substances. The pure water, exercise, sleep and rest applied with intelligence and balance purify and strengthen the entire organism. Constructive thoughts and emotions contribute to, and are essential to, good digestion and assimilation, the normal secretions of all the glands, and the efficient function of all the organs.

The study of comparative anatomy and physiology indicates to us that man is by nature frugivorous and vegetarian. Meat and all the animal products are unnecessary and improper for normal and efficient nutrition of the human race. Natural Hygiene, that science which deals with the study of the Natural Laws or eternal principles that govern life and everything existent in the universe, teaches us how to eat and how to live in harmony with the said laws or principles to the fullest enjoyment of health and happiness.

Science? And Health

LONGEVITY . . .

Dr. Clive M. McCay, professor of nutrition at Cornell University, believes that what we eat has a profound effect on longevity. This is one of the most certain ideas in biology. He states, "The best method we have discovered for retarding the onset of old age is to keep animals thin—on a modest diet of very high quality which is more than adequate in vitamins, minerals, and proteins."

His belief that not many people would choose to change their habits and tastes enough so that their diet would be up to the above standard led him to another perhaps partial solution. He developed a recipe for Cornell bread which is superior to ordinary bread. The improved quality is from the addition of soy flour to the vitamin and mineral poor white flour. The combination is better than either separate product.

Why bread at all? Will not unpro-

cessed nuts from the shell plus raw fruits and vegetables furnish a wealth of vitamins, minerals, and proteins?

REMEMBER, YOU CAN SAY "NO THANK YOU!" . . .

Families, friends, and doctors, because of their concern for your well-being, or because they want to "be sociable" are continually offering food, drink and medication. Remember, each

(continued on page 18)

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Means Of War

By Ken Trueblood

Reprinted From St. Louis Globe-Democrat

To the Editor:

Adlai Stevenson recently declared, "the only way to eliminate the scourge of war is to eliminate the means of war." The means of war are all around us! The limbs of the tree of evil are becoming thicker and sometimes they virtually reach out and strangle many humanitarian efforts. Bad economics, growing governmental control, the arms race, and bigotry are only a few of the more obvious branches on this tree.

I believe that the root of the tree of evil is made up of man's wasteful indulgence in unnatural and innervating modes and habits of living. How can we hope to eliminate the means of war until we give men everywhere the tools with which to recreate the Garden of Eden?



Horseback riding is the newest activity at the DAVID STRY HEALTH RANCH. Both the horse and Elizabeth Stry are vegetarians. Whenever non-hygienists ask "Where do you get your strength if you don't eat meat?", the answer is always another question: "Where does the horse get his great strength?" Of course, we hygienists know that biologically speaking, a horse is an herbivore, whereas Man is a primate and really a frugivore. Anyhow, neither herbivores nor frugivores need meat (flesh of dead animals) for strength.

DAVID STRY HEALTH RANCH
Melbourne, Florida

Science? & Health . . .

(continued from page 17)

offering can be accepted with pleasure or refused with a cheerful "no thank you." This simple rule stands us all in good stead. For the most part it is of no real consequence to other individuals whether you accept or not. This is fortunate for the timid person who is trying his wings of independence, and each small victory gives strength to try again. Although an occasional setback is to be expected, it need not reverse the general pattern of progress.

Should it happen that you are unfortunate enough to land in a hospital, you have rights there, too. Most dishes offered will not be acceptable to a person who believes that only natural food in its natural state is best to maintain and heal the body. Again "no thank you's" are in order. A patient is also within his rights to refuse medication, surgery, or even decide whether he will remain in the hospital. If the offerer seems particularly determined, it is possible to ask "Why?" "What are the advantages, the disadvantages?" There is no reason for an adult to be forced at any time to do anything he does not choose to do.

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THE CHICAGO CHAPTER OF THE AMERICAN NATURAL HYGIENE SOCIETY, 1819 W. Grand Avenue, Chicago 22, Illinois. Phone TA 9-6056. Rose Lazar, 2043 W. Arthur Street, Chicago 45, Phone AM 2-1881.

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THE AMERICAN NATURAL HYGIENE SOCIETY OF BOSTON. Mrs. W. Helsher, P.O. Box 65, W. Somerville 44, Massachusetts.

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Annual Convention

The American Natural Hygiene Society will hold its 12th International Congress of Natural Hygiene in New York City, at the Hotel Henry Hudson, 353 W. 57th Street, from June 27th, 1960 to July 2nd, 1960. Morning and evening lectures, special afternoon classes, Youth Groups, symposiums, morning hikes, sightseeing tours, and a grand banquet, with entertainment and dancing, will be presented during the week's festivities. All Convention inquiries should be directed to;

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