

JANUARY 1959

Natural Hygiene

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



WILLIE FRANKLIN

Mother of Seven

25¢

Weight Reduction H. M. Shelton

Contents

■ VOLUME 4, NUMBER 5

■ JANUARY, 1959

Hygiene on the March—R. J. Cheatham.....	1
Now I Have Healthy Skin—Joy Jacaruso.....	3
Weight Reduction—H. M. Shelton.....	6
Here 'N There.....	8
Eating For Health (part two)—Jack Dunn Trop.....	9
Local Chapter News.....	12
Success or Failure?—Robert R. Gross.....	15

THE AMERICAN NATURAL HYGIENE SOCIETY, INC.

10900 Shea Drive
Affton 23, Missouri

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NATURAL HYGIENE DATA

Natural Hygiene is the official publication of the American Natural Hygiene Society, Inc. It is edited and distributed by the Society's Publications Committee from their central headquarters at 10900 Shea Drive, Affton 23, Missouri.

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Subscriptions automatically accompany memberships. Extra copies are available to members at 25c each. Bulk rates furnished upon request.

Unable to hear since childhood, **Willie Franklin** of Bryan, Texas, attractive mother of seven healthy hygienists, has regained partial hearing through Natural Hygienic methods. She and her husband, Ted, live with their children on a beautiful estate which includes acres of organic fruit trees and berries—a veritable paradise. Willie has worked unceasingly to spread the truths of right living. She and her lovely family exemplify the "Happier Way of Life" in all its aspects!



Hygiene on the March

by — R. J. Cheatham —

The most outstanding convention of the Century will convene in Detroit, Michigan, Tuesday evening, June 23rd, 1959. Obviously this is the Eleventh Annual Convention of the American Natural Hygiene Society. The convention starts with a business meeting at 2:00 p.m. and a free public lecture at 7:45 p.m. on Tuesday, June 23rd. The official program will commence Wednesday morning, June 24th, at 8:00 a.m., and extend through Saturday evening, June 27th, with two additional days of sightseeing and outings for those who can stay over.

The program committees are packing the days full of both pleasure and knowledge for every type of individual. There will be a large variety of speakers lecturing on all phases of

Natural Hygiene. There will be hikes, lectures, dinners, excursions, movies, workshops, a natural food exhibit, group discussions, and a gala banquet with entertainment. There will be a nursery available complete with Hygienic baby sitters from the newly organized Youth Group.

Send convention reservations to the Hotel Statler-Hilton, Detroit 31, Michigan, c/o Mr. Pessell.

Committees have been appointed to handle all the details of this tremendous project. These committees and chairmen are listed below. If you have suggestions please send them along to the proper Chairman in care of this publication and your letter will be forwarded to him.

1959 CONVENTION COMMITTEES

1. American College of Natural Hygiene—C. E. Doolin
2. Book Sales—Lora Ross
3. Century Club Luncheon—Thelma Scott
4. Convention Promotion (International)—Irving Barnett
5. Convention Promotion (Local and State)—Fred Bachl
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7. Natural Food Exhibit—Barney Lewinson
8. Printing, signs, banners, etc.—Ben Flaisher
9. Daily Luncheons—Sally Burkham
10. Decorations and flowers—Charlotte Fitzgerald
11. Exhibit booths—Jack Solomon
12. Food and Hotel arrangements—Ed Fitzgerald
13. Greeters—Aaron Rogat
14. Art Exhibit—Ken Trueblood
15. Recordings—Raymond King
16. Nursery—Barbara Hougerwerf
17. Photographs—Bill Weingartner
18. Program, ad sales and Donor list—Lee Bauer
19. Program, Banquet, Entertainment—Jack Trop
20. Hygiene awards—Joseph Brenner
21. Master of Ceremonies—Lee Bauer
22. Business meetings—Dr. William Esser
23. Hikes, parties, sightseeing, etc.—Bud Hougerwerf
24. Main sessions, Lectures, Workshops, etc.—Dr. Robert Gross
25. Projection of Movies—Leonard Krim
26. Youth Activities—Jack Trop
27. Registration, Finance, Membership—Joy Jacaruso
28. Sergeant at Arms—Jack Solomon

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!

Minimum contribution, \$5.00

Regular contribution, \$10.00

Contributors will be listed in the special Program.

Send contributions to

Joy Jacaruso, Treasurer

10900 Shea Drive

Affton 23, Mo.

Now I Have Healthy Skin

by

Joy Jacaruso



When I was in the third grade my teacher sent me home from school one day and told me to tell my mother I had bread and jelly in my hair. I went home in tears and mother found that my scalp was covered with scaly lesions which bled when scratched. The next day she took me to a skin specialist and was told that I had psoriasis, a skin disease, and that the cause was unknown nor was there a cure for it. He gave her some salve to put on it and that was all he could do for me.

Mother wasn't satisfied. She also took me to the family doctor. He told her that I should

have plenty of fruits and vegetables and to cut out refined foods as much as possible. My scalp improved but it was far from normal.

Not long after a widow with six children moved next to us. She and mother became close friends. Her husband had just died and the doctors told her she had "killed" her husband with "good" food. She had plied him with rich fare—pastries, fried food, candy, etc., catering to his appetite. She decided her children were not going to suffer her husband's fate and somehow she found out about natural living.

She passed her knowledge on

to mother—and mother tried it out first on me. She put me on a diet of raw fruit and milk for a week to see what would happen. My scalp became free of lesions in just one week!

From that time on, mother tried to bring up her family in a more healthful manner. Of course, her knowledge was not complete then—but eventually it led to the pathway of Natural Hygiene. It was hard, for children want to be like all other kids, and I was no exception. I was ashamed of my whole wheat sandwiches (when I was allowed bread at all) and embarrassed to death when she sent me to school with fruit and milk in my lunchpail. More than once I swapped my banana or apple for jelly roll or doughnut. I wanted white bread, chocolate milk and cookies like the other children had. Eventually I got over it but it took a long time.

My diet was much better than average but I was still troubled with psoriasis. Unless I stuck rigidly to a predominantly fresh fruit and vegetable diet I was troubled with scabs and scales. When I was about eleven, my face broke out, too.

Mother has always blamed herself for my affliction, saying that when I was a baby I was fed sweetened condensed milk,

cream of wheat, mashed potatoes and other junk which most people consider baby food. When I was a little girl I was extremely nervous and high-strung. I had St. Vitus Dance and couldn't even lie still when the doctor examined me. That apparently had some connection, since it seems that emotional and nervous disturbances aggravate the condition.

When I was fourteen I spent the summer away from home with relatives. Upon arriving home at summer's end I was a complete mess. My body, face, and scalp were a mass of scaly, red, ugly lesions. I was so embarrassed I wouldn't go out of the house. Mother immediately took me in tow and first of all put me on juice for a few days, then nothing but fruit and a few fresh vegetables. It took three months for all the scales to go away completely. Had I fasted, the healing would have taken place more quickly; but I was in school and under the circumstances the fruit regime was best for me. Thereafter my diet consisted predominantly of fresh and dried fruit, steamed and raw vegetables and a few nuts—no flesh, dairy or cereal products. I felt like a different person and looked like one, too. My skin was as smooth as silk, my coloring was wonderful. I'd lost six pounds, and

now was becoming popular at school.

That was 17 years ago. Through the years I've managed to keep my skin comparatively free of lesions—depending of course upon my ability to properly discipline myself. I've found that exercise, fresh air and lots of sunshine, as well as emotional control, are "musts" along with proper diet, in maintaining skin health. Short fasts from time to time have proven beneficial.

At times, I have become very discouraged because of my skin. . . . I've bemoaned my fate because I can't make any devia-

tions from the Natural Hygienic way without suffering the consequences immediately—in the form of a lovely red lesion, and usually just where it shows most: on my face or in the hair-line. But then when I look at it another way, I am humbly grateful that because of this weakness I have found a beautiful, wonderful way of life.

Which only proves that it sometimes takes suffering and anguish to open up to us the genuine treasures and the lasting values in life.

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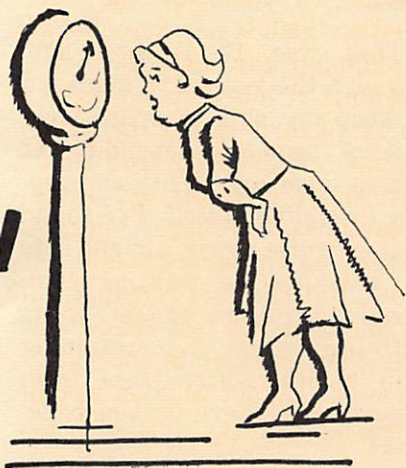
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Dr. D. I. Ogden
Mt. Dora, Florida

WEIGHT REDUCTION

BY

H. M. SHELTON



(From his latest book, "Human Beauty, its Culture and Hygiene." The book is obtainable from Good Life Publications, 10900 Shea Drive, Affton 23, Mo. Price, \$10.50.

A few years ago I met a young woman whom I had not seen for more than a year. She had formerly been a very beautiful woman whose face and figure had adorned the pages of many of the better class magazines of the country. But what I saw at this meeting, as I looked upon the wreck of a former great beauty, was a distinct shock. She had grown fat; her beautiful body was so completely hidden beneath a layer of fat that it was no longer distinguishable. Her eyes bulged, her abdomen was large, her arms were big, her neck and busts were oversized. Her face was like a loaf, her eyelids stretched, her once peaches-and-cream complexion was chalky

and pasty. Her soft, luminous eyes and melodious voice were the only remaining elements of her vanished beauty. Although carrying with her the ghostly suggestion of one-time beauty, now buried beneath a mass of horrid, uglifying fat, she was, despite her youth (thirty years) coming apart at the seams. The summer of her life had passed early, she was ready for the scrap heap. Fortunately, her mind had not deteriorated; she had retained her intelligence, her interest in life, and her skill in her work.

Few fat people will admit that they eat much; they like to believe that their overweight is due to glands, to heredity, to

middle age or that the fat jumps on them in the dark. Neither glands nor heredity nor middle age can make fat out of nothing. If one does not take it in as food, it cannot be put on as fat. It is often true that a fat person does not eat more—sometimes, perhaps, not as much—as the underweight person. But the fact remains that if one does not eat more each day than one uses in one's activities one cannot take on weight.

There are three safe, effective and sane methods of reducing weight and only three. These are fasting (abstinence from all food but water), dietary control, and physical exercise. Not only are these methods safe (although each of them may be used in a way to produce harm), but they may be employed to improve health coincident with the loss of weight. Any program of reducing that impairs health should be avoided. The woman who is twenty to fifty pounds overweight and who loses this burden should end her reducing program in better health than when she started. By fasting, dietary control and exercise, fat may be safely and healthfully removed; by using drugs to reduce, one always runs the risk of permanent injury to the nervous system.

Fasting is the easiest and most rapid means of reducing.

It is also most satisfying in that the rapid reduction of weight occurs without resulting in sagging of the skin and underlying tissues. This is hardly true of older people but is true of the young. Fasting, however, is not recommended for use except under competent supervision.

To maintain muscular tone while reducing, nothing can take the place of exercise. Because exercise tends to produce healthy or normal development, it may be used to build up underdeveloped parts and it may be used as a means of speeding up the use of surpluses.

In any effort to control weight both the quantity and quality of the food eaten must be considered. As almost all foods will produce fat if taken excessively, it is necessary to reduce the amount eaten as well as to carefully choose the foods. Foods that are most likely to be turned into fat are bread, pastries, cakes, pies, sugars, syrups, candies, butter, etc. Proteins—flesh, cheese, nuts—may also be turned into fat if eaten excessively, hence the necessity for eating these sparingly while trying to reduce. Foods that are less likely to result in added fat are all fresh fruits except bananas, avocados, dates and figs, all green vegetables, (kale,

Continued on page 14

Here'n There



Sylvia Trop

Burma's Ambassador to the U.-N., **U. Thant**, (a friend of Society member **A. J. Ruggieri** of Allegheny, New York) is showing a great deal of interest in the Natural Hygienic way of life. Mr. Thant, his wife, son, daughter and a niece were house guests of the Ruggieri's recently. Incidentally Mr. Ruggieri is leaving this month for a trip around the world. . . . **Ellen MacCarthy** of Chicago is comfortably settled in her trailer in balmy southern California for the winter . . . and speaking of southern sojourns, **Gladys Palmer** and her hubby have just settled down on Miami, Florida to await the return of sunshine to Rhode Island. . . . AND lovely **Dorothie Emshey** of Chicago will be sneaking in a trip to California come March.

Sylvia and Jack Trop of N. Y. spent an enjoyable vacation in sunny Miami during December. . . .

The **George Blaesi** family of Huntington, Long Island, New York, have just completed a move to their new home in Orford, New Hampshire. They've name the new home "Light Plateau." . . . **Herman Fernau** of Palm Beach and **Doris Johnstone** of New York City have been visiting Hygienic friends in Puerto Rico recently. Doris completed a lengthy fast at Esser's in November. . . . **Frances Cheatham**, "R.J.,"s wife and mother of six Hygienic stair-steps, completed a 21 day fast at **Dr. D. J. Scott's** place in Cleveland recently. While there, she and **Beryl Beard** of St. Louis, who was there fasting, too, became friends. . . . **Beryl** is doing fine back home in St. Louis—says she's "on top".

Gilpie Burkham of St. Louis proudly lost 12 pounds during Christmas vacation. She's determined to withstand the temptations of life in the college dorm more successfully next semester. Gilpie attends Antioch College in Yellow Springs, Ohio.

EATING FOR HEALTH

(Part
Two)

by

Jack Dunn Trop

What should I eat? How should I eat? How should I swallow? When should I eat? Should I talk while eating? Is it better to eat alone? Should I drink water with my meals? Should I mix my starches and proteins? Is it all right to eat before going to bed? Every time you pick up a book on diet or consult an authority, self appointed or real, you find different rules of eating.

Some of these rules are correct and should be obeyed. A study of the basic principles of Natural Hygiene will put us on the right track.

There are many false notions, however, and if we try to follow

them we may find ourselves in the same position as a friend of mine, who tried to follow instructions on "How to Eat A Pomegranate."

Get yourself a nice large pomegranate and play around with it a little, loosening the skin from the fruit by gentle pressure with your thumbs. Take a sharp knife, the sharper the better, and a plate.

Go to your bedroom and undress completely. Don't even wear a bathrobe. Then take the pomegranate and the plate and the knife into the bathroom with you and shut the door tightly. Sit down in the bathtub, put the plate on your lap, jab the

knife right smack center into the heart of the pomegranate. Cut it into six segments and place them on the plate. Now put the plate on the side of the tub and get on your knees. Pick up one segment at a time and, as you stoop over, carry it quickly to your mouth and suck out the juice. You will find that little pits will get into your teeth, and after you're through you may use a dozen toothpicks to get these tiny chips out.

If you examine your body closely, you will find yourself covered with little red spots, as if you had the measles, and the thing to do now is to take a shower or bath.

You will also observe that the walls are splattered with red blotches. It will look as if somebody was murdered and, in throwing themselves about in the death struggle, the walls were sprayed with blood. If there happen to be any white curtains over the bathroom window, they will now be decorated with red polka dots. There isn't much you can do about that, unless you want to take the time to wash the curtains also. However, you can clean the walls with a damp cloth.

There must be an easier way to eat a pomegranate, even as there are simpler rules for dealing with the problems of meal-

time. If you are tired, busy, or not hungry at meal time, don't worry about missing it. You are far better off if you skip it altogether. You will then really enjoy your meal at the end of the day's work, when your mind and body are at ease, and you have time to digest your food.

Combinations

Food combinations are of paramount importance. It is better not to eat a concentrated protein with a concentrated starch. That is, don't mix cheese, eggs, nuts, or milk with foods like potatoes, bread, bananas and dates. Don't mix your juicy fruits with carbohydrates or sub-acid fruits. For example, oranges, grapefruit, pineapple, do not combine well with bananas, dates, potatoes, rice, bread, etc. It is best to only eat one concentrated protein or one concentrated carbohydrate at a meal. Read Dr. Shelton's book "Food Combining Made Easy."

If you prefer vegetables for lunch and fruit for dinner, that's up to you.

Any variation of temperature, hot or cold, destroys part of the value of food. Steam vegetables in their own juices at a temperature of not more than 180 degrees.

You need no food in between meals. If you are thirsty, plain water is your best drink. By the way, the necessity of drink-

ing six, eight, or ten glasses of water a day is questionable. On your natural diet, you may not desire a glass of water in a week. There is nothing strange about that. All of the food which nature has provided for man is steeped in the delicious lubricants of their own rich juices. Man-made concentrated foods extract most of the moistures and, what with spices and seasoning, our craving for the liquids which we have denied ourselves, leads us continuously to the fountain to try to satisfy our unquenchable thirst.

You may eat at night, provided you had little or no dinner. It is better not to eat just before bedtime, but sometimes we must make a compromise, because of late working hours, or an after show party. The reason for discomfort when we eat shortly before bedtime is that we overload our already crowded stomach.

Eat when you are hungry. Don't eat because it is mealtime. Missing a meal or two, or even several days' abstention, will do you no harm. Many well regulated zoos fast their animals one day a week. Your body will be grateful for the day's rest too. A good day for it is Monday; following what is for most of us a food debauch.

If you can't give up your old

eating habits, or you insist on learning only by sad experience, then you are beginning with an ox-cart phase of nutrition. You will travel much faster and more comfortably along the road to better health by using the most natural food for your body, in correct combinations.

If you were foolish enough to burn your hand teach day, by sticking it into the fire, the best way to break this idiotic habit would be to stop it entirely. Your refined food habits, over-eating habits, overcooked food habits, are each, in their own way, as foolish as putting your hand into the fire. The best way is to stop all of these habits immediately. No tapering off is necessary.

Food Selection

Even among natural foods, there is a first, second, and a third choice, etc. In selecting oranges, be sure they are not "color-added." Try to obtain the tree-ripened fruit. Amongst the citrus fruits, as indeed amongst all others, the best test of its value for human consumption is its comparative sweetness. Pears, peaches, melons and most grapes meet the "acid" test best. Muscatel grapes are amongst the most desirable. Concordes are usually too sour and, as a rule, only the second and later crops are palatable. A simple test is that when fruit

(Continued on page 16)

Local Chapter

NEWS

CLEVELAND—A Christmas Dinner Party was held on December 6th at the Eastern Star Building, 8114 Euclid Ave. Special Christmas music was rendered by members and guests, and organically grown dried fruit was sold. For information about future meetings please write Mrs. Margie Parks, president, 4638 Colorado Ave., Lorain, Ohio.

BUFFALO — On November 24th Dr. Robert Gross addressed our group. He spoke on "Human Ailments—their causes and their 'Cures'". On December 15th we all enjoyed a Hygienic Christmas party. For information concerning future activities contact Gerald Welsted, North Evans, New York.

L. A. YOUTH GROUP—Members of the Escondido Natural Hygiene Society held a picnic and potato roast Saturday eve-

ning November 29th at Dr. Gerald Benesh's Paradise Valley Health Ranch. After the party several of the members journeyed to El Rancho Roca Rajada, beautiful 80-acre estate of Marge Boyan. Information of future activities may be obtained by writing Joyce Russell, 565 E. Hill Ave., Escondido.

ST. LOUIS—On Sunday and Monday, December 28th and 29th, at 8:00 p.m. at the Ambassador Hotel, Dr. Grantly Dick Read's film on Natural Childbirth was shown to very interested audiences. Dr. Robert Gross of New York introduced the film both evenings and answered questions following the film. Please contact Mrs. Sally Burkham, 25 Danfield Road, St. Louis 18, for information of future meetings.

BOSTON—At its November meeting the Boston Natural Hygiene Society heard a fine lec-

ture by Dr. Scott Nearing and his wife, Helen. They presented "The Case for Vegetarianism". In December Dr. Louis C. Billoette, M.D., gave an outstanding talk on "Natural Hygiene and Your Heart." Our meetings are held the third Sunday of each month at the Universalist Meeting House, 70 Charles St., at 2:30 p.m.

DETROIT—On December 13th at 8 p.m. the Detroit Chapter of the ANHS met at the Women's Club Building at 2nd and Hancock. The third in Dr. Shelton's series of recorded lectures was presented, after which



Little Danny Ogden, five-month-old son of Don and Almeda Ogden of Mt. Dora, Florida, turns on one of his healthy smiles for the readers of Natural Hygiene. Danny's daddy, Don, writes, "He has everything we desire in health, happiness and mentality, for his age. He was born naturally and has been reared hygienically thus far, and will continue to be so . . ."

four different members gave reviews of chapters of Dr. Shelton's books. A question and answer period followed. We meet the second Saturday of each month at the above mentioned place.

LOS ANGELES—On December 31st a New Year's Eve Party was held at the Hayward Hotel. Social and folk dancing, a variety show and refreshments were highlights of the evening. Please contact the Natural Hygiene Society of Los Angeles, 1639 Ina Drive, Glendale, for information about future meetings and get together.

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WEIGHT REDUCTION

(Continued from page 7)

cabbage, okra, spinach, beet tops, broccoli, asparagus, young green squash, lettuce, celery, etc.), yellow squash when young and tender, Brussels sprouts, etc. These may be taken liberally. Eat plentifully of such foods in the first part of the meal and there will be less tendency to overeat on the other foods.

No reducing or gaining will produce consistent day-to-day changes. At first you will reduce quite rapidly, then you seem to stand still for a time, after which you begin to lose again. Much determination is required to successfully reduce when one is much overweight, and the very love of eating and indifference to personal appearance that permitted the original gain are the chief obstacles to persistent and consistent effort.

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Consultations By Appointment Only

By practice a large part of the race is now omnivorous and much of the race has been omnivorous since far back into the prehistoric period. There is even evidence that cannibalism was not unknown to the Cro-Magnons. In spite of his long practice of omnivorism, he has retained his original primate constitution. Although the eternity of time is not at our disposal, it may be doubted from available evidence that man could evolve into a constitutional omnivore in any conceivable time.

H. M. Shelton

SCHOOL OF LIVING

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Brookville, Ohio

SUCCESS - or FAILURE?

It's up to you!



by Dr. Robert Gross

Many a patient under Hygienic care has given up the fight to get well when a little more effort and a little more patience would have achieved success. With a little more persistence what may seem like hopeless failure may turn to a glorious success. The line between failure and success in achieving health is so fine that we scarcely know when we pass it—so fine that we are often on the line and don't know it. There is no failure or defeat except in no longer trying.

Many patients come into Natural Hygiene after having been subjected to the depressing effects of drugs and surgery. They experience marvelous results, but in one fell swoop demand full immediate recovery with a push-button efficiency. This is impossible under any circumstances for nature works slowly and progressively, but surely. These patients resort to

alibis and begin to deviate from the principles of Natural Hygiene with poor results.

The greatest cause for human failure is an alibi; an alibi is not a mere excuse for failure, but a rationalization which means a ready excuse which is held so tightly that one will not let it go. An alibi is used to replace self-conquest. Moaning and groaning over healing crises are confessions of lack of understanding, futility and fear. This breeds failure.

Failure is, in a sense, beneficial and the pathway to success, for it should lead us to earnestly seek after that which is true. Fresh experience points out some form of error which we shall afterward carefully avoid. But we must interpret failure correctly.

Natural Hygiene teaches that there are causes and effects; the latter don't occur unless the former are present. Sickness is

SUCCESS OR FAILURE

not manifested if its causes are absent. Health can be regained providing the agents producing health are used rationally—fresh air, sunshine, exercise, diet, fasting and emotional control. Irrespective of what your present environment may be you will fall, remain or rise in health according to your will. Your life will be the exact result of what you want it to be. You can become as sick as your controlling desire or as healthy as your dominant aspiration. The ideal that you enthrone in your heart, the vision you glorify in your mind are the things by which you will build your life. This vision and ideal will become YOU.

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HERSCHELL GROVES

Box 1664 Rt. 1, Ft. Pierce, Florida

Some persons mispronounce the words "hygienist" and "hygienic". They say: "hy-geen-ist" and "hy-geen-ic". The correct way is: "hy-gee-EN'-ic" and "hy-gee-EN'-ist".

Errors such as this may make a bad impression on persons we are trying to convert to our way of life.

James McEachen, D.C.

EATING FOR HEALTH

(Continued from page 11)

makes your mouth pucker it is unfit to eat.

Almost everyone knows that bananas should be eaten only when they are ripe. Tomatoes are one of our finest foods. Eat them every day if you can get them. Originally they were called "love-apples," and it is an apt description.

Enlightened people are eating more of the fresh fruits and vegetables when they are recuperating. When they are on their feet again, many go back to meat and potatoes, pie and coffee, chocolate, candy, ice cream, cake and soda-pop. It's a vicious cycle, but you can put a stop to it by continuing to eat the foods which helped you get well in the first place.

Fruits and Vegetables

In the ideal golden age toward which we are striving, all food will be grown naturally with no chemical fertilizers or sprays. Whenever it is possible to obtain such foods, by all means do so. They are best. Most commercially grown fruits and vegetables are sprayed with poison. They must be thoroughly washed and scrubbed before they are eaten.

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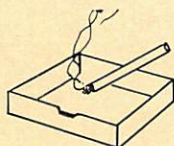
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