

NATURAL HYGIENE

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

WHAT'S IN NATURAL HYGIENE FOR ME?



Shelly Joy Cheatham and Mark Fitzgerald proclaim the great benefits of Natural Hygiene.

Here-N-There . . .

Lee Bauer, of St. Louis, visited the National office on January 3rd, 4th and 5th. Lee was en route to Port Charlotte, Florida, to investigate the Mackle Company home projects and to determine the best site for a proposed Hygienic Community. . . . Keep your eye on Dr. Barbara Moore, 56 years young, as she competes in the 110-mile walking race in England. She was disqualified for running 38 miles of the way, but did it over again and beat the Air Force man. 'Tis said she is a "faddist," living on fruits and vegetables. . . . Mr. and Mrs. Vernon Moore, of Dallas, Texas, now have three children. Along with Ann and Mary Clair, who you saw on the May 1959 issue of NATURAL HY-

(continued on page 12)

By Irving Davidson

Natural Hygiene embraces all that is true and reliable concerning how our habits of life, related to our material and social surroundings bring us either health or disease.

This all-embracing science of health breaks with the traditions and superstitions, darkness and ignorance, of the past and sweeps away the accumulated fallacies of the ages, ancient notions, venerable follies, false fashions, pernicious customs, depraved appetites, so that the light of truth may again and always shine in the minds and habits of men. It rejects every element in modern life that is inimical to health and well-being. It promotes high level health which is the very basis of happiness. It finds the rules of human conduct, and the wellsprings of human happiness and welfare in biology, physiology, psychology and in sociology.

Vital Wisdom

Its beginning came with the dawn of man. It existed instinctively in all living things. (continued on page 9)

Public Pays \$14 For 11.7-Cent Medicine

By James M. Haswell

WASHINGTON — A Senate subcommittee accused one large drug manufacturer of pricing its pills 11, 20, and in one case 70 times the bare costs.

The company president in reply said the firm made only 16 per cent profit on sales, after taxes. He described it as a competitive and highly uncertain business.

Reprinted From The Miami Herald.

"R. J." CHEATHAM, President



"R. J." Cheatham and family, Debra, Shelly Joy, Judy, Frances—Mrs. Cheatham, "R. J.", Mary-Frances, Wendy, about to enjoy a hygienic repast.

This is the occasion for your Society to act. The American Natural Hygiene Society is now in a position to proceed full speed ahead toward our objective of providing the truths of Natural Hygiene to all mankind. Our National office is now settled, organized and adequately staffed. Our magazine, **NATURAL HYGIENE**, is being published on schedule and the format and content is being improved with each issue. We now have several badly needed pamphlets completed and others are in the making. Your officers are currently undertaking to make a "Circuit Trip" to lecture and provide assistance for all of the local Chapters. New Chapters are being organized.

Our present day society has been plagued with so-called "cures" and false promises, until now the people are beginning to actively seek relief from this nightmare of sickness and disease.

OCCASION FOR ACTION

"There is a tide in the affairs of men, which taken at the flood, leads on to fortune; omitted, all the voyage of their life is bound in shallows and in miseries; and we must take the current when it serves, or lose our ventures."
—Shakespeare.

The tide is now "at the flood" for the Hygienic movement. A letter from one of our members explains the typical reaction of those receiving Hygienic knowledge; "I'm so grateful to you good people for telling me of Natural Hygiene. It has revolutionized my life, improved my health and opened new vistas for me, both intellectually and ethically."

The important thing is that we all Act Now to take advantage of our opportunity to help our friends and loved ones. How many people do you know that should at least have the opportunity to learn about Natural Hy-

THE AMERICAN NATURAL HYGIENE SOCIETY, INC.

(A non-profit organization.)

National Offices, 5210 Bayshore Boulevard, Tampa 11, Florida.

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NATURAL HYGIENE is the official publication of the American Natural Hygiene Society, Inc. Regular Membership in the Society is five dollars per year. Subscription to **NATURAL HYGIENE** is included with membership. Members may obtain additional subscriptions for friends at \$2.00 per subscription in U.S., \$2.50 in foreign countries. Extra copies 25c each, 5 for \$1.00, 12 for \$2.00.

giene? Once we have tasted of the Tree of Knowledge, it becomes our obligation, our responsibility, our duty to help those less fortunate than ourselves. There are many ways you can help your friends, loved ones and associates to learn about these basic laws of life:

1. Talk with them about Natural Hygiene. However, do not press the issue if they are not receptive or attentive. Wait for a better time.

2. Bring up the subject in your corres-

pondence. Enclose one of the Natural Hygiene publications.

3. Buy a subscription to *Natural Hygiene* for them, then double check whether they read each issue, with questions about the various articles.

4. Invite them to your home for a hygienic meal occasionally and engage in hygienic discussion, if receptive.

5. Lend them a hygienic book covering a subject of their interest.

6. Make it a point to talk to at least

(continued on page 9)

BOOK REVIEW

By Lora Ross

"THE HYGIENIC CARE OF CHILDREN" (illustrated) By Herbert M. Shelton, 467 pages, cloth-bound. Price \$4.10, pp.

IT is not uncommon to see little girls playing at motherhood. And motherhood does begin in infancy, says Dr. Shelton. Yet our daughters today are "trained and equipped" for everything under the sun except this supreme accomplishment.

Don't be misled into passing this book by, thinking, "O, I can learn all I need know about having children from the child psychology books, radio, TV, newspapers, magazines, physicians."

Not from these sources can you learn to live hygienically which you must do before marriage and conception if you want the enjoyment of vibrantly healthy children. The greatest growth of brain and nerves takes place during the prenatal period and the first two years after birth. Your mode of living, particularly your nutrition, is the real prenatal influence.

The child cared for hygienically is relaxed though full of energy. It continually wants to play and romp and when quite young asks for tasks to do. Its eyes are bright, skin clear, features well-formed, and generally it

is free from disease. If any symptom appears—a nasal discharge, "gas" or diarrhea—you know what to do. Children, even your tiniest respond to the fast in marvelous manner. If the fast is properly handled, according to Dr. Shelton's instructions—shots, drugs, and vaccines avoided—bad tonsils, adenoids, and other defects do not develop. Health depends upon a balance between nutrition and elimination at all ages, but it is most essential in infancy, the formative period.

By applying the knowledge the author has gained from a life-time of experience and put into this book, you can help mold the life of your child into a thing of beauty. This calls for no complicated procedures. The hygienic care of children is really very simple, making use of mother's milk, raw fruit and vegetables, fresh air, sunshine, cleanliness, rest and activity, all in proper balance and amounts. Enjoy your children! Have fun with them!

As hygienic care unfolds, as discipline is practiced, as love and harmony increases, the family circle will again shine forth with splendour and power.

ORDER YOUR COPY FROM A. N.H.S., PUBLICATIONS, 126 Parsons Avenue, Webster Groves 19, Missouri.

Science and Health?

By Lucile Jones

Aspirin

In 1956 the Monsanto Chemical Company held a symposium to celebrate the manufacture of the 100 millionth pound of aspirin. It is said that the average per capita consumption in the United States is 100 tablets per year.

That there has been a rise in poisoning of children due to aspirin has been reported by two doctors, one of the George Washington School of Medicine, and one of the Georgetown School of Medicine. They referred to what they termed the largest study made of aspirin poisoning. Many parents and even some doctors do not realize that aspirin can cause poisoning and even death, they said. The 30% increase since 1948 noted at Children's Hospital in Washington was attributed primarily to the addition of candy-like flavoring to children's aspirin.

Is this just one more side effect to be added to those already uncovered by researchers—allergies, heartburn, indigestion, inflammation, bleeding, irritation of the kidneys, colon and throat? Aspirin can also bring about a deficiency of vitamins C and K.

Aspirin in any amount not only can be but is poisonous. What price temporary relief from pain or fever?

Twelve Rules For Achieving Ill-Health

1. Avoid fresh air. Slump over to make sure your lungs get minimum use.
2. Chain smoke, or be sure the air is well polluted by other smokers.
3. Always choose refined food—overcooked, sweetened, fried, salted, canned, or embalmed with untested chemicals.
4. Drink water "purified" by chemicals, preferably with a dash of poison added for the sake of your children who can't control what they eat and drink.
5. Never let sunlight shine on your skin, or if you do, be sure to get well burned.

6. Be sure to eat more than you need to cut down your working efficiency.

7. Don't exercise and don't stretch—it might relax you.

8. Wake up and stay awake with tea, coffee, and amphetamine.

9. Take sleeping pills, aspirin, alcoholic beverages to "help" you sleep.

10. Drive off every pain in body or mind with pills, "shots," more alcohol.

11. Get your mind tested and analyzed, and refrain from any independent thinking.

12. When you get over one disease you will have another.

Hygienic Insignia Contest

We have had numerous suggestions that we develop a Hygienic insignia which could be used for a lapel pin, letterheads, decals and other printed matter. Doubtless there are many of our members that would like to participate in this idea. If you have artistic ability and would like to help us in the development of this insignia, we would appreciate your cooperation. Please make up a drawing including your ideas or suggestions and send them in as soon as possible. A complete set of all available back issues of *Natural Hygiene* will be awarded to the winners.

Advertising

The printed word is one sure way of helping to get the message of *Natural Hygiene* to the people. One of our members placed the following ad in his local paper, which has resulted in several new memberships.

"NATURAL HYGIENE reveals the secret of a way of life that is healthier, happier and less expensive. Learn about it by writing for information from The American Natural Hygiene Society, 5210 Bayshore Blvd., Tampa 11, Florida."

Why not try this method in your area? If you use different copy, please send the National office a copy of your advertisement.



ON THE JOYFUL SIDE

By Joy J. Gross

Now that the Holidays are over, the children are back in school and at least a semblance of peace and quiet has settled down over our household. . . .

Now, let's see. Since starting these few lines early this afternoon, the following interruptions have occurred:

1. The Andersons of Hygiology stopped by. They were on their way to the city with the last load of leftovers from Hygiology. Mrs. Anderson left a pretty plant for us. They will take a leisurely trip to the west coast to visit their daughter, Sunshine. They plan a stop in Louisiana and one in Texas where they will visit Dr. Shelton's new Health School. While they were here

2. Mrs. Joseph Brenner, Mrs. Fannie (Grandma) Burg, & Martin Fink came in wondering what had happened to my Bob and their chauffeur: it was 2:30 and their train was leaving at 2:55. I shoed Bob out the back door, informed the departing guests that he was just driving round front to pick them up, kissed Dr. and Mrs. Anderson goodbye (they won't be back til Spring) and sat down at the typewriter. A few seconds later

3. Izzy Katzowitz arrived from Peekskill, walked into the office and queried, "Is anybody here?" I had just finished "... the children are back in school" and was basking in the thought when Izzy brought me back to reality. So, I hopped up, ushered him upstairs, got him tucked in for a nice fast, and

4. bumped into dear Mrs. Barney in the front room—which reminded me that she was supposed to have juice at three—so I ran into the kitchen to

squeeze four ounces of juice. Once back, I settled down at the typewriter and began to concentrate on "R. J." and how unhappy he'd be if I didn't get copy for this column in to him this very day, as I'd promised I would. At that moment

5. Little David made a lunge for the fruit bowl which I'd proffered the Andersons and hadn't yet put away. I beat him to it and put it high upon the refrigerator. Ah, back to the typewriter once more! "... a semblance of peace and quiet . . ." What was that I heard in the distance? Could it be, so soon?

"Mama, mama, guess what!"

6. The sound of little feet, the sight of little boots, hats, gloves, coats and lunchboxes. After finding dominices for Betsy to play with, passing out apples, and reminding David J. to be in before dark, I went to sit down ONCE MORE at the typewriter but found unfortunately when I got there, that our secretary had beat me to it and had taken out my three lines of copy and was

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The Joyful Side . . .

(continued from page 5)

pounding away at letters and things.

"Oh, do you want to get here?"

"Nevermind, Julie," I answered, "It's time to start supper anyway." Which it was. So,

7. I started supper.

Supper is over. The children are fast asleep.

8. Bob and I have visited with Mrs. Seigel, who is in her 8th day of fasting (second fast). Mrs. Seigel came to Natural Hygiene as a last resort; she'd spent thousands and wasted much precious time with, first, the M.D.'s; and later, Gerson and the Hoxey (now Taylor) clinics. No relief from pain, only growing worse and worse. While, bless her wonderful heart, she knows she can never reverse the course of her disease (because of waiting too long), she is comfortable and happy that the pain is now bearable while before it was unbearable, and that there is improvement and that Natural Hygiene (fasting and juices for her) is prolonging her life. We went on to visit with some of the other guests, among them Mrs. Jennie Paul who is in the fifth day of her first fast and who left eight children home ranging in age from 18 months to 18 years; and the Martin Grays from NYC who only heard of Natural Hygiene one short month ago and who came here to simply LEARN about Natural Hygiene. Dina Gray is a beautiful creature and will be a shining example and a wonderful asset to

our movement. Martin, her husband, is a very interesting and affable young man and will also be an asset to our movement. At 34 Martin is fed up with business and city life and plans to take Dina and retire to the Riviera next July. (AFTER the convention!)

Back to the typewriter, yes, ONCE MORE! This time I got as far as "I took it in to her, settled down at the typewriter . . ." when

9. Mr. Borges, a very nice music teacher from the City and who has finished his fasting and is almost ready to go home, came in from a ride and sat down to chat for a few minutes. Only a few minutes. Back to copy. This time, as far as "We went on to visit with some of the other guests . . ." when

10. Bob said to me in a hushed undertone, "Dear, I think you'd better stop typing now. It might disturb Mr. Kat-zowitz. He's directly above us, you know."

"Alright, dear, I'll take the typewriter to the basement."

"No, dear, go to bed and finish the article tomorrow."

"No, dear, this afternoon you told me to finish it tonight, and I AM!"

"Yes, but sweetheart . . ."

By then I was halfway down the basement stairs with the typewriter. I sat down ONCE MORE at the typewriter and as I did so, I happened to glance sideways and noticed something I'd started earlier and hadn't finished: a tubful of romaine lettuce to be washed and refrigerated. I glanced sideways the

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other way and noticed something else: a mountain of sheets and pillowcases, which reminds me, they have to be counted. . . .

So, hasta entonces, my Hygienic friends everywhere. I'll get the copy out next month.

NATURAL HYGIENE *Offers You*

A HEALTHIER, HAPPIER, AND LESS EXPENSIVE WAY OF LIFE

THE AMERICAN NATURAL HYGIENE SOCIETY, INC.
5210 BAYSHORE BLVD., TAMPA 11, FLORIDA

DEDICATED TO HELPING YOU LEARN AND APPLY THE LAWS
WHICH LEAD TO FREEDOM FROM ILLNESS AND DISEASE

JOIN WITH THIS DYNAMIC NON-PROFIT ORGANIZATION TODAY

ASK US FOR A MEMBERSHIP BLANK AND DETAILS

HYGIENE SIGNS NOW AVAILABLE!

Many people have requested signs which they could use to interest others in Natural Hygiene. We now have them available. These beautiful signs are 19 inches by 24 inches in size. They are painted on heavy masonite material with light green background, dark green letters, and yellow outline and shade. They have holes drilled in the corners and are shipped with screws and washers for mounting.

If you would like some of these signs they will be sent prepaid upon request and a donation of five dollars for each one to help offset our costs.

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RETIRED LADY in Miami, raw foodist, seeks similar pal. Write "Retired" ANHS, 5210 Bayshore Blvd., Tampa.

WANTED Youths and others to sell the **NATURAL HYGIENE** magazine. Earn spending money and promote a worthy cause. Write for details to **NATURAL HYGIENE**. 5210 Bayshore Boulevard, Tampa 11, Florida.

WANTED — Advertisers to fill this space.

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SPECIAL LECTURES

During February special lectures will be given at the cities, times and places as listed below. Plan now to attend.

"MY CANCER ELIMINATED" — "A HEALTHY FAMILY RAISED"

By Mr. "R. J." Cheatham, Pres. & Gen. Mgr. of The Amer. Nat. Hyg. Soc. Inc.

ALL LECTURES FOLLOWED BY QUESTION AND ANSWER PERIOD

Friday, February 5th—7:45 P. M., Washington, D.C., National Health Federation Office, 2400 Sixteenth Street, N.W. For details contact Mr. Harold Edwards, Phone DE 2-7848, CO 5-7200.

"THE HEALING PROCESS OF NATURAL HYGIENE IN CANCER, HEART DISEASE, AND ARTHRITIS," By Dr. Robert R. Gross, D.C., Ph.D., Director, Pawling Health Manor, Hyde Park, New York.

"MY CANCER ELIMINATED," By "R. J." Cheatham.

Sunday, February 7th—2:30 P.M., Boston, Massachusetts. Universalist Meeting Church, 70 Charles Street. For details write Mrs. W. Helsher, P. O. Box 65, W. Somerville 44, Massachusetts.

Monday, February 8th—7:45 P.M., Buffalo New York, Crane Library, 633 Elmwood Avenue. Mr. Richard Wangler, President, 104 Brompton Road, Buffalo, New York.

Tuesday, February 9th—7:45 P.M., Peekskill, New York, Jewish Community Center. For details contact Mr. Gabriel DiRubbo, President, 979 Main Street, Peekskill, Phone 1650.

Wednesday, February 10th—7:45 P.M., New York, New York, Mills College, 66 Fifth Avenue, New York. Mr. Henry Sheuman, President, Phone Worth 2-1641.

Thursday, February 11th—7:45 P.M., Pittsburgh, Pennsylvania. For details contact Mary Jean Cignetti, Secretary, 1121 Greentree Road, Pittsburgh 20. Phone LE 1-8541.

Friday, February 12th—7:45 P.M., Hotel Statler-Hilton, Cleveland, Ohio. For details contact Betty Weingartner, Phone OR 1-5023 or OR 1-8528.

"TOXEMIA," By Dr. A. B. Warthman, D. O., of Detroit, Michigan.

"MY CANCER ELIMINATED," By "R. J." Cheatham.

Saturday, February 13th—7:45 P.M., Detroit, Michigan. Detroit Federation of Womens Clubs Building, Corner Second and Hancock. Miss Adele Webber, Secretary, Phone TR 5-0185.

"MY CANCER ELIMINATED" — "A HEALTHY FAMILY RAISED"

By "R. J." Cheatham.

Wednesday, February 17th—7:45 P. M., St. Louis, Missouri. Ambassador-Kingsway Hotel. For details contact Lee Bauer, President, 4007 Cleveland Avenue, St. Louis 10.

Saturday, February 20th—8:00 P. M., Hotel Hayward, 6th and Spring Streets, Los Angeles, California. For details Phone NE 6-4739.

"MY CANCER ELIMINATED," By "R. J." Cheatham (2:45 P.M. Only)

"THE NATURAL DIET OF MAN," By Dr. David J. Scott, D.C., of Cleveland, Ohio. (7:00 P. M. Only)

Sunday, February 28th—2:45 P. M., and 7:00 P.M., Chicago, Illinois. Hamilton Hotel, 30 S. Dearborn Street. Special Dinner Served at 5:30 P.M. For details contact Oscar Floyd, Phone TA 9-6056.

Occasion For Action . . .

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two strangers each week about Natural Hygiene.

7. Invite those indicating interest to membership in your Society. Always have an A.N.H.S. Membership Application with you.

Wouldn't it have been wonderful if you could have known about Hygiene years before? . . . If you will keep this thought and the Golden Rule in mind, it will be easy for you to help others into Natural Hygiene. But remember, that it takes more than thinking, today is the occasion for action. Your friends and loved ones, are solely dependent upon YOU for this knowledge, so ACT NOW.

What's In Natural . . .

(continued from page 1)

ing things. People in time were alienated from this natural knowledge and had to be re-educated in this vital wisdom for normal living.

Our own life—the actions and reactions of the body—is governed by law. It is much easier to be healthful than to be sick. It is better to have ease than disease.

Natural Hygiene is a form of living without being a burden to others. It brings you mastery of your destiny. It denies you only those substances and indulgences that are unwholesome and that detract both from the joys of living and from the sum total of life itself.

Natural Hygiene is a mighty revolution, probably the greatest revolution of human history. It revolutionizes our way of life and also radically changes our way of living and thinking. It represents a return to the ways of nature, and requires adherence to truth and to the immutable laws of life. It produces newness of thought and action. It exposes mass errors, combats great evils, but promises greater benefits. It

results in more ultimate good than any social, religious or "medical" changes in our habits, opinions, thoughts and actions. It recreates the human race and re-shapes conduct, alters concepts and gives us peace of mind and health of body. As one of our Hygienic teachers puts it:

"What we eat, what we drink, how we work, how we rest, how we play, what we think, our beliefs, and our values, our companions and our emotions, our fancies — all combine to generate the spark that sets off the processes that makes us well or ill, happy or troubled, poised or poisoned."

True Science

Natural Hygiene is the true science of life. It is an effort to integrate the full range of normal living factors into a unified whole. It is a complete way of life, comprising a system of mind-body care, in sickness and in health, based upon the demonstrable principle that the same ordinary and regular elements of living that are requisite to maintain the body in a state of vigorous, virile and robust health are essential to bring about recovery from states of weakness, of invalidism, of disease or of impaired health. This way of life needs to be modified only insofar as the altered capacities of the sick or enfeebled organism require. Only those things that have a constitutional relation to the living organism are of use to the body in health and in disease. All causes of disease must be removed, all impurities or toxins must be weeded out, and the sick must not be abused.

Natural Hygiene demands the simple requirements of life and the best use of the essentials of normal existence. It presupposes that all anti-vital elements or man-made modalities be excluded, such as obstructive drugs, unnecessary surgery, therapeutic artifices and gadgets, demineralized, devitalized, adulterated and refined foods and unbalanced diets. Rather, it includes all the ele-

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What's In Natural . . .

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mental needs of life, and re-emphasizes our reliance in the normal things of existence. It requires that we become permanently associated with the important, essential constituents of full and complete living.

Our lungs must be constantly supplied with an abundance of pure air. We should open the windows and let the air into our homes and into our lungs.

The body must be regularly supplied with an adequate amount of sunshine. Let's open the blinds and let the sunshine into our homes.

Natural Food and Care

The body must be provided with wholesome, natural foods that are adequate in quantity and in quality. Fruits and vegetables are the natural diet of man. Eat them and have better health. Discard salt and all irritating and poisonous substances to the end that your energy may be conserved. Alcohol is a protoplasmic poison and should never be taken, not even in the smallest amount in any state of the body.

Pure, soft water is the only proper drink and should be the only beverage of man.

Clothing should be adapted to the conditions and circumstances of the wearer. Throw off your clothes and let the sun on your chalk-white bodies.

Proper body temperature should be maintained while the action of every organ is unrestrained.

Adequate physical exercise must be taken in a systematic and persistent manner.

A sufficient amount of rest and sleep for recuperation must be secured daily.

Personal cleanliness must be maintained by adequate, but not excessive, bathing. Wash and be clean.

Proper bodily positions and correct attitudes should be cultivated and preserved.

Mental and social influences and sur-

roundings must be such as to encourage cheerfulness, contentment and poise.

Recreation adapted to the needs and circumstances of each individual is a requirement that must not be neglected.

Joyous Way of Life

Natural Hygiene is based on an adherence to and conformity with the laws of life and nature. It is not a system of self-denial or asceticism, but rather a system of self-adjustment and fulfillment. It is not a life of penitence but of joyous living. It receives and enjoys all the good things of life, within individual limitations for maximum enjoyment.

Natural Hygiene is nature's own plan of providing the living organism, sick or well, with its physiological needs. Self-effort is substituted for injections and self-control for indulgence. It does not attempt to suppress the normal and natural instincts and desires of the human organism, but seeks to lead man away from the artificial and perverted habits and indulgences that he has acquired. It would lead man out of his various poison habits that abound on every side and guide him back into a sober, unpoisoned life. His enjoyments will thus become greater and his mind clearer.

Natural Hygiene condemns gluttony, but not the pleasure of the normal indulgences of life. It seeks not to make man miserable, but rather to make him happy, to increase his strength and his feeling of well-being and to bring into his life the joys that are denied the sick and suffering, the miserable and weak.

Natural Hygiene throws off the tyranny of the ages which has shackled the mind and muscles of man, chained his intellect and energies. It elevates the race to a higher state of freedom, and a broader, purer outlook upon life, to a better understanding and to better health and greater happiness. It teaches the love of those things that are intrinsically good. It encourages the cultivation of healthful and wholesome habits that do not enslave. It makes one a

better human being. It makes him more useful to mankind. It enables informed, disciplined Hygienists to guide others into the principles of Hygienic living and to share knowledge and experience with them. Not only will it help you, but it will help you to help others, bringing new joy into your life.

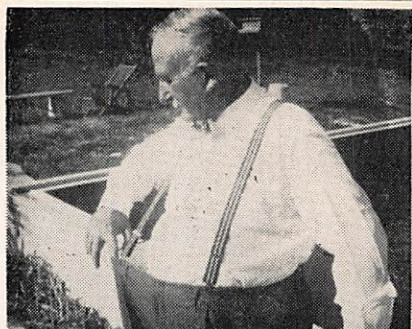
"Heal Thyself"

Natural Hygiene teaches that all healing is self-healing, made possible by forces and powers resident in the living body. A person gets well by his own efforts, and his recovery is up to him. The power of "cure" is inherent within the body. The body should be healed with the same materials with which it was originally constituted. The same processes that brought the body into being, and developed it to its full growth should be allowed to recreate the body if need be.

Natural Hygiene thus cares for the sick and educates the well. It stresses understanding, not treatment; corrections, not cures; and tries to remove causes rather than to administer palliations. It has thrown off the fear of disease, by regarding disease as a natural and necessary consequence of our wrong ways of living. It emphasizes that all diseases of modern pathology are varying forms of one disease, toxemia, or systemic poisoning. Acute diseases are compensatory or vicarious eliminative processes that are set in motion when the toleration point of the body is exceeded. Disease is a remedial process and to interfere with the disease process by medicines or other therapeutic modalities is to deter that natural healing process.

Natural Hygiene not only feeds a patient to supply the nutritive needs of the body, not only rests the body to supply it with needed recuperation, not only employs sunshine as an essential factor and element of perfect nutrition; but it also utilizes the fasting process (abstinence from all food, not including pure water) to provide a period of

(continued on page 13)



TROUSERS TO LARGE NOW

Wm. C. "Bill" Anderson, 10-year young engineer from Elgin, Illinois stayed at the DAVID STRY HEALTH RANCH last winter, where he lost 51 pounds of weight and 6" around the waist. "No pills, no trick diets, no nonsense, just natural foods as old mother Nature provides them; it's as simple as that" Bill tells all his friends.

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SUNDAY, FEBRUARY 28th

at the

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2:45 P.M.

MY CANCER ELIMINATED"

By "R. J." Cheatham,

Pres. Amer. Nat. Hyg. Soc.

7:00 P.M.

"THE NATURAL DIET OF MAN"

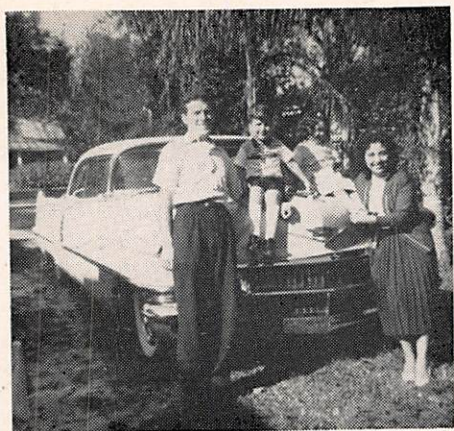
By Dr. David J. Scott, D.C.,
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Ed Fitzgerald, Mark, Amy, and Charlotte, at "R. J." Cheatham's home in Tampa, Florida.

Here-N-There . . .

(continued from page 1)

GIENE, they now have a new baby boy named *Patrick*. Pat was born on October 18th at home, husband *Vern* doing the honors. . . . 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." . . . The Ed Fitzgerald family are moving to California, leaving behind the snow and ice of Detroit. They took a short cut and stopped in at the Jim Fitzgerald's in Yeadon, Pa., "R. J." Cheatham's in Tampa, Fla., and the Louis Benfant's in St. Petersburg, Fla. They will stop at Dr. Shelton's new Health School in San Antonio, then it's "California, here we come." . . . Marian and Gerald Jennings of Detroit, Mich., now have their third child. A boy, *Craig Martin*, arrived at home with husband *Gerald*

attending, on November 18th. *Craig's* little brother, *Jeffery*, was born at home, too. Sister *Janet* was not so fortunate. . . . *Frieda Field* is now living in Florida City, Florida. . . . Mr. and Mrs. Simeon Cugell of Detroit have been vacationing in Honolulu, Hawaii. They have now returned to the States and will spend some time in Los Angeles before returning to the snow and ice.

. . . One of the newer Hygienists in the movement is *Robin Seymour Rowe*, son of Mr. and Mrs. Robert S. Rowe of Dalton City, Ill. He weighed in at nine pounds eleven ounces on December 16th. He and his mother, *Barbara*, both exhibited their fine hygienic health for the occasion.

Please send your items for "Here-N-There" direct to Sally Burkham, 25 Danfield Road, St. Louis, Mo.

It's Not All Girlies

The Police Gazette has been doing a terrific job in bringing to the public's attention the evils of food additives, processing and contamination. Don't miss the February issue. It will carry an article on heart disease, with numerous quotations from our Dr. Robert R. Gross of Hyde Park, New York. In the March issue there will be another interesting article on Fertility, and the case of Charlie Chaplin.

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ORGANIC ACRES

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What's In Natural . . .

(continued from page 11)

mental, physical and physiological rest.

Natural Hygiene, however, warns us of the effects of the emotions on the fluctuating quality of nerve energy, and of the subtle destructiveness of fatiguing and enervating influences, of the insidiousness of immoderation. Our limitations are far more important to consider than our potentialities.

Wasteful Methods

Ills cannot be cut away by surgery, sweated away or massaged out of us, or pulled out of our legs, or twisted out of our joints. We cannot be electrocuted into good health, or poisoned back to recovery with drugs, or soaked into health with hot or cold water, or be talked out of a mental disease from a couch. There are no substitutes for obedience to the laws of life.

We cannot expect 100 percent results with a 10 percent adherence to Natural Hygiene. We must pay for every sin we commit. The only way to get well is to remove the cause by changing our habits for the better.

Natural Hygiene is a challenging road, but a rewarding one. It is the hope of mankind and carries within it the promise and potency of a healthy world. It is an educational movement that brings vital and urgently needed

truths to the people. It propagates truth about health, disease and healing among awakening minds.

Natural Hygiene is slow. There are no short-cuts, no easy ways. It is not quick work, it takes time. But yet it is the fastest way to health that nature has provided. It is the only way to health, and the only plan for the restoration of the human system, the only means to the recovery of structural soundness and functional vigor.

Natural Hygiene is the splendid hope of the sick and dying, and the only road to health, strength and happiness.

Hygienic life is at all times compatible with all the refinements of cultivated society, with love and with the pursuit of all that is true, and beautiful and good. It is a delightful life filled with all the wholesome joys of life and healthful, happy living.

Reprints of this article are available at 10c each. 15 for \$1.00, 100 for \$5.00. Special prices on larger quantities. Order from A.N.H.S. PUBLICATIONS, 126 Parsons Avenue, Webster Groves, Mo.

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The following members have distinguished themselves by helping others to understand the message of NATURAL HYGIENE. Figures indicate the number of new members they are directly responsible for.

Dr. Robert R. Gross	6	Robert Rowe	5	Erna Hollis	2
Paul Brenn	5	"R. J." Cheatham	4	Christian Vrang	2
Mrs. Joy J. Gross	5	Dr. David J. Scott	3	Betty Weingartner	1

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Make your New Year's resolution
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to your "boat."

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— young and old,

And welcome one and all into the fold.
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Society.

Recreate through Natural Hygiene.

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beautiful Pocono Mountains.**

**Paul Brenn, proprietor
Write Heigh Ho, dept. JH
Cresco, Pa.**

Write Your Congressman

In the December issue we reprinted excerpts from the excellent speech by Congressman David S. King of Utah. We have word from Mr. Harold Edwards of the National Health Federation's Washington office, that Mr. King has two bills before the House of Representatives at this time. These bills are important health measures.

Please write your Congressman and The Honorable Oran Harris, Chairman, Interstate and Foreign Commerce Committee, urging that hearings be given Mr. King's two bills.

Dr. D. J. Scott, D. C.

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LOS ANGELES YOUTH GROUP, President: Earl Conroy, La Crescenta, California. Phone CH 9-6901.

ILLINOIS

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.

MASSACHUSETTS

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

MICHIGAN

THE AMERICAN NATURAL HYGIENE SOCIETY OF DETROIT, MICHIGAN. Regular monthly meetings are held on the second Saturday of each month at 7:45 P.M. Detroit Federation of Womens Clubs Building, Corner Second and Hancock. President: Vincent Benfante, 23703 Rein. East Detroit, Michigan. Phone PR 6-0629. Secretary: Miss Adele Webber, 277 E. Philadelphia, Detroit 2, Phone TR 5-0185.

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NEW YORK

THE AMERICAN NATURAL HYGIENE SOCIETY OF BUFFALO. Meets on last Monday evening of each month at 7:45 P.M., Crane Library, 633 Elmwood Avenue, Buffalo. President: Richard Wangler, 104 Brompton Road, Buffalo.

NEW YORK NATURAL HYGIENE SOCIETY. Meets second Wednesday of each month, 7:45 P.M. Mills College, 66 Fifth Avenue, New York City. President: Henry Sherman, 50 Church Street, New York, Phone WO 2-1641.

PEEKSKILL NATURAL HYGIENE SOCIETY. Meets third Thursday of each month at 8:00 P.M. President: Gabriel D. Rubbo, 979 Main Street, Peekskill, New York.

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THE AMERICAN NATURAL HYGIENE SOCIETY OF CLEVELAND. President: Marge Parks, 4638 Colorado, Lorain, Ohio. Treasurer: Betty Weingartner, 4399 W. 176 Street, Cleveland 39. Phone OR 1-5023 or OR 1-8528.

PENNSYLVANIA

PITTSBURGH NATURAL HYGIENE SOCIETY. President: Albert De Socio, Secretary: Mary Jean Cignetti, 1121 Greentree Road, Pittsburgh 20.

MEDICINES AND MEDICAL AIDS COST U.S. MORE THAN DOCTORS

WASHINGTON, Dec. 23. (UPI) — Americans spent more last year for medicines and medical appliances than they paid out in fees to the physicians who prescribed them, the government said today.

The Social Security Administration said the public paid \$4,362,000,000 in 1958 for such items as pills, powders, potions, eyeglasses, and braces. In the same period, doctors collected \$4,300,000,000 for their services.

It was the first time in history that the nation's medicine bill was larger than its doctor bill.

The expenditures for medicines and appliances represented the largest out of pocket item in the national health budget inasmuch as they are not covered by most types of insurance. Insurance companies paid nearly \$1,300,000,000 of the physicians' bills.

—Reprinted From The Tampa Tribune — 12-24-59.



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