

NATURAL HYGIENE

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

Best Possible Health Through Natural Hygiene

Miss Natural Hygiene Of 1959 - 1960



This is Miss Dorothea Macak who was elected queen of Natural Hygiene at the Detroit 1959 convention. She's a beautiful girl and a real Hygienist. Mr. Lee Bauer and his committee have the problem and responsibility of selecting the successor to receive this honor at the New York Convention June 27 - July 2. Wonder who she'll be?

A Luncheon Date With Swimming Star Murray Rose

By Cynthia Strachan

Reprinted from "The Australian Women's Weekly"
May 4, 1960

There's more to life than sport, says
this vegetarian swim star, who reckons
(continued on page 36)

By William L. Esser, N.D.

Owners, Esser's Hygienic Health Ranch
P. O. Box 161, Lake Worth, Florida

Once fully understood and applied, Natural Hygiene can be the most important bit of education any individual may experience in the course of a lifetime. It has long been agreed and appreciated that health nurtures happiness, and that very little happiness is possible without health. Life tends to lose all

(continued on page 31)

The Miraculous Body

By Dr. Robert R. Gross, D.C., Ph.D.

Director — Pawling Health Manor
Post Office Box 401, Hyde Park, New York.

The living body is an independent unit. As magnificent and sturdy as are its anatomical and functional structures so are its capabilities to maintain these properties in a state of vigorous health. Continually the body strives to maintain equilibrium, self-protection, self-preservation and well-being. It possesses the wisdom, intelligent direction and foresight to heal and protect itself from all injuries and health deviations. It is equipped with the power and mechanisms to neutralize abnormal conditions and affect a state of the highest well-being.

Constant Maintenance

It is in a constant state of dynamic equilibrium to preserve and maintain itself on a level of the highest performance of which it specifically is innately capable. All healing powers exist only within the living organism itself and
(continued on page 28)

THE PRESIDENT'S PAGE

"R. J." CHEATHAM, President

ALMOST COMPLETED

This month, the convention will mark the completion of my year as President and General Manager of the A.N.H.S. The assignment has been a real challenge and I have enjoyed every minute of it. All too soon the year has passed, for we have many important things in progress that are almost completed.

The proposed constitution, as printed in the May issue of NATURAL HYGIENE, is perhaps one of the most important matters before the Society at this time. It provides for the continued growth of our Society and at the same time creates an interlocking control to prevent the possibility of any one person or "clique" from distorting the objectives or principles of our Society. Every Hygienist should study this important document and be at the convention prepared to act for the best interest of all. It is hoped that this amended constitution will be completed and passed before the gavel is passed on to your next slate of officers.

In concluding my year as President, my only regret is that we have not been able to properly establish the Century Club. The importance of the success of this project cannot be over-emphasized. At the present time, it is the Century Club idea and the Century Club idea alone, that can assure the survival of our Society.

The Century Club idea was origin-



Headquarters Staff — Dorothy Nelson (2 day per week volunteer), Freida Field (volunteer help for two wks), "R. J." Cheatham, and Helen Bazin (full time employee).

ally conceived in 1957 by Robert Rewe, Art Andrews and Joy Gross. The plan was to locate one hundred people who were sufficiently interested in the Natural Hygiene movement to contribute \$100 each year to the Society. This money was to provide the financial means for it to continue. It was recognized then that our movement had experienced tremendous growth, and that a few hours' time, donated by various individuals could no longer do the job required. This Century Club idea was to provide the basic funds necessary to compensate a full-time paid staff.

I am proud to say that I was among the original group that rallied to the call of the Century Club. The idea was started, dues were paid, and for a while the Century Club idea made it possible for Joy to concentrate on answering the many letters, getting out the magazine, and all the other details in her office as the Society's secretary. Unfortunately, many Century Club pledges were not kept and others drop-

THE AMERICAN NATURAL HYGIENE SOCIETY, INC.

(A non-profit organization.)

National Headquarters, 5210 Bayshore Boulevard, Tampa 11, Florida, Phone 68-2231

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ped out for one reason or another. This financial situation caused Joy to even have to look for outside work to provide needed funds, and the Society work, of necessity, had to be neglected.

Fortunately, there are now some 33 members who have not lost faith with the idea, and continue to contribute their \$100 to the Century Club each year. This takes care of the salary of one full-time stenographer. I am convinced that Natural Hygiene can and will become an international power for good. However, it is my considered opinion that this cannot possibly come about by the efforts of a few individuals donating a few hours of their time now and then, when they feel like it, and when they can get away from their regular job. We must have a full-time, paid General Manager to do the administrative work of the Society. The proposed amended constitution makes ample provision for this. The Century Club is the present available tool for making this plan a practical reality. It is the Century Club idea that can and will make it possible for us to spread the message of Natural Hygiene around the world.

During the past years, a few have carried the torch and given unselfishly of their knowledge, their time and their money. It is because of their efforts that you and I now enjoy the benefits of Natural Hygiene. We cannot and we must not lose faith at this critical hour. More hands must come forth to help the Society solve this financial problem.

There as some who say the Century Club idea is not the answer to our problem, and have used this as their reason for not becoming a member of the Club, but they have not presented any other solution. I have studied the problem well and personally, I am convinced that our problem is as simple as that—We only need 67 more members for the Century Club. Sixty-seven more people to join with the present thirty-three. Sixty-seven more people that have been helped enough by prac-

ticing its principles, that believe in the cause enough, to contribute just two dollars per week, or ten dollars per month, to provide the financial means to make it possible for the movement to continue to grow, so that all mankind can enjoy the wonderful benefits of Natural Hygiene. The fiscal year is almost completed, but it is not too late for those 67 people to make themselves known even before the convention. Won't YOU step forward and grasp the opportunity for yourself?

I sincerely regret that we were unable to properly answer all the letters that were sent in to the headquarters office. Many had to go unanswered simply because it was physically impossible to take care of all of them. I apologize to those who did not receive a reply and seek their understanding.

At the coming convention, new officers will be elected and they will take over the responsibility of handling the affairs of the Society. I do appreciate the opportunity of having been privileged to serve as your President during the past year. It has been a real pleasure to help in the promotion of so great a cause. In completing my year in office, my only hope is that you will feel that I have left things a little better than they were when I was elected, and that because of our efforts, the future officers will be able to make better progress toward our objective of conveying the message of Natural Hygiene to all the people throughout the world.

GREETINGS

AND BEST WISHES

From

Harwith Health Foods

8900 GRAND RIVER AVENUE
DETROIT 4, MICHIGAN

Rapid Expansion Promised for the Hygienic Movement

By Robert S. Rowe

Hopewell Farm, Dalton City, Illinois

The future of the Hygienic Movement now looks brighter than it has for years. We stand on the threshold of an expansion that promises to be much faster than any in the 130-year history of this great movement.

Drastic Food Problem

One reason Natural Hygiene will make rapid gains in the months and years ahead is that the food situation in the United States is reaching an all-time danger point. There is an alarming scarcity of FOOD in this nation.

Please do not misinterpret that statement. Of course the super market shelves are sagging with cans, jars and cartons of prepared foodstuffs. Government storage bins and warehouses are bulging with surpluses of wheat, corn and other farm produce. But these materials are really not fit to eat. They hardly deserve to be classed as foods.

Most of this grain has been grown on soils that were low in natural fertility, but were "hopped up" with synthetic fertilizers to grow a big crop anyway. Then the grain was poisoned as seed, poisoned again during the growing period and poisoned still another time in storage. In fact, some of this grain has been poisoned half a dozen times or more and is now so impregnated with several kinds of lethal materials that insects won't eat it, mice and rats won't eat it, and birds won't eat it. Should people eat it?

The foods that are on the grocery shelves have been so fragmented, adulterated and devitalized that most of them are no longer fit to eat. Such foods cannot produce vital health and must, in the long run, produce disease. People will turn to Natural Hygiene for the way out of this mess.

Full-Time Management

Another reason Natural Hygiene is set to make major gains is that the Society now has a national headquarters and a full-time General Manager. The

experience of countless altruistic organizations is that such full-time management is essential to vigor and growth.

A third reason why Natural Hygiene is beginning to blossom out across the nation is that it has an outstanding official monthly journal, plus a growing series of reprints to spread the message of health through Natural Hygiene, plus a Publications Department that makes readily available the best books and literature now in print on the subject of hygienic living.

Urge Positive Cooperation

What can stop the rapid growth of Natural Hygiene in the face of these strong influences? Probably nothing can stop it, but there is something that can slow it down, and we might as well bring this deterring influence out into the open. It is the foot dragging, name calling and negative actions of a few individuals within our ranks who place their own egos above the good of the movement. They are more interested in proclaiming to the world that they are super Hygienists themselves than they are in helping more people learn about the wonderful new way of life Natural Hygiene has to offer. These few individuals seem concerned with complaining, criticizing and condemning. They are more eager to prove that someone else in the movement is not 100 per cent hygienic than they are in starting more new people on the usually gradual climb toward hygienic living. Wouldn't churches be small if only saints were accepted for membership?

We urge that all such negative tactics be abandoned, and we cordially invite all our members to join with the leadership of the Society in making the coming years the golden age of Natural Hygiene.



Temple of Health

A Prayer

By Arno B. Davidson

(Dedicated To The Twelfth Annual International Convention of
The American Natural Hygiene Society, Inc., June 1960)

O Lord, let the light of Hygiene now be our guide
As in Convention we stand re-unified
And sturdy hearts, through lofty minds, incline
To fill life's cup with ripe, hygienic wine. . . .
O lift all weary souls and searching eyes
High up to the flawless, peace-restoring skies
Where stellar music quiets Man's noisy fears
And myriads of mighty planets rule the spheres.

And while we meet in conclave to explore
The natural laws with greater depth than heretofore,
Grant us, O Lord, strong wings to flee the gleet
Of discord, sickness and poisoned food deceit! . . .
Assist the people of this bountiful land
To weigh the wonders of Nature's dexterous hand,
Then listen to her priestly song and laughter
Within our Temple of Health — forever after! —

Amen.

Living Natural Hygiene Around The World

By Sally Burkham

Attention!

May I mention

The Twelfth Annual International Convention?

Come make new friends from far and near,

Comparing notes with other pioneers,—
Students of life, hikers, mountaineers,
Fasters, weight-lifters, hygieneers —
Swim in the pool, sun, run in the Park,
To world-famous lecturers give hark.
It's a course, a seminar, an education
In Natural Hygiene—self preservation.

Again our thoughts are with DR. BARBARA MOORE as she speeds her way on foot across the U. S., hoping to break the 79 day transcontinental record. We hope she will rest up in New York and address our Convention on the art of self perfection. . . . CHORALAL VIJPAL writes from Bombay, India,

that after a "lengthy fast" in April he will study at New York University. His friend, P. V. GAJPATI RAJ, who will fast with him, intends to start a hygienic institute in Madras later this year. . . . BARBARA BAXTER, a former Miss Hygiene, has been fasting at Pawling Health Manor, taking off some extra pounds and clearing her complexion. Also a nineteen year old boy is there to trim off most of his 400 pounds. . . . MRS. BIRDIE GLICKMAN of Chicago decided to try fasting instead of surgery for a breast tumor. After eighteen days the tumor had reduced appreciably, and after three more weeks on raw food, had disappeared entirely. . . . JOHN NERA spoke to the Cleveland Natural Hygiene Society on "Sprouting," a subject we should all know more about for inexpensive, nutritious, raw food living. The English Doctor abroad the model Mayflower, which crossed the Atlantic several years

(continued on page 6)

Living Natural Hygiene . .

ago, sprouted and ate beans, while others indulged in bully beef and biscuits. . . . ROBERT ROWE, a "man with poise, serenity, and vigor," spoke to the St. Louis group on how he had gradually changed his way of life. His comprehension and practice of natural methods of maintaining health has made the veterinary, who formerly was an ever more frequent visitor, a rare sight on his farm. After being raised on a dairy farm, it was revolutionary to give up milk products, meat and grain. With each improvement in his diet, his health improved. He used to be the first member of the family to bring home a cold, then he was the last, and now colds are rare with any of the ROWES. He wishes he had found out hygiene long ago, as each member of the family is healthier than the older, depending on how long he has practiced these rules. The baby is best of all, he says. . . . HIGHLIGHTS from Dr. Herbert Shelton's Lectures: "Early to bed and eating that's wise, will make you healthy if you exercise." Good nutrition is the basis of emotional stability." "Cultivate poise—be poised or poisoned." "Hygiene is a way of life—you can make yourself sick, you can help yourself get well." All deaths are suicides." Dr. Shelton has cared for about 35,000 patients in 41 years, and lost only 23—who were about to leave anyway. He maintains he has not cured anyone—Nature cures. . . . INSULT YOUR FRIENDS WHILE THEY ARE HEALTHY! As Plutarch says; "No man in good health will be at all annoyed or irritated with a friend who chides him for wenching and drinking, for idleness and want of exercise, his constant bathing and unseasonable stuffing; but for the sick man to be told 'This is what comes of your intemperance, your indulgence, your dainties, your women', is intolerable and worse than the disease." . . . DECADENT CIVILIZATION? JULIUS CAESAR comments—"The toughest soldiers come from the Belgae. This is because they are farthest away from the culture

and civilized way of life of the Roman Province." . . . HARRY GOLDEN: "While the Britons were wandering, painting themselves blue and eating berries, we Jews already had diabetes." . . . GRACE CONAHAN, Secretary Of The Missouri League For Humane Progress, spoke on "NATURAL HYGIENISTS — 100% HUMANE" on Sunday, May 15th. Miss Conahan is also secretary of the national society, and has just helped form a chapter at Robertsville, Missouri. Illustrating her talk with two brief movies, she will discuss humane slaughter and trapping methods, including the current bill now pending "the brutal steel trap." She will also touch on the dangers of vivisectional research as practiced to-day, and on the dangers of vaccines and serums.

OSCAR FLOYD, Program Chairman for the Commonwealth Club of Chicago (A. N.H.S. affiliate), reports that the first meeting of the "Natural Hygiene Summer School" was held Saturday, May 21st. DR. D. J. SCOTT of Cleveland, Ohio was in Chicago to conduct the opening session. The subject was "The Cell And Its Environment." The next meeting of the "Summer School" will be held Saturday, June 18th. The subject will be "The Physiology of Digestion." Classes will continue through July and August. Saturday, July 16th will be "The Heart And Natural Hygiene." Saturday, August 20th will be "The Glandular System." . . . DOLORES BURNS, secretary of the Commonwealth Club is spending a few weeks with Dr. Shelton in San Antonio. She is the editor of the new newsletter, Commonwealth News. She has already put out two issues and her co-editor, Oscar Floyd is collecting news for the next issue in her absence. . . . You will find an interesting article on a family from New York City that found their Shangri-La, in the June issue of PAGEANT magazine. It's on Page 121 and is called "Abundant Small World." . . .

Please send material for this column—ideas on how to live and who does it, to Sally Burkham, 25 Danfield Road, St. Louis 24, Mo.—or to Lora Ross, when you order books.

Science And Health

By Lucile Jones

PEANUTS have hit the headlines in a British medical journal. Since Hemophilia, a disease where episodes of spontaneous bleeding appear in cycles, seems to be prevented by eating peanuts, some medicos are prescribing peanut flour and peanut derivatives, as well as whole peanuts. Laboratory tests of the patient's blood does not show any change in the clotting defect, but the incidence of spontaneous bleeding seems to be reduced by these prescriptions.

As flour is degerminated and otherwise downgraded by milling then downgraded some more by cooking, and as derivatives are also processed, let us chew slowly and thoroughly our next handful of raw, unsalted peanuts and be grateful for all the known and unknown benefits from the natural foods we eat.

FOREMOST M. D. NUTRITIONIST dies of Cancer at 57. Tom D. Spies devoted his comparatively short life to curing pellagra, sprue, mental disorders, and "eye trouble" by nutrition—depending on four chemicals — niacin, thiamin, riboflavin and folic acid.

His concept that all diseases can be cured by chemicals was not enough to keep him alive. He failed to distinguish between CHEMICAL and LIVING CELLS. Today most food has been so processed (including heat from the family stove) that it is completely devitalized and is just chemical. This is not high quality enough to maintain a human body in a state of superior well-being. Frequently this diet, no matter how much it is supplemented with synthetic drugs, is not even good enough to prevent a degenerative disease such as cancer or early death.

Food processors have brainwashed themselves and nearly all their customers into accepting shelf-life as their criterion of quality. A Natural Hygiene yardstick for quality is freshness. In fresh food there are living cells which seem to be the best nourishment for our living cells.

No March Of Dimes

Dr. Suominen writes that he fears some of the people that sent a dime to him in reply to his classified ad in the May issue of NATURAL HYGIENE might think he has "taken a powder." In reality, they've left for a vacation in Europe and to attend the Olympic Games in Rome. He says all dime senders will receive the next Newsletter just as soon as they return from the Olympics in September. Let's hope they have a nice vacation and we hope the Doctor will pay particular attention to the efforts of our Murray Rose so he can write up an article for the October issue of NATURAL HYGIENE.

Live In A Planned Organic Community

LIVING ACRES, a Florida organic community now well underway, offers just what you want.

A separate part of Willow Shores, located directly on US-301 in the heart of the prosperous Tampa Bay agricultural area, LIVING ACRES has already been chosen by 28 organically minded families like yourselves for their own future home. Dedicated to principles of organic gardening, poison sprays and chemical fertilizers are prohibited.

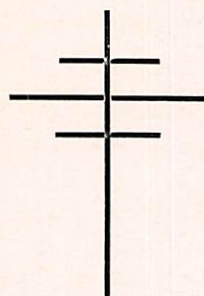
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LEE BAUER: 4007 Cleveland Avenue — St. Louis 10, Missouri.

Dear Lee:

Please send me full details on the new "Hygienic Community" in Port St. Lucie, Florida.

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BOOK REVIEW

"The Natural Care Of Pets"

By Donald I. Ogden, B.S., D.V.M.

200 W. 13th Avenue, Mt. Dora, Florida

My own gratifying results from living Natural Hygiene led me to begin caring for sick and injured animals hygienically.

A small Terrier whose skin had been bitten through by a larger dog was my first remarkable recovery. Due to impaired drainage the wound had healed with much pus inside. The little fellow had lost nearly half the skin off his neck, back and loins. The owner wanted euthanasia. But I thought of giving Nature a chance through the fast.

For 23 days my patient lived on water, air and sunlight. During this time there was a gradual outpouring of pus and skin debris followed by the formation of new tissue full of healthy capillaries. Daily these capillaries filled in the flesh until only a denuded place the size of a quarter remained. The day came when this too filled in and the Terrier had a new coat. Not only new skin grew but new hair as well, which I had scarcely dared hope for.

After this experience pets were assisted by natural means, with greater confidence and results were almost one hundred percent successful. Almost all common symptoms resolved themselves during the fast except malignancies and advanced cachectic (fasting) conditions.

Animals Parallel People

Saving the lives of pets and making them more comfortable gives my work a satisfying altruistic motive, and, too, the building of health in animals has the important possibility of showing a similar parallel in people. It is no wonder that domestic pets, overfed as they are on canned, spiced, altered and adulterated foods, partaking of enervating and devitalizing influences, have poor health from birth and throughout life their host of symptoms—constipa-

tion, eczema, heart insufficiency, pyorrhea, pneumonia, obesity, arthritis, bronchial and kidney diseases—parallels that of their masters.

Naturally there have been failures in my efforts to care for pets hygienically. These failures occurred when an animal was overwhelmed with toxic waste before Nature could institute healing. Possibly the most difficult cases are those having the distemper complex, an acute catarrhal inflammation involving the whole system. Such symptoms have demanded rigid hygienic care from the first feverish moment to—as long as six weeks; and it is such care during these anxious periods that I have collated and compiled into a complete Manual of Instructions and Menus for those who really love their pets and long to see them live through the years free of Toxemia and abnormalities and pass the blessings of health and longevity on to their offspring. Thirteen pertinent chapters of new views not found in any standard veterinary textbook. Order your copy of "The Natural Care Of Pets," today from A.N.H.S. Publications, 126 Parsons Avenue, Webster Groves 19, Missouri. Only \$2.10, postpaid to you.



"For my Health and new visions of Life I am grateful to those who have shown me the way."

ROSE HAZAN
BRONX, NEW YORK

Members and Officers of

THE AMERICAN NATURAL HYGIENE

SOCIETY OF CLEVELAND, OHIO

Extend Best Wishes For

Continued and Increasing Success In

All Natural Hygiene Endeavors.

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Opportunity For Hygienists To Develop Summer Camp

Our recent classified advertisement relative to locating a summer camp for hygienic youth has resulted in an offer by Geraldine Le Bos, Bayridge, 15 Overlook Drive, East Greenwich, Rhode Island, to make her property available for such a project. This camp is fully equipped in every way and in excellent condition. The main building is of brick construction, 3 bath rooms, and an adequate laundry. There are accommodations for about thirty people. There is a good garden which has already been planted for this summer's use. In all, there is about one acre of fenced property. There is the best untreated mountain spring water. Much local fruit is available when in season. The site is situated in a valley about 5,600 feet elevation, and the mountains to the East, about two miles, reach over 10,000 feet. The climate is dry, very little rain-fall in the summer, and all crops are grown with irrigation from mountain snow water. At the present a good gentle saddle-horse is available to "give rides" many hours a day. The children could have access to nearby farms and of course camping and nature trips in the mountains and lake regions could easily be planned.

While we have not seen the property, our correspondence with Miss LeBos would indicate that the property could easily be made into a Hygienic Shangri-La, and is especially adaptable to a summer camp for hygienic youth.

Miss LeBos has other pressing interests, and would like to have some interested hygienists operate this camp for, or with her. She has always stressed health foods and natural outdoor living, and is more interested in having children or adults benefit from the place than in the financial returns.

Any hygienists who feel qualified and interested in this project, should contact Miss LeBos at the above address.

*Best Wishes For A
Successful Convention*

KAHAGON

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NATURAL FOODS

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DR. HERBERT M. SHELTON

P. O. Box 1277-NH

San Antonio, Texas

The Importance Of Good Posture And Exercise

By Gerald Benesh, D.C.

Proprietor, Paradise Valley Health Ranch
Rt. 4, Box 877, Escondido, California

The art and science of Natural Hygiene incorporates good posture and systematic exercise into its Rational Living program as major factors.

Good posture and systematic exercises do to the whole body what breathing exercises do to the lungs and blood; oxygenation and blood flow is increased by the exercise, and normal positioning and proper function of the organs is made possible by good posture. Good posture and the resulting proper positioning of the vital organs of the body is essential to the function of the nervous system and for that matter, all tissues of the complete living structure.

Misplaced or sagged organs result in imperfect general secretions or mixtures which at first are purely functional, but which, if continued over a long period of time, may produce actual pathology.

Poor posture and the faulty function due to impaired circulation to all parts of the body is greatly due to impaired and limited or decreased function of the diaphragm. Poor body position inhibits normal excursion of the diaphragm, limiting the massaging effect that this diaphragmatic movement has on the large blood vessels (the Aorta and the abdominal vena cava) thus slowing both the arterial and venal blood flowing throughout the body in general. The main factors which determine the abdominal organs in position are the diaphragm and the abdominal muscles, both of which must be properly exercised in order to keep them in tone.

The effects of bad body mechanics also resulting from poor positioning while sitting or standing, upon the nervous system and the organs in general, are expressed indirectly chiefly through the locomotor and the circulatory systems.

Effects All Systems Of Body

The nervous system should not be considered as a distinct entity apart

from the other systems of the body, since it regulates them, and they in turn support and nourish it. It is made up of cells somewhat more specialized in function and differing in structure than other types of cells found in the body; but they are affected in much the same way as are those of other tissues in fatigue, in toxemia, and in circulatory changes. Tissue studies indicate that they are more vulnerable than those of other tissues.

Nerve tissue subjected to a sufficiently severe amount of toxemia dies; while the tissues supplied with nerve force by these affected nerve fibres become paralyzed and non-functioning. The resulting tissue changes and the end products of cell decomposition adds to the confusion imposing greater strain on the surrounding cells in their attempts to eliminate this foreign matter. Ultimately scar tissue replaces the once functioning tissue.

It is commonly believed that no other tissue in the body is so dependent on a constant and efficient supply of blood than that of the nervous system. Even a temporary deficit (anemia or ischemia) can and does produce demonstrable changes in nerve cells resulting in derangement in function, loss of consciousness and anesthesia or paralysis.

The nervous system is most abundantly supplied with blood vessels and it is this liberal vascularity which renders the nervous system so liable to the action of the circulating toxins. The abnormalities that may result from this toxemia in the blood and its effects on the nervous system are as follows: increased irritability, decreased activity of sensation, abnormal flushing and blanching of parts and increased sensibility to change in temperature, decrease in the rapidity and skill with which one performs volitional acts. These are but a few and the list can be quite extensive.

Visceroptosis (sagging of the abdom-

inol organs) may lead to anoxemia (lack of oxygen) of certain organs because of stretching of vessels or pressure of the sagged organs of the blood vessels.

Circulation in the large veins (venacava and the Illiacs) are seriously impaired often causing edema of the lower extremities and if the supporting tissues of the veins in the legs are weak, varicosities result.

General Improvement

Deep breathing brought on by systematic exercise and the resulting demand for more oxygen, has a most beneficial effect on the circulation of the blood and eventually all of the cells and tissues. This improved cell activity has an exhilarating effect throughout the whole body.

Exercise in this respect may be considered as a tonic to the body in general, and although its effects are numerous and varied it serves to impart vigor and activity to all structures while it also helps to maintain the integrity of the organs. All cells, tissues and organs of the body are directly or indirectly involved during exercise, both in effort and in consequence of these systematic movements.

From these facts, one can readily realize that good posture and exercise are absolutely essential to a healthy life and we should all put forth effort to secure regular, systematic exercise. Without either of these we cannot attain or maintain a full state of health.

S U C C E S S

**Natural Hygiene Society
of Buffalo, N. Y.**

Vaccines And Cancer

It is significant that we have a constant rise in the number of many distressing diseases and one might well ponder the warning given by Dr. Benchetrit, one of the greatest bacteriologists:

"Vaccines and sera are principally responsible for the increase of those two really dangerous diseases, cancer and heart disease. I have been for a long time a serologist, and I know what I am talking about."

And Dr. Alexis Carrel, winner of the Nobel Prize and himself a vivisector, finally had a change of heart and said: "The years of life we have gained by the suppression of diphtheria, smallpox and typhoid are paid for by the long suffering and lingering deaths caused by chronic afflictions and especially cancer, heart disease and diabetes."

Special Summer Classes For Chicago!

Dr. David J. Scott of Cleveland, Ohio will hold special classes in Chicago on the third Saturday of the month during May, June, July and August.

These classes will give you a better working knowledge of
Natural Hygiene

Saturday, June 18th — 7:30 P.M.
Topic:

"Physiology of Digestion"

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The Pursuit Of Pleasure

By Harold R. Dessau

5403 Newcastle Ave. — Encino, California

The whole point of the Hygienic program of living is that it is necessary for us to cultivate correct or "natural" habits of living in preference to the many unnatural ones we may have unfortunately acquired either through ignorance or under the influence of a perverted environment. One of the major obstacles to changing habits seems to be that often the old habits, bad as they may be, are often looked upon with great pleasure, while the new correct habits are often looked upon in terms of self-denial, asceticism or some other mental or emotional torture.

A common attitude that I often hear expressed is that someone would just love to be a Hygienist but alas, poor thing, he hasn't the tremendous will-power to stay with it. He has no conception of how anyone can actually enjoy living correctly, although he understands perfectly well how people can derive pleasure from the vices which ultimately destroy them. I think that this question should be looked into a little deeper.

Television Experiment

It seems that nowadays people have a "pleasure seeking drive" which along with the other "drives" we are supposed to have, helps to shape our actions and mold our characters. I recall seeing on television about a year ago, an experiment on rats. A researcher claimed to have isolated in the brain of the rat an area sensitive to pleasure. He produced pleasure sensation in the rat by means of an electrical impulse in a probe imbedded in the rat's skull.

In the experiment the rat triggered the impulse by operating a contact. In spite of many obstacles involving pain and frustration, the rat would overcome them all to reach his pleasure-producing contact. Considering that television is the source of this information, it is hard to say how much real scientific truth there is in it, but

there is an obvious moral—that both pleasure and suffering are preferable to a state of emptiness in which there is neither any pleasure nor suffering.

Suicidal Pleasures

It is common knowledge how many people will actually kill themselves, like the rats in the experiment, chasing pleasures. How often do we all hear that without the vices of smoking, drinking, gluttony, excess sex, etc., there would be nothing worthwhile living for. There are basically two sources of such behavior. The empty person seeks to compensate for his boredom, dissatisfaction with himself and suffering in thrill seeking. People who understand life and wish to take from it all that is good, will find productive goals from which to derive satisfaction, and thus will not be empty. For these individuals, the pleasure rat-race has no meaning.

A secondary source not to be overlooked, is the desire to imitate the high-life of our social superiors, who in turn imitate theirs. In this respect, it is only the blessing of poverty that has saved millions from ruination.

Now what shall we Hygienists tell our friends who will gladly accept the consequences of suffering (so they say) if only to also have their pleasures? Shall we perhaps tell them the story of those great numbers of present-day Hygienists who became so in spite of themselves because of the imminence of total disaster overshadowing even their daily pleasures? Coming back to the question of will-power where "the spirit is willing, but the flesh is weak," nobody expects people to be like Alexander the Great, who deliberately endured pain, hunger, cold and torture to set the example for his soldiers, so that he could better conquer the world.

The Real Need

What is really needed, I believe, is not an iron will, but a better understanding of the sources of pleasure. Then we may strive for the Hygienic ideal of having pleasure seek and find us in all that we do, rather than expending great energies in it's pursuit. Everything

that is natural and normal should provide pleasure, and what is not should be distasteful. Outside of that, those pursuits that make life interesting and meaningful in the way of intellectual stimulation, amusement, entertainment, satisfaction of love and accomplishment, or spiritual uplift, are relevant to the capacities of the individual and his cultural heritage. That pleasures of this sort may be cultivated and are not necessarily innate within us, may easily be seen in the very widely differing tastes and habits of different cultures and even of different age groups.

Although few people would cultivate deliberately a pleasure as destructive as dope addiction, many, or I should say most, do not hesitate to cultivate others which are harmful only to a lesser degree. For the Hygienist or prospective Hygienist then, it is of paramount importance, first to provide himself with the proper atmosphere and inspiration to give his life meaning for its own sake, and second, to consciously strive to develop those pleasures which will enhance his life and happiness to the maximum extent.

New Chapter Formed In St. Petersburg, Florida

As a result of Dr. Shelton's Tampa, Florida lecture, Mr. M. W. Heir took the initiative and called a special meeting at Williams Park in St. Petersburg, to organize a chapter of A.N.H.S. for that area.

At this meeting officers were elected and plans were discussed for future activities. The new officers are:

President: Mr. Jack Joseph

Vice President: Mrs. Rosalind De Young.

Secretary: Mrs. Dorothy Nelson,
7400 46th Ave. N., Box 243,
St. Petersburg 9. Fla. Phone DI
3-9411.

Librarian: Mr. M. W. Heir.

Anyone living in the St. Petersburg area should contact the Secretary, Mrs. Nelson for additional details.

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The A.N.H.S. is a non-profit society. It depends on contributions from members and friends to finance the convention and carry on this program of Hygienic education. We are grateful to each of the following for their wonderful support:

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The American Natural Hygiene Society, Inc. 12TH ANNUAL INTERNATIONAL CONVENTION

HOTEL HENRY HUDSON, 353 West 57th Street, New York City

Monday, June 27, 1960 through Saturday, July 2, 1960

CONVENTION PROGRAM

NOTICE: All chairmen have been instructed to start their programs precisely on time and to limit their speakers to the exact time as scheduled. Please be prompt so that you will not delay the proceedings or disturb those who arrive on time.

MONDAY, JUNE 27, 1960

12:30 P.M.—Registration — Ballroom foyer.

to A—All lectures and banquet \$17.00

5:00 P.M. B—All lectures only \$11.00

C—Banquet only \$ 7.50*

D—Individual Evening lecture \$ 1.50

E—Individual Morning lecture \$ 1.00

*Youth (18 years and under) admitted free except to items marked *. Youth pay one half ($\frac{1}{2}$) of the prices indicated *.

12:00 Noon—Board of Directors Meeting — Bermuda Room.

2:00 P.M.—Main Business Meeting — Grand Ballroom. Admission by current to National Membership Card. Chairman: "R. J." Cheatham, President,

5:00 P.M. A.N.H.S. @ Vote on amendments to the A.N.H.S. Constitution as published in the May issue of NATURAL HYGIENE magazine.

5:00 P.M.—Meeting adjourned.

7:45 P.M.—Opening Lecture Session — Grand Ballroom.

to 10:30 P.M. Chairman: Mr. Lee Bauer, St. Louis, Mo.

7:50 P.M.—Welcoming address — Mr. "R. J." Cheatham, President, A.N.H.S.,

8:05 P.M.—Welcome to Youth — Mr. Ken Trueblood, President N.H.Y.I.

8:15 P.M.—"The Greatest Adventure" (Sound film in color)

Mr. Jack Dunn Trop introduces his epic film.

9:05 P.M.—"Case History No. 1" — Mr. Jack Solomon, West Palm Beach, Fla.

9:20 P.M.—"The Essentials of Health" — Dr. Wm. L. Esser, Lake Worth, Fla.

10:00 P.M.—Question & Answer Panel — Audience to write out questions.

10:30 P.M.—Meeting Adjourned.

10:30 P.M.—Social Period. Discussion, Singing, Dancing. Refreshments available from Youth Group.

(continued on page 19)

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You Can Help Make A Sick World Healthy

Editor The Miami Herald: I would like to raise one small voice in recommending natural hygiene living as the only hope for sane and healthful living.

I believe that all disease comes from within the body.

The Creator intended for all His animals to be normally and naturally healthy. Yet, our hospitals are continuously overcrowded, doctor's offices are overflowing and major diseases such as cancer, arthritis, hypertension and heart disease are on the increase.

When you consider that an adult consumes about 30 pounds of air a day — mostly contaminated; four to six pounds of liquids — mostly impure, unnatural or fermented and three to four pounds of food, mostly devitalized and unsuited to human consumption, the alarming degree of our physical and mental degeneration is not surprising.

Add to these violations, insufficient air and exercise, inadequate rest and sleep, plus the worries, strains and fears of our modern civilization, and you have the perfect recipe for ill health.

The highest living standard ever known to man boasts the following:

One in every seven American dies before reaching 40. One in every 12 Americans will enter a mental institution. A major crime is committed every 14 seconds. Homosexuals number between six and seven million. Mentally deficient reach the 10 million count. Ninety per cent of all our people have dental cavities.

God has created man from the dust of the ground and our bodies contain all the elements of the soil. These elements must be replaced daily from natural foods. This being the case, the Creator endowed man with the perfect diet which was fresh fruits, vegetables and nuts.

Until mankind developed false, perverted appetites, disease of any kind was unknown.

We try to sustain life with food that is poisoned through chemical fertilizers and sprays; that is processed, bleached, fermented, pasteurized and canned.

Disease is not the mysterious thing we are miseducated to believe. Instead of trying to suppress symptoms, we should take the view that our bodies have an internal intelligence and know what to do and are doing the right thing.

The world we live in is sick, because the people who run it are only half-healthy. When we learn that no drug, vitamin, serum or vaccine can bribe or intimidate our bodies into a greater state of well-being, we will be on the road to sane and healthful living.

Sincerely yours,
Paula Warsaw

Editor's Note—One of our members recently wrote the above article to the editor of her local newspaper, and they published it. Why don't you do the same? Sit down today and type up the above letter with or without personal additions. Double space your typing, and if no typewriter is available, write very clearly. Address it to the editor of your paper, sign your name and address, and chances are pretty good that it will be printed. Certainly it's worth a try. And in this way YOU can help "Make A Sick World Healthy."

Advertising Service For You

We think we can be of service to you. If you have an item or service to sell that will meet Hygienic standards, our membership will be anxious to know about it. A display or classified ad doesn't cost—it pays! Send in your ad today or write for a rate card. A.N.H.S. Headquarters, 5210-NH Bayshore Boulevard, Tampa 11, Florida.

TUESDAY, JUNE 28, 1960

- 7:00 A.M.—Morning Walk and Exercise Period. Meet in the Main Lobby at
6:50 A.M. Leaders: Doris Johnstone and Vic Popadics of N.Y.C.
- 8:00 A.M.—Board of Directors Meeting — Bermuda Room.
to Chairman: Mr. "R. J." Cheatham, President, A.N.H.S.
- 9:15 A.M. 9:15 — Meeting Adjourned.
- 9:30 A.M.—Morning Lecture Session — Grand Ballroom.
to 12:30 P.M. Chairman: Mr. Irving Davidson, New York City.
- 9:45 A.M.—"History of Natural Hygiene" — Mr. Joseph Reed, New York City
- 10:15 A.M.—"Case History No. 2" — Miss Helen Stefano, Pittsburgh, Pa.
- 10:30 A.M.—"Freedom From Sickness" — Dr. Robert Anderson, New York City
- 11:00 A.M.—"Normal Childbirth" (Sound film in color) with introduction and
concluding remarks by Dr. Robert R. Gross, Hyde Park, N.Y.
- 10:00 Noon—Question & Answer Panel — Audience to write out questions.
- 12:30 P.M.—Meeting Adjourned.
- 1:30 P.M.—Special Meeting For Century Club Members — Hudson Room.
- 3:30 P.M.—Meeting For Youth Group — Grand Ballroom or Sun Deck. Dis-
to cussion and Symposium. Chairman: Mr. Ken Trueblood, President,
- 5:00 P.M. N.H.Y.I., St. Louis, Mo.; Guest Speaker: Mr. Irving Davidson, NYC.
- 5:00 P.M.—Meeting Adjourned.
- 7:45 P.M.—Evening Lecture Session — Grand Ballroom
to 10:30 Chairman: Mr. Oscar Floyd, Chicago, Ill.
- 7:55 P.M.—"Case History No. 3" — Mrs. Joy J. Gross, Hyde Park, N.Y.
- 8:10 P.M.—"Our Publications Department" — Mrs. Lora Ross, St. Louis, Mo.
- 8:20 P.M.—"The Joy Of Normal Living" — Mr. Jack Trop, New York City.
- 8:55 P.M.—"The Hidden Potential Of Natural Hygiene" — Dr. Jesse M.
Gehman, Paterson, N.J.
- 9:30 P.M.—"Mental and Nervous Disorders—Cause and Cure" — Dr. R. R.
Gross, Hyde Park, N.Y.
- 10:05 P.M.—Question & Answer Panel — Audience to write out questions.
- 10:30 P.M.—Meeting Adjourned.
- 10:30 P.M.—Social Period. Discussion, Singing, Dancing. Refreshments available
from Youth Group.

(continued on page 21)

Socrates said that a knowledge of our own ignorance is the first step toward true knowledge. — And Coleridge said, "We cannot make another comprehend, until we first comprehend his ignorance."

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WEDNESDAY, JUNE 29, 1960

- 7:00 A.M.—Morning Walk And Exercise Period. Meet in the Main Lobby at
6:50 A.M. Leaders: Doris Johnstone and Vic Popadics of N.Y.C.
- 8:00 A.M.—Board of Directors Meeting — Bermuda Room.
to 9:15 Chairman: Mr. "R. J." Cheatham, President, A.N.H.S.
- 9:15 A.M.—Meeting Adjourned.
- 9:30 A.M.—Morning Lecture Session — Grand Ballroom.
- to 12:30 P.M. Chairman: Mr. Fred Chaffee, Boston, Mass.
- 9:45 A.M.—"Tooth Decay And Natural Hygiene" — Dr. R. Poritzky, D.D.S.,
Peekskill, New York.
- 10:20 A.M.—"Case History No. 4" Mr. "R. J." Cheatham, Tampa, Florida.
- 10:35 A.M.—"Sickness And Health Restoration In The Child" — Dr. D. J.
Scott, Cleveland, Ohio.
- 11:15 A.M.—"Preparation Of Meals The Natural Hygiene Way" — Mrs.
Sylvia Delhi and Mrs. Alice Schneider, New York City.
- 12:00 Noon—Question & Answer Panel — Audience to write out questions.
- 12:30 P.M.—Meeting Adjourned.
- 12:45 P.M.—Special Luncheon for Century Club Members prepared under
supervision of Mrs. Thelma Scott, Cleveland, Ohio—Terrace Room.
- 4:30 P.M.—Meeting For Youth Group — Grand Ballroom or Sun Deck. Dis-
to cussion and Symposium. Chairman: Mr. Ken Trueblood, President,
6:00 P.M. N.H.Y.I., St. Louis, Mo. Guest Speaker: Dr. Stella Lief, London.
- 6:00 P.M. Meeting Adjourned.
- 7:45 P.M.—Evening Lecture Session — Grand Ballroom.
- to 10:30 P.M. Chairman: Mr. Pat Delhi, New York City.
- 8:00 P.M.—"Case History No. 5" — Mr. Joseph Brenner, South Orange, N.J.
- 8:15 P.M.—"Natural Hygiene From A Woman's Point Of View" — Mrs.
Adele Davidson, N.Y.C.
- 8:30 P.M.—"To Be A Hygienist, You Must Have A Sense Of Humor" — Mr.
Irving Davidson, N.Y.C.
- 9:05 P.M.—"The Progress Of Natural Hygiene In England" — Dr. Stella
Lief, London, England.
- 9:25 P.M.—"Aging Gracefully Through Natural Hygiene" — Dr. Robert
Anderson, New York City.
- 10:00 P.M.—Question & Answer Panel — Audience to write out questions.
- 10:30 P.M.—Meeting Adjourned.
- 10:30 P.M.—Social Period. Discussion, Singing, Dancing. Refreshments available
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(continued on page 25)

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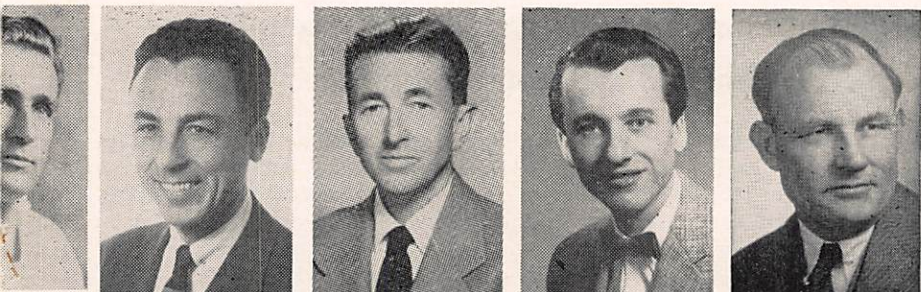
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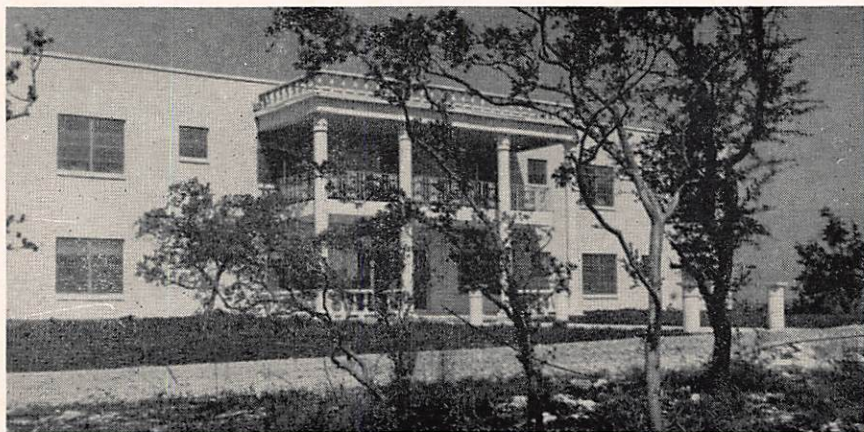
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THURSDAY, JUNE 30, 1960

- 7:00 A.M.—Morning Walk and Exercise Period. Meet in the Main Lobby at 6:50 A.M. Leaders: Doris Johnstone and Vic Popadics of N.Y.C.
- 8:00 A.M.—Business Meeting — Grand Ballroom. Admission by current National Membership Card. Chairman: Mr. "R. J." Cheatham, President, A.N.H.S. @ Election of Officers for 1960-1961.
- 9:15 A.M.—Meeting Adjourned.
- 9:30 A.M.—Morning Lecture Session — Grand Ballroom.
to 12:30 Chairman: Mr. Paul Brenn, Cresco, Pa.
- 9:45 A.M.—"Exercise For Health And Weight Reduction" — Mrs. Joy Gross, Hyde Park, N. Y. Miss Doris Johnstone, New York City, Mr. John Personna, Milwaukee, Wis. and Mr. Joseph Reed, N.Y.C.
- 11:00 A.M.—"Case History No. 6" — Miss Mary Jean Cignetti, Pittsburgh, Pa.
- 11:15 A.M.—"Female Difficulties And Hygienic Care" — Dr. H. M. Shelton, San Antonio, Texas.
- 12:00 Noon—Question & Answer Panel — Audience to write out questions.
- 12:30 P.M.—Meeting Adjourned.
- 12:45 P.M.—Special Picnic And Meeting For Youth Group. Central Park.
to Picnic, Games, Discussion and Symposium.
- 5:00 P.M. Chairman: Mr. Richard Zinn, Vice-Pres., New York N.H. Society Youth Group. Guest Speaker: Mr. Jack Dunn Trop, New York City.
- 7:45 P.M.—Evening Lecture Session — Grand Ballroom.
to 10:30 Chairman: Mr. Joseph Brenner, South Orange, N. J.
- 8:00 P.M.—"Case History No. 7" — Mr. Don Alberts, Buffalo, N.Y.
- 8:15 P.M.—"Vitamins and Minerals In Nutrition" — Dr. D. J. Scott, Cleveland
- 8:55 P.M.—"Handling Conventional Houseguests Hygienically" — Mrs. Sally Burkham, St. Louis, Mo.
- 9:15 P.M.—"Heart Disease and High Blood Pressure" — Dr. H. M. Shelton, San Antonio, Texas.
- 10:00 P.M.—Question & Answer Panel — Audience to write out questions.
- 10:30 P.M.—Meeting Adjourned.
- 10:30 P.M.—Social Period. Discussion, Singing, Dancing. Refreshments available from Youth Group.

(continued on page 27)

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CONVENTION HEADQUARTERS

FOR

THE AMERICAN
NATURAL HYGIENE SOCIETY

FRIDAY, JULY 1, 1960

- 7:00 A.M.—Morning Walk and Exercise Period. Meet in the Main Lobby at 6:30 A.M. Leaders: Doris Johnstone and Vic Popadics of N.Y.C.
- 8:00 A.M.—Board of Directors Meeting — Bermuda Room.
to 9:15 Chairman: (? — Newly elected Chairman of the Board of Directors.)
- 9:15 A.M.—Meeting Adjourned.
- 9:30 A.M.—Morning Lecture Session — Grand Ballroom.
to 12:30 Chairman: Mr. I. Katzowitz, Peekskill, New York.
- 9:45 A.M.—“The Vaccination Myth” — Dr. Stella Lief, London, England.
- 10:25 A.M.—“The Cancer Scare” — Dr. Herbert M. Shelton, San Antonio, Tex.
- 11:05 A.M.—“Case History No. 8” — Mrs. Bess Mindes, Miami Beach, Florida.
- 11:20 A.M.—“The True Meaning Of Sex” — Mr. Irving Davidson, N.Y.C.
- 12:00 Noon—Question & Answer Panel — Audience to write out questions.
- 12:30 P.M.—Meeting Adjourned.
- 4:30 P.M.—Meeting For Youth Group — Grand Ballroom or Sun Deck. Discussion and Symposium. Chairman: Mr. Ken Trueblood, President, N.H.Y.I., St. Louis, Mo. Guest Speaker: Mrs. Adele Davidson, NYC
- 6:00 P.M.—Meeting Adjourned.
- 7:45 P.M.—Evening Lecture Session — Grand Ballroom.
to 10:30 Chairman: Mr. Don Sullins, Escondido, California.
- 8:00 P.M.—“The Meaning of Arthritis” — Dr. Robert R. Gross, Hyde Park, New York.
- 8:40 P.M.—“The Cause And Removal Of Headaches” — Dr. Wm. L. Esser, Lake Worth, Florida.
- 9:20 P.M.—“The Recovery Of Health” — Dr. Herbert M. Shelton, San Antonio, Texas.
- 10:00 P.M.—Question & Answer Panel — Audience to write our questions.
- 10:30 P.M.—Meeting Adjourned.
- 10:30 P.M.—Social Period. Discussion, Singing, Dancing. Refreshments available from Youth Group.

(continued on page 29)

Tape Recorded Lectures Now Available

Your national headquarters office has been working for quite sometime on the project of providing tape recordings for our membership and friends. Arrangements have now been completed, and we are glad to announce that the first recording of this series is now available. The title of this recording is “Man’s Quest For Health” by Dr. Herbert M. Shelton. A question and answer period follows the lecture. Dr. Shelton is introduced by Mr. Lee Bauer. The tape is run on dual track with a tape speed of 3-3/4. The running time is one hour.

The selling price of this tape is \$2.95

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The Miraculous Body . . .

(continued from page 1)

never without. Interference (attempts to accelerate healing and gain health recovery) of any type merely obstruct and impede these internal healing forces.

Poor and faulty living habits reduce the vital power to the extent that all functions, secretions, excretions, etc., are retarded. Normally, poison accumulations and excretions in the cells and tissues of the body neutralize one another. Thus, a state of health is maintained. As vital power is diminished through faulty living habits, all functions of the body are reduced and the toxins, waste matter and poisons accumulate and are retained within the cells. In an insidious manner these poisonous acids undermine the whole body. In an effort to dislodge and eject these poisons the body, utilizing its vital power, casts them out in some form of symptoms which are known as disease.

Disease Is Beneficial

Disease is a beneficial and cleansing process. It purifies the blood stream, tissues and glands. The symptoms of the disease process should never be suppressed or distorted but must be permitted to run their course unhampered, unbridled and unfettered. Drugs, shots, serums, modalities, adjunctives and supportives block nature's efforts to protect and preserve. They mask the beneficial symptoms, change and distort and further deplete vital power. Simple sicknesses such as colds, fever, swelling and pain are compounded and converted into serious chronic states such as cancer, diabetes, Bright's disease, mental aberrations and heart disease.

Attempts to lure the secrets of nature out of her nest and to improve upon the works of the Maker of our organism have led us into a whirlpool of deterioration, degradation and unhappiness. Natural Hygiene teaches that chronic degenerative diseases of later life develop from the suppression of our very first cold of infancy or the attempts to suppress fever (a beneficial

SATURDAY, JULY 2, 1960

- 9:00 A.M.—Morning Lecture Session — Grand Ballroom.
to 12:30 Chairman: Mr. Jack Solomon, West Palm Beach, Florida.
- 9:15 A.M.—Natural Hygiene Symposium — Moderator, Mr. Jack Dunn Trop,
Members of panel: Drs. Anderson, Esser, Gross, Scott and Shelton.
Master Question & Answer Panel—Audience to write out questions.
- 12:30 P.M.—Meeting Adjourned.
- 6:30 P.M.—ANNUAL BANQUET. Entertainment and Dancing — Grand
to ? Ballroom. General Banquet Chairman: Mr. Oscar Floyd, Chicago,
Ill. Dinner served buffet style — help yourself to all you want.
- 8:10 P.M.—Presentation of Hygienic awards. Chairman: Mr. Lee Bauer, St.
Louis, Missouri.
- 8:30 P.M.—Entertainment Program. Chairman: Mr. Jack Dunn Trop, N.Y.C.
- 9:30 P.M.—Dancing to the music of Sonya Ludwig and her orchestra.

(continued on page 31)

action of nature). All so-called acute febrile diseases of childhood should never be "treated;" they must be cared for by permitting them to expend themselves naturally under competent Natural Hygiene care.

The Laws Of Life

Natural Hygiene embodies the Laws of Life. Natural Hygiene provides the requisites whereby the innate healing powers of the body are permitted to operate in full force. The agents of Natural Hygiene are sunshine, exercise, pure water, rest, emotional equilibrium, fasting and proper nutrition. All these factors permit and maintain a vigorously functioning organism. These are used rationally in caring for the sick just as in the construction of a vibrant body.

In sickness we first eliminate all the faulty, unhealthy practices which deplete the nerve energy such as: smoking; drinking coffee, tea, cocoa and alcohol; consumption of devitalized and demineralized products as white flour, white sugar, ice cream, candy, soft drinks, cake and pie; insufficient rest and sleep; use of drugs, shots, pills, serums; overwork; venery; bad thoughts such as jealousy, anger, hate, vengefulness, etc.

Following this primary requisite, the Natural Hygiene agents mentioned above are utilized resourcefully and effectively by the living body.

Hygienic Personalities



Mary-Frances Cheatham, Eldest daughter of "R. J." Cheatham. She's 17 years old. Attends Robinson High School in Tampa, Florida. Her hobbies currently include sewing, boys, accordion, boys, plinking on the piano and dancing. She'll be at the 1960 Convention in New York.

IT IS EASIER TO DO A JOB RIGHT, THAN TO EXPLAIN WHY YOU DIDN'T.

—MARTIN VAN BUREN

The Century Club

The Century Club is a very special group of people who appreciate Natural Hygiene enough that they are willing to donate \$100 each year to help pay the cost of operating the Society. They are determined to do this until they get to be 100 years old (Thanks to Natural Hygiene). The objective is to have 100 members of this special club. In this way, the Century Club can provide the basic funds necessary for the compensation of a full-time staff to take care of the official work of the Society.

With this guarantee of solidarity, all other funds coming in can be used for growth purposes. "Life Membership" in the Century Club is \$1,000.00. A "Junior Life Membership" for youth is \$200 with balance payable at age 21. Century Club payments can be made in any manner you desire. You can even send in payments of just \$2.00 per week or \$10.00 per month.

You are invited to join with this group of dedicated persons:

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Mr. and Mrs. Joseph Brenner
Mrs. Sarah B. Burkham
Mr. and Mrs. "R. J." Cheatham
Dr. P. I. Crum
Mr. and Mrs. E. Lee Dewey
Mrs. C. E. Doolin
Miss Hilda Dullege
Dr. Wm. L. Esser
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Mr. and Mrs. Isadore Fleekop
Mr. and Mrs. Oscar Floyd
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Mr. Harry J. Kaplan
Mr. E. J. Pflugrath

Mr. Donald Sullins
Mr. Robert A. Young

SUNDAY, JULY 3, 1960

9:00 A.M.—Buses in front of the Hotel Henry Hudson for all-day outing to the Vegetarian Hotel, Woodridge, New York. Swimming, lunch, dinner, entertainment. Chairman: Miss Ann Zack. Price of tickets to be announced.

Note I—Each afternoon there will be sightseeing tours, shopping tours, and theatre parties. Schedules and information will be posted.

Note II—Large sun-decks are available—no fees involved. An up-to-date Vic Tanney gymnasium and large swimming pool are located in the hotel proper. A small fee will be charged for the use of these facilities.

Note III—Beautiful Central Park is located around the corner from the hotel. Fruit and vegetable markets and cafeterias are nearby. The world-famous theatrical district is only a few blocks from the hotel.

Note IV—Hotel accommodations are extremely reasonable. Rates begin at \$7.00. Dormitory facilities (3 or 4 beds per room) are available at \$4.00 per person.

Note V—Our Publications Department will have a complete stock of books and other publications on hand to satisfy your Hygienic literary needs.

Note VI—The Youth Group, under the direction of Jack Solomon, will have nuts, fresh fruits, juices, paring knives, juicers, and many other items available for your convenience.

Note VII—Everyone is invited to bring tape recorders and cameras. Make all the recordings and take all the pictures you want.

Convention Manager: Mr. Joseph Brenner, 326-336 Plane Street, Newark, N. J.

Best Possible Health . . .

(continued from page 1)

meaning when health is lost. Men who sweat, fight and debase themselves over material wealth with the feeling that its power will buy position, prestige and even honor, quickly find its possession flat and worthless if disease strikes them and well known specialists in famous clinics shake their heads and decide that surgery would be pointless, that malignancy is well established and metastatic. Even gushing oil bonanzas lose their music when health is lost.

A toothache, a headache, a sore throat, or a pain located anywhere in the body is often sufficient to cause all normal healthy thought to vanish and to cause gloom; deep, dark, hopeless gloom to settle over everything

which may previously have sparkled and shimmered with joy.

When health is lost, the ear can hear no music, the eye can see no beauty, and all becomes tasteless to a once sensitive vibrant life. It is therefore everyone's desire to have good health. It is perfectly normal to want to feel well and to dislike having pain. These sentiments are instinctive in every living organism.

Body Is Complete

The human body is a very complex creation, composed of organs, glands, senses, a digestive system, etc. all of which are supported and held together by a framework of bones and muscles, and made inseparable from one another by the circulatory and nervous systems.

(continued on page 32)

Best Possible Health . . .

(continued from page 31)

This mass of blood, bone and tissue was made in a most perfect way. Under normal conditions, this marvelously constructed collection of cells functions perfectly and without effort. One sees without first thinking, "I will see." One walks without actually planning to move one leg after another. Food is subjected to complex chemical changes in the digestive system and the absorption and distribution of nutritive elements all take place efficiently and without requiring one's attention.

It is illogical to believe that a Creator capable of bringing into being so perfect an instrument would not also make it a part of and subject to the laws of order which govern the Universe. This is exactly the case, for it is dependent upon certain conditions to keep it in optimal health. Should these conditions vary from the ideal, health will suffer proportionately.

Normal Conditions

What then are normal conditions? It

is true that man has carried his amazingly and marvelously constructed body to the far corners of the earth. He lives in the confining man-made canyons of a city, or he builds a cabin on a mountain top, lost in the vastness of sky and a falling away panoramic horizon one hundred miles distant. He lives in the frozen igloos of the arctic, subsisting on raw walrus and fish, and his fellow man lives on the edenic shores of an island in the tropics. Another lives much of his life in a cold, dark coal mine while still another may be a member of an African tribe of cannibals. Man has shown an astonishing adaptability to a wide divergence of conditions. The environment of foggy London differs sharply from life on the Arizona desert. However, no matter how well man has adjusted himself to diverse and adverse environments, there is an ideal habitat, food and drink, rest and exercise best suited to man and which will best keep him fit and result in his greatest development, mentally, physically and spiritually.

Conditions For Health

It is an awareness of and an understanding of these conditions, which Natural Hygiene endeavors to teach.

Natural Hygiene stresses the importance of clean, uncontaminated air. The atmosphere in cities and their suburbs is filled with an abundance of particles and gases. These result from industrial gases from mills, factories, homes, automobiles, coal combustion, and the smoke from waste fires and incinerators. Most homes, particularly during the winter time have insufficient ventilation. Tobacco smoke, gas fumes, and the consumption of oxygen, so important to the body, by gas burning stoves make a poor environment for people who spend most of their lives in a house. Offices, mines, mills, theatres, clubs, restaurants, etc., are almost all filled with tobacco smoke and stagnant air, providing the lungs and body with a very poor supply of its most important need. An effort should be made to seek

(continued on page 34)



This picture was taken on a 30-acre Ranch near San Juan, Puerto Rico—the future home of the David Stry Health Resort. It has mountains on three sides, and a brook with Royal Palms running through the center of the rolling valley. Shown above is Elizabeth Stry signing the purchase agreement from the owners who have lived on the land for a generation. Plans are now being drawn for a combination health resort, cottage colony, and retirement village for health-minded people. Climate is mild year 'round, and there is an abundance of tropical fruit in Puerto Rico. While plans are still in the formative stage, ideas and suggestions from readers are welcomed, as to name, set-up, policies, and financing of such a project. Please address correspondence to:

DAVID STRY
Melbourne, Florida

*Heartiest
wishes
to all Hygienists*

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Post Office Box 161

Lake Worth, Florida

Best Possible Health . . .

(continued from page 33)

fresh clean air and if possible to arrange one's environment so that it is always available.

Natural Hygiene asserts that when the body is tired from the numerous enervations which sap nerve force, it should be rested and allowed to restore itself through sleep, rather than further exhausted by pep pills, tobacco, coffee, tea, and other substances which prod the drained nervous system to further depleting expenditures.

Natural Hygiene has long pointed out that the food best adapted to supplying man with the materials for good nutrition is that to which he is physiologically adapted. The foods which fall under this classification are all fruits, nuts and vegetables in their natural, raw, unpoisoned and unprocessed state.

Natural Hygiene points out that optimal health is not possible without movement and exercise to maintain normal elimination, circulation, tissue tone and strength. Without it, stagnancy and physical deterioration with all of its accompanying evils encourage a low state of health and encourage sickness.

Natural Hygiene has always realized the close relationship between mind and body and the influence that each can exert over the other. Physical and mental poise cannot exist without the health of both body and mind. They are inseparable and interdependent.

Natural Hygiene also recognises that the "vis medicatrix naturae," or the living force and intelligence of each living organism which exerts itself in a positive manner to maintain health at its highest under the conditions provided, is the force which gets us well when we are ill. If highly favorable conditions are provided, recovery is all the more rapid.

Artificial Paradise

In his search to solve the mysteries of life and to develop an artificial paradise for himself through his inventiveness, man has lost or obscured many

basic and simple truths which are vital to a healthy existence. This is not a plea for a return to Nature as some colonists advocate. It is not an effort to annihilate the constructive and worthwhile results of Man's genius, nor an iconoclastic revolution without a remedy. It is rather a reminder of exactly what man's requirements are, if he wishes to achieve optimal health.

An exposure to the simplicity of a life close to sun, air, water, earth and its abundant natural foods is the secret yearning of almost everyone. At the same time, a desire for a roof overhead, protection against cold and extreme heat is also normal to everyone. The latter, man has supplied himself very adequately and often to the point of excess.

Over-refinement or over-civilization has drawn man into the dangers of a pushbutton existence which no longer requires the muscular activity necessary to swat a fly. His remarkable achievements in science have led him to the dangerous point where muscular strength is unnecessary. Because he no longer works with his hands, searches for food or has to walk to his destination, all the benefits which result from muscular exertion are lost, and man becomes softer and softer and softer.

Natural Hygiene The Guide

Natural Hygiene points out the essentials to good health and longevity, the ingredients for physical well-being and mental and emotional wholeness. Living today is so complex and so confused that man needs a firm guide to take him by the hand and lead him through the miasmic valley of civilization. Natural Hygiene is cleancut, concise and simple. Its simplicity makes its acceptance difficult for some, because the value of a thing is often determined by its propensity to confuse.

Obedience to ageless laws is all that Natural Hygiene requires. Health is the inevitable result.

Reprints of this article are available at .05c each, 25 for \$1.00, 150 for \$5.00. Special prices on larger quantities. Order from ANHS Publications, 126 Parsons Avenue, Webster Groves, Missouri.

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Luncheon Date . . .

(continued from page 1)

philosophy and work among the important things.

The scene was one of Sydney's swankiest restaurants. Wine corks were popping. The smell of chicken-in-the-basket was tantalising. And there I sat with my handsome escort—eating vegetables and sipping water. . . .

It wasn't that I'd decided suddenly to go on a diet. It was just that I wanted to be in the swim with my



Murray Rose now in Australia Training for the 1960 Olympic Games.

companion, who was enjoying similar fare with enthusiasm.

The man in question is swimmer Murray Rose — triple Olympic gold-medalist, a major Australian hope for the Rome Games in August and a dedicated vegetarian.

He returned recently from America, where he has interrupted his course in television production at the University of Southern California so that he can train for the Games.

I went along to lunch expecting to talk about swimming, more swimming and fripperies concerning life on the U.S. campus.

But 21-year-old Murray, deep-think-

ing and deep-feeling, seems more at home with philosophy and such subjects.

Not surprisingly, our first topic of conversation was food.

He drank a glass of tomato juice, looked approvingly at his plate laden with carrots, peas, beans and sundry lightly cooked vegetables, and called for a glass of iced water.

"The basis of my diet is that I try to get foods in the original state, where vitamins and minerals are abundant," he said in his soft, fascinating, Americanized voice.

"It's difficult to explain exactly what my diet involves, but it covers such staple foods as raw fruits and salads, honey, eggs, cheese, goat's milk and things like nuts, millet, soya beans, sesame and sunflower seed meal."

Murray has never eaten meat, fish, or poultry, and the diet really began when he was a toddler. He wasn't very strong and his parents built him up on a scientific diet.

The results are obvious—either from a quick look at the swimming-record book or at the Adonis of almost 6 ft. 1 in. and almost 13 stone. (A stone is a British unit of weight, 14 lbs.)

Doesn't a sizzling steak ever tempt him?

"Why no," said Murray in slightly horrified tones. "Why, you can train yourself to eat and like anything. I'm sure I get just as much pleasure out of my meals as anyone else. And this is added to because I know I'm eating my way to fitness."

Murray doesn't smoke or drink alcohol. He doesn't even drink tea or coffee.

"They're all stimulants," he said. "Once I had a couple cups of coffee when I was swotting for an exam, but I don't think I ever would again. Since then I'm stronger willed."

Murray, who has several movie and TV star friends, will give up bigtime swimming after the Rome Olympics to concentrate on his degree and a career.

"There's more in life than sport," he said. "Swimming has been very good

to me—I don't want you to get the wrong impression there. But the time has come when I must think more about more serious things in my life."

Murray, who has been likened to actor Tab Hunter, doesn't quite know what the future holds for him—but it looks bright.

"It seems likely I'll have the chance to try either a movie or TV career in the States. I've had tentative offers.

"It's even been suggested I might become a screen Tarzan like famous swimmers Buster Crabbe and Johnny Weismuller," he said.

By the time his four-year scholarship is up, Murray—one of the most popular students on the campus—will be well qualified for any field of entertainment, since his university course covers all branches of telecommunications, drama, and philosophy.

What does Murray do for relaxation?

Here again the serious side of his nature shows through.

He loves reading — especially books about drama and philosophy. He loves watching TV — when there's a good world-affairs program or drama. He finds a Western good for an occasional "mental unwind," but hates private eyes.

He loves music—especially classical and folk music. But he likes to "let down once in a while" with light music, "Such as the Kingston Trio numbers."

For his 21st birthday, on January 6, he celebrated at one of Hollywood's nightspots. But he's not keen on nightclubs.

A natural athlete, he is enthusiastic

about water skiing, golf, table-tennis, squash, handball, and the surf.

Murray, who was born in England, came to Australia when he was one year old in 1939; was educated at Cranbrook, in Sydney.

Since he's been in California, his father, Mr. Ian Rose, an advertising executive, has been stationed in New York, so Murray has made trans-continental trips to see his parents.

"It's all worked out very well," he said. "Mother is coming to Australia, and will be with me while I'm training in Townsville. Then both my parents will be in Rome for the Games."

Editor's note—

We have pointed out before that Murray Rose is not a 100% Natural Hygienist. Murray, like most of us, deviates from perfection in many ways. As imperfect as he is, he must certainly be admired for the stand he does take and the great good he does in advocating a saner way of life. In spite of his imperfections, we feel that he and his family merit any financial support the Natural Hygiene movement can rally to assist him in this, his last effort at the Olympics. The contributions to our "Murray Rose Olympic Fund" have not been large but it is gratifying to know that many people are concerned and are making contributions. We can all share in the pleasure of knowing that the Natural Hygiene movement has at least helped. It is not too late to send in your contribution. Send them directly to the committee chairman, Mr. Robert Rowe, Hopewell Farm, Dalton City, Ill.

Best Wishes

LOS ANGELES NATURAL HYGIENE SOCIETY

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NATURAL HYGIENE CREED

BY JACK C. JETTY

To you, that have reached the depths of despair,
That can, by yourselves, no farther go,
To you, we extend our hand, grasp it!
Because, that grasp, regardless of color, race or creed,
Will elevate you, God's earthly creature
To all that is good, kind and full of human understanding.
"A cause as good as this is, cannot fail."

JACK C. JETTY 1103 West "B" Street Iron Mountain, Michigan

Warmest Greetings to the
American Natural Hygiene Society, Inc.
Its Officers, Members and Friends

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Miami Chapter Elects Officers

On Sunday, May 22nd, the newly organized Miami chapter elected the following officers for the 1960-61 year:

President: Mr. Nathan Vlock, 8942 Dickens Avenue, Surfside 54, Florida.

Vice President: Mr. Julius Berenson, 1671 NE 161st Street, N. Miami Beach, Florida.

Recording Sec: Miss Terry Lang, 1511 Michigan Avenue, Miami Beach, Florida.

Corresponding Sec: Pauline Mildner, 1776 Jefferson Avenue, Miami Beach, Florida.

Treasurer: Mr. Abraham Mindes, 8926 Carlyle Avenue, Surfside 54, Florida.

Mr. "R. J." Cheatham, National President of the A.N.H.S. installed the officers after which he delivered a talk entitled "My Cancer Eliminated Through Natural Hygiene." After the

lecture, there were many questions by the audience and refreshments of freshly sliced pineapple and nuts were provided by the committee. Over one hundred were in attendance.

You can expect this new chapter, which is now officially affiliated with the A.N.H.S., to set a fast pace for other chapters. At the last moment, the chairman pro tem, Mrs. Abraham Mindes, telephoned national headquarters and asked if Dr. Shelton could include Miami in his Spring lecture tour. Over 200 were present for Dr. Shelton's lectures there on May 7th. The Greater Miami Chapter is rounding up quite a delegation to attend the convention. Make sure you make the acquaintance of these people while you are in New York. If you live in the Miami area, by all means plan to join with this local chapter and help them to spread the word of Natural Hygiene. They will be meeting on the fourth Sunday of every month at the Washington Federal Savings & Loan Building, 1120 Normandy Drive, Miami Beach, Florida.

Join This Dynamic Non-Profit Organization Today

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Your Help Needed On Compulsory Vaccination Problem

The Vernon L. Moore family, 9303 Linardo Lane, Dallas 28, Texas, will be confronted with that state's compulsory vaccination law when their eldest daughter enters school in 1962. So as to be prepared in opposing this bill, they are taking advantage of the next two years in studying the law, its interpretations, and compiling as much information as possible to determine if any legal action will occur.

Other Hygienists in the Dallas area have had to submit their children to the vaccination—and a scar must be shown by each child upon entrance to school. It is known that only religious objectors have been able to by-pass the law.

If there are any Hygienists who have had experience with this problem, and who might be able to give them a solution to it, they would appreciate hearing from you.

THE JOY OF BEING AN EDITOR

Getting out this magazine is no picnic.

If we print jokes, people say we are silly.

If we don't, they say we are too serious.

If we stick close to the office all day,
We ought to be around hunting material.

If we go out and try to hustle,
We ought to be on the job in the office.

If we don't print contributions,
We don't appreciate genius;

And if we do print them, the paper
is filled with junk!

If we edit the other fellow's write-up,
we're too critical;

If we don't we're asleep.

If we clip things from other papers,
We are too lazy to write them
ourselves.

If we don't, we are stuck on our own
stuff.

Now, like as not, some guy will say
We swiped this from some magazine.*

*We did!

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Local Chapters Are Independent

Apparently there is some confusion as regards local and national membership. We have correspondence from various individuals indicating they thought they were members of the national organization since they had paid membership dues to the local chapter in their area.

It should be understood that each local chapter operates completely separate and apart from the national organization. No part of the dues paid to the local chapter is remitted to the national office. The local chapters pay a "National Affiliation Fee" of ten dollars (\$10.00) to the national office, each year. This fee is paid as a definite official action that the local chapter is interested in promoting the objectives of the A.N.H.S.—"The promotion of the diffusion of the principles of Natural Hygiene to provide a healthier, happier and better way of life for all mankind."

It should also be pointed out that membership in the national society does not provide a person with local membership. The national office urges all of its members to join together in local chapters to facilitate a planned procedure for the study and discussion of the principles of Natural Hygiene. If you are interested in helping to organize a

Chapter in your area, write Headquarters for complete information.

We also urge each local member to join with the National Organization. It is the support of the individual members and chapters that makes it possible for the national office to continue.

Yes, each chapter is independent, just as we hope that the teachings of Natural Hygiene will make each individual completely independent.

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- ESCONDIDO CHAPTER.** Regular meetings on third Sunday of each month. President: Don Sullins, 1303 W. 11th Avenue, Escondido, Phone SH 5-5461. Secretary: Joyce Russell, 565 E. Hill Avenue, Escondido, Phone SH 6-1677.
- LOS ANGELES NATURAL HYGIENE SOCIETY,** President: Sophie Holzgreen, 3566-B Mulford Ave., Lynwood, California. Phone NE 6-4739.
- LOS ANGELES YOUTH GROUP,** President: Earl Conroy, 3537 Mayfield Avenue, La Crescenta, California. Phone CH 9-6901.

FLORIDA

- THE ST. PETERSBURG CHAPTER OF THE A.N.H.S.** President: Mr. Jack Joseph. Secretary: Mrs. Dorothy Nelson, 7400 46th Avenue N., St. Petersburg 9, Florida. % Isle of Palms Mobile Court, Lot No. 243.
- GREATER MIAMI CHAPTER OF A.N.H.S.** Regular Monthly Meetings on fourth Sunday of each month, at the Washington Federal Savings & Loan Building, 1120 Normandy Drive, Miami Beach, Florida. President: Nathan Vlock, 6942 Dickens Avenue, Surfside, 54, Florida. Phone UN 6-4056. Corres. Sec.: Pauline Mildner, 1776 Jefferson Avenue, Miami Beach, Florida. Phone: JE 8-7318.

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- THE COMMONWEALTH CLUB OF CHICAGO,** 1819 W. Grand Avenue, Chicago 22, Illinois. Phone TA 9-6056. President: Stanley Prorok, Secretary: Rose Lazar, 2043 W. Arthur St., Chicago 45, Phone AM 2-1881.

MASSACHUSETTS

- THE GREATER BOSTON CHAPTER.** Regular meetings on second Sunday of each month. Time: 3:30 P.M. at the Community Church of Boston, 565 Boylston St. President: Ben Charles Harris, 237 May Street, Worcester, Mass. Vice Pres.: Ben Kublin, 625 Morton St., Mattapan, Mass. Secretary: Fred Chaffee, 36 Park Street, Arlington 74, Mass. Phone: MI 3-5481.

MICHIGAN

- THE AMERICAN NATURAL HYGIENE SOCIETY OF DETROIT.** Regular meetings second Sat. 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.

MISSOURI

- ST. LOUIS NATURAL HYGIENE SOCIETY.** President: Lee Bauer, 4007 Cleveland Avenue, St. Louis 10, Missouri. Secretary: Ruth Wilson, 5047 Alcott, St. Louis, Missouri.

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. Phone: PLA 6310 or PAR 4675.

- 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 Di Rubbo, 979 Main Street. Peekskill, N.Y. Phone PE 7-1650 or PE 7-2109.

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- THE AMERICAN NATURAL HYGIENE SOCIETY OF CLEVELAND.** President: Mr. Ellyatt Elgin, 27578 Bassett Rd., Westlake, Ohio. Treasurer: Betty Weingartner, 4399 W. 176 Street. Cleveland 39. Phone OR 1-5023 or OR 1-8528.

PENNSYLVANIA

- PITTSBURGH NATURAL HYGIENE SOCIETY.** President: Mary Jean Cignetti, 1121 Greentree Road, Pittsburgh 20, Pa.

New Chapters Forming

If you live in one of the following areas and are interested in helping to "spearhead" the local organization, please contact the following people:

Dallas Texas — Mrs. Verona Benno, 4219 Irving Avenue, Dallas 19, Texas.

Iron Mountain, Mich. — Mr. Jack C. Jetty, 1103 West "B" St., Iron Mtn., Mich.

Oklahoma City, Oklahoma — Mr. H. M. Lowe, 2116 N. Cross Avenue, Oklahoma City 7, Oklahoma.

Philadelphia, Pa. — Mr. George A. Lippincott, Pearl Products Inc., 103-4 East Glenside Ave., Glenside, Pa.

Portage, Wis. — Dr. John Willock, 203½ DeWitt St., Portage, Wis.

San Diego, California — Mr. George Lehr, 1346 Walbollen Street, Spring Valley, California.

Fort Myers, Florida — Mrs. Marie Pomberg, 3195½ Palm Beach Blvd., Fort Myers, Florida. Phone ED 2-8802.

Tampa, Florida — Mrs. William Koostra, Rt. 4, Box 852, Tampa, Florida. Phone WE 5-3501.

Tulsa, Oklahoma — Miss Jeanette Riegel, 569 South 94th East Avenue, Tulsa, 12, Oklahoma.

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