

NATURAL HYGIENE

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

INSECTS -- PESTS OR FRIENDS?

By Dr. Jesse Mercer Gehman

Editor—The American Vegetarian-Hygienist
P. O. Box 1744, Paterson, N.J.



No Germ Fear Here —

"Umm, good! Say Ann Marie and Mary Carl sipping pure sweet coconut water, Mother Nature's own bottled health drink from rich Jamaican jelly coconut."

You & Vivisection

By Hope Kammerer

The authors of hygienic books have shown you that regaining and keeping health by the natural, drugless, hygienic method, is better for both your body and your pocketbook, than attempting to do the same by the artificial, medical method. They have shown that, since simple, common-sense changes in diet and living habits (hygienic method) can make and keep you well, you would be very ignorant and very foolish to

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Theories pertaining to insect or pest control are as confusing and misleading as are the theories pertaining to the control of bacteria and germs with relation to disease or the various and opposing methods proposed for the restoration of the fertility of the soil.

The theory that there are good and bad insects is as untenable as the theory that there are good and bad bacteria, good and bad germs. The latter theory has been disproved so many times, yet only the brave enlightened scientists and physicians who dare to think for themselves have spoken out.

Neither theory is sound when traced through to finality. True, you will find superficial evidence which supports the theory of the germ in action as the causation of disease and the presence of seemingly unfavorable bacteria, after disease has entered the organism, even as you will find superficial evidence that certain insects designated as pests are the destroyers of plants and vegetation, after the soil has been depleted or diseased. However, the theories that either the presence of germs cause disease in the body or that pests or insects are the destructive force of plants prove false in the light of careful analysis.

The body produces its own soil from sustenance derived and utilized from the bacteria growth in the ground, food, air and moisture ingested, which in turn

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THE PRESIDENT'S PAGE

"R. J." CHEATHAM, President

WILL YOU BE

THE "SPEARHEAD"?



"R. J." Cheatham and Harold Edwards, Vice President of National Health Federation, at lecture in Washington, D.C.

We just finished a trip around the United States in only 24 days. During this time it was our pleasure to speak before 12 of our local chapters and, several other groups totaling close to 2,000 people. The wonderful hospitality, sincerity, enthusiasm and cooperation demonstrated by everyone made the trip a real pleasure. In several cities, the audience kept us answering questions until the landlord literally turned out the lights. Such demonstrated interest in Natural Hygiene made the sacrifices necessary to accomplish the trip seem trivial and insignificant.

In Washington, Mr. Harold Edwards, Vice President and Washington Representative of the National Health Federation, sponsored our lecture and provided an enthusiastic audience that literally packed his suite at the 2400 Hotel. Thank you, Harold Edwards.

In Philadelphia, Jim Fitzgerald arranged a meeting which could develop into a new Philadelphia chapter.

In Boston, we laid the groundwork

for a new affiliation, the Greater Boston Chapter, with Fred Chaffee as president pro-tem.

In Escondido, we spoke before some 83 people at their initial meeting as an affiliated chapter. Their president, Don Sullins, has some great ideas for development during the coming year, including a Hygienic Health Club complete with swimming pool, gym, and meeting hall.

Another group has "caught" the enthusiasm and is beginning to get a new chapter rolling down in San Diego.

It occurs to me that each of our local chapters started small, usually with only three or four, and frequently only one, interested Hygienist to "spearhead" the idea in the locality. I can well remember the first Detroit organizational meeting. If it had not been for a few hardy individuals like Nick Phillips, Bert Harwith, Wilmot Holben and Ed Fitzgerald with sufficient courage to 'spearhead' the movement there, I might never have known about Natural

THE AMERICAN NATURAL HYGIENE SOCIETY, INC.

(A non-profit organization.)

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

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Hygiene.

What is to stop us from having three or four, or a dozen chapters in every sizeable city? Why can't we develop a chapter in every town where we have even one Hygienist? All that is required is a sincere desire to help others learn the truths of Natural Hygiene. How does the axiom go?—"Where Two or Three are Gathered Together in the Name of Natural Hygiene, Knowledge Will Be Forthcoming." We also know that "Things don't turn up in this world until some 'spearhead' turns them up."

If you would like to help the Natural Hygiene movement progress, start thinking about starting a new local where you are. If there is already one on the north side of town, then start one on the south side of town. If there isn't a chapter in your town, let's get one started right away.

Write the national office and let us know of your interest. We will help you in every way possible. The important thing to remember is that every journey must begin with the first step. Don't be afraid to be the 'spearhead' in your area, and the next lecture tour will take 24 months instead of 24 days.

Living Natural Hygiene Here-N-There

By Sally Burkhams

DR STELLA LIEF of England writes that her friend DR. BARBARA MOORE is plodding through thick snow drifts along roads almost impassable. About ten miles from the place where she was staying the night, she was met by someone from the hotel to see what she wanted for supper: lettuce, tomatoes, grated carrots and bananas were ordered. Dr. Moore plans a 3,000 mile hike across the U. S. soon. Maybe some of us could join her on part of it. . . . MR. L.O. BAILEY of the newly formed Australian branch of our Society offers prizes for good teeth as well as good athletics in his schools. . . . In St. Louis, the BURKHAM children get a

\$5 bonus when their bi-yearly trip to the dentist involves no fillings. This gives more incentive to improving the diet. . . . PAUL BRENN of Heigh-Ho Lodge may organize some pre or post-convention walking trips along the Appalachian Trail—15 to 30 miles a day. Carry your sunflower seeds and get in training for doing the entire 2,000 miles from Maine to Georgia someday. . . . CLIVE A. WILKINS of Miami and St. Croix, Virgin Islands, suggests we develop our taste buds by eating one food at a meal — a new reason for the good old monomeal, best for assimilation and digestibility. Combinations are a compromise. . . . MRS. ANNA LOPEZ of Bethesda, Maryland, suggests we add chickweed to our spring salads: "It is good, and a little can be slipped in on the family without their noticing." Those used to it like it better than lettuce. George Washington Carver eked his way through college with the help of chickweed. . . . JANE PRESTON writes that the Lytton-Bernards "are building a new place about ten miles further out from Guadalajara in a beautiful valley with thermal springs." They will eventually have rooms for some thirty people to enjoy the papaya, lima and sapote. . . . FRED CHAFFEE and his charming Korean wife, whom he describes as a proficient knitter, plan to come to the convention. Bring your knitting needles and yarn and get some pointers—it's a wonderful way to break other habits and to make clothes perfect to exercise in, that stretch as you bend. The Chaffees were won over to Natural Hygiene three years ago after meeting MARVIN KATZ of Boston and BEN CHARLES HARRIS of Worcester, Mass., who is also an organic gardener and "weed eater." This could be put to good use on hikes. More candidates for Paul Brenn's Appalachian Trail? The Chaffees are so thankful to Hygiene that they have made the ANHS a beneficiary in their will. This probably won't do the Society much good for at least a century we hope—but the Hygienic

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Living Natural Hygiene . .

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Dr. Robert Gross in foreground of audience at Pittsburgh, Pa. during Feb. lecture tour.

movement will still be around just the same as it has for the past 130 years. . . . L. K. HOSTETTER, retired nut tree farmer and organic gardener, has been basking in the sun in Puerto Rico, enjoying the "good and plentiful tropical fruits." He plans to visit David Stry's before returning home to Bird-In-Hand, Pa. . . . Letter from MARY MECKER in Escondido, Calif. "When out driving I saw a sign 'Better Vision Through Better Habits.' Naturally I investigated, and made the acquaintance of Grace Lowell, a Hygienic nurse who has worked at Dr. Shelton's. . . . February 8 "The Greatest Adventure" was shown to an appreciative audience at the Milburn Congregational Church, Milburn, Illinois by STANLEY L. PROROK and others of the Commonwealth Club, the newly affiliated Chicago chapter. HOWARD ENSIGN served delicious apples and raw peanut butter. You can rent the film from the A.N.H.S. Publications Dept. It's Grade A, lasts 40 minutes, and inspires more than 40 minutes of discussion, and food for thought forever. . . . ROBERT ROWE, organic farmer, businessman, writer, founding president of Natural Food Associates, father of four sons, will speak on 'Living Healthily, Happily, Naturally' on Sunday night, March 20th at 7:45 p.m. in the Community

Room of the Farm & Home Savings Building, Lockwood and Gray Avenues, Webster Groves, Mo. . . . "Read the best books first, or you may not have a chance to read them at all," said Thoreau—and, we might add, if you read books on Natural Hygiene and apply the knowledge, you'll have more time in your life. LORA ROSS has many good ones, including a fine collection on organic gardening such as those by Wickenden, Sir Albert Howard, *Health From The Soil* by De Vries, *How To Have A Green Thumb Without An Aching Back* by Ruth Stout, (popularizer of the mulch-and-not-be-a-slave-to-the-spade method.) Send 10c to Lora Ross, 126 Parsons Avenue, Webster Groves 19, Mo. for the price list. If you are interested in "Plants for Survival," include another dime for a bibliography and outline of how to survive on plants—in the wild or in civilization. It includes many hints on eating cheaply, such foods as chickweed and purslane, royalty of the weeds; dandelions' (continued on page 14)

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BOOK REVIEW

BY ROBERT S. ROWE

Why? Use Suncooked Juice Foods Daily!

By Jesse Mercer Gehman, N.D., M.N.

A revolution is occurring in American food habits. It is the strong swing to the drinking of fruit and vegetable juices. This is a swing in the right direction.

While it is a basic principle of Natural Hygiene that the ideal diet consists of the foods that taste delicious eaten whole and raw just as Nature prepared them, we might as well face the fact that relatively few people are likely to achieve this dietary ideal under the living conditions imposed by modern civilization.

When the trend toward drinking fruit and vegetable juices started about 20 years ago, the food industry immediately plunged into the market with various kinds of juices to meet the new demand. Unfortunately these juices were canned. This meant that to make them keep without refrigeration they were cooked or pasteurized and generally had sugar or a preservative, or both, added. In other words, processing had destroyed the vital enzymes completely and had seriously damaged other food factors in the juices.

Nutritionists who were aware of the greatly superior values of unprocessed juices were constantly insisting that vegetable and fruit juices should be fresh and raw and should be a part of the daily diet. In the words of William Howard Hay, M.D., "A properly functioning brain must be bathed by a proper bloodstream. Over half our hospital beds across the country are filled with mentally sick people. How can we expect sound health mentally when we consume so much highly processed

foods from which essential nutritional elements have been removed or destroyed?"

Dr. Gehman, in his forcefully written book on "suncooked juice foods," proclaims that the fast pace of American living demands high quality nourishment that is quickly available to the bloodstream. "Fresh sun enriched fruit and vegetable juice foods," he says, "are today's answer to America's demand for the best nutrition at low cost."

He gives the history of the growing popularity of fresh juices, showing how this delicious form of high-quality nourishment first was advocated by nutritionists, then began to be offered as a result of the development of satisfactory household electric juicing machines.

While from the Natural Hygiene point of view fresh fruit and vegetable juice foods are not as desirable as the original whole food, they are here to stay, Dr. Gehman assures us, and predicts that "the time is not far distant before a family juicer will become as common as the family refrigerator or toaster."

Available from ANHS Publications, 126 Parsons Ave., Webster Groves 19, Mo., 129 pages, \$3.95.

Hygienic Youth Camp

A number of our members are interesting in locating a Hygienic Youth Camp where their children can go for a summer vacation. Anyone knowing of a place that would meet the requirements of Hygienic parents should send complete details to the A.N.H.S. National Office so that the information can be on file for those interested.

Insects . . .

(continued from page 1)

depends upon the minerals and other nutrients present. The role played by the minute architects of life in the human economy is determined by the manner in which they are sustained or nourished in the human body. So it is with the minute architects of the soil or earth on which grows most of the food of the world.

There is an abiding constructive force at work all through nature, through every part of nature this force is ever at work acting and counteracting, as the case may be, to preserve and maintain an integrity of goodness, or balance, whether it be the soil of the human body or the soil of Mother Earth. What we are, what plant life is, depends upon the soil we provide. The germs, bacteria, insects or pests are the result of diseased soil of body, or earth as the case may be.

Natural Farming

As a boy I was privileged to live on a farm. Chemical fertilizers were practically unheard of. The few fertilizers available were restorants or supplements in the form of phosphate, potash, etc. Old fashioned barnyard manure, composed of straw or fodder, animal fecal matter and urine, plowing under grass or a second clover crop, or cornstalks; rotation of crops, (making sure not to overburden soil by repeating the same enervating crops as for instance tobacco on the same acres), were the rules of agriculture. Insects either in the garden or on the farm were not a big problem in those days. I do not recall that we ever lost any crop from insects.

As I became interested in the health of the body, I began to observe the relationship between the care of the soil, whether of field or garden, to the health of the crops they produced, and translate the results into what takes place in the body and the relationship of disease to the soil of the body or more precisely the blood stream.

The richer the land the better the

crop. I recall my grandfather and father speaking of better soil in one field than the other, and the greater need for manure or lime in one field as compared to another. I can also see my father stooping down, taking the soil in his hands and feeling it for texture and moisture as it filtered through his fingers and his remarking how rich it was. I recall his speaking of its fragrance and "feel". Soil is part and parcel of the true farmer.

Since insects or pests were not a special problem when I was a farm boy they required no special attention or effort, and we went on farming in the good old fashioned way, i.e., plenty of manure, from the sizeable population of livestock always on the farm, and rotation of crops, and occasionally the addition of lime burned at the local lime kiln, directly from the limestone which was indigent to the area. Grandpa and Dad said lime was to sweeten the soil. These simple things along with God's beneficence as manifest in rain, air and sunshine and dew made for an ideal combination.

An Organic Farmer Feeds Insects

Years ago I met a farmer whose farm had for 50 years before his tenure, been cultivated after the old fashioned way. He had continued the farm in the same manner, but conceived the idea of returning even more to the soil than had his father. He concentrated on bark, leaves, crushed rock, and straw hauled hundreds of miles, from the Amish farms of Lancaster County, Pennsylvania, such was his devotion and care for the soil. I would call him one of the original modern organic farmers of America. I visited his place often and observed in action the belief I shared with him, namely; that insects are not attracted to a healthy plant, but destroy only the unhealthy—(an effort as constructive in design and purpose as is the presence of germs in a diseased body). Both insects and the germs appear only after the disease has developed in body or plant or trees,

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SPRING LECTURE TOUR PROGRAM

Starting Saturday, April 23rd Through Sunday, May 8th, 1960

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Dr. Herbert M. Shelton

World leader of the Natural Hygiene Movement, from San Antonio, Texas, who will deliver the lectures scheduled below:

- "1" AN INTELLIGENT PERSON'S WAY OF LIFE.
- "2" THE BASIS OF PHYSICAL VIGOR.
- "3" THE SICKEST NATION ON EARTH.
- "4" REPLACING SUFFERING WITH HEALTH.

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- St. Louis, Mo.** Saturday, April 23rd. 2:30 p.m. "1" & 7:45 p.m. "2"
Chairman: Lee Bauer, 4007 Cleveland Avenue, St. Louis 10, Mo. PHONE PR 2-6625.
- Chicago, Ill.** Sunday, April 24th. 2:30 p.m. "1" & 7:00 p.m. "2"
Chairman: Oscar Floyd, 1819 W. Grand Avenue, Chicago 22, Ill. PHONE TA 9-6050.
- Detroit, Mich.** Tuesday, April 26th. 2:30 p.m. "1" & 7:45 p.m. "2"
Place: Detroit Federation of Women's Clubs Bldg., Corner 2nd & Hancock. Chairman: Vincent Benfante, 23703 Rein, East Detroit, Mich. PHONE PR 6-0629.
- Pittsburgh, Pa.** Wednesday, April 27th. 7:45 p.m. "1" Place: Sherwyn Hotel, Wood Street, Pittsburgh Pa. Chairman: Mary Jean Cignetti, 1121 Greentree, Pittsburgh, Pa. PHONE LE 1-8541.
- Buffalo, N. Y.** Thursday, April 28th. 7:45 p.m. "1" Place: Statler Hotel, Buffalo, New York. Chairman: Richard Wangler, 104 Brompton Road, Buffalo, N.Y. PHONE PL 6310 or PA 4675.
- Boston, Mass.** Sunday, May 1st. 2:30 p.m. "1" & 7:30 p.m. "2"
Place: Y.M.C.A., 316 Huntington Avenue. Chairman: Fred Chaffee, 36 Park Street, Arlington, Mass. PHONE MI 3-5481.
- New York, N. Y.** Tuesday, May 3rd. 6:30 p.m. Special Honorary Dinner for Dr. H. M. Shelton.
Wednesday, May 4th. 2:30 p.m. "1" & 7:45 p.m. "2"
Thursday, May 5th. 2:30 p.m. "3" & 7:45 p.m. "4"
Chairman: Henry Sherman, 50 Church Street, New York, N.Y. PHONE WO 2-1641.
- Peekskill, N. Y.** Friday, May 6th. 7:45 p.m. "1" Chairman: Gabriel DiRubbo, 979 Main Street, Peekskill, N.Y. PHONE PE 7-1650 or PE 7-2109.
- Philadelphia, Pa.** Saturday, May 7th. 7:45 p.m. "1" & 10:30 p.m.: Special organizational meeting for those interested in organizing a new Philadelphia chapter. Chairman: Dr. Pershing Newman, 130 S. 17th Street, Philadelphia, Pa. PHONE LO 3-4460.
- Tampa, Florida** Sunday, May 8th. 2:30 p.m. "1" & 7:30 p.m. "2"
10:30 p.m.: Special organizational meeting for those interested in organizing a new Tampa Chapter. Place: American Hellenic Center, 120 Parker Street. Chairman: "R. J." Cheatham, 5210 Bayshore Blvd., Tampa, Fla. PHONE 68-2231.

For additional details contact the local chairman or the National Office.

Insects . . .

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and not before.

It is the seed planted and nourished in poor soil which causes the insect to appear, even as it is the body composed of poor blood which causes germs to appear. Neither insects nor germs precede the disease in their respective fields. In other words, it is the condition of the soil which determines whether or not the plant will be an invitation to, and habitat for insects.

And since the insects are always occupied in returning an unhealthy plant to soil through the crucible of nature, could they be referred to as pests and could their action be referred to as destructive? Scarcely so. No more so than can these terms be applied to the germs and bacteria, or more recently viruses. All are scavengers of disease, one in the field or garden, the other in the human body, one in agriculture and the other in the culture of man.

An Old-Time Orchard Man

Many years ago I knew an orchard man and farmer who specialized in raising choice tomatoes and peaches for the New York hotel trade. He was visiting my office with his son who had been under my care. The son had taken on the work of developing two new orchards, and he was having trouble with some of the trees. Some were insect ridden and the son wanted to spray all the trees as a protection against what he believed to be an invasion from

without. I shall never forget the statement the father made, coming from a man who professed to know nothing of modern methods of organic farming, or the relationship of germs to disease, it stood out so crystal clear and refreshing. He said: "I told the boy to let the trees alone on which there were insects—not to bother with them, not to spray them, or the other trees either, that the insects would not be there in the first place unless there was something wrong with the tree—that insects would never bother a healthy tree. And if the tree was unhealthy it was better to let it alone and die if need be, than to try to save it from insects by spraying."

Some few observing farmers of old, as well as some organic farmers today have also noted this phenomenon. These have stopped to wonder why not all plants or trees in a field, garden or orchard will be pest ridden at one and the same time, but most farmers have not been so observing for the reason they have been satisfied that the trouble has been the presence of the insects and not the sick soil.

I have walked down the rows of growing vegetables, such as cabbage and lettuce and carrots and have seen a stalk ridden with insects while the plant on either side was free from insects. Why was this so? I have observed the organic farmer referred to earlier in this article letting the insect infested plant stand, refusing to pull it out, as he believed it was getting nutriment to

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constructive forces in the general scheme of farming. He would never kill any insects.

All Insects Needed

All insects are as important to farm health as are worms. All bacteria and germs are as important to the body as fresh air, good food, and sunshine. Neither would be present, unless filling a natural demand of soil of earth or soil of body.

It would seem to me that the vast sums of money being spent on ways and means to kill the insects or setting up a war between so-called favorable insects and unfavorable insects might better be invested in ways and means to restore and cultivate the soil so that the presence of seemingly unfavorable insects were unnecessary. To kill the unfavorable insects is as short sighted as spending tens of millions of dollars on research to isolate a germ or virus, and developing a vaccine for its destruction, while doing only superficial things or nothing to improve the soil of the body itself, namely, the blood stream.

If we determine the source of germs and insects we will have found the solution to disease and to insect ridden crops. I do not hesitate to add that the source of both is in the soil and not in any air-borne organism, or spontaneous germination. The corrective method will be in changing the soil of field and body and not in killing the insects, bacteria or germs.

Cleansing Away Wastes

Now then from where do the insects come? When their job is finished where do they go?

Is it logical to assume that some miniscule life connected with the production and conservation of soil have a dual ability of personality if you please, contributing to the soil's health and productivity on one hand, or when the soil becomes morbid, for any one or many known or unknown reasons, these same minute live bodies take on the form of the pests which abruptly,

seemingly from nowhere, come to do their work of cleansing away the waste, and disappear unannounced when their work is completed? This is what appears to happen. I believe it is what does happen and experience shows it to be more than a mere hypothesis. It is believed that experience will bear this theory out as practical, logical and demonstrable of proof. It is the projection of the vis medicatrix natural principle to the field of agriculture which we see at work in the human
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TREE RIPENED FRUIT

Oranges or Grapefruit or Mixed

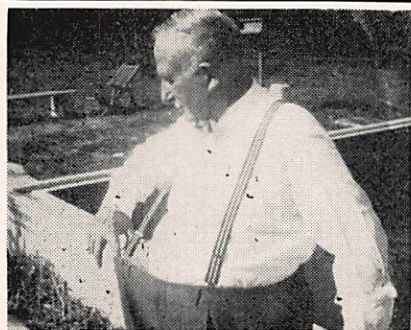
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TROUSERS TOO LARGE NOW

Wm. C. "Bill" Anderson, 70-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.

DAVID STRY HEALTH RANCH

Melbourne, Florida

Insects . . .

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body.

Surely we are getting nowhere with insecticides and pesticides, whether of inorganic or organic origin. The principle of attack, conquer, and destroy the organisms is not plausible, while the principle of removal of the cause of the organism is. Insects build up immunity to sprays, as do so-called germs to drugs and antibiotics, or new and different organisms appear. This has been proved and is irrefutable.

Aiming At Symptoms

The nostrums which are offered the organic farmer as being free from harmful chemicals for the treatment of his soil's ills, and as an antidote to "insect invasion" are comparable to those offered man to rid his sick body of germs. Both conditions are strictly soil problems and the inoculations and injections to prevent the germ and virus invasion of his system, have been proven as ineffectual as sprays for prevention of

plant destruction by insects. Both methods aim at symptoms, strictly speaking, and not at causes, therefore both are failures. Germs and insects are definitely symptoms and not causes.

Farmers and gardeners are now more confused over the insect situation than ever before. It would seem that what we need is a re-evaluation and appraisal of the whole problem.

We believe the approach on the insect problem should be on the hypothesis that all insects and so called parasites are constructive in nature and purpose in the orderly operation of nature's plan. None are destructive by and of themselves, though on the surface they may appear to be serving an exclusively destructive role. Actually their seemingly destructive effort is constructive as it is by nature intended to save the weak soil from further depletion, by destroying the plant. Insects are symptoms, not causes of plant destruction, even as the germs and bacteria associated with disease in the human are symptoms and not causes.

Nature's Orderly Plan

Actually the only pest in nature is man's ignorance of the constructive plan ever at work preserving, maintaining and sustaining, and perpetuating; in the present case, sustaining the soil against greater withdrawals than it is prepared to allow, which produces unhealthy plants and hence the architects of construction—the insects.

What then is the solution? There is only one, and it is simple. Change the soil from its deficient and unhealthy state to a healthy state. When this is accomplished insects will be no longer needed to sustain such health of the soil as remains, and they will return to their spore role once again. In the same way bacteria and germs sustain such health of the soil as remains in a diseased body and return to their spore role when their constructive work of cleansing is completed. Without these seemingly spontaneous scavengers of the pathogen of encumbered soil in either

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CONVENTION DONOR FUND

The ANHS is a non-profit society. It depends on contributions of members and friends to finance the convention and carry on this program of Hygienic education. You are urged to give your financial support to this great endeavor. All contributors will be listed on the "Convention Program Donor Lists."

Convention Contributor	\$5.00	Convention Sustainer	\$25.00
Convention Supporter	10.00	Convention Memorial	50.00

Direct all contributions to "ANHS Convention Donor Fund," 5210 Bayshore Boulevard, Tampa 11, Florida.

For additional convention details write the Convention Chairman, Dr. Robert R. Gross, P. O. Box 401, Hyde Park, New York.

Insects . . .

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case neither the soil of the human body nor the soil of the earth can be preserved when they are deficient and/or diseased.

A complete change over from careless farming and gardening to exceedingly careful methods is difficult because of the degeneration of the soil of the earth even as is the case of changing the soil or blood stream of the human body or giving the ground a complete rest is more involved and difficult than a plan of action on a less restrictive basis.

Changing The Soil

With the farmer anxious to change the soil of his acres, it is probably even more serious from the economic standpoint than the individual who wishes to change the soil of his body, for the farmer in order to live has to keep on raising crops—while the rehabilitation and regeneration of the soil goes on apace. The individual wishing to change the soil of his body may or may not be obligated to keep on working to sustain himself. He can go on an extended complete physiological rest program, fasting under capable supervision if he can take the time off or on a more extended regimen of restricted calorie and high potency mineralization dietary, coupled with other necessary natural procedures, if he is obliged to remain at work.

It is a marvel of the world what abuse the blood stream will take before

the body succumbs, compared to the death of the good earth from abuse. The soil of the earth seems more vulnerable than the soil of the body but economic demands suggest that the farmer who has decided upon making his acres healthy, should use such aids as may be necessary to support the fertility, and control the insects by doing everything within his power to increase the mulch content of the soil of his garden or fields so that eventually it will become completely free from disease and hence his crops free from insects.

Whether or not farmers and gardeners can visualize the course of action necessary to achieving good soil—the basis of good crops—only the future will tell.

Organic Farmers And Health

It has been my privilege to know some of the men of the present organic gardening and farming era which by the way is not by any means entirely new, and it has been interesting to observe the contrasts in their opinions of the soil of the earth in its relationship to good crops compared with the soil of the human body in its relation to good health.

In this connection I should like to cite an outstanding instance. About a decade back one of the better known organic farmers of the nation called me on the telephone and told me excitedly that he had a serious intestinal infection accompanied by fever, that he had done everything he knew hygienically—had changed from heavy foods

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N.D., D.C., Ph. C.D., Orthp.

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ORGANIC ACRES

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to lighter ones—but that the pain and fever persisted. He wanted to arrange to come East to see me at once.

I told him that was not at all necessary. I interrogated him at some length and directed his thoughts to what he was doing to change the soil of his farm, in which he had been eminently successful, and reminded him that if the soil of his acres was so very poor that it would not sustain pest growth and life he would give it a rest and take steps to reconstitute the soil. This he could see. He was persuaded to follow the same principle with regard to his body. In a few days he called to advise that the pain and fever had left, and that he had begun to change his way of living. The last I heard he was pursuing a healthy active life and never had a recurrence of the intestinal trouble.

The soil of the earth is like that of the human body. The farmer who keeps it clean and wholesome and sweet will discover that disease, which prepares the way for development of insects, will not occur.

Copyright 1960 by Jesse Mercer Gehman.

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.

"I am not bound to win but I am bound to be true.

I am not bound to succeed, but I am bound to live up to the light I have. I must stand with anybody that stands right, stand with him while he is right and part with him when he is wrong.

—Abraham Lincoln

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You And Vivisection . . .

(continued from page 1)

go through the pain, danger and expense or operations, drugs, injections and so forth (artificial method.)

But there is still another reason why you should use hygienic methods,—why you should let a hygienic practitioner help you rather than a medical doctor. It is this:

For hygienic methods, no further research is necessary; the remedy for all disease is already known; Nature's laws are simple and never change. But for artificial methods, continual, expensive and complicated research is necessary. Every drug, serum, etc., is preceded by years of laboratory experiment on living animals. This is called "Vivisection."

Vivisection is *not* painless. Animals cannot be kept under anesthetic for as long a time as most experiments require. Therefore every drug, serum, vaccine, new "Miracle" drug, etc. is preceded by horrible torture to thousands of animals: Agonies that, if you could see them, would rob you of sleep for months.

To anyone who has experienced Hygiene's simple, easy way of bringing back health and of keeping health, the artificial or medical way seems like a nightmare of drug-crazed minds.

Every time you allow artificial methods to be used upon you—every time you use a drug, "shot" or have an operation, you are indirectly supporting or fostering this animal torture.

Use hygienic methods, if not for your own sake, then for the sake of our innocent trusting children of Nature, the animals, who cannot speak for themselves.



Living Natural Hygiene . .

(continued from page 4)

tender inner leaves, red bud flowers—all raw, of course. At the Missouri Botanical Gardens the red bud tree is labelled "Salad Tree." Green elm seeds, too, are delicious—a tree load could keep everyone on skid row from skidding for a week. (There is medical evidence that alcoholism increases as vitamin intake decreases.) Get your exercise and fresh air climbing the trees to reach them—we'll bail you out if you are put in the primate house. . . . Mr. KESSLER cheers for Natural Hygiene—"Raw, Raw, Raw!" . . . ART ANDREWS is currently conducting a class on "Balanced Living" every Thursday night at 8:00 at the Humanist University, 6557 University Drive, St. Louis, Mo. . . . "Be a creationist, not a dissipationist" — gleaned from the catalog of the Nut Tree Nurseries, Downington, Pa. Send for it, it contains food for thought and action. . . . If you missed hearing "R. J." CHEAT-



Philadelphia Pa. — Preliminary plans were made for organizing a Philadelphia chapter at the home of Jim Fitzgerald. L. to R., Jim Fitzgerald holding new daughter Elisa, Alice M. Grant, Ida Rosenqlick, Don Paoletti, George Schlosser, Stanley Stady, and "R. J." Cheatham.

HAM, president of the A.N.H.S. last month, you missed a great American thinker and doer. The story of how he has put into effect the ideas he started developing while still in the hospital for a cancer operation held us spell-bound for nearly two hours—with time out for a book and gossip break. In order to have any future at all, he realized he must immediately put into practice the teachings of Natural Hygiene. As you can imagine, this led to a certain amount of friction—"getting on the ceiling" as he puts it—and we admire his persistence and his wife's cooperation, even to the point of having two children born at home without professional assistance. He showed us slides of his home in Tampa surrounded with fruit trees, the children climbing in the Banyan tree and his baby celebrating her birthday with a cake-sized piece of watermelon with a candle in the middle. Mr. Cheatham's hope is that others can avoid health crises by hearing about and understanding this way of life that is available to everyone—but sometimes difficult to hear about because Natural Hygiene publicity is so limited. We hope those who are benefiting will contribute enough \$\$\$\$ so he can devote his full time to this work. All we need is 68

(continued on page 16)

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MURRAY ROSE OLYMPIC FUND

Murray Rose, triple Olympic Gold Medal winner and Natural Hygienist, will again challenge the swimming world in the 1960 Olympics this summer in Rome. Not until the last week in February did he reach the difficult decision and start making arrangements to enter training and again participate in the gruelling contests.

He expressed amazement and pleasure that the American Natural Hygiene Society has launched a campaign to raise funds to help his family meet the many expenses incidental to his training and transportation.

His decision was made difficult by the problems that face him as a contestant. It meant virtually jettisoning a whole term at the University of Southern California which he is attending. It meant flying to Australia early this month to enter a rigorous training program involving a large financial outlay.

Still another problem is presented by the fact that he lives differently from other Olympic participants, particularly in regard to eating. Living on a diet of natural and mainly raw foods, he cannot eat at the training table. However, it is this difference in the way he lives that he credits with being largely responsible for his becoming the youngest triple Gold Medal winner in the history of the Games.

"I have no doubt," Murray's father, Ian Rose, said recently "that the stamina and condition provided by a very strict meatless diet aided him a great deal." Then he added, "but there was a lot of hard work, determination and character that went right along with it."

We, as active, enthusiastic members of the American Natural Hygiene Society, have an opportunity to express our appreciation for this "determin-

ation and character" by chipping in to ease the extra financial burden that is thrown onto the Rose family in providing the superior foods and other healthful living conditions that form the basis of Natural Hygiene.

It seems almost beyond the capacities of any one family to set out to uphold this ideal publicly in the face of a world that is eager to prove them wrong. Those of us who have had the privilege of learning some of the intimate details of the problem are filled with admiration for the Rose family and their superb devotion to this ideal, which has entailed real personal sacrifice.

Every person who contributes to the Murray Rose Olympic Fund can feel justly proud of his helpfulness in making it possible for Murray to again enter the Olympics, symbolizing the fine body and principles of Natural Hygiene.

In order to reach our goal of \$8,000, the total fund required, it will be necessary to have several gifts of \$100 and perhaps even one or two of \$1,000 each. However, the bulk of the fund almost certainly will come from those who are able to give only \$10 or even less.

You must decide in your own heart what amount you can give without undue sacrifice. Remember that your contribution, whatever the amount, will be helping just that much to proclaim the Hygienic way of life to the world.

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

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Living Natural Hygiene . .

(continued from page 14)



Partial view of audience at new Escondido, California Chapter during Feb. lecture tour.

more Century Club members — we already have 32 who donate \$100 per year and plan to contribute until they are 100 (then dues are free, a most exclusive club!) Think of the \$\$\$ you save just by living Natural Hygiene, then give more, live it more than some. Your rich uncle will be converted when he sees the vast changes in you—and soon the world will follow. The world could use a bit more health and moral fortitude and self-reliance, lest it lose all its freedoms. . . . Read "Considerations of Cancer," NATURAL HYGIENE, January 1958, available from Publications Dept. 25¢, it gives more detail about Mr. Cheatham's cancer case and others too. . . . "My Experiences With Living Food" by Kristine Nolfi, M.D., tells that "fresh, raw vegetable food possesses the highest nutritive value, and this cannot be increased nor improved." She eliminated breast cancer in herself, and established her own sanatorium in Denmark. . . . Don't miss the picture and article entitled "Sunbathers Foil Winter at Coney Island" on page 29C of the New York TIMES, Monday, February 29th. . . . In the meanwhile though, remember Goethe's words: 'Sagt es niemand, nur den Weisen, Weil die Menge gleich verhöhnet' —Do not tell anyone but the wise, because the mob will mock immediately.

Please send your items for "Living Nat. Hyg." direct to Sally Burkham, 25 Danfield Road, St. Louis, Mo.

NATURAL HYGIENE — MARCH, 1960

Advertising Pays Off

Last month we ran a short article requesting members to place ads in their local newspapers for Natural Hygiene. Bob Rowe of Dalton City, Illinois and Fabro Hanks of Decatur, Georgia, have already placed ads and we're getting replies. We would certainly like to see an ad in every newspaper in the country. This way we can certainly "double our membership by the 1960 convention." Mr. Hanks suggested cutting the ad down a little to the following:

NATURAL HYGIENE reveals the secret of a way of life that is healthier, happier and less expensive. Free information from the American Natural Hygiene Society, 5210 Bayshore Boulevard, Tampa 11, Florida.

When you place an ad, insert your two initials after 5210 (Thus: 5210-XY Bayshore Blvd.), then send us a copy of the ad with your name. This way your ad will be coded, and we can let you know how many replies we received through the Membership Honor Roll.

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REGISTERED NURSE AND HYGIENIST wishes position with nutritionist, Children's camp or family for the summer months. Mountain area desirable. Write: Frieda Field, c/o Hazan, 251 E. Kingsbridge Rd., Bronx, 58, New York.

NATURAL HYGIENE SPECIAL — Organically grown sweet potatoes, \$6.95 Bu. (Approx. 50 lbs.) Express Prepaid. Higher New England or West Rocky Mountains. Mueller's Organic Farm, 233 South Dade, Ferguson, Mo.

NOTICE HYGIENISTS and Vegetarians in San Diego and Southern California. Please write or phone fellow Hygienist, George Lehr, 1346 Walbollen St., Spring Valley, California. Phone HOpkins 3-7411.

HYGIENIC STENOGRAPHER. The A.N.H.S. National office needs a good stenographer to help with all correspondence. Must be good at shorthand and typing. Wonderful climate, sunshine, fresh air, fresh fruit, good working conditions, \$50.00 per week (1.25 per hour). 5 Days, 40 hours. Write, giving qualifications and complete details to Mr. "R. J." Cheatham, 5210 Bayshore Blvd., Tampa 11, Florida. Phone 68-2231.

OAHSPE contains health knowledge as old as mankind. Free descriptive folder waiting. Fabro A. Hanks, 217 Lansdowne Avenue, Decatur, Ga.

HYGIENIST—married, age 31, seeking healthful outdoor job in warm climate. Experienced organic gardener, salesman, news reporter, clerk. References available. Fred Chaffee, 36 Park Street, Arlington, Massachusetts.

☆ MEMBERSHIP HONOR ROLL ☆

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. R. R. Gross .. 14	Joe Brenner 3	Ernest Dockery .. 1	Elsie Miller 1
Joy Gross 10	Organic Acres 3	John Driscoll 1	Marge Parks 1
Billie Gwizdoski .. 8	Erna Hollis 2	Frieda Field 1	Mrs. L. M. Pettis .. 1
"R. J." Cheatham .. 6	Christian Vrang .. 2	Oscar Floyd 1	J. A. Rogers 1
Heigh Ho Lodge .. 6	Betty Weingartner .. 2	J. H. Howler 1	Lora Ross 1
Dr. D. J. Scott .. 6	G. Berti 1	Ruth Huberman Ctr. 1	Frances Steloff .. 1
Ralph Fowler 5	Sally Burkham 1	Jack's Health Ctr. 1	Mrs. H. B. Thomas 1
Robert Rowe 5	Fred Chaffee 1	I. Katzwitz 1	Adele Webber 1
Ted Parks 4	Gabriel DiRubbo .. 1	Rose Lazar 1	

New Affiliated Chapters Being Formed

The new Greater Boston Chapter is now pretty well under way in their organization plans. Ben Charles Harris, 237 May Street, Worcester, Mass., has been elected President and Chairman of the Executive Board. Ben Kublin, 1st Vice President, Abraham Jacobs, 2nd Vice President, Fred Chaffee, 36 Park Street, Arlington 74, Mass., Phone MI 3-5481, Secretary-Treasurer, Laurel Hersey, Chairman of Membership & Literature Committee, Arthur Bennett, Chairman Pro Tem of Publicity Committee. Their next meeting will be held on Sunday, March 27th at the Community Church of Boston, 565 Boylston Street. Time: 3:30 P.M. They will show the dynamic color-sound film, "The Greatest Adventure" and President Ben Charles Harris will speak on: "How I Became A Natural Hygienist." This meeting is open to the public and free of charge. Everyone is welcome.

Escondido had some 83 people at their first affiliated meeting. Don Sullins is president. Grace Lowell is 1st vice president, W. A. Loneray is 2nd vice president, Joyce Russell is secretary. Her address is 565 E. Hill Avenue, Escondido, California. Phone SH

6-1677. Marie Shepard is treasurer.

Plans are now under way to organize new chapters in Philadelphia, Pa. and Tampa, Florida. All interested persons should make it a point to attend the organizational meeting which will be held immediately following Dr. Shelton's lecture as explained on another page of this issue.

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LOCAL AFFILIATED CHAPTERS

CALIFORNIA

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.

ILLINOIS

THE COMMONHEALTH 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. 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 Women's 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.

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, N.Y. Phone PE 7-1650 or PE 7-2109.

OHIO

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.

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ARNOLD DE VRIES

"Primitive Man and His Food." 1952. 151 pages. Clothbound. \$3.10, p.p.
The people described in this book do exist. They have the magnificent physiques "civilized" man has hardly dared hope for. How do these healthy people live? What do they eat? Here are the answers.

"Dangers in Modern Foods." 1958. 76 pages. A scientific analysis \$1.75, p.p.
of modern foods; effects upon human health and facts on a healthy, enjoyable way of eating.

HENRY BAILEY STEVENS

"Recovery of Culture." 1953. 247 pages. Clothbound. \$3.10, p.p.
This book will thrill readers—thinkers who like to venture off the beaten path. It is a speculative journey into the prehistoric periods of man, the construction of a new viewpoint. Truly food for thought. Don't by-pass it!

JACK DUNN TROP

"Help Yourself to Health." 1958. 73 pages. The author, who made the \$3.25, p.p. Movie, 'The Greatest Adventure,' tells in this book how to obtain and maintain the maximum of health and joyful living.

THE HEALING PROCESS OF NATURAL HYGIENE by Dr. Robert R. Gross.
What's in Natural Hygiene for Me? by Irving Davidson.

Caring For Your Baby by Dr. William L. Esser, N.D.

The Tree of Toxemia in the Soil of Human Habits and Behavior.

"The Coming Health Renaissance," by Harold R. Dessau.

The last five items are 5c each, 25 for \$1.00, 150 for \$5.00.

You will love learning and living **NATURAL HYGIENE**. Begin today! Order books which you cannot buy at regular book stores! The A.N.H.S. Publications, 126 Parsons Avenue, Webster Groves 19, Missouri.