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Society**



ANN and MARY CLARE MOORE

25¢

Food Addiction H. M. Shelton

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THE AMERICAN NATURAL HYGIENE SOCIETY, INC.

10900 Shea Drive
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NATURAL HYGIENE DATA

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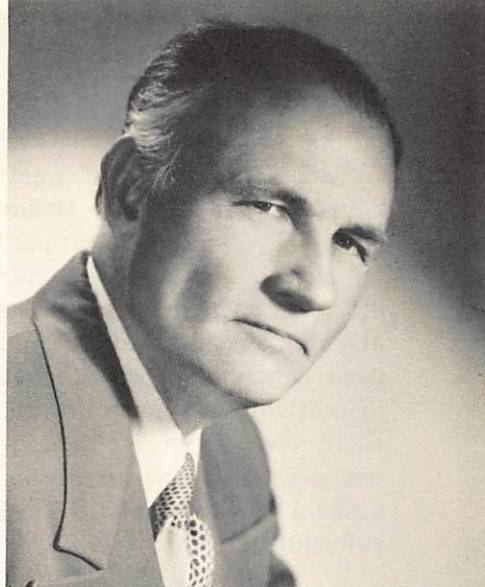
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Membership in the American Natural Hygiene Society is five dollars per year. Two dollars of this fee covers a year's subscription to **NATURAL HYGIENE**. No subscriptions are available to non-members. Extra copies are available to members at 25c each. Bulk rates furnished upon request.

The two little girls gracing our cover this month are **Ann** and **Mary Clare Moore** of Cleveland, Ohio. Both Anne, 28 months, and Mary Clare, 14 months, have been reared hygienically from birth. Mary Clare is still being breast fed. They will attend the Detroit convention with mom and dad, and will look forward to seeing YOU there!

FOOD ADDICTION

by
H. M. Shelton



Habits fasten themselves upon us slowly and insidiously. To smoke one cigarette, or to take one drink of alcohol, or one cup of coffee does not constitute the coffee habit. Eating one huge meal does not constitute gluttony. If these habits are practiced until they become established habits—*addictions*—changes occur in the nervous system resulting in neurosis—*habit neurosis*—that grow upon the habits that produced them. Once a practice becomes ingrained in the nervous system it continues to cry for expression. The individual now finds that his habits are master, he is slave.

Overeating and frequent eating tend to develop a gastric neurosis which is commonly called gluttony. Once gluttony has become a fixed habit, it

tends to grow upon the glutton until he finds himself eating many times as much as his body needs.

We have seen many individuals who ate three big meals a day and ate frequently between meals and at night. We have seen them get up out of bed at all hours of the night to eat. Although they were constantly eating, they complained of always being hungry.

If they did not eat they were uncomfortable. They were, of course, food-poisoned. Their discomforts were identical with those of the coffee, tea, tobacco, alcohol or drug addict who is deprived of his poison.

Some of these neurotics suffered both before and after taking food. Though they knew that eating would cause discomfort, they were driven by

their neurosis to eat, anyway.

The worst types of gastric neurosis are called *bulimia*. This is a voracious appetite. In such a state the sufferer often eats all the time and eats all manner of substances. Indeed cases have been reported of individuals who would gnaw their own flesh if food was not present. This condition is usually accompanied with vomiting and diarrhea.

Food Craving

Craving for food becomes irresistible and leads to eating substances that have no food value, or to eating all manner of disgusting substances.

The worst feature of these cases is that they cannot be made to realize that what they mistake for hunger is not hunger. They believe they are hungry and insist on eating. "My body demands food," they will say, when told that their supposed hunger is a *perversion* or *neurosis*.

In many cases the neurosis tends to become psychosis. It "goes to the head" to use a popular expression. They get so they think and talk of nothing but food.

Meet one of these men on the street and he will say: "What did you have for breakfast? I had—" and so on through a recital of each item of his

breakfast and the amount of each item consumed. Finishing with this recital, he will begin a detailed story of what he plans to have at his next meal. He may even go over his whole eating program of the day before.

Always Eating

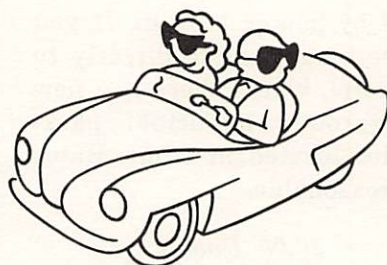
Eating at all hours of the day and night, drinking juices of all kinds, trying new foods and new food concentrates, experimenting with different programs, talking all the time about food and suffering always from excess, these poor victims of their own follies fail to find the relief they seek—whether that relief is sought in drug or drugless palliation—because they never cease their gluttonous indulgence.

Slaves to Habit

They have lost all control of themselves, they have become slaves to a morbid change in their nervous system and, since they fail to recognize that they do not need and cannot possibly use the amounts of food they habitually burden their digestive and excretory systems with, they continue to eat and suffer. Eating causes them to suffer and suffering causes them to eat. The morbid chain of affinities binds and holds

(Continued on page 12)

DETROIT, HERE WE COME!



In just three weeks The American Natural Hygiene Society's grand event of the year—its eleventh annual convention—will be convening in Detroit. On Tuesday, June 24th Hygienists from all over the United States and several foreign countries will be arriving in Detroit by plane, bus, train and car. There will be happy reunions and an air of excitement and expectation of the good things to come during the days to follow. Among the arrivals at the Statler-Hilton will be Dr. Herbert Shelton of San Antonio, Texas, leading author-

ity on Natural Hygiene; Dr. Robert Anderson, director of Hygiology, of Rhinebeck, New York; Dr. D. J. Scott, outstanding Hygienist from the Cleveland area; Dr. William Esser, our National President and director of the Hygienic Rest Ranch in Lake Worth, Fla.; and Dr. Robert Gross, director of Pawling Health Manor, Hyde Park, N. Y.; John Persona, authority in the field of exercise, from Milwaukee, Wis.; Stella Lief of London, England; Woodland Kahler, distinguished novelist and ardent Hygienist, from Paris France;

Jack Trop and Irving Davidson, of New York; Joy Jacaruso Gross, national Secretary Treasurer; Arthur Andrews of St. Louis, Mo., and many others. They will look forward to seeing YOU there, too!

The Statler Hilton is located on Grand Circus Park at Washington Blvd. and Bagley Avenue. If you arrive by plane, use limousine service to bring you directly to the hotel. If you arrive by train or bus, you will be only a few minutes from the hotel by bus or taxicab. If you arrive by car, drive directly to the hotel, where there is a new underground municipal parking lot located in front. Rates are reasonable.

\$6.00 Rooms

A few single rooms are available at \$6.00; others begin at \$7.50. There is a group of large rooms with bath that will be set up as dormitories at \$4.00 per person. Ask about them at the desk, and specify that you are with the American Natural Hygiene Society. If you have any difficulty ask for Mr. Pessell.

The hotel has very good eating places. You are especially recommended to the cafeteria located in the basement. They have been advised of our eating requirements and special salads and organically grown

potatoes will be available. If you have additional requirements please see Mrs. Sally Burkham, our Luncheon Committee Chairman. The Hotel's Rouge Room provides excellent food at moderate prices. If you want to go "all out", the Terrace Room has the same excellent food with good entertainment and dancing. It is an exquisite place to dine.

Sun Deck

Special arrangements have been made for the use of the hotel's "sun deck." The sun deck was originally created as a place for the managers' children and isn't usually open to guests. It can be reached by service elevators and a special route. Asking is the only way to find it. If you want to have some fresh fruit and a sunbath for lunch, join us there.

The hotel gives us the use of their lecture halls and other facilities free of charge. They won't realize their usual profits from the usual "convention liquor and bar business." The only way they can come out on us is from the rooms we occupy and the food we consume, so please support their eating places.

Fruit Markets

There are several places within walking distance where fruit, nuts and vegetables can

be obtained. We recommend Mr. Erwin Erkfitz who will have a booth in the Ballroom Foyer.

Registration Fee

Convention Registration Fee will be fifteen dollars (\$15.00) for each adult. This includes all lectures, classes and the banquet and entertainment. Youths of public school age including high school admitted free.

Admission to individual lecture sessions will be one dollar and fifty cents (\$1.50). One can attend all the educational portions of the convention and not the banquet for nine dollars (\$9.00). Admission to the banquet and not the educational portion of the convention is seven dollars (\$7.00). Youths of public school age including high school, three dollars (\$3.00).

Natural Food Sampling

Admission to the "Natural Food Sampling" on Wednesday evening will be seventy-five cents (75c) per adult and fifty cents (50c) per youth.

Registration will begin at 9:00 a.m. Tuesday in the Grand Ballroom Foyer.

There'll be sightseeing, youth activities, a nursery for parents of young children, and there will be special photos available

if you'd like to have momentos of the Convention.

June 23-29th will be here and gone before we know it. Have you done your part to insure the success of this great convention?

Look around you at the sickness of your fellow man. Make a visit to a few of the hospitals and witness row after row of patients in these beds. Go into a few of the offices of the physicians and observe the men, women and children lined up for their shots, pills and other medications. Check the records of the mental institutions. Listen to T.V. and radio commercials urging people to buy more of the causes of sickness, disease—then realize that nothing less than your very best effort can be enough. The convention hall should be packed for every lecture. Invite your friends. Start talking about this great event to everyone you know. Arrange to have this important time off from work.

If you have special talents and want to help in any way, get in touch with "R.J." Cheatham after you arrive. And remember, you can help most by just BEING THERE!



**SEE YOU
IN
DETROIT!**

THE IDEAL FAST

by Carl Correale, D.C.

The subject of fasting according to Natural Hygiene precepts has been thoroughly explored in all its aspects by capable authors and lecturers. Yet, the last word on fasting for health may never be written. This is not due to the broadness, profundity, nor complexity of the subject, for it is one of the simplest of the Natural Hygiene tenets . . . ***Do Not Eat!***

The dumbest animal (the beast) when hurt or diseased will instinctively refuse all food intake; the smartest animal (man), perverted from his helpful instincts through over-civilization, when sick, tensed with "nerves," or injured severely to the point where he has lost all appetite, first demands to be told the how, why, what, when and where of fasting be-

fore he dares to enter a fasting program.

It is all so scientific, so intellectual, so glamorous, so . . . foolish, really. Therefore, the doctor's dictum: "Go right to bed, eat nothing, take water when thirsty," is overshadowed by other important considerations: his patient's comprehension, his physical environment, his psychological force, and his economic status, to mention a few of the possible factors that, when just right, make for the ideal fast. One is almost compelled to conclude that there are very few ideal fasts in which the *ideal* patient undergoes a fast under the *most ideal* circumstances until he has reached the point of hunger return and is freed of all toxic poisoning.

This problem must be met

Natural Hygiene

through education of the patient and by improving the physical conditions, environment, and atmosphere as close to the ideal as possible. Many factors enter into the question of what comprises the ideal fast. Some of the major requisites are listed below:

1. Food intake is stopped completely.

2. Only water (purest obtainable) is taken as called for by true thirst.

3. Complete inactivity—physical, mental and emotional.

4. Comfortable bed in a well-ventilated, cheery, sunny room.

5. Solitude.

6. Psychological discipline.

7. Cleanliness of patient, bedclothes, furniture, and the air he breathes.

8. Freedom from disturbance, molestation, food odors, visitors, and noise.

9. Pleasant music. (But, none at all if it appears enervating to patient.)

10. Warmth.

11. Fresh air in abundance.

12. Sleep.

13. Confidence and faith. Patient must be free of all apprehension.

14. Time.

15. Proper breaking of the fast and future good dietary.

SOLITUDE: Many fasting patients disprove that old say-

ing, "misery loves company," for they ask for and even demand private accommodations. There are some who, on the other hand, insist upon sharing a room with other fasters either because they must have companionship or for economic reasons. Yet, when one considers that it is natural and instinctive among animals to seek solitude and a secure hovel for their fasts it becomes apparent that this desire should be even stronger in man and most natural as well as instinctive. There is something soothingly spiritual to be gained by the lone faster. This soul-finding experience is but one of the tremendous values to be derived from a fasting routine. It is destroyed by any interfering or disturbing "audience." Therefore since it is so valuable more attention should be paid to this wonderful fasting asset and every effort should be made to insure its availability, both at home and at fasting institutions.

WARMTH: Cold weather is a faster's worst enemy. Patients should be encouraged to take their fasts during the summer months or where summertime weather prevails, wherever feasible and practicable. Artificial heating is a saving alternative but it has many disadvantages which

may outweigh the benefits it grants in some cases. One of these is that the patient is forced to rebreathe the very toxic emanations from his own lungs, for the ventilation of a heated room often suffers a loss of efficiency due to closed doors, windows, and ventilators. Records of patients who fast for short periods every six months show that the warm-weather fast is always more rewarding and more comfortably endured.

AIR: The best "food" for the faster is clean, fresh air coming either from the woodsy hills of tree-clad mountains or from the spray-swept sea. Patients who can be moved outdoors without too much bother appreciate the greater supply of air which this affords. It would be ideal to have beds on rollers to be wheeled outdoors every clean, sunny day. Some patients suffer an air hunger when indoors and should be moved promptly outdoors, weather permitting.

PSYCHOLOGICAL DISCIPLINE: Space restricts this discussion to but one very important factor that often has a nullifying effect and makes the fast a notable failure. It is this: that while the patient may *fast* physically he allows himself to *feast* mentally. He

continuously thinks, talks, and even dreams about food and the meals he is going to enjoy after his fast. It may be claimed that this is a normal human trait and not too harmful. Experience shows otherwise, for those who discipline themselves to put all thought of food from their fasting minds do have an easier fast both physically and mentally; for, the energy misapplied to provoke digestive activity (purely wasted effort) is diverted from cell-cleansing activity, the prime purpose for fasting.

Feast-fasters

These feast-fasters are advised to break their fasts in order to resume a food schedule, when they show no progress in their fasts and the blame is pinpointed on their food perversion. Later, they are allowed to try another fast with an even stronger appeal for them to replace all thought of food with other less provoking thoughts. This is a most difficult task for the food addict, since the food habit is notably much stronger than any other of man's habits and, consequently, the most difficult to temporize and, the more perverted, the harder to suppress. It can be stated almost as a truism that:

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Natural Hygiene

Here'n There



Jay Dinshah

Oops, we made an error last month. The *Oliver Husets'* new baby was a darling little *boy*—not a girl! . . . *Sally Burkham* had a house guest recently who came purposely to investigate some of the reports that had reached her about Sally's strange new way of life. A couple of weeks after her guest had arrived home, Sally was astonished when her friend announced, via letter: "Jim says things will never be the same around here. I'm shaken by a vision of life without cooking! He says he'll try it for a week after grandma goes—he's very fond of nuts."

Magdalena Gale of Washington, D.C., left New York April 12th for a tour of Europe, where she will visit Vienna, Warsaw, Prague, and Amsterdam. . . . Interesting visitor to the ANHS headquarters in March was *Jay Dinshah* of Malaga, New Jersey. He also

visited the *Ted Franklin family* of Bryan, Texas, and *Dr. Shelton* in San Antonio.

Marie Gabbert of St. Louis spent three weeks at Esser's during March. . . . 8 year old *David Jacaruso* plans to take "Iggy," his 2-feet long pet iguana, with him to the Convention in June. . . . The *H. M. Sperrys* of Butler, Mo., are pleased with the prospects of a new arrival in the family soon.

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Local Chapter NEWS

NEW YORK—On Thursday, March 12th the New York Natural Hygiene Society met at the Hotel Woodstock at 8:00 p. m. The program featured a Hygiene Panel consisting of Henry Sherman, moderator; Dr. Robert Gross and Joy Jacaruso Gross; Jack Trop; and Irving and Adele Davidson. On April 9th we enjoyed a talk by Dr. Robert Anderson of Hygiology. On Saturday, April 18th at 7:00 p. m. a testimonial dinner was held for Irving Davidson at the Farmfood Restaurant. For further information about the New York Natural Hygiene Society contact Irving Davidson, 51 Chambers St., N. Y., N. Y.

BOSTON—We have been pleased to have a series of lectures the past three months, featuring Dr. Robert Gross. On March 8th he spoke on "Colds and Chronic Diseases;" in

April, "Arthritis and Natural Hygiene Care." Dr. Gross spoke on the Jerry Williams radio show on the evening of April 3rd. For information contact Mrs. W. Helsher, P. O. Box 65, W. Somerville 4, Mass.

ST. LOUIS — On Sunday, March 15th our monthly meeting was held at Washington University, the Campus Y, at 8:00 p. m. An excellent talk on Basic Principles of Natural Hygiene was given by Arthur Andrews, followed by a showing of the film "The Greatest Adventure." For information about future meetings contact Lee Bauer, president, at 4007 Cleveland Ave., St. Louis.

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In picture above is Dr. Robert Anderson (seated) of Rhinebeck, N. Y. Dr. Anderson visited his daughter in Los Angeles recently and spoke before a group of health-minded folk at Patton's Organic Nutrition Center while there. At his right is Jack Patton; center, Sophie Holzgreen, president of the L. A. Natural Hygiene Society, and at the left is Rubin Abromowitz, president of the L. A. Vegetarian Society.

IDEAL FAST

(Continued from page 8)

the perversion which a person is most reluctant to surrender is just the thing that has made him so sick.

In view of some of the obstacles to be overcome it may be claimed that the ideal fast is an impossibility. Therefore,

the best one can do is the best he can under the circumstances . . . after he has learned what "the best" involves on this subject of fasting for one's health. Then, if he cannot enjoy the best, he must make the most of the next best.

The purpose in writing this treatise is to help make plain what comprises the ideal fast. The would-be faster may appreciate knowing what he can expect and give his consideration to his problem. The serious-minded patient who sincerely wants to get the best from his fasting effort will be grateful for any information that relates to the technique of fasting in the most ideal manner. It is no more than the sorry surgical victim expects when he asks the surgeon his chances in his forthcoming operation.

Pleasant Experiences

It must be made most emphatic that the great majority of fasts, though not ideally conducted and managed, are very pleasant, painfree, soothing experiences. Many patients find these fasting episodes both thrilling and exciting. It is to be hoped that, as more helpful corrections are made in the handling of the faster, everyone who fasts can do so just as happily and rewardingly.

FOOD ADDICTION

Continued from page 2)

them until an early death brings release from the slavery they have built for themselves.

It should be understood that the neurotic who demands repeatedly to experience the desired thrill or sense of pleasure, is not only profoundly enervated, but that each repetition of his indulgence increases his enervation. Hence, the ever growing demand for newer, stronger, more frequent excitement, every repetition of which fastens the habit more firmly upon him. Many become so bound by the fetters of habit that they are unable to free themselves. They need, and must have, the aid, even the control, of others.

To teach these people that they are over-eating, and that over-eating is causing their troubles; that over-eating originally produced their neurosis and over-eating perpetuates it, seems almost futile. Even if they can be made to understand these things, most still aren't able to control their morbid cravings. They eat until it kills them.

MANY THANKS to those of you who made the Donor campaign such a great success.

Lee Bauer,
Campaign Chairman



Gilpie Persuades Roommate's Boyfriend to Fast With Her

ST. LOUIS—Sally Burkham sent her daughter Gilpie (freshman at Antioch College) a copy of a hygienic book containing raw-food menus. A few days later she received the following comments from Gilpie:

"Thank you for the book. Robin and I are having fun with it and next week we're going to have a Hygienic picnic. Today Bill (Robin's boyfriend) is fasting with me for a day!"

Gilpie is shown above with Ken Trueblood of St. Louis. Ken is studying to become a professional Hygienist.

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