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Natural Hygiene

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



JEAN and BILL PEAVY Hygienic Couple

25¢

Eating for Health Jack Dunn Trop

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NATURAL HYGIENE DATA

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JEAN and BILL PEAVY of Los Banos, California, are typical of the many young people throughout the country who are dedicating their lives to the promulgation and furtherance of the principles of Natural Hygiene. Bill, who holds M.A. and M.S. degrees in agriculture, is with the U.S. soil conservation service in Los Banos. In addition to his work with the Government in soil conservation work, Bill has taught biology in the Los Angeles public school system. Jean was formerly an entertainer and has appeared in leading night clubs throughout the country. The Peavys met at a Hygienic Convention and as a team have been very effective in propagating Natural Hygienic principles.



Hygiene on the March by — Robert R. Gross —

Illness is losing popularity. People are realizing that proper eating, regular exercising and plenty of sunlight give the glow of youth which paints, powders and cosmetics can never rival.

The time is near when popular magazines will carry articles on health and how to obtain health through natural methods rather than carrying articles regarding disease, thus creating fear hysteria. Fear is the most dreadful of all diseases. If one person dies of some dreadful "disease," at least twenty die from fear of it.

To teach people that they live in an atmosphere loaded with disease-provoking germs ready to attack at any time, no matter how one lives, creates fear and apprehension. These are two of the worst barriers to enjoying health. The picture

is of germs chasing people and of doctors chasing germs. The germs catch up with the people. And the doctors catch up with the germs and the patients.

Germ's Do Not Cause Disease!

Nature never surrounded her children with enemies. It is the individual himself who makes disease possible in his own body because of poor living habits. The one infallible principle in nature is cause and effect (KARMA). Every child should be taught this very early in life. Such teaching should be enlarged as the child matures, then the adult would know that if he transgressed Nature's laws, he must pay the penalty.

"Modern science" appears to be striving to show that nature is wrong. Nature is never wrong. True science is that which strives to learn where

WE are wrong rather than where nature is wrong.

Filling a healthy body with foreign matter (as shots) to keep it well is so far from the "natural way" that it should have no place in the minds of intelligent beings. Serums, vaccines, antitoxins, or any form of inoculation or intravenous "medication" (drugging) can never prevent or cure disease. It will *cause* it. Natural Hygienic living prevents disease. If diseased organisms (vaccines and serums) are injected into the blood stream of one who is ill and the patient seemingly recovers from that illness, an illness of another kind is sure to follow. Those who are vaccinated say they are protected yet they inconsistently insist on universal vaccination. This indicates that they have no faith in their contention.

The use of propaganda, the encouraging of the use of vaccines, serums, drugs, and intravenous medication are predicated on commercialism. Remove profit from the manufacturing of serums, vaccines and drugs and they would soon be lost sight of and would not be used.

Regular exercise, proper feeding, hygiene and right thinking are nature's methods of preventing disease. If one does become sick, the only way back

to health is through use of these very same agents.

Right living and right thinking will prevent all disease. Right living and right thinking are the antidotes for all disease.

A body trained to think correctly and live correctly is, automatically, trained "to ward off disease." The psychology of believing germs cause disease is entirely inimical to health. Were we taught that our poor habits of living make us sick we should all be more particular about our mode of life.

If the sanitary engineers believed that mosquitoes made the water stagnant rather than that the stagnant water attracted the mosquitoes, they should not be draining our miasmatic swamps. We should all be taught that germs are friends and scavengers attracted by disease, rather than enemies causing disease.

If we eat, dress, and conduct ourselves in such a manner to load our bodies with poison, we must expect that this poison will injure the body, in some manner. As the internal environment is, so will be the attraction for any specific micro-organism.

Little by little some of our best scientists are beginning to realize that the germ theory of disease is the product of diseased minds and superstition.

(Continued on page 15)

How



became a
Natural
Hygienist

by Gladys Palmer

Imagine, if you can, a woman in her mid-fifties—greying fast, hair limp, many pounds overweight, so that the sight of bathing suits made her a little ill; arthritis creeping slowly into knee, hands and shoulder; a mild colitis of over six months duration creating a deep fear that all is not well within; asthma, hayfever, colds—and you have me, Gladys Palmer, that bright winter's day, as I went to the home of a friend whose brightness in spite of a very bad heart, always cheered me. As I drove along my doctor's words, gathered from many visits, raced through my mind:

"A little arthritis? To be expected after 40."

"Overweight? Puffy? It's becoming. Don't diet—you'd look dreadful thin!"

"Yes, mucous and bleeding diarrhea are not good—I'll put you in the hospital for X-ray, tests, possible operation."

"Weary? Below par? But you've always been that way. At least you'll never die of high blood pressure."

Little did he dream how often I'd longed to die!

I strolled into my friend's home, trying to count my blessings which are many—to forget my fears and the recent coronary my husband was trying to recover from. My friend, during the course of conversation, remarked that Mr. Palmer had joined the Coronary Club. Un-

der cover of the ensuing remarks a young caller from the mid-west to whom I had been introduced when I'd arrived, said to me in a low tone:

"Tell your husband he can get out of the Coronary Club."

That evening, upon my invitation, my new friend came to our home to tell us the amazing story of Natural Hygiene. Being of a medical family I mentally rejected the unbelievable facts. But then I reasoned with myself that the whole experiment was not costly; was certainly worth a try (on my part; my husband rejected the whole thing as "crackpot"); anything within reason was. And so, with misgivings and fear that my enraged and weary intestines might rebel at all this "roughage" I started creeping into hygienic ways: less food, food only when I was ready for it; rejection of man-spoiled foods; no more medicines.

Convention

That summer in order to reassure myself I went to the ninth annual convention of the American Natural Hygiene Society. I had to find the answers. were these people of mental substance, of balance, reasonable health, success and integrity? I felt I had to learn these things before I took the final plunge. I already felt better, looked better, my colitis was gone and so were most of

the aches and pains, headaches, asthma, hay fever, colds and sore throat. But I was still weary and friends and M.D.'s assured me I was building bodily deficiencies and might die of some infection.

Convention was more than I dared dream—a meeting of congenial and like-minded folk—folk of every strata, but all filled with the conviction that man can and should be well if only he will learn the laws of God and Nature and discipline himself to abide by these laws. Each one furthermore had come to this conviction through his own particular hell. Had fought through to health against continuous antagonism of friends and relatives and well meaning doctors. Was making no money from his venture, had spent little on it and was dedicated to bringing this amazing truth to all who would receive it.

My mind was convinced. I plunged in. Now, 18 months later, I shout from the rooftops. I'm fifty pounds lighter; my skin fits me so the wrinkles are gone; I'm more alert, lithe, optimistic and joyous than I've ever been and have recently found a sense of rhythm and well-being I'd never dreamed of! I'm aware that everything within is functioning like an orderly unit, cogs meshing rhythmically for the

first time in my life! I still have far to go. I still have to learn the graceful social "no" and still long to embark upon a "fast to the finish," having only been able to fast six days at Dr. Esser's wonderful Florida ranch.

What I have accomplished was done in great part to show my husband what he could effect for himself.

So far I've convinced only

myself—but he's at least with me now, not against me. It's he who says "No, Gladys doesn't eat that" or "Don't, dear, you're better without it." I still dream of the day he joins me. Occasionally he asks, "Is this a good combination?" So there's hope!

This is my story, for what it's worth to others. If it helps convince one other, it's been worth the effort.



What better way to say *Merry Christmas* than to give
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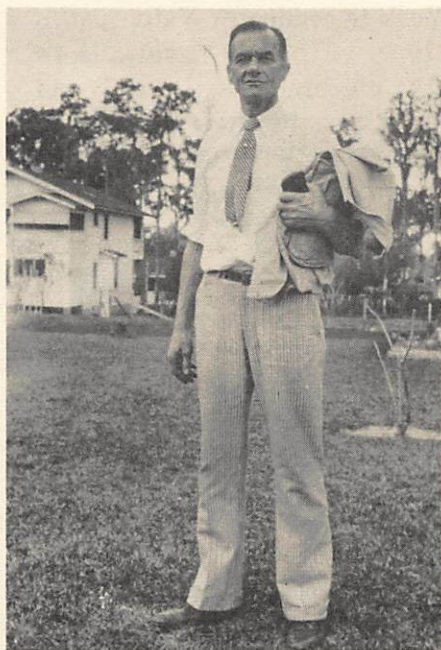
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A MAN WORTH REMEMBERING

by

Hope Kammerer



It seems that all Natural Hygienists are at different stages and degrees of Hygienic understanding and practice. The late William Utrecht, N.D., L.L.B., throughout his life strived to become a hundred percenter. During the latter part of his life, he probably came close to the mark.

He was one of America's pioneer health lecturers and at one time was considered quite a curiosity. That was in the 1920s, in New York. In regard to diet, he "went all the way", living entirely on fresh raw fruits, vegetables and nuts. From experiments with his own body and from experience with patients, he found this to be the ideal diet. He put down his

findings in a book, *Be Your Own Doctor*, which sold thousands of copies.

Although he encountered much opposition, Dr. Utrecht lectured outdoors where he felt he could reach more people. The opposition came from those who made their livings from the things he opposed so strongly. They often tried to have him jailed, but always had trouble keeping him there. However, others were more friendly, some even grateful and he soon had a large trunk jam-packed with appreciative letters from listeners and readers—from actors to policemen.

In time his lungs grew weary of lecturing against the noise of traffic and Dr. Utrecht left New

York to conduct a Naturopathic clinic in Tampa, Florida. This was in the 1930's. Here, he spent every Sunday in jail, but not as a prisoner. His Sunday afternoons were spent lecturing on health to the prisoners. Thus he became quite palsy with all the shady characters in town. And frequently, when he was on his way to his office, some character straight out of Damon Runyan would shout "Hi, Doc, I done what you said and the pain is all gone."

In the next decade, now in his 60's, he decided to take better care of his own health. "Sitting in an office all day, with the filthy air from the main street to breathe, is being only a 50% Hygienist. Symboisis is important; plant and animal life belong together, purifying the air for each other. You cannot be a hundred percent Hygienist away from pure air, sunlight and plant life."

Organically grown, spray-free food was difficult to find, so he decided he would raise his own and know what he was eating. He looked around for the two conditions he considered ideal: An all-year growing climate and a climate that did not go to extremes of heat and cold. He settled on the southeast coast of Florida, near Miami . . . not so close to the water as to be troubled by salt spray and

brackish ground water . . . not so far back from the water as to lose the moderating effects of the Gulf stream. On these three acres he lived for nearly 20 years.

To be surrounded by healthy vegetation, you must have healthy soil. Of course, Dr. Utrecht used the "organic" way. His soil never received chemical fertilizers or poisonous spray.

Garden

First, he arranged his vegetable garden, since vegetables produce food within a few months' time. Soon, he was eating his own carrots, lettuce and cabbage, and ended the season in the spring with a flourishing stand of green corn which he ate raw within minutes after picking it. Salad vegetables don't grow in the hot Florida summers, so one must depend on fruit for food. The big commercial crops are citrus, mangos and avocados. But, between the ripening seasons of these fruits, are gaps, when no home-grown fruit is available. Dr. Utrecht took care of the gaps by planting the more unusual fruits that ripen between times—mulberry, fig, cherry, white sapota, ti palm, sapodilla, and others. Once he had these fruits established, he then began putting in the standard fruits, citrus, mangos and avocados.

Thus, the fruit supply for the entire year was taken care of. At one time, he counted as many as 30 different kinds of fruits and nuts growing on his land.

He put his knowledge in diagram form several pages long, showing the different fruits, their ripening time, their method of propagation, and other details necessary for the 100% grow-your-ownist. Every Hygienist should have such a list as his guide to the Abundant Life.

One thing he raised deserves special mention, and that is good old sugar cane. Not eaten in the usual cooked form, of

course. He made a cane mill to express the juice, and I have never tasted anything more productive of quick satisfying vitality than freshly picked, freshly squeezed cane juice. In Cuba today it is as commonly used as orange juice. Children love it, and it is far more desirable than the cake and candy so widely consumed today.

Dr. Utrich passed to his Long Sleep in 1956. And although no fertilizing has been done since then, the ground is still rich and sweet and the trees still produce. The place will probably be sold. The beautiful fruit trees will come down to make way for "progress and civilization." *Sic transit!*

Improve your health at this secluded mountain retreat. Fast, rest, sunbathe, eat organically grown food from our own garden.

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

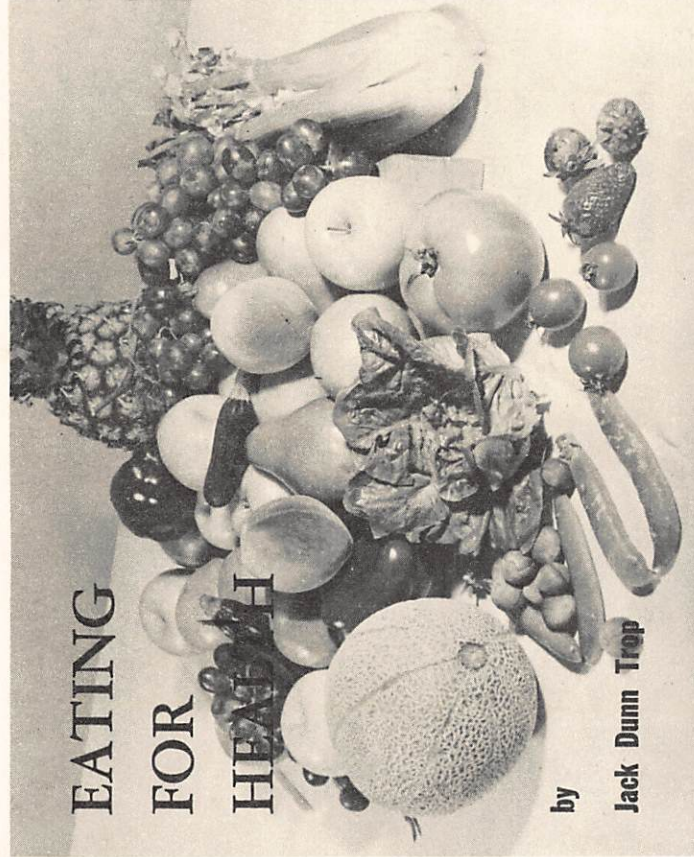
Errors such as this may make a bad impression on persons we are trying to convert to our way of life.

James McEachen, D.C.

EATING FOR HEALTH

by

Jack Dunn Trop



The Natural Hygienic plan of eating is not empirical. It is simply recommending the food that has sustained the human race for millions of years. The new comer to proper nutrition is handicapped by the obsession, difficult to surmount, that we must cook food. Another fetish is the deeply ingrained belief that flesh foods are essential. Believe it or not, it is easier to live without meat. The law of Human Life is "Thou Shalt Not Kill." Flesh foods are not for man. Vilhjalmur Stefansson, the world's foremost protagonist of meat eating, in his book "Not By Bread Alone," freely acknowledges that man

is not, by nature, carnivorous. As to the other bug-bear, cooking, it coagulates protein. It destroys most of the vitamins and minerals. It disturbs the molecular construction which nature has established in our nutriment. U. S. Government statistics show that only 25% of cooked food is assimilated by the body. The balance of 75% of valuable food materials was there in the raw state. Cooking destroyed it.

Facing reality, however, we know that most people in this country eat a great deal of meat, and most of their foods are cooked. Leading scientists like Hooton and Carrell have

stated that these health destroying habits of civilization will lead to the eventual extinction of the human race. No atom bomb is necessary. It is slowly but inevitably willful mass suicide.

Our taste buds have been so perverted from early infancy onward that we cannot expect a revolutionary change to a better diet. But we can, as individuals, improve our eating habits considerably.

We present here a plan of eating which includes no flesh foods.

I. BREAKFAST

The Best Breakfast: Skip it.

Second choice: Eat one or two of the same kind of fresh fruit.

Third: A glass of freshly squeezed fruit juice.

Contrary to the generally accepted practice of stoking ourselves heartily at breakfast, it is the time of day when we need food the least.

You don't need a heavy meal under your belt to prepare you for the day's work. Dogs are not fed before a hunt. Feed a horse before a race and he will finish last, and eventually you will finish the horse. Prize-fighters never eat before a fight. This is also true of intelligent athletes before any contest.

If these great exertions do not require food before the

actual expenditure of energy—by what logic do you have to load yourself up each day before going to work? The food which you eat for breakfast does not supply you with vital energy until after it has been digested and assimilated. Your heavy breakfast is battling for digestion against the odds of the concentrated attention which your work requires. Normal digestion needs rest and relaxation. The food which you eat is not assimilated and distributed inside your body until after you have had a long rest. That means your night's sleep. Hence, you receive little benefit from the food you eat today, until tomorrow, so the hearty breakfast to prepare you for the day's work is a myth.

Despite the obvious benefits of the no breakfast or simple one fruit or orange juice plan, some may find it difficult to break a lifetime bad habit. But we can put a dent in it and, at the same time, acquire a good habit. We seldom made a meal of our best food (excepting green salad), fruit. Give it a trial for a few weeks. "A breath of morning air," and a bowl of juicy fruit. Your breath will be sweeter and your outlook on life will be brighter, and that's no idle boast from an advertiser with an ulterior motive.

II. LUNCH

Following are examples of good wholesome lunches:

Three or four whole fresh sweet fruits, with the choice of one dried fruit, or banana, or dates. At one of the best health institutions, their standard lunch is juicy fruit and one kind of nut, or unsalted raw nut butter.

a. A whole apple, pear, a bunch of grapes and five ounces of dates, or a couple of bananas.

b. A tangerine, a temple orange, a sweet grapefruit and three ounces of almonds. (Three ounces of nuts is adequate for a meal.)

c. Two whole peaches, two plums and an apple.

d. A couple of nectarines, a bowl of cherries and cashews.

e. Two or three kinds of sweet grapes, a sweet apple, and dates.

Note: Use only unsalted raw nuts, and only one kind at a meal. Flake the nuts if desired.

Any number of individual combinations are possible. The important thing to remember is that fruit is a food, and not merely a dessert. It should be the main dish; not an in-between meal snack. Once you form the habit it will grow on you. In winter, when few fresh fruits are available, it is astonishing how the trusty apple or pear is ever welcome and delicious.

Substitute a fresh green salad for the fruit occasionally; as frequently as twice a week. Two generous green salads a day are none too much for the average body which is starving for natural minerals and vitamins.

III. DINNER

The Bible tells us that "Blessed is the Kingdom where the King eats in season," and it goes on to say that the right time to eat is in the evening. Here is solid support for our "No Breakfast Plan." At dinner, food is right for you and you are ready for food.

The following suggestions may not look appetizing on paper, but wait until you try them. Nutritionally, these meals are the very best and, from personal experience, many of us can testify that they are the most enjoyable.

1. A glass of freshly squeezed vegetable juice, a large green salad, four or five ripe bananas (or a half pound of dates).

2. Fresh carrot juice, grated beets, with greens consisting of Romaine lettuce and Escarole, one whole ripe avocado.

3. Fresh celery and tomato juice, a large green mixed salad, three ounces of nuts.

Some "Pointers":

1. When serving a root vegetable, balance it with a green or leafy one. Color combinations are important and, by fol-

Continued on page 14

Local Chapter

NEWS

DETROIT: Meetings are held on the 2nd Saturday evening of each month at the Detroit Federation of Women's Clubs Building on 2nd and Hancock Streets. During the next few months we plan on playing Dr. Shelton's records. After each lecture there will be a discussion of his message of Health.

CLEVELAND — On October 25th a dinner and date sale was held and President Margie Parks was quite pleased with the amount of dates sold. On November 15th Dr. D. J. Scott spoke on "The Natural or Biological Diet for Man." For further information write to Mrs. Ted Parks, 4638 Colorado Ave., Lorain, Ohio.

LOS ANGELES—On Sunday October 18th the Natural Hygiene Society of Los Angeles held its regular monthly meeting at the Hayward Hotel, 6th and Spring Streets. Recordings were heard followed by a public

forum wherein Natural Hygienists told of their experiences in regaining health. For information of future meetings write NH Society, 1639 Ina Drive, Glendale, California.

L. A. YOUTH GROUP—Meetings during the past few months have been especially interesting and enjoyable. In August we attended a corn fest given by the Escondido Society. The fest was held at the Paradise Valley Ranch of Dr. Gerald Benesh and everyone had a wonderful time. In September we met at Huntington Park for an afternoon of socializing, education and recreation.

BUFFALO—On Monday October 27th the American Natural Hygiene Society of Buffalo held its monthly meeting at Crane Library. Mrs. Ruby Butts showed pictures taken at the 15th World Vegetarian Congress in India. For information of future meetings write Gerald

Welsted, North Evans, N. Y.

ST. LOUIS—On December 27th the Natural Hygiene Society of St. Louis will show the Grantly Dick Reed film on normal childbirth. After the film there will be a lecture by Dr. Robert Gross. The meeting will be held at the Ambassador Hotel at 8 p. m.

WASHINGTON, D. C.—A meeting of the Capital Natural Hygiene Society was held during the early part of October at the home of Mrs. Ann Booras. Election of officers was

held. Mrs. Booras was elected President; Dr. Miles Robinson, Vice-President, and Mrs. Patricia Roetter, Secretary. During the latter part of the month Dr. Robert Gross lectured to the group. For information of future activities write Mrs. Ann Booras, Hotel 2400, 16th Street N.W., Washington, D. C.

The Washington Chapter of the ANHS under the presidency of Ruth Bennett held a dinner on October 25th at Wing's restaurant, 622 H Street N.W. The dinner was followed by a lecture.

NATURAL HYGIENE REPRESENTED AT CLEVELAND CONVENTION



Shown above, left to right, are Mrs. William Weingartner, Barbara Himmel, and Elyatt Elgin, all members of the Cleveland Natural Hygiene group, at the booth their group sponsored at

a recent Health Federation convention held in Cleveland. On the right is Dr. Robert Gross delivering a lecture on basic principles of Natural Hygiene to an attentive audience.

EATING FOR HEALTH

(Continued from page 11)

lowing this rule, you will automatically serve a feast for the eyes as well as the palate.

2. The greener the salad the better.

3. The milder salads are best. Radishes, scallions, onions, garlic, watercress, and other sharp vegetables, if used at all, should be eaten sparingly. Good appetite needs no stimulant.

4. Use pure olive oil and lemon juice. You will often enjoy your salad without dressing of any kind.

5. For fresh vegetable juice, you will need a juicer at home. A few restaurants have them. Of course, the whole vegetable is better than the juice.

6. Eat nothing in between meals.

7. Bear in mind that the word "Salt" is derived from "salad." All of the salts your body needs are to be found in fresh fruit and fresh green salads.

8. An excellent plan of eating is the one meal a day plan. One day fruit and protein and the other day green salad and carbohydrate. Four or five days a week, eat vegetable salads, and two or three days, fruit.

Eventually you will reach the desirable stage where eating normally will come naturally and you will stop thinking so much about it. And, if you slip occasionally, don't make a "federal case" of it.

1959 Convention News

The way things are shaping up it looks like this will be the most sensational Hygienic Convention of the Century. It will be held at the Statler Hotel in Detroit beginning June 24th and extending through the evening of June 29th.

Among outstanding speakers will be Dr. H. M. Shelton, Dr. William Esser, Dr. R. W. Anderson, Dr. Gerald Benesh, Dr. Dave Scott, Dr. William A. Albrecht, Dr. Allen "Hunza Valley" Banik of Kearny, Neb., and others.

Some 26 committees have been set up in order to handle all the details of this tremendous project. The committee chairmen will be listed in the next issue of *Natural Hygiene*.

June will be here before you know it, so you should start planning your trip to Detroit now. If you have small children you will be glad to know that a nursery is being planned to help you with them. Reservations may be obtained by writing to the Hotel Statler Hilton, Detroit 31, Michigan, attention of E. R. Pessell. All roads lead to Detroit, whether it's by plane, train, bus, car, wagon, or bicycle. Even if you have to hike you'll be glad you did—this is a promise. We'll see you there. Yes?—

HYGIENE ON THE MARCH

(Continued from page 2)

It is kept going by commercialism. Were the germ theory of disease eradicated, all the great industries would fail that make their millions manufacturing "anti-germ weapons." The evidence is incontrovertible to prove that vaccines and serums have never prevented or lessened disease. On the contrary, in the same ratio as this foreign matter is injected into the healthy body, so is the increase of such disease as cancer, tuberculosis, heart failure and kidney involvement. No one who objectively studies available data can deny that where vaccination against smallpox is not used at all, there is less smallpox than in any place where vaccination is used. Vaccination is a result of superstition and commercialism.

Shots

Vaccination, shots and inoculations are all foreign proteins and hence deleterious to the system. They are manufactured from the sputum of a tubercular patient, the scrapings from the throat of a horse suffering with diphtheria, the pus from the abscess on the belly of a sick cow, extracts from the kidneys of sick monkeys and from dead bacteria.

Rudolph Virchow, great German scientist repudiated the

germ-theory-of-disease causation. He said that disease brought on germs rather than that they caused disease. Claude Bernard, Bechamp and Tissot—great French scientists all—disproved the germ theory of disease. In Dr. Hans Selye's book "Stress of Life" (p. 205) an account is recorded that Louis Pasteur, inventor of the germ theory disease, on his death-bed admitted that he was wrong.

Sanitation is the only factor that has reduced the spread of the old-time scourges. If some insane "scientist" had "discovered" a vaccine for some of these scourges, we would be advised in our orthodox medical colleges that drugs were the cause of the reduction.

The results of combined "so-called" epidemics are extremely revealing. In those treated hygienically less than one-seventeenth of one per cent died while seventeen per cent died when theated by "orthodox" methods. It is a pity that scourges must kill so many thousands of people to make us realize that nature's laws are immutable and that there is only one way of preventing and eradicating disease—the NATURAL WAY.

If the germ theory of disease were founded on facts, there would be no living being to read what is herein written for

Rugged Regime Helps Herb Elliott Shatter World Mark In Mile Run

Dublin—Herb Elliott of Australia, world's fastest miler, asserts that his training and conditioning methods are pretty much the same as those of other athletes.

However, observers of this human phenomenon, who has run the mile eight times this year under four minutes, attributes much of his success to the unusual training regimen worked out by his coach, Percy Cerutti.

His schedule for Elliott is based on measures designed to build stamina plus philosophy of contempt towards pain. His program includes winter runs and climbs on the steep hills of Portsea in Australia. Gymnastics, swimming and distance runs barefoot are part of the rigorous program joined in by the athlete and his coach.

Coach Cerutti is known to prefer a diet of oats, nuts, raisins, dried fruit and diced bananas, in which he is joined by Elliott. Elliott has said that he does not have regular medical checkups. "I have never felt the need for them," he said. "If you don't feel in proper condition for a race you don't need a doctor to tell you that."

"INDIAN RIVER CITRUS" organically mineralized Grapefruit \$3.50 bushel. Oranges \$4.50 bushel express collect. Unheated honey \$1.95 4½ lb. if shipped with fruit, shipped separate add postage.

HERSCHELL GROVES

Box 1664 Rt. 1, Ft. Pierce, Florida

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HYGIENE ON THE MARCH

(Continued from page 15)

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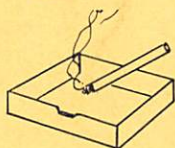
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