

Natural HYGIENEWS

Membership Publication of the American Natural Hygiene Society



1977

Post Convention Issue

Natural Hygiene is a way of life, the only normal way of life. It is not a branch of the healing arts. No physician, doctor, drug, or any medication or treatment of any kind can cure anything. The body is self healing when the basic needs of life are supplied. Our organization is, therefore, devoted to the primary principle of teaching people how to live healthfully.



A NEW BEGINNING

This message is my first report to the ANHS Membership as your new ANHS President.

This issue also marks the final publication of the *Natural Hygienews*, to be replaced by a new monthly magazine, an official ANHS Journal that will instill pride and appreciation in every member.

But more about that later. Let me first briefly offer a few observations regarding our recent national Convention at Tufts University near Boston.

Despite the critical administrative, legal and financial problems involving the Healthway Advisor that engulfed our Society, occupied the Board of Directors for many months and which almost resulted in no Convention at all, a tremendous combination of efforts by many dedicated Hygienists merged to produce a Convention that will surely be cherished as one of our most harmonious and inspiring conventions ever.

Instead of a Convention filled with recriminations and ill will as some may have anticipated, we were able to witness a magnificent rekindling of the Hygienic spirit.

I have been attending our Society's Conventions for over 16 years, and for me (and many others I am sure), Tufts represented a genuine return to the "good old days" atmosphere of love, health and harmony.

Words are inadequate to fully express the appreciation and credit due to the people whose labors, loyalty and talents

made our 1977 Convention a memorable success.

However, special note must be made of the superlative efforts of program coordinator, Joy Gross, who managed the complex task of successfully keeping the convention program running smoothly, and our former President, Dr. Jack Goldstein and his lovely wife and co-worker, Corinne, who supervised the food supply and planned our menus, yielding the finest array and most enjoyable meals of any Convention. Of course, Joy, Jack and Corinne were involved in a myriad of other "behind the scenes" tasks also essential to the Convention's success, too numerous to mention.

And where would we be as an educational body if we did not have Charlie Dworin handling the book table as in past years? This time he had the voluntary assistance of Sam Rice and together they made a most productive team.

Another volunteer who rates our applause is Director Bruce Meserve, for his initiative in conducting those valuable morning exercise classes each day.

Equally useful in getting those mornings off properly was the folk dancing directed by Sophie Holzgreen.

Speaking of dancing, can we ever forget the Orners, those dancing Hygienists who favored us with their professional entertaining and teaching talents?

As I stated, words may be inadequate to fully express one's appreciation but there was no mistake in the meaning of the heart-warming, spontaneous ovation that greeted the recognition of Irving Schoenfeld at our annual banquet. The members were just returning to Irving the love he always gives to the important task of supervising the activity of the youngsters at our Convention.

It must also be noted that without the determination, efforts and countless details performed by our dedicated staff workers, Joy Zuccarello, Paul Zuccarello, Delores Burns, Ann Floyd and others there simply would have been no Convention at all.

And of course the main function of our Society is to *educate*. Thus the highlight of this year's Convention, as with every

convention, was our teachers, workshop panelists and professionals who stimulate our thinking and enrich us with the gems of truth that constitute all the facets of Natural Hygiene.

While by most accounts our 1977 Convention was indeed memorable, there was much room for improvement and we should not blame some of the Convention mishaps and miscalculations entirely on the fact that prior to the Convention we were involved in matters affecting the very survival of our Society.

The important obligation, now that our crises are happily resolved, is to learn from past errors and profit from such experiences. Thus, among the four important policy Resolutions adopted by the new Board of Directors (all of which are reprinted on these pages) was a commitment to hiring a full time Convention Manager for future Conventions to professionally expedite all the complex requirements for a successful Convention including smooth programming, effective publicity, comfortable room and feeding accommodations, adequate meeting facilities, travel connections, etc.

The expressed goal of this important Resolution is to insure that all future Conventions leave nothing to be desired.

Another important action of the 1977-78 Board was their Resolution rededicating our Society to the basic principles of Natural Hygiene as formulated by the pioneers of our Movement and expounded by our greatest living teacher, Dr. Herbert M. Shelton. This Resolution was designed to protect the science and logic of Natural Hygiene from being diluted or perverted by elements foreign to the basic concepts that motivate our Society and define our Movement.

Those who attended the Special Membership Meeting will recall the comprehensive report which I presented on behalf of the Board, reviewing the entire history of our involvement with the Healthway Advisor and the unhappy events which led us to the very brink of dissolution, until resolute measures and sacrifices resulted in a rebirth of hope and a practical blueprint for new growth and success.

It is not my purpose here to review again this painful chapter in our recent history, but for those of you who were unable to attend the special convention meeting, I invite you to write me in care of the National Office and I shall do my best to oblige with the requested additional details from our mountain of official records.

Fortunately, the past is a closed book.

Better than picking over the sad experiences of that unhappy period, let us stress the positive steps our Society has taken to secure the future. In this special Post-Convention issue of the *Natural Hygienews*, we present, in addition to the

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- REMEMBER THE ANHS IN YOUR WILL.
- CONTRIBUTIONS, BEQUESTS, AND GIFTS ARE TAX DEDUCTIBLE.
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Give, devise, and bequeath to The American Natural Hygiene Society, Inc., a non-profit corporation, incorporated under the laws of the State of Illinois, the sum of (\$.....) and/or property herein described for its discretionary use in carrying out its general aims and purposes.

- IMPORTANT: ALL CONTRIBUTIONS AND BEQUESTS SHOULD BE MADE PAYABLE TO THE AMERICAN NATURAL HYGIENE SOCIETY, INC.

IMPORTANT MAILING NOTICE

Should your address change and we are not notified, the postoffice will not forward this type of bulk rate mail. Instead they return it to us, for which service we have to pay in excess of first class rates. Please help us to avoid this expense and to insure your mail delivery by notifying us promptly of address changes.

OCTOBER IS NH MONTH
-16th Annual Observance-

major policy Resolutions enacted by the Board, the complete text of the eighteen new By-Law Amendments which our membership adopted at the Tufts Convention. They speak for themselves and endeavor to provide the protective control features needed for sound and efficient administrative practice and democratic functioning.

Certainly the most potentially significant Resolution adopted by the new Board was its commitment to the establishment of a new ANHS National Headquarters, out of the polluted inner city of Chicago, to be located in a more Hygienic suburban environment, an edifice and complex that will incorporate our Central Office, the Natural Hygiene Press, and ANHS Library and seminar rooms of our College — all as part of a unified *Institute of Natural Hygiene*.

More details on this ambitious project as the plans develop.

Finally, special note is made of the Board's Resolution committing the Society towards developing and providing a speakers' bureau, literature, and other programming materials to our many Chapters on a practical, low cost basis, to aid them in growth and development.

To a great extent the important work of our Chapters has been unduly neglected by our National Society. Our new Board is going to change that within the coming months.

Now a few words about the upcoming new official ANHS Magazine, the first issue of which has been delayed for artwork and professional streamlining, but which we hope to have out by December 1, 1977. Tentatively titled, **NATURAL HYGIENE EDUCATOR** (not to be confused with the old publication of similar sounding name), the magazine will be free to members and will provide valuable articles of leading professionals, book reviews, and previews, more chapter and national news, plus a wider variety of reader interest features designed to stimulate, educate, motivate and involve our members in a manner that improves their lives, builds our Society, and strengthens our Movement's impact on the American health scene in every way.

The new **NATURAL HYGIENE EDUCATOR** will be *your* publication. Every member will be invited to express his or her observations and propose commentary for inclusion in each issue.

A final note: As indicated, this closing issue of the **NATURAL HYGIENE** marks a great turning point in our Society.

It signals a new beginning.

Members may wish to retain this issue for its wealth of special data and as a special memento to the memory of R.J. Cheatham, to whom this issue is respectfully dedicated.

The past is filled with many tragic episodes. But it is also filled with uplifting memories of R.J. Cheatham, a giant in

dedication and service to our Society and Movement.

Our greatest tribute to "R.J." will be to make his and our dreams a reality and build the Society into the rock of truth and human salvation for which he gave so much of his life and labors.

I am both proud and humble to be entrusted with the responsibility of leadership in this great and noble endeavor.

Looking forward to an exciting year of growth.

Attorney Mark A. Huberman
ANHS President



RESOLUTIONS OF THE ANHS BOARD OF DIRECTORS

(Unanimously Adopted Friday, August 13, 1977-29th Annual Convention at Tufts University)

- I. **RESOLVED:** That the Board of Directors of the American Natural Hygiene Society reasserts the Society's unshakeable commitment to the basic tenets and principles of Natural Hygiene as formulated by its founders and expounded by its greatest living pioneer, Dr. Herbert M. Shelton. The Board further commits itself to insuring that these basic principles are adhered to at all levels of activity in our Society, including, but not limited to, our conventions, programs, chapters and literature.
- II. **RESOLVED:** That the Board of Directors prepare a practical blueprint to aid our Chapters with speakers, literature and programming that best reflects the basic principles of Natural Hygiene. The Membership Department is specifically directed to develop guidelines for cooperative financing of such endeavors to be implemented within the coming year.
- III. **RESOLVED:** That immediate steps be initiated to establish a new National Headquarters in an environment which properly reflects a Hygienic atmosphere and which will be suitable as the nucleus for a permanent *Institute of Natural Hygiene*.
- IV. **RESOLVED:** That the Board of Directors will hire a full-time convention manager to implement the guidelines developed by the Program and Convention Planning Committees to insure the most efficient, harmonious and rewarding future conventions.

1977 BY-LAW AMENDMENTS
Adopted By ANHS General Membership
Thursday, August 12, 1977
29th Annual Convention at Tufts University

1. ARTICLE 1 (MEMBERSHIP) Section 6
 (Suspension of Members) is amended as follows:

"The Board of Directors shall have the right and duty to suspend or expel any member who shall be found guilty of exploiting the Society for private gain, or for practices deemed unbecoming a Hygienist, or for conduct contrary to the best interests of the Society."

"It shall be the duty of the Membership Department to initially investigate such cases, notify the member in question of the fact and nature of its investigation, offer said member an opportunity to respond in his or her defense, and finally recommend action to the Board of Directors."

2. ARTICLE 1 (MEMBERSHIP) Section 7
 (Appeals) is amended as follows:

"Suspended or expelled members shall have the right of appeal to the Board of Directors. Such member shall be given due hearing and upon proof that error was made in suspending or expelling him or her, shall be reinstated without prejudice."

3. ARTICLE 2 (BOARD OF DIRECTORS)
 Section 1 Subsection (f) added as follows:

"f) No Director may serve as an employee and/or appointee of or to the Central Office during his or her term as a Director or Officer."

4. ARTICLE 2 (BOARD OF DIRECTORS)
 Section 5 (The Executive Committee) Subsection (b) is amended as follows:

"b) The Executive Committee shall meet as often as the business of the Society requires, but the number of such meetings between annual conventions shall not be less than two."

5. ARTICLE 2 (BOARD OF DIRECTORS)
 Section 5 (The Executive Committee) Subsection (d) added as follows:

"d) The Executive Committee shall control and supervise the publication and nature of the Society's official journals and/or newsletters, including but not limited to the Natural Hygiene and Educator."

6. ARTICLE 2 (BOARD OF DIRECTORS)
 Section 5 (The Executive Committee) Subsection (e) added as follows:

"e) Pursuant to policies established by the Board of Directors, the Executive Committee shall control and supervise the operations and policy directions of the Natural Hygiene Press, and also shall be responsible for the naming of its Chairperson and other staff personnel as defined in Article 6."

7. ARTICLE 2 (BOARD OF DIRECTORS)
 Section 2 (The Executive Committee) Subsection (f) added as follows:

"The Executive Committee shall develop guidelines defining the responsibilities and authority of all employees and/or appointees of or to the Central Office. Said guidelines shall be kept current at all times and reviewed not less than annually."

8. ARTICLE 2 (BOARD OF DIRECTORS)
 Section 6 (Central Office) Subsection (e) added as follows:

"No employee and/or appointee of or to the Central Office listed in Subsections (a) through (d) above shall occupy more than one position during any single appointment or employment period."

9. ARTICLE 2 (BOARD OF DIRECTORS)
 Section 6 (Central Office) Subsection (f) added as follows:

"No employee and/or appointee of or to the Central Office shall involve him or herself as an organizer, director, investor or employee in, or occupy any official capacity with, any competitive, or potentially competitive, Hygiene-oriented organization during his or her period of service to ANHS."

10. ARTICLE 2 (BOARD OF DIRECTORS)
 Section 10 (Duties of Officers) Subsection (a) (2) is amended as follows:

a) The president shall:
 2. Be an ex-officio member of all departments, committees, and the Natural Hygiene Press."

11. ARTICLE 5 (DEPARTMENTS AND COMMITTEES) Section 5 (Duties of Departments and Committees) Subsection (b)
 (Education Department) Subsection 1 is amended as follows:

"1) Shall prepare educational materials, including, but not limited to, audio-visual films and microfilms."

2) Shall work with chapters to set up classes and schools.

12. ARTICLE 5 (DEPARTMENTS AND COMMITTEES) Section 5 (Duties of Departments and Committees) Subsection (b)
 (Education Department) Subsection 3 is amended as follows:

"3) Shall work towards the establishment of a Library for the preservation and study of Natural Hygiene literature and a College for the training of Professional Hygienists."

13. ARTICLE 5 (DEPARTMENTS AND COMMITTEES) Section 5 (Duties of Departments and Committees) Subsection (c)
 (Publications Department) substituted as follows:

"c) Publications Department
 Shall supervise the production of all education materials issued by the Soci-

ety with the exception of Natural Hygiene Press books and the Society's official journals and/or newsletters."

14. ARTICLE 5 (DEPARTMENTS AND COMMITTEES) Section 5 (Duties of Departments and Committees) Subsection (d)
 (Membership Department) Subsection (2) (which states that the Membership Department "shall assist in the publication of the Hygienews") is completely deleted. Therefore, the remainder of Subsection (d) is numerically amended as follows:

"d) Membership Department

1) Shall build an esprit de corps among the members.

2) Shall devise ways of getting members interested in becoming active in the work of the Society, by attending classes, serving on committees and/or working with local chapters.

3) Shall have the responsibility of investigating reports of practices and conduct of members that are contrary to the principles of the Society, and to recommend to the Board of Directors the suspension of such members found to have departed from these practices."

15. ARTICLE 6 (DIVISIONS) (Natural Hygiene Press, Library College and Audio Visual) is completely abolished and replaced by the following:

"ARTICLE 6 (NATURAL HYGIENE PRESS)

Section 1. Purpose

The Natural Hygiene Press shall be the Society's book publishing entity. It shall have as its main purposes the publishing of books on the subject of Natural Hygiene and the distributing of books that are of interest and value to Hygienists, including, but not limited to, subjects of fasting, vegetarianism, physiology, physical fitness and the environment.

Section 2. Structure

Pursuant to policies established by the Board of Directors, the policies and operations of the Natural Hygiene Press shall be carried out under the directions of the Executive Committee, which shall also annually appoint its chairperson, committees, staff and other personnel."

16. ARTICLE 8 (FUNDS) Section 3, Subsection (b) is amended as follows:

"b) There shall be no expenditures, or obligations incurred, involving Society funds in excess of five hundred dollars (\$500.00) per transaction without the written authorization of a majority of the Executive Committee.
 (The remaining portion of this subsection which describes a majority of

the Executive Committee as one "consisting of not less than three (3) elected officers or directors." is deleted

17. ARTICLE 8 (FUNDS) Section 5, Sub-sections (a) and (b) are added as follows:

"Section 5

a) There shall be no checking or bank account openings involving Society funds or assets, without the prior approval in writing by a majority vote of the Executive Committee."

b) All Society checks shall be co-signed by two persons designated by the Executive Committee."

18. ARTICLE 9 (OFFICIAL PUBLICATIONS)

(which states that the Natural Hygienews and the Natural Hygiene Educator are the officially recognized publications of the Society), is deleted in its entirety. Therefore the remaining Articles of the By-Laws are numerically amended as follows:

"ARTICLE 10 (RULES OF ORDER) becomes ARTICLE 9."

"ARTICLE 11 (AMENDMENTS) becomes ARTICLE 10."

"ARTICLE 12 (FOREIGN REPRESENTATIVES) becomes ARTICLE 11."

ON THE EUROPEAN LECTURE CIRCUIT

by Dr. Keki Sidhwa

Sept. 19, 1977

Left for Denmark on a one week lecture tour — my first to a Scandinavian country.

Sept. 12-19: Conducted single handed talks to various societies and also conducted a 3 day concentrated course on the Natural Hygiene way of healthy living. The response was terrific and over 100 people learned a lot about NH. Lots of books were sold and we had new members joining our British NHS. Also a publisher has shown great interest in translating my books in Danish and publishing them. Already another lecture tour has been planned; this time including Sweden and Norway. I may also go there once a month to consult people and advise them on their health problems.

Send me 250 *What is NH?* It will help to advertise your own ANHS in my travels.

For Sept. and Oct. (NH month) I have the following programme:

Oct. 26: Speaking on medical drugs on trial at Norwich Veg. Society.

Oct. 29-31: Speaking on various aspects of NH to the Gurnsey Veg. Soc. (Channel Islands)

A French patient of mine has written a book, "How I cured my cancer" (7,000 copies sold in last 3 months) and has mentioned my work and fasting and NH and this has brought me over 100 letters of inquiry — mostly from very chronic and terminal cases so wherever I go NH goes on the march also.

IMMUNIZATION EXEMPTION

THE ANHS PARENTS ORGANIZATION

was formed as a vehicle by which parents who did not wish their children inoculated for school entrance could be issued letters asking for exemption that would be recognized by school authorities. The letters are written on stationery of the organization. Membership in the ANHS is a requisite to obtaining the letter, for which there is a charge of \$1.00 payable to Grace Girdwain, who is the secretary of the group.

by Grace Girdwain

I have some encouraging news for our Members living in FLORIDA and MISSOURI (the tough states as far as exemptions go).

Whenever I receive a request from these states or others I have been enclosing a personal letter along with the EXEMPTION to be sure and write me *immediately* if any problem occurs and if possible to obtain a copy of their State Law on Immunization, usually listed under DEPT. of HEALTH.

When our members ask me to help further, I send a letter to the Director of their State or County Health Dept. and explain that our beliefs come within the purview of their State's Statute.

I further explain that our members not only believe it, but live and practice it; it is their natural way of life. To introduce drugs or vaccines to them would be the same as taking poison.

July 2nd I received a reply from the Director of Schools in Missouri; they told me that they would acknowledge the EXEMPTION LETTER, but in case of an epidemic would request the unvaccinated child to stay home until it was clear.

I would like to thank all the MEMBERS in problem STATES that took further action in writing again, so I could help them win their case. Usually by mentioning their State Law and our beliefs, worded more firmly and stronger, but diplomatically, I get results.

I'm glad to see our MEMBERS have the guts to take Further ACTION. I'm a fighter too — and really enjoy helping anyone who needs it — especially where one's health is concerned and I always look for that one possibility of a winning chance — which is close to 9 out of 10.

I wish to say to our MEMBERS: Do not hesitate to write if a problem occurs — because I'm more than willing to help — in most cases all it takes is a little persistence in the matter and a deeper explanation on our ways,

practices and beliefs — and a quote from their State Statute which I find a reason to be exempt from inoculations.

I have letters of proof where people didn't think it would work — and were surprised — after one letter, in some cases two, to different dept. heads — "they won." If you want to be a winner — don't throw the towel in — you have a better chance by trying. Before giving up — let me give it a try for you — I don't mind; it's part of the job; I get great satisfaction out of analyzing each letter and answering as tactfully as possible and as much in accordance with their State Law as I can get. Over the years I've found that how you say it and what you say, but truthfully, works.

MICHIGAN NH ACTIVITIES

On June 18-19, 1977, Dr. Jack Goldstein was invited to speak at Wayne State University in Detroit. He spoke at four sets of workshops totaling eight hours. The title of the workshops was "The Art and Science of Natural Living," which consisted of a presentation of all the principles of Natural Hygiene, a discussion of the dangers of the many fad diets, and also a discussion of the harmful effects of chemical food additives. A rap session followed each workshop. The workshops were required for credit toward the degree of Bachelor of General Studies, and Dr. Goldstein was given the classification of full professor for these lectures.

On September 9, 1977, Dr. Jack Goldstein spoke at the annual convention of the Michigan State Podiatry Association, in Dearborn, Michigan. This was a "first," in that this type of material has always been denied at these medical meetings. The lecture was entitled: "The Medical Viewpoint On Fasting and Nutrition." This lecture was included as credit for licensure.

On September 10, 1977, Dr. Jack Goldstein and his wife, Corinne, were guest speakers at the annual convention of the Federated Organic Clubs, in Owosso, Michigan. The very receptive audience of over 300 persons were treated to a number of topics covering fasting, the whys of a vegetarian diet, proper food combining, and family vegetarian meal planning.

On September 24, 1977, Dr. Jack Goldstein spoke to a rapt audience of 230 at the Detroit Chapter of the ANHS. He spoke on "Fasting—A Drugless Road to Recovery." This was accompanied by a color slide presentation, followed by a question and answer period. The philosophy of Natural Hygiene was compared to the medical philosophy of treatment. The interesting fact was that the majority of people in the audience were seeking something better and were already disenchanted with the medical profession.

Hundreds poured into the dormitories at Tufts University near Boston the week of August 7 - 13 for the 29th annual convention of the Society. They spread themselves on campus grounds, packed lecture halls, exercised on the greens, had wonderful food in the dining hall, and lived for a week in sunshine, and camaraderie.

Vegetarian food was no stranger to those in charge of preparing meals, so there was no problem preparing the Hygienic food.

Love was a four letter word heard quite often. **Speaker Jack Trop** said we should love one another; others said we should love our bodies; with others the word was used in a spiritual context.

In connection with his latest book *Please Don't Smoke in Our House*, Mr. Trop mentioned that the gorilla has the strength to tear a man in two, but give him Luckies for one week, and he would be dead.

On the lecture platform at Tufts University, Trop daringly challenged the "nutrition" concepts of University president Dr. Jean Mayer, a highly regarded health authority. (Mayer is strongly opposed to fasting.)

The Greatest Adventure film, produced by Mr. Trop, thrilled those who were seeing for the first time this documentary about the value of Natural Hygiene to the infirm, to the healthy, and to the childless couple.

Mr. Trop, who appears to be in his fifties, but is considerably older, partially attributes his health to being a tennis buff. He plays the game with young people and by four in the afternoon they are winded, while he is just getting started. His big advantage, he says, is that he eats no breakfast. He challenged everyone in the audience that heard him to a tennis duel in the year 2099. He will be around, he says.

Remarkable Health Recoveries Related

One of the big events of the Convention was to hear outgoing national president Dr. Jack Goldstein, again tell the story of his release from the medical practices that were destroying him. As related in his recently published book, *Triumph Over Disease by Fasting and Natural Diet*, he told how he overcame ulcerative colitis. He will be crisscrossing the country on TV and radio telling his story.

Next year, Joy Gross, who told of her recovery from psoriasis, will also be on the airwaves with her case history, which will be the subject of a book she is authoring.

Another dynamic speaker was Jo Willard, Connecticut chapter president, who recovered from crippling arthritis through Natural Hygiene. She told how she became a guinea pig during a 40 day stay

years ago at a hospital in the days when cortisone was a new drug. She finally fled all her doctors when they wanted her to team up permanently with a psychiatrist who would teach her how to live as an arthritic cripple.

Hygienic Doctors Dispel Harmful Health Myths

Dr. D. J. Scott of Cleveland, who has been accumulating scientific data on fasting for several years and supervising fasting in patients for over 25 years, said, "There is nothing comparable to fasting . . . there is no substitute for it — not food, sunshine or air . . . it has in it the principle of rejuvenescence." After the fast, the body is ready for its proper food. And that means fruits and vegetables, Dr. Scott said. He stated man is not by nature a high protein consumer.

Dr. Robert Gross, director of Pawling Health Manor, related that he had been commissioned to write a book on the high protein diet some years ago and signed a contract to do so, but he didn't follow through because the high protein diet is dangerous, and after he refused to proceed, the AMA Journal told of some of the dangers involved.

Dr. Gross mentioned that scientific and medical journals had recently printed articles saying that diabetes, among other problems, had benefited by fasting.

You have to work hard to be sick, **Dr. Virginia Vetrano of Texas**, told her audience. Health can be maintained, she said, by avoiding such enervating activities as overeating, overdrinking of water, overbathing, overwork, overexercise, and over indulgence in sex. Good emotional habits are essential to health, she added. Fasting is very effective in breaking such addictions as smoking and alcohol.

The germ theory of disease and the need for vitamin supplements were myths dispelled by Dr. Alec Burton, an Australian participant.

Proper food combining for good digestion was taught in classes and demonstrated with beautiful displays of fruits and vegetables.

The danger of excess weight and the limitations imposed on us because of certain degeneration which exists within the body, were presented by **Dr. Keki Sidhwa, British professional hygienist**.

Using language which is much in the news these days, Larry Wilson, 3rd year medical student, told the young people that they can **conserve energy** by living the natural hygiene way of life.

Vision improvement via the Bates Method was taught several mornings in outdoor sessions by **Dave Stry of Mexico**, which he interspersed with delightful humor.

Pre-schoolers were kept busily engaged by Helen Story who directed their activities (as she has done in past years), and in excellent facilities provided by the University.

A Return to Buffet Dining for the Big Social Events

Arthur Andrews of California, founder of the Century Club in 1958, was with us for the first time in many years. At the Century Club luncheon which honors \$100 yearly members and Life Members, he took us on a nostalgic journey into the history of the Club, which evoked warm memories of the past. Simon Bloom and Joseph Brenner, both of New Jersey, added inspiring remarks to the festivities.

R. J. Cheatham, who died on July 14, was eulogized by Chairperson Joy Gross when his name was read from a list of Life Members. (He was the second person to become a Life Member of the Society.)

For those who have been regularly attending our yearly conventions, it was a welcome change to have the return of buffet dining at both the Luncheon and the Farewell Banquet and the opportunity to revel in the visual beauty of nature's bountiful fruits and vegetables.

New Directors Elected

- Don Crichton, Canada, is president of the Montreal chapter, author of NH educational materials for young people
- Helen Lamar, California, former ANHS Recording Secretary
- Dr. Dennis Bressack, New York, practicing dentist, former health director at Shangri-La in Florida
- Hannah Allen, Florida, author of several books, officer of the Pasco County chapter
- Jerry Pennisi, New York, student of Natural Hygiene

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BOSTON CHAPTER ESTABLISHED

The 1977 Convention gave impetus to the organization of a local ANHS society in the city of Boston.

The first meeting on October 2 named William Cross, president; Fred Chaffee, vice president; Ben Charles Harris, secretary; Colin Sowards, treasurer.

Regular monthly discussion meetings will be held at members' homes, together with business meeting and instructive sessions, reports Mr. Chaffee.

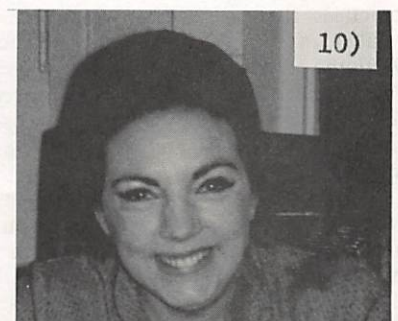
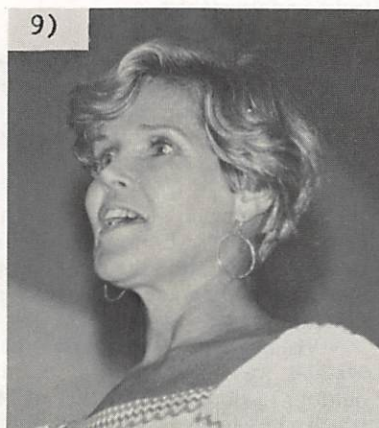
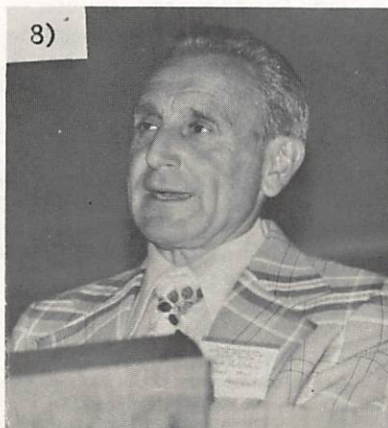
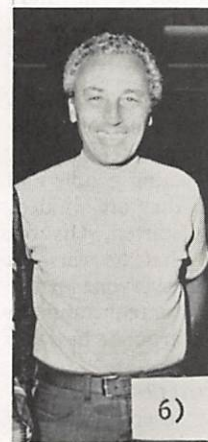
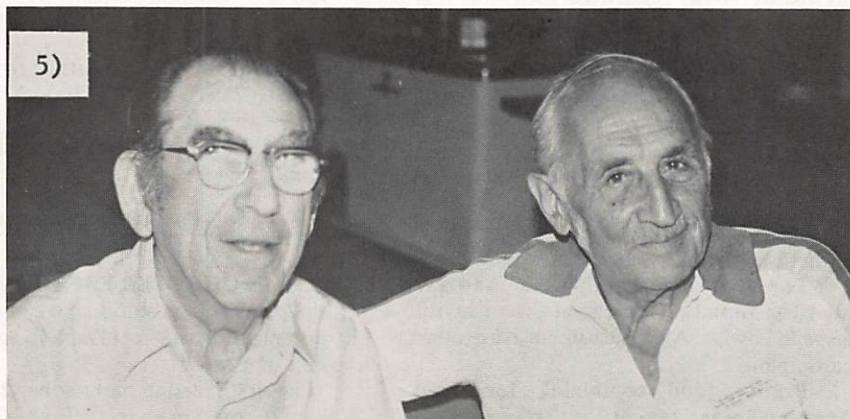
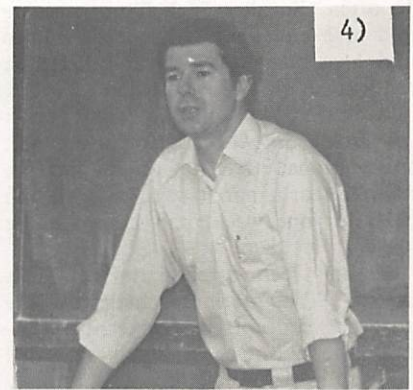
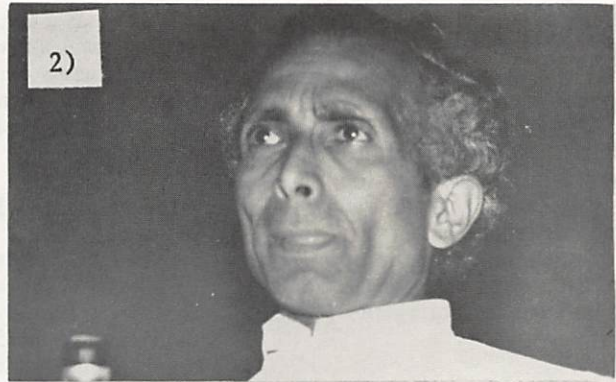
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SOME VIEWS OF THE 1977 CONVENTION





11)



12)



13)



14)

1977 CONVENTION PHOTOS

- 1] Dr. D.J. Scott. He is doing scientific studies of the effects of fasting on body functions.
- 2] Dr. Keki Sidhwa, author of *Medical Drugs on Trial, Fit for Anything, First Aid, Nature's Way* (a 1978 release).
- 3] Dr. Virginia Vetrano conducts a class on proper food combining.
- 4] Dr. Alec Burton explains the basic principles of Natural Hygiene in a morning class.
- 5] Two members of the Board of Directors. (Left) Joseph Brenner of New Jersey, an organic gardener, conducted a workshop on the subject. Jack Trop lectured on the scientific basis of vegetarianism, which he is researching for a new book.
- 6] Dr. Robert Gross, an expert on obesity and fasting.
- 7] Jo Willard proved with her case history that there is a way to overcome arthritis by working with nature.
- 8] Dr. Jack Goldstein, immediate past president.

9] Joy Gross, ANHS Vice President, said fasting was the best way to start weight reduction.

10] The beaming smile and warmth of Hostess Joi Zuccarello welcomed convention guests when they arrived.

11] Participants from the nation's capitol were W.W. Roberts and Frances Adelhardt. Roberts' legal expertise was demonstrated on several occasions during discussion at membership meetings. Frances is president of the Washington chapter.

12] Helen Lamar, a new Director, gave talks, chaired meetings and managed to find time to devote to her children. Formerly ANHS Recording Secy.

13] Hannah and Louis Allen, ANHS Directors. She talked about preparing for a happy retirement, how to teach Natural Hygiene, and demonstrated food preparation.

14] Among the contingent of enthusiastic young people was Michael McConkey who talked to the young people about growing, drying and buying fruit. He also entertained with his guitar and witty verses.

A POST CONVENTION MESSAGE FROM DR. ESSER

August 17, 1977

Have just returned from North Carolina to learn that my message (sent to the Convention) was not received.

I regret this very much, and would appreciate it if a copy of the telegram could be in-

cluded in the next *Hygienews*, as I am not accustomed to not making an appearance without an unavoidable reason.

My inability to be present was a great disappointment to me.

DR. JACK GOLDSTEIN CARE AMERICAN NATURAL HYGIENE SOCIETY CONVENTION, TUFTS UNIVERSITY, BOSTON, MA.

ON WAY TO CONVENTION, REGRET TO ADVISE THAT A FREAK FALL WHILE MOUNTAIN CLIMBING HAS TEMPORARILY PUT ME ON MY BACK AND WILL PREVENT MY PRESENCE AT THE MEETING. IT IRKS ME NOT TO BE WITH YOU BECAUSE OF A STUPID MIS*STEP.

DR. WILLIAM L. ESSER
BOONE, N.C.



In Memoriam

In 1948, R. J. Cheatham was faced with a life threatening illness. He embarked on an intensive search for answers to the cause of his ailment and discovered Natural Hygiene. It taught him that our habits of living have a great deal of relationship to our state of health.

Imbued with this knowledge, he dedicated himself zealously to promoting it to the world. He served as president of the Detroit chapter of the Society, became convention manager in 1959, when the yearly event was held in Detroit, and then headed the Society as Chairman of the Board.

Soon after he established the Shangri-La resort in Florida to provide a facility that could offer ideal Hygienic conditions of food, play and rest. Later, the spoken word and the printed word became a vital part of the education program at the Shangri-La.

Although R. J. was given the prognosis of a few years of life, he survived for 27 incomparable years. He died July 14, 1977.

A TRIBUTE REPORT by Sid Kleiner

A memorial service for Mr. Cheatham on August 14, 1977 at the Bonita Springs Shangri-La was a most fitting, impressive and touching tribute to a man who touched so many lives and made things happen in a positive, quiet way.

Author Jack Trop's eulogy was especially poignant, prompting many of us to listen with moistened eyes. Wendy and John Wayne Cheatham touchingly sang their father's favorite melody, *Blowin' In The Wind*. Later Wendy did a beautiful rendition of *We Are One*.

As the Bonita Springs Choral Group sang Joyce Kilmer's *Trees*, cooperative students from the Shangri-La planted a beautiful young tree as a permanent memorial to Mr. Cheatham. Harold Holzgreen closed the service with some meaningful lines on *Serenity*.

Later, while refreshments were being served, Jack Solomon read a resolution from the ANHS Board of Directors, a fitting and final tribute to a man who will never be forgotten by the thousands of people whose lives he touched.

Shangri-La glows and grows and continues its great accomplishments . . . that's exactly the way R. J. Cheatham would want it to be.

RESOLUTION OF THE ANHS BOARD OF DIRECTORS

(Unanimously Adopted Saturday, August 13, 1977
29th Annual Convention at Tufts University)

RESOLVED: In Memoriam to R.J. Cheatham

We the Board of Directors of the American Natural Hygiene Society, on behalf of our membership, wish to extend our deep sympathy to his widow and his family upon their bereavement.

As a life member and a past president of our Society, he has rendered invaluable service to us.

On a larger scale, his contribution to the advancement of Natural Hygiene and to the well-being of mankind has been, and will continue to be, monumental.

We salute his works, his achievements and his exemplary life.

Rest in peace, "R.J.". You will live on in our hearts forever!