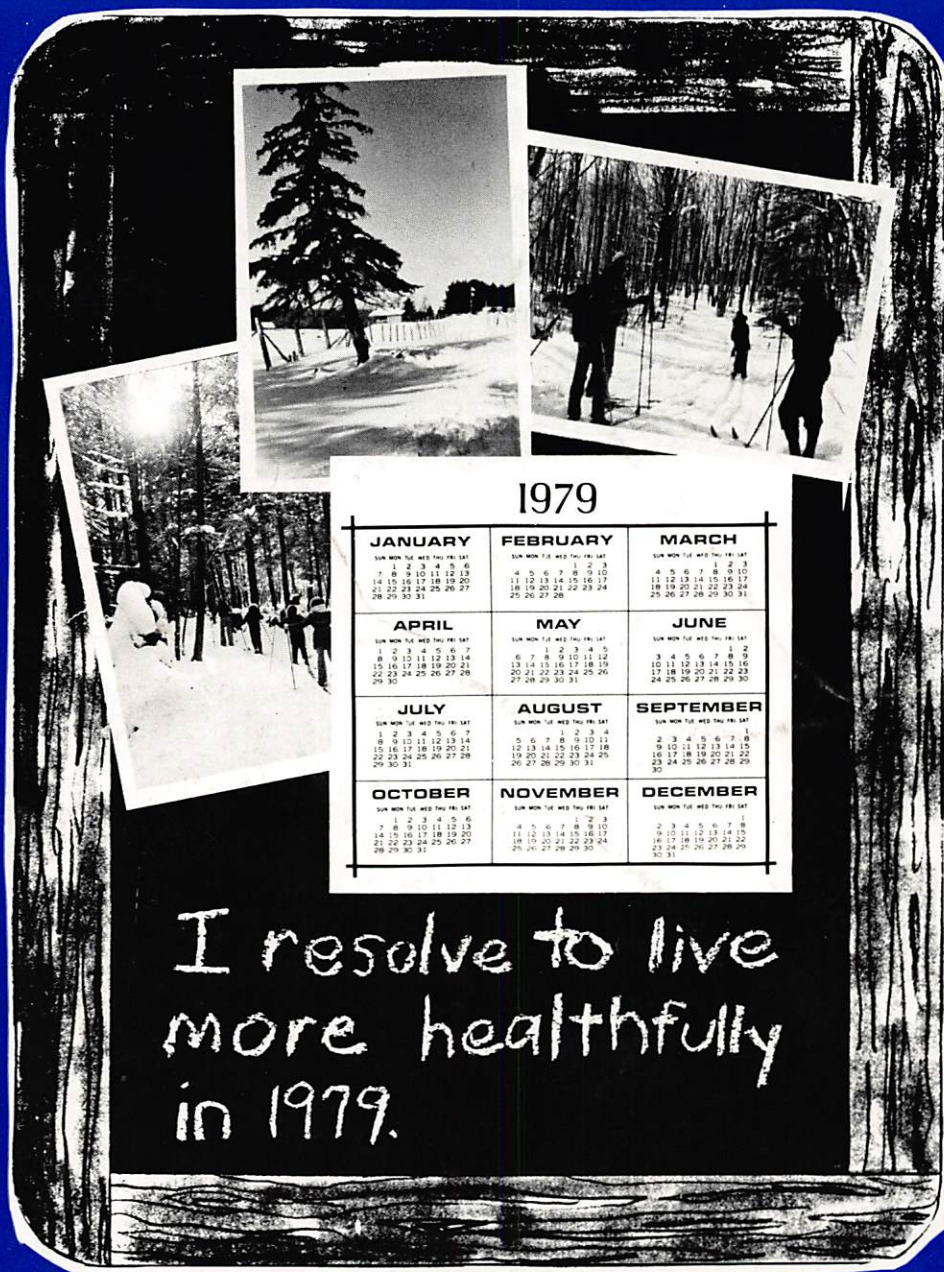


Health Science

Journal of The American Natural Hygiene Society, Inc.

January 1979
\$1.50



How to Increase Your Efficiency ☀ Jog for a Healthier Life
Why You Should Grow Your Own ☀ Misconceptions about Fasting
The Destructiveness of High-Powered Electric Lines
Smoke Detectors: Another Source of Radiation



The American Natural Hygiene Society, Inc.

"Dedicated to Natural Hygiene...the Science of Health"

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PRESIDENT'S MESSAGE

Guyana: Hygienic Observations

Dear Friends,

The nightmare of murder and suicide that took place in Guyana this past November stunned millions with horror and disbelief.

However, in the weeks that have followed the tragedy, countless news analysts, psychiatrists, religious leaders, sociologists and philosophers have offered various theories to account for such an inexplicable holocaust.

What special significance does such mass psychosis and blind fanaticism have for those who accept the philosophy and Health Science that we call Natural Hygiene?

To begin with, Natural Hygiene is not a religion, a cult, a secret society, or some unique sect with its own rituals and trappings.

Nor do we invest any one individual with a mantle of infallibility.

Yes, we do have "heroes" and "heroines" — those of our Movement who are properly respected and revered for their scholarship and sacrifices to the cause of truth that our Movement represents.

And yes, we do have a faith. But the faith and logic of the Hygienist is not to be confused with the blind "cultism" or irrational fanaticism which dominated the Jonestown commune.

Rather Natural Hygiene is rooted in the most rational, demonstrable and truly scientific factors related to the living organism: its needs and its relation to the universe.

One of the most fundamental truths of Natural Hygiene is that the answer to optimum health and joyful, rational fulfillment in life cannot be found in blind acceptance of "pseudo messiahs" or spellbinding orators, but only in the understanding, accepting and adhering to the unalterable laws of life and nature.

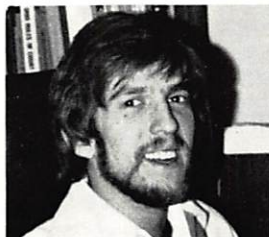
As stated, Hygienists are students of science who know how to research, question and analyze.

We have no patron saints.

We do, however, honor and salute our foresighted pioneers. It is surely worth repeating the observations of one of my favorite Hygienic sages, Russell Trall, M.D. (1812-1877):

The system which we endorse and practice is true — in harmony with nature, in accordance with the laws of the vital organism, correct in science, sound in philosophy, in agreement with common sense, successful in results, and a blessing to mankind.

And like the good Dr. Trall, I humbly hope to always remain,

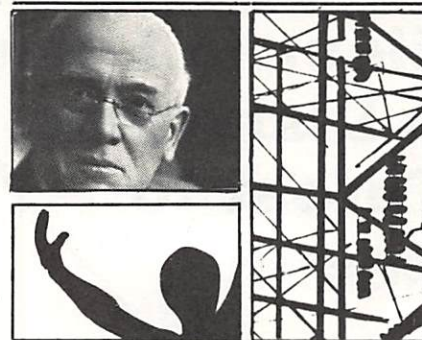


Yours in Hygienic truth and service,

Mark A. Huberman
ANHS President

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Health Science



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WHAT IS NATURAL HYGIENE?

Hygiene is the science of health. *Natural Hygiene* is the system which helps people to live in harmony with the physiological needs of the human organism, thereby maximizing health. By supplying the body with the basic requirements of nature — natural vegetarian diet, unpolluted air, exercise, rest, sleep, mental and emotional poise, wholesome environment, and productive activity — health is assured, the natural immunity against illness is most fully manifested, and the self-healing powers resident within the body are given full reign.

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High-Powered Electric Lines: A Disturbing Threat to Health

*"We need to be surrounded
by beauty at all times for
the most perfect health."*

by V.V. Vetrano, D.C.

As fast as we try to teach people to avoid all causes of disease, another disastrous onslaught to our environment develops which makes it almost impossible for them to have any control over their health and lives. In the old days when Graham, Jennings, Trall, Nichols, and others were preaching *Hygiene*, it was easy to avoid the causes of disease. All they had to contend with was their own personal lives. Very little, if any, environmental pollution existed. Today, we cannot go anywhere or do anything without being exposed to some sort of pollution.

If it isn't automobile fumes, it's fall-out or factory poisons. If it isn't fluorescent lights in offices and in schools, it's televisions and radar ranges in the homes. All sorts of pollution, including noise pollution, has to be battled against.

One of the latest threats to the nation, besides the microwave oven, is the high-powered electric lines which are being strung up over America like Christmas decorations. Unfortunately, they are not nearly so pretty. If it meant giving up electrical Christmas decorations to avoid the power lines, I would gladly do so.

In her book entitled *Power Over People*, Louise B. Young paints a pretty dismal picture of these tall metal skeletons, with lines like cobwebs draped over them, extending for great distances over America, destroying miles and miles of farm land and causing thousands of people to have to move from their country homes because of the electrical havoc.

Unsuspected by the vast majority of people, thousands of miles of transmission lines that will produce a wide spectrum of visual, audible, and chemical pollution effects are being rushed to completion throughout the United States. These lines are just the beginning of a new trend in power transmission that threatens to degrade millions of acres.

Besides marring the beauty of the country, she explains, these ugly contraptions will cause psychological harm precisely because of their ugliness. People will learn to look but not see if they desire beauty. "The next generation of children that grows up on this farm," Ms. Young laments, "will not have the same advantage as the generations that went before them."

They will never know the peacefulness of the unspoiled scene nor look forward to the end of a summer day when they can watch the golden light of reflected sunlight spread across the fields. They will have to learn not to see and not to listen in order to live with

the irritation of a constant buzzing noise and the flicker of blue lights along the high power lines.

Looking without seeing can be very dangerous because it will be carried over to other spheres of our lives. Louise B. Young quotes Dubos:

Man can adapt to almost anything. That is the real tragedy . . . As we become adapted we accept worse and worse conditions without realizing that a child born and raised in this environment has no chance of developing his total physical and mental potential.

Unfortunately, this is true. People do get used to ugliness. We can tolerate ugliness like we can tolerate nicotine, marijuana, alcohol, and other detrimental influences and factors, but these poisons are still exerting their evil effects upon the body even though we tolerate them. The same can be said of the power lines. Just like violence on television desensitizes us to the real thing, continual exposure to ugliness also desensitizes us. In an effort to protect ourselves from the jarring impact of ugliness we are slowly becoming desensitized. Ugliness has more far-reaching effects than one would think and the subject has never really been studied in depth.

We need to be surrounded by beauty at all times for the most perfect health. If we spent more money on cultivating beauty in all things, including people, not only would we have a happier world but we would have a healthier world both mentally and physically.

CORONA DISCHARGE

Let's get back to the ghastly high-powered lines to show how, besides marring the beauty of a landscape and mentally warping us, they physically harm us. Because electricity is transmitted much more economically at higher voltages, electrical engineers have been working day and night to design higher voltage equipment. High voltages are very dangerous, so at the area of use of the electricity these high voltages are transformed to safer levels. However, this is where the danger comes in. If the lines are not heavy enough, transmitting high voltages causes a loss of electricity. The power lines must be larger in order to keep the electrons from escaping, or else more lines have to be used to carry the same amount of electricity. These heavier lines must have stronger supports than the lighter lines, and this is

"Our individual body cells have their own electromagnetic fields and to live near a high electric field plays havoc with biological processes.

why the steel or aluminum structures have been built all over America.

Higher voltages put a strain on the environment and the damages to the race of the by-products are similar to radiation. As in the case of atomic energy, the escaping electricity, resulting from increased voltages, is a greater immediate

threat to the citizens of the world than was at first apparent.

When power is transmitted over electric lines, in reality a lot of electrons are travelling fast down the wire. The electrons are bouncing and popping off the power line, producing what is known as "corona discharge." The wire is never quite smooth enough for the small electrons, and corrosion, raindrops, icicles, and other weather conditions make the line rougher still, causing more loss of electrons. Even when the electric wire is first manufactured, microscopically it is bumpy like a dirt road, and the unevenness of the conductor makes electrons bounce and pop off into the atmosphere, especially when the voltage is increased. If the voltage is increased, the lines should be proportionally larger, but in order to save on expenses power companies do not invest in heavier supports and heavier wires. They prefer to lose a little electricity and pollute the environment.

Power lines are not insulated because air is a natural insulator, but only up to a certain point. If the voltage being conducted over the lines is more than the lines can carry, and the lines are not increased in diameter or the spacing of the lines is not increased, then a discharge of electrons takes place.

BIOLOGICAL DAMAGE

What is so threatening is that the electrons that bounce off the wires create harmful by-products which are as dangerous as X rays, radium, and other radioactive substances. Ms. Young declares,

Electricity is derived from our non-renewable natural resources, which are expected to be in short supply before the end of the century. When it enters the atmosphere in the form of high-voltage corona discharge, it initiates electrochemical processes known to be harmful to all living things, and at the present state of our knowledge there is no way of removing these chemicals from the atmosphere at any price.

This parallels the radioactivity problem, for at the present time we have no means of ridding the environment of radioactive substances either.

Normally, the gasses in the air are relatively stable. They do not readily react chemically with each other or other molecules in the atmosphere. However, when fast-moving electrons shoot off electric wires and bombard the air, the effect is quite similar to that produced when fast-moving particles are used to split the atom. Electrons are knocked off atoms, producing electrically charged atoms and molecules. If an electron does not completely knock off another electron from an atom, it may just impart energy to the orbiting electron, and create an excited molecule. Excited molecules, called *free radicals*, are very unstable and easily split into single atoms. They are also thought to cause cancer.

You can readily see how normal air after electrical bombardment can become completely changed to where it is unfit for life. Just think what happens to fish when their environment changes. They die. Place them in air and they also die. Bombard the water molecules so that water is not water any more and they will also die. Bombarded air may not look different from regular air but it is, and it is no longer air. Louise Young says,

The air surrounding the discharge becomes a veritable seething cauldron of electrical and chemical activity. It is filled with excited molecules, free electrons, free radicals, heat, and light, which create the characteristic blue glow. The effect spreads rapidly into the surrounding air as the free electrons go on to impact other molecules and as the molecular fragments seek out other fragments with which to recombine. There are many processes involved, and a few of the chemicals formed are considered to be particularly damaging to living things.

Ozone is one of the by-products of corona discharge. It contains three oxygen atoms instead of the normal two, and is much more reactive than oxygen. Under certain conditions it can be very explosive. Ozone is extremely toxic to all life and causes the production of some very formidable diseases.

Once ozone has been produced, more corona discharge produces singlet oxygen. Normal oxygen molecules plus ozone, in the presence of high speeding electrons, create oxygen atoms which roam about themselves instead of in couples as all good oxygen molecules should do. Corona discharge can also produce singlet oxygen out of oxygen

"Higher voltages put a strain on the environment and the damages to the race of the by-products are similar to radiation."

molecules even if ozone is not present. Singlet oxygen is a strong suspect in cancer. It is one of the top villains in smog, causing many detrimental reactions to take place.

Corona discharge actually helps to produce smog. Nitrogen in our atmosphere is neutral and never causes any trouble. But when it is bombarded with electrons it combines with oxygen to form nitric oxide which, in turn, combines with ozone to form nitrogen dioxide which is the dirty, brownish-yellow substance of smog. Nitrogen dioxide causes an increased susceptibility to respiratory infections, and damage to the tissues of the lungs in laboratory animals. You can be sure that it does the same or worse in humans, because being more complex, we are more susceptible to detrimental influences.

Dr. Haagen-Smit, who first discovered the presence of ozone in surprisingly large quantities in smog, showed that a cycle is set up by sunlight that keeps such pollutants as nitric oxide, nitrogen dioxide, ozone, nitrous acid, and singlet oxygen in the air. Electric or corona discharge does the same thing. A cycle commences that doesn't want to quit. How do you break it?

One terrible outcome of this is that nitric oxide combines with water to form nitrous acid which has been shown to cause genetic damage to plants and lower animals. Many years ago Schubert and Lapp proved man to be more susceptible than animals to genetic damage by radiation, so there is every reason to believe that nitrous acid is genetically lethal to future generations and causes a rapid deterior-

ration of our race. We're deteriorating too rapidly as it is now.

There is also considerable concern that nitrous acid in the human system may produce cancer. This was why sodium nitrite was banned as an additive to meat and other foods. Sodium nitrite becomes nitrous acid in the stomach. Nitrous acid forms carcinogenic substances in the body by combining with amino acids.

Another very toxic substance that is found in smog is PAN (peroxyacyl nitrates). Its formation is not yet completely understood but it seems to stem from free radicals of oxygen, nitrogen oxides, and organic molecules. It is a very destructive chemical to all vegetation even at extremely low concentrations.

It may surprise you to know that the products of smog — ozone, singlet oxygen, nitric oxide, nitrous acid, nitrogen dioxide, and pan — are also all produced by electric or corona discharge. So you see we are busily engaged in making our smog problem worse by breaking down the air with electrons.

Walk under one of these high-powered electrical skeletons and your hair stands on end, and you feel very strange indeed. That certainly can't be beneficial to life. Leave your

“Normal air after electrical bombardment can become completely changed to where it is unfit for life.”

ungrounded automobile or tractor under the high-powered electric lines for a while and it takes up a charge sufficient enough to shock you. Young children can be killed by this amount of electric shock. People with pacemakers might do well to stay away from them. Ventricular fibrillation of the heart in a susceptible individual can also occur. Living near these lines is simply a very bad hazard and cannot contribute to health and happiness at all.

It has long been known that our individual body cells have their own electromagnetic fields and to live near a high electric field plays havoc with biological processes. Studies are being conducted now and it has already been proved that electric fields even of non-ionizing radiation interfere with body processes and upset metabolism. This leads me to believe we must avoid all man-made electric fields. To do this we'll probably have to do away with all our modern and dearly loved electrical gadgets if we desire our bodies to function normally. As people with delicate pacemakers must avoid exposure to radar ranges for normal function, we whose bodies have a lot more intricately designed electrical equipment, must also avoid any electrical influence which interferes with its proper function. Impaired function invariably leads to disease.

The problem is not just a little malfunction; it is much worse. We must understand that ozone and the closely related oxidants are radiomimetic. That is, they produce the same harmful pathological conditions that radioactive products produce. The least amount produces detrimental

tissue damage and if a person lives long enough he or she will eventually die of cancer.

The amount of these pollutants in the atmosphere should be zero, just as the amount of radioactivity should be nil. I have said this for over twenty years now. Eminent scientists are now saying the same thing regarding radiomimetic products as well. Ms. Young quotes the Committee for Community Air Quality as saying: “Theoretically, the recommended air limit for O₃ (ozone) and related oxidants should be zero, or as close to zero as possible.”

Ozone enters the digestive tract and the lungs of living beings and breaks down to singlet oxygen by reacting with organic molecules. Singlet oxygen causes cancer by exerting its influence on DNA and enzymes in the cells of the body. Like radiation, free radicals and other electrical chemicals resulting directly from changes in the air brought about by corona discharge cause cancer.

We have enough cancer now. Why go out of our way to produce more? The malfunction produced by charged air causes premature aging, other diseases besides cancer, much suffering and death.

Were I to put all the damaging effects of corona discharge in this one article, I may “shock” you. To top this, corona discharge is only one way that we are polluting our environment. We are fast destroying not only our health, but the entire planet and everything that is alive in it. Plants, too, quickly age and die young from free radicals.

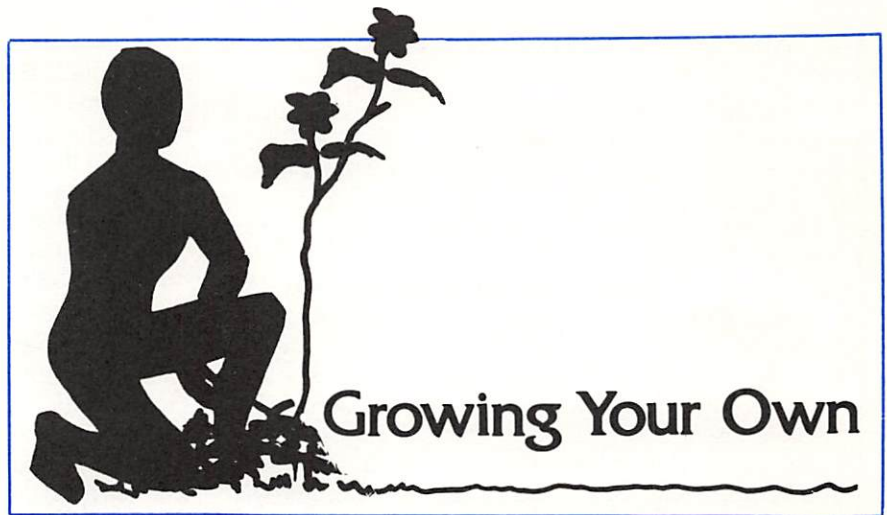
THE FOLLY

I'd rather give up Christmas trees, television and everything else that produces human suffering and death than to have the so-called “benefits” of these. People certainly have not been made happier by these “marvelous” inventions. We may be amused for a few minutes by watching television but, like eating junk food, the suffering it causes isn't worth it. We see greater and greater unhappiness and more and more disease and violence with each passing decade, and with every increase in pollution of all kinds.

We must first and foremost work on ourselves to live more *Hygienically* to make ourselves a stronger and healthier people in order to eradicate all this pollution. Living completely *Hygienically* will give us more nerve energy to fight off free radicals and other pollutants and we will be healthier than the average person, but we won't be completely immune.

The pollution itself, like a virulent poison, is too much of an assault to the living body for us to ever reach our greatest health potential. Our children will not be as healthy as we were, and their children will be still less healthy, and so on.

We must turn our thoughts to a greater threat to mankind than ever existed: all kinds of pollution. There'll be no air to breathe, no peace and quiet, no sunshine, no normal temperature, no food (let alone proper food), no regenerative rest and sleep, no benefits from exercise, no pure water and no emotional poise if we don't stop the pollution of the entire world! We either cease polluting our beautiful world or be content to perish with it. All the tranquilizers and analgesics in the world won't be sufficient to hide the misery that is in store for us if we continue the pollution folly. ☀



Achieving Harmony with Nature

by Annie B. Silvan

"Nature will always stay true to us and mend our broken bones and spirits, if we will give her a chance."

Humans, the highest form of life on this planet, are a part of the whole lifecycle. They stand erect, reaching to the heaven with their feet firmly grounded on the earth that sustains them. They are dependent on all the other cycles of life beneath them from birth to death. All cycles are interrelated and inter-dependent, forming a whole.

Nature surrounds us at all times. She embraces the earth and its creatures with her beauty. She waits for us patiently while we are learning to understand her living silent speech. We as humans are a part of this force which is nature, and are interwoven with her. We can violate her laws, but sooner or later we will have to come back to her for her mercy. She will always stay true to us and mend our broken bones and spirits, if we will give her a chance. The closer we get to her, the more she will reveal her secrets and beauty.

Every time we plant a seed, we have to marvel at her strength that she has put into the tiniest one. Looking at it, it seems lifeless. But it has the life force to lift a thousand times its own weight and to reproduce its own kind ad infinitum.

Organic gardening gives us all the requisites of Natural Hygiene living.

I can not imagine a Natural Hygienist who would not want to get his hands into the soil and grow his own food. Only a person that has worked with the soil can appreciate the pleasure derived from gardening activity. It surpasses any other form of exercise in value. The whole person is involved, the mental, physical, emotional and spiritual.

You are out in the fresh air with sunshine and rain, aware of the elements around you. You become one with nature and learn to understand



A true lover of the outdoors, Annie Silvan has had considerable experience both gardening organically and writing about it. Self-employed in various businesses over the years, she found her way into Hygiene after suffering the effects of overwork and other harmful habits. Having worked at and then managed Esser's Ranch, a Hygienic institution in Lake Worth, Florida, she now hopes to become a Natural Hygiene practitioner. Among other current activities, she designs and manufactures swimwear and serves on the membership committee of the American Natural Hygiene Society.

the joy of life. When you are upset with something you can not change, try to do some digging or pulling weeds. You will find that you return more relaxed and you can look at the problem with a different perspective.

Who can deny the pleasure of rest after hard work, lying under a shady tree on a hot day, or relaxing in the tall grass with the warmth of the sun on a crisp spring day? You look up at the sky with reverence, completely relaxed and at peace with yourself and the whole universe, listening to the subtle sounds of nature. After a day's work you look back and feel proud of your accomplishment.

A complete Natural Hygiene life would not be possible without organically grown food.

As compared with the commercial product, your first fruit grown by your own labor will taste twice as good and it will also be twice as nourishing. Each of its cells nourishes your body as well as your soul. You remember when it was only a lifeless looking seed. Aware of its needs, you gave it the elements to mature. Of course Nature helped a little.

Commercial foods are not fit for consumption by man or beast.

More and more people are becoming aware of the poor quality of our "food." By rights we cannot call it food, if it does not nourish our bodies. The average person feels that any food sold in American markets is fit to eat since the government would protect the people. Well, it just is not so. It may well protect some people, who are interested in making a lot of money.

The federal agencies have not been giving us the truth. The Food and Drug Administration, for example, denies that depleted soils may produce inferior crops. Yet, according to one of its own food research officers, Dr. Homer Hopkins, this claim is simply not justified by the evidence. In a report which he prepared on this question, Dr. Hopkins lists numerous studies which demonstrate a definite relationship between the nutritional value of food and the fertility of the soil on which it is grown. The FDA tried to conceal his report from the

public, but, due to the investigation of Representative David King of Utah, it was eventually published in the *Congressional Record* (February 16, 1966).

Dr. Firman E. Bear scientist at Rutgers University in New Jersey, proved years ago that the official views of the FDA on these matters were wrong. His tests showed that identical looking vegetables could vary as much as 1000 percent in mineral value. He found that calcium content in lettuce varied from 16 to 71 parts per million and copper content in spinach varied from 12 to 88 ppm. Cobalt was completely absent from the poorer samples of beans, cabbage, and lettuce that he observed.*

If there is such a difference in the mineral content of vegetables, we would be wise to assume that there is also an effect on vitamins, not to mention enzymes.

You know what you are eating when you grow your own food.

When we buy food, do we know what we are getting? How long has it been since it was harvested? Was it picked at the right time of maturity? Has the fruit ripened enough to make it sweet, or was it picked unripe and injected or fumigated with some chemical to give it shelf life? How often have you bitten into a good looking peach and found it rotten on the inside? Are we getting our money's worth when we buy food, or are we paying dearly with our health for something we think is food.

The reason for eating is to nourish our body. We want to keep it in good working condition, so we can live a long, productive life. A Natural Hygienist, being a responsible person, does not want to burden society by becoming sick and unable to take care of himself. When we grow our own food, we know that we are getting what we put into it. Food should contain all the elements necessary for maintaining a healthy body.

So if you want to live in accord with nature, start planning a garden for growing your own food. 

* Bear, Firman E. Variation in mineral composition of vegetables. *Proceedings of the Soil Society of America*, 1948, volume 13.

**STRATEGY
AGAINST
SMOKERS**

According to a simple but instructive study recently conducted by Leonard Jason, Assistant Professor of Psychology at De Paul University, nonsmokers may be able to substantially reduce their exposure to smoke if they make their disfavor known.

In this study Dr. Jason monitored the amount of smoking he was exposed to during his eight-hour work days. Through several different phases of the study, he kept track of the amount of time that he was "in proximity to a person having a lit cigaret, cigar or pipe." Each phase of the study lasted 17 days.

During the first (or baseline) phase, he found that his average exposure to smoking was about 40 minutes per day.

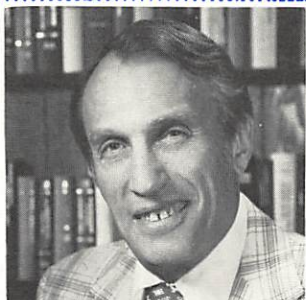
During the second phase, he made a deliberate attempt to "stay away from smokers by avoiding them." This tactic, he said, succeeded in reducing his exposure by only 10 minutes per day. When he returned to the baseline phase, his exposure went back up.

Then he tested an "avoidance and confrontation" approach — politely asking smokers not to smoke in his presence. The result was an average smoke exposure of 20 seconds per day. In the final phase, another baseline period, rates of smoke exposure increased to 14 minutes per day.

Dr. Jason concludes, "These findings in general suggest that through the use of combined confrontation and avoidance strategies, exposure to smoke can be substantially reduced."

— Reported in the *Illinois Nonsmokers Newsletter*
December 1978

CONSUMER ALERT



Smoke Detectors: Life Savers or Killers?

by Max Huberman

Smoke detectors are designed to save lives. They can also cause death by cancer.

There are two kinds of smoke detectors on the market: the photoelectric unit and the radioactive kind. According to the National Bureau of Standards, there are more than 10 million radioactive smoke detectors in homes and work places and millions more entering the market place each year. In comparison, only 10 percent of the photoelectric type have been sold.

In my previous articles and lectures on radiation perils I noted that *plutonium-239* is one of the deadly nuclear wastes that is created when the used-up nuclear fuel is removed from reactors. It is in fact one of the most toxic materials being handled anywhere. Inhaling only a thousandth of a gram can kill in a matter of hours. A millionth to a trillionth of a gram can cause cancer.

So what does plutonium-239 have to do with smoke detectors? Just this: A warning label on most radiation-type smoke detectors states, "Ionization Principle. Caution: Radioactive Material, Contains one microcurie Americium-241."

"There are more than 10 million radioactive smoke detectors in homes and work places."

This element (americium) has been defined as a radioactive "alpha-emitter that accumulates in tissues and constitutes a hazard comparable to plutonium" by Dr. William J. Bair, renowned radiologist and manager of Battelle Pacific Northwest Laboratories Environmental Research Program at Richland, Washington. Dr. Bair also states:

"Americium and Curium (by-products of plutonium) are largely translocated from lung to liver to skeleton, even when inhaled as oxides, and are expected to occur in increasing amounts in future nuclear power technologies . . ."

Just one microcurie of americium-241 or even two in a smoke detector. Is that anything to be concerned about?

According to Dr. Edward A. Martell, environmental radiochemist with the National Center for Atmospheric Research in Boulder, Colorado, there are "thousands of lethal doses" in just one microcurie of americium-241.

Researcher McKinley C. Olson, author of *Unacceptable Risk: The Nuclear Power Controversy* (Bantam 1977), cites additional authorities on the subject, including Dr. Karl Z. Morgan, former director of the Health Physics Division at the Oak Ridge National Laboratory and currently with the School of Nuclear Engineering at Georgia Tech in Atlanta; also Dr. Dean E. Abrahamson, physician and physicist and professor at the University of Minnesota.

"The risks are identical for plutonium-239 and americium-241," says Dr. Morgan, "and once in the environment, americium is more of a risk than plutonium because it is more readily taken up by animals and plants in the food chain."

Dr. Abrahamson adds, "There is no question about the toxicity of americium, especially if it gets into the food chain."

Researcher Olson informs us that americium-241 is fifty-three times more radioactive by weight than plutonium-239 and the average smoke detector contains two-and-a-half microcuries of americium-241.

Here is how the radioactive smoke detector works: The americium transforms the air that flows through the detector into the conductor of a small electric current. When this current is interrupted by particles of smoke, an alarm is triggered.

The photo-electric (non-radioactive) detector alarm goes off when a beam of light inside the unit is interrupted by particles of smoke. Either type of detector can "suffice," says fire research engineer Richard Bright of the National Bureau of

Standards. However, Bright also points out that while most smoke detectors last about fifteen years, the americium-241 itself has a radioactive half-life of 460 years. He also cautions that smoke detectors can and have been destroyed in fires, which vaporizes and oxidizes the americium.

"Firemen risk exposure to radiation while fighting fires in facilities where the detectors are installed or stored."

Ralph Nader's Health Research Group warns of "the possibility that americium exposure presents a hazard to workers in facilities where ionization (radiation type) smoke detectors are assembled," and that "Firemen risk exposure to radiation while fighting fires in facilities where the detectors are installed or stored."

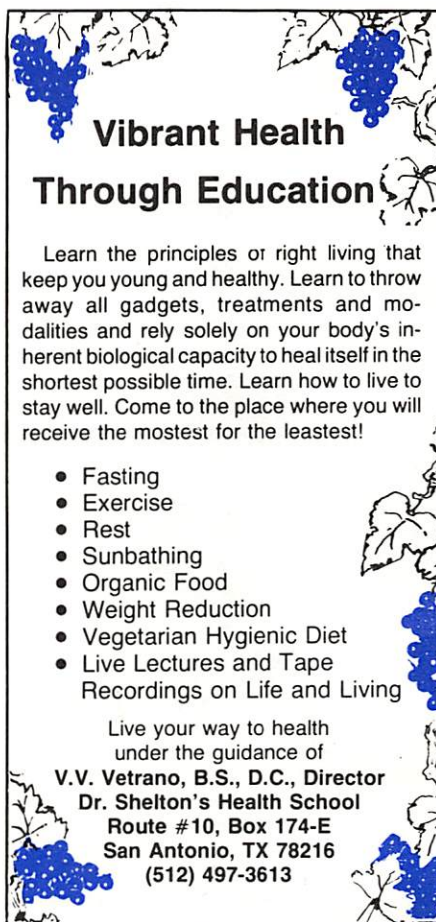
Meanwhile, detector industry spokesmen and the Nuclear Regulatory Commission defend radioactive smoke detectors as life savers and contend that the americium involved is too minute to be a potential threat to health and safety.

Of course, Hygienists are not beguiled by the dangerous nonsense that "a little bit" of poison won't hurt you. As we have often stated, a little bit will kill you, but it kills you a little bit at a time.

Concerned consumers should demand the prompt removal of americium smoke detectors from the market and also insist that the NRC undertake suitable disposal of all units. Manufacturers should be urged or directed to switch all production to the practical but non-radioactive photo-electric smoke detectors.

Join me next month for a final wrap up on this series dealing with the hidden hazards of radiation.

Meanwhile, let us heed the words of Nobel Laureate Linus Pauling who declares, "The nature of the gene is such that genetic mutation could occur even at the lowest dose rates . . . that is, there is no safe threshold."



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Jogging:

America's Newest Exercise Favorite

Exercise for Fun and Fitness

by Bruce Meservey

Jogging has emerged as one of America's favorite outdoor exercises, competing with golf, tennis, bicycling, and skiing. About 15 years ago we saw a few early-day joggers running inconspicuously on our city streets in what looked like their underwear — the first joggers. This trickle has gradually increased to a torrent. According to the National Center for Health Statistics seven million people now jog. Another source puts the figure at 25 million. Jogging is very popular and often addictive.

History of jogging. Primitive man jogged — for his food, and also to run away from man-hungry animals with the same intentions. Running contests were held in China and Egypt about 4,000 years ago. And ancient Greece established running as a sport, about 700 B.C., the beginning of our Olympics.

Jogging (slow running) is now done by all kinds of people all over the country. It's a household word — and a household exercise.

Definition of jogging. A jog is a slow run. Its speed is equal to about one mile per 10 to 12 minutes, while a run is about a mile per 7 to 8 minutes, almost 50 percent faster.

However, you shouldn't jog according to a fixed time. There are slow, moderate and fast jogs. Choose a pace that is comfortable — not competitive. This is important. Let your body's general feeling guide you. Jog so that you experience a minimum, if any, muscle strain and labored breathing. Jog to build endurance very gradually, but with reasonable enjoyment as you do it. It can be very pleasant.

JOGGING'S MANY ADVANTAGES

Fun. If done without excessive strain — underdoing rather than overdoing — jogging can be fun. It is an excellent way to enjoy the outdoor scenery — and the sun and fresh air, too.

Convenience. Unlike most outdoor exercises, jogging can be done anywhere, anytime. Joggers can use city streets, public parks, jogging paths, gym floors or their own backyards. Usually, you don't have to travel any distance. Just step outdoors.

No equipment. Joggers don't need any special facilities or exercise paraphernalia. Just a willing and able mind and body.

No partners. Jogging requires no teams or competitors. You can do it alone — no waiting for a partner to join you.

No special skills. Jogging doesn't require exceptional talent or advanced training of sports such as golf, bowling and tennis. Just start moving.

No ageism. People of all ages can and do jog — from 7 and younger to 70 and older. Older joggers should, of course, take considerable extra time to condition themselves, but they can build up more than they might expect. Studies show that sedentary older persons who start training can eventually become as fit as long-time athletes.

No sexism. Jogging is an equal opportunity sport — open to men and women. Despite any ideas to the contrary, women do very well jogging. In fact, they seem to possess a natural economy of style that allows them to go greater distances than men, often without noticeable fatigue.

No cost. You can jog without paying admission charges, dues or taxes. It takes little energy, but it's essentially free. In these inflationary times, that's no small advantage.

JOGGING'S FEW DISADVANTAGES

One-sidedness. While jogging builds a stronger cardiovascular system — heart, lungs, etc., and develops the lower body quite well — it does neglect certain muscles. It doesn't develop the upper body areas: back, chest, arms, shoulders, and waist. Supplemental programs therefore should eventually be added to this exercise. Swimming, calisthenics and weight training can all be used to condition the upper body and provide some variety in exercising.

Overdoing. Jogging can be overdone, especially if you are impatient and don't take the time to condition carefully. There can be leg problems, sore muscles, etc. These troubles can be kept to a minimum or entirely prevented by carefully studying the advice given in this article and in some of the various jogging books (see references) — and then applying it faithfully. Particularly, you should take care to run on soft surfaces, use the proper footwear, lose excess weight (which places a burden on the legs and knees) and avoid jogging too long, too fast and too often. Sometimes the best solution is simply to switch to another exercise such as swimming, bicycling, calisthenics, or a combination of these.

BENEFITS OF JOGGING

Circulation and oxygenation. Wise jogging gradually builds greater capacity and efficiency of the cardiovascular system. In fact, because it can minimize or prevent many of the heart problems so prevalent in the U.S. today, it is now recommended by the American Heart Association. If jogging is combined with the Natural Hygiene diet — a must for any exercise program — the benefit is greatly enhanced.

Most of our sedentary population is tragically oxygen-and-circulation deficient. Jogging improves the assimilation of oxygen and thereby contributes to better health and better feelings. Joggers often comment on a sense of greater well-being. This feeling is in large part due to the increased oxygen and blood circulation. Similarly, much of the so-called jogger's

"euphoria," so often mentioned, can probably be attributed to this increase.



The author finishes a 10 kilometer race in Riverside, California on November 19, 1978. "I guess they were surprised to see me finish, at my age," the 69-year-old runner told *Health Science*. Though used to running only about a mile, Mr. Meservey recently decided to condition himself for this six-mile course. "After the race," he reported, "I had no fatigue or exhaustion at all. I felt real good, in fact quite exhilarated for the rest of the day. It was a real tribute to Natural Hygiene and the extra endurance it gives."

Sleep, digestion, weight, endurance. The President's Council on Physical Fitness reports that jogging improves sleep and digestion, as well as weight control and endurance. It is a good way to help you burn off excess fat and increase muscle, again especially if the proper natural food diet is faithfully followed. If distance and speed are progressively increased within one's ability, consistent jogging can gradually build more strength and stamina.

PLANNING A JOGGING PROGRAM

General Precautions. Most persons, especially those on the Natural Hygiene program, can start a regular jogging schedule.

As with any exercise program, readers would be advised to first adhere faithfully to the Hygienic diet of natural foods. Today's con-

ventional diet of bad foods can slow down or prevent any progress in exercising. Such books as *Food Combining Made Easy* and *Superior Nutrition* may be consulted for planning a proper diet.

If you have not been involved in a regular exercise program and wish to start jogging, you would be well-advised to consult a professional to determine whether or not you are in condition to embark on this kind of program. To find out your limits, *Consumer Guide* suggests:

It is a good idea to have a cardiac stress test before you start a program of exercise, especially if you are more than 35 years of age. The test will help tell you how long and hard you can play, jog, swim, cycle, or whatever. The condition of your heart determines how much exercise you can do (p. 174).³

Keep in mind that many more people have physical problems due to lack of exercise than because of it.

Clothes. For best ventilation, clothing should be cotton or wool. Wear light, cool clothing in the summer, and warm, loose clothing in the winter.

Remember natural fibers are cooler than synthetics. They draw heat away from the body, while synthetics tend to trap heat. So for real cold days, use thermal underwear, a cotton suit, a turtleneck, gloves or mittens, and a warm headpiece.

Shoes. If you are going to be jogging regularly a mile or more, a good running shoe is advisable.

The sole should be durable enough to buffer sharp objects, soft enough to absorb shock, and flexible enough to let the foot move freely. A half-inch to one-inch ripple sole is good; soft rubber cleats are even better.

The heel should be slightly elevated to take strain off the legs and the Achilles tendon (just above the heel). The heel cup should be firm and fit the heel snugly, with good cushioning to absorb impacts.

The bottom should be flexible (check by bending the shoe), but should provide strong arch support. Uppers should be nylon to give light weight.

For best fit, try on both shoes with the socks that you will wear. A wide toe box and a half-inch of toe room to

the tip of the shoe is best. Above all, shoes should be comfortable.

Where to jog. The best place to jog is an area with grass; next best is plain dirt. Avoid hard surfaces, especially cement.

The effects of hard surfaces can be lessened by using well-cushioned running shoes and more care in jogging, but searching for a suitable spot is worth the effort. Drive to good areas if necessary. Perhaps you can find a jogging path, a country road, a school playground or a vacant lot. Stay away from heavily trafficked streets to avoid the pollution.

Stick to level ground, postponing any hills until you are better conditioned. If you must run on a banked surface, reverse your direction to balance the effect.

When to jog. Early morning is a good time to jog; so is the noon hour — if you skip lunch. Jogging in the late afternoon helps dissolve the day's tensions. Jogging in the late evening can prepare you for better sleep.

Be sensible about the weather, avoiding extreme heat, cold and humidity. If it's over say 80 degrees Fahrenheit, try to run at a cooler time of day.

Allow two to three hours after a meal. Jog only when adequately rested, never when fatigued, strained or in pain. Do not jog if you experience fairly severe leg pains, sickness or other physical problems. Rest until fully recovered.

Build a constant awareness of body symptoms that demand rest rather than activity. Common sense and prudence should guide you to minimize problems.

Schedules. Jogging can exert considerable strain on the beginner unless begun very gradually. Start with a 5 to 10 minute session and work up to 30 to 45 minutes. Three workouts per week ought to be the minimum.

Consult a book on jogging for a detailed schedule. *Jogging* by Bowerman and Harris,² for example, provides a 12-week program that includes distances, pace and special instructions for gradually building one's stamina, endurance, and efficiency.

THE JOGGING SESSION

Warm-up. Always warm the muscles first by doing a series of long, slow

stretches, mainly of the ankles, calves, thigh and lower back. (See Jim Ferstle's *Contemporary Jogging*⁴ for illustrations.) Follow this by several minutes of walking and easy jogging. This procedure is very important for limbering the muscles to minimize the possibility of leg problems.

Speed. If you are just beginning, don't think about speed. Just move along easily, building familiarity with jogging, and concentrating on an erect posture, best stride, maximum relaxation, etc.

When you get tired, stop and walk for a while. Don't strain. As I jog, I repeat the word: "Ea-sy — ea-sy." Try it.

You should be able to carry on a conversation or do counting as you jog. This is a primary rule. If you can't do this, you may be jogging too fast or you should stop and walk. As you build strength in muscles and breathing, you can increase speed, but not before. Be patient; endurance will come gradually. Again, don't strain, ever.

Style. Jog with the back fairly straight, and always with the head up. Avoid bending over and looking down. This facilitates breathing. Bend the elbows and keep the forearms parallel to the ground, slightly away from the body. A good posture gives you more efficiency and endurance.

The stride should be easy, with the foot falling under the knee, not out ahead. Don't overstride or lift the knees too high. A fairly short stride enhances the shock-absorbing ability of the knee.

Land first on the heel of the foot, roll forward, and take off from the ball of the foot. This heel-to-toe foot strike is the least tiring over long distances.

The stride should be loose and natural. Try to relax the body in all ways, always.

Van Aaken, a marathon trainer and author of *The Van Aaken Method*,¹⁰ advises not hurrying. He says, "I don't hurry. I don't run very far at one time — only a mile or so, then I walk for awhile." About 95 percent of his running is slow, the remainder fast. Take note.

Build interest. Change your route occasionally to enjoy different scenery. Change the time of day to add

further variety. Or perhaps, jog with a friend or a group. But avoid competition, always jogging at your best pace not someone else's.

Taper off. Never quit suddenly. Jogging can tense the muscles, so you should spend about 10 minutes at the end using the same stretching exercises as in the warmup. Do some thigh-calf-ankle stretches, some bendovers, some squats, plus some moving around. This will relax any muscles that might be tense.

If showering, use water at body temperature. Hot or cold water can shock a tired body.

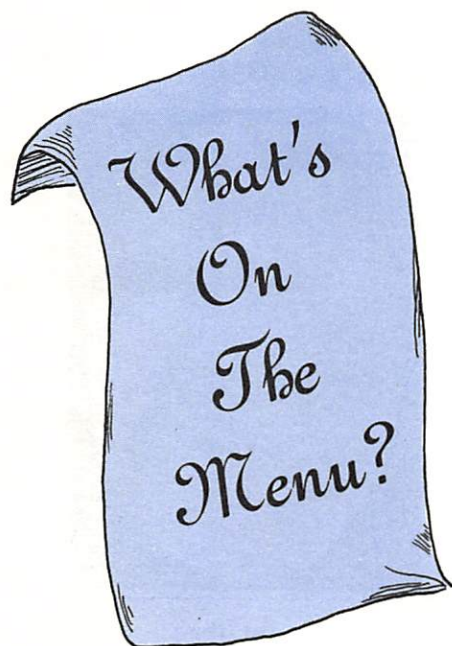
CONCLUSION

The glowing testimonials that many people make today about jogging seem to be due to the enormous improvement in circulation and oxygenation that occurs when one applies oneself conscientiously.

Regular jogging plus a good diet, sufficient rest and other aspects of the Natural Hygiene program should produce priceless results. It's worth trying. ☀

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This month's recipes were contributed by Dorothy K. Brosious, director of the Bay 'n Gulf Health Resort in St. Petersburg, Florida. Mrs. Brosious says:

The American Natural Hygiene Society and Bay 'n Gulf Health Resort recommend an all natural raw diet. However, there are some people who are not ready for so rigid a regime; so we make compromises.

Health Science invites readers to share their favorite recipes with other members. Of course, all ingredients and combinations should be in basic accordance with sound Hygienic science and practice. We recognize, however that those who become vegetarians before fully accepting a complete Hygienic program are in a "transitional," stage and do not always immediately dispense with cooked foods. We, therefore, accept some recipes that involve a minimum of cooking, but, reiterate that raw foods in their natural state are the Hygienic ideal.

Send your recipes to: What's on the Menu? % Health Science, 1920 Irving Park Road, Chicago, IL 60613.

Creative Ideas from the Bay 'n Gulf

LENTIL STEW

lentils	4 tomatoes
1 onion	3 carrots
3 sticks of celery	kale (optional)

After breakfast, place measured lentils in pot and add twice as much distilled water. Bring to boil and remove from heat. Cover and let stand until 1 hour before dinner. Then add 1 onion, 3 sticks celery, 4 tomatoes, 3 sliced carrots and cook until lentils are tender. If desired, pieces of kale can be added a few minutes before removing from heat. Note: this is not called a soup because Hygienists do not make things soupy. This is more of a stew consistency.

TOMATO DRESSING

2 medium-sized tomatoes	parsley (optional)
1 onion	vege-base (optional)
2 lemons	1 tsp. whole celery seed
1 cup cold-pressed safflower oil (optional)	(optional)

Place 2 medium-sized tomatoes, 1 onion, and 2 lemons in blender. When well blended, add 1 cup cold-pressed safflower oil while blender is still running. Chopped parsley, vege-base, and last 1 teaspoon of whole celery seed can be added. Allow to stand for 2 hours refrigerated, before serving. Oil can be omitted, if desired. Use with non-starch meal. Salads are always good served finger style with no dressing.

EGGPLANT CASSEROLE SUPREME

6 tomates	1 eggplant
1 medium-sized onion	½ green pepper

Cut up six peeled tomatoes, 1 medium-sized onion, ½ green pepper, and 1 eggplant (diced). Cook over low heat until eggplant is tender (about 20 minutes). Place into baking casserole and bake about 20 minutes at 400 degrees. Remove from oven and top with ½ lb. of ground nuts or ½ pound cheddar cheese and return to oven just until cheese melts.

BAKED CORN

Remove silk tassel from top of fresh corn. Replace corn husks around corn. Place corn with husks under running water. Shake off excess water. Place on rack of oven which has been pre-heated to 400 degrees. Bake from 10 to 15 minutes.

Excellent for picnics. Each person peels his own corn.

ZUCCHINI BOATS

zucchini	celery
onion	tomato
green pepper	

Lay zucchini on its side and slice a portion from the top edge across its length. Scoop out center leaving a canoe-shaped boat. Combine center and top portion with onion, green pepper, and celery, diced very small. Heat mixture over stove. Just before removing from fire, add cut tomato. Place this into steamed boats when time to serve.

John Henry Tilden was the man who elaborated and systematized the revolutionary enervation-toxemia theory of disease. In so doing, he brought within the grasp of average minds the knowledge of how living habits — both mental and physical — affect the body's fund of nerve energy and its tendency to accumulate toxins.

Born January 21, 1851 in Van Burenburg, Illinois, the son of a physician, John Tilden aspired from early boyhood to enter the profession of his father.

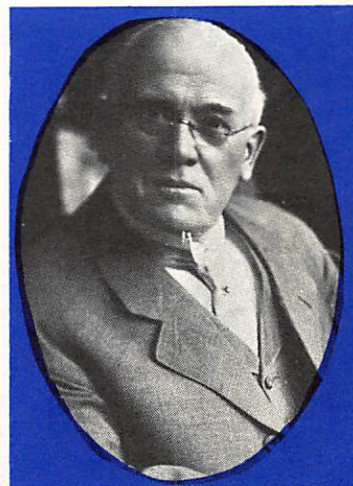
A graduate of the Eclectic Medical College of Cincinnati, Ohio, he practiced medicine and surgery in a most traditional fashion for about twenty-five years. Gradually, however, experience led him to lose all faith in drugs and he began to use placebos, or "blank cartridges" as he called them. Finally, he says, he "evolved to the truth that even sugar pills were injurious, in that they make believe medication educated my patients into believing that their improvement was due to the supposed drug they were taking."

With this understanding, he devoted himself to teaching Hygiene. An unsparing humanitarian, he operated a sanatorium, lectured and wrote prolifically, attempting to share his knowledge with all who wanted to learn. By the time he died, on September 1, 1940 in his ninetieth year, he had won a world-wide following.

From 1900 until his death, he edited a monthly magazine which was first known as The Stuffed Club, then as The Philosophy of Health and finally as the Health Review and Critique. His many books include Toxemia Explained, Impaired Health: Its Cause and Cure, Diseases of Women and Easy Childbirth, Children: Their Health and Happiness, and Food: Its Influence as a Factor in Health and Disease.

The following selection, an address which he delivered to the Colorado Retail Hardware and Implement Dealers' Association, in Denver, March 3, 1914, demonstrates his talent for making his enervation-toxemia theory intelligible to laypersons of every walk of life.

128th Anniversary



1851-1940



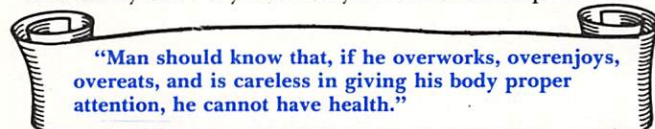
Timeless Teaching

HOW TO INCREASE EFFICIENCY

by John H. Tilden, M.D.

In matters medical, as well as in law and theology, the people are accustomed to look to professional men for aid. The doctor is consulted for all that is needed in the line of relief and cure for disease. The idea that disease is avoidable, unnecessary — in fact, an indication of ignorance — is not known to them; for it is only just beginning to take hold of the minds of a very few people.

The leaven of intelligence is, however, beginning to work; as proof I take pleasure in referring to the fact that today the very best lawyers settle all disputes out of



"Man should know that, if he overworks, overenjoys, overeats, and is careless in giving his body proper attention, he cannot have health."

court. It is found that there is more money in this form of litigation for both lawyer and client. Lawyers charge as much or more for telling how to avoid trouble as the old-time lawyers charged for helping their clients to get

sweet revenge. Revenge always costs a pretty penny in money, time, and real wear and tear of body and mind. If there were nothing more saved than the wear and tear to manhood, the saving in that item alone would be enough to recommend the new system. When ignorance flourished among lawyers and their clients, the ministers were preaching everlasting torment, hellfire, and brimstone, and doctors were bleeding and mercurializing the people to death. These were the days when the average length of life was thirty years. Just think of cutting down the span of life to one-fourth its normal length!

In those days, which are easily within my memory, it was almost impossible to get a civil answer to any question asked a railroad agent. Today there are bureaus of information in all centers and places where strangers pass, and anyone and everyone can have all the questions answered he desires. This modern accommodation saves a world of worry to the traveling public. This, saves a lot of nerve force; and, as full nerve force is

necessary for health, it can readily be seen that much sickness is saved by the polite manner in which employes serve the traveling public.

The manner of waiting on the public by merchants and their employes has changed. In the old days credit was given to everybody; so, to meet the inevitable loss that had to come at the end of every year, prices were marked up, and those who paid their bills were obliged to pay something of the loss caused by those who failed to pay. Those who, from lack of judgment, were urged to buy, or who bought because it was so easy to get all and more than they needed, eventually established a reputation for being no good, bad pay, dead-beats, etc.

The style of doing business was to blame for building such people. The dead-beat is a product of bad business; the merchant expended money and nerve force in perfecting him; the merchant lowered his own life force, and more or less shortened his life, in building for a brother a bad reputation, which in time, lowered his brother's life force and caused him and his family, if he had any, disease and early death.

Every community today has its credit men. This is health-conserving; for the merchant does not need to sell his goods, and then worry about whether he will be able to collect. Much nerve force is saved to buyer and seller. When they meet they can be polite.

The old rough-and-tumble style would have been to tell the poor fellow, with the disease called dishonesty: "Your credit is not good, you are a dead-beat, and we want nothing to do with you." It matters not how low in the social scale a human being drops, such treatment sends him away sick in mind and body, and full of revenge; and, as the law of compensation is eternal and omnipresent, we must know that something cannot come out of nothing; we cannot secure something for nothing; and when we crush the spirit of a human being, we have expended a force that reacts on us and brings back to us as much of the poison influence and death as we send out.

We reap what we sow. We cannot sow distress without reaping distress. The crows of discontent we send out come home to roost. Just the kind of pain we give may not be returned to us, but its equivalent will return; there is no escaping from our sowing, be it good or bad.

So long as the industrious, shrewd, sagacious, frugal, thrifty, economical, prudent, and wise do not know they should be *their brother's keeper* — that they should, because of their fortunate mental endowments, see to it that those less fortunate are helped to get on in the world — just so long will society continue to build disease, crime, and early death.

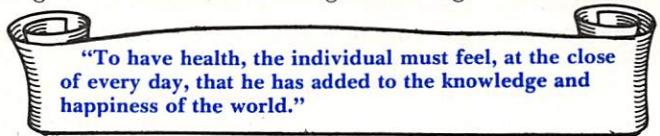
With the present ignorance, people generally do not know that criminals are made out of those whose wit and wisdom are unable to compete with those who are reckoned as wise and successful. Those who are successful take advantage of the inability of those who are unsuccessful, and in doing so build disease for those who never do well, and also build disease for themselves and families.

The merchant who does not give his help a decent salary is certainly tampering with the law of compensation, and will be compelled to suffer reflexly all that his acts cause others to suffer.

It is doubtful if any man would become dishonest if he were not exploited by those who have selfish interests; those who have something to sell; those blessed by nature with faculties superior to the so-called dishonest.

Would there be anything honest, honorable, or commendable in stealing from a blind man? This act is paralleled when the shrewd and wise take advantage of the ignorant and foolish; for it is a case of mental blindness with the latter.

The more man knows, the more responsibility rests upon him. The man who fills the position of information bureau should be conscientious and give to those asking information the truth, the whole truth, and nothing but the truth; for if he gives wrong information, he



may do those confiding in him irreparable injury. The surgeon may be expert, and he may be able to cut into the human body with consummate skill; yet, if he operates simply because he can impose on the credulity of his victims and the public, he is exploiting humanity for selfish purposes, and not for the greatest good to the greatest number.

It may be good salesmanship to sell to someone something not needed; it may be considered good business to allow people to abuse themselves because of their ignorance; when a word of advice from those who know would save them; but I think it is adding to the misery of the world, and, besides, just as much unhappiness and discontent for those who refuse aid as for those who need it.

Disease is largely mental, and, to keep the mind right, it must be given mental medicine. Prosperity is good medicine, but it does not carry full therapeutic value unless it is extended to all. The prosperous man must not make his prosperity contingent on the distress of others; if he does, the more he succeeds the greater his failure.

Health, happiness, and prosperity are contingent on the health, happiness, and prosperity of all mankind. Every man must add his mite to the world's sum of happiness; if he will not, then he inhibits his own health and happiness to just the extent that he refuses health and happiness to others.

In what way may the world's happiness be added to?

The cause of unhappiness is ignorance; then it behooves every man to add his mite of knowledge to the world's knowledge. Each individual in every calling of life has special knowledge; then, if he would be happy, he must give it out to others — those who do not know.

Success is too often spelled by dollar marks. If a man does not grow humility as rapidly as he grows wealth, he

is meeting with reward faster than he is earning it; and, *as surely as a saving moral code rests on the imperative truth that something cannot come out of nothing*, he must pay the penalty of wittingly or unwittingly reaping an unearned benefit.

Perhaps someone will refer to the large successful captains of industry and their businesses as evidence that my philosophy is lacking substantiation. In reply, I point to the world of sickness, pain, and premature death; the hospitals, insane asylums, jails, prisons, reformatories, and houses of refuge; all resulting from selfishness — from a desire to get on in the world at the other fellow's expense.

It should not be forgotten that the law of compensation is not a just law nor an unjust law; like all natural law, *it is — it is a fact*; and all facts are never-changing, everlasting, and always present to aid us in doing the right, and to punish us when we do the wrong.

Man's duty is to study his relationship to fixed law; then obey its requirements. To do so with any degree of certainty, he must believe in *its* fixedness, and *his own* instableness; then, with enough faith to compel self-adjustment to law's requirement, man may hope to evolve in the line of greatest efficiency.

The child mind may look for reward immediately following its resolve to do the right; but, alas! reward comes in the slow coach of evolution, and, when it arrives, the individual may not recognize it. If selfishness has been clothed in virtue's garb, the reward will be what selfishness begets, stripped of its hypocritical mask.

The reward of virtue is always modest, and the fact that it is not announced by bugle or trumpet is no indication that it has not arrived. The masses are blind to virtue's reward, and that is why it is not proclaimed.

I have given a hasty view of the unhappiness, disease, and premature death accruing to mankind from selfishness in business. To give the subject proper attention and illumination would require more time than this occasion offers, and, fearing that I shall impose on your patience, I hasten to say a few words on the material side of this question.

"The law of compensation is not a just law nor an unjust law; like all natural law, it is — it is a fact."

I believe in mental and physical causes of sickness.

Man's body is an elaborate digestive apparatus, and the sum of its, the body's, operations is the evolution of mind.

The better the bodily development, the better the type of mind; and, *vice versa*, the better the mind, the better the body.

We may have a very good body and a defective mind; and, on the other hand, we may have a very good mind in a defective body; but, to arrive at perfection, both body and mind must be perfect; and this is brought about by the slow process of evolution, and is accomplished by every man becoming his own savior.

Perfection is a long way off; for few are aware of their needs. Few know that every man can and should be his own physician.

It is a man's duty to be a good animal; for a good animal is a well animal. A well animal is not a menace to the community in which it lives.

"Full efficiency cannot be hoped for so long as man has any habit that lowers his vital energies."

Every sick man lowers the standard of health, the same as every confidence man lowers the standard of honesty; the same as every bad sale adds to the world's discomfort and unhappiness.

To have health, the individual must be on good terms with himself. He must feel, at the close of every day, that he has added to the knowledge and happiness of the world; that he has treated everyone he has met as he himself would be treated. Having squared his acts to meet the requirements of general as well as personal happiness, man must know something of how to care for his body.

Man should know that, if he overworks, overenjoys, overeats, and is careless in giving his body proper attention, he cannot have health. He must know that all stimulants wear out the nerve force, and that he has just so much nerve energy to expend. If he does everything to excess, he will become enervated. This means that he is below the health standard, and from that time on he is liable to be made sick by any and all unusual influences.

What produces overstimulation? Excess in eating; eating meat two and three times a day; eating starchy foods two and three times a day after thirty-five years of age (all foods made from grain, potatoes, rice, matured beans and peas are starchy foods), condiments, sugar in all forms, and fancy cooking; the drinking of coffee, tea, and alcoholics, and the use of tobacco.

In time all these abuses bring on enervation and not only lower physical efficiency, but sadly handicap the mind, and put a veil over the eyes of duty, and drive manhood down and out.

Full efficiency cannot be hoped for so long as man has any habit that lowers his vital energies.

What is the meaning of sickness and death before old age? Lowered efficiency from overstimulation — from bad habits.

Is it necessary for people to be sick and die at the age of greatest activity? No — a thousand noes! Death before old age is a crime, and points to our ignorance and devotion to superstition. What do I mean by devotion to superstition? When people pin their faith to medical men, and believe that all that is required of them is to go to the family physician, when they feel bad, and have him prescribe for them, they can then be said to be blinded by superstition.

Would any of you gentlemen think it a wise plan to undertake to run your business without knowing anything about it? Is your business of more importance to

Timeless Teaching

you than your health and life, or the health and life of your family? You have the running of your health every day and night, and your physician has the running of your sickness.

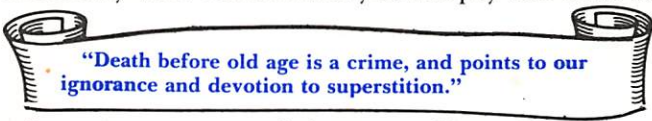
Up to the present the average physician and the average individual give too little attention to health and how to preserve it — how to make health and life continuous until the body has served its usefulness. Does this show enlightenment? How many of you gentlemen would think it a wise plan to wait until you have a fire before you take out insurance? How many would think it wise to wait until health is broken before buying life insurance? Isn't it of more importance to learn how to stay well?

Remember that no one attains his greatest efficiency except when in full health of mind and body. If, then, there were no other reason for full health, a wise man would want it so that he would not be handicapped in the race of life. The man with a gradually developing disease is not equal to the one in full health. Nothing is of so great importance as full health, and how to keep it.

This physicians can teach the people to have, but it cannot be sold by the bottleful. The people must be taught how to preserve their health; then it is up to them to keep it; the doctor cannot keep it for them. It is up to every individual to say whether or not he will be sick and break down early.

What has your medical guardian to do with your daily life? He only prescribes for you when you are sick. Go to him and say: "Doctor, you give me relief from pain when I have it, but I value this body of mine, and I do not want to kick it out unnecessarily. Tell me how I shall live to prevent disease; for disease shows abuse, and I cannot afford to break down. I want to live and enjoy all the life possible for me to enjoy; I want to feel that I am safe."

If your physician has learned half his business; if he has learned only how to relieve your pain, or cut out your appendix, and cannot tell you how to live to avoid pain, and avoid having appendicitis, encourage him to believe that you and all mankind want to know how to live to stay well. Tell him that you will pay him more to



"Death before old age is a crime, and points to our ignorance and devotion to superstition."

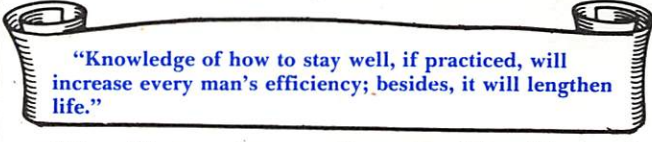
tell you how to stay well than you will pay him to cure you when you get sick.

So long as it is good business, good salesmanship, to cut out an appendix instead of curing it, unnecessary surgery will flourish. So long as there is more money in removing fibroid tumors from women than there is restoring them to health, thereby causing a gradual absorption of the tumors, it will be good business, first-class salesmanship, to cut out the growths.

So long as there is more money in keeping the public ignorant, I believe all you gentlemen will agree with me that it is the part of "good salesmanship" to keep the people blind to their best interests. But I cannot be so

sure that you will agree that a commercialized medical profession is desirable, especially if you, or those belonging to you, happen to be the victims.

Who is to blame for a profession that has to do with the health and life of the people, and, indirectly, with their efficiency, becoming commercialized, evolving a



"Knowledge of how to stay well, if practiced, will increase every man's efficiency; besides, it will lengthen life."

sordid, palliating plan to relieve the sick, with the element of cure left out? The people! The people are so penny-wise and pound-foolish that they want cheap services; and they certainly get what they want. A box of pills for a quarter, instead of being willing to pay someone a hundred dollars to be taught how to live to avoid constipation! A few dollars, a quarter at a time, for pills; or a few dollars, a dollar or two at a time, for prescriptions from a doctor for the bowels, will end sooner or later in a large pain in the bowels, a rush call for the ambulance, hospital, operation, and a three-to-five-hundred-dollar fee — all so quick that it makes one's head swim.

The patient is not cured, for he still practices his bad habits, to which is added a shock from fear, chloroform, and an operation; and to this is added lost confidence in his power to stay well.

No one is ever so strong after an operation as before. Too often an operation is the beginning of the end; for no one will admit that operations do anything more than remove a symptom of a constitutional derangement; the disease is left to undermine the health, and will continue until death ends all, or the victim is taught how to live to get well and stay well.

Good business, first-class salesmanship, has throttled professional ethics, and today we have great "surgical plants" for cutting out all sorts of symptoms, and incidentally extracting fees that no one is willing to pay for prevention and cures.

If the merchant does not want to be given a dose of his own medicine (salesmanship), by the medical profession, he should demand knowledge, and be willing to pay for it.

Knowledge of how to stay well, if practiced, will increase every man's efficiency; besides, it will lengthen life. Every year that a man lives in good health he increases in efficiency and earning power.

Nothing clears the mental vision like health. To do a good business, the mind must be clear. The eyesight is necessary; but without mental sight, opportunities galore are passed every day which, if seen and taken advantage of, would lead on to success.

There are thousands who look well, and their eyesight is good, but their mental vision is blurred by a hot stomach and a congested liver.

Excerpted from Dr. Tilden's magazine, *A Stuffed Club*, September, 1914. 15 (5), 193-209.

Questions about Dental Health

by Dennis Bressack, D.D.S.

What are the alternatives to novocaine for someone who does not have a high pain tolerance and is concerned about the effects of novocaine on the body?

Novocaine is the most commonly known name for a group of local anaesthetics which include lidocaine, carbocaine, and octocaine. When injected into the tissue near nerves, one or more teeth and the adjacent tissue will become anaesthetized (numb). Although they are considered locally-acting drugs, they will dissipate slowly through the tissue and into the blood stream. They will then be detoxified by the lymph system and the liver and be eliminated through the kidneys, the lungs, and the skin.

Other than the soreness from the injection and tooth sensitivity from the procedure, most patients will exhibit no obvious local or systemic reactions. However, some patients may exhibit "allergic" reactions, such as itching, swelling, rashes, syncope (faint), and anaphylactic shock. These reactions are actions on the part of the body to eliminate the foreign substance. Anaesthetics that contain epinephrine may cause symptoms such as increased heart rate and increased blood pressure. Epinephrine containing drugs should never be given to patients with heart problems or high blood pressure.

An individual's pain threshold results from a combination of physical, mental, and emotional factors. Past dental experiences also contribute. I have treated patients who have insisted upon not using an anesthetic for any dental treatment including root canal therapy, minor tooth extractions, curratage (gum treatments), fillings, and crowns and bridges. Most of these people were not vegetarians or Natural Hygienists, but preferred to experience feeling the dental procedure vs. the sensations of the injection and the increased sensitivity which follows the procedure.

On the other hand, there are some patients who are so apprehensive that no dental procedure, no matter how simple, can be accomplished without the use of some kind of sense-altering medication.

I am personally familiar with four methods which I use either alone or in conjunction with one another.

1. No sense-altering medications or methods.
2. Local anaesthetic (Novocaine).
3. Nitrous Oxide analgesia (sweet air, laughing gas). This gas, which is inhaled through the nose, is a combination of nitrogen and oxygen in different percentages than in the air we breathe. It increases relaxation and possibly raises the pain threshold.
4. Audio analgesia. This is a method of inducing relaxation and cooperation in a patient by the use of earphones and specially recorded tapes with relaxing music and spoken relaxation messages. Other purposes are to muffle the sounds of dental treatment and help to distract the patient.

Only the local anesthetic will offer the patient a complete temporary loss of sensation. The other methods are helpful in making the patient more comfortable, more cooperative, more relaxed and less apprehensive.

Other possible procedures which I have chosen not to utilize in my office include:

1. General anaesthesia (where the patient is rendered unconscious).
2. Pre-medication with tranquilizers and other drugs.
3. Acupuncture.
4. Hypnosis.

The choice of method should be given to the patient as long as the patient is cooperative during the procedure and allows the dentist to render necessary dental treatment.

I recently visited my dentist. I have several missing teeth. He gave me the choice of a removable partial denture or "implants" with cemented non-removable crowns and bridges. He explained that implants are a surgical procedure which goes against my grain as a Natural Hygienist. But who wants to wear that flopping denture with ugly metal hooks? What do you suggest?

In certain carefully selected situations, implants can be of great value in restoring a patient's dentition. However, dentistry is still in the early stages of assessing implant research and clinical studies.

An implant is a metal or plastic blade or plate. The gingiva (gum) and bone is surgically approached. The implant is placed, screwed or tapped into the bone several millimeters. It is usually splinted to adjacent teeth until healing and stabilization has taken place. A bridge may then be placed attaching the implant to the adjacent abutment teeth to increase stability. If the implant is not between two teeth, the chances of its survival are lessened.

There are many disadvantages to this procedure.

1. The implant material is a foreign object. Most implant research cites rejection by the body as the main factor of failure.
2. The implant can damage blood vessels, nerves, or the floor of the sinus.
3. There is a possibility of infection or abscess from the implant.
4. At present, the longevity of implants is uncertain. At least for the now, the inclination of most dentists is to leave implants to the researchers.

As to your objections to a partial denture, they are well-founded. They can cause damage to the teeth and the gingiva. They can have visible clasps. They can, at times, be uncomfortable. They may also loosen with time and wear. Most often, if the partial is made correctly, if the remaining teeth are properly cared for by the patient, and if the denture is periodically adjusted or replaced when necessary, then the partial denture should be adequately stable, esthetic and functional. Usually, an upper denture is more stable than a lower denture. Of course, the more teeth that are missing, the less stable and retentive the partial may be.

Non-removable cemented crowns (caps) and space-spanning bridges can allow for more efficient attachment from the denture to the crowns, and effective hiding of the metal clasps to within the crown itself.

Dr. Bressack welcomes reader's questions. Unfortunately, due to the volume of mail he cannot answer them individually. However, he will address representative questions. Send them to: Dr. Dennis Bressack, % Health Science, 1920 Irving Park Road, Chicago, IL 60613.

HOW YOU MIGHT BE A HEALTH PHILANTHROPIST

Who are the people who make large bequests to the American Natural Hygiene Society, Inc.? Not necessarily the kind of folks you would think.

The most recent bequest on June 26 for \$10,000 came from California member James Dobreff, a gardener. His only communications with us since becoming a member in 1960 were the payment of the basic membership dues and small contributions when appeals were made. After his death we learned he had made a will in 1964, which stated in part: "I am a hygienist by conviction. Therefore, I declare that I bequeath fifty per cent of my assets in the form of real estate property and savings to the American Natural Hygiene Society. My desire is the money to be used for the advancement of Natural Hygiene principles."

In April we were notified of a bequest to us for \$1,000 from Indiana member George Hoyer, a factory worker before his retirement. He had been a Regular Member since 1962.

A few years ago A. M. Andrews of Oregon, also a rather anonymous member, bequeathed to us over a quarter of a million dollars in holdings. Beside the patent to a lawn sprinkler which he invented, he left property, stocks, bonds, cash, and personal goods including a valuable watch and coin collection. He had been a member for only four years. His gift was in large part responsible for making *Health Science* possible.

These people were modest beings, strongly believing in humanitarian causes who by their benevolence have gone far toward ensuring that their goals will be perpetuated.

Even if you are not in a position to contribute as much as you would like during your lifetime, your estate may be larger than you might imagine. Your health commitment can endure beyond your own life through a sentence like this in your will:

I 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.

DEFERRED GIVING

For more information about deferred giving, ask (without obligation) for our folder "The Benefits of Deferred Giving." Write the American Natural Hygiene Society, Inc., 1920 Irving Park Road, Chicago, Illinois 60613.

The Milk Myth



by Victoria Mucie Moran

Milk, cheese, yogurt — these are the final hold-outs for so many of us, separating ourselves and a truly normal diet. We're hypnotized into believing that we can do without anything else — but give up milk? Never! Our authors tell us we don't need dairy produce, but few condemn them forcefully so we're left in the end to our own devices.

Often, though, these devices are no longer "our own." They've been colored from reading in a variety of dietary disciplines prior to our introduction to Natural Hygiene. Most of these praise milk highly for its calcium and "complete protein" content, and some even laud it as a sexual stimulant and nerve quietener. We've also been subjected to a barrage of advertising (excuse me: "public service announcements") from "You Never Outgrow Your Need for Milk" to "There's a New You Coming the Grade A Way!" In England, the "Drink a Pinta Milka Day" billboards loomed over the island's cities for years, even overshadowing ads for Britain's famous tea.

We have also stored a great deal of parental p.r. in our brain's data banks. Our mothers and fathers gave us much valuable information and a lot of the basic good sense we call Natural Hygiene, but most were also adamant with "Drink your milk." If Mom and Dad kept us away from junk foods, they were protecting us from substances that aren't really foods at all. Milk is somebody's food — a growing

"Cow's milk is specially designed to build a large-boned, small-brained, fast developing, slow-witted bovine creature."

calf's; it is not meant for a human baby or for any adult. "When consumed by humans," writes Hannah Allen, cow's milk "forms a large tough curd, difficult to digest. The growth factor in cow's milk, intended for the maturing of a calf, causes excessive height in young people and complicated problems in adults."¹

Eva Batt, vice-president of The Vegan Society (England), elaborates:

*Cow's milk is specially designed to build a large-boned, small-brained, fast-developing, slow-witted bovine creature. Human milk on the other hand is entirely different in its constituents, for it is intended to nourish a slow-maturing, large-brained, quick witted, highly intelligent being.*²

A comparison of the milk of different animals shows extreme variety in composition. High protein enthusiasts might note that the milk of the guinea pig tops the protein list

"Man's super-supermarket of normal nutrition is the plant kingdom."

for common animals' milk with 49.4 percent; human milk is at the bottom of the list with 8.1 percent protein. Highest in fat is the milk of the Eastern Grey Squirrel (62.5 percent); in human milk, it's 30.6 percent. On the other hand, mother's milk is rich in carbohydrate content (56.5 percent), surpassed only by that of the horse (56.6 percent) and zebra (65.4 percent). Cow's milk charts up at 25.6 percent protein, 29.9 percent fat, and 38.7 percent carbohydrate. Goat's milk, considered by some a healthful alternative, is 22 percent protein, 34.1 percent fat, and 31.1 percent carbohydrate.³

The milk which most people drink — and from which cheese, yogurt, ice cream, etc. are made — is no longer a natural food even for the young animal for which it was intended. Pasteurization is required by law in many states. Dr. Herbert M. Shelton wrote in "Evils of Pasteurization:" "It had been known for many years that infants fed exclusively on pasteurized milk developed scurvy, and that calves fed pasteurized milk die after about 12 weeks."⁴

Milk may also be homogenized so that its fat — indicted for the part it plays in arteriosclerosis, a predecessor of heart attack and stroke — is blended through the beverage in a "homogenous" mixture. This fat may be partially avoided by choosing one of the varying degrees of low-fat milk (skim milk is lowest in fat content), but this represents further fragmentation of a product already far from its natural state. Powdered milk — instant or non — is often recommended to "supplement" the diet with protein and calcium, but is still another step removed from nature.

Fear of a deficiency in one of those essential nutritional components, protein or calcium, is a primary reason cited for keeping "adult humans suckling at the teats of cows. A milk bottle and rubber tubing may intervene, but the fact remains."⁴

Hygienists are aware of the fallacy of the high protein notion. For the protein our bodies do require, raw nuts and seeds and leafy greens are excellent sources. Whole grains

and legumes, for those who choose to use them, contain substantial concentrates of protein. In fact, virtually all natural foods can provide protein because amino acids are necessary to the structure of plant life, and man's super-supermarket of normal nutrition is the plant kingdom.

Vegetarians who seek to obtain large amounts of protein by substituting dairy products when they start to avoid meat may suffer from anemia. I did: I consumed dairy items to the exclusion of other foods, not realizing that milk is extremely low in iron because calves (human infants, too) are born with sufficient iron stores to see them through the weaning period.

Calcium is amply available from plant sources. In milligrams per 100 grams edible portion, the following foods rate this way:⁵

Sesame seeds, whole	1,160
Kelp	1,093
Dulse	296
Collard leaves	250
Kale leaves	249
Turnip greens	246
Almonds	234
Soybeans, dried	226
Filberts	209
Brazil nuts	186
Pistachio nuts	131
Figs, dried	126
Sunflower seeds	120
Broccoli	103

Greens high in oxalic acid — beet greens, purslane leaves, spinach, and Swiss chard — can hinder absorption of calcium. When these foods are cooked and their high water content lessens considerably, the oxalate level increases proportionally.

Even conventional medical people admit that milk is a common allergen. Dr. E.L. Cole, Jr., M.D. stated, "... 10 percent of the white population and 40 percent of the black population have a lactase deficiency (the enzyme necessary to digest the sugar lactose found in cow's milk)"⁶

"High fat animal products both of the dairy and meat classes, may be connected with certain forms of cancer, notably of the breast, colon and rectum."

Cultured milk products, i.e. yogurt and buttermilk, are said to be "pre-digested" and therefore may be tolerated by those who have difficulty with other dairy items, but why bother? Milk products have long been cited as "mucus forming." Some believe they aggravate arthritis due to deposits formed by an excess of unassimilated calcium. High fat animal products, both of the dairy and meat classes, may be connected with certain forms of cancer, notably of the breast, colon and rectum.

There is also a moral issue involved. As vegetarians, we may feel that we are not supporting the meat industry, but meat and dairy interests go hand in glove; one could not profitably exist without the other. To produce milk, a cow

must give birth to a calf each year. These calves may go to slaughter almost immediately or go to a white veal unit to spend the whole of their lives shut up in narrow wooden crates. Some males may be reared as breeding bulls, but that is rare in these days of artificial insemination. Females deemed suitable as dairy calves may be removed soon after birth, fed on milk substitutes so the mother can be a commercial milk producer again as soon as possible.

The calves' development is encouraged so that at 18 to 24 months, they can begin the cycle of continuous pregnancies . . . When after years of exploitation her milk yield drops . . . she is sent to the slaughterhouse immediately . . . Calves from beef herds often have a comparatively tolerable fate . . . but the surplus calves from the dairy herds are often sent to market when a week old (or less) and bought for rearing in intensive systems.⁷

Getting off the bottle — the milk bottle! — is not always easy. I have been unable to "cold turkey" after numerous trials so the transition to "dietary veganism"⁸ for my husband and me is a 4-part gradual program: (1) eliminating eggs at home, (2) eliminating dairy produce at home, (3) avoiding eggs when eating out, and we are still on step (4) eating cheese occasionally when we are out. The final compromise with moral values and health beliefs is gradually being phased out.

A much stronger person than I, H. Jay Dinshah, former ANHS vice-president, and president and founder of the American Vegan Society, offers these excellent suggestions for going dairy-free:

Nutritional research has shown that normal man needs no other sources than these (vegetables, nuts, fruits, berries, and perhaps grains in certain forms) for his food, and that he can live free from deficiency and disease on such a wholesome diet. For those whose years of wrong living have rendered them incapable of utilizing certain elements from normal foods, there are purely non-animal milks, which are in various respects superior to the dairy milk; but these vegetable milks are compromises for the sake of maintaining the vegan in health without any animal foods whatsoever.

"A better solution to this question, if and when it arises, is to change to a completely natural non-animal diet after undergoing thorough bodily cleansing, such as extensive fasting under professional supervision . . . For those who cannot make it so far, continued use of the vegetable milks remains an agreeable and humane practice . . .

"Milks of various delightful flavors and excellent nutritional value, are easily made from nuts and seeds, or soya products. Vegetable margarines are often superior replacements for butter. Commercial cheese, although largely a dairy product, is coagulated with rennet (taken from a calf's stomach at the time of slaughter). It therefore cannot be considered a food suitable for vegetarian (let alone vegan) use. Fortunately for cheese-lovers, there are numerous ways to make cheeses from soya products, nuts, etc. . . ."⁹

It may be a struggle. It is for me. But progress is a healthier lifestyle — physically and morally — is more delicious than grilled cheese on rye.

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9. H. Jay Dinshah, *Out of the Jungle*, the American Vegan Society, Malaga, N.J. Recipes for the non-animal milks and cheeses mentioned may be found in *The Vegan Kitchen*, \$3, from the American Vegan Society, Box H, Malaga, N.J. 08328. This cookbook offers Hygienic principles along with transitional recipes; Hygienic combining rules are respected and no condiments are included in the recipes.

Mark Your Calendar Now For 1979's Great Health Event

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The American Natural Hygiene Society

University of North Carolina, Charlotte
July 29 to August 4



Readers' Forum



Mens Sana in Corpore Sanno

I am writing you after having read the article "Paradox in Natural Hygiene."

It is evident, that this Mr. Lee Bruce, author of this article, has never tried to live according to the "hygienic" system. But even 2000 years ago it was known, that "mens sana in corpore sano" — that means, that you achieve emotional poise through a perfectly healthy, perfectly functioning body.

Myself personally, before I discovered Dr. Shelton's work, before I became first a vegetarian, then a raw-food vegetarian, I suffered since I was in my teens all the usual disorders: colds, headaches, infected ears, cavities, bad digestions, later when I was in my forties I had terrible liver crisis, and also two kidney crisis. Mentally I used to be very irritable, impatient and above all anxious. I suffered by anxiety for no apparent reason. I never drank much alcohol, but I smoked and I thought, that I had to have meat every day. In 1960 for the first time, somebody told me, that meat was "not really good" for people's health. I was amazed to hear that; I thought that vegetarians were simply "crazy."

I read Dr. Shelton's work in 1961, while I was residing in Monte Carlo. Dr. Shelton is very well

known in France, Switzerland, Germany, Belgium, I think, all over Europe. Movements similar to your "hygienists" are thriving all over Europe, also in Sweden, Denmark and Spain.

I have personal experience, too long to explain in just one letter, that it is possible to fight cancer, arthritis and all "incurable" disorders with great success.

I am 66 years old now, and I enclose my recent photograph so you can judge the results of your teachings. I have beautiful hair,

Her body lies about her age.



but none of them seems to be able to follow my example. But most of my friends of my age are already dead or dying.

Miriam de Kova
New York

P.S. Mr. Bruce says also that "... lack of social consciousness and involvement seems to be the paradox of the Hygienic movement."

How naive, how simpleminded can you be, Mr. Bruce? Don't you realize, that if most people in the USA became true hygienists, the chemical, food, hospital industry, in fact most of the giant industries — including also the arms — would simply collapse, causing the complete economic disaster? Don't you know, that the official medicine, the bakeries, the food industries are fighting overtly and under cover any movement like the hygienist? In France, in Canada also, there were people put in prison for advocating the natural way of life.



Children with Good Sense

I want to add an observation to Sid Kleiner's comments on school lunch menus:

When I worked at an institution for emotionally disturbed boys, I noticed that the cooks would labor for hours over cookies and cakes and brownies, and would wind up with trays of leftovers. With fresh

fruit we had the opposite problem: we had to count out the apples and oranges to prevent anyone stealing more than his share.

Children have more sense than we think.

Tom Kane
Wisconsin



Parents Avoid Hospital Regulation

In case any prospective parents inquire, here's an interesting fact about our first child — a beautiful baby girl. We managed to restrain the hospital from using the customary silver nitrate drops in the eyes at birth. It wasn't easy. Half the staff thinks it's a state of law. Perhaps it is, but we signed a paper agreeing to take all responsibility for the "consequences" of not receiving this "safeguard." And she received no drops.

Ed and Leslie Kufner
Iowa

Health Science welcomes letters to the editor, be they comments, suggestions or questions. We regret that because of the volume of mail received, we cannot acknowledge them. However, you can be assured that all letters are read, considered and appreciated.

Letters of general interest selected at the discretion of the editor will be published as space permits. They are subject to editing for reasons of brevity and clarity.

Letters should be addressed to: Reader's Forum, % Health Science, 1920 Irving Park Road, Chicago, IL 60613.

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Unsolicited manuscripts and art work are always welcome. Submissions should, of course, be broadly relevant to the subject of

healthful living and generally consistent with the teachings of Natural Hygiene as outlined in the publications of The American Natural Hygiene Society, Inc.

Articles should be well researched, carefully documented and written in an interesting style readable by lay-people. Manuscripts must be typed on 8½" x 11" paper (one side only), double spaced, with one-inch margins on all four sides. Manuscripts will not be returned. Send clear carbon or photocopy.

Further details may be obtained by requesting "Guidelines for Authors." All correspondence demanding a reply should be accompanied by a self-addressed stamped envelope. Address correspondence to Editor-in-chief, Health Science, 1920 Irving Park Road, Chicago, IL 60613.

Hygiene And The News

Contemporary events, discoveries and quotes that substantiate the Hygienic system

... Sid Kleiner Comments ...

Juice Up, Milk Down

At one time it was almost as American as motherhood and apple pie. People still gobble it by the gallon and believe that it does all kinds of wonderful things for their youngster's bones and teeth. We call it the Mighty Milk Myth. But now, says the Marketing Research Corporation of America, 91 percent of U.S. households are serving juice for breakfast, while milk consumption at that meal has declined six percent in the past ten years.

Interestingly, it's children in the 2 to 12 year-old age group that account for a large percentage of the decline. Milk drinking during the day by this age group dropped almost 20 percent between 1968 and 1975.

Mainstream America will undoubtedly interpret sagging milk consumption as a nutritional tragedy. Conversely, Hygienists view the situation with optimism. After all, if interest in milk is waning, there are now opportunities to expose our youth to such thirst-quenching beverages as pure water, fresh carrot juice and crimson watermelon cocktails.

"Non-drinkables are skillfully blended to drive their imbibers to drink more and more of same."

The tragedy of the matter is that kids are substituting sugar and chemical-laden soda pop for the once-popular homogenized milk. To add insult to injury, the sorcerers have been at work in their laboratories concocting juice drinks, chocolate uglies, putrid punches and other questionable liquid abominations. Actually, these latter day non-drinkables are

skillfully blended to drive their imbibers to drink more and more of same. Some researchers actually go so far as to call them "addictive drinks"!

Let's reiterate Hygiene's admonition about juices. They are to be treated as foods and should be taken sparingly and only when genuine thirst exists. The safest and best thirst-satisfier is pure water; drink hearty and let old Bessie the cow save her moo-juice for her calf!

Source: "Milk Losing Popularity," UPI, October 25, 1978.

Perverted Primates

"Man Eating Apes Roam Ethiopia" — that's the headline that caught your columnist's eye the other day. Knowing what I know about these creatures I refused to accept the allegation. Our hairy cousins actually thrive on all sorts of plant life. Under normal conditions they shun any variety of flesh foods.

According to the news release, at least three humans had fallen prey to the man-eating monkeys. The article goes on to say that large numbers of sheep and goats are being devoured too. Something about this monkey story was a little fishy. When animals depart from the normal ways of the species I become suspicious. It didn't take too many paragraphs to convince me that we had a bunch of perverted primates on the loose.

The closing paragraphs provided a logical explanation. It turns out that Ethiopian troops and local guerrillas (the meat-eating human variety) have been waging war (something the monkeys don't do) in the area and much of the native vegetation has been destroyed. In desperation, the poor, maligned critters started attacking small animals and humans. One of

the morals of this story is that one must read beyond the big, bold headlines and then read between the lines before arriving at hasty conclusions.

"Most primates are strict vegetarians, and they don't cook their vittles to death either."

While not denying the events in Ethiopia, we must reaffirm that most primates are strict vegetarians except when starvation becomes a threat to survival. They'll opt for bananas over roast beef every time . . . and they don't cook their vittles to death either! Source: "Man Eating Apes Roam Ethiopia," UPI, October 10, 1978.

Obesity Not Inherited

Have you ever indulged in the fascinating pastime of people watching? Supermarkets and airline terminals are my favorite observation stations. Have you ever noticed the rather pleasingly plump young mother, often accompanied by a somewhat stocky husband, pushing a shopping cart full of refined carbohydrates with a brood of cherubic progeny in tow? This oft-observed scenario convinced me that obesity is not always an inherited affliction. An accusing finger should be pointed at the dietary regimen instead of grandma and grandpa.

Now, according to a recent report from the Medical College of Wisconsin, it is recognized that environment is more of a factor than heredity in obesity. Dr. Alfred A. Rimm, who co-authored the study says that "people want to hear that it's all genetic so they can go out and eat their cake. The

study shows that you can't use your heredity as an excuse."

Rimm, a professor of preventive medicine at the college, devoted three

"People want to hear that obesity is genetic so they can go out and eat their cake."

years and thousands of man-hours to prove his thesis. In cooperation with assistant professor Arthur J. Hartz and math expert Eldred E. Giefer, Rimm concluded that environment — including the diet of people when they are young — plays the major role in determining whether one will be lean or flabby. The genetic component apparently plays a very minor role in this regard.

Parental guidance in selecting foods accounted for 32 percent of the variation in the obesity of children in thousands of families monitored by the researchers, they said, while only 12 percent appeared to have been influenced by heredity.

"These results suggest there should be a modification of childrearing techniques of obese women," Hartz said. "This involves guiding children in the choice of food, feeding in infancy, the introduction of solid foods or breast feeding, the kinds of snack foods, and encouraging activity in children."

"Diet without exercise is an odd couple," Rimm said.

Health Science readers will get some comprehension of the scope of this study when they consider that 254 families with 546 children were compared with 10,337 families having 25,554 biologically related youngsters.

The evidence is quite conclusive and it serves to underscore the Hygienic view that it is a parent's solemn duty to insist upon nutritional sanity in the home environment. A refrigerator or pantry that's overflowing with junk food will ultimately translate into unhealthy and/or overweight children. The Golden Rule of Hygienic parenthood might very well be "Do not feed unto others what thou would not feed unto one's self!" Source: "Heredity Is Absolved As Cause of Obesity," AP, Sept. 18, 1978.

Fluorine Flunks

Three cheers and a hearty hurray for Judge John Flaherty of Pittsburgh, Pennsylvania and kudos to the Allegheny Citizens Committee Against Fluoridation for Western Pennsylvania and their supporters. The organization had the good sense to file a suit charging that adding fluoride at the level of one part per million is a menace to public health because of the possible link between fluoride and cancer.

Well, Judge Flaherty didn't like what he read in a somewhat disturbing new epidemiological study by Drs. John Dean Burk and John Yiamouyiannis. So he promptly ordered a halt to adding fluoride to the water supply of twenty-seven Pittsburgh suburbs served by the West View Water Authority. Meanwhile, millions of less fortunate citizens will continue to receive fluoride

"Distilled water is still the purest and finest beverage known to man."

poison via public water systems, toothpastes, tablets and topical applications at the dentist's office.

Fluorides are suspect for much more than causing cancer. Reams of research material and scores of books clearly indict fluorine as a questionable, if not lethal substance. *Health Science* readers would do well to support any and all local organizations who're lobbying for removal of suspect chemicals from community water supplies. Sadly, chlorine is another highly suspect substance and public works departments are convinced that they must continue to add it to the water supply. Remember, distilled water is still the purest and finest beverage known to man!

Source: "Judge Orders Halt To Fluorine Treatment," UPI November 19, 1978

HELP! HELP!

We must miss dozens of relevant, important news items each month. You can play a vital role in keeping thousands of your Hygienic compatriots informed by sending late-breaking, health-oriented clippings to Sid Kleiner % Health Science Magazine, 1920 Irving Park Rd., Chicago, Illinois 60613. Thanks!

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"Widespread knowledge and use of Natural Hygiene and fasting could bring about a dramatic improvement in the health and longevity of mankind."

Understanding Fasting

by Hannah Allen

Fasting, Elimination Diets and Starvation

MISNOMERS

What is fasting — and how does it differ from so-called "Elimination Diets," where ingestion is limited to certain foods, such as juices or fruits — and how does fasting differ from starvation?

I frequently hear fasting referred to as a "Starvation Diet" or "Starvation Cure," and I am repeatedly asked, "What do you eat and drink during a fast?"

HYGIENIC DEFINITION OF FASTING

At the outset, some people find it difficult to accept the basic principle of fasting — indeed, its very definition. Fasting is voluntary abstinence from all food, and the ingestion of distilled water only.

Hygienic fasts may be conducted for health maintenance; or for cleansing and repairing an impaired organism — i.e. for therapeutic purposes. The Hygienic concept includes this corollary: If the purpose of a therapeutic fast is to be accomplished to its maximum extent, the enervated and toxic individual must not only abstain from food, but must also ab-

stain from most activity. The fasting period must be an extended period of rest of all body faculties — mental, sensory, emotional, physical and physiological.

Widespread knowledge and use of Natural Hygiene and fasting could bring about a dramatic improvement in the health and longevity of mankind.

"ELIMINATION DIETS"

Some people refer to a Hygienic fast as a "Water Fast," to distinguish it in their minds from what they consider a "Juice Fast" or a "Grape Fast" or a "Citrus Fast" or a "Watermelon Fast." Of course, none of these latter procedures are fasts. We might call them "Juice Feasts" or "Fruit Feasts," or, perhaps more properly, "food-limitation programs," initiated in an effort to increase the normal ability of the body to eliminate toxic materials. These "food-limitation programs" are sometimes referred to as "elimination diets."

Actually, there is really no such thing as an elimination diet, which would seem to imply that in some way the diet is responsible for elimination. Elimination is a normal process of physiology which is performed by the organism itself, not by the food that is consumed.

The term "Eliminating Diet" refers to the increased ability of the organism to eliminate toxins during a period of time when extremely limited food supplies are ingested.

These diets are sometimes useful when urgent symptoms require the temporary cessation of normal food intake, but it is not possible to go to bed and fast. However, the substitution of a long-term juice- or fruit-diet, when a fast is indicated, may be unwise and wasteful of the body's energy, because these procedures do not accomplish the striking long-term benefits of the fast with nothing but distilled water.

However, a temporary juice-diet or fruit-diet may be indicated in some cases, and, if serious problems exist, this choice or decision should be made by a professional Hygienist.

There are other types of so-called "Elimination Diets" which are sometimes prescribed, where a fast must be postponed, or should not be under-

taken at the particular time. These types of food limitation programs are diets low in proteins, carbohydrates and fats, which cause the cells to use stored reserves to meet nutritional requirements, but to a lesser extent than a total fast. During such diets the body can eliminate toxic matters and accumulated wastes, but may yield disappointing results when compared to the potential of a total fast.

FASTING METABOLISM

It is important to understand that when you voluntarily abstain from food, even for prolonged periods of time, the functioning organs and tissues are still receiving nutriment. Surpluses of stored materials in the

reallocation of nutrients already present in the body is accomplished without the usual expenditure of energy by the digestive system.

During periods of regular consumption of food, considerable quantities of nutritive matter are stored by the body. This stored nutriment nourishes the organism during periods of abstinence from food. The length of time which elapses before these reserves are depleted will vary with the individual, but the organism will invariably signal its approaching depletion, and an experienced fasting supervisor recognizes these signs.

When the body is relieved of its continuous burden of digestion and energy use, more of its vital resources are available for repair, reconstruction and healing. When it is not additionally burdened by the administration of drugs or other poisons, it ceases to tolerate an impaired condition, and makes an all-out effort for purification and healing.

The excess energy made available to the organism by the voluntary abstinence from food and activity is quickly channeled to housecleaning, repair and reconstruction. The body eagerly utilizes the opportunity to "catch up" with these projects — it is always trying to proceed in the direction of healing for optimal health, but is constantly being circumvented by the need to adjust its priorities, because of the immediate necessity to process the regular, almost uninterrupted, deluge of food supplies.

Even regular thirty-six hour fasts do not completely clear out all food in the digestive tract, and usually several days of fasting are required before the initial cleansing processes can be augmented by the healing processes.

STARVATION

Voluntary rasting and involuntary starvation are indeed tremendously different; though both involve abstinence from food, the physiological results are vastly dissimilar.

Starvation results from food being denied to a person whose reserves have been exhausted, and, in its extreme stages, leads to death. Starving begins only after the organism has depleted all of its reserves and has

been forced to start to consume its vital tissues in its last-ditch efforts to secure nutrition for survival.

Professor S. Morgulis, in *Fasting and Undernutrition*, says that the changes observed in advanced starvation are practically identical with those found in every pathological condition, and present nothing peculiar. The tissues are wasted; the vitality is depleted; the body is emaciated; the blood atrophies; and the cells of the organs degenerate. Finally, death occurs.

Contrast this with what occurs during the therapeutic fast: cleansing, healing, rejuvenation, and a purification of blood and tissues.

No harm can result from the ra-

"Elimination is a normal process of physiology which is performed by the organism itself, not by the food that is consumed."

"The process of energy release from glucose, which is at 25 percent efficiency when eating, is increased to 45 percent efficiency when fasting."

body are utilized for this purpose.

The fast does not suspend metabolism, but rather increases its efficiency. For example, the process of energy release from glucose, which is at 25 percent efficiency when eating, is increased to 45 percent efficiency when fasting, according to research by Dr. Alec Burton, renowned Australian Hygienic doctor. Experiments conducted at the Hull Biological Laboratory at the University of Chicago revealed an increase in the metabolic rate of approximately 6 percent during fasts of from thirty to forty days.

During the fasting period, the vital tissues are nourished through the self-dissolving (or self-digestion) of the body's own proteins, fats and carbohydrates. This process is called autolysis and is the disintegration of tissues by the body's own enzymes. Autolysis is a normal part of physiology, but is accelerated and enhanced by fasting.

The wisdom of the body determines the most efficient and economical distribution of the nutriment made available through autolysis, and this

tional use of fasting — only from its misuse by people who acquire a little knowledge (so frequently a dangerous thing) — and attempt a lengthy therapeutic fast without proper supervision.

But, rest assured, fasting is not starving. It is a period of rest and renewal with a potential for remarkable benefits, with the body using its own stored reserves for nutrition and metabolism.

RECOMMENDED READING

Allen, Hannah. *Fasting: Fastest way to superb health and rejuvenation (Your first fast—What to expect)*. Pearsall, TX: Healthway [1975]. \$1.50

DeVries, Arnold. *Therapeutic fasting*. Greene, IA: Chandler, 1963. \$2.50.

Shelton, Herbert M. *The science and fine art of fasting*. Chicago, IL: Natural Hygiene Press, 1978. \$6.95.

All are available from Natural Hygiene Press, 1920 Irving Park Road, Chicago, IL 60613. Include 50¢ for postage and handling.

Looking Ahead

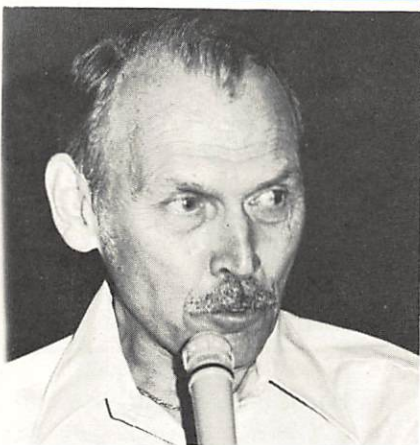
Framework for a New National Headquarters

by A.D. Andrews, Jr.

From the standpoints of sound financial investment, growth and philosophy the national headquarters of our society should be elsewhere.

Presently the American Natural Hygiene Society owns the property and building used to house its national office and headquarters. This is located at 1920 Irving Park Road on the north side of Chicago, Illinois.

At the time it was purchased it was a



Mr. Andrews has been active in the American Natural Hygiene Society for many years. For several years he served as its Communication Manager. He helped establish the St. Louis (Missouri) and San Francisco Bay Area (California) chapters of the ANHS. He has lectured at many of the national society's annual conventions, before other health organizations and has held numerous classes and seminars. Years ago he authored Fit Food For Man, a pamphlet widely distributed by the ANHS to this day. His articles appear regularly in Dr. Shelton's Hygienic Review and have been carried in Natural Health, an Australian health publication.

wise investment and the facility has served the Society well. However, the neighborhood in which it is located has changed considerably and real estate values in the area are declining. It could be viewed as becoming less safe for staff workers as they come and go. It certainly is less than inspiring to members who visit and less than a point of pride for those who think of their national headquarters as the heart of our organization, a Mecca of sorts.

Consideration should be given to seeking a new site, then negotiating for the purchase of that new site in conjunction with the sale of the present property.

It is valid to seek a location as central as possible to the entire nation and our scattered membership. East-central Missouri (between St. Louis and Columbia would be a possible consideration). Equally valid is to consider some location in California from the standpoint of climate and the concentrated interest in health ideas.

One thing is certain, we do not have to be located in a metropolis. The purchase of a new site should include the acquisition of a large parcel of land in conjunction with the building or buildings from which the business of the society would be conducted.

A major purpose of this land would be the development of a permanent conference site for our annual conventions. It also could be used for family vacationing and for a full summer camp for our youth. It might be rented to other carefully screened groups for their meetings as well as our own.

Certainly a short term (over-night



Home of the American Natural Hygiene Society (building on the left)

to a month) trailer/camper/recreational vehicle area would be part of the planning. Some year-round cabins and a dormitory would be available.

With air travel becoming unbelievably reasonable (\$99.00 coast-to-coast), with special bus rates (\$75.00 anywhere in the U.S.), with more and more people owning and leasing all kinds of recreational/live-in vehicles, with growing numbers of retired people, with more leisure time and longer vacations becoming available to all people, it is no trouble to visualize growing numbers of natural hygienists and other interested, health-minded people using such a facility for true vacations, re-creation and sanctuary.

An on-going organic gardening and orchard project surely would exist with guests participating in recreational gardening while there. Surely natural hygienists as guests would consider it fun and service to do some voluntary work about the grounds and some typing, filing and envelope stuffing in the office while there. What a sense of fellowship, belonging and participation might be generated!

These ideas merely scratch the surface. The important thing to recognize now, is that a time for change has come. And that the headquarters of the American Natural Hygiene Society does *not* belong any longer than necessary in a smoggy, dirty city. It is contrary to every hygienic principle we preach, teach and stand for. The sooner the situation is faced, the sooner it is corrected, the healthier and stronger our society will be.



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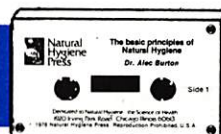


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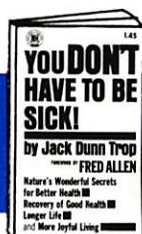
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The 30-Day Way to a Born-Again Body Joy Gross

A 35-year veteran of Natural Hygiene and former psoriasis sufferer presents a day-by-day plan to guide those who want to achieve more health, vitality and enjoyment in life. Tells about her illness and recovery and shares the practical knowledge for wellbeing that she acquired along the way. Offers helpful information on weight reduction; resting; enhancing sex; getting a spouse to switch to better eating habits; entertaining; selecting good produce; storing food, and exercising while engaged in usual daily activities. Menu ideas are geared for those new to healthful living. Illustrated with exercise photos. Hardcover.

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