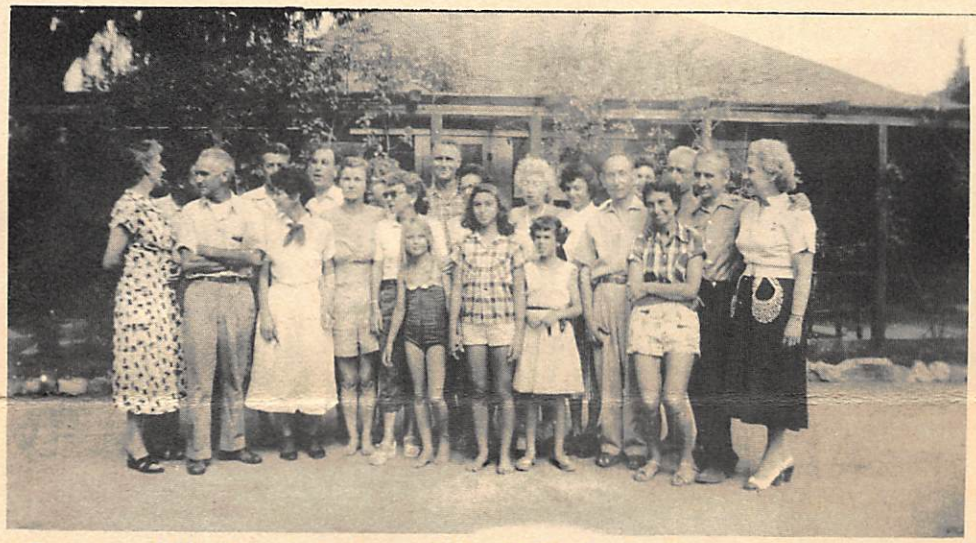
NATURAL HYGIENE NEWS

Vol. 1, No. 2 — NEWS ABOUT THE HAPPIER WAY OF LIFE — October, 1956



A group of Hygienests in front of Dr. McEachen's Hygienic Haven in Escondido, California

GROUP VISITS HYGIENIC HAVEN AFTER CONVENTION

by Lee Bauer

Shortly after the American Natural Hygiene Society convention drew to a close, a group of Hygienists drove down to Escondido for a look at Dr. James McEachen's Hygienic Haven.

It is located about five miles to the north of the thriving city of Escondido whose population is about 11,000. It is inland, in the mountainous region, but only fifteen miles from the Ocean.

Nestled in a natural bowl of hills and vegetation, we found the doctor's home, main building, and several other buildings truly a haven for regaining health. One half mile from the main road, it is set apart with a quiet and picturesque quality that encourages true natural living.

Dr. McEachen grows much of his own vegetables and fruit by the organic method. A grove of avacado trees covers one sloping hillside, and several acres of vineyards the other. Orange, fig, peach, lemon, olive and grapefruit trees are also growing in and around the other vegetation. The interior of the main house is spotlessly clean. We found modern fittings in the bathrooms and hot and cold water on tap. Beds are equipped with electric blankets as the patients often feel chilly and should be kept warm.

We met and talked with fasters in all stages. Some were just beginning, others were well underway with 25 to 35 days under their belts. Still others had broken their fasts and were enjoying the supreme thrill that must be experienced to be understood — that of tasting their first food after breaking the fast.

Dr. McEachen has nearly 25 years experience. He checks on all his patients twice a day. Words of wise counsel, hope and cheer are given freely to all. Short talks and lectures are given several times each week. After each, there is a question and answer period which is always most interesting, and which affords an excellent chance to learn how to live the Hygienic way after they get back home.

As the doctor showed us around his place I thought, here, barely six years ago, was a silent hillside, populated only by the birds and animals. Yet today, it offers relief and renewed hope to hundreds of people each year.

Everyone enjoyed the trip; we had a feast of delicious sun ripened fruit before departing. Some of those present were Helene Gordon, Sophie Holzgreen, Jack Trop, the Jack Solomons, Irene Rautio, the Joe Brenners, Mrs. Nina Gold and Hal, Irving Barnett and R. J. Cheatham.

MARVIN TAMARKIN, YOUNG PRESIDENT OF THE NATURAL HYGIENE SOCIETY OF GREATER MIAMI, ARRESTED

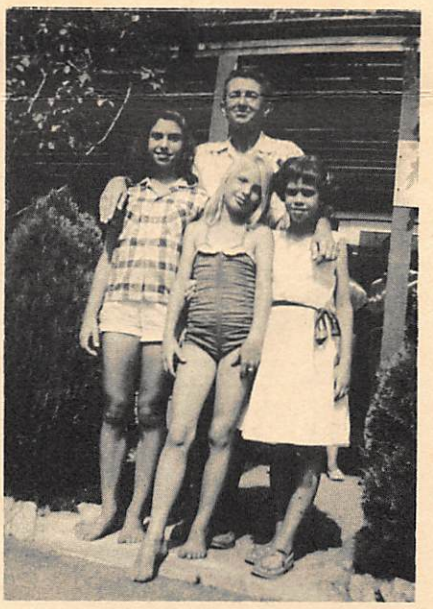
Marvin Tamarkin was reared by his Vegetarian-Hygienist parents as a strict vegetarian from birth, and has never tasted any flesh, fish or fowl; he was never subjected to inoculations of any kind nor has he ever taken drugs or been subjected to any other medical treatments; he never smoked nor partook of any of the so-called soft drinks.

As a consequence of his vegetarian training, he is opposed to the killing or maiming of animals, and it naturally follows that he is unalterably opposed to the taking of human life.

Marvin filled out a special form provided for conscientious objectors to war, when he became of draft age eight years ago.

Marvin's claim was ignored at first by his local draft board, and he was classified 1-A, but was finally given his classification as a conscientious objector. After two years he was again classified as

(Continued on Page 4)



Dr. James McEachen and three little sweethearts in front of the main building at the Haven. Front row, left to right: Esther Solomon, Ellen Keck and Gemma Lee Bauer.

NATURAL HYGIENE NEWS

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EDITORIAL

In the second half of the nineteenth century a son was born to a tubercular mother and a father who was an alcoholic. The baby was sickly, and soon developed a lung disease. His mother died when he was four, leaving him in the care of relatives. He later was sent to work on a farm. Despite the fact that the relatives had predicted his death at an early age, he lived and grew strong.

The work in the open air had helped him to live instead of die. The boy came to realize this, and became interested in body building. While working as a delivery boy in his early teens, he saw his first gymnasium. He worked at various jobs, saving his meager pay until he was able to join the gym classes. He took up wrestling, later becoming a professional. Before he was twenty he had established himself as a teacher of physical culture. He later became one of the greatest teachers of health and physical culture that the world has ever known. His name was Bernarr Macfadden.

Bernarr Macfadden wanted to live. He had a burning desire to better himself, to develop his body and mind to the fullest extent. But he didn't stop there. He went on to help others . . . to inspire them to do for themselves what he had done for himself.

If you would like to see your life change for the better; if you would like to discard your sick, underdeveloped body for a new, healthy body, you can. If you are discouraged you can become fired with the desire to live, and to live abundantly, as Bernarr Macfadden did.

Begin now to cultivate the spark of life, health and happiness which exists within you. Natural Hygiene will show you the way. Become one of us; help us to spread our happy way of life to others who so sorely need it.

LOCAL SOCIETIES IN THE NEWS

NEW YORK — Reported by Robert Gross.

The New York Natural Hygiene Society meets the second Wednesday of every month at 8:00 p.m. in the Hotel Capitol, 51st St. and 8th Avenues, New York City.

The school of Natural Hygiene, under the direction of Irving Davidson, noted humorist, attorney and profound scholar, resumes its classes on the same evening of the October meeting. The classes start at 6:30 p.m. at the Hotel Capitol. Admission is fifty cents to both members and non members. Classes are held monthly.

Mr. Joseph Aloysius Xavier Reed is now in charge of our book department sales. Joe is an old-line Hygienist and is capably equipped to outline a "reading" itinerary, as it were, for novitiates and advanced Hygienists. We are equipped to ship Hygienic books and pamphlets throughout the country. Inform us of your needs!

Dr. Earl Kahn, Miami Beach, Fla., and Atlantic City, N. J., addressed the September 12th meeting. Other speakers booked for coming months are Dr. John Brosius, Dr. Christopher Gian-Cursio, Dr. Robert Anderson, Robert Gross and Jack Trop.

We are planning a gala New Year's Eve celebration at one of the New York hotels. More details will be forth-coming in the next NATURAL HYGIENE NEWS. All Hygienists and friends in this eastern area are invited to attend.

ST. LOUIS—reported by Lora Ross

On August 27th, the Board of Directors of the St. Louis Society met at the home of Louis Ansell for supper and a business meeting. Fruit, nuts and fresh crisp finger vegetables were enjoyed picnic style beside the pool, preceeded and followed by swimming. The business meeting followed the fun.

On Sunday, September 16th, our monthly meeting was held at Washington University at the Campus Y. Miss Grace Conohan talked on the subject of "The Humane Aspect of Hygiene", and showed an interesting film on the subject. Louis Jacaruso gave a weight lifting demonstration and showed us some muscle control exercises.

We are making plans for a regional one day convention to be held early next year, with afternoon lectures, a banquet, and an evening session to follow the banquet. Exact date, time, place and other details will be announced later.

The St. Louis Natural Hygiene Society meetings are held on the third Sunday of every month at the Campus Y at Washington University. For more information about meetings and activities, contact Lora Ross, Secretary, 126 Parsons Avenue, Webster Groves, Mo.

All local Hygiene Societies are requested to send us news of their activities. Try to get your news items in by the 10th of the month. We would like to get the NEWS out promptly by the first of every month. Thank you for cooperating with us in this respect.

OUR READERS WRITE

"It is gratifying to see that you have taken an active interest in your role as secretary-treasurer . . . your spirit has spurred me to membership again."

Joe Pastore
Santa Monica, Cal.

"We are happy to hear that you have accepted the position of (compensated) Sec. treas. of the ANHS. From what we hear, you are the right person to help put Natural Hygiene on the map. So good luck to you."

David and Elizabeth Stry
Melbourne, Fla.

"I am inclined to believe that most members or erstwhile members of the society are happy and eager to belong, and to help the cause. Your active interest may reap marvelous results."

William L. Esser
Lake Worth, Fla.

HYGIENIST'S PERSONAL PRAYER

O Spiritual Father, show me the way to health of body, mind and spirit. Give me the will to attain this happier way of life. Shed thy light upon me, that I may be a guiding example to others. Amen.

"It may be a long way to a goal, but it is never far to the next step toward the goal."

. . . anonymous

HYGIENIC FILM

Jack Trop is busy shooting film for his Hygienic movie, "Wonder of Life." He plans to go to Florida to get some sequences, and also up to the northeastern part of the U. S. His cameramen are busy on the west coast shooting scenes with such interesting personalities as Hereward Carrington and Dr. John Maxwell. Cameramen are busy also in the Chicago and St. Louis areas. Jack has communicated with people from England, and hopes to have some material for the film there. He is presently seeking for inclusion in the film, hygienic families, people past three score and ten, and interesting case histories. If any of you know of a case where someone is seriously embarking on a hygienic routine, please get in touch with us, as it may be possible for Jack to get a "before" and "after" sequence.

The last lap of the fundraising campaign for the film, is presently underway. There remains about $3500 to be raised, of the $20,000 goal.

STEPS TOWARD HYGIENIC EATING HABITS

A recent poll of Natural Hygienists revealed that they came to their present eating habits through a series of changes away from their former disease producing ways. Their replies suggested the following six steps:

1. Eat more fresh fruit
2. Eat at least one raw salad a day
3. Eat less
4. Eliminate all white flour and white sugar foods
5. Eat whole foods instead of those that are processed and refined.
6. Eat raw foods instead of cooked dishes and flesh foods.

These steps, they said, may be adopted one at a time, or, if your character permits, all at once.

WHAT NATURAL HYGIENE HAS MEANT TO ME

by R. J. Cheatham

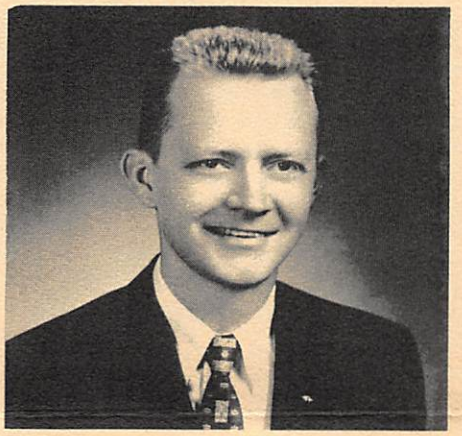
The following letter was written by one of our most outstanding young Hygienists, a man who is working hard to bring the message of health and happiness to others. He is the secretary of the Detroit Natural Hygiene Society, and is Chairman of the National Coordinating Committee.

"My interest in 'Natural Hygiene has resulted from a search for knowledge of the causes of disease and health. It started shortly after my release from the hospital on July 30, 1948. The reason for my confinement was an operation for what was diagnosed by the medical profession as a malignant melonoma (cancer) on the right side, and it was predicted that five years was the maximum life expectancy after such an operation. I bring this to your attention only to impress upon you the seriousness with which I have pursued this subject. I now feel that I have found the answer to the causes of disease and the methods through which REAL HEALTH can be attained.

During the past several years, I have run the gamut of M.D.'s, Osteopaths, bio-chemists, and a number of other so-called healers. I have taken medicines, drugs, and shots of just about every type, including vitamins, minerals, tablets, pills, and have been treated by massage, vibration, electro therapy, and a host of other methods, some of which I can't even remember by name. Yet in spite of all this "medical Science" my condition did not seem to improve. To the contrary, they began to operate again to remove more sections for biopsy. I finally lost all confidence in all these physicians.

A few years ago I began to read all the books I could find on health, and have attended hundreds of lectures. It has been a long search, but I am now confident that I have found the answer to my questions, "WHY SHOULD I HAVE CANCER?" and "What can I do to eliminate it?"

It is now my confirmed opinion that the only way to eliminate disease and attain health, is by removing the CAUSES of disease and providing the CAUSES of health. This can only be done by living in accordance with the laws of nature, or NATURAL HYGIENE. The orthodox method of treating the effect is NOT the answer."



R. J. CHEATHAM

THE AMERICAN NATURAL HYGIENE SOCIETY

10900 Shea Drive

Affton 23, Missouri

I want to join the American Natural Hygiene Society and help more people have better health. I enclose $5.00 for a year's membership, which includes a subscription to the quarterly magazine, "Journal of Natural Hygiene", also the "Natural Hygiene News", a monthly publicaiton.

NAME .....

STREET OR ROUTE .....

CITY ..... STATE .....

MARVIN TAMARKIN (Con't.)

(Continued from Page 1)

1-A, and he appealed once again for reclassification. During this time, the FBI carried out an investigation to verify his claim. The claim was denied on the grounds that his feelings were more of a philosophical nature than a conventional religious belief, and he was ordered up for induction.

When he refused to take the oath which would have inducted him, he was arrested and released under bond. However, the government didn't take any action against him for almost two years.

Soon after, the local draft board reclassified him to 1-A again and the whole round of appeals was again instituted, including another FBI investigation. Marvin was given a resume of the investigation, which, as before, disclosed his veracity and sincerity of purpose as a conscientious objector to war as a vegetarian.

The hearing officer for the department of Justice recommended to the appeals board that Marvin be granted exemption from military service. But the Department of Justice ruled contrary and he was again reclassified 1-A just three days before his 26th birthday, which would normally have exempted him from being drafted. This order was issued illegally, without benefit of required examination.

Marvin's attorney filed a petition for preliminary injunction, to enjoin the local board from inducting Marvin without benefit of the required physical examination.

This petition was denied by the Federal judge, and an appeal from this decision is being taken to the U. S. Court of Appeals in New Orleans, La.

In the meantime Marvin had to appear for the induction ceremony. He refused to take the oath and was promptly arrested for the second time, and was released on bond, pending trial for refusing to be inducted, which is considered a felony punishable by a maximum fine of $10,000 and up to five years imprisonment.

For six years Charles Tamarkin, Marve's father, past president of the Miami Natural Hygiene Society, had been assisting Marvin, but it now became necessary to engage legal council. The fight is a costly one and has exhausted the resources of the Tamarkin family. It behooves every vegetarian-hygienists family in the country to come to the support of this valliant young man. For information as to how you can help, write to the Marvin Tamarkin Defense Committee, 601 S. W. 29th Road, Miami 36, Fla.

FACTS WORTH KNOWING

The U. S. consumption of caffeine is more than two billion pounds per year! 500,000,000 pounds of pure caffeine go into soft drinks each year. Children are particularly susceptible to the effects of this drug.

A woman got deathly sick because she smoked a cigarette that had been in the same purse with two aspirin tablets.

Almost 4,000 children die from cancer in the U. S. every year.

YOU can help us to spread this great truth of NATURAL HYGIENE; you can help not only yourself, but others, to greater health and happiness, by becoming a member of the American Natural Hygiene Society.

CONTESTS

A prize of $5.00 will go to the person writing the best story of about 200 to 250 words, each month, on "What Natural Hygiene Has Meant to Me." The prize letter for this month appears on page 3. Sit down and write about YOUR experience in Natural Hygiene. It may lead someone else along the pathway to health and happiness.

Larry Rowe, of Dalton City, Illinois

The picture of Larry, above, is the first entry in our picture contest. We would like to have pictures depicting the Hygenic way of life; a prize of $2.00 will be given each month for the best picture submitted.

HYGIENIST'S MOTTO

One fruit meal a day
One salad meal a day
One less meal a day.

The width and breadth of your smile when you read this indicates how far you have come along the way. A true Hygienist can live this motto and get more genuine pleasure from eating than the five-square-meals-a-day glutton, and be immeasurably healthier as well.

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