

Health Science

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GREEN HEALTH SCIENCE is the official membership journal of The American Natural Hygiene Society, Inc.

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

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President's Message ALL IN ONE

Is there one single activity that can provide almost all the factors of Natural Hygiene needed for optimum health?

There is indeed. It's called *Organic Gardening*.

What other pastime can involve one in healthful exercise and rewarding exposure to sunshine and fresh air while contributing to peace of mind and creating a potential bounty of unprocessed food, without chemicals, just as nature intended?

And what other pastime brings one into such direct communion with nature itself?

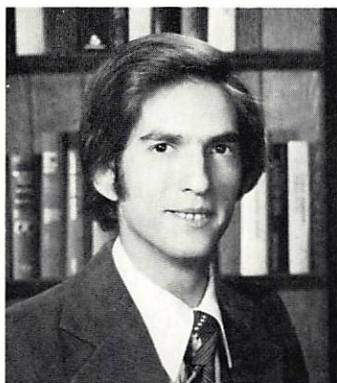
People fortunate enough to own a plot of ground that now grows grass, weeds or even flowers should consider the advantages of converting some of it to the production of fruits and vegetables that are applicable to the area and season.

If you are not yet addicted to gardening, you are missing plenty – especially the extra dividends in health and well being.

As we Hygienists know, if you are missing out on health, you are missing everything.

Every one should have a garden.

So let's get growing!



Yours in truth,

MARK A. HUBERMAN
ANHS PRESIDENT

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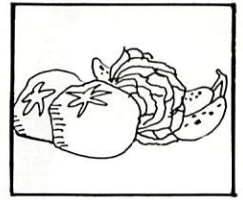
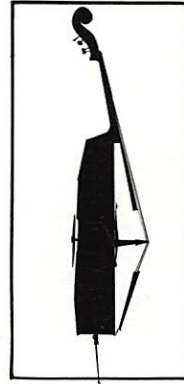
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Hygiene is the science of health. *Natural Hygiene* is the system which helps people to live in harmony with the physiological needs of the human organism, thereby maximizing health. By supplying the body with the basic requirements of nature—natural 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.

Health Science



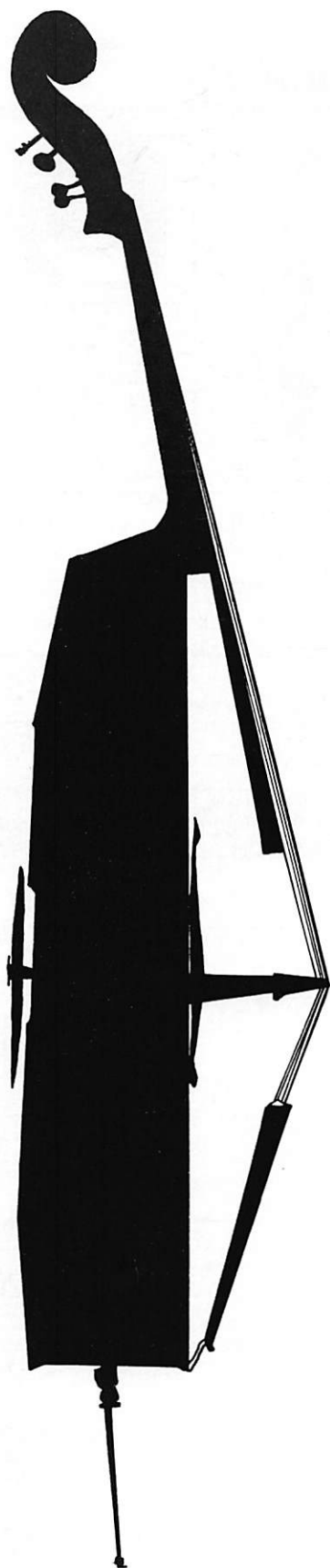
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HOW MUSIC AFFECTED MY HEALTH

by Jo Willard

My father left us a lovely legacy.

One of my happy memories with him was our Saturday afternoon gatherings in the living room.

It was Opera Time — and no noise was allowed, neither vacuum cleaner nor sewing machine.

My mother was a dress designer and Saturday was an important day for her, but the conflict was soon settled when my father moved the sewing and fitting room to a remote area of the house.

He would gather all of us (seven at that time) and — in detail — outline the structure of the opera: the overture, the aria, the duet, the trio, the quartette, the chorus and ballet. Then came the story. Next, the introduction of a few bars of the

famous arias, who would sing them and why — tenors being the heroes, sopranos the heroines, etc. The grand opera story would evolve slowly, so that by the time the baton was raised and the overture begun, we children were fired with enthusiasm awaiting the drama to unfold.

The drama of opera, its grandness, has always remained with me.

It was my father who introduced us to Rosa Ponselle, Lily Pons, Lawrence Tibbets, Beniamino Gigli and the glorious voices of that era. The magic of radio made these voices come alive — and still, today, whenever possible, on Saturday afternoons, on my way to my radio broadcasts, I listen to the Opera.

Time has a way of changing our world and we find no time for some of the most basic needs of the mind and soul. For years my life was filled with my work and my struggles on behalf of people...till illness struck — the dread arthritis.

Doctors were not able to help me despite the many drugs they plied me with. Each drug made my body sicker and sicker. My long stay in the hospital became so complicated with drug therapy that, in disgust, I went home to die.

A bit of luck combined with strong need to survive opened my mind to other therapies and another world. Key to my recovery was learning the laws of nature and creating the conditions for health—a formidable and painstaking task, with no plan, no blueprint, no guides, no books. But my evolvment was rapid.

When a friend of mine suggested I learn to play a musical instrument during one phase of change, I scoffed as I looked at my distorted fingers. Cynicism and sarcasm were partners dominating my thoughts, but the thread of hope was weaving itself deeply in me and I searched for the "right" instrument. It turned out to be an organ.

I started to study music and began to play rather quickly. Simultaneously, my interest in listening to music revived. Music loving friends were supportive and we started to go to concerts again. Today, I feel strongly, that the most satisfying and rewarding musical expression is chamber music. It is exalting.

**"Music soothes the senses.
Music elevates and excites
the mind."**

I find that the pleasure of music and the meaning of music are inseparable. Most people listen solely for pleasure. Certainly, if music did not give pleasure, there would be little reason for it existing as an art. But for me, the understanding of music adds immensely to its pleasure.

We respond to music both physically and psychologically, as



Jo Willard, who overcame arthritis through Natural Hygiene many years ago, is presently First Vice President of the American Natural Hygiene Society, and President of the Connecticut chapter of the ANHS. In her home state, she is a respected radio personality, known for her programs on hygiene. A devoted exponent of Natural Hygiene as a way of life, she has, through her many lectures, inspired people throughout the country to adopt more healthful living habits.

well as psychically. Music is a refuge. Music soothes the senses. Music elevates and excites the mind. Music exalts the soul.

As you realize how much it reflects our society, its mores and its social climate, you begin to understand that one cannot compose important music without a deep understanding of the social structure of the period.

The great operas could not have been written had there not been a

social revolt against the church. Verdi, particularly, was a product of the social and political upheaval of his time.

Grand Opera was born in Italy. It had become a formalized cosmopolitan entertainment for the feudal courts. But with the rising struggles for Italian unity and independence, opera began to take on a national character in the works of Rossini (1792-1868), Donizetti (1797-1848), and Bellini (1801-1835). This character appeared partly guised as comedies of village life, partly as historical melodramas based on stories by Schiller and Sir Walter Scott which had anti-feudal implications.

"Music is a refuge."

The genius who raised opera to a new level of reality—faithfully depicting history and society in his operas — was Giuseppe Verdi (1813-1901). For the first time we saw musical portrayals of truly human and humane people. Giuseppe Verdi made opera a conscious weapon of the Italian democratic and national struggles. To do this, Verdi had to combat censorship, direct and indirect, of the Austrian police and the Roman Catholic Church.

"Music exalts the soul."

An edict of Pope Leo XII, governing behavior in the theatres of Rome during the 1840's, prohibited an actor from interpolating a word or gesture not found in the "book." Punishment was the galleys for five years. So, Verdi's political allusions had to be made in symbolic form during an historic period filled with realistic social meaning.

In his early opera, "Nabucco," for example, dealing with Biblical Jews enslaved by Nebuchadnezzar, the cries to revolt against oppression had obvious significance to the Italian audiences. Verdi set the chorus of the Jews yearning for their homeland to a broad swinging melody in popular style. This style immediately became the rage throughout Italy.

Continued on next page

Music Cont.

Many similar parallels in his music dramas are found throughout his prolific compositions and operas.

The song alone did not create the realism, but the presence of song affirms the presence of living beings as the material of the opera. Without this there can be no realism.

In the words of the great Russian composer Glinka, "The song writer arranges the music of the people." Composers are truly the inspired of their time.

All music is composed when the musculature of the body is quiet — when we are in the *alpha* state of the mind.

Researchers have discovered that the brain gives off faint electrical impulses that can be measured by electrodes attached to the scalp and connected to a sensitive amplifier called an electroencephalograph (EEG). The ink pen record of these impulses creates recognizable brain wave patterns, which have been classified into four basic categories based on the frequency of the impulse. They are:

β β BETA β β

14 to 40 cycles per second.
The awake state in which most people generally are when their eyes are open. The five senses of sight, smell, sound, taste and touch are constantly in use in this state.

α α ALPHA α α

7 to 14 cycles per second. A state of relaxed awareness that is sometimes associated with meditative states. It is a pleasant state, similar to light sleep or daydream. It is the

mind-level usually sought during bio-feedback training because it is a very effective level for relaxation and creativity. Pre-teen children are in *alpha* much of the time. We weave in and out of *alpha* all day.

θ θ THETA θ θ

4 to 7 cycles per second. A state on the borderline of sleep. It is an area for problem solving in sleep.

Δ Δ DELTA Δ Δ

0 to 4 cycles per second.
The deepest state of sleep.

These areas of the mind are not unfamiliar to any of us. In the first 90 minutes of sleep, we descend from "alpha" thru "theta" to "delta" and ascend again to "alpha" where a dream takes form.

As I studied music and learned to play the organ, beautiful things began to happen to me. I was a complete human being when engrossed in my music. My mind, body and spirit were one. There was no conflict, no disharmony and incredibly no pain from my body. What was this incredible phenomena that I was experiencing? This same body, this same mind, engrossed in music, was transported into another world. Yes, truly, an expanded state of consciousness.

The psychological state was balancing the physiological state. My mind was flooding my body with the ecstasy of the music, calming my nerves, changing my chemistry, changing my mood and changing how I perceived. These altered states of consciousness made it much simpler to change my lifestyle, including my eating habits.

Above all else, I was experiencing a wonderful excitement of accomplishment. To listen to music is one thing, but to create it yourself, from scratch, is something else. My distorted fingers were creating a magic that was hypnotic.

My mind was engrossed in learning a new language -- the translation of symbols into exalted music. My world was changing rapidly. I was in the ecstasy of creation — in mid-life learning what most people learn in childhood.

But would it have been the same under different circumstances? I don't think so, because I was filling an earnest need and finding resources deep inside of me that were so conducive to the recovery.

"Music was a deep and inspiring factor in my growth, my evolvment and my healing."

There is a magnificent unity to life. The laws of life and the laws of nature are immutable. There could have been no healing had I not been "ready" to be healed. There could have been no healing had I not stumbled onto Natural Hygiene. There could have been no healing had I not started eating raw foods, spent time in the sun and become aware of my inner pulse.

But music was a deep and inspiring factor in my growth, my evolvment and my healing. Music is still today a source of deep pleasure and intellectual stimulation.

The exaltation from the Brahms or the Verdi "Requiem" are indeed experiences that last a lifetime.

Make time for music — either to make it, create it, or just listen to it.

Spend time for just you. Learn to respect your needs. Learn to respect yourself.

LOVE YOURSELF. YOU ARE VERY BEAUTIFUL!





FOOT NOTES

The Foot: A Lesson in Holistics

by Jack Goldstein, D.P.M.

This column is about the feet. Particularly, it is about problems which involve the feet.

I hope to enlighten you on both the common and the not-so-common foot problems. Further, I intend to show how imbalances in the feet can adversely affect the function of the entire body, and, vice versa, how imbalances in other parts of the body can adversely affect the function of the feet.

Many systemic or general health problems manifest themselves in the feet. Frequently, we podiatrists are the first to recognize early signs of impending or frank toxic states.

In discussing these ideas, I write from a podiatric and a hygienic point of view. At times, I may not agree with the hygienic approach to foot care, but by the same token, at times the hygienic idea may not agree with my approach. The advice which I give comes from a combination of the podiatric and hygienic approaches which have evolved through years of personal experience with success and failure.

This column is for you. Your questions are not only welcomed but encouraged. While I cannot answer each letter personally, nor make diagnoses and prescribe treatment via this column, I can address questions of various categories that apply to a general audience.

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c/o Health Science, 1920 Irving Park Road, Chicago IL 60613*

The human foot has long been described as an engineering wonder. It contains 26 small bones, 56 ligaments, 38 muscles, and a complex network of nerves and blood vessels; yet it supports, balances, and carries weights ranging up to over 300 pounds, and is estimated to carry its owner more than 70,000 miles in an average lifetime — the equivalent of about three trips around the world.

The foot does what probably no other engineering structure has ever been able to do: It successfully bears the stresses of a weight twice (or more) of its design capability. Not only has it borne these stresses, but it has adapted itself to them. Dr.

Nicholas Giannestras in his book *Foot Disorders: Medical and Surgical Management* says, "As an instrument of support and locomotion, the human foot excels that of all other animal species. Man's normal and comfortable foot is so well adapted for independent weight bearing and locomotion that it allows full and unimpeded utilization of the hands under cerebral control."

Sadly, most of our foot problems are of our own creation. With only a few exceptions, we are not born with them. In the more common problems that account for 90 to 95 percent of foot suffering, we bring on the trouble ourselves, usually by taking the foot too much for granted.

We not only ignore the foot, we abuse it. (I wonder which we abuse more, our stomachs or our feet.) For a collection of bone and soft tissue which was meant to function ideally on natural, uneven terrain such as dirt and grass, we have built an environment of wood and floors and concrete pavements. Since our first steps, our feet are relentlessly pounded against them. What with twice their weight-bearing capability bearing down on them from above and unyielding surfaces rising to meet and jar them from below, these feet spend their lives in a type of jackhammer press. On top of this, these same feet are deprived of fundamental care.

Is it any wonder that sore, aching feet join the headache and the "common cold" as the country's three most often-heard health complaints. The approximately 175 million foot sufferers, in an attempt to obtain relief, annually spend upwards of \$400 million (the figure is probably higher now) on corn pads, lotions, salves, drugs, store-bought appliances, and "miracle cures."

General medical practices have become so specialized that seldom are patients not referred to a specialist in some particular organ or other part of the body. Most doctors have apparently forgotten that the organ is not an isolated part but rather a part of the whole. When the "whole" suffers the part suffers; when the part suffers the "whole" suffers. Everything in the human body is inter-related and inter-dependent. Nothing functions without having some influence somewhere else.

Continued on next page

Foot Notes Cont.

This rule also applies to the human foot. Too often it is treated as an isolated and unconnected part of the human anatomy. But, the foot is not much different in this respect than other organs in the body. Illness, disease, toxemia, or whatever you care to call it has an influence on the foot—sometimes a profound influence. The foot is a basic structural entity — a foundation, not unlike the

the way up. Treatment for him consisted of a few sessions of physiotherapy (mild muscular stimulation from a low-volt machine) and various rest strappings to relax and take the strain off the feet. After these procedures were completed, I constructed and gave him a pair of balance-inlays (orthotic appliances) to be worn in his shoes for the re-establishment of correct foot posture and function.

When the patient returned in one

found and therefore nothing was wrong with her, she was discharged with instruction to take “pain killers” when necessary.

She eventually went to another prestigious hospital near Detroit and was admitted for about one week. Again, she underwent basically the same tests as in her previous hospital stay and was given the same conclusion upon her discharge — that they could find nothing wrong and she would have to “learn to live with

Jack Goldstein, D.P.M., is immediate past president of the American Natural Hygiene Society. His involvement with Natural Hygiene began with a six week fast in 1964, when his life seemed nearly ended by ulcerative colitis. The story of his recovery from this long illness is told in his recent book *Triumph Over Disease by Fasting and Natural Diet*. A podiatrist (foot specialist) since 1952, Dr. Goldstein is now also an active Natural Hygiene lecturer and consultant. Recently, he became director of Pointes Retreat, a new Hygienic institution in Grosse Point, Michigan.



foundation of any building. When the foundation is unsound or has a structural fault then everything above it suffers sooner or later and in one degree or another. The foot can have a profound influence on general body function.

This brings to mind a classic example: I recall a patient who came to me complaining of aching and fatiguing of his feet, mainly while at work where he stands all day. When I questioned him about his medical history, he revealed other complaints which bothered him more than his feet, namely digestive problems, knee pain, low back pain, neck pain and occasional headaches. His trips to medical doctors proved frustrating, expensive and unsuccessful because they couldn't relate the feet to the whole body.

This patient exhibited what can be classed as flaccid flatfeet or, in other words, weakened arch structures. In this condition, when not bearing weight, the feet appear “normal” but when bearing weight, they flatten out and thus throw the body off kilter all

month for a follow-up examination, he found it difficult to believe what he called “fantastic results.” The digestive problems, the knee pain, the low back pain, and the neck pain — all were gone. Also there had been no recurrence of headaches. As an added bonus, his disposition had improved and he no longer experienced chronic fatigue.

Another dramatic and classic example of the foot-to-body relationship and the failure of the medical-powers-that-be to reduce problems to logical and simple forms is seen in another patient who was exhibiting severe (and at times incapacitating) pain in both feet as well as her legs, back, and neck. She found her way to one of the top-rated hospitals in Detroit where she spent two weeks and several thousand dollars as an in-patient. She underwent the most sophisticated of tests—extensive blood work, brain scans, spinal taps, neurological testing, orthopedic evaluation, psychiatric examination, and x-rays of her feet, back, neck and head. Because nothing was

it.”

Finally, a friend of hers suggested that since her feet seemed to be so painful, a logical approach and one which should have been done first would be to see a “foot doctor.” That's how she came to me. I spent ten minutes with her and found that not one of the doctors who had examined and treated her had ever taken the time to look inside her shoes. When I did so, I found her toe imprints in the ends of her shoes. I told her that short shoes can put enough stress on the arches and joints of the feet to create all the problems of which she complained.

I simply sent her to a shoe store to get her feet measured while *standing* on the measuring device (because the shoes must fit the weight-bearing feet), and I advised her to never wear shoes that crowd the toes and feet. Within a week all of her aches and pains were gone. But look at what she had to go through physically, psychologically, and financially before the *simple* and *obvious* truth was uncovered ☀

William Harvey

FOUNDER OF PHYSIOLOGY

by Robert J. Davis

400th Anniversary

Natural Hygienic principles are firmly founded on Physiological laws. The science of Physiology is now a vast one, but at one time it was vague and shrouded in superstition and ignorance. It seems only fitting that this spring some mention be made of the man to whom history

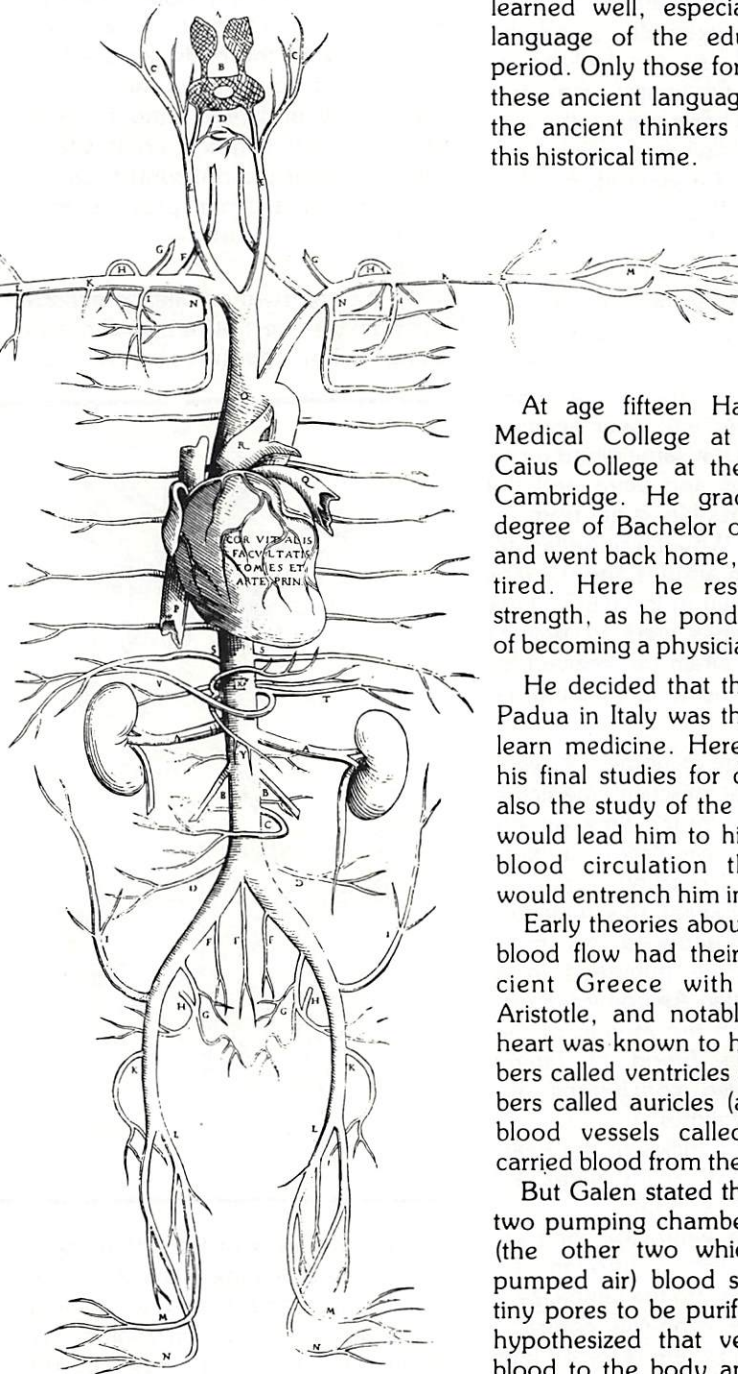
Although quite sickly, William learned well, especially Latin, the language of the educated of this period. Only those fortunate to learn these ancient languages could study the ancient thinkers that preceded this historical time.

credits the founding of Physiology. The man is William Harvey, who was born on April 1, 1578 (400 years ago) in the town of Folkestone, England.

We cannot dramatize too much the early life of William Harvey. It is not a rags to riches story. His father was an English merchant, quite well off from trade dealings with Mediterranean countries. As schools were poor in Folkestone, William's loving and intelligent father taught his children reading, writing, and so forth, at home. Young Harvey learned his lessons well.

William had a rather intense natural curiosity about things around him, especially living things. He would dissect fish and other animals, as he was interested about the organs, their positions and functioning. Little was known about these things and few people shared this curiosity.

By ten years old Harvey wanted to be a physician, for he knew this was the only way to continue to study human functioning. His parents were delighted and decided to send him to the best school possible. So William went to King Grammar School in Canterbury where the discipline was harsh, competition great, school masters demanding and living conditions mediocre.



At age fifteen Harvey attended Medical College at Gonville and Caius College at the University of Cambridge. He graduated with a degree of Bachelor of Arts in 1597 and went back home, pale, thin, and tired. Here he rested and built strength, as he pondered his future of becoming a physician.

He decided that the University of Padua in Italy was the best place to learn medicine. Here he undertook his final studies for doctorhood and also the study of the specimens that would lead him to his revolutionary blood circulation theories which would entrench him in history.

Early theories about the heart and blood flow had their origins in ancient Greece with Hippocrates, Aristotle, and notably, Galen. The heart was known to have two chambers called ventricles and two chambers called auricles (atria) and large blood vessels called arteries that carried blood from the heart.

But Galen stated that between the two pumping chambers of the heart (the other two which he thought pumped air) blood seeped through tiny pores to be purified. He further hypothesized that veins distributed blood to the body and that arteries carried a different kind of blood

Vesalius Illustration from 1539

Continued on next page

Physiology Cont.

which contained a "vital spirit." Galen also believed that the elasticity of the arteries was attributable to the surging of this "vital spirit."

As time moved on much more was discovered about the heart and blood. A variety of scholars from several different colleges and universities more or less established certain principles. For example: blood did not flow from the right to the left ventricle, but from the heart to the lungs and back to the heart again, although no one knew what purpose this served. Also demonstrated while Harvey was at Padua was the function of heart valves — namely, to prevent back flow of blood from one chamber to another.

Harvey understood these things but continuously pondered over many others. Is the same blood being used over and over again in humans? Does the same blood move through arteries and veins and the heart? How does blood get from arteries to veins? Why the pulsating action of blood in arteries and the lack of this phenomenon in veins? These and other queries were in William Harvey's head when he received his diploma in medicine in the summer of 1602.

After a holiday at home, he went to London to practice medicine where he spent much time on his dissections and circulation studies. He accumulated data by direct observation and logged this material. Ultimately he deduced his conclusions which he published in a small book entitled *Anatomical Exercises Concerning the Motion of the Heart and the Blood in Living Creatures*. These conclusions are summarized as follows:

1. When the auricles of the heart relax, blood from veins fill them.
2. When the ventricles contract, blood is forced through the heart valves into the ventricles.
3. When the ventricles contract, the blood in them is forced into great arteries of the heart.
4. Valves keep blood from back-flowing into the auricles when

the ventricles contract.

5. When the ventricles contract, the arteries of the heart dilate (expand).

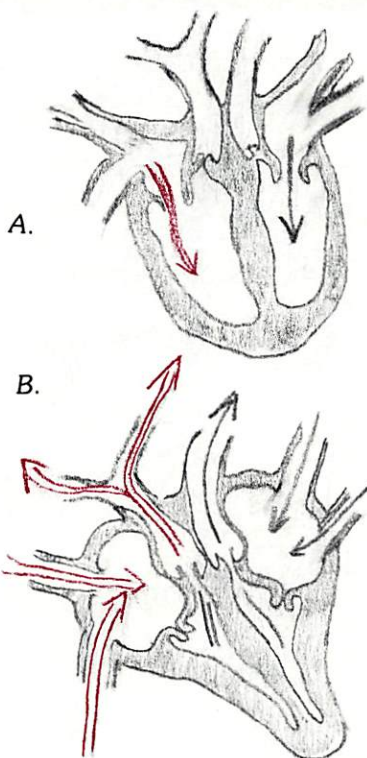
From more direct observations on animals he concluded that the pulsations felt at various places on the body were the actual ventricle contractions pushing blood into the arteries. Wherever these arteries came close to the body surface this pulse could be felt. Spurting blood from a wound was under great pressure from ventricle contraction. Blood in veins did not spurt because it was under a gentle pressure and merely filled the auricles when they relaxed.

As he observed private dissections on humans, he noticed swellings in veins when ligatures were tied

direction only, showing the lack of back flow beyond one of the valves.

Therefore, blood moves in one direction only, making a complete circulation from the auricles to the ventricles of the heart, then throughout the body by way of arteries and returning to the auricles by veins. This circuit, he said, was closed. There were no perforations for blood to seep through the septum of the heart from ventricle to ventricle. Circulation started in the heart, not the liver, and the same blood was circulated over and over again.

The only major aspects of circulation that Harvey did not clarify were the connecting vessels of arteries and veins and the reason for blood circulation to the lungs and its return to the heart. However, he certainly laid the foundation for the subsequent elaboration of these points.



Blood with much carbon dioxide waste in it, coming from all body cells



Blood returning from lungs with much oxygen gas dissolved in it



A. When auricles contract valves open and blood is forced into the two ventricles. Valves leading from ventricles close.

B. When ventricles contract valves between auricles and ventricles close; valves leading from ventricles open and blood is forced from heart under pressure.

Note: Harvey did not deduce the oxygen-carbon dioxide exchange in the lung capillaries.

around the arms of fairly thin men. He surmised that these "nodes" were valves that were closed to prevent blood from flowing backward. By using live humans and pressing his finger at two different nodes, and moving one finger along the vein, he could get blood to fill the vein in one

Extensive lecturing by Dr. Harvey did much to promote his discoveries to his colleagues and the public, but it is interesting to note that he was not without the usual ridicule, pressure, and stubbornness from the establishment which finds it difficult to shed beliefs when they are proven to be

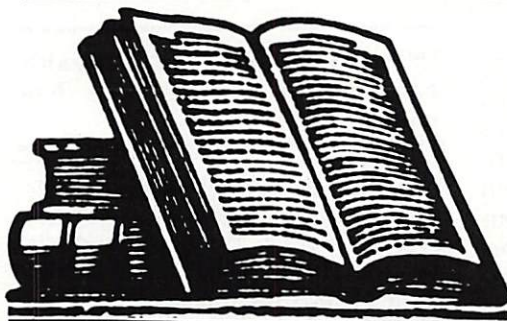
superstitions instead of truths. In fact, one of the most important reasons (if not the only reason) that history has rewarded William Harvey with his due honor is that he was the personal physician of James I of England who protected him from public and private ridicule. It appears that if it weren't for the coalition between this influential King and the seeker of truth for its own sake, our present day knowledge of physiology would be way behind its present pace.

Let's not de-emphasize William Harvey's role in laying the foundation for our knowledge of physiology today, for much has been found about the blood and circulation as it relates to health. Harvey's beginning ultimately led to the realization that the plasma of blood serves as the medium in which both the nutritive and the metabolic waste factors are transported to and from the tissue cells of living organisms. Glucose, minerals, vitamins, fatty acids, amino acids, etc., are transported to our cells for nourishment. Carbon dioxide, urea, dead cells, and other wastes are transported to the eliminative organs. The immunological components of blood as well as the red blood cells and platelets for proper blood clotting were only discovered after the proper equipment had been developed.

Understanding of the inherent ability for the bodily organs to maintain blood in a relatively stable state due to normal amounts of daily nerve energy, and the accumulation of wastes in the blood and lymph due to lowered nerve energy came from the early Hygienists. Harvey's pulsating arteries, closing valves and closed one-way circulation gave the rationale for the functioning body so well elaborated by seasoned Hygienists.

We can only hope that all these physiological truths will flood the ignorant masses so that they may lift themselves to a greater health standard than they have now. We, as Natural Hygienists, should be the living examples of these physiological truths and the teachers that will send the present health superstitions into oblivion ☀

BOOK REVIEW



Good Health Without Drugs

by Norman D. Ford
St. Martin's Press, N.Y.
\$8.95

Reviewed by Chris Somer

It is quite astonishing to find a current book by a leading publisher which is filled with information about Natural Hygiene and references to the American Natural Hygiene Society. For this accomplishment the author deserves considerable commendation.

"By faithfully staying with Hygiene many have made complete recoveries and have lived for decades after doctors pronounced them incurable."

An experienced author, Norman D. Ford is a member of the Society and a world traveller. Both these associations he has used to provide the basis of authenticity for this recently released book. Like so many Hygienists who are appalled at the degenerating state of health of the American people when Natural Hygiene could prevent it, Ford felt a dire need to get this health building

knowledge disseminated. So he wrote *Good Health Without Drugs*.

The author calls Natural Hygiene "probably the most holistic and successful of all natural health care systems." At a later point, he qualifies this statement slightly by saying that Natural Hygiene is not entirely holistic because it lacks any spiritual approach, but that most Hygienists develop a close relationship with nature that "borders on the spiritual."

According to Ford, proof that the Natural Hygiene system works comes from successful results gained by those who practice it. Although some medical doctors have recognized the merits of Natural Hygiene and practiced it, regrettably, "few, if any, medically acceptable studies have been made to substantiate its claims" because "Hygienists are a scattered and rather loose knit group difficult to identify and appraise and keep track of." Therefore,

Continued on next page

to support the case for Natural Hygiene, Ford gives the reader a look at healthy groups of people of whom "medically supervised studies have been made," and who follow what he terms "a Hygienic lifestyle."

Included among these healthy groups are the long lived residents of Abkhasia in the USSR and Vilcabamba in Ecuador, the California 7th Day Adventists, and the participants in the health rehabilitation program of the Longevity Research Institute in Santa Barbara, California.

Many Hygienists, no doubt, will find that the likeness in lifestyles of these groups to Natural Hygiene is too exaggerated.

For example, while the Russian longevity champions eat organically grown fruits and vegetables, they also eat such non-Hygienic items as cereals (organically grown, Ford emphasizes), yogurt, mutton, chicken or goat (raised under natural conditions and free of pesticides, states Ford), and honey in place of sugar. Furthermore, some of these people smoke and some "enjoy" a drink or two during celebrations. However, Ford insists that because of their diet, rugged exercise, and freedom from tension and deadlines, their lifestyles more closely approach the ideal of Natural Hygiene than the actual daily routines of many American Hygienists.

"People have obtained great benefit from Natural Hygiene without ever having fasted."

Similarly, the Adventists have a healthful lifestyle that, says the author, in many respects is "almost identical with Natural Hygiene," although they do not fast, they do not eat raw food, they do drink coffee, and fifty percent of them consume meat.

Another people which he cites as an exemplarily healthy group are the Mormons. While they eat meat in moderation, Ford argues that their diet, religion and way of life (no smoking or drinking) is a holistic system of natural health "comparable to Natural Hygiene."

The health achievement at the Longevity Institute, we are told, is based entirely on diet and exercise — the diet consisting of eight to nine small meals daily and an exercise program confined only to walking. The results of the Institute's program in reversing cardiac problems, diabetes, gout, senility and arthritis, Ford maintains, "closely approximate" those reported by practitioners at their fasting institutes. In fact, "the system so closely parallels the exercise and dietary principles of Natural Hygiene," he says, "that differences seem virtually negligible."

In the light of this introduction, it is perhaps not totally surprising that the author strongly favors expanding the

"Natural Hygiene is a health care system whose time has come."

tenets of Natural Hygiene. In affirmation of this view he cites the statement of Dr. Burton of Australia (at the 1976 ANHS convention) "that the principles of Natural Hygiene are by no means final or rigid" and that the movement is always open to beneficial new ideas. Ford feels it takes time for a "staid organization (the ANHS) to accept such apparently radical concepts as yoga, meditation and eating nine small meals a day instead of two or three large ones."

Whereas Natural Hygiene teaches a maximum of three meals per day, Ford contends that despite apparent conflict with basic hygienic principles, some Hygienists have experimented with nine small meals a day and are reporting very satisfying results. He also cites two authorities: Dr. Grand Gwineup, professor at the University of California at Irvine who says this many meals relieves the heart from the stress of digestion and helps prevent heart attacks, and Dr. Paul Fabry at Prague University, whose study of 1133 men ages 60 to 64 showed that they had more coronary heart disease when they ate three or fewer meals each day. Ford asserts that by distributing the same amount of food over nine mini meals instead of three, overweight people lose approximately two pounds weekly. He

also cites his own personal practice that "meals are so light and digestion so constant that we can exercise almost immediately after eating instead of having to wait an hour." He concludes that the preponderance of evidence indicates "that a mini meal routine brings undeniable benefits which are greater than those accruing to people who eat only two or three meals daily."

Other practices that Ford wants to see incorporated into a holistic health program are yoga techniques to annihilate tension and achieve emotional tranquility, and visualization to command the subconscious to improve one's health. He tells about a cancer specialist who taught cancer patients to picture their immunological systems destroying newly formed cancer cells and thereby substantially reduce their mortality rate. For prostatic difficulties also, Ford believes visualization can be very helpful. He recommends a five or ten minute daily visualization routine as a long range program for improving health, via the subconscious.

Although Natural Hygiene literature warns against the dangers of overeating even on a Hygienic diet, Ford maintains that it is almost impossible to seriously harm the body by doing so.

"The ranks of Hygiene are filled with people who were once desperately ill and were told that medical science could do no more."

The author taxes his credibility as an advocate of a holistic approach by stating that "in our personal opinion regular and abundant daily exercise can contribute more to restoring health, mobilizing stamina and energy, losing weight and adding years to life than any other single factor." Hygienists, of course, know there is no one factor alone that can achieve such benefits.

Knowledgeable Hygienists will probably find little of value in *Good Health Without Drugs*, but those not so well acquainted with Hygiene will certainly find it to be a treasure. The concepts advocated in the book, if

studied and followed, will most certainly enhance the health of the general population.

Readers will learn about the noxious chemicals in the food supply and about the detrimental effect of salt, fried foods, and charcoal cooking. They will learn the harmfulness of fluoridation; working in or living near factories that discharge carcinogenic by-products; cosmetics; noise pollution; radiation from microwave ovens, color TV, fluorescent lights and diagnostic x-ray machines; immunization; unnecessary surgery; and taking pills for discomforts. They will learn the dire consequences of stress and overweight.

The novice will also acquire some positive information: how to find time for Hygienic practices, how to dine out without incurring high risks, how to replace supermarket junk with more healthful items, how to have fun at parties while living hygienically, how to increase sexual drive, how to sprout food, how to clean teeth the natural way, how to improve vision, how to get rid of tension, the best places to live healthfully, and how to have inflation proof retirement.

Norman Ford's fervent belief in Natural Hygiene and natural living is best summed up when he says: "The rewards of changing from health wrecking habits to life extending

routines are so overwhelming that my wife and I have never considered any other alternative. After reading a Hygienic best seller, Jack Dunn Trop's *You Don't Have to Be Sick*, in 1964, we were so impressed that within forty-eight hours we had completely transformed our lives. We have never regretted the change and have seldom diverged from the Hygienic way of life since "



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Max Huberman is a many-sided individual. He is an author, editor, lecturer, humorist, actor, nutrition consultant, athletic coach, organic gardener, businessman, husband and father.

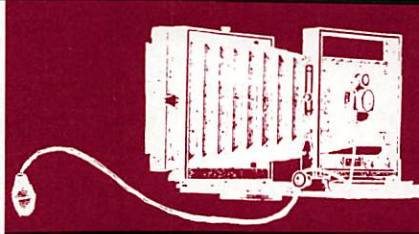
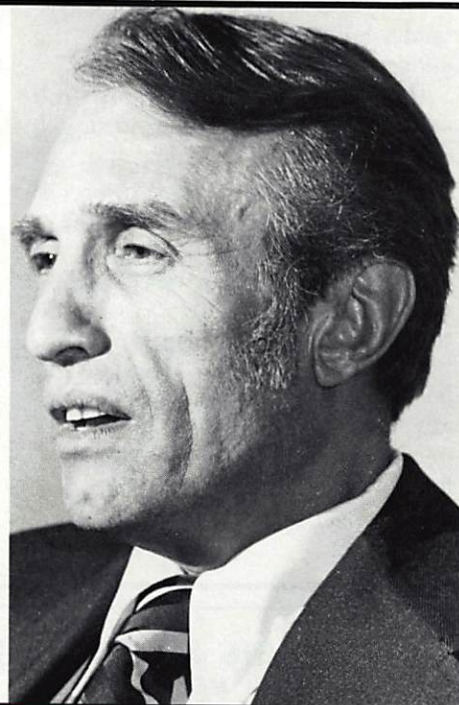
A Hygienist for 27 years, he has spent his adult life helping his fellow Americans learn how to combat the poisons in food we eat, the water we drink and the air we breathe.

An indefatigable fighter for health freedom, he has testified before many U.S. Senate and House committees to help formulate legislation protecting the rights of American consumers. From 1972 to 1977, as president of the National Nutritional Foods Association, he was chief spokesperson for the health foods industry.

Educated at the University of Oregon, the U.S. Armed Forces Institute and the Columbia University School of Journalism, he is an experienced, informed and persuasive author whose writings have appeared in *Prevention*, *Let's Live*, *Natural Food and Farming*, *Strength and Health*, *Columbia Review*, *the New York Star*, *Opinion* and other national journals. Currently, he is consulting editor of *Health Foods Retailing* and a regular contributor to *Health Science*.

His numerous books include *Arsenal of Truth*, *A Victory for Humanity*, *What Makes Freddy Run?*, *Everything You Always Wanted to Know About the FDA's RDA*, *But the FDA Was Afraid You Might Ask*, and *Health Limericks*.

A model Hygienist and virtually complete raw foodist, he has raised the health consciousness of millions through his lectures across the country to colleges, health groups, civic organizations, PTA's, women's clubs, and radio and TV audiences. Among numerous other engagements this year, he is to speak at the thirtieth annual convention of the American Natural Hygiene Society.



CLOSE-UP

An Interview with Max Huberman

What brought you into the natural hygiene movement?

It is a human tragedy that most people don't think about their health until after they have lost it. I was no exception—25 years ago I was stricken with polio. There I was, 31 years old and seriously crippled. A vegetarian friend persuaded me to read about diet and nutrition and introduced me to a variety of natural foods from the local health food store in Youngstown. The store also advertised a public meeting in Cleveland sponsored by a group called The American Natural Hygiene Society. I was taken there, heard Dr. Herbert Shelton and Dr. Gerald Benesh. It was a great awakening. A new beginning.

You regained your health?

My health, my hope and my sanity. I had been committing suicide as a food glutton, a meat eater, beer drinker, and smoker. Dr. Benesh maintained a clinic in the area and I visited him later for an examination and consultation.

What did you learn?

I learned how to live instead of how to die. Not things "to take," but what to leave alone. As a first step, I learned the value of occasional fasting. I was sent to the health food store for a slant board and juice extractor and soon gave up my enervating and destructive habits, such as smoking and beer drinking.

What about diet?

It was a gradual process. As my strength and health returned and I studied more about vegetarianism

and Hygiene, I found it easy to give up meat and fish eating. Later our family eliminated all milk and egg products and soon evolved to a 99% organic raw food program.

You conquered your polio?

Indeed, yes. Of course, we later realized that what today is called "polio" is just another manifestation of toxemia. Today, at 56, I have more stamina than during my twenties. It wasn't an overnight rejuvenation. A couple of extended fasts over the years were very helpful. Dr. Benesh was my first guide and mentor. I also had the

"The health food store must give greater emphasis on basic nutrition."

professional help and guidelines from Drs. D.J. Scott, Virginia Vetrano, Alec Burton and other scholars of our movement including many fellow Hygienists such as Jack Solomon, Jack Trop, Irv Davidson, Jay Dinshah, Oscar Floyd, and R.J. Cheatham, to name a few.

How did you get into the health food business?

You might say the health food business got into me. In order to obtain the lowest prices for organic foods, the Hubermans had to buy large quantities. We got together with friends and relatives who agreed to share in bushels of oranges, crates of apples, boxes of dates, etc. One day, back in 1958, we looked at our overcrowded kitchen and basement and decided that if we were operating like a Health Food store, why not open one?

Were you successful?

Not for many years—but from the beginning we did succeed in recruiting many new Hygienists, including several life members who

"It is a human tragedy that most people don't think about their health until after they have lost it."

had been coming to our store for vitamins and supplements along with the organic foods that we emphasized. When they learned that we

got along so well on a strictly Hygienic program, it wasn't hard to bring them into the Society and into the Youngstown Chapter which my wife and I organized in 1960.

You have always been a strong exponent of organically grown foods.

Why?

A Hygienist knows the importance of pure air, water, rest, exercise, and sunshine. Nutrition, however, is basic and that means getting food that is not only unprocessed and properly combined, but *unpolluted*. It is a step backwards to eat "Natural" foods that are loaded with pesticides, waxes, colorings, fumigants and chemically fertilized or synthetically ripened with toxic gases.

But many health food stores still don't supply enough of such foods: isn't that true?

They will have to in order to survive. Twenty years ago, a health food



Max Huberman on the "Sun-Up" show with host Mel Knoepp, KFMB-TV, San Diego.

store had to do 90% business in vitamins to survive. Today, every drug store and supermarket competes in such items. Now the health food store must give greater emphasis on basic nutrition, especially the value of natural organic foods, to distinguish it clearly from the strictly merchandising aspect of drug and processed food outlets. In Youngstown, we not only supply the right foods, but I even take patrons to my home garden and introduce them to the family compost pile. We teach the value of organic farming

along with the basics of Natural Hygiene—it cannot and should not be separated.

What do Hygienists buy in health food stores?

Almost everything. Some even buy food supplements for friends and relatives on the logical theory that if one insists on such items, there will be less adulteration at the health food store than the corner drug store. On a practical basis, some members of our Society eat cheese and bread occasionally. Health food stores do supply the preferred rennetless cheeses from raw milk and sprouted bread made from whole grains. For the strict Hygienists, the health food store remains the ideal source for a variety of untreated dried fruits, assorted raw nuts, and edible seeds. Some stores rate better than others of course. But I don't know any practicing Hygienists who would not feel sorely deprived without the availability of a health food store.

How do you rationalize selling vitamins in your

health food store and still seeking the support of Hygienists?

We don't "promote" vitamins, and we don't miss any opportunity to educate vitamin buyers on the greater merits of a balanced nutritional food program based on the Hygienic science of diet and nutrition. Sometimes we fail and sometimes we succeed, but how can we convert them to Natural Hygiene

Continued on next page

Close-Up Cont.

if they go somewhere else? The point is that almost everyone leaves our store with a personal message or literature emphasizing *quality foods and the laws of life*. Sooner or later most of them get the message. We never give up. But we must always defend the right of consumers to buy the foods or supplements they choose without AMA—FDA dictation. Only health food stores offer an honest choice.

In 1972, you became the first avowed practicing Hygienist to be elected president of the National Nutritional Foods Association, the trade association of the health food industry. Why did you seek the office?

I thought the industry needed a different emphasis and new directions. As Hygienists, we Hubermans felt that while consumers should have a

"We must always defend the right of consumers to buy the foods or supplements they choose without AMA--FDA dictation."

free choice in selecting their diets and mode of health care, the health food industry should emphasize natural and organic foods and physical fitness, rather than reliance on vitamins, supplements and "diet pills."

What kind of opposition did you face in your campaign for office?

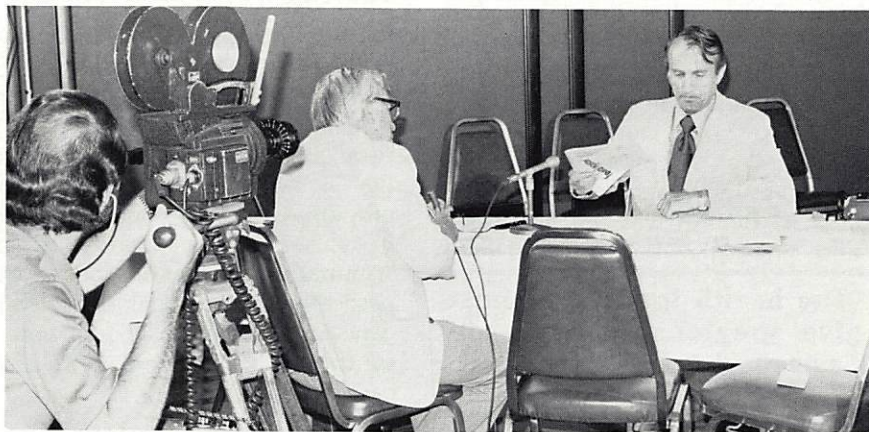
My opponent warned that the Hubermans would be a "bad image" for the health food industry if I were elected. He made speeches insisting that "we dare not let Max Huberman be seen on television eating a raw cauliflower." The *Hygienic Review* reported that at the banquet after the election, Ruth and I were respectfully observed enjoying a delightful raw salad — including raw cauliflower.

Hygienists believe in natural and organic foods but don't take vitamins. Why care about such consumer rights?

Freedom is indivisible, including health freedom. The same AMA-

for health freedom. Could you expand on this concept and explain how you relate it to the Hygiene movement?

In my lectures and writings, I have always stressed that one's lifestyle or



KGTV-TV records National Nutritional Foods Association President Max Huberman's views on the FDA proposals during the 1973 NNFA convention.



Max Huberman discusses the FDA proposals with Ray Briem over KABC in Los Angeles. The clock shows 12:05 A.

FDA edicts which would force consumers to go to medical doctors for expensive shots and prescriptions instead of purchasing a few vitamins, also scheme to extend the monopoly of medical orthodoxy—that means even further restricting the rights of chiropractors and naturopaths as well as all non-drug practitioners, including professional Hygienists.

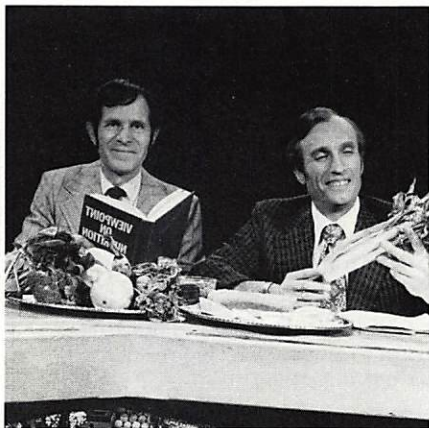
While practicing and maintaining your own adherence to a vegetarian and Hygienic lifestyle, you have become a recognized national leader in the fight

dietary preferences must never be dictated by federal agencies dominated by agribusiness interests. I make it clear that health freedom also means an individual should have a free choice to utilize the services or follow the teachings of medical doctors, osteopaths, chiropractors, professional Hygienists, nutritionists, naturopaths, faith healers—or no one at all, so long as no deliberate harm or deception is involved. But the choice should never be dictated by a medical monopoly or a federal agency beholden to the drug conglomerates and the AMA hierarchy. The enemies of the health foods

industry are also the bitterest opponents of the ANHS.

How about your personal influence as NNFA president?

People watch me (and Ruth) in action. They are amazed at the energy



Max Huberman discussing meat substitutes on NNFA's "Viewpoint on Nutrition" aired over 23 radio-TV stations and recorded at KCOP, Los Angeles.



we have as vegetarians, especially raw foodists. When health food dealers ask us the "secret," we truthfully attribute our better health to Hygienic living and invite them on board. It's the same way with our own store patrons. Incidentally, all-vegetarian meals are now quite common at NNFA conventions and drinking or smoking at all events are strictly prohibited. These policies were instituted under my administration.

During your administration was anything done to help us clarify when we are receiving truly

"organically grown" foods in health food stores?

Two years ago, the NNFA incorporated explicit *Standards* and a *Code of Ethics* in its official constitution. It includes, clear specifications defining the terms *natural*, *organic*, *organically grown*, etc. A national certification program is now being formulated. Meanwhile, dealers have a responsibility and a right to demand the strictest compliance and verification from growers, manufacturers or distributors who claim they are supplying organically grown foods.

What is the code of ethics of the health food industry?

It consists of six sentences (the last two incorporated by myself as a member of the original committee):

- I will sell or supply only those foods, food supplements and accessories that may be helpful to consumers who seek to maintain or improve physical fitness and good nutrition, or seek to correct nutritional deficiencies.
- I will not engage in the treatment, diagnosing, or prescribing for any pathology.
- I will not knowingly sell or supply those foods that contain harmful chemical food additives or artificial ingredients that are alien to the recognized concept of natural foods, nor will I knowingly deal in products that are untruthfully labeled.
- I will not engage in false or misleading advertising.
- I will support all public measures that protect the environment, safeguard our natural resources and improve the quality of life.
- I will cooperate with all professional, educational, civic and consumer organizations that support greater nutritional information and consumer rights.

What do you see as the relationship between the Hygiene movement, the natural-organic food

movement and the health food industry?

It is more than a relationship. I believe that the health food movement today serves as the conscience of the commercial food industry. We in the Hygiene movement must serve as the conscience of the health food industry. It can hardly be disputed that the health food stores today remain the primary outlets for natural food and, through the books and literature they distribute, the principal source of consumer education concerning organic farming, food additives, ecology, exercise, etc.

What can Hygienists do to help and influence the health foods industry in a positive way?

Establish closer relations with local health food stores. Get the dealers to stock ANHS books and attend chapter meetings. As customers, Hygienists should emphasize that they do not rely on vitamin tablets but would appreciate a constant supply of the highest quality natural

"The Hygiene movement must serve as the conscience of the health food industry."

foods and that product integrity is a greater consideration than the canned and chemicalized "bargains" in the supermarket. Of course, Hygienists should request specific titles of books about Hygiene, especially basic classics such as Shelton's *Superior Nutrition* and eye-openers like *Health for the Millions* and the paperbacks on fasting. Ideally, all NHP publications should be available at a health food store as they are in our Youngstown shop. It is also important that Hygienists study food labels and point out any objectionable ingredients that may have escaped the notice of the dealer. Of course, if the dealer is insensitive to such complaints or is more concerned with profits than principle, then one's patronage must go elsewhere. As indicated, consumer relations is the

Continued on next page

Interview Cont.

name of the game. Most dealers are sincerely motivated and will welcome honest criticism or suggestions.

In what way can our society influence the natural-organic food movement?

It must do more than just "influence." The ANHS must seek to lead the movement. It has all the credentials. It is the only consumer group with a fundamental science and philosophy that deals with all problems affecting optimum health and the quality of life. The Society now has an official journal which compares well with the very best of consumer publications and the Natural Hygiene Press is now organized to reach millions with the classics and new writings on Hygiene. Above all, ANHS has the talent and dedication among its officers and members that can make the leadership of the consumer movement effective and lasting.

"The health food industry should emphasize natural and organic foods and physical fitness, rather than reliance on vitamins, supplements and "diet pills."

In 1977, you completed your five years of service as president of the NNFA. Are you still active in the health food industry?

Very much so. I still spread the truth of Natural Hygiene which is the ideal image for the future of America's health food stores. As NNFA Director of Consumer Affairs, I shall be working to establish closer cooperation with national consumer organizations such as ANHS and the health food stores. I am an active member of the NNFA Executive Council and am respected as a man of principle practicing what I preach as a vegetarian and Hygienist.

Do you still lecture and write?

Continuously. I used to give lectures twice a month. Now I speak to organizations three or four times a year but I spend more time writing for national publications. I am a Contributing Editor of *Let's Live* magazine, Consulting Editor of *Health Foods Retailing* and a columnist for our own *Health Science* journal. Additionally, I do free lance assignments on topics such as

"It is a step backwards to eat "Natural" foods that are loaded with pesticides, waxes, colorings, fumigants and chemically fertilized or synthetically ripened with toxic gases."

radiation, fluoridation, medical quackery, vegetarianism and ecology. Since I joined our Society 25 years ago, everything I have written and every lecture I have given has been fully consistent with the concepts of Natural Hygiene. It could not be otherwise. As an example the May and June issues of *Let's Live* carries my series on radiation hazards in which I give credit to the research of Dr. Vetrano. I also quote Dr. Shelton in the April issue of *Health Foods Retailing*.

Finally, which person in our movement has had the most influence in your development as a Hygienist?

I have learned from all the pioneers, the writings of Tilden, Jennings, Macfadden, etc., and have been enriched by the scholarship of all our professionals — not all of them agree with each other on every point 100 per cent. As our Society and movement grows, we find new ways to deal with new problems and we still have much to learn from each other. But if there is one giant intellect that I must credit as the main "guiding light" for myself and all others in our movement it is Dr. Herbert M. Shelton. Regardless of any revisions, updates or "improvements," others may seek to initiate in the written classics authored by this man, his works will remain a monument to the world 

? Are your friends asking about Natural Hygiene? ?

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Quest for Health

by Robert R. Gross, D.C., Ph.D.

It is both unfortunate and tragic that so many learn so late in life of the validity of Natural Hygiene as a way of life for regaining and retaining good and even robust health. Unfortunate: because so many have sought in vain for healing in one after another doctor's office, clinic or hospital, all the while hoping that by some drug, or by surrendering one or several organs to the surgeon's knife or by some other therapy, they would retrieve lost health. Tragic: because in their frustrated and disappointed search they have felt themselves sliding into a yawning and inexorable pit of illness, dependency, invalidism, and economic disaster in spite of reports informing them "we can find nothing wrong, come back again in about six months."

Most of the people who come to the professional Hygienist have been through experiences of this sort. Numerous individuals come to Hygiene as a last hope. Some have been given perhaps one to six months to live by famous clinics.

Indeed, in any stay of 10 days or more at a Hygienic retreat you will probably meet people who have run the gamut of treatments or who have literally suffered the tortures of the damned in their search to regain health. The list of ailments of these unfortunate people reads like a medical encyclopedia: arthritis,

atherosclerosis, colostomy, heart disease, malignancies, muscular dystrophy...

In your own quest, if you stay some length of time, you will see the truth for yourself that Hygienic principles and practices slowly but surely bring these people back from the brink. More importantly, you will begin to feel within your own body evidences of revitalization and improvement of bodily function and efficiency.

As you meet such people in various stages of their battle to regain health, you will realize that you are not alone in your own fight. You should derive strength, comfort and release from some of your own anxieties and doubts as you see these folk making advances toward their own goals under Natural Hygiene.

You will also discover, if you follow their progress toward recovery, that success in retreating from the brink of disaster was achieved not only because they adhered to the principles of Natural Hygiene but because they were dedicated in their search for a return to a liveable life—not to mere existence in pain, suffering and disability. As they finally realized how precious health was to them, they resolved at all costs to avoid slipping back to their former hapless and sometimes fearful state. They

became self-disciplined enough to substitute new health-creating habits for the old ones they had at last learned lay at the base of their troubles. They also recognized that their past difficulties had not been created in a month or two and that the process of regaining health cannot be achieved through half-hearted or slipshod observance of the laws governing it. In other words: to assure the continuation of good health, once it had been regained, they adopted Natural Hygiene as a way of life.

Your professional Hygienist can present you with the facts, patiently show you and help you in your own efforts and thru your own trials, and answer questions to resolve your doubts. But only you can approach the process with the earnest desire and determination to better your condition, keep an open mind and apply what you have learned of the laws of life for your own benefit, not only now but for the rest of your life.

WHAT IS DIFFERENT ABOUT NATURAL HYGIENE?

In this age of specialization, the common medical approach catalogs and treats every ailment and symptom separately. According to today's labels, a person suffers from some type of foot disease, lung disease, liver disease, stomach disease, nerve disease, or whatever, and these separate parts and the manifestations in them are treated as if the rest of the body did not exist.

Conversely, Natural Hygiene recognizes only sick people -- rather than separate and various diseases. It looks at the individual as an integrated whole. To the Hygienist, the patient is ill in his entire makeup, not in just one part or several. Your listlessness and incapacity to work or think as well as your irritability and low spirits when suffering with a badly ulcerated tooth, for example offers plain evidence on this point.

This Hygienic outlook stems from the principle that the individual lives continually and simultaneously in several overlapping and inter-related realms: body, mind and spirit. (Spirit

Continued on next page

Quest for Health Cont.

includes our joys, our aspirations and the quality we call "peace of mind.")

In dealing with what is commonly termed "disease," the Hygienist seeks elimination of basic causes rather than alleviation of symptoms. He is interested in cause and effect. How can failure to eliminate the basic causes of ill-health in a particular individual, no matter what type of medical treatment he receives, produce anything but continuation of the ill-health plus gradual degradation of the general health level?

"We must replace fear and worry with faith and courage; anger with good will, understanding and charity."

To many a newcomer, Natural Hygiene is astonishing because:

.It does not depend upon special treatments, drugs or medicines.

.It offers no "cures," no panaceas.

.It does not urge the patient to buy or use equipment for special therapy.

.It neither offers nor requires tonics or supplements.

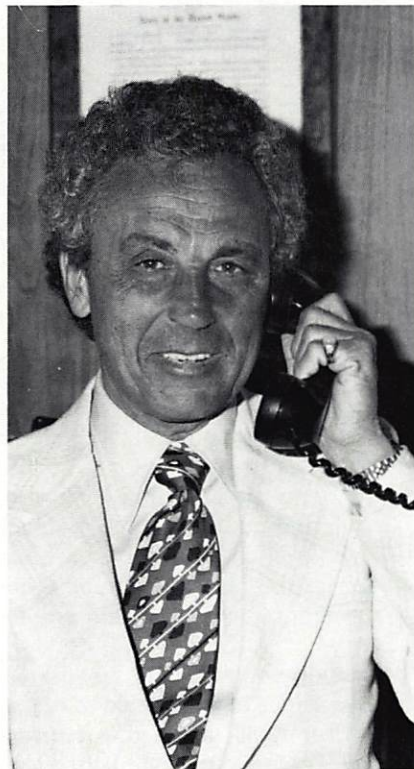
.It looks to the powers and forces within the body to produce the healing in each case.

Consider this fact: We live from one instant to the next only because of the wonderful and continually acting protective and healing powers of body and mind. The mouths of each of us, for example, almost constantly contain germs of a variety of dreaded diseases. Yet, if we are in good health, the defensive and resistive powers of the human mechanism render these pathological germs powerless.

"To the Hygienist, the patient is ill in his entire makeup."

To the Hygienist these, and other, facts indicate that the only real healing power which exists, aside from that of the Creator Himself, resides in the innate wisdom and ability of the body. Only this can "cure." All other "cures," in final effect, are enervating, despite the temporary euphoria or false sense of well-being some of them create.

All disease is the result of living unnaturally, usually for many years or even decades. This false way of living need not necessarily have been incurred by our own mistakes. Often, we also have to expiate the errors in living committed by our forebears. That is the deeper meaning of heredity. No disease, as such, can be inherited; but we can inherit an already weakened power of resistance.



Dr. Gross is director of Pawling Health Manor, a Hygienic retreat in Hyde Park, New York. A recognized authority on fasting in particular and hygiene in general, he has written and lectured extensively. A former boxer who has devoted special study to the hygienic aspects of sports, he is currently nutritional advisor to the Association of Ringside Physicians.

If we continue the faulty mode of living, which we likewise inherited, fate catches up with us sooner or later and strikes us down with sickness. We can overcome this

sickness only if we recognize this fact: we must give up our wrong mode of living and adopt a new one, the right one, in its place. Our duty is to replace disease-building habits by such as will overcome disease and maintain health permanently once it is recovered.

"The process of regaining health cannot be achieved through half-hearted or slipshod observance of the laws governing it."

If (as we know is true) emotional depressions produce functional and structural abnormalities and thereby cause disease and even destroy life, it is self-apparent that we should use our willpower to change our trends of thought. Self-conquest to this end will be much easier after we have fasted and rid our bodies of the morbid material and dross which has clogged and cluttered every cell in our body including those which mediate the factors responsible for behavior and conduct.

"We live from one instant to the next only because of the wonderful and continually acting protective and healing powers of body and mind."

We have to lift up our eyes and mind and see the light and the sunshine. We must replace fear and worry with faith and courage; anger with good will, understanding and charity. We have to resolve our emotional outlook in our own minds and realize the necessity of uplifting emotions and thoughts to replace the deadly ones.

He who would enjoy the finest state of health must realize that the 'holy trinity' of body, mind and spirit supports this normal attainment. Man is partly *spiritual*, partly *mental*, and partly *physical*. For the utmost welfare of the body, all three aspects must be given proper attention and thought because they are inextricably mixed and intertwined.

HOW DOES ONE REGAIN GOOD HEALTH?

How are we to live and conduct ourselves to regain good health and all its benefits? The basic Hygienic principle we need to remember is that only the simple natural factors in life build health.

If you see robust health, *stop rushing!* Stop anxiety! Stop tensing! Eliminate fear! Eliminate worry and anger. They aren't worth it!

Revert wholly and fully to Nature's principles and build your health solely with her armamentarium: rest, fasting, fresh air, exercise, pure water, sunshine and proper food as well as adequate emotional poise. Mysticism, the occult, gadgets, gimmicks, drugs, 'scientific' paraphernalia and tests are all blind items and misleading stop-gaps for those seeking vital and vigorous lives.

There is no way of life higher than Truth. To enjoy freedom from fear and to reap the benefits of supreme

happiness, the natural and unsullied truths of nature must be closely followed. Good and edible products which grow out of the soil, pure air which is the 'breath of life,' sunshine which transmits cosmic energy, and pure, good clean water are a few of nature's truths.

Living by these truths in accordance with the physiological and mental processes of the human body and mind will permit humankind to live and grow in beauty, health and stature ☀

DENTAL CULTURE

by Dennis Bressack, D.D.S.

Can decayed teeth heal themselves?

Teeth, like most any part of the body have the natural capacity for self healing, depending upon how deep the decay has spread into the tooth and how much damage has been done.

If the decay is shallow and great care is given to cleanliness and special attention is given to diet (particularly removing refined sugar and other denatured foodstuffs and increasing vegetables, fruits, nuts and grains), then it is possible to slow or stop the process of decay. Enamel, the outer and hardest layer of the tooth, is not known to regenerate to its original structure, but the softness can stop spreading and the area can reharden. Very often dental treatment is unnecessary. In my office, when the patient has small shallow areas of decay we may advise waiting three to six months to see if they have decreased or increased in size, before making a decision about treatment.

If, however, the decay has penetrated the dentin, the second layer of tooth structure, the chances

of healing are decreased. Usually, removal of the decay and a filling are necessary.

Finally, if the decay has spread to the pulp, the third layer, and irritates, inflames or abscesses the nerves and the blood vessels within, the chances of healing are poorest and many times endodontics (root canal) therapy is necessary for the survival of the tooth.

Remember, prevention is the best assurance of good dental health.

Are dental x-rays necessary? Under what circumstance, if any, are they advisable? What alternatives are available to a person who refuses x-rays?

Dental x-rays are not absolutely necessary on children and adults who have very healthy mouths upon a thorough visual clinical examination. For my reassurance, I still may recommend some pictures, because visual clinical examination does not reveal all of the possible dental problems.

For those with obvious dental disease, I most often recommend 2 to 16 x-rays. This number amounts

to very little radiation but, of course, it is still exposure.

Unfortunately, most people who come into a dental office have a great deal of destruction and breakdown. They have already backed themselves into a compromised position. If reconstruction is to be most successful, x-rays are necessary.

The x-rays help the dentist in the following ways: (1) to better visualize the extent and the depth of decay and fillings, (2) to see the nerve (pulp) of the tooth, (3) to see impacted teeth and broken root tips, (4) to evaluate the presence and position of adult teeth beneath baby teeth, (5) to evaluate abscesses, tumors and fractures, (6) to assess the extent of bone level or damage, (7) to do root canal, emergency treatment, periodontal treatment, and surgery most efficiently.

In most procedures it is necessary to obtain x-rays for legal protection of the dentist and the patient. Many people have insurance or medicaid which require x-rays.

In most cases, without the information that an x-ray affords the dentist, he cannot render treatment as effectively.

Continued on next page

Dental Culture Cont.

In my office, as long as the patient is willing to accept the responsibility in writing that the diagnosis and treatment plan be incomplete, less precise and possibly less effective, I respect the patient's desires.

Can the stainless steel pick which dentists use for examinations create holes that might not otherwise exist or aggravate a condition that might otherwise heal?

The stainless steel pick (explorer) is the commonly seen C-curved pointed instrument that the dentist uses with a mirror to examine the teeth for decay. The enamel, the outer layer of the tooth, is the hardest substance in the human body. It will almost completely resist penetration by the explorer. However, most areas of decay are quite soft. The instrument may even stick into the tooth.

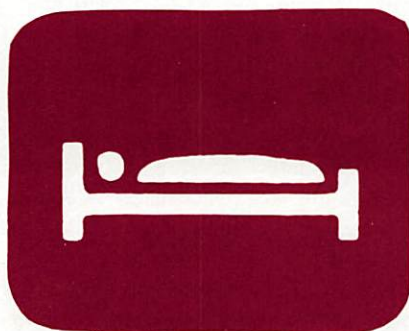
It is possible that the explorer may nick sound or slightly softened enamel and roughen the tooth. This roughness may serve as an area of accumulation of irritants. These irritants may aggravate a small area or contribute to the beginning of decay. Although, scratching of the tooth by the explorer can be a factor in decay, it is a very small one indeed and one need not be too concerned about it. Generally, decay is easy to detect, and usually forms in obvious places. Also, since decay often discolors the tooth, most of the sound enamel does not have to be touched ☀

Dr. Bressack welcomes readers questions. Unfortunately, due to the volume of mail he may not be able to answer them individually. However, he will address representative questions. Send them to:

Dr. Dennis Bressack
c/o Health Science
1920 Irving Park Road
Chicago, Il. 60613

understanding FASTING

**BASIC
NEEDS
OF
FASTERS, I**
by Hannah Allen



Hygienic Care

The same Hygienic principles that apply when one is "feasting" are of even greater importance during the fast. Unpolluted air, comfortable temperature, cleanliness, and distilled water are immediate and primary needs. In addition, comfortable, pleasant, quiet, reassuring surroundings should be secured. Maximum rest, sun bathing and exercise — as indicated — should be pursued.

Ideally, the place to obtain unpolluted fresh air — out-of-doors or through wide open windows — and comfortable temperature is away from cities and cold climates. Therefore, it is best not to undertake a prolonged fast where these conditions are not available. However, it is sometimes acceptable to make some compromises with these ideal circumstances, rather than to postpone a much needed therapeutic fast.



Cleanliness

Cleanliness is of great importance during any fast. Elimination of wastes is accelerated during the fast. Some of these wastes accumulate on the skin, clog the pores and cause an unpleasant odor. Almost always, the tongue becomes coated and bad breath develops.

The body should be carefully cleansed every day, and the mouth rinsed with plain water. The characteristic coating on the tongue may be cleansed with a clean wash cloth or a soft toothbrush — *after* the daily conference with the fasting supervisor. The coated tongue is mute testimony that the faster has not been "cheating," since the coating quickly disappears after some food is taken. The clothing, room and bedding of the faster should also be kept as clean and fresh as possible.



Drinking Water

The faster should be provided with distilled water for drinking. It is not necessary, nor advisable, to drink large quantities of water during a fast, nor even any particular amount. Usually, thirst is the best guide. But one must drink some water when fasting—say two to four glasses daily—or there is danger of becoming dehydrated.

Occasionally, water becomes distasteful during the fast, in which case small sips should be taken during the day, to avoid dehydration. The faster should not overdrink, in an attempt to hasten elimination during the fast. The resultant frequent and copious urination will overwork the kidneys—and will not accelerate the elimination of toxic material.

According to Dr. Shelton (*Fasting for Renewal of Life*) "An analysis of the urine and sweat reveals that there is no absolute increase in the elimination of waste. Indeed, there is sometimes an actual decrease in excretion of waste [as a result of overdrinking]" (p. 144).

If one is not thirsty during the first twenty-four hours of fasting, it is not necessary to force one's self to drink. In fact, some people feel there may be some advantage to withholding even the water (as well as the food) for the initial period, especially in some cases of gastric irritation and inflammation.

In general, one should drink when thirsty—sipping, not gulping, small quantities of water at a time. Some fasters prefer to drink warm or hot water (not too hot); some prefer cool

water. It may be varied. Cold water should not be taken, as it chills the stomach and checks excretion.

Do not use chlorinated or fluoridated or any drugged water. Use the purest water obtainable—steam distilled, if possible. Otherwise, use demineralized water, soft well water or soft spring water (water with low inorganic mineral content not artificially softened water.)

These suggestions about drinking water during the fast apply equally to short or long fasts. Even if you don't habitually use distilled water, it is extremely important to use pure water during the fast. The impurities in undistilled water stress the fasting organism, since it must deal with, and discard, the minerals and other substances in the water.



Surroundings

Maintaining good health as opposed to regaining good health is comparatively simple. Therapeutic fasting requires knowledgeable supervision. It also requires much dedication on the part of the faster and all of his time and effort. He needs pleasant surroundings, and encouragement from the people around him. It is difficult, often impossible, to create this climate at home.

Sometimes special arrangements are made to conduct a prolonged fast in your own home, with supervision by a professional Hygienist through visits or telephone, or with supervision by a knowledgeable lay person. Such an arrangement has many drawbacks. Many such fasts have been successfully consummated, but the odds are against it. It is not the best way.

When you fast at home, there is not the complete withdrawal from

responsibility and family life that is possible when you enter a fasting retreat. The telephone and doorbell ring. The television and radio blare. People drop in. Normal daily activity goes on all about you, and you are necessarily involved in it.

If unexpected developments occur during your fast at home, there may be unnecessary agitation because no expert assessment of the situation is immediately available. The energy of the body is thus divided and spread too thin.

Solicitous friends and neighbors, as well as members of your own family, watch your "progress" and, as you experience the inevitable weight loss, they shake their heads and are certain you will not last long. They are blind to the real "miracle" that is taking place in your body, as it releases its toxic load and progresses toward health.

Trying to allay their concern by explanations and assurances is an additional source of enervation at a time when you can ill afford such expenditure of your vital energy. Furthermore, if they are successful in dissuading you from completing your intended purpose, you will have failed.

Some people have been known to successfully complete a prolonged fast under such circumstances, but they are few.

Living in a city where the air is polluted or where there is a lack of sunshine are additional reasons to go to a more suitable environment for your fast.

Undertaking your prolonged fast at a fasting retreat, under expert supervision, available around the clock is your best assurance—and insurance—that you will accomplish your purpose. It is worth going to great lengths to provide this proper climate for your fast. Even if you have to go into debt—such as I did—after your health has been restored, discharging such an obligation can be undertaken with happiness and thanksgiving.

...

Next month I will discuss some of the other basic needs of fasters ☼

"Happiness is activity."
Aristotle



Exercise for Fun and Fitness

Fundamentals for Planning An Exercise Program by Bruce Meservey

SCHEDULING EXERCISE

Regularity. "To be of real lasting value," says Dr. Shelton, "exercise should be performed regularly and more or less systematically. Haphazard methods give little results." Consider this advice and make a serious plan *now* for a regular exercise schedule based on the following suggestions.

Frequency. Under certain circumstances, you should not exercise at all. So, before commencing any new physical activity, you should be aware of the contraindications.



These conditions are listed in my last column. If you are over forty and have not been following a regular exercise program, you would be wise to be examined by a Natural Hygiene practitioner before proceeding, especially if you experience any symptom of unfitness at any stage of exercising, whether it be chest pain or any other discomfort. If a professional Hygienist is not available, see a local chiropractor for a preliminary examination and consultation.

If you're OK, you can safely start with two sessions per week. For the average beginner, Dr. Cureton advises two to three workouts a week for the first month and three to four workouts a week for the second month.

Except, of course, when contraindicated, I think you should exercise at least thrice per week if possible. As you gain strength, you can exercise more frequently. Says Dr. Cureton,

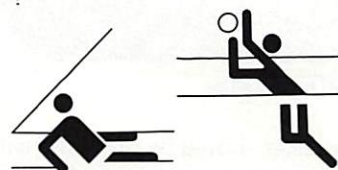


"Exercising on weekends only is better than not exercising at all, but we've never found it sufficient to maintain a good level of fitness."

Length of sessions. Plan on 45 minutes to one hour. If you are just starting, take extra time to warmup, rest between movements, and taper off at the end. Always allow for Nature's needed recovery time. As you gain stamina, you can increase the length, as well as the vigor, of your workouts — again, with appropriate short rests. This progression is a key factor in a good exercise program.

David Becker writes, "Discover what works best for you, that is find the system that increases your

energy level first, and secondly that which enables you to progress in endurance, strength, or physique The system that increases your energy will enable you to achieve the most progress in whatever you wish from your exercise. On the other hand if you constantly feel tired as a result of your workouts, it is time to reevaluate your reasons for working out, or your workout itself" (p. 114).*



I would add to David's wise statement that, if you are more than mildly fatigued the next day, you should make some changes possibly in the workout or possibly in other activities that day. Was there excessive and continued stress somewhere? If so, corrections are in order. Most exercise should produce a good feeling the next day rather than strain or fatigue.

For best results exercise should be fairly vigorous. Casual, light exercise is relaxing and makes you feel better, but to produce the energy and stamina that has slumped in so many people today, vigorous exercise is required — always within your capacity, of course. Find the happy medium: vigorous but not stressful exercise. Then, gradually increase your efforts over the months. This is called "progressive" exercising. As your exercise progresses, the benefits progress, too. Vigorous and progressive exercise can be very rewarding.

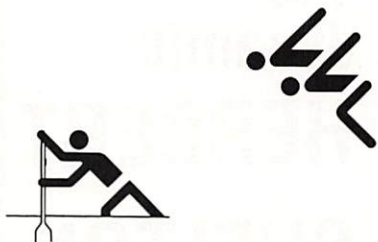


Meals. Always wait at least two hours after a meal before exercising. Three hours is preferable, especially after a protein meal. Actually, *before* a meal is the best time. Exercising on an empty stomach is ideal, as athletes well know.

Time of day. Dr. Sidhwa says, "Light exercise is best taken first thing in the morning to exhilarate the glands and make one feel bright and breezy for the rest of the day. Very heavy exercise should be taken either in the late afternoon or evening because of its soporific effect. If heavy exercise is taken early in the day little energy is left for subsequent activities."

Dr. Cureton says, "Many people who exercise during lunch hours report they work more effectively during the afternoon. Because of the exercise they eat lighter lunches, a habit that's all to the good. A workout after office hours should leave you feeling refreshed and lively. And there's no finer preparation for a good night's sleep than exercising before you go to bed."

Variety. Take the advice of Dr. Vetrano and learn to do several types of exercise. This variety not only contributes to a well-rounded program in terms of developing speed, endurance, strength, balance, flexibility, and coordination, but it also helps sustain interest and therefore increases your likelihood of staying with a good regular program.



WHERE YOU CAN EXERCISE

At home. There is much you can do at your own home, indoors and outdoors, with equipment and without. You may simply do calisthenics. Or you may do weight training. Both are excellent, complete workouts. Other good options for home are "Aerobic Dancing," sitting-up on a slantboard, cycling on an exercycle, and rowing on a rowing machine. One machine that I know combines cycling, rowing and swimming movements.

At the gym. Do you live near a YMCA, a YWCA or perhaps a commercial gym? Gyms offer a great variety of facilities for exercising.

At the park. Cities sometimes provide excellent facilities for their residents. There may be running paths for jogging, courts for tennis and other vigorous games, and pools for swimming. Wherever you live, you can usually find good places to try biking, hiking, brisk walking, and running.



AGE NO FACTOR

Exercise can be beneficial regardless of age. In fact, says Dr. Shelton, "There is no age of life when hard exercise should be discontinued. No period of life when vigorous exercise will not be advantageous. Many men of 60 and 70 continue strenuous, even heavy exercise."

Wise, regular exercise can help lessen aging difficulties and give needed vigor. Without this regular activity a person grows old prematurely, tending to become introverted, anxious and mentally fatigued. One cause of senility has been shown to be lessened blood flow to the brain.

Dr. Alexander Leaf, who spent years studying the long-lived healthy people in Ecuador and Pakistan notes that they are physically active every day of their lives. For fitness, he recommends long walks, jogging, slow swimming, biking and rowing.

Of course, if you have not already been involved in a regular exercise program and your age is middle or advanced, your startup must be slower and easier than if you are young. You should carefully avoid exercise that is excessive and stressful.

REVIEW

Extra reserves of energy are needed to meet the many demands

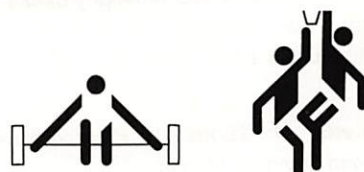
and stresses of our busy lives. Even if we follow a good Natural Hygiene diet, this vital reserve energy may be missing due to sedentary living habits. Our labor-saving devices are making us unfit and unhealthy. Unused muscles gradually weaken and deteriorate — and along with them health and energy. The symptoms of our unfitness are persistent fatigue, nervousness, poor sleep, anxiety, indigestion, and lack of stamina.

Needed: a regular exercise program to supplement our natural diet, rebuild our energy reserves, and produce good health and endurance.

The best exercises are those that are reasonably vigorous and involve continuous rhythmic movements.

Better yet are full-body exercises — exercises that exercise all or most of the 600-plus muscles of the body.

Individual exercises, as opposed to games or sports that require partners or teams, are best for maximum body development. The individual can exercise at his or her own pace, level and schedule.



Vigorous games or sports can be added, of course, for even better development, if suitable to one's capacity. However, games should not be substituted for full-body exercise since, as Dr. Shelton observes, games tend to develop one group of muscles and one region of the body more than others, resulting in uneven development and control.

A good exercise program can rebuild circulation and the greater energy that comes with better circulation. Exercise promotes detoxification by accelerating removal of waste from the tissues. It supplies extra oxygenation by causing us to breathe fully and deeply. With exercise, there is more relaxation, less fatigue.

Continued on next page

Dr. Shelton writes, "Exercise may be truly considered the most important vital tonic of the body. If it is wholly neglected, the whole body will become weak, and all its physical powers will be diminished; but regularly and properly indulged in, the whole system will be strengthened and invigorated" (p. 55).

Be sure to supplement your exercise with the Natural Hygiene diet and adequate rest. Compensate all exercise sessions with adequate rest and sleep to rebuild necessary energy reserves. Regular exercise should bring a net gain, not a net loss. Also, support your health program with fasting, the ultimate rest, as needed. Don't short change yourself with bad foods. Nature can only build with the foods you supply her. Junk foods produce a junk body — an unhealthy one. Natural foods, adequate rest, and regular exercise will create a healthier, stronger body.



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- Shelton, Dr. Herbert M. *Exercise!* Chicago: Natural Hygiene Press, 1971.
- Sidhwa, Dr. Keki R. *Fit for Anything*. Wellingborough, Northamptonshire: Thorsons, 1974.
- Sorenson, Jackie. *Jackie's Aerobic Dancing*. Dallas, Tx: Scott, Foresman and Co.
- ...
- Exercise!* (\$1.95) and *Fit for Anything* (\$1.75), both paperbacks, are available from Natural Hygiene Press, 1920 Irving Park Road, Chicago, Il. 60613.
- Physical Fitness and Dynamic Health* (\$7.95), hardback, is available from Dial Press, Box 2000, Pinebrook, N.J. 07058.



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SHELTON**

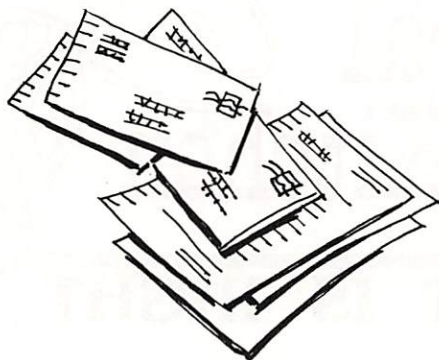
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READER'S FORUM



IMMUNIZATION NOT COMPULSORY IN ILLINOIS

From time to time I see articles in the newspapers which state that children must be immunized in order to attend the public schools. I hear that parents who do not have their children immunized are told that they can be sent to jail. I am told that some parents resort to various practices to secure medical certificates stating that the children have been vaccinated. I should like to suggest that the magazine give some publicity to this matter.

Enclosed is a copy of the Illinois School Code regarding "Pupils objecting to ... immunizations." As you can see, parents may object and "pupils ... shall not be required to submit."

Pupils objecting to physical examinations or immunizations on constitutional grounds shall not be required to submit themselves thereto if they present to the school boards or Board of Governors of State Colleges and Universities a statement of such objection signed by a parent or guardian of the child.

—Illinois School Code § 27-8

What are the laws in other states? It would be helpful to know.

Merle J. Isaac
Illinois

NATURAL FOODS UNAPPETIZING

I have attended many meetings of the American Natural Hygiene Society and I have found that it is impossible for me to live up to the strict code of this Society.

In trying to buy natural foods, it is like looking for a needle in a haystack, as most of the stores, do not carry them.

I have also tried the Natural Food Stores and find I can't eat some of the foods they display so unappetite [sic] appealing, that I couldn't get them down if I tried.

So I am asking you to discontinue sending me your letters, as I am back to eating foods I was brought up on, and am perfectly healthy and like what I am now eating.

Sorry that I failed to like the foods that you recommend eating, I find them unappetizing [sic].

Mrs. Katherine H. Werner
Florida

REMEDY WANTED

So far I like the new magazine very much ... a tremendous improvement over what we've been offered in the past. However, despite your valiant efforts we are having a difficult time interesting people down here. Only those who are in a precariously dangerous health situation are really interested in what I have to say at my lectures. We have failed to generate enough interest for a Hygiene class during the past few months. All this despite a very vigorous advertising campaign reaching tens of thousands of people.

How do we interest John Q. Consumer and his wife, Mary Q. Consumer in Natural Hygiene? How can we get more people to come to our meetings ... we are fortunate when twenty souls show up for a well-advertised lecture. Sixty thousand people live in this region. Something is wrong but we're not sure what to do about remedying things.

Perhaps some of your readers can offer some suitable, practical suggestions? Would appreciate this.

Keep up the great job. I'm looking forward to your next issue with eager anticipation. The interview with Dr. Shelton was certainly a winner!

Sid Kleiner
President
Collier County (Florida) Chapter
The American Natural Hygiene
Society

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 intended for publication should be suffixed by the following statement transferring copyright to the American Natural Hygiene Society, Inc. and signed by the author(s): "The person(s) undersigned hereby grant(s) permission to publish the above letter

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Letters should be addressed to:

Reader's Forum
c/o Health Science
1920 Irving Park Road
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The Natural Hygiene Kitchen



DOING WHAT IS RIGHT

by Helen Lamar

"Everything that is in agreement with our personal desires seems true. Everything that is not puts us into a rage." Particularly is this so if it means changing our eating habits which, by way of tradition and custom, seem ours by right and hold us in a vise-like grip.

As I look back on the five years that have passed since learning of Natural Hygiene and reflect on the many facets of it, I find myself greatly indebted. Through it I have found that the only thing about me that may signify some intelligence is my knowledge of how ignorant I am. I am grateful for all the mistakes and all the changes that seemed at once united to form a conspiracy against my behavioral conditionings, against my whole environment — both internal and external. I am further grateful that I came to know all the events that transpired were opportunities for growth,



Doing what is right doesn't always mean doing what everybody else is doing. The Hygienic diet is certainly not what the mass population is into. The Hygienic diet does not include any food that's been changed from

the way nature produced it in the garden, on the vine, on the tree or on the bush. Hygienists eat fresh fruits, vegetables, nuts and seeds in their natural state without cooking, without sauces and spices, in short, without changes of any kind.

This does not mean that you cannot eat these foods prepared in another manner or that you cannot eat any other kind of food. What is important to recognize and understand is that anything other than fruits, vegetables, nuts and seeds eaten unfired, plain and simple is *in addition to and not part of the Hygienic diet.*

"What is important to recognize and understand is that anything other than fruits, vegetables, nuts and seeds eaten unfired, plain and simple is in addition to and not part of the Hygienic diet."

We do not say everyone is able to eat the Hygienic way. To the Eskimo in the frozen north, the Hygienic diet may be the ideal in theory, but certainly not in practice. To those who have digestive impairments or lack of teeth, or who are extremely enervated and even after a period of fasting are unable to gain weight, the "ideal diet" must be modified to meet the needs and requirements of the individual.

Keeping the above in mind, the success or failure of one's eating habits must inevitably begin with one's reasoning ability and ultimately rest in the application to one's life of that which he or she knows to be correct.

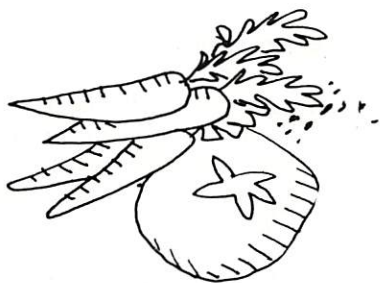


Berating yourself if you are unable to maintain strict adherence to the Hygienic diet should not be part of your health program. If it happens that you deviate from the diet, dwelling on it or chastising yourself for it may end up having far more harmful effects than the food eaten. Hygienists are not archangels. Forget it and begin a new day.

"Well-fed is not well-nourished" is obvious when we consider the plastic and foodless food-stuffs that line the market shelves, that fill grocery carts to overflowing, that are taken home and lovingly prepared as sustenance all under the false belief that anything we take into our body can serve as food. It simply isn't true. Many of our problems revolve around our eating foods that are more toxic than nutritious, overeating, eating when tired, eating when distressed, eating when sick, eating when not hungry, drinking with our meals and eating foods improperly combined.

If we ate only when hungry and only enough to satisfy hunger and drank only when thirsty and then only enough to satisfy thirst we would seldom know discomfort.

Study and experiment with the following rules. Let experience be your guide.



1. Never eat carbohydrates and protein at the same meal.

For example, do not eat potatoes with meat, or bread with cheese. Proteins require pepsin, a highly acid medium, for proper digestion. Carbohydrates require salivary amylase, an alkaline medium, for proper digestion. The secretion of one enzyme will inhibit secretion of the other, permitting digestion of protein or carbohydrates, but not both.

2. Take only one type of protein at a meal.

Two proteins of different compositions should not be taken together, because the timing of the digestive juices is different. You may mix nuts, but not with cheese, eggs, and flesh. Meat must have its strongest secretion in the first hour of digestion or it will putrefy. Eggs need strongest secretion in the second hour of digestion. (Meat and eggs decompose very quickly. (Nuts and milk receive their strongest secretion in the fourth hour of digestion.

3. Do not take protein and fat together.

Fat has an inhibiting effect on the enzymes necessary for protein digestion. Foods such as cream, butter, oils of various kinds, gravies and fat meats, should not be eaten at the same meal with nuts, cheese, eggs, flesh.

4. Eat proteins and acids at separate meals.

With the exception of tomatoes, acid fruits inhibit the flow of the gastric juices (enzymes) necessary to digest protein. Lemon juice, vinegar or acid used on salads or in salad dressings inhibit digestive juices.

5. Do not take sugar and starch together.

Starch digestion begins in the mouth and continues in the stomach. Sugars do not undergo any digestion in either the mouth or stomach, only in the intestines. Sugars eaten with starches invariably cause fermentation. So, for instance, do not combine raisins or bananas with cereal.

6. Take only one type of starch at a meal.

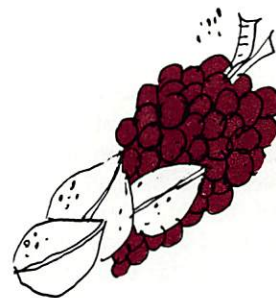
Your body has starch limitations. When more than one starch is eaten at a meal, you overeat on starches.

7. Eat melons alone.

The sugar in melon decomposes very rapidly and is sent out of the stomach within 20 minutes for digestion in the small intestine. If eaten with other foods, the result is fermentation.

Take your food out of the refrigerator at least an hour before you plan to eat it. Wash it and place it on a towel to dry. If your family is

large, you might prefer the convenience of using a dish rack to hold your washed items while permitting water to drain off at the same time. Letting your food sit at room temperature assures you that the taste of food will not be disguised by heat or cold.



Hopefully, the future will bring us to a time, if it has not already, when we come to realize and understand thoroughly that food in all its colors, forms, textures and tastes is but one small part of life. To truly live Natural Hygiene is to build a life. Building a life is an art. It means finding the bits and pieces of one's self — the physical, mental, emotional and spiritual — and bringing them together. It means recognizing these various facets and breathing beauty, meaning and love into strong patterns of wholeness. With that, we are "doing what is right." ☀

Kiwi Salad

- 2 whole kiwi
- 1 lettuce leaf (choice of boston, green leaf, red leaf, romaine)

Wash and dry the kiwi and the lettuce. Cut kiwi lengthwise in half. Leave second kiwi whole. Place on lettuce leaf in bowl.

Acid Fruit Combination

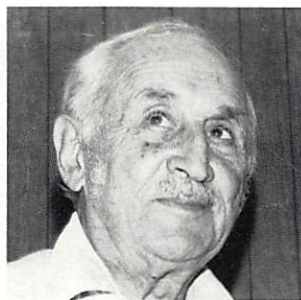
- 1 large orange
- 6 large strawberries



Wash skin of orange and then peel. Wash strawberries; leave stem intact.* Place single lettuce leaf in bowl. Insert standing orange slices around the edge of the bowl. Garnish with the strawberries.

*If the stems are not removed, vitality is preserved to the last possible moment.

REFLECTIONS REFLECTIONS Past & Present



GIVE US THIS DAY...

Having written the opening four words, the temptation is to conclude the sentence by adding "our daily bread." That would seem to be an appropriate launching point for a discussion about what we should eat, especially if we understand "bread" to mean "food."

However, my subject will touch upon our dietary habits but briefly. Mention should be made that by Hygienic standards, bread, per se, rates far down the scale as an item for daily consumption. What I do want to talk about is "days in our lives."

We are told that spring is a time of "rebirth." It is heartening to think that we have this promise and opportunity every year. But Natural Hygiene says to you that, in a realistic sense, every day is a "re-birth."

If we are living as closely as possible to a normal and natural life we will be well nourished and fulfilled each day. Specifically, we can accomplish this by a program which includes partaking of the primordial needs of the body. Daily periods of intermittent exercise and rest and sensible exposure to sun and air are an important part of this schedule. We will drink, only if thirst demands it, and then the liquid will be pure water, which in most metropolitan areas is obtainable only by distilling water ourselves. We will abstain from food (fast), if we are disturbed in body or mind, and contrari-wise, when we do eat, we will do so only if we are truly hungry, and then our intake should consist in the main of fresh whole fruits, vegetables, and nuts, ideally, uncooked.

If we observe, daily, the foregoing simple essential rules for healthful living, and above all if we allow love to permeate our activities and contacts, and if we are mentally and spiritually at peace; then, indeed the rebirth which comes each day will be helpfully facilitated.

But, the good news is that even though we live conventionally, and have therefore inevitably fallen far down from the rewards of the grace that come from right living

(even to the point where we are wallowing in the mire of disease) we can still awaken, on any given morning, and begin the re-birth process towards our rightful higher level of life, providing (A) that we have been properly informed about the correct way to live and (B) that we have been strongly motivated to do so.

Being a member of the American Natural Hygiene Society is an important first step towards rebirth, but we must follow up by reading and studying Natural Hygiene literature, including *Health Science* and *Dr. Shelton's Hygienic Review*. Become a member of one of our local ANHS chapters and, if there is none in your area, take the initiative of organizing a group. Write to ANHS for guidance and leads. Personal contact with like minded people is of the utmost importance in helping motivation. The ANHS annual conventions provide the maximum opportunities for study, education, and unforgettably valuable human relationships. (If you haven't already made your reservations for this year's convention in Buffalo, New York, do so today.)

How beautiful is the world to those who enjoy the ineffable blessing of good health. How immeasurably wonderful it is to awaken "every given day," to the marvelous gift of life itself. Regardless of whether we are uplifted by joy or our lot for that day is to be saddened by sorrow, how priceless it is to welcome with thankful heart the beneficence of sunshine, and the opulence of nature, or to accept with appreciation and understanding, inclement weather.

We have the privilege each day to share in communication and association with all forms of life. Truly, each day is an incredible gift. Do not destroy what has been given so generously, but cherish and preserve your life. Then, indeed, will all the days of our lives be lengthened, and they will be blessed by the precious and invaluable boon of good health ☀

ADVERTISING POLICY

Health Science accepts advertisements that are compatible with the objectives and goals of The American Natural Hygiene Society. In so doing we hope (1) to subsidize the magazine, thereby improving quality while minimizing cost; (2) to provide easy access to products and services that may help readers to live hygienically, and (3) to foster enterprises that are in accordance with a Hygienic way of life.

Health Science reserves the right to revise or reject any advertisement with or without explanation.

While *Health Science* does not knowingly sell space to questionable advertisers, problems which arise between buyer and seller

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NOTICE TO AUTHORS

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.

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.

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July 30th to August 5th, State University College at Buffalo, New York.

For this year's Conference, we have selected over 30 major speakers, including Australia's Dr. Alec Burton and England's Dr. Keki Sidhwa, together with some of America's finest professional Hygienists: Dr. D.J. Scott, Dr. Virginia Vetrano, Dr. William Esser, Dr. Gerald Benesh, Dr. Ralph Cinque, and Dr. Carlos Arguello. Also appearing at our conference will be, among others, noted authors and lecturers: Dr. Jack Goldstein, Jack Dunn Trop, Hannah Allen, Joy Gross, and Max Huberman.

Therapeutic fasting and its beneficial applications to overcoming degenerative conditions such as colitis, diabetes, high blood pressure, and arthritis, will be taught by the world's leading experts on the subject. In addition to fasting, this year's lectures will focus on self-awareness, vegetarian living, and proper food combining, the dangers of radiation and unnecessary surgery, resisting compulsory inoculations, organic gardening, daily exercise programs, and special workshops on natural childbirth, raising children hygienically and vegetarian meal selection.

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