

Health Science

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

RECOVERY FROM CHRONIC EXHAUSTION: A PERSONAL STORY

CHILDHOOD ILLNESS: TWO PARENTS TALK ABOUT THEIR APPROACH

A DENTIST TALKS ABOUT FLUORIDATION, MERCURY, AND BRUSHING

POISONS IN THE PRODUCE DEPARTMENT

1948-1978
30 YEARS
OF TEACHING
THE SCIENCE
OF HEALTH



The American Natural Hygiene Society, Inc.

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

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PRESIDENT'S MESSAGE

AFTER 30 YEARS, AN IDEA WHOSE TIME HAS COME

Dear Friend:

With our 1978 Annual Convention in Buffalo, our Society enters its 30th year.

However, the Movement which embodies the science of Natural Hygiene properly dates its existence back to more than a century ago, when its early pioneers such as Dr. Russell Thacker Trall (1812-1877) boldly declared to his fellow physicians and to all the world, "The system which we endorse and practice is true—in harmony with nature, in accordance with the laws of the vital organism, correct in Science, sound in philosophy, in agreement with common sense, successful in results and a blessing to mankind."

Today, each of us may take just pride in the knowledge that for three decades the ANHS has been the undisputed voice and leader of the Hygiene Movement.

If as has been argued, consumerism and ecological concerns are truly "ideas whose time has come" then the Age of Natural Hygiene surely is at least on the horizon. For we in the Hygiene Movement share the *same vital concerns* for the purity of the food we eat, the water we drink, and the air we breathe. In fact, exposing dangers to our health and environment and providing the remedies for all this and more is what the ANHS is all about.

Growing numbers of concerned consumers, politicians, and even some physicians are publicly condemning the fallacies of "miracle drugs" and exposing the hazards of food processing, chemical additives, and agricultural pesticides.

We in the ANHS have a responsibility to these many sincere and searching minds to reach them with the message of Natural Hygiene.

Indeed the message of Natural Hygiene is what the searching consumers, the sincere physicians, and the honest lawmakers are really seeking, although at this point in their enlightenment, they may not be aware of it.

Our major goal in the coming months must center on introducing every sincere health seeker to *Health Science*—the only prevention-oriented health publication that can truly be considered a handbook for living.

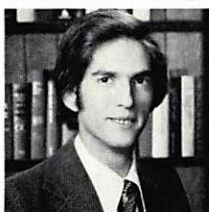
It was George Washington who declared that Tom Paine's *Common Sense* "wrought a great change in the hearts of men." I firmly believe that *Health Science* is this decade's *Common Sense* and will also bring about great changes in many hearts and minds in humanity's march to truth, enlightenment, and enduring health.

Make a friend a reader.

That's a good deed that can't be beat.

Yours in truth and health,

MARK A. HUBERMAN
ANHS PRESIDENT



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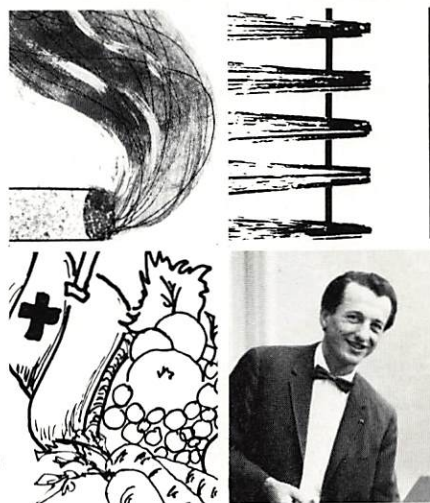
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WHAT IS NATURAL HYGIENE?

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

Health Science



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HOW I GOT RID OF CHRONIC EXHAUSTION AND GOT EXUBERANT ENERGY

*I first met Virginia during the summer of 1958, when she underwent a 29 day fast at Pawling Health Manor, the Hygienic Retreat my husband Robert and I had opened just prior to that time. I have vivid memories of Virginia's struggle and determination to complete her fast. Her energy was so low at one point during the fast that I came upon her one day **crawling** to the bathroom. She stubbornly refused help, and proudly, triumphantly, under careful supervision, finished her fast.*

Tonight when I called her to get filled in on some of the details of the case history she'd given to me, I marveled when I heard her strong, happy voice fairly singing over the wires. I remembered how vibrant and youthful she'd looked last summer after her 16-day fast and consequent period of regeneration when she'd come for her annual "rejuvenation."

Virginia's story is just another of the hundreds of inspiring case-histories that are born at Hygienic fasting institutions each year.

— Joy Gross



by Virginia Gerhard

By the time I was 33 years of age, I felt half-dead with exhaustion. Not only could I barely draw breath to talk, but I had had one continuous cold all my life. I went from one physician to another, had many tests, but no cause for my condition could be found.

I began to search around for health information. My searchings led me to the discovery of a system of health care called Natural Hygiene. I became

intrigued mainly by its assertion that one is entitled to have a feeling of radiant health, and that there is no necessity for illness. After overcoming my initial prejudice against anything that went counter to orthodox notions of health care, I realized the irresistibility of what was being offered. I read books, did library research, attended lectures and began to put into practice a Natural Hygiene way of life.

“By the time I was 33 years of age, I felt half-dead with exhaustion.”

In 1960 I fasted 29 consecutive days (under professional supervision at a fasting institution) and found it the most interesting experience of my life. After an initial severe weakness I gained some strength, which seemed curious in itself. There were concrete evidences of the activity that was going on in my body, such as low grade bile being thrown up. Even more spectacular, on the 12th day of my fast, a quarter cup of what looked like sand appeared in my urine, evidence that my body had quietly dissolved some stones.

During the months following my fast, not only did I feel like a new person with a new life, but I also managed to put on seven pounds that I'd never been able to previously. All my life I'd been persistently underweight. Now, through fasting, I'd gotten my body into balance and corrected the faulty metabolism that kept me from assimilating the food I was eating. Now my weight stays constant, just where I want it.

“At 53, I have more energy than many 20-year-olds.”

Twenty years have gone by since I embraced Natural Hygiene.

I have such abundant energy that my colleagues often remark on it. I am an operatic coach, and it amazes me how often opera singers must cancel performances because of illness. This little piano player keeps playing on, while singers fall like flies around me! I often work from 9 a.m. to 8 p.m., with energy left over.

MY EATING PLAN

The general formula for my eating regime follows:

- **Breakfast.** Citrus fruit (2 or 3 oranges or a couple of grapefruit), alone or with 2 or 3 ounces of nuts or seeds.
- **Lunch.** Sub-acid fruit, such as peaches, nectarines, cherries, apples or grapes (example: 3 peaches, a cup of cherries and a generous-sized bunch of grapes). If I did not have nuts or seeds for breakfast, I'll have farmer cheese with my fruit, or seeds or nuts.
- **Dinner.** Steamed white or sweet potatoes or steamed whole acorn squash, with steamed broccoli, summer squash, cauliflower, young peas or other succulent vegetable. I often have two succulent vegetables with the starchy vegetable.

I have a steamer that I set on the stove before my last couple of lessons. I arrange the whole vegetables in it, set the heat, and by the time I'm finished, so are the vegetables. My cleaning lady washes romaine lettuce ahead of time, spins it dry, and stores it in a clear plastic bag in the refrigerator so that all I have to do is take it out and either prepare a large tossed salad for myself, or roll the leaves and eat them whole. I eat a whole raw carrot every day (my dentist says I have superlative teeth and gums). On days when I'm very busy, I may have three fruit meals or three watermelon meals. I find that eating lightly like this not only saves precious time that would be spent in preparation, but also gives me more energy for the work I have to do!

I often have to eat out. I've found that the better restaurants have the best salads and vegetables. I've learned that it pays to be unorthodox and ask for two salads and two baked potatoes. That, with a side serving of vegetable such as asparagus or broccoli, is a wonderful restaurant meal for me. I find that more restaurants are now just barely cooking their vegetables, as opposed to the old way of boiling them into oblivion.

MY FORMULA FOR SUPER ENERGY

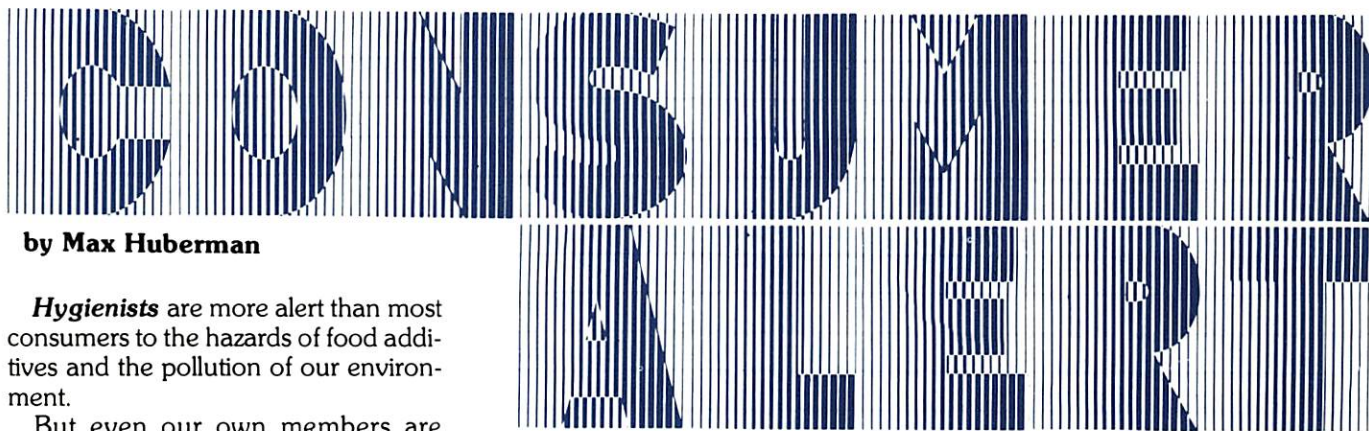
I've learned, through the years, that there are other important prerequisites for health than the two I've talked about above (fasting and food). I've incorporated them into my life. Here are *all* the ingredients that have contributed to my fantastic metamorphosis:

- **Periodic fasting.** I occasionally fast for a day or two at a time, and yearly undergo a two or three week fast under supervision.
- **Hygienic diet.** I have made this way of eating a permanent one. I enjoy it.
- **Exercise.** I do my “daily dozen.” In addition, I engage in other forms of outdoor exercise whenever possible. For example, if I have an appointment in mid-Manhattan, I'll take a cab or bus there, and walk the mile and a half home, through Central Park.
- **Rest and sleep.** I make it a rule to get a good night's sleep, in order to allow my body to regenerate its energy and do its repair work.
- **Right thinking.** I have developed a beautiful awareness of myself and the world around me, of nature and her laws. My knowledge of Natural Hygiene has helped me to get into harmony with these laws

At 53, I have more energy than many 20-year-olds. Colds are rare, and then as a result of straying from the path. I am free of the serious maladies which most people in my age group suffer.

I shall never be able to prove what serious illness I might have had, had I not practiced Natural Hygiene. But if I continue to avoid the spectrum of afflictions I shall consider my experiment with this natural, healthful and happy way of life to have been successful beyond my hopes. ☀

If you have overcome a health problem through Hygienic living and would like to share it with others, send it to Joy Gross in care of *Health Science*.



by Max Huberman

Hygienists are more alert than most consumers to the hazards of food additives and the pollution of our environment.

But even our own members are often victimized by the hidden dangers that surround us every day.

For example, the banning of DDT ten years ago persuaded many consumers that other pesticides were safe "if used as directed." The fact is that many of the "safe" substitutes for DDT have been proven just as pervasive and deadly. *Endrin*, *Dieldrin* and *Heptachlor* are just a few of the agricultural poisons that were considered harmless for decades in solutions of one-part-per-million but were recently restricted when USDA tests confirmed that no truly safe threshold could be established for any of them. In fact, seepage from soils containing heptachlor residues was found to poison shellfish in solutions of one-part-per-billion! (So much for the "little bit won't hurt you" propaganda.)

As a measure of alleged consumer protection, the government has decreed that other chemicals (about 900 of them) may still be used in commercial farming providing such pesticides, herbicides and fumigants are "water soluble."

That means that if you bring home a bunch of celery, a head of lettuce or basket of tomatoes from the supermarket you can wash it under your sink faucet and the poison spray will simply wash off the vegetables and just disappear down the drain.

But here's the catch: The chemical you rinse off is the *last* application, just one of the four to ten sprays that may have been applied at the farm between rainfalls during the growth of the vegetable. What happened to those *previous* sprays? Being "water soluble" as required, they washed off with each rainfall. But instead of going down a sink drain those earlier sprays soaked directly into the soil that feeds the plants

and thus biochemically were absorbed into the very cells of the growing vegetable that is ultimately consumed.

The poison parade doesn't end with pesticides. Numerous other chemicals are employed as applicators on fruit that is shipped in interstate commerce to prevent normal wilting or "skin blotching" of pears, apples, cherries, peaches, grapes and various tropical fruits. These unseen treatments are recognized as dire hazards by all federal agencies but instead of banning them, the government decrees that a "warning" must be posted on the container, supposedly giving the consumer a choice of accepting or rejecting such embalmed fruit. This is an outrageous fraud because the consumer rarely sees the "warning," and would hardly recognize it as a danger signal anyway.

Here's why: On a large crate of commercial apples or pears or citrus there will be a three or four inch statement reading, "*To maintain freshness in transit this fruit has been treated with diphenyl, sodium-o-phenylphenate, thiabendazole or benomyl.*"

That's it. That's the "warning." Not a word to suggest that any risk is involved in the ingestion of such poisons, as already confirmed by independent tests in France, England, Italy and other countries. As stated, the average consumer never sees the crate because the boxes are discarded and the fruit that is prettily displayed at the grocery has no marking, label or sticker to indicate that what is being sold has been "freshened" with the aforementioned chemicals. As for the more easily observed waxes commonly utilized on cucumbers, tomatoes, peppers, zucchini

and other produce, Dr. W. C. Heuper, government cancer specialist, has warned that the coatings are partially absorbed through the skins of the vegetables and that 70% of such foods can be contributing to cancer.

In future articles I shall include some practical alternatives by which *Hygienic* home gardeners can deal with insect "pests," in raising fruits, vegetables or flowers. Meanwhile, it is wisest to rely on strictly organically grown produce as much as possible by raising your own chemically-free foods or obtaining them from reliable growers, stores and suppliers that are more concerned with quality and safety than with quantity and profits.

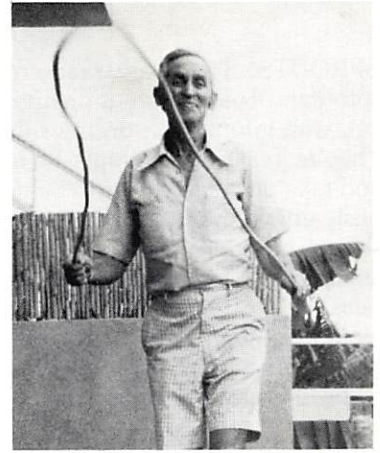
I do not wish to minimize the serious problems that many *Hygienists* face in trying to obtain poison-free food throughout the year, especially those outside California and with no organic garden of their own. However, area commercial farmers may be encouraged to try organic methods by guaranteeing a steady market. If a supermarket *must* be patronized it is often possible to obtain commercial produce that is not waxed, lettuce that is not over-soaked in water, or tomatoes or oranges that have been sun ripened instead of gassed. It means being firm with storeowners and managers and shopping at several markets for the safest foods available.

Problems? Extra work? Indeed, yes.

Like being a complete *Hygienist*, it may not always be easy going but it does pay off in longer, healthier and happier living.

And that's what *Natural Hygiene and Health Science* is all about. ☀

David Stry, Director of the Villa Vegetariana Health Spa, Cuernavaca, Mexico, hopes to get his name in the next issue of the *Guinness Book of World Records*. So far, he has been able to skip (or jump) the rope rhythmically for two hours and thirty-five minutes continuously without missing a skip or tangling a foot. Actually, this lengthy skipping is probably a strain on the body, but he plans to moderate it to perhaps ten or fifteen minutes a day once the Guinness publicity has been attained.



Food For Survival

A Healthful and Economic Emergency Kit by David Stry

Gold and silver are excellent monetary hedges against the ravages of inflation where food prices are spiraling; but have you ever tried eating these metals for breakfast? And, you can't eat stock and bond certificates, or diamonds, or jewelry, or antiques, or art collections. So you had better have some real food on hand, a "rainy-day," stockpile, stored away someplace, in order to survive any period of non-availability of foods in the regular market places.

In times of civil disturbances many people die of starvation because they are caught unprepared. Supermarket shelves become empty within an hour. Farmers are unable to transport their produce to local markets or produce houses. Economics and trading come to a complete standstill. No water. No electricity. No nothing!

What to do? Anticipate events. While we always hope that things will not be as bad as we picture them, we should try to be prepared. There are several fundamentals: try to live in a warm climate if possible so that you can get along without coal, wood, or clothing to keep warm. If you are caught in a colder climate, try to have reserve supplies of fuel on hand. Electricity? You can learn to get along without lights; wake up at daybreak and retire at nightfall, just as Nature had intended. Cooking? Who needs

it? Cooking only destroys the living, vital elements in Nature's foods. We share this earth with millions of other animals; none of them cook their foods; they eat food as it comes in its natural state.



You should have a knowledge of *fasting*. Learn how to go for several or many days without eating. Nature in its wisdom has provided all animals with a built-in reserve food supply. You can live for 30 to 60 days or longer without eating. You will get thin, but you will not starve. Starvation only begins when the reserve supply is used up. Fasting is good for you. It cleanses the body of toxins. It eliminates many existing health problems. It is Nature's remedy. So learn all you can about fasting. When an

emergency comes along you say to yourself, "This is a good opportunity for me to be calm and give my digestive system and nerves a good rest." Others will die not of starvation, but from fright and panic.

There are many companies that have sprung into existence, advertising and selling survival kits. They run full-page ads in national publications. These kits are composed of such items as spaghetti, macaroni, prepared cereals, beef, chicken, ham, eggs, gelatins, sugar, salt, canned vegetables and fruits, etc. These items may not be acceptable to health-minded persons. Further, a case of six #10 cans of these dehydrated items sells for about \$200; various assortments and complete kits sell for about \$1,000.

Maybe we health-minded people can work out a better, more healthful and more economical survival kit:

DRIED FRUITS AND VEGETABLES. Here is a partial list of items that can be bought fresh and then dried, or ready-dried, or packaged (unsulphured): dates, figs, grapes (raisins), plums (prunes), apricots, peaches, bananas, pineapples, apples, cherries.

DRIERS. You can make your own rectangular drying frames of wood and wide-holed nylon netting or screening; or you can buy ready-manufactured, automatic food dehydrators.

continued next page

SPROUTS. There are ready-made sprouters of various kinds on the market, with information on the subject. They're really very simple to make and take only a few days to be deliciously edible. Some of the seeds that should be kept on hand are alfalfa, lentil, mung, sesame, soy, millet, and peas. Almost any type of seed that would generally grow in a vegetable garden can be sprouted. Alfalfa seems to be the easiest, tastiest, and most popular.

NUT BUTTERS. You can either buy or make your own nut butters and store them. Peanuts, sesame, and almond are among the most popular.

NUTS AND SEEDS. It is better to leave nuts in their original shells. Shelling them cause oxidation loss of food value and possible infestation. The most popular nuts are pecans, almonds, filberts, brazil, walnuts, pistachios. Sunflower, sesame, and pumpkin seeds are also good.

WATER. A reserve supply of drinking water should be kept on hand. Many small distillers are available for home use—even solar-powered units. By eating raw foods, you should not have much thirst because of the high water content of fruits and vegetables. Cooking increases your need for water.

Your food supply will last a surprisingly long time if properly stored and conserved.

We live in a plastic age with an abundance of plastic bags, bottles, and jars, but glass containers are preferable. Fill your jars to the brim and keep them in the freezer, the refrigerator, or the coldest part of the house. Many fresh fruits and vegetables can be kept in a root cellar as outlined by Scott Nearing in *Living The Good Life*.

Make your supply last by eating sparingly. You don't need much; you can get by on less than a pound a day. Eat very slowly; masticate everything to a pulp before swallowing.

With foresight, you need never fear famine.

"The better the legs, the clearer the brain."

Dr. Paul Dudley White



Exercise for Fun and Fitness

THE WORKOUT: FROM START TO FINISH

by Bruce Meservey

In these exercise articles I have tried to point out continually the very critical physical condition of so many Americans today, and the need for regular exercise to offset our sedentary life that makes us vulnerable to modern stress and sickness.

Dr. Thomas Cureton, head of the University of Illinois Physical Fitness Lab, has expounded this message for many years. In his book, *Physical Fitness and Dynamic Health*, he warns us:

The average young man in this country has a middle-aged body. He can't run the length of one city block, he can't swim a hundred yards, he can't climb one flight of

stairs without getting out of breath . . . The average middle-aged man in this country is close to death . . . We are accused of being a nation of spectators—with justification . . . By getting out of shape we become susceptible to minor ailments, which in turn are the precursors of serious illness . . . The probability of early death is high for seven out of ten people who show a poor fitness picture at the age of twenty-five . . . Why does this unhealthy state of affairs exist? Very simply, because people in this country— young people and old people— don't get enough exercise . . . We have become a nation of sitters and watchers, instead of participants.

Note these words. Start preparing for a regular exercise program. It's a must.

REVIEW

How. Remember the best exercises involve the entire body. Calisthenics, weight training and swimming are all good for this reason. Also, these exercises can be done at your own pace and time. Such exercises should be the foundation of your exercise program. However, even exercises limited to only a part of the body such as those which use the lower body (jogging, biking, skating, walking) can be very beneficial to the heart and circulation, if done vigorously.

Where. Many exercises, you can do right at home—calisthenics, weight training, indoor jogging, exercycling. A nearby school yard, park or other convenient place can usually be found for jogging or brisk walking, but avoid hard surfaces. YMCA, YWCA, and health clubs offer the advantages of expensive equipment, instruction and the enjoyment of working out with others.

When. Regularity is a must. Choose a schedule you can fulfill. Once or twice weekly will sustain but is not really enough. Exercise three times weekly for best progress. Schedule three days of calisthenics or light-weight training to start. After you have built some stamina, after six weeks or so, add other exercises on alternate days for variety and interest.

How long. Twenty to thirty minutes is relaxing but too brief. Plan on 45 minutes to one hour for best results.

Caution. In case of sickness-toxicity (colds, coughs, fever, diarrhea, etc.) stop all exercising, rest and fast until fully recovered.

CLOTHING

Choose clothing which prevents you from getting chilled. Chilling diverts needed circulation. Better some overheating than chilling, especially if circulation is poor.

Clothing should give warmth but still allow free movement.

At home, keep the temperature at about 70 degrees. For gym work, wear gym trunks, sweat pants, leotards or slacks, plus a T-shirt or sweat shirt. Outdoors, in cold weather, wear a warm jacket, a hat or wool

stocking cap, and gloves. This permits longer outdoor sessions in warm comfort. Always avoid extreme temperature and humidity that impose excessive strain.

For long jogs or runs, wear running shoes with one-half to one inch ripple soles, leather heel cup, cushioned inner soles, and half-inch toe room.

STARTING ROUTINE

If you have not been on a regular program of vigorous exercise, do light to moderate exercising for six weeks and avoid strenuous games. This will give you an opportunity to get acquainted with your main exercise and your own ability and stamina. It is also a safeguard against overdoing.

After this starting period, you will begin to enjoy exercise's many benefits—especially the additional energy you acquire. After six weeks, you can start adding other forms of exercise for variety, interest, and greater body development.

THE WARM-UP

Never rush into a work-out session. Spend 5 to 10 minutes slowly limbering up—stretching, bending, doing sit-ups, slowly exercising all body areas. This is especially important for full-body exercises. For jogging, run 50 yards, walk; run 100 yards, walk; etc. For biking, pedal a block or two, coast; pedal 3 or 4 blocks, coast; etc. This gradual warm-up of the circulation prevents much muscle strain.

THE WORKOUT

The following rules mainly concern full-body exercises, but they can be practiced for lower-body exercises where applicable. Refer to the recommended books for full instructions and illustrations regarding particular operations.

Movements. Go gradually from one muscle group to another to rebuild the lost capillary circulation in all parts of the body: arms, shoulders, chest, back, abdomen, legs. Dr. Cureton's book gives 22 exercises, covering all body areas.

Don't exercise the same set of muscles twice. This helps prevent soreness by allowing one group of muscles to recover while you go on to another group. While repeating does

build muscles, your main goal at first is building (restoring) *endurance*, Supported by the stamina that you gain by this procedure, you can later work on *muscle building*.

Movements should be continuous, rhythmic and smooth—not jerky. This "pumping" action pushes warmed blood through the deep capillary areas and rebuilds the sluggish tissue circulation that has slumped over years of sedentary living.

Average time of each exercise.

Calisthenics: 1 to 2 minutes. Weight-training: 8 to 10 repetitions. Swimming: 1 to 2 pool lengths.

Total workout time. Devote 45 minutes to one hour for each session for maximum results.

Pace. Start each movement fairly slowly. Then gradually speed up to vigorous, intensive movements. This technique is called "overloading" (See below). Then, gradually slow down. Finally, stop, rest and breathe easily to permit recuperation.

Be sure not to exercise to the point of breathlessness, especially at the beginning. Always breathe easily; never hold the breath.

If you experience dizziness, breathlessness, or muscle pain, you are probably pushing too hard. Just take it slower until you have better conditioned yourself. Train; don't strain.

To conserve energy, be sure to relax all muscles which are not needed for the particular exercise.

OVERLOADING

Wise "overloading" can progressively build more endurance. After conditioning yourself the first six weeks, you can begin this in three ways: (1) *speed*—do your movements more quickly, (2) *time or distance*—do your movements longer or farther, and (3) *load*—do movements which involve greater effort.

For example, situps (always with bent knees) may be done (1) faster—place arms in front, (2) longer—do more situps, and (3) with more effort—clasp hands behind head. More examples:

- **Calisthenics** (as in situps) add

continued next page

Exercise cont.

more speed to each movement; then go a longer time; finally, extend the stroke to its fullest or go to a more strenuous exercise.

- **Weight-training.** Go at a faster speed; add more repetitions to each exercise up to say 10 maximum or do more exercises before resting; add more weight.
- **Swimming.** Swim faster; swim more pool lengths before resting; try more complex strokes.
- **Jogging, hiking, biking.** Go faster; go farther between rests; try some hill work, but gradually.

Of course, avoid excessive overdoing in all this overloading, especially in starting. Progress slowly, always within your capacity. A little stress can be overcome, but excessive stress requires extra recovery time. Get acquainted with your capacity.

Expending more effort between rests (the "aerobic" principal) in these three ways will gradually build more endurance—and lessen many physical problems. (For more details, see Dr. Shelton's chapter 15, "Endurance.")

TAPERING OFF

Don't stop exercising all at once, or sit or lie down. Move around. Gradually cool off for three to five minutes—walking, slow jogging, stretching, easy breathing—to prevent the increased circulation from stagnating, especially in the lower legs. Finally, do upside down "bicycling." Get on your back, raise your legs and move them around a little. This helps send exercised blood back to the venous cavity.

If showering is necessary, adjust water to body temperature.

WOMEN EXERCISING

Says Rousseau: "I have no sympathy with the notion that woman is naturally a weakling and cannot indulge in strenuous or heavy activity."

As Dr. Shelton notes, "the physical vigor, fine-grained tissues, endurance, and improved nutrition that come from vigorous exercise are as desirable for women as for

men, perhaps more so" (p. 34).

Billie Jean King, professional tennis champion, is a strong advocate of regular exercise. She explains some of the benefits of exercise, "you'll think better, act faster. Your workload will get easier. Business executives tell me exercise helps them get rid of their worries and anxieties. Well, housewives have the same problems."

Three years ago, Billie Jean, after 19 Wimbledon titles, found she lacked endurance. So she started to rebuild herself on an intensive exercise program of jogging, cycling, calisthenics, weight work, and stretching exercises. In fact, she became a fitness missionary.

She also improved her diet by omitting the junk foods she says so many pro tennis players indulge in. Now she eats fresh fruit, vegetables and juices.

Men and women can profit from her example. Start your exercise program today.

Send your questions on exercise to:

Bruce Meservey
c/o Health Science
1920 Irving Park Road
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RECOMMENDED READING

Cureton, Dr. Thomas K. *Physical Fitness and Dynamic Health*. New York City: Dial Press, 1965.

Shelton, Dr. Herbert M. *Exercise!* Chicago: Natural Hygiene Press, 1971.

Sidhwa, Dr. Keki R. *Fit for Anything*. Wellingborough, Northamptonshire: Thorsons, 1974.

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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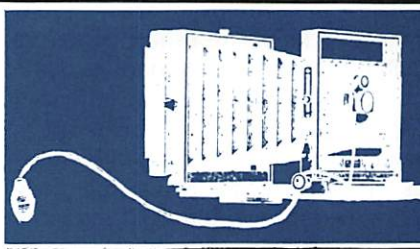
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Dr. Sidhwa is co-founder and president of the British Natural Hygiene Society and editor of the magazine *The Hygienist*. A graduate of the Edinburgh School of Natural Therapeutics and the British College of Naturopathy and Osteopathy, he has been in private practice since 1952. Born in Bombay, India, his current home is England where he operates Shalimar, a health institute in Essex. His interest in Natural Hygiene began at age 14 when he was given up to die but recovered through fasting. Since then he has lectured extensively about Natural Hygiene in India, Europe and America. Among his books are *Fit for Anything*, a guide to exercise and *Medical Drugs on Trial? Verdict "Guilty!"*, "an expose of the present day practice of medicine, the drug industry and food technology."



CLOSE-UP

An Interview with Dr. Keki R. Sidhwa

The following is taken from an interview with Dr. Sidhwa conducted by Irma Aandahl and aired over WAMU-FM, Washington, D.C., on October 5, 1977.

What is meant by Natural Hygiene?

Natural Hygiene is about a philosophy of life—a way of living—an alternative approach to health and disease compared to the orthodox approach to health and disease. Basically, Natural Hygienists say that health can only be obtained through healthful living. For a long time we have taken for granted that health is something that can be given to people either in pills, or powders or potions or from the outside. The Hygienic approach is that the individual manufactures his or her own disease and also consequently can manufacture health. This is the basic approach of Natural Hygiene, which is contradictory to the orthodox approach to health and disease.

From what I've read about Natural Hygiene people have been talking about it and trying to push it as a way of life since before the Civil War. Do you feel that its time has come because suddenly everyone is writing books about good diet and how to provide oneself with good health, perhaps not under the imprint of the Natural Hygiene Press, but still people seem to have reached a point where they're willing to look kindly upon the precepts by which you people are living. How do you feel about this?

The reason for that is that the world is progressing. We are becoming a world open to more new ideas and especially in America where the people are not as fossilized as in the rest of the world. In America you have got only 200 years of tradition to break and that being so there is more capacity to look and listen, which is an imperative capacity toward any prog-

continued next page

ress. The time has come for this alternative philosophy to make its impact because the people are not satisfied with the delivery of health care from the other side. As an example: In Great Britain, we started the so called National Health Service. I call it the National *III* Health Service because in spite of spending millions and millions and giving free drugs, free treatments, free hospital service, the health of the British people has not really improved. In other words, the total awareness of health, the total integrity of health in Britain is just as bad as before the National *III* Health Service came into being.

There is one thing that you surely must have an answer for. So many people are surviving so much longer and there is an increase in population. Is it possible that through this longer life we perhaps have reached a point where other diseases have had a chance to show themselves whereas before they wouldn't have had?

The fact is that before all the so called wonder drugs came on the scene a lot of diseases were already declining. Just to give you an example: Tuberculosis declined by 80 to 90% long before streptomycin was discovered. In a recent issue of *The*

Natural Hygienists "preach a whole philosophy; the fragmented philosophy of living is preached by others."

Listener, a magazine of the BBC, there is an article by a person who has researched the health situation in Britain and shows that medicine has not contributed anything towards longevity, that the longevity of people was not attributable to any specific medical care as such but to genuine sanitary reforms—personal cleanliness, more fresh air, less pollutants, better housing, better food, better sanitary regulations. It is very thrilling for me to see that it is being admitted by the medical profession itself on the BBC.

What is the difference between your approach and the approach of all the people who are writing books on diet and health foods, fresh air, exercise, jogging and all the rest of it?

Natural Hygiene comprises all the facets of healthy living, not just jogging, not just exercising, not just eating the correct diet, not just having enough fresh air, not just having enough sleep and rest, etc. The great difference is the synthesizing factor in Natural Hygiene. Natural Hygiene doesn't say only one specific thing is responsible for overall health. Natural Hygiene says it's all these concepts put together which are important for your general health. The various people you mention are just emphasizing only one aspect of natural living. Food is an important aspect of natural living. Exercise is an important aspect of natural living. But by no means can any one of them be taken as the whole. This is the difference. The categorical difference I see is that whereas we preach a whole philosophy, the fragmented philosophy of living is preached by others.

I always think of the phrase: "Choose your ancestors carefully." It seems to me that however well people might choose to live now they still are subject to the genetic code that came with them at the time of conception.

Yes, it is true that you have to choose your parents and your grandparents wisely, but nevertheless that genetic inheritance can be thrown into the gutter by the environmental factors in day to day living. For example: Winston Churchill who had a very good hereditary factor which enabled him to eke out his 94 years, compared to George Bernard Shaw who was able to live up to about the same age, were in two different categories. Shaw didn't have such a vigorous ancestry as did Churchill but he did look after himself rather well. He was a vegetarian and a great follower of Hygienic methods. He was able to survive up to the age of 94 right up to his death. Just before he had the accident which landed him in the hospital, he was walking five, ten

miles a day. Churchill, on the other hand, according to the biography of the doctor who attended him, was almost a goner for the past 20 years of his life. He was only able to reach the age of 94 because he was Winston Churchill; he had lots of people cossetting him and looking after him. So it's not only the longevity factor which is important but the quality of life is also very, very important. We can either enhance the genetic factor or we can break it down very quickly.

You must have finally come to some resolution of the old question of environment or heredity and which is most important.

I would say that it is both simultaneously. Yes, by all means if you can, choose your parents and your grandparents, and I qualify it: *if you can*. But do not rest on your laurels if you are lucky enough to get a good heredity. It may help you to reach 90 but who wants to live up to 90 with no teeth, no eyes, no ears and a decrepit old age. Natural Hygiene is talking about—not longevity—but the quality of life and I think that is more important than just the sheer longevity factor.

I think central to good health and certainly central to what I have read about Natural Hygiene is the operation of the cell. I wonder if you would explain how the cell determines the life. Now I know we have billions of them and I know they all came equipped with different instructions on what they must do but I'm not sure most of us really understand how effective the operation of the individual cell within the body can be.

Each cell has its quota of life span and each cell has a capacity to rejuvenate. Each cell can function at its best only when it has been able to throw off the normal wear and tear which occurs daily. For example: if you read the book *Man the Unknown* by the nobel prize winner and scientist, Dr. Alexis Carrel, you learn of an experiment he made: He got a tissue of a chicken heart and developed it and allowed it to rejuvenate and multiply

and rejuvenate until this heart tissue in effect survived many, many generations. That was his most famous experiment for which he got the Nobel Prize. What was the important thing that Carrel found out? That as long as the cell was able to throw away its toxic waste and the environment of the cell was kept anew, the cell was able to function ad infinitum. From a Hygienic point of view, therefore, we say that the most important aspect of the functioning of the cell is its environment. And that environment is governed by our way of life. All cells live in harmony with each other but they are dependent upon their environment. If toxic waste is not eliminated from the cell then that cell will degenerate. Professor Carlson of the University of Chicago sometime ago experimentally showed that when a man of 40 years is fasted the cells

“Ill health is a crime—a social crime.”

examined after the fast of about 14 days showed they had a rejuvenating capacity and appeared to be the cells of a 15 or 17 year old. This process, of course, doesn't last long but it does go to show that removing the toxic matter from the system enables the cell environment to be improved and function more efficiently and to have a greater span of life. So Hygiene incorporates into its philosophy of living a scientific fact and not just myths.

Is the role of fasting an attempt to reverse the onset of various diseases, or is it something one must do regularly?

Fasting is not looked upon by Hygienists as a sort of cure. Fasting hasn't cured anybody. What we are trying to say is that fasting is a process of rest. It's a resting period. It's an opportunity for the body to rest mentally and physically—to rest the senses, to rest the spirit, to rest the emotions, to rest the physiology. That is really what fasting is—a sort of enforced rest. During this enforced rest, you are allowing the body to rechannel energies which it would have wasted in the digestion of food, in moving about a great deal, in occupying the senses with a lot of reading or

writing, etc. That energy is then channeled for repair, for recuperation, for rejuvenation, etc. In other words, repair, rejuvenation, and revitalizing of the individual is going on all the time within the body. The body is a self healing mechanism. It's the only machine in the world that you don't have to take to a mechanic to put it right. It does its own repairs and it does its own servicing. The only things it needs are no interference, plenty of time and rest. Fasting provides that. Every living thing has got this process of healing built within it. You cut yourself and you put some iodine on it or some mercurochrome or some other thing. I cut myself and I just see that my cut is kept moist and clean. When we meet after eight or ten days you will find that your wound is healed and mine is healed. This teaches us that healing is a biological process that is taking place within the living organism. How it takes place, why it takes place, who makes it take place, nobody knows and probably nobody will ever know but Hygiene uses the fact that it does take place and says, “Let us therefore correct the environment of that person in such a way that this living process will have all the chance in the world to do its job efficiently, and with the greatest speed that it can muster.”

What is the role of the medical profession with the people who follow Natural Hygiene? The list of diseases that you give in your work: arthritis, diabetes, migraine, obesity, psoriasis, gallstones, all sound like the dreadful debilitating kinds of problems people have all during their lives at one time or another. But there must be occasions on which only the medical profession can cope. I'm thinking particularly of surgery. How do you look upon surgery?

Surgery is a necessary process in some cases. Hygienists do not decry the role of *constructive* surgery. What we have decried is the role of *destructive* surgery. There are hundreds of thousands of operations performed needlessly, as some members of the

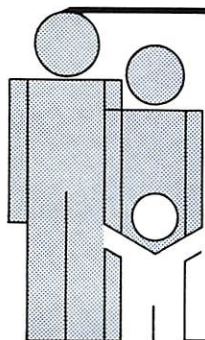
medical profession will admit. A wound or injury, or tissues that have to be patched up calls for constructive surgery. Let's talk about such needless surgery as taking the tonsils out, or the appendix. Take a plastic surgeon when someone is badly burned or badly wounded. Surgeons perform marvelous jobs; nobody denies that.

“Natural Hygiene is talking about—not longevity—but the quality of life and I think that is more important than just the sheer longevity factor.”

But a surgeon is nothing but a very, very clever cobbler. He does his stitching job excellently. He has the technique and the facility to do it. But a surgeon will never dare to sew up if he knew the body would not heal the wound. Let's look at surgery from the viewpoint that removing various parts of the body, such as the gallbladder, doesn't solve any problem. Does taking out the gallbladder teach you how the gallstones were formed? Does it prevent you from carrying on in the same way of life which enabled the stones to be formed in the first place?

What do you say to those people who indulge in such habits as smoking and bad diet and want to continue doing so knowing full well they are considered harmful to health?

I say you have a right to continue only if what you do doesn't harm the society in which you live. Ill health is a crime—a social crime. The very fact that you are asking only a few healthy people in the world to look after the great number who are in ill health is interfering with the productivity of the country. The healthy people could be using their time in more beneficial pursuits. So therefore I don't drink, I don't smoke, because I have a concern for you. I have a concern that if I were to fall ill because of my own foolishness, it is your taxes, it is your welfare, which has to be paid in order to look after me. Why should I be a burden on you? Why should you be a burden on me? ☀



FAMILY EDUCATION

by Marsha and Dennis Bressack

DISEASE: NATURE'S WAY

Fever, vomiting, diarrhea, constipation, sneezing, coughing, skin eruptions, swellings and pain are the *basic symptoms* of disease. Although they may appear to be reflecting an "attack" on the body, they are actually signs of beneficial bodily functions. The purpose of these actions is to eliminate an overload of metabolic toxic waste material from the cells, the organs, and the bloodstream through the mucous membranes of the respiratory system, the digestive system, the bowels, the skin, the bladder, and the mouth.

We have two children. A son, born September 1973, and a daughter, born August 1977. Both are vegetarians from birth. Both are breastfed babies. Neither has ever had a thermometer used to take temperature. Neither has ever had talcum powder, petroleum jelly, baby oil, or salve rubbed into their skin. Neither has ever been vaccinated, inoculated, or medicated.

"We have accepted that the responsibility for health lies in the hands of the child, the parents, and nature."

On occasion, our children do experience an acute eliminative crisis and display one or more of the *basic symptoms* in varying degrees of combination, severity, duration and location. We accept this cleansing process

and attempt to intervene as little as possible. Our children have never been treated medically for these symptoms and yet have fully recovered on every occasion.

This is not to say that we do nothing. By attempting daily to follow the tenets of Natural Hygiene and utilizing sunshine, exercise, pure food, pure water, sufficient rest and sleep, fresh air, and emotional poise, we hope to keep the toxic level in our bodies as low as possible.

During crises, we trust the body's capacity for self-healing and respect the child's instincts. We try to make the child's environment as soothing as possible and try to make the child as comfortable as possible. By staying physically and emotionally close to the child, we observe the progress of the eliminative crisis. We attempt to keep the child resting, warm, and calm. Fresh air and sunshine are utilized whenever possible and feasible. We regard the passage of time as the best healer.

We understand that during a crisis situation the necessity and desire for food are diminished. We have never forced our children to eat. We have never forced our children to fast. Both children naturally decrease their food intake when they are not feeling well. An infant who must suck for food cannot do so as efficiently with a clogged nose or a cough. We have never fasted our babies. They do not possess the reserves that adults do. At times, they have refused solid foods,

but have always continued to breastfeed. Breastmilk is 87% water and very easy for the infant to digest. Breastfeeding offers comfort as well as nourishment to the baby.

Sometimes, for no apparent reason, our son has often requested fresh juices or distilled water and less food without any prompting. If he is definitely displaying *basic symptoms* and yet is playful and hungry, he is allowed to eat according to his appetite; but I encourage him to refrain from milk products, wheat products and cooked foods. When he has been too sick to eat, he has chosen to take short fasts (1 to 3 days) on distilled water or fresh juices. Only once due to a more chronic cough, have we had to sug-

"We have never forced our children to eat. We have never forced our children to fast."

gest that he fast. To make it easier, Mother fasted with him. He accepted the situation graciously. Although, we must admit we did smell peanut butter on his breath about 1:30 p.m. (He does not even like peanut butter!)

The eliminative (disease) process is not as well defined as black or white, but rather exists in shades of gray. Everyday, we eliminate through the lungs, the bowels, the bladder and the skin. Because children are so full of

"Our children have never been treated medically and yet have recovered on every occasion."

vitality and energy, they eliminate more frequently, efficiently, and more vigorously than adults. No matter how naturally we eat or live, our world is full of toxins and the *basic symptoms* are how we eliminate them from the body. We believe that interfering with this elimination by the use of medication results in the building of the toxic level and an increase in the length and severity of the crisis.

We, like all parents, treasure the lives of our children. We are not attempting to make light of illness. However, we have found that health is best maintained by interfering with bodily functions as little as possible.

We do not enjoy the disease process but we accept it. We understand how emotionally upsetting it can be to have a sick child. We experience the same feelings of fear and guilt as all parents. However, we have accepted that the responsibility for health lies in the hands of the child, the parents, and nature.

The thoughts expressed here are a composite of our beliefs based on our experiences with our children. We

have had no experience with chronic or severe disease. We are not attempting to give medical advice. What has been successful for us may not necessarily be suitable for other families in other situations. We are not saying that our theory of disease is absolute. We are just saying that this is the alternative that we have chosen over the myth of the medicine movement. We all have the freedom to make that choice.

CORRESPONDENCE

Dear ANHS,

I've just recently been introduced to the Natural Hygiene way of life and I know this is what I've been searching for some time now!

My problem, however, is how to go about detoxifying my system. I have a 10 month old baby who is still nursed and I'm afraid a cleansing diet may affect the quality of my milk and cause adverse reactions in my daughter's system. I'm not sure at all if this would happen.

Would it be wise for me to fast while still nursing?

Janet H. Jarmula
New York

Dear Janet,

While I do agree that fasting is a wonderful cleansing process for the body, I do not recommend it while nursing an infant. Nutritious food is necessary to maintain a proper milk supply. During lactation or pregnancy, I do not fast for general detoxification. The only times I have fasted during these periods is when I am too debilitated to eat. In these situations, I have taken pure water or freshly made juices for 1-2 days.

In the meantime, a hygienic diet will be helpful in eliminating some of the toxins in your system and maintaining health. Babies are babies for such a short time. Enjoy the nursing experience. You will have plenty of time for fasting and detoxification when your baby is weaned.

Marsha Bressack

Two additional advantages of breastfeeding have been brought to our attention:

- *Doctors at Massachusetts General Hospital in Boston have conducted studies which indicate that human breastmilk contains sufficient thyroid hormone to lessen congenital hypothyroidism or cretinism and possibly prevent neurological impairments. Other similar studies at Children's Hospital in Philadelphia indicated that breastfed babies with symptoms of congenital hypothyroidism showed greater bone maturity, greater growth, and greater intellectual development than formula-fed babies with the disease. (Thanks to Grandpa Artie for this one.)*

- *If the child is ill and cannot tolerate any solid foods you may still offer to breastfeed.*

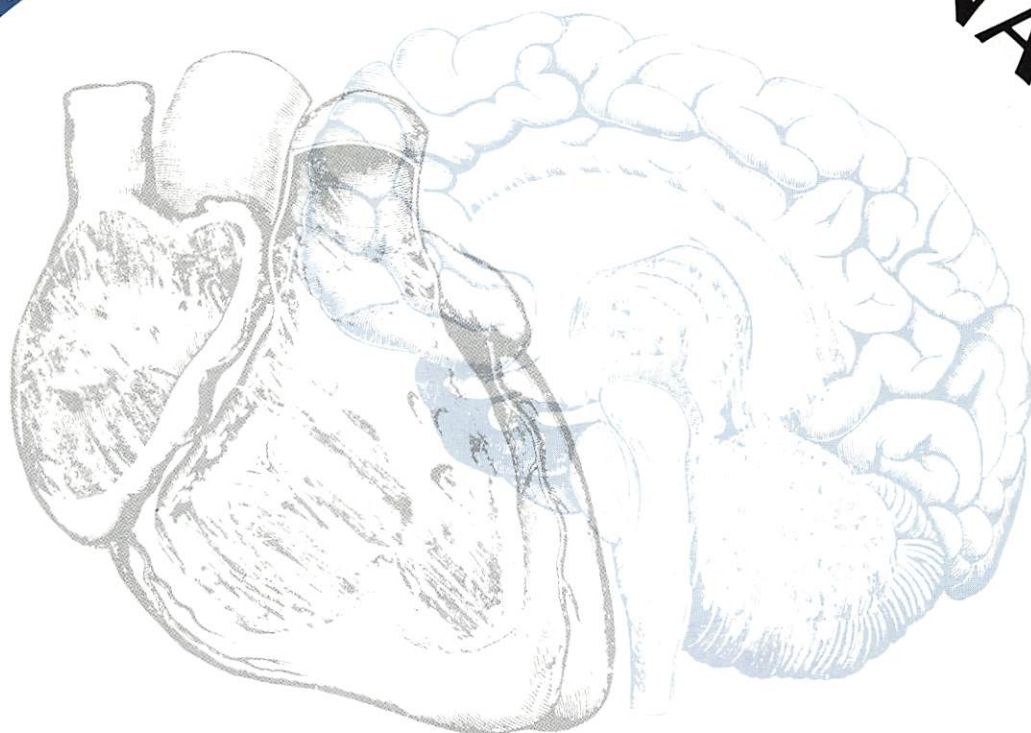
If you can think of any other advantages to breastfeeding, please send them to us.

We want your suggestions. We appreciate your opinions. We welcome your questions.

Correspondence should be mailed to:

**Marsha and Dennis Bressack
c/o Health Science
1920 Irving Park Road
Chicago, Illinois 60613**

MENTAL & EMOTIONAL



FACTORS IN HEALTH

by
Alec Burton, D.O., D.C., N.D.

In hygiene we recognize many factors that are intimately involved with our state of health. We can quite readily and easily demonstrate our dependence on such things as food, air and water, but we all have certain preconceived notions and sometimes peculiar ideas with regard to mental and emotional factors—largely, I feel

We have to “finally arrive at the stage where we have to face our problems ourselves.”

because it's difficult for us to clarify what we mean by mind in the first place. These aspects bring us into so many different realms of metaphysics and goodness knows what that philosophical evaluation is required to even understand what we're talking about.

Very rarely do we give adequate consideration to the mental and emotional factors in health. They are usually the last factors we think of when we're trying to assess our own particular health problem. Few of us understand ourselves. We certainly don't have much understanding of others.

“We must not fight or struggle with emotional states.”

In hygienic practice we get all types of cases. We soon begin to realize as a result of this practical experience the immense importance of mental and emotional factors in health. Today, mental and emotional factors and problems in disease abound.

PSYCHIATRY

Unfortunately, psychiatry has become just another drugging system, just another system of therapeutics,

for dealing with the sick in the same way as we have dealt with the sick through the ages. Psychiatrists have virtually lost interest in the original concepts which were developed by the early psychologists towards the latter part of the 19th century and the earlier part of the 20th century.

"If we're going to appreciate music, art, literature and so on, we must be capable of having an emotional experience."

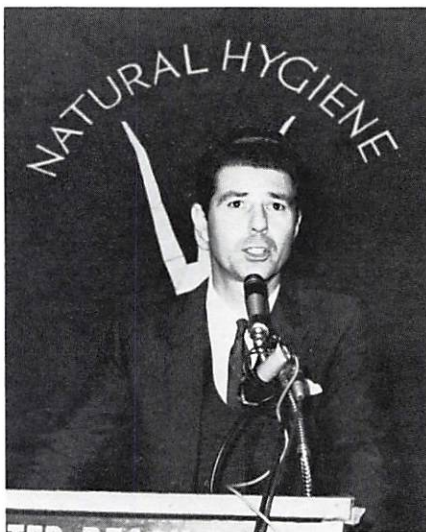
Psychology has some merit in that it tends to examine personalities and to place mental facets of personality on some form of scientific basis, but psychotherapy is still very much confused with all sorts of mumbo jumbo. Theories abound which have very little practical application.

Most of the mental and emotional problems that affect our society are merely palliated with tranquilizers and sedatives. As with all common disorders or diseases, very few people are giving any attention to causative factors. Of course there are a few brilliant minds around who give a little thought to environmental factors and social influences and pressures. There are a few more brilliant minds around who recognize the need to see health as the evolution of the whole and total being, dependent on a total way of life. Some even recognize that food can affect our mental and emotional state and that many other factors in hygiene can contribute to our general well-being.

As a student, working in Morsley Hospital, the teaching center for London University Psychology Department, I was quite early disturbed by the fact that many of the patients who were sent home cured were back within a few weeks or months. This was one of the first observations I made—the fact that many of the case histories that we studied were patients who'd been coming and going over a number of years. Each time they were back for a longer period of time and more intensive treatment. Of course, after a number of returns, they were in for good. They were finally transferred to the refractory group as nearly hopeless.

I knew pretty well what was wrong. Nobody attempted to understand these people. Nobody attempted to look for the causes of their troubles. Nobody attempted to modify their environment. Nobody attempted to modify their habits. They were just given drugs, electric shock treatment, insulin therapy, and various other techniques, largely to keep them quiet.

I used to spend quite a lot of time talking to many of these people, and I learned a lot merely from talking to them. In fact, I realized that you'll learn more about psychology from people than you'll ever learn from books or from lectures. You might even learn more when you investigate and observe yourself, your own reactions, your own ideas, and your own thoughts.



HAPPINESS

We all recognize the basic needs of life, particularly so far as our physical needs are concerned. We probably also recognize broadly that we have a need for happiness and that happiness to some extent is a dangerous word. After all, what do we mean by "happy?" Do we mean getting up in the morning and starting to laugh. If you carry on like that it won't be long before they put you away. Then, again, you can't be depressed all the time. If you're depressed all the time, it still won't be long before they put you away. So it's quite normal for people to be occasionally elated, and occasionally a little bit depressed.

Naturally this is well within normal limits. In fact, according to one psychologist, "Normality is that form of madness that goes unrecognized because it happens to be a good adaptation to reality." I think he was probably right, too.

But I think that in psychology they have a term which may describe the state better than "happy," because the word doesn't mean anything. People are happy when they're taking drugs, so they think, when actually they are in the state of delusion, another psychological problem. The question is: being *well-adjusted*.

What do we mean by this? None of us are without problems. It's a question of facing these problems and dealing with them. What's important is not what happens to us, but how we behave towards what happens to us.

One woman asked me, "How do I become permanently well-adjusted?" I said, "The cemetery, Madam, that's the only place where they're permanently well-adjusted," because naturally we're going to fluctuate in our emotional state.

Of course, if our emotional state sways too far from the normal path, then obviously, we run into trouble.

EMOTIONS

We're all well aware of the effect of emotions. We've all experienced that intense emotional activity which has turned us away from our food, disturbed our sleep, and certainly upset our poise for a considerable period of time. I very much doubt that there is any person alive who is not going to experience this from time to time.

We shouldn't look upon emotions as bad things. We shouldn't look upon emotional people as necessarily very badly adjusted. Obviously there are limits. But then again, if we're going to appreciate music, art, literature and so on, we must be capable of having an emotional experience.

Many people are in quandaries. They cannot get people to understand what they mean. Often they don't understand what they mean themselves. These states of confusion are extremely exhausting, extremely trying. The brain, the nervous system,

continued next page

and the glands, which are chiefly involved in mental and emotional states, are just as much a part of our bodies as the liver and the muscles and the digestive tract. We cannot ignore the unity of the body. We should certainly at all times attempt to provide the body with its needs in the fullest sense.

“Naturally we’re going to fluctuate in our emotional state.”

But, people can’t be treated out of their ways and fears. Fears can’t be just suppressed out of hand. You know the common advice: “Oh, don’t worry. Pull yourself together. Don’t think about it.” The question is: how? It’s all very well to say “don’t worry.” It’s all very well to say “don’t think about it.” But, how do we go about it? We can’t just put it out of our minds.

WHAT YOU CAN DO

Yet, we can do certain things which will help us. We can exercise a certain amount of control. There is always a certain amount of voluntary control left in the body. We’re not altogether the result of capricious circumstances. We’re not altogether driven by environmental and external factors. We still have a little ability to control.

However, I would say, and quite emphatically, that we must not fight or struggle with emotional states. This will certainly be fraught with danger. An attempt to suppress these mental and emotional outbursts is tremendously difficult anyway, and if you are successful, it will only result in a more serious aftermath.

One thing that we can do, when we have the opportunity in this busy life, is to sit quietly, relax, and indulge in a little introspection. We can try to calm ourselves, sit back and—shall we say—watch our thoughts and follow them to see the pattern that they make.

It’s been adequately demonstrated that many of these patterns of thinking are habitual, that they can be changed, and that you’re the ones who are going to have to change them. As in any other aspect of

Hygiene, only we ourselves can do anything about them.

Certainly practitioners can give guidance and a certain amount of counsel. And this may be extremely helpful. But we still have to come to grips with and finally arrive at the stage where we have to face our problems ourselves.

We hear people say, “Oh, he makes me mad,” or “She makes me so sick.” Here we’re blaming somebody else for our own state. Now, how can somebody else make you mad? How can somebody else make you sick? It’s always nice to blame it on somebody else. But, if you get mad or if you get irritated, you’re doing it. You produce the madness; you produce the sickness.



Dr. Burton is a graduate of the British College of Osteopathy, the Northern College of Natural Therapeutics, and the College of Naturopathy. He directs Kawana, a Natural Hygiene institute near Sydney, Australia.

There is no doubt that we are influenced by other people’s behavior and by other environmental factors. I see this all the time. But we are not helpless. There are things we can do. For one thing, we can, and should, try to secure an environment which is conducive to our mental and physical well-being. Many of us perhaps are not in an environment which is con-

ducive to this. So we must do something about it. We may be in the wrong job. We may be in the wrong home. Better pack your bags and get out quick.

“Whatever we do, there is always a reason.”

Eventually, we have to look at ourselves and see in which way our thoughts are going, in which way they’re drifting. If we can cultivate this habit and perform it regularly, we’ll be able to understand ourselves better. We can get to a stage when we can actually stand apart from ourselves and watch what is going on when we have an emotional experience to observe the changes and our thoughts.

Allowing our thoughts to roam around, observing them, and in some cases writing them down can be helpful. You’ll sometimes see patterns forming if you keep notes in this way.

Another thing that we can do is to attempt to deliberately withhold any form of mental activity—temporarily. Now this may seem rather simple to some people, but it isn’t. To even slow the thoughts down is extremely difficult. To stop them altogether is something that probably only the few can accomplish.

CLINICAL CASES

As I mentioned earlier, we get a lot of experience with different types of cases in hygienic practice and we get our share of people with mental and emotional problems. Orthodox methods are about as successful with such problems as with the so-called physical diseases. I refer to physical diseases as “so-called” because I don’t like this idea of separating mental disease and physical disease. So far as I’m concerned the whole person is sick, and this sickness has a cause, or causes, and these are the factors we have to investigate.

I would say in nearly all conditions where disease is involved, there is a certain element which is associated with the mind or the emotions. But in some instances, these factors may predominate, and in other instances they may be extremely remote. I can think of an illustration quite readily.

Two young boys, approximately the same age, were in my institution recently. Both were asthmatics. One of these boys was powerfully influenced by emotional factors. Every time his parents visited him he had an asthmatic spell. Obviously we can see mental and emotional factors were predominating in enervating him. In the other case this was not so. Essentially physical factors were involved. He recovered remarkable quickly when we got him onto a general hygienic program without indulging in any great or deep investigation of any psychological or emotional factors.

Quite a number of years ago, a young woman came to me, about 19 years old who had had quite a few visits to mental institutions where she received electric shock treatment and

He was in such a bad way that unfortunately we had to resort to procedures that I don't enjoy resorting to. The only way I could get any sleep was to tie the poor old fellow to the bed. He was quite psychotic. He wasn't aware of where he was; he wasn't aware of who I was.

We couldn't indulge in any psychotherapy, so-called. We couldn't even communicate with the man. But, we nursed him along and we fasted him.

Surprisingly enough, after about nine or ten days of fasting, he became a little rational, just for short periods. Eventually, he became more and more rational. Then we were able to talk about the problems.



drugging almost to stupefaction. She had been gradually getting steadily worse. Her parents prevailed upon us to take her, although at the beginning I was rather reluctant. The girl seemed almost entirely helpless. However, I accepted this girl into the institution. She was under care for about nine or ten weeks, which is quite a long stay. We spent quite a lot of time talking about the problems, trying to iron them out. We also fasted the girl and instituted the general hygienic program. Hygiene was instrumental in changing her life. She is quite a vigorous, active girl now, is married and has two children.

Another remarkable case is that of a man who came under my care. He had been through a similar routine, only much later in life. A retired gentleman, he was frustrated because he had nothing to do and nothing to live for. He had been in and out of mental institutions.

Of course he was well aware that most of his fears were irrational anyway. He was frightened that the milkman would be late delivering the milk. He was frightened that the food would go rotten. He was frightened that he wouldn't have enough money to live on and he had thousands and thousands of dollars in the bank. You know the sort of fears people have. None of them are worth anything. Like so many people, his fears were unreal. But, they were not really the cause of the problem. They were merely superficial side effects.

Anyway, we continued. We talked about his problems. We got him to reflect upon his own mental processes and analyze his own feelings in relation to his family, his work, and his life. We gradually educated him to a stage where he had something to live for. Eventually he was able to go home.

I had a letter from him quite recently to say that he was doing quite well. He said that he was busily engaged in the local bowling club and the local golf club and that he really had something to live for.

We must remember that whatever we do, there is always a reason. Although people may do the most funny things at times, there's a reason. Perhaps they expect to get a little more happiness out of it.

We also have to think of the environment. I can well recall the case of a very young man who was out of school about two years and in a job that he hated. Of course, I realized that we weren't going to make much progress with this young fellow until we got him to change his job. By a fortunate circumstance, his parents bought a farm and he was able to go there and work on the land. This work was much more suitable to him, much more favorable to his early background. Now, he's settling down quite well.

BROADENING OUR PERSPECTIVES

Naturally, we're all subject to the effects of other people's personalities. To an extent it is because we want to be. We're gregarious creatures; we're social animals; we want to be involved with other people. It is a normal thing. We also want to get involved with other people's problems. We can become so involved that we can wreck our health. And we can wreck our health very quickly.

I think in hygiene we should give much more attention to this whole department of mental and emotional factors. But in recognizing that mental and emotional factors can wreck our health we can also recognize that they can make our life. Let us not consider these factors taboo. Let us not consider that to be emotional is to be badly adjusted or irrational. Not at all. Emotions are useful tools. They are tools towards understanding—not only people but ideas such as music, art and literature. Here is where a constructive emotional outlook can make such a big difference in our life and, ultimately, enrich it.

YOUR DENTAL QUERIES

by Dennis Bressack, D.D.S.

Does the body take up mercury from amalgam fillings?

There are three types of filling materials that a dentist might use. They are (1) gold alloy, (2) silver mercury alloy (amalgam), and (3) tooth shaded compounds. The accompanying chart lists the three materials and important factors to consider.

Unfortunately, most patients are not willing to pay the price of gold, four to six times the cost of silver amalgam, nor spend the time necessary to prepare it. Dentists are then forced to use silver amalgam in most situations.

It is common knowledge that during placement of the material some very small amount of mercury may be inadvertently swallowed by the patient. After placement, there is some minute seepage of mercury and other metals, as fillings slowly corrode, tarnish, and chip. We know that mercury is very difficult to eliminate and there have been publicized problems associated with mercury accumulation. I am not discounting nor minimizing any of these facts.

Again, most people are more concerned about economics than the small amount of toxicity that silver mercury fillings may cause.

Also, gold is impractical in some situations, such as filling children's deciduous (baby) teeth.

Realistically speaking, it is actually the dentist and his assistants, in constant contact with the mercury, who are in greatest danger of being overexposed—an occupational hazard.

Whenever your teeth are decayed and you go to a dentist, you have placed yourself in a compromised position. Seek a dentist who listens and tries to understand your needs as a Natural Hygienist.

PROS AND CONS OF THREE TYPES OF FILLINGS

FILLING MATERIAL	COMPOSITION	AREA MOST COMMONLY USED IN	DURABILITY	PREPARATION TIME	COST	TOXICITY
gold alloy	gold, silver copper, palladium platinum, zinc*	back teeth	1st most durable	1st longest (at least two appointments)	1st most expensive	3rd least toxic
silver mercury alloy (amalgam)	silver, mercury, tin, copper, zinc*	back teeth	2nd very durable	2nd (one appointment)	2nd	1st most toxic
tooth-shaded compounds	plastics, silicates, porcelains, or composites (and other chemicals)	front teeth	3rd least durable	3rd shortest (one appointment)	3rd least expensive	2nd

*not all of these metals are present in every alloy

Local dentists and the school board are planning to introduce a fluoride rinse program into my school system. Five minutes a week, children aged 5-12 will rinse with a 2% sodium fluoride solution. They say it is harmless and can reduce tooth decay. What do you think?

There are several methods of introducing fluoride to the teeth. In order of increasing toxicity, they are: 1. topical fluoride gel applied at the dental office, 2.

flouride rinse applied at home, 3. flouridated toothpaste, 4. flouridated vitamins, and 5. flouridated drinking water. Each system claims to be from 10-80% effective in reducing tooth decay. Each is known to possess a certain degree of toxicity particularly if ingested into the body.

There are enough statistics from flouridation proponents and opponents to substantiate both philosophies. Much more is at stake in this issue than toxicity and effectiveness. Any form of coercive compulsory medication is very dangerous. It takes away your right to control what enters into your body or your child's body. In all methods, except placement into the drinking supply, the individual has the choice. With drinking water, there is no choice except to distill your own. Usually, the school programs you write about require a parental permission slip. If you do not believe in it, do not sign it. Your children can be given pure water instead of the flouride rinse so as to feel part of the class situation.

Furthermore, flouride treatments give patients a false sense of security. They believe they can do without good living habits and cleanliness as long as they have the flouride shield to protect them. Perhaps the school systems should devote the 5 minutes of time and money to teaching tooth brushing, flossing and nutrition. Simply changing the school lunches to nutritious, wholesome food would benefit the oral health of the community much more than the flouride rinse.

Is brushing advisable in the care of the teeth? If so, what kind of brush is best? How often should one brush?

If a person has no tooth decay or gum disease, lives a 100 per cent perfect hygienic life, eats only fresh raw organic fruits and vegetables from the garden, takes a sunbath every day, drinks only pure water, sleeps 12 hours a day, exercises and prays regularly, fasts on a regular basis and lives in paradise, then, maybe, that person does not have to clean their mouth. I have never met such a person. Have you?

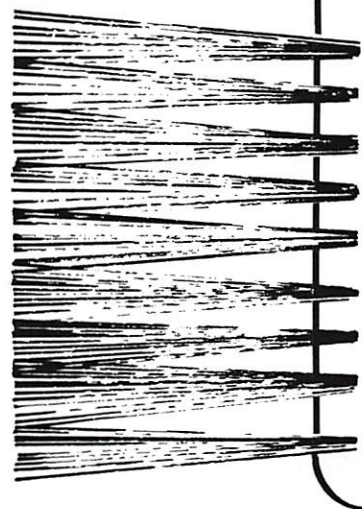
Isn't cleanliness what Natural Hygiene is all about? Internal cleanliness and external cleanliness are equally important. If decaying matter remains on the teeth, it can serve as a factor in causing cavities, or bleeding, swelling, and discomfort of the gingiva. Eventually, the destruction of this supporting bone and loss of teeth may occur.

There are many methods of cleaning the teeth. Some raw fruits and vegetables are natural detergent foods. Unfortunately, even this food can accumulate between the teeth and some deposits are too hard to be removed by this method. Although fingernails, washcloths, chew sticks, and bicarbonate of soda have been suggested. I have found nothing as efficient as a soft-bristled tooth brush. It should be used extremely carefully and gently so as to do as little damage to the teeth and gingiva (gum) as possible and still remove the irritants. The toothbrush bristles should not be frayed. An overused brush does more damage to the teeth and gums than a new brush.

No toothpastes, powders, or mouthwashes are necessary. Cleanliness is mechanical not chemical. If you insist on these substances for the removal of certain stains and for their refreshing quality, extremely small amounts of the most natural product you can find should be used. A correctly used toothbrush (1 to 2 times per day) when used in conjunction with dental floss (1 time per day) and a Hygienic lifestyle contribute to a clean and healthy oral cavity ☀

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

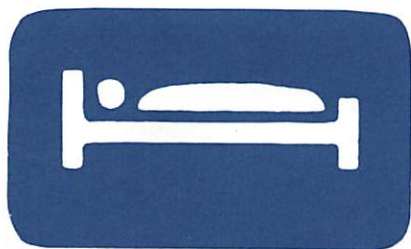
Dr. Dennis Bressack, c/o Health Science, 1920 Irving Park Road, Chicago, IL 60613



Understanding Fasting

by Hannah Allen

BASIC NEEDS FOR FASTERS, II



MAXIMUM REST

Prolonged fasts, conducted for therapeutic purposes (to restore health) require advance planning, since such longer periods of abstinence from food should be accompanied by abstinence from most activity.

When you embark on a period of fasting, and the body is thus relieved of its continuous burden of digestion, more of its vital resources are available for repair, reconstruction and healing. When it is no longer subjected to the administration of drugs and other poisons, the body becomes acutely aware of the need for healing, ceases to tolerate the causes of disease, and makes a valiant effort for their expulsion.

The energy you have made available by your abstinence from food should not be wasted in other activities. Fasters should plan to spend most of the day resting, as they may lose 50 percent or more of the benefits of the fast, if the energy of the body

is dissipated in activity. When you rest, you make it possible for the body to utilize the energy you have made available by suspending your normal activities (including eating) for repairing tissue, restoring function and "cleaning house."

It is therefore advised that, for the duration of a prolonged fast, most of the twenty-four hours should be spent resting, preferably in bed, or on a chaise lounge outdoors. Fasters who have some initial difficulty in remaining calm and quiet may comfort themselves with minimum amounts of reading, writing, or quiet conversation, preferably for short periods, and preferably totalling not more than an hour or two out of the twenty-four.

"The energy you have made available by your abstinence from food should not be wasted in other activities."

They should not read stimulating, exciting books, or listen to noisy radio programs. Soft music may be permitted for brief intervals. Television programs should rarely be permitted. In fact, when you consider that all television sets emit some amount of radiation, it would be wise not to subject the sensitive and vulnerable nervous system of the faster to this unnecessary hazard.

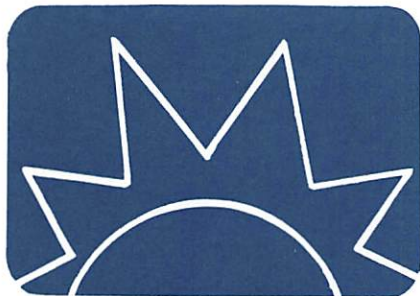
Nearly all fasters will adjust to the program of resting most of the time—of course, some will make this adjustment more quickly than others. For many people it is a welcome respite from the demands and responsibilities of their daily lives. It may require some conscious effort to submit to such prolonged resting and cessation of activities, but the realization that complete relaxation and equanimity will produce the most beneficial results may help to bring about the desired cooperation of mind and body.

Actually the fast is not an unpleasant experience. It is mostly a quiet, restful time, when your mind is clear and keen, your eyes are bright, and each day brings you closer to your goal. No one pokes you or prods you, no one sticks needles into your flesh or tubes into your nose or other parts of your body. No medicines, pills or vitamin tablets are given. With rare exceptions, enemas are not employed.

"No two fasts are exactly the same, not even two fasts by the same person."

You are at all times able to care for your own needs, and can visit the washroom when necessary (no bedpans). Some severely debilitated

people may require assistance in bathing, but even these people may still leave their beds as necessary. If the faster is thin and weak, he should not attempt to shampoo his hair, or do his own personal laundry. The shampoo can wait until the fast is broken, and he can make arrangements for assistance with the laundry.



SUN BATHING

It is permissible for many fasters to take brief sun baths while fasting, but this decision should be made by the fasting supervisor. During the first week or so of a prolonged fast, it is usually a good idea to get some sunshine, but sun baths may be too enervating for some individuals in the latter stages. Some people may continue sun bathing throughout the fast—much depends on the condition of the individual.



ENERGY AND EXERCISE

During the fast, there is, of course, a continuous loss of weight, which frequently settles down to approximately one pound per day. But loss of weight varies according to the individual, the activity, and the environment.

There may be a gradual decrease in the physical energy available as the weight drops and the reserves of the body are being utilized, making it necessary to limit activity more and more in the latter stages of a pro-

longed fast. There may be a general feeling of weakness as the organism settles down to the proffered opportunity to rest. The heart, circulation and respiration may slow down during the early days of the fast. Then, as the body rests and is cleansed, sometimes vigor returns, long before the fast is broken.

No two fasts are exactly the same, not even two fasts by the same person. Some fasters actually gain in strength and muscle tone during the first stages of a prolonged fast. Bernarr Macfadden conducted personal experiments along this line and found that, through his first twenty-one days of fasting, he was actually able to increase the daily amount of weight he could lift, and with less expenditure of energy. After the twenty-first day, his strength and muscle tone gradually diminished. (Such experiments should not be made during a therapeutic fast.)

“For many people, ‘fasting’ is a welcome respite from the demands and responsibilities of their daily lives.”

Individuals who have quite a bit of weight to lose may fast for a month or longer with little evidence of dwindling energy, but slender people who have become very thin must conserve their vital reserves by remaining in bed most of the time in the latter stages of a prolonged fast.

Do not exaggerate the importance of the weight loss. Nature will replace the loss at the proper time. If you maintain Hygienic living, the autolyzed tissue will be replaced by tissue of much higher quality.

Do not misinterpret the significance of the loss of energy. Bedridden people who eat also become weak—in fact, eating may keep them bedridden longer. The weakness is due not so much to lack of food as to loss of muscle tone.

It is really not advisable to lie in bed all of the time. Getting up to perform necessary personal functions is wise. I made the mistake, during the later stages of my own fast, of remaining in bed because my weight was very low; I was debilitated and a little fearful of activity.

One should make it a point to get at least some small amount of exercise every day, even if it is just a walk up and down a corridor of (if you are in the later stages of a prolonged fast, and your reserves are low) very mild exercises in bed.

Some loss of muscle tone is inevitable. Muscles atrophy if they are not used at all. Recovery of vigor and normal muscle tone after the fast will be easier and faster if some activity has been maintained. In rare instances, even minimal exercise is contraindicated.

It is at all times advisable for the faster to rise from bed carefully, and to stand up slowly. If dizziness is experienced or a faint feeling comes on, the faster should sit down immediately, even on the floor if necessary. This dizziness is of no special consequence; it is caused by the adjustment of the functions of the body to the fasting state. Under these conditions, changing quickly from a horizontal to a vertical position does not allow time for the readjustment on the circulation to the head.

In the later stages of a long fast, it is not advisable to do much walking around or visiting. At this point, all of the remaining resources of the body must be available for the cleansing, repairing and healing processes, and must not be dissipated unnecessarily. This is particularly important if you are fasting, as do most people, to accomplish the improvement, or healing, of a pathological condition ☀

RECOMMENDED READING

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

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

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

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

READER'S FORUM



Health Science appears to be a success. We received a lot of encouragement and a lot of good suggestions in response to our request for feedback. Excerpts from some of the more detailed letters follow. Please continue to keep us informed of your ideas.

I think your publication is excellent. Every article is a treasure! Some may have feared that a format like this might waterdown Hygienic principles, but far from it. You've addressed very interesting subjects and in every case Natural Hygiene is well represented. Like, Jack Dunn Trop's article contrasting Hygiene and naturopathy. I enjoyed Dr. Burton's contribution; it was packed with fascinating information building to a strong statement on what it's all about. I learned a lot from Dr. Bass. It was all good.

I'm sorry I can't offer a single constructive criticism. Maybe next time.

As President Huberman indicated, Natural Hygiene is on the move. Health Science will help it grow. At least two friends of mine—not too interested before—are taking subscriptions. The Review is, of course, a timeless cornerstone of the movement but not everyone can relate to it. Your approach will reach numbers of people who would otherwise have no chance to find Natural Hygiene.

My very best compliments to Jo Willard. Her story, "The Long but Sure Road Back to Health" (raw diet of fruit, vegetables, seeds and nuts; exercise; fresh air and the full spectrum of sunlight; towards ultimate awareness) is the most well worded, explicit and comprehensive literature on true physical and mental health that I have ever read. I've never enjoyed and confirmed a better conclusion; to "become aware" . . . "This is growth . . . This is knowledge . . . This is health—Yes . . . Yes . . . Yes!!!"

Natural Hygiene would be more acceptable if you could back up the concept with authentic proof and statistics based on controlled research. The few individual testimonials, could just be remissions, and often are highly questionable.

Please a page or two in Health Science just for children—explain in their language why no sugar—no flour and so on.

Sometimes I feel rather far away from other Natural Hygienists and Health Science helps fill the gap.

I would like to see more articles on breastfeeding and feeding for children once they get to school age—suggestions for fighting or changing the schools system about nutrition and immunizations (it's state law here [New Mexico]) and suggestions on how to go about "sneaking" healthier foods onto the table so that my family won't turn up their noses.

Enclosed find two checks covering two memberships to the American Natural Hygiene Society. These ladies were very impressed with the new magazine. They are also impressed by our program—but I think it was the magazine that sold them membership. I want to congratulate the Society on this beautiful work of art which should really bring us dozens of new members. I am using it as a part of my health study class teachings of Natural Hygiene and am pleased, no end, with it.

I would like to see an educational course, in this magazine, from lesson #1 to the highest, to teach us lay men all the laws and principles of life, health and nutrition and how the body carries out the functions of the above laws.

The first issue of Health Science shows a tremendously ambitious input on the part of all concerned—except the printer, who discredited all your efforts with a smeared copy that strained even my 20-20 vision!

Editor's Note: If at any time you receive a damaged copy, please send the incriminating portion (cover or inside page) with a short explanatory note so that we may show the evidence to the appropriate party (printer, mailer, or Post Office). In return, we will send you a replacement copy without delay.

Since I travel occasionally, I would like to see published a list of the names and locations of health and natural food stores around the United States. Also, I would like to see published information on how to buy, what to look for, and where to buy organic foods and how to know whether or not I am buying organic foods.

Article by Jo Willard—just great! inclusive—Let's hear more from her.

Excellent. Note topics I view as underemphasized: Benefits of air and sun baths, sleep, poise, enervation of worry, particularly on eating, legal rights on what your body is exposed to . . .

I really need more information on food combining for meals—articles on this subject will be photostated and put into my "meals," book.

Health Science is truly a valuable publication, which evaluates the necessity of proper foods, properly combined with all the other facets of Natural Hygiene to get well and stay well. Much can be learned by just reading it which gives a person the desire to apply it more effectively in one's daily life.

It is the kind of journal I have often wished that ANHS would publish. It would seem to me, however, that money could be saved if cheaper paper could be used for it, though it is very nice as is.

Thank you for Health Science. In looking back to say something about my favorite articles, I found each article had something or words for me. Max Huberman's "Consumer Alert" will become a monthly must. Special thanks to Helen Lamar and "The Natural Hygiene Kitchen." Anxious for Bruce Meserve's forms of exercise and physical movements.

After reading your volume 1-number 1 in the April 1978 issue of Health Science journal, I'm sure my children could learn a lot if they apply themselves.

Please have a question and answer section, like Dr. Vetrano's. Also describe a fruit, vegetable or nut each month, a la Dr. Esser, and show uses and way to buy.

I am delighted and excited over my first copy of Health Science. It is a beautiful and much needed step forward in the Hygienic Society of which I have been a member for about 40 years. I am now 89 years

old and hope soon to write a short synopsis of the many benefits received.

I have been trying to live hygienically for 13 years and feel I am only about 75% correct. The section on meals is really helpful to me.

Add a timely and punchy cartoon that can be cut out and put on the bulletin board.

Very impressed and delighted with Health Science. Particularly impressed with Jo Willard's story—that is a powerful article.

Am glad to see so many aspects of Natural Hygiene covered by various authors. Would also like to see a page devoted to children, part of which should relate some of their experiences in handling ridicule and social ostracism in and out of school. I feel this would give them moral support in their stand for Natural Hygiene. The children could write these articles with the help of their parents.



We were amazed and so were some prospective Hygienists when the article written by Helen Lamar was read! Especially when we had just read the excellent story of Jo Willard! How she (Jo) stressed raw foods! And also where she stated cooking at temperatures of only 120° degrees kills enzymes. Helen mentioned 3 things which are absolutely not taught by true Hygienists! 1. To use canned tomatoes! 2. Cheese and 3. a 350 degree oven! Also when Helen's article was headed The Natural

Hygiene Kitchen! We do not have a range and were stressing uncooked foods to our friends. Then this article appeared in "our" first Health Science!

I do not know how you can improve on the first issue, unless it is to add notes on the meetings conducted by the various chapters. We always read with interest items of Hygiene meetings in the various states, in the Hygienews, received formerly. Such items are I believe conducive to unity in the field of Hygiene.

I especially like the brevity of each article—so concise and to the point! A stroke of genius, because people will read them much more readily than they would a long, drawn-out article that had to be "waded through." Keep them short! Congratulations!

Why not compile, and publish, a state-by-state list of Hygienic "Retreats," "Doctors," etc. plus info on organic farms, and markets (in each state) for easy reference?

It has long been my feeling that the Natural Hygiene movement represents the highest form of knowledge in the health field today. The way in which Health Science addresses the various aspects of living, (i.e. diet, fresh air and sunshine, rest, and repose) leaves no doubt as to the nobility of the cause of the Hygienic movement. Of particular merit, is the emphasis on the psychological aspects of living a way of life generally considered as being "outside the norm." To the editor and the staff, my sincere congratulations for making Health Science an exemplary publication.

Health Science welcomes letters to the editor, be they comments, suggestions or questions. We regret that because of the volume of

continued next page

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 and hereby assigns all copyright ownership therein to the American Natural Hygiene Society, Inc."

Letters should be addressed to:

Reader's Forum,
c/o Health Science,
1920 Irving Park Road,
Chicago, IL 60613



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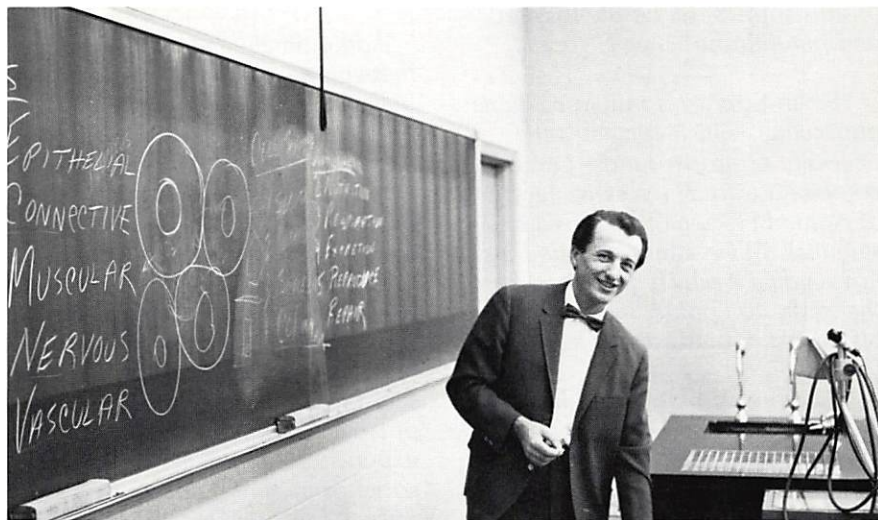
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WHAT'S HAPPENING



Chiropractic Students Learn About Fasting

Esteemed Hygienic practitioner and coveted lecturer, Dr. D. J. Scott, addressed students and faculty of the National College of Chiropractic (NCC), May 20, 1978 on the subject of therapeutic fasting. Beseeched to speak not only at several other chiropractic schools but medical ones as well, the doctor accepted his alma mater's invitation and granted over five hours to this eager audience in Lombard, Illinois.

Graduated from NCC in 1950 at which time he was already the campus expert on fasting, after having used it successfully in the recovery of acute appendicitis, he has, since 1957, operated a Hygienic institution in Cleveland, Ohio, where he specializes in this procedure.

After thoroughly grounding his listeners in the science of fasting, he demonstrated his own methods of monitoring and documenting patient's progress, including the "toxemia determination test." He cited several typical case histories.

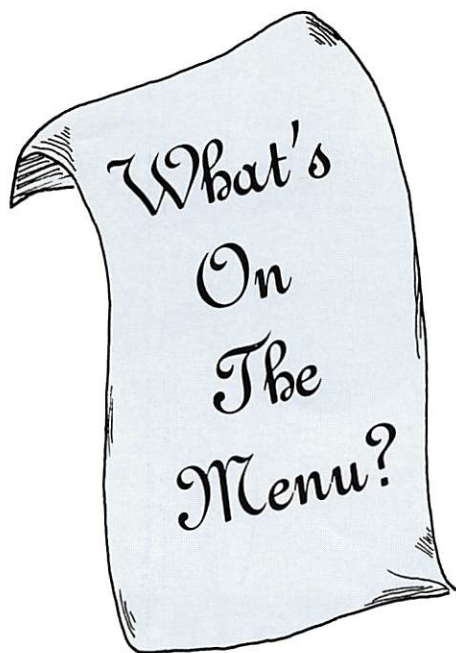
According to Dr. Scott, fasting permits (1) rejuvenescence (restora-

tion of physiological capabilities and prolongation of life), (2) increased elimination, (3) autolysis (enzymatic absorption of accumulations of excess), and (4) enhanced healing.

To achieve the metabolic state of fasting, he stated, total recumbent rest is necessary and no intake other than air and distilled water.

Dr. Scott also discussed his own innovative research relating changes of toxin levels in the blood to the course of the fast. Utilizing a technique developed by Dr. George Wilson, Dr. Scott showed that the state of the blood corresponds to one's degree of health.

Said Dr. Scott, "There is nothing else in the whole realm of therapeutics that is as dynamic in restoring health as the fast," and further, "There is nothing safer in all the world of therapeutics than allowing the organism to do what it can do." Admonishing students to base therapeutics on normal physiology, he also promised them that by so doing they would have a very successful practice ☀



Creative Ideas From Readers

Non hygienists are often surprised to learn that many simple and balanced meals enjoyed by hygienists can be equal to any gourmet delight.

With this issue of *Health Science* we are introducing a new monthly column featuring you in the kitchen. *Health Science* invites readers to share their favorite recipes with other members.

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

Send your recipes to:

What's on the Menu?
c/o *Health Science*
1920 Irving Park Road
Chicago, IL 60613

SALAD DRESSING

2 cups grapefruit juice

1 ripe avocado

Put in blender. Use over vegetables. Especially good for party fare.

WILD RICE

4 cups celery juice

2 cups wild rice (for economy mix with brown rice)

Bring to boil with lid off for four minutes. Put lid on, turn down heat and cook for 40 to 50 minutes. In last ten minutes turn off heat. If desired add non-starchy steamed vegetable such as string beans or squash. Instead of butter, use mashed avocado.

VEGETARIAN GOURMET APPETIZER

String beans (steamed and cooled)

Mushrooms (steamed)

Avocado (ripe, mashed)

Pecans

Remove liquid from string beans and mushrooms. Put string beans, mushrooms and pecans through food grinder. Mix with avocado. Refrigerate. Serve on lettuce leaf.

Note: The preparation and combination of the ingredients would not qualify this as a strictly "Hygienic" recipe. However, it has been found ideally suited for large non-Hygienic group affairs where the participants are generally meat eaters and otherwise accustomed to conventional dining. For example, this recipe has been used at conventional affairs in place of chopped liver which is considered a gourmet delight. Guests have been amazed to find the taste of this vegetarian recipe almost indistinguishable from the animal dish. Many of them learn something from this eating experience and become more sympathetic to natural, unprocessed foods. This is one way to get people off conventional fare.

Contributed by Ruth Huberman

BLENDED PUDDING

1 cup water (unfluoridated)

handful cashew nuts

2 tablespoons unsweetened carob powder

Blend well. Then keep blending dates into mixture until of pudding consistency. Freeze.

PINEAPPLE AMBROSIA

1 ripe pineapple

½ cup sesame seeds

1 cup sunflower seeds

Prepare pineapple for blending. Blend with the sesame seeds. Remove from blender and pour into large bowl. Add sunflower seeds and mix well. Place in small glass jars. Soaking overnight in the pineapple mixture will spark enzymatic action in the dormant seeds. Use for breakfast, lunch or supper, with a salad.

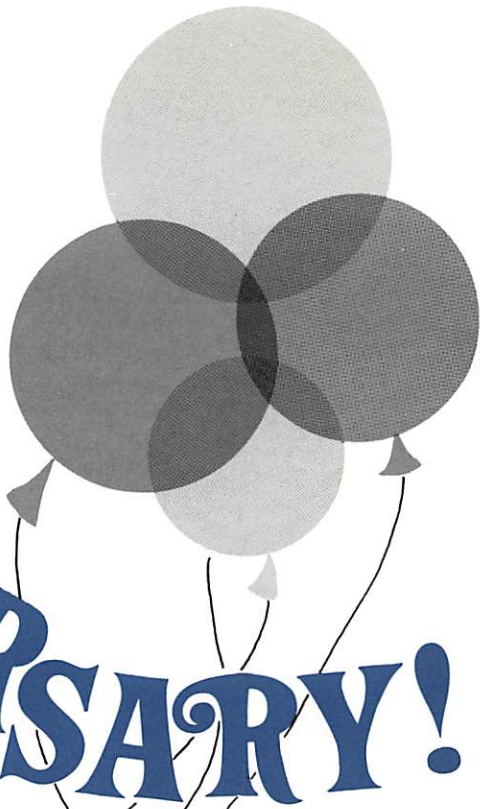
Note: Quantities of seeds may vary; experiment to suit your taste.

BLANCHING ALMONDS WITHOUT HEAT

Wash 24 almonds well and drain. Put in glass jar. Sprinkle with water and remove excess liquid. Leave overnight, with jar tightly capped. The moisture will spark some enzymatic action. In the morning the skin can be easily removed with the finger. Thus the harm of using heat will be avoided.

Contributed by Jo Willard

OUR 30TH ANNIVERSARY!



CONVENTION NEWS

With 29 consecutive conventions behind it, the Society doesn't merely knock on doors, it opens them.

Throughout the week of Sunday, July 30th to Saturday, August 5th, the State University College at Buffalo, 1300 Elmwood Ave., Buffalo, N.Y. is the place to be.

The American Natural Hygiene Society will be celebrating three decades of hosting its members and friends with something to feast upon—opportunity.

Only Natural Hygiene teaches the principles of *cause* and *effect* in relation to *health* and *disease*. A week spent at this Natural Living Conference will open up a whole new world to you.

With topics ranging from Disease Explained; Fasting; It's Role In Health; Exercise; The Importance of Fresh Air, Sunshine and Sleep; Superior Nutrition; Drugging Practices; Unnecessary Surgery; Radiation; Natural Childbirth; Rearing Healthy Children; Inoculations; The Germ Theory; Obesity; Cancer and many many more, you will be given a wealth of knowledge and the opportunity to apply it in your life.

Detailing all of the above will be such professionals as Dr. Alec Burton (Australia); Dr. Keki Sidhwa (England); Dr. William Esser (Florida); Dr. D. J. Scott (Ohio); Dr. Virginia Vetrano (Texas); and Dr. Gerald Benesh and Dr. Ralph Cinque (California).

Two orientation sessions for all new people are planned to help introduce you to Natural Hygiene—what it is, what it isn't. Also, we will introduce you to our Convention Guides—a number of hosts and hostesses who will do their best to be on the spot throughout the week, to answer questions, and otherwise to offer assistance. We promise the same courtesies to our regular attendees as well.

Social activities have been planned each night to insure that the Convention week will be truly a festive affair. One such event will be a 1950's dance geared towards our growing number of young teens. But, whatever your age, you're invited.

All in all, we've got one full week of learning and fun planned for you. The door is open, won't you come on in?

Helen Lamar
Convention Chairwoman

'TEENS DANCE

Hey kids, set aside Tuesday, August 1, 1978 for our 1950's Dance to be held during the 30th Anniversary week of The American Natural Hygiene Society Convention. The dance starts at 9:30 p.m. A dress code will be your ticket for entry. Better start looking now for your folk's penny loafers, bobby soxes, jeans (with rolled up cuffs), white shirts (with rolled up sleeves), shin-length accordion-pleated or unpleated skirts, saddle shoes and so on. Boys even get to wear that "greasy kid stuff" for your hair.

We'll be bringing back the twist, mashed potatoes, hula hoops, limbo, and even award trophies in the "Best Couples" dance contest. Because we'll have a hard time keeping the older folks away, there will be two categories for judging: 18 years and over and 17 years and under. We'll have something for everyone and even a few surprises. You won't want to miss this one—even the spectators will have fun! See you there.

Mark Andrews

Join Us In A Celebration

of Thirty Years of Education in the Science of Health

The 30th Annual Conference

of The American Natural Hygiene Society

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.

SOCIAL AND RECREATIONAL EVENTS

Daily outdoor exercise programs, evening socials, folk dancing, swimming, athletics, tennis, a special "50's" dance, the Century Club Luncheon, and the Gala Farewell Dinner-Dance.

MEALS

Vegetarian food, organically grown when possible, served cafeteria style.

HOUSING

Single occupancy \$17.00 per day/\$65 per week. Double occupancy \$12.00 per day per person/\$45 per week per person. No charge for children in rooms with parents. (Bring cot or sleeping bag for children.)

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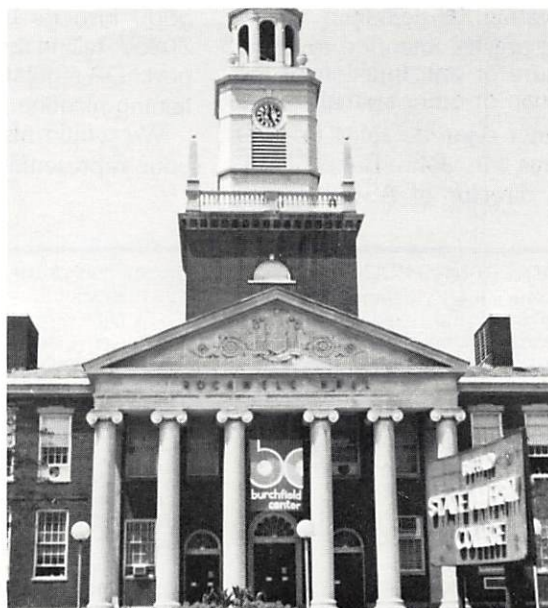
Members \$54.00
Non Members \$60.00
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PHONE FOR RESERVATIONS
(312) 929-7420

Members: Be sure to bring your membership cards to the convention.



Introducing **VIEWPOINT**

With this issue of *Health Science* we are inaugurating a new monthly column with you in mind. Viewpoint seeks thought provoking personal views on healthfully coping with life and invites commentary from all ANHS members who wish to share their observations with *Health Science* readers.

Entries must be consistent with the science and principles of our Society and movement but should not duplicate subject matter usually covered by our regular columns and contributors.

Copy should not exceed four typewritten pages (double spaced) and will be subject to editorial review and corrections.

Send all contributions to:

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

SMOKE MAKES ME BURN



Action on Smoking and Health (ASH), based at 2000 Eighth St., N.W. Washington, D.C. 20006, recently filed a petition with the Food and Drug Administration asking that agency to restrict the sale of cigarettes to pharmacies.

The organization filed the petition on behalf of itself, former Surgeon General Luther Terry, Jesse Steinfeld, and more than a dozen anti-smoking organizations.

While ASH's petition would not ban adults from smoking, it asks that FDA permit cigarette sales only in drug stores, on grounds that nicotine-containing cigarettes "fall squarely within the definition 'drugs' which are articles intended to affect the structure or any function of the body of man or other animals."

To restrict cigarette sales to drug stores, says Mr. John Banzhof, III, executive director of ASH, "would

drastically reduce their availability to young people. It would also remind young and old alike of the deadly nature of the product."

Although we would have asked for stronger action by FDA banning all sales of tobacco, we feel this petition by ASH is a step in the right direction and calls for our support. If FDA hears from enough concerned people supporting this petition they will listen. If, on the other hand, the petition gets little support, they can simply bury it.

We would urge ANHS members to write immediately to: Hearing Clerk's office, Docket #77P-0185, Food and Drug Administration, Room 4-65, 5600 Fisher's Lane, Rockville, Md. 20857, telling them you strongly support FDA regulation of cigarettes containing nicotine.

We would also suggest you write your representative and senators in

Congress, telling them you strongly support FDA regulation of cigarettes, and ask them to write FDA urging the agency to regulate cigarettes.

Even though we don't agree with most of the medically dominated philosophy of the American Cancer Society, 777 Third Avenue, New York, New York; the American Heart Association, 7320 Greenville Avenue, Dallas, Texas; and the National Lung Association, 1740 Broadway, New York, New York, we urge you to write and tell them that as an anti-smoking organization they should strongly support the petition.

It is difficult to live hygienically when we are forced to breathe tobacco smoke from our fellow citizens, so anything that would cut down on smoking warrants our support.

Ed. and Elsie Esbensen
California

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

are the concern of the parties involved—not this magazine.

Full liability for the ad is assumed by the advertiser. Offers made are subject to all laws and regulations and are void where so prohibited.

Advertisement in Health Science does not necessarily constitute endorsement. Health Science, will, however, deny space to advertisers abusing the trust of its readership.

Address requests for information to: Advertising Department, Health Science, 1920 Irving Park Road, Chicago, IL 60613.

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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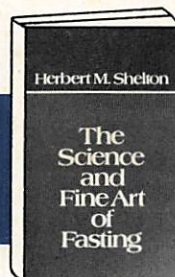
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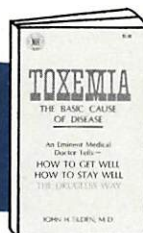
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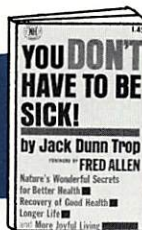
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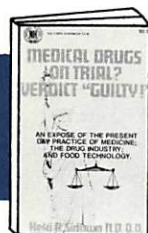
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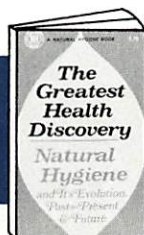
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