



Natural HYGIENEWS

MEMBERSHIP PUBLICATION OF THE AMERICAN NATURAL HYGIENE SOCIETY, INC

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



Irving Davidson

GREETINGS FROM OUR NEW PRESIDENT

I assume the great responsibility of the Presidency of the ANHS with anticipation because of the fulness of opportunity to work more effectively for our Society.

Natural Hygiene has given me so much, that I would like to repay some of the debt, by being of greater service to an organization that has so much to offer. Having served the ANHS for the last 25 years, in so many capacities, it is now a distinct privilege to have been elected to its highest office, as President. *Hygienists* are very mindful of proper combinations, and I sincerely hope that this combination of ANHS and myself, as President, will prove a worthy one.

The enthusiasm of the participants at the Convention, the far-sighted visions of the hard-working Board of Directors, the superb total efforts of the Convention Committee, and the general spirit of cooperation of the extra-curricular leaders will long be remembered. The balance of the *Hygienic* educational impact and the sheer enjoyment of good company, fellowship and fun were most evident. I hope that every ANHS member that could not attend will make every effort to be with us in the 1974 Convention, and join with us to make it an even bigger, better, greater and more wide-spread success, if possible.

It was with reluctance that we all left to return to our respective cities, inspired with ideas for expansion, to set up new chapters, to strengthen established ones and to gain more self-discipline in order to build better health.

The idealism of Natural Hygiene prompts us to envision greater possibilities in helping our fellowmen. I

will spare no effort to serve the Society which is prepared to serve all mankind that lends a ready ear, a searching mind and a desire to achieve an inner harmony through better well-being.

I trust that, during my Presidency, our national membership ranks will greatly increase and that, simultaneously, there will be many new hygienic teacher-practitioners as a result of the anticipated establishment of our Library-College. The realization of these plans will call for tremendous cooperative effort on the part of all of us.

We have all benefited from the splendid leadership of our past presidents, from our *hygienic* teachers and practitioners. It is incumbent upon us to help others as we have been helped. We are immeasurably indebted to Dr. Herbert M. Shelton for his endless and inexhaustible search for truth which, in volume after volume, keeps unfolding continuous guidelines for us to follow. With these blueprints, if we keep building, we can truly erect a *Hygienic* structure that will withstand the buffetings of misinformation, misunderstanding, and malpractice.

The ardent and dedicated workers and staff members at *Hygiene-Central* are veritably the heartbeat of our Society, and I want to take this opportunity to thank them for all they have done. With deepest appreciation for their sacrifices on behalf of the ANHS, I look forward to their continued support, as I work more closely with them.

I appreciate all the support you have given to me. My wife and I have enjoyed many years of friendship in the *Hygienic* family, and now that I head the family, I expect to continue this rewarding fellowship as we work together, gathering strength from each other, to help our Society achieve higher growth. Your ideas are not only welcome, they are needed, and will be carefully considered and evaluated for the benefit of ANHS.

Natural Hygiene is rapidly becoming a necessity for the whole human race, and the future presents newer and greater

challenges for Natural Hygiene. The changing conditions in the economic world is making more and more people aware of the harmful effects of medicines and drugs, of the necessity for a better health program to meet all the needs of the individual, and a greater necessity for better methods of caring for the sick and preventing disease.

COMMITTEE INSPECTS PROPOSED HYGIENIC COMMUNITY

The weekend of August 11 brought forth a committee of ANHS members to inspect sites in Texas and discuss the proposed Hygienic Community, as presented to the membership several months ago.

The following conclusions and recommendations have been made to the ANHS Board of Directors, by the committee.

- 1) The Hygienic Community would involve considerable time, financing, planning, manpower, etc., to successfully implement it, not only in the beginning, but also in the future to sustain it; and the involvement of the Society in this major project would detract from, and seriously delay the Library-College.
- 2) We should defer the Community and concentrate our entire efforts on the Library-College, which was the original goal of the membership and of the contributors of the present College Fund. To attempt to implement both of these projects simultaneously is not presently feasible.

- 3) The curricula of the College should be our first step. Dr. Vetrano will submit at least the first year's curricula, for a possible January 1974 startup.

COLLEGE FUND PLEDGED \$12,000 AT CONVENTION

It was during the Membership Forum on July 28, the last day of our 25th Annual Convention, that Joseph Aaron of

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CHAPTERS

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**REMEMBER THE ANHS
IN YOUR WILL**

**CONTRIBUTIONS, BE-
QUESTS, AND GIFTS ARE
TAX DEDUCTIBLE**

Toronto, arose and announced he would start the ball rolling for the College Fund by contributing \$100.

With that as a stimulus, member after member followed Mr. Aaron's lead and made their pledges to the fund for establishing a College of Natural Hygiene, until the total figure reached \$12,000.

Some members made their contributions that day; others pledged to pay at a later time either in a single sum or on a monthly basis. Mr. A. Venus of New York pledged \$25.00 a month for life.

The contributions to date are detailed elsewhere in this issue.

**DR. SHELTON'S
HYGIENIC REVIEW
INCREASED TO \$7.50 YEARLY
Effective September 1**

NEW DIRECTORS OF THE SOCIETY

Elected to three year terms as ANHS directors, at the Annual Meeting July 26 were: Corinne Goldstein of Detroit; Clarence Parsons of St. Louis; Joseph Brenner of South Orange, N. J.; Dr. J. M. Brosious of St. Petersburg; Stanley Prorok of Waukegan, Illinois.

Our new Recording Secretary is Helen Pease of Costa Mesa, California. In less than three years of membership, she has shown important traits of good leadership: Mature judgement, initiative, and an overriding sense of responsibility.



Helen is vice president of the Orange County chapter, contributing editor of the Natural Hygiene Educator, editor of the Board of Directors' communication organ. She also wants to become involved in audio-visual programs. She is the mother of five and a physical fitness devotee. Those who attended our 1972 convention will recall her weight lifting demonstration. She can deadlift 190 pounds, which is about 100 pounds greater than her own body weight.

COLLEGE FUND NEWS

A college to train practitioners in the Natural Hygiene system of health care is a number one priority of the ANHS. To achieve this goal a fund was established for needed financial assistance. To date \$48,000 has been collected.

Fulfilled pledges of the 1973 Convention

—\$100.00—

Ben Russell
Richard Balentine
David & Shirley Green
Robert & Olive Schwalbe
Eva Zimmerman
Hannah & Louis Allen
Anton Curl
Leo & Sylvia Margulies
Moe Rothenberg
Ernest R. K. Mueller
Ruth & Irving Schoenfeld
A. Zinn
Adele Davidson
(in memory of her brother)
New Jersey Chapter
Nathan Recht
Carl & Sally Robyn
(monthly pledge)

\$150—A. Venus

\$200—T. C. Fry (monthly pledge \$100)

\$200—Joseph & Gladys Aaron

\$600—Fallaise Family

\$700—Don Thompson

\$50.00

Cincinnati Chapter
Sophie Holzgreen
Mr. & Mrs. Charles Dworin
R. & S. Gordon
Dave Sperry

\$25.00

Moe Rothenberg for the N.Y. chapter
Herbert Shapiro
Richard Balentine for the Washington chapter

\$75 N.Y. chapter

Other Contributors to the Fund

Violet Hecimovich
Larry & Helen Pease
Bert Chong
Bernard Sharp
Irene Boscoe
Margaret Pokorny
Gene Curtis
Nicholas Mega
Marlyn Meyer
O. McDonald
W. A. White
Willowdeen Rossner
Max Caron
I. R. Hicks
Bonny MacDougall
Dr. A. M. Sutton
Nicholas Ritz
Edgar H. Mueller
Los Angeles Chapter
Greater Montreal NH Society

***Margaret Pokorny, 80, of Seattle has recently made her tenth \$100 contribution to the Fund. She relates that when she was at her bank getting the money order filled out they asked her how to spell "hygiene". The teller told her it should be spelled "hygene". She insisted she wanted it spelled her way. "You would think those college graduates would know how to spell such often used words correctly", commented Miss Pokorny, who has had little schooling herself.

***W. A. White of British Columbia, Canada, sent his contribution to Dr. Shelton and remarked: "Your article in the July Review reminded me that I had not yet made a donation to the Fund. May the day not be too distant when we may have the pleasure of watching Dr. Herbert Shelton laying the cornerstone of the new college building."

***Robert Terrell of Cincinnati, who sells water distillers for the home, has been contributing ten per cent of the sales, in the name of the customer, to the College Fund.

***Irene Boscoe of Los Angeles remarked when she sent in her last monthly contribution: "As I enjoy my days, full of health and vigor and energy, I am grateful to have been forced to seek a 'better' way of living. I wish this could be more."

***The Los Angeles chapter has been donating the proceeds above cost from the sale of tape recordings of comedian Dick Gregory, giving a very humorous, and sometimes serious, talk about fasting, the danger of bad eating habits, and the rewards of natural living.



A MESSAGE TO ALL MEMBERS

from Virginia Vetrano,
Past President
A.N.H.S., Inc.

This year's convention was the most enlightening, successful, enthusiastic and happy convention that I have attended. The enthusiasm was so great that its vibrations filled the air and permeated my whole being, evoking spontaneous laughter and joy. Money was spontaneously donated for the College-Library Fund without solicitation. The spirit of comradeship, love for our fellow man, the joyful, and gleeful greetings, and the fun had in all the activities is still lingering in my mind with fond remembrances. Poor are those, indeed, who do not take part in this yearly event, because it is becoming more wonderful each year, as we learn

The Oscar Floyd Endowment Fund for the Natural Hygiene College

This fund was established as a Living Memorial to a leader in the natural hygiene movement who played a peerless role in the growth of our Society. The story of his leadership is given in the Oscar Floyd Memorial Issue of the Hygienews, available on request for twenty cents postage.

Amy Berk, a member from New York state who is an art student, made the sketch of Oscar Floyd shown on this page. She has sent a number of contributions to this Fund from whatever savings she is able to muster after school expenses.

Donors

At the Convention, Mr. and Mrs. Edward Longner contributed \$250 to this fund. Other contributors are: Eva May Dowling, Cas and Bertha Macewicz, Mrs. C. L. Stannard, Sid Jaffe, Samuel Mitchell, Joy Gross, John Kotlarski. Just before going to press, we received \$100 from Marlyn Meyer of Detroit.

A Plaque to be Presented

President Irving Davidson memorialized Oscar Floyd in this manner at the Farewell Banquet of the Convention: ".....he gave much time of his precious life to his fellow men, so that the quality of their lives could be uplifted. It was our good fortune that he found in natural hygiene the answer to

how to work together more efficiently and play together more heartily.

I am leaving the Office of President with a feeling that no matter who is President, we will soar to greater and greater heights, because we have learned to work together for the good of the whole. Among our members are the most wonderful, intelligent, enthusiastic, and marvelous people that there can be, and they are striving and fighting for what I believe to be the greatest cause ever fought by mankind. And we are succeeding. More and more people are becoming aware of *Natural Hygiene*.

I wish to thank everyone in the American Natural Hygiene Society for the beautiful clock presented to me to remind me that I had the honor and privilege of heading and working for the

(contd.. next page)



his many questions.

"With his keen vision, his tireless energy, his practical experience, and his full faith and support, he became one of the greatest leaders of our Movement. Where we feared, he was fearless — where we might fail, he was unfailing — where we dared not dream, he dreamed. He spared no expense and sought no personal glory, and like Johnny Appleseed, wherever he went, he planted seeds, instilled confidence, and pushed *Natural Hygiene* a step closer to greater realization.

"We stand humbly before his memory and dedicate ourselves to carry on — to bringing to a suffering world the hope for a better one. We are grateful for the heritage he left to us — for the impetus he gave to the organization and for the momentum he established, so that we could go on to greater heights.

"Oscar had an understanding partner who continues to give of her time and energy to Hygiene Central. There is a plaque in preparation that will be presented at a future date.

"In memory of Oscar Floyd let us be ignited with further dedication, and renewed inspiration — that we may continue to carry the torch that Oscar passed on to us — to bring light where there is darkness, ease where there is pain, and peace where there is turmoil."

greatest organization ever to exist, for the greatest cause ever in all times—the health and happiness of mankind. I shall long remember these four wonderfully exciting, inspiring, and enthusiastic years. I extend a very warm thank you to all of the members of the American Natural Hygiene Society for voting for me for president four years ago, and for re-electing me two years ago. The experience of being a president was good for me, and the knowledge I gained from holding an office in the American Natural Hygiene Society will be of great value to me in the future.

I am sure that you have chosen well this year, as Mr. Irving Davidson will make an excellent president and will help to carry on our great work, to the end that we shall all see shortly a world turned onto *Natural Hygiene*. Give him as much kindness, cooperation, and love as you did me and he will work miracles.

I leave you with the immortal words of Dr. Shelton to help inspire you to *Hygienic* living for all time to come: "Let Us Have The TRUTH Though The Heavens Fall."

"YOUTH EDUCATOR" PROPOSED

by Frederick Gasser

I was interested in the item about The Worldwide No-Smoke No-Drink No-Dope Club of Teenagers mentioned in the July *Natural Hygienews*. Although the originator could have improved it by adding No Food-Junk, the three No's are good precedents to the Hygienic ensemble. Teens interested in this Club may be educable and become interested in adopting some or all the hygienic teachings and practices when they learn about them.

Interest in the three No's Club prompted the following wishful notion: I wish the ANHS had a really good newsletter for teenagers equivalent in

quality and size to the *Natural Hygiene Educator*. There is an immense field and numerous opportunities to get such a newsletter into the hands of thousands, and perhaps eventually millions, of teen-agers and after-teens young people. Members of the Society working in offices, factories, and schools, public or private, etc., could disseminate newsletters in ways appropriate to make the best use of them. Such a newsletter would have to be specifically related to their educational needs to help young people make important decisions and changes to bridge the gap from established environmental and conventional practices and hang-ups to hygiene, even if only a step at a time or a leap and a stop at a time.

The newsletter could be a vehicle for much vital information in educating parents also (here I mean adults who have not read any hygienic literature and know nothing about hygiene). If we have learned a lesson from television commercials we know that parents are influenced by youth to buy products that are addressed mainly to young people. The newsletter could be called "Teen Life" or *Natural Hygiene "Youth Educator"* — anything appropriate. I like "Youth Educator". The teen who reads the "Youth Educator" might confront his parents with a comment like this: "Look ma, it says here we don't have to be inoculated to go to" Well, what do you think? Do we need a "Youth Educator" or not?

REPORT ON THE NATURAL HYGIENE CAMP

by Helen Story
Camp Director

A small group of enthusiastic children of Hygienists, along with a few dedicated volunteer counsellors, created a unique summer camp this year at Guerneville, California, where everyone lived entirely out-of-doors for two weeks.

Sleeping under the stars among tall redwoods trees and eating simple meals of fresh fruits and vegetables, the members of the camp community felt little need for the so-called conveniences of civilization. Buildings were superfluous in the warm, dry California summer.

Of course, camp life was not completely primitive. Cars were used to take campers to the river for swimming and canoeing. Food had to be purchased, and occasionally some of it was cooked (popcorn and baked potatoes), at the campfire, or prepared in a blender (applesauce and peanut butter), using an extension cord to a nearby cabin.

The great interest of the campers in food was utilized in the camp program. Committees of campers planned menus, shopped for produce, and prepared meals. On two occasions, campers gathered wild foods (hazelnuts and blackberries). Campers learned to sprout seeds, and the results frequently appeared on the supper table.

Other camp activities included the daily trips to the river, hiking, archery, calisthenics, badminton, games, crafts, photography, an overnight trip to the Pacific Ocean, and special parties. Beginning with a Christmas party on June 25 (with tree decoration and gift exchange, but no Santa), holidays were celebrated with amazing frequency. New Year's Eve featured a talent show, followed by stargazing. Halloween was greeted with a costume parade and bobbing for apples.

The grandest celebration occurred on the 4th of July. Refusing all offers of help from the staff, the campers took the responsibility for planning and hosting a party with games, refreshments, and a well-rehearsed program, highlighted by an excellent dramatic presentation of Little Red Riding Hood.

The camp was a memorable adventure in cooperative outdoor living, from which all the campers and staff gained much

Fifty thousand copies of the 4th edition of *Fasting Can Save Your Life* by Dr. Shelton are unloaded at *Natural Hygiene-Central* in Chicago on July 16, just in time to be available at the 25th annual Convention.

With this new edition bringing the number of copies in print to 250,000, *Fasting Can Save Your Life* takes the lead in the number of printed copies of any book in *Hygienic* literature.

The first edition of the book was issued in 1964 by the newly formed publishing division of the ANHS, the *Natural Hygiene Press*.



valuable experience. Campers took home lasting memories of such diverse experiences as singing together around a campfire, being followed by stray goats; eating countless slices of watermelon for breakfast; finding a tree frog; digging up a soap plant and washing hands with the foam producing bulb; getting acquainted with other plants and with the local birds; singing in the back of the pickup on the way to the river, locating the north star; learning to recognize poison oak (a little too late for comfort in some cases); and best of all, making new friends and enjoying working and playing together with others who appreciate simple foods and natural living. Campers and staff agreed that this pioneering venture in *Hygienic* camping was a success, and all were sorry when they had to say goodbye to their camp friends.

Some of the good times and smiling faces from the first annual Hygiene Camp are preserved in a movie taken by the campers under the supervision of Dave Kiwas. This film was shown at the ANHS convention in St. Louis.

conjunction with the ANHS Annual Convention, at a suitable nearby location.

OUR HYGIENE CAMP EXPERIENCE

By the Epstein children

Pamela (10)

Mark (8)

Hali (7)

Merritt Island, Florida

We did a lot of fun things — swimming, arts and crafts, archery, hiking, badminton. We especially liked sleeping outdoors. We also enjoyed preparing the meals, which we did mostly on our own.

We learned many new things, such as how to start a campfire, how to make sand candles, and how to make blueprints. We made fine new friends at camp. Helen taught us songs and games. Dave, a counsellor, gave photography classes. For a special activity we went on an overnight trip to Salt Point. It was right on the ocean. We brought our sleeping bags and had a good time (even though it was cold).

N.Y. REGIONAL CONFERENCE AUGUST 19-26, 1973

by Adele Davidson

As the wife of the newly elected ANHS President, I am often his sharpest critic, but I am also most willing and delighted to heap praise when it is due.

With great pride, mixed with concern, I watched the N.Y. Natural Hygiene Society sponsored eastern regional conference in Parkville, N.Y., as Irving Davidson unselfishly and sincerely shared his many, many hours of accumulated knowledge, facts, figures, and background with an eager group who came from many cities on the eastern coast.

The Conference drew about sixty five avid students during the week of August 19. Most stayed the full time, some came for a day, several days or a weekend; one group came for a single session.

Every meal was a food demonstration. The organic food was supplied by Jimmy and Sandy Elmer of River Farm, Athens, N.Y. Visiting lecturers were: Fannie Shaffer, Alice Holtman, Victor Kulvinskis, Jimmy Elmer, and via tape—Dr. Kedi Sidhwa, Jack Goldstein, R. J. Cheatham, Dr. Alec Burton.

T. C. Fry was most helpful in publicizing the Conference, as were the cooperating chapters and the N.Y. Vegetarian Society. The group became closely knit as many opportunities arose for case histories, personal experiences, and question periods.

Anne Meyer, Hattie Thum, Hattie Block and Maria Tkatschenko assisted with the preparation and serving of meals.

One of the highlights of the conference was an unedited showing, on Saturday evening, of a home delivery natural childbirth baby. Lee Slevin of Staten Island, narrated the breath by breath procedure; husband Jack, and sons Derrick and Orion, the baby, were present.

Folk dancing, exercise, classes, nature walks, swimming, rowing, and berry picking were other events between the three daily scheduled classes. Folk singing was led by David Orner and his guitar. Isidore Katzowitz was proclaimed champion berry picker.

If other chapters are interested in scheduling regional conferences, and if more specific guidelines are needed, we will be happy to furnish any further information. By running a regional conference you will better understand and appreciate what an enormous task it must be to run a national conference, and also what a satisfaction it can be.



At the Convention was a large display of items from the camp, including blueprints of plants, sand-candles, and yellow yarn dyed with "old man's beard" lichen, shown above, with the writer.

In my report to the Convention, I emphasized the need for a number of regional camps, drawing camp planning committee, staff, and campers from a limited area rather than from the entire country. Although this goal may not be achieved in the near future, Hygienists are urged to start considering how to implement regional camping programs. The most likely prospects for 1974 are a camp in Florida and a camp operated in

Once we took a hike up a mountain. Two goats and a dog followed us back to camp. One of the goats ate Mark's socks, but it didn't matter too much — he had six other pairs left.

We sure hope that there will be an American Natural Hygiene Society children's camp every summer. We really had a terrific time in California, but our little sister was unhappy because she had to stay at home. Next summer she'll be old enough to go to camp with us. We didn't like the long plane trip to San Francisco, so we hope camp will be in Florida next time.

CONFERENCE MOTIVATES TOWARD LIFE MEMBERSHIP

Greatly inspired by the Eastern regional conference, Max and Hattie Thum decided to become Life Members of the Society. They plan to pay the thousand dollar fee at the rate of \$100 per month.

CONVENTION SPARKS INTEREST IN ORGANIZING NEW CHAPTERS

From Wisconsin, Arkansas and Arizona, requests have come in for assistance in establishing new chapters by those who attended our 1973 Convention.

Thomas Kloiber of Milwaukee said: "After spending a marvelous week in St. Louis, my friend, Dr. Sharp, and I have decided to form a natural hygiene chapter here."

"I plan to organize a chapter of ANHS here", wrote George Zimmerman of Hot Springs, Arkansas shortly after the convention adjourned.

Sally Hineman of Tolleson, Arizona, told us that "several people from Arizona met at the convention and became interested in starting a local group or chapter in the Phoenix area."

We congratulate these members for their initiative and extend our good wishes for their endeavors in promoting the *Hygienic* cause.

GRATEFUL ARTIST OFFERS VOLUNTEER SERVICES

"I had long been sick and neurotically destroying myself by accepting the dogmas and standards of a misguided (possibly inane) society", wrote Mary Camacho of New York state. "The fact that I suspected that this was wrong did not compel me to disown the values 'metropolitan ethics' established. Your books have brought me back to sanity and set me on the road to recovery through recognition of instinctive needs. There are few ways by which I can express my gratitude. As an artist I would gladly contribute to your publications and campaigns. Please feel free to contact me."

YOUR CHANGE OF ADDRESS, PLEASE

If you wish correspondence to reach you without delay, we must have your correct address. Please notify us immediately of any change, as mail will not be forwarded by the postoffice.

REPORT OF THE ANHS PARENTS' ORGANIZATION

By Grace Girdwain, Secretary
Mrs. Girdwain formed the Parents' Organization as a vehicle by which parents in Illinois who did not wish their children inoculated for school entrance could be issued letters asking for exemption that would be recognized by school authorities. The letters are written on stationery of the organization. Membership in the ANHS is a requisite to obtaining the letter.

Aug. 6: I received the following from an anxious parent: "Please send me two letters of rejection of immunization. I am gravely concerned with my child's welfare and do not want him to enter school by being poisoned. Could you please tell me what could be done if they reject this letter?"

These people did not have any problem with the letters I sent them. Enclosed is their check for membership.

Aug. 10: I recently had an unusual visit with someone at a garage sale. She had spent several thousand of dollars on specialists and admitted that they have only made her worse. She was interested in what I had to tell her about Natural habits. Her brother said he would like to throw all her medicine bottles out. She also has a brother who is a chiropractor. She seems to resent her brother's attitude toward her drug and pill taking and refuses to change because she doesn't seem to want to give her brother the satisfaction of knowing he's right and she's wrong. I told her not to let her brother know what she is doing and to try the natural way on her own.

She admitted one surprising thing to me — that she was in much better health before she visited the doctors. My latest conversation with her was that now she is going blind—more compliments of refined medicine. She said I was convincing, but I guess not enough because I didn't convince her enough to stop. In my last conversation with her she promised to consider what I advised, but I'm afraid she'll consider it when it's too late to do anything.

One comes across many sad and disappointing people in regards to health matters, but I don't give up, because if I can help even one I feel very happy about it. I know some have listened and these are the ones that give me hope for continuing to work.

CONVENTION TALKS TO BE PRINTED

Under the leadership of Peter Reuter, president of the St. Petersburg chapter, action was taken to print lectures of the 1973 convention so that they may be available for purchase. Mr. Irving Barnett of Los Angeles has offered to pay \$500 toward the cost of this project.

A NEW BREED OF DOCTOR

By Sophie Holzgreen

Since learning several months ago that there was a M.D. in the Los Angeles area who recommends a diet similar to the Natural Hygiene diet, I have been on his trail. By persistent questioning and checking I finally located the doctor and the hospital.

I gave myself an assignment — to interview Dr. John Douglass, a specialist in Internal Medicine, for the *Hygienews* and set a deadline before the national convention on July 22nd.

Several weeks later I phoned the doctor and suggested that if it was convenient could we meet at the hospital for lunch and our talk? His reply was, "That's not a good idea—there's really nothing to eat here. I go home for lunch." Well, here was a complaint I had heard before. He sounded like one of us.

The following Thursday morning at 10 A.M., I met Dr. Douglass in his office at the hospital. As I left the office I noticed my watch showed that he had given me over an hour of his time.

Dr. Douglass covered a lot of ground and time starting with man's place in the universe in the past and his relation to other animals, as he quoted passages from the bible. He also talked about man's place today and in the future.

I judged Dr. Douglass to be about 42, tall, slim, with light hair and beard. His manner was friendly, pleasant and unassuming. In a few minutes of conversation, it was apparent he looked below the surface of things. He was a searcher, a thinker.

As I knew he had already read *Fasting Can Save Your Life*, I brought other Natural Hygiene literature he might not have read—a copy of *The Greatest Health Discovery* and *Fit Food for Man*. Doctor Douglass praised *Fit Food for Man* and said he planned in the future to write a booklet along the same lines but would elaborate and explain more fully the ideas.

I asked him his view regarding blood transfusions? He replied that he tended

not to use them, unless he believed a man would die without a transfusion.

Regarding drugs — he uses as few as possible, much less than other doctors. He recommends mainly a raw food diet and cuts down on medication as the raw food diet helps to normalize body function.

He found patients troubled with high blood pressure, diabetes and nerve problems showed improvement and more pep on this diet. But he is not satisfied. He is working to get better results. He realizes diet alone is not the answer, but it is a beginning.

Dr. Douglass has had the opportunity to lecture to a group of doctors in the hospital and told them of the benefits of a raw food diet. Some of these doctors send their patients to him for consultation.

Due to the hospital setup he finds it difficult to control the diet of patients who are hospitalized.

Dr. Douglass said he was not in favor of Fluoridation of drinking water for with uncooked food there is no need for fluoridation.

He agreed that germs are not the cause of disease, but simply take over when a body's resistance is low.

In regard to diet, he may permit some patients to have some cooked food, but usually he advises no bread, no beef, no sugar, no cheese, no pork, no coffee or cigarettes.

He recommends—fruits, melons, berries, honey, all vegetables (but no raw cabbage), oils, egg yolk, seeds, herbs, fresh juices; peeling all underground vegetables; cutting down on cooked food to less than 40% of the diet.

He does not usually recommend milk for adults. Suggests using cream on berries, and goat's milk should the patient crave milk; favors small ripe fruits and small vegetables instead of large size produce; recommends the use of raw nuts and sprouted grains; considers olive oil the king of oils.

Dr. Douglass emphasizes the importance of good living habits.

NEW LIFE MEMBERS

After ten years of \$100 payments in the Century Club, Anton Curl of Cleveland and Alex Summers of Youngstown have achieved the honored status of Life Members.

Della Johnston, of Arizona, has been a member for only a few years and had been making substantial payments each year to reach her goal. When she sent in her final payment this month, she said: "I

feel that this money is well spent and the best I have ever spent for 'body maintenance' by FAR.

"As stated previously, had I continued in the conventional and widely accepted medical program, the cost would have been much greater with an impaired and sick body to boot. So I joyfully write this check, as I know it will be used by the best health program on earth to further this splendid work.

"It is with joy and complete confidence that I can tell others of not only a better, but the very best way of recovery and maintenance of health. Some do listen. Others still had rather try to buy health by using pills (poisonous drugs), shots, surgery, etc. etc. Many do not want to take time and effort to do some thinking and investigating on their own. However, the results are about the same as hiring someone to eat for you.

"How thankful I am for the many helpful books and wealth of information therein made available through the writings of Dr. Shelton. I keep a supply of the paperbacks on hand in my home and then some in my car to have for those who are truly interested and would like one or more copies. The response from these folk is usually one of appreciation and wanting to know more. Many folk are dissatisfied with the pretentious medical system but do not know where to turn."

ENCOURAGING US TO PERSEVERE

After reading *The Greatest Health Discovery*, a man in New York City was so impressed with its philosophy of living that "I would like to congratulate and encourage the Society in all its efforts to bring about a change in health attitudes and practices in this country. Yours truly is a labor of love inspired by the highest ideals and dedicated to the service of humanity. Send me a catalog of all articles and books by past and present writers on Natural Hygiene as I wish to do extensive research into this area that is so vital to the happiness of my family and myself."

CHAPTER ACTIVITIES

LOS ANGELES (Cal)—"Natural Hygiene Echoes of the 1973 Convention" was featured August 26. The meeting room was filled to capacity as the audience was led into facial exercises by Helen Pease. Larry Pease showed slides of the Convention, with commentary by himself and Helen. Next came a tape recording of

Dr. Alec Burton on *Hygienic* first aid. Bruce Meservey, a member of the committee which made the inspection trip to Texas on the Hygienic community, gave a brief report.

A business meeting was held before the program and the current officers were reelected. Discussion centered around promotion. Larry Pease suggested posters about Natural Hygiene be placed on college bulletins.

CONNECTICUT—The chapter has undertaken a membership drive. President Jo Willard reports: "We have been laying the foundation and have implemented many educational programs in the city and now feel we should start recruiting into actual membership.

"Activities to date are: 1) Monthly meetings the 3rd Sun. of each month at St. Patrick's Community Hall, North Ave., Bridgeport; 2) Weekly lectures by Jo Willard at the Italian Community Center, Bridgeport; 3) Projected series of lectures [10] at the Jewish Community Center this fall by Jo Willard; 4) A distribution to 2,000 members of the Jewish Community Center of an outline on natural hygiene, composed by Jo Willard; 5) The encouragement and practice of developing new speakers on the subject. Officers are assigned to study subjects, such as sugar, the digestive process, etc., to: a) speak, b) research, c) develop as both hygienists and speakers; 6) The last monthly meeting was held on Aug. 26 at which time Jo Willard lectured on "Attaining and maintaining Normal Weight". The discussion revolved around the psychological reasons for food, such as why we eat, when we eat, how we eat, particularly the role of emotions and use of food as gratification for our emotions.

CHICAGO (Ill.)—Dr. Keki Sidhwa of England, gave three lectures in the area as part of a post convention tour. On Aug. 3 he talked to a group in a southwest suburb; the next afternoon he appeared in a north shore suburb; in the evening he was at the chapter's headquarters discussing why proper nutrition is vital to life.

The annual membership business meeting was held Aug. 12, with officers and Board Members elected for the coming year. Jean Lazar became president for a second term. In the time remaining, Mrs. Lazar discussed Dr. Burton's Convention lecture on the importance of exercise. A free corn feast ended the afternoon's activity.

R. J. Cheatham was guest speaker

Aug. 25, with the topic "Why We Get Sick and How to Get Well", repeating the lecture he gave at the Convention.

A sizzling hot afternoon Sept. 2, with temperatures in the 90's and no air conditioning, brought an audience to the chapter's headquarters to hear some highlights of the Convention. Included were Dr. Scott's class on cell nutrition, Dr. Vetrano's seminar on beauty, and Dr. Burton's lecture on Hygienic first aid.

A country picnic scheduled Sept. 9 at the Floyd farm in Libertyville, was transferred to the chapter's headquarters in Chicago when rain the previous night resulted in muddy grounds. Good humor, stories, good food, and dancing provided an enjoyable afternoon.

Coming Sun. Oct. 28: Ronald Dunn, nutritionist, discussing the myths of the high protein diet and the value of raw foods. 2:30 PM., 1920 Irving Park Road, Chicago.

INDIANAPOLIS (Ind)—An informal meeting was held July 15 in a city park. Business centered around potential presidential timber to replace Hugh McCracken who had been president since the chapter's inception in 1967. On Aug. 19 a watermelon party was featured. Future meetings are to be held in members' homes to save rental fees.

ST. LOUIS (Mo)—Aug. 12 was an afternoon of swimming, sunbathing, walking, jogging, running, calisthenics, stretching, relaxing and touring on the grounds of Carl and Sally Robyn. Members were asked to bring ideas for improving the chapter and its programs. Convention reports were given. An organic meal was served.

Dr. Burton's tape recorded talk on the germ theory was featured Sept. 9. A panel reviewed the high points and answered questions.

Starting Sept. 18, Mary Evans was scheduled to give classes in natural nutrition and natural living.

Meetings: 2nd Sun. afternoon monthly, Farm and Home Community Room, 7801 Forsyth, Clayton.

NEW JERSEY—Dr. Sidhwa spoke Aug. 9 on "The Way to Health Through Natural Hygiene". The chapter was apprehensive about attendance because of the summer hiatus, but the turnout was above that of an average lecture during the season. The program ended with a watermelon party and the raffling of door prizes.

Two days previously Dr. Sidhwa appeared on the Long John Nebel radio program out of New York City, which

runs until 5 AM. The presentation was very successful, drawing a tremendous number of telephone calls during and after the program. A rebroadcast is planned by Nebel.

NEW YORK CITY—No meeting was held during September. On October 14, T. C. Fry will speak on "The Place of Natural Hygiene in Your Life", Sun. Oct. 14, 2:30 PM., 215 W. 23rd St. (YMCA).

OHIO—Dr. Sidhwa was featured Aug. 5 on "Pathway to Health Via Natural Hygiene". President Florence Kaplan reports: "It was a beautiful day, with a beautiful meeting place, the home and grounds of our vice president, Rosemarie Sinsheimer. She did a good job of publicity for this meeting in our local newspapers and suburban papers and radio. Dr. Sidhwa said we are all so attuned to the complexities of our lives that the simplicity of natural hygiene is difficult to grasp and live. He showed some slides depicting his Shalimar Health Home that he directs in Essex, England."

On Sept. 2, impressions of our Convention were given by Florence Kaplan, David and Barbara Pinski, Rosemarie Sinsheimer, and Robert Terrell, with colored slides.

WASHINGTON, D.C.—Dr. Alec Burton was guest speaker July 19 prior to his engagement at our annual seminar in St. Louis, with the topic: "Natural Hygiene—health nature's way".

President Jack Goldman reported on the August 12 meeting: "I played some tapes of the Convention and everyone enjoyed them. They asked to hear more, so I am arranging to run tapes on the entire Convention, for a series of seven weeks on Saturdays for those who want to hear them."

Mr. Goldman has been making concerted effort to get publicity in the area through the medium of the press. On mailings for meetings, he includes book reading lists and reprints of articles from the Hygienic Review.

REVIEW OF THE 1973 CONVENTION

A week of natural living, in congenial surroundings, filled with invaluable wisdom for a productive life of wellbeing, summarizes the offerings of our 25th Annual Convention July 22-29 at Washington University, St. Louis, Missouri.

The beautiful and expansive campus of the University was the perfect setting for the event which started with a sightseeing tour to the famous Gateway Arch. On the opening evening we were welcomed by Malcolm C. Van Deursen, associate dean of the school.

The keynote address was given by president Virginia Vetrano. Socializing following the program, with watermelon refreshments, was the pattern followed in subsequent evenings, except for the evening of the river cruise.

Every morning from Monday through Saturday, exercise classes were conducted outdoors by Bruce Meservey of California, followed by folk dancing under the direction of Sophie Holzgreen, president of the Los Angeles chapter.

Young people had daily forums featuring Dr. Burton on germs not being the cause of disease, Dr. William Esser on the anatomical basis for the human diet, Dr. Sidhwa on overcoming problems of youth (acne, weight, etc.), Dr. Scott on unfounded fears of fasting, Dr. Brosious on school problems, and Dr. Vetrano on birth control and the Pill. Other activities were trips to museums and hiking. Red baseball caps of the St. Louis team were distributed.

Small children had their activities under the capable direction of Irving Schoenfeld of Miami Beach.

For the adults there were classes each morning from nine to noon. Dr. Scott instructed on toxemia, the true nature of disease; Dr. J. M. Brosious presented the science of food combining; Dr. Sidhwa covered environmental factors and body ecology; Dr. Burton taught exercise and

THE CHICAGO CHAPTER PRESENTS

12th Annual NATURAL HYGIENE MONTH GALA CELEBRATION In Honor of Dr. Shelton's Birthday

SUN. OCT. 14, 1973 at 2 PM

• Dinner • Entertainment

\$5 per person — Reservations —

Write Natural Hygiene-Chicago, 1920 Irving Park Road, Chicago, Ill. 60613

REVIEW OF THE 1973 CONVENTION



A scene on the campus



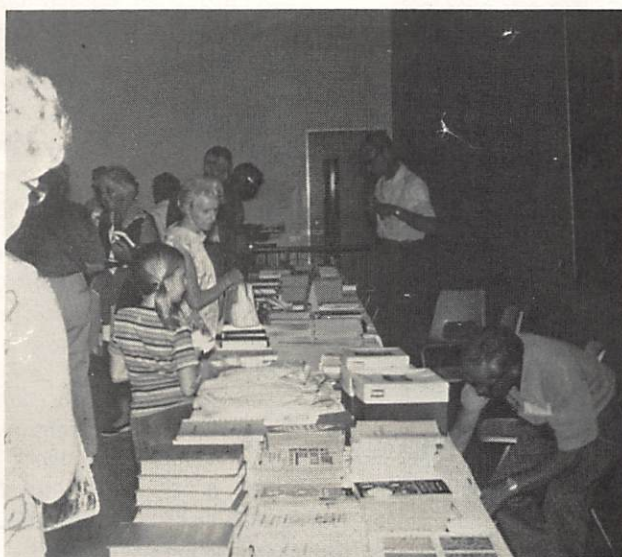
The Century Club Luncheon

body ecology; Dr. Vetrano talked on the science of fasting; Dr. Esser discussed emotional control and body ecology.

In the afternoons there were workshops on rearing children hygienically, on beauty (care of teeth, hair and skin), on meal planning (daily menus, seasonal variations, meal preparation), on organic gardening and farming (the balance of nature, composting, natural fertilizers, pest control), on selecting, storing and sprouting hygienic foods, on natural childbirth with Dr. Burton, on foods for special occasions.

Evenings featured symposiums on degenerative diseases (cancer, diabetes, arthritis, heart disease) with Doctors Burton, Vetrano, Brosious; respiratory problems (asthma, allergies, congestion) with Doctors Esser, Scott, Sidhwa; mental conditions and nervous disorders (schizophrenia, drug addiction, emotional poise) with Doctors Sidhwa, Esser, Scott; surgery and transfusions (organ transplants, blood transfusions, organic limitations) with Doctors Burton, Brosious and Vetrano.

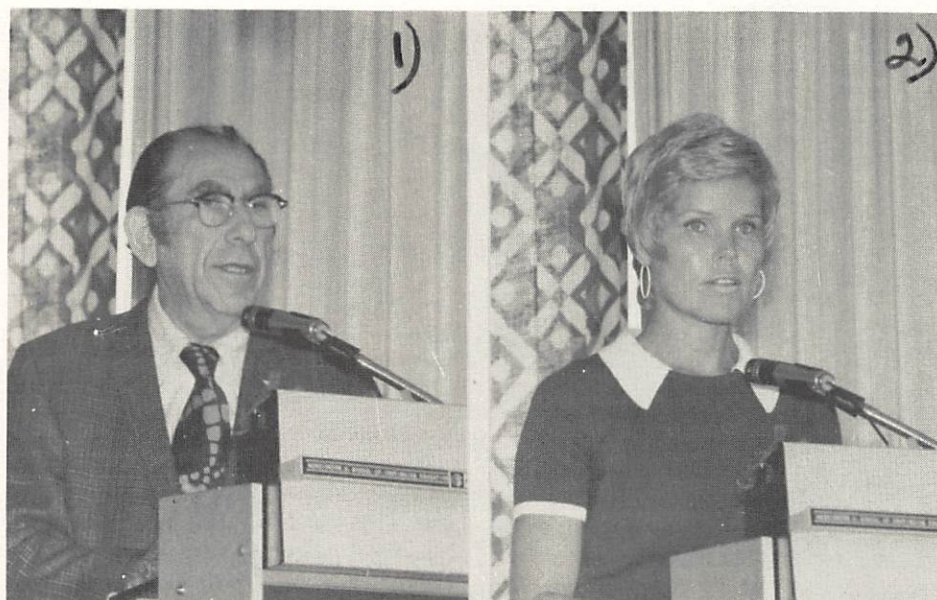
There was a panel of case histories of the practitioners which were overcome by fasting, cited by Doctors Vetrano, Brosious, Burton, Esser, Sidhwa and Scott. Other subjects were on avoiding immunization while travelling by Dr. Sidhwa; the story of his six week fast by Dr. Jack Goldstein, R. J. Cheatham on the cause and recovery of illness; Irving Davidson on the rewards of Hygienic living; natural hygiene and fad diets; Hygienic first aid. The natural hygiene film classic *The Greatest Adventure*,



The Book table



The Annual Membership Meeting



produced by Jack Trop, was also featured.

In business sessions, the Annual Meeting of members approved by-law amendments, elected a new president and five directors, heard reports from the Natural Hygiene Press and College divisions.

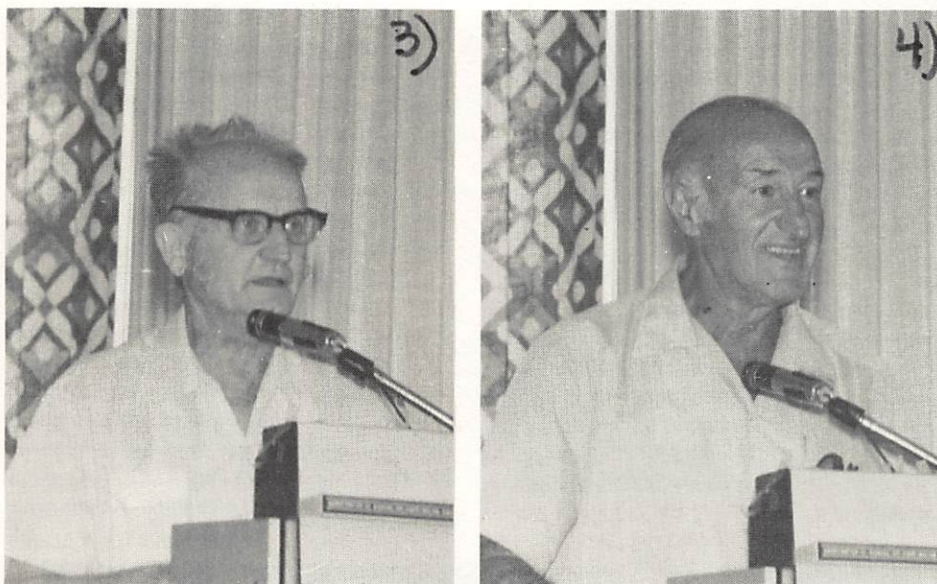
At Board meetings, trustees of the Divisions were selected. A committee was appointed to inspect the site and feasibility of the proposed Hygienic community. An education committee volunteered to research methods of improving natural hygiene education.

Book sales were over \$1600 under the able direction of Charles Dworin.

At the Farewell Banquet tributes were paid to all convention volunteers. The good news was received that Director Lois Epstein had given birth to her fifth child, delivered by her husband.

President Irving Davidson offered this humorous parody of Lincoln's Gettysburg Address:

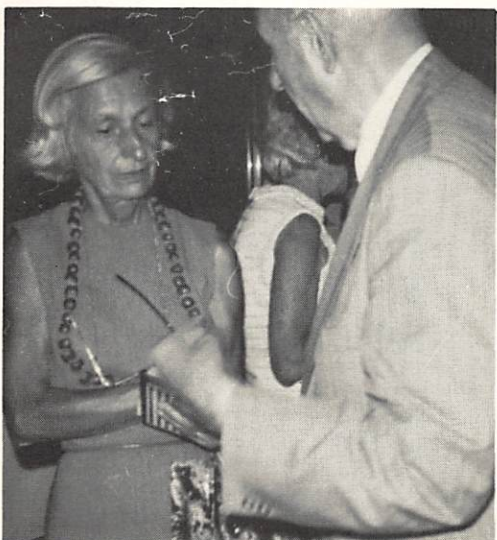
Five and 20 years ago, a group of spirited hygienists brought forth in this country a new organization — the American Natural Hygiene Society—conceived in wisdom and dedicated to the proposition that all men are created to seek and maintain better health. Now we are engaged in embarking on a new plan of expansion, testing whether our society, so conceived and so dedicated can long endure. We are met at this great convention—to signalize another landmark of Hygienic accomplishment for those who gave their efforts that our organization might flourish. The great Hygienic pioneers who have struggled to establish our principles have enriched them far above our poor power to add or detract. The world will little note, nor long remember what we say here, but it can never forget what we did here. It is for us, to dedicate ourselves to the completion of the unfinished work and the great tasks remaining before us and we must all



Candidates for office speaking on their behalf: 1) Joseph Brenner [director] . 2) Joy Gross [president] . 3) Stanley Prorok [director] . 4) Sam Rice [director] . 5) Mary Evans [president] . 6) The ballot counting committee: (l-r): Edwin Hermanns, Ann Floyd, T. C. Fry



Evening Social



Sally Burkham, vice president, St. Louis chapter.



L-R: Dr. Vetrano, Adele Davidson, Ruth Huberman, Mark Huberman



At the Banquet:

Mary Evans and Clarence Parsons, convention chairman

take increased and full measure of devotion to the cause of natural hygiene that this American Natural Hygiene Society shall have a new birth of progress and that all the hygienists of the people, by the people, for the people shall not perish from the earth but shall seek the truth though the heavens fall.

Dr. Sidhwa showed excerpts from a televised program of the BBC filmed at his home in England with his wife and four hygienically raised children ages 10-16.

We will long remember the taped recording of his 12 year old daughter, Yasmin, reading in that lovely English accent, this poem by her father:

Health is not only absence of illness/It is the deep longing of the whole/Noiselessly yet irresistibly travelling to its goal/Health is not bulging muscles/It is the symmetry of mind and body/The "men sanna in corpa sanno"/A remembrance of the golden age/Health is not only the absence of death/It is life, the 'joie de vivre'/Welling up soundlessly, yet with that urge/That brings to beauty the simpler things/Enfolding us with joy too deep for words/Health is the cessation of struggle/The absence of fear/The emptying of bad

habits/The upsurge of the whole into holiness/And out of such health springs true creation/Health is not loneliness/It is the deep companionship of every organ/Functioning in unison too rare for belief.

An interesting note from Dr. Sidhwa was his work schedule. In addition to operating a fasting establishment, he has an office in London, heads the British Natural Hygiene Society, writes and edits its publication, and yet finds time, without fail, to exercise one hour daily. * * * *

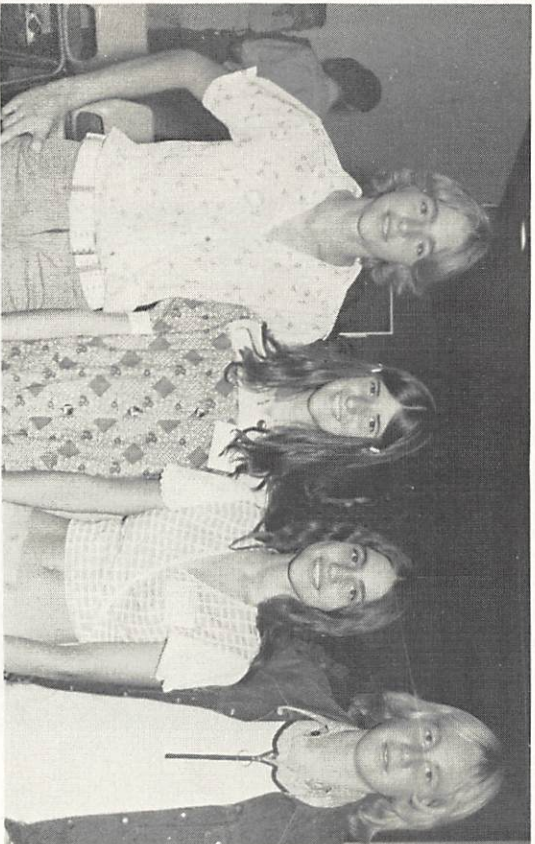
EXPRESSIONS FROM THOSE ATTENDING THE CONVENTION

* S. Gordon (Montreal): "My wife and I enjoyed the convention very much. The educational program was very exhilarating and well planned."

* Richard Balentine (Washington, D.C.): "Since this was the first time my wife and I had attended a Convention, I think you should be interested to know that it certainly won't be our last."

* Florence Kaplan (Cincinnati): "We are greatly indebted to many for the success of our 25th annual health and natural living conference, particularly to the VIP's of veteran convention workers and the VIP's of the St. Louis group under the capable chairmanship of Clarence Parsons. They all worked for many months before the Convention and long hours during the week. It took a lot of organization and reorganization and flexibility to make it possible. Thank you (contd. page 13)

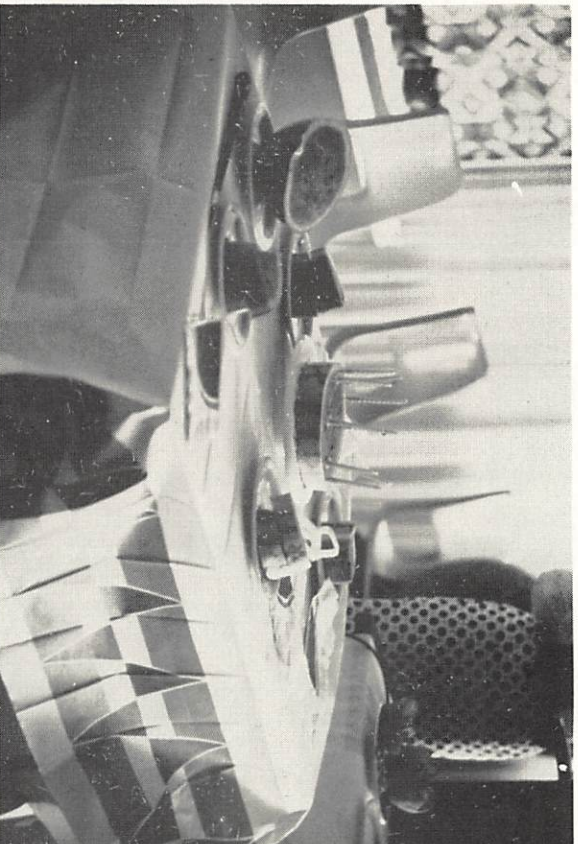
REVIEW OF THE 1973 CONVENTION



Some of the young people



Theodore Humeniuk, of Canada, who became a Century Club member at 82. He planned to pay for the next ten years so he could become a Life Member.



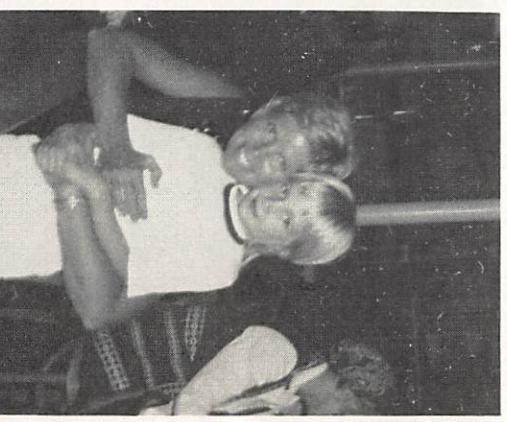
A Hygienic birthday party with candles in a slice of watermelon.



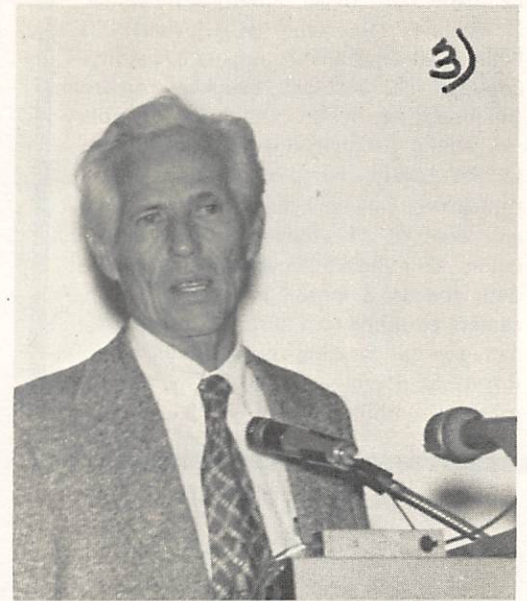
Elizabeth Lanham, overseas convention award winner of the Australian Natural Health Society, delivered greetings from her group. Mrs. Madge Cockburn, president of the organization, also gave greetings during the convention week.



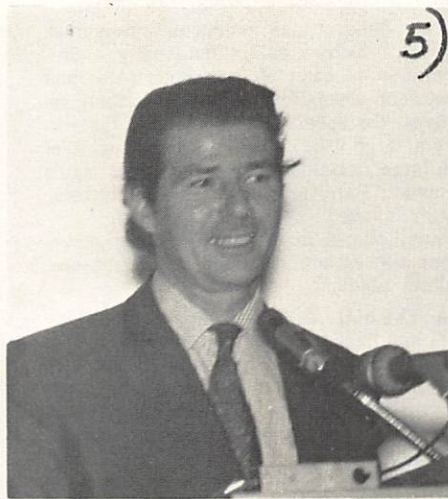
Enroute by bus to the midnight cruise. On board, Joy Gross (at right) hugs Samantha, granddaughter of Mrs. Oscar Floyd.



REVIEW OF THE 1973 CONVENTION

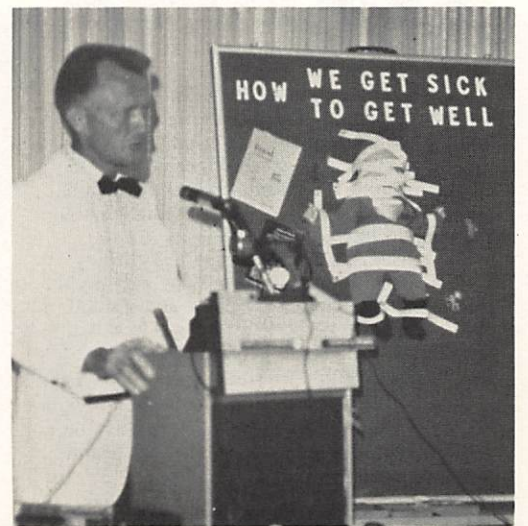


Class instructors: 1) Dr. Virginia Vetrano of Texas, 2) Dr. J. M. Brosious of St. Petersburg, Florida, 3) Dr. William L. Esser of Lake Worth, Florida, 4) Dr. D. J. Scott of Cleveland, 5) Dr. Alec Burton, Australia.



one and all, thank you big and small and the audience for each of your petals of contribution that made our ANHS flower into its 25th anniversary."

* Larry and Helen Pease (California): "Please accept our warmest congratulations for a wonderful Convention in which your combined efforts deserve much commendation. Isn't it wonderful that so many people were inspired at the Convention to donate generously to the Library-College? Our thanks again to all of you at the main office for your dedication, hard work and



(left) Dr. Keki Sidhwa chats with some of the young people. (right) R. J. Cheatham of Bonita Springs, Florida, illustrates his talk on how we get sick and how to get well with the story of Gulliver's Travels. He compared the insidious onslaught of bad living habits and developing pathology with the barely noticeable bonds which the tiny people tied around Gulliver until he was overwhelmed.

leadership in guiding us along the most beautiful path of all — natural hygiene.”

* Sophie Holzgreen (California): “I believe all chapters could use a cassette copy of Dr. Sidhwa’s daughter reading the poem on health. Do you remember the young girl who did the tumbling act to the lovely music at the banquet? I thought it was just beautiful—the grace and ease of her movement was like a ballet. This should be reproduced on tape with the same music. A motion picture camera could be rented for this purpose. I can see a meeting opening with the inspiring poem and closing with the graceful tumbling.”

St. Louis Globe-Democrat

Thurs., July 26, 1973

By LOIS TIMNICK

Globe-Democrat Medical Writer

They are their own best argument. A bouncy step, clear eyes, tan skin, flat stomachs, a calm air, and only the merest of paunches and wrinkles after age 60. They are advocates of “natural living.”

About 300 of these healthy types, members of the American Natural Hygiene Society, are meeting here this week at Washington University.

But this 25th Health and Natural Living Conference is not your usual convention. They are out on the lawn exercising at 7 a.m., folkdancing before 8. Fasting or breakfasting on watermelon and nuts, raisins and cashew butter. Coffee? “There is no such thing as coffee,” they say. They don’t drink tea or alcohol either; they don’t smoke.

AND AFTER A DAY of workshops on topics like fasting, organic gardening, planning meals and rearing children hygienically they are still going strong at midnight, sightseeing and socializing.

Natural hygiene, said Dr. Keki R. Sidhwa, is “an approach to life that guarantees wholesome health, mental and spiritual harmony and happiness, and teaches people how to live as close to the natural laws as possible.”

Sidhwa is president of the British Natural Hygiene Society.

The movement opposes drugs and surgery. It stresses fresh air, sunshine, rest and sleep, exercise, emotional poise and natural foods, said the 48-year-old Sidhwa, who had already run six miles before 8 a.m. breakfast Wednesday.

Natural foods, he said, are any foods grown on good soil without chemical fertilizers or insecticides, and eaten whole . . . not health foods as such.

“MANY PEOPLE think they have to take vitamins and eat fragmented food like wheat germ,” he explained. “We say this is not necessary. If you eat food whole and in its natural state and organically grown you’ll get all the nutrients your body requires.”

Taking Life... Naturally

Thurs., July 26, 1973 **St. Louis Globe-Democrat**

In the “natural” kitchen you will not find tea or coffee (“their alkaloids irritate our nervous and blood systems”), milk (“the enzyme in the digestive system needed to break it down grows less as we age”), soft drinks (chemicals and sugar are a no-no), salt (“a protoplasmic poison”) or meat.

“We believe man is not a carnivorous animal,” Sidhwa said, “but really a frugivore — an eater of fruit, nuts, seeds and succulent vegetables — like his closest relatives, the apes. A carnivore like the lion has a large liver to deal with the toxins of the large quantities of meat he eats; man’s is small. Carnivores have short intestines; man’s is long.”

Many people in the natural living movement also eschew meat for ethical reasons, Sidhwa added.

A TYPICAL DAY’S menu would include nuts and fresh or dried fruit for breakfast, a “finger” salad of raw greens and vegetables (without dressing and picked up, not chopped up, so as to use the teeth and prevent the oxidation of vitamins by contact with the air) along with sunflower seeds, nut butter, or ricotta cheese for lunch.

For dinner, Sidhwa suggests a salad and steamed vegetables. Needed carbohydrates can be supplied either by a starch like corn on the cob or squash, brown rice or millet, or by a sugar like dates, raisins or dry fruits.

Water or fruit or vegetable juices are the only acceptable beverages, he said.

Tired? Got a cold? Acne? Fever? Then do what animals do instinctively, says Sidhwa, a graduate of the Edinburgh College of Natural Therapeutics and the British College of Naturopathy and Osteopathy: “Fast.” That is, just skip some meals.

“Whenever I’m tired,” he said, “I may just skip dinner and spend the evening listening to music and writing poetry. Then after a good night’s rest I feel much better.”

SIDHWA, WHO HAS supervised more than 5,000 fasts at his “health home,” said he usually fasts, drinking only water, for about ten days each year in order to rid his body of accumulated poisons.

At a special youth seminar during the conference, which ends Sunday, he advised teen-agers suffering with acne to fast for 24 hours a week. “Eat lunch on Friday and don’t eat again til Saturday noon, when you can drink some juice to tide you over til

dinner.”

Sidhwa, who runs at least 30 miles a week and does flexibility exercises and weight training, is rearing his four children hygienically. They have never been vaccinated or immunized and don’t even get slight colds “except when they go to a party and eat junk food,” he said.

SIDHWA’S OWN childhood experience steered him toward the natural life, he said. At age 14 he fell into a coma with double pneumonia, typhoid fever and a heart condition, and was left for dead. His mother stopped all medicines and “fasted” her son, giving him nothing for 16 days but a little coconut water touched to the lips. His temperature fell from 105 degrees, his heart action normalized and he came out of the coma, he recalls.

The youth began medical studies at Bombay University in his native India, but fell ill again and dropped out of school.

“This time I was mature enough to realize that drugs, surgery, this sort of thing, are just not the answer,” he said.

Only “constructive” surgery — such as bone adjustment after an accident, for example — is favored by natural hygienists. “Removing tonsils and tumors is destructive. We would say let’s remove the cause: Our habits of living, the toxins,” Sidhwa said.

As for drugs, “we do not believe any drugs serve any purpose in restoring health,” he said.

“Living this way of life, however, will definitely improve all your organs,” Sidhwa said. As a child his eyes were so bad he was advised to learn braille. He now wears glasses only occasionally, the same prescription he had 20 years ago, he said.

New officers of the national group will be chosen Thursday. A St. Louis area woman, Mary Evans, is one of three nominees for president.

To attend sessions, which continue through Saturday, call 863-0100, ext. 4345. Classes include emotional control, hygiene for senior citizens, natural childbirth, foods for special occasions, birth control, disease and how to get well, exercise and fasting.

The president of the St. Louis chapter of the American Natural Hygiene Society is Clarence R. Parsons, 6144 Bartmer ave.

ANHS OBSERVER

By Dolores Burns, Editor

***A book order we received indicates that the customer was, at first thought, going to purchase Dr. Esser's *Dictionary of Man's Foods*, but then he crossed it out and made the comment, "It costs too much for a small paperback".

Since a few other people have indicated they feel the same way, it would be well to mention that there are two other books of this type on the market that give far less value both price wise and in content.

One is *Health Food Dictionary*, published by Let's Live magazine, with only 75 pages and is priced at \$1.75. It does not deliver what it promises. What it does give are definitions of physiological terms and related subjects. For instance, in the "d's" we find *dehydrate, dental, denuding, depressant, derivative, dermatitis, detergent, detoxification, diabetes mellitus, diaphoretic, DNA, digestion, drugs*; a glance at the "e's" shows definitions for *ecology, eczema, edema, electrocardiogram, elimination, embolism*; in the "f's" are *fluoridation, food values, fortified, fruitarian, fungus*; "g's" defines *gamma globulin, gerber test, geriatrics, germ, germicide, granulated*.

The second book is *The Dictionary of Health Foods* by Jeffrey Blish, priced at \$2.45 and contains 124 pages. This volume is a little better than the first, but some of the foods it lists must have been written by a jokester. Listings include *cookies, cakes, candies, macaroni, margarine, marshmallow, mayonnaise, pancake mix, sugar, syrup, tea, unbleached white flour, vanilla extract*.

Our book, *Dictionary of Man's Foods*, is only \$2.25, and has 178 pages, several of which are in full color giving samples of meal varieties. All of this makes it an excellent buy in comparison to the aforementioned books.

***Washington University in St. Louis, the site of our 1973 convention, has a bone expert that could have been of value on our educational program, with his views on exercise and vegetarianism.

The expert, Dr. Louis Avioli, professor medicine and endocrinology at Jewish Hospital, believes that adults who exercise regularly will have bigger and stronger bones in old age. In an interview, Avioli also stated that studies show vegetarians appear to have less osteoporosis than people with a high meat intake. "It looks as if the higher the protein intake, the greater the tendency to lose bone mass faster", he commented. (Sept. 11 news release)

***Dr. Saxon Graham of the State University of New York at Buffalo, is a typical scientist when it comes to knowledge about food values. In an interview, he expressed surprise at the findings of a group of scientists that people who eat uncooked vegetables appear to have less stomach cancer than the rest of the population "and he was at a loss to explain the apparent protective effect of raw vegetables". (Los Angeles Times Nov. 9, 1972)

Arriving at a conclusion long held by natural hygienists, Saxon said, "One possibility is that there are more vitamins in raw vegetables . . . such vitamins are removed in cooking; the fibrous content of raw vegetables may also be a factor", said Graham.

This reminds us that he has a namesake in Natural Hygiene, pioneer Sylvester Graham, who led the fight for dietary reform in the United States and vigorously promulgated this knowledge back in the 1830's. So diligently, however, has history refused to recognize this fact that it is largely unknown today.

***The 12 year old daughter of Director Joy Gross wrote these Hygienic views to the Poughkeepsie Journal after reading all the fuss over what to do about the meat shortage (Aug. 19).

Be A Vegetarian

I have a good suggestion on how to cope with the present meat shortage. Why not become a vegetarian? Personally, I haven't touched a piece of meat in all my 12 years. I am perfectly healthy and strong to the extent that I have never needed the services of a doctor.

There are many nutritious foods which are rich in proteins, vitamins and minerals which can be eaten instead of meat. Some of these (of which some my mother forces on me) are bean sprouts, raw nuts and nutbitters, avocados, assorted unprocessed cheese, fresh fruits and vegetables.

As one in a family of seven vegetarians I view the panic over the present meat shortage as a bunch of baloney.

DEBBIE GROSS
Hyde Park

***A devoutly religious person wrote to our office disputing our statement that education in health is the greatest need this country has. He believes spiritual education is more important, but nevertheless gave the opinion that "a healthy body is not an automatic blessing from God. Said he: "We are responsible

for the decisions we make through our own volition. We can decide to follow the laws of health which have been set up by God and benefit from them."

***"I am in good health except for my vision and hearing", said one of our correspondents. This simple statement would explain so well why we have difficulty in bringing the message of good health to the public. The majority of people do not feel they are in poor health simply because of the existence of ailments and assume that as long as they can remain mobile, their health is good. How often we hear persons with arthritis or high blood pressure maintain they do not have an unhealthy condition.

***The announcement Sept. 11 of the death of 86 year old international hostess Marjorie Merriweather Post, prompts some thoughts about longevity and heredity and challenges the axiom that all men are created equal. It is quite obvious that were all men created equal, they would all have the same constitutional vigor and no one would contract a fatal disease before the age of 40. The fact that some people die at an early age through pathology and others live beyond 80 without good living habits, would indicate that all men are not created equal. Some people have good heredity and others do not and this is a large factor in longevity and the ability to function well into old age.

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