



Natural HYGIENE NEWS

MEMBERSHIP PUBLICATION OF THE AMERICAN NATURAL HYGIENE SOCIETY, INC

Volume 14 No. 2

NOV. 1974

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.

NH DISSEMINATED AS BREAST CANCER PREVENTIVE

The female tragedy which was spotlighted by the breast surgery on First Lady Betty Ford Sept. 28, proliferated more publicity than any other disease in history and gave an impetus to ANHS members to spread the knowledge of Natural Hygiene as a real preventive measure in breast cancer..

Being used to a great extent in the propagation campaign is an article titled *Save Your Breasts*, by Dr. Virginia Vetrano, NH practitioner, which appeared in the June 1970 issue of Dr. Shelton's Hygienic Review.



Dr. Virginia Vetrano

The article asks the following questions and makes some incisive points about the cause of disease which are absent from all the mass of information with which the public is bombarded:

- *Are operations and mutilation of the female chest beneficial?
- *Why should a woman run to a physician every time she finds a lump in her breast?
- *Does the surgeon remove the cause of the lump so it spontaneously disappears and health is restored?
- *After a period of Hygienic care, numerous women who were told by their physicians that the breast must come off soon, have been able to nurse their babies.
- *Breast tumors do not spring up overnight but are developments of many years of wrong living habits.
- *There is an imbalance of hormones in mammary disease and an unnatural way of living causes the imbalance.

Into our office since early October, has come some 400 clippings from newspapers all over the country which proclaim that this disease is the greatest cancer killer of American women; that

one out of every fifteen women are destined to get it every year.

In answer to the question "What can I do to protect myself against breast cancer?", the medical reply is to keep constantly looking for lumps and if the lumps prove positive, surgery is the best course. Emphasis is made that the disease is "curable", by which is actually meant *cut out the breast*.

Out of all the 400 clippings, only one voice was raised questioning the propaganda. In the Cleveland Press Oct. 24 appeared a letter from a woman protesting "the trend developing for the removal of women's breasts", and criticizing the martyrdom conferred on women who were not afraid to publicize that they went to their physicians and let themselves be mutilated. "I would be much more impressed had the surgeons involved performed a miracle somehow by saving the breast. I would consider these operations failures, not successes", she said. The woman was sent a copy of the article by Dr. Vetrano.

A suggestion has been made that newspaper writers who have guts, are articulate and intelligent be challenged to write a book about the NH side of the breast cancer story because it is not publicly known, and use such articles as the one by Dr. Vetrano to show that there is a definite cause to cancer, that correct living can avoid the cancer, and thus give hope to women that they can avoid mutilation of their bodies to which the public communication media has consigned them.

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NY TIMES SPOTLIGHTS NH FASTING INSTITUTE

The most prestigious and widely circulated newspaper in the world, the New York Times, gave fasting at a Natural Hygiene institute an unprecedented three quarter page spread Oct. 29. Spotlighted was the Pawling Health Manor operated by Robert Gross.

Based on the observations of writer Judy Klemesrud, who fasted there, the story was called *A Week at a Health Manor on the Last Resort Diet: Fasting*.

"Of course the New York Times physician supervised and the editor slanted it", commented Mrs. Gross. "But I feel the good of the article outweighs the bad. We've been getting incessant phone calls all day".



Joy Gross

One call was from Maria Callas, the renowned and tempestuous opera singer who made headlines with her debut in the 1950's and about whom a best seller, *Callas*, has just been published.

Back in New York City, the writer pondered the week with this assessment: Nine and a half pounds lighter; clothes fit again; feel energetic and am going to try to live as a vegetarian.

Jerry Stiller of the well known TV and nightclub comedy team of Stiller and Meara, who lost six pounds on a three day fast, is quoted: "Everyone called him Dr. Gross, but I knew he wasn't a medical doctor. He certainly takes good care of his people. I could think of a million ways people could hurt themselves more by walking down Broadway and hitting the bakeries and the ice cream shops." Grace Bumbry, another Metropolitan opera star, said she lost 14 pounds in ten days and "I would certainly have no qualms about going back."

NATURAL HYGIENE is the official membership newsletter of the American Natural Hygiene Society, Inc., 1920 Irving Park Road, Chicago, Illinois 60613. (Natural Hygiene-Central).

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**REMEMBER THE ANHS
IN YOUR WILL**

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

VOL. I OF THE HYGIENIC SYSTEM NOW AVAILABLE

After an absence of over ten years, Volume I of the Hygienic System by Dr. H. M. Shelton can now be obtained in a revised soft cover reprint.

This first book of the seven volume series, a basic text on the whole spectrum of natural hygiene, has been sorely missed and its availability will be welcomed by those who treasure the series for its unique education on keeping the body functioning at its highest level.

Volume I is the only book presently available that covers the Law of Life, or the basic principles on which natural hygiene is based. The price and description are given on the back page reading list.

13TH ANNUAL NH MONTH OBSERVED IN OCTOBER

The contrast between the natural hygiene and the medical approach to health was sharply apparent in October, which is both Natural Hygiene Month and Immunization Action Month.

In observances by chapters we focused on the preservation of health through living habits that are harmonious with the physiological workings of the body. In special programs and public media announcements, the medical profession focused on getting children inoculated with poisonous serums to prevent disease.

In New York City Oct. 13, President Irving Davidson gave this keynote at a chapter program:

The month of October was selected as Natural Hygiene Month because it is the birthday of Dr. Herbert M. Shelton, the



greatest health reformer of our time. The combined impact of his writings, lectures and teachings have left an indelible imprint on countless thousands throughout the world. His searching observation and critical studies have made him the brilliant articulator of our hygienic principles and through his vast and long experience as a hygienic practitioner he has guided thousands of people back to health. Natural Hygiene Month is thus in tribute to this great leader who has enriched us all with his inexhaustible knowledge, who has so ably guided us to goals of healthy birth, robust and happy infancy, joyous youth, vigorous maturity, calm old age and painless death; who has stirred our minds and hearts and inspired us with the will to hygienic action.

We extend to Dr. Shelton our profoundest gratitude and unlimited admiration. We trust that during October we will strive to make ourselves aware of the power and greatness of our hygienic principles, to forge bonds of renewed identification with Dr. Shelton and to again cherish the inspiration of his guidance. We should follow his magnificent and dedicated lessons by not hording this knowledge, but by spreading it and making it available to all who need it.

In Florida, the six state chapters meeting in Arcadia for a special weekend Oct. 5 and 6 featured a tribute to Dr. Shelton by Myrtle Matera. In Los Angeles, Larry Pease was the spokesman. A gala celebration in Chicago centered around a dinner and entertainment, with piano selections by Grace Girdwain, songs by a vocalist who led the audience in happy birthday greetings to Dr. Shelton, and ended with beautiful color films.

A MESSAGE TO ALL MEMBERS

THE AMAZING HUMAN BODY by Irving Davidson, ANHS President

Why are our modern explorers so bent on exploring outerspace, when they haven't even begun to explore the space between the ears, or the space between the head and toes? Nor should we look for great discoveries on the tops of mountains, like Mt. Everest, the Himalayas, nor in the watery depths of the oceans. The greatest discoveries are yet to be made, under our very noses and even down to our feet.

The human body is an unexplored, unknown, misunderstood territory of

amazing intricacy, fearfully and wonderfully made, exciting our wonder and admiration.

The throb you feel when you press your fingers to your wrist is the faint murmuring of one of the wonders of the universe.

One human cell, only microscopically visible, at enormous magnification, is more fascinating in structure and function than the George Washington Bridge, the Golden Gate Bridge, the Verrazano Bridge all put together.

A tiny drop of blood, the size of the head of a pin, has 5 million red blood cells, and the body must produce 12 million red blood cells every second.

A little patch of human skin, about the size of a postage stamp, contains the following: 2 sensory apparatuses for cold, 12 for heat; 3,000 sensory cells of touch, 25 pressure apparatuses; 200 nerve endings to record pain; an average of 100 hairs, 65 sebaceous glands to secrete oil, 100 sweat glands, a yard of blood vessels, and four yards of nerves. Multiply these figures by 20,000 and you will have the total number of organic structures contained in the body's skin alone.

Sophocles wrote: "Many are the wonders of the world, but none so wonderful as man."

The human body is not a wild anarchy of incalculable forces, but is rather a pattern of order and progress, governed by a merciful intelligence and a coherent law.

Christopher Morley put it: "A human being is an ingenious assembly of portable plumbing."

Science, with all its boasted knowledge, cannot pinpoint how the human body regulates its own temperature; cannot explain a common cold; cannot even adequately explain the true nature of a germ; nor can it duplicate a blade of grass exactly as it grows in the ground.

Let us stop to contemplate some astonishing facts and figures about the human biological structure.

In one day, we breathe approximately 25,000 times, inhaling 500 cubic feet of air.

We generate approximately 450 tons of energy.

We perspire approximately 1½ liquid pints of sweat.

We move approximately 750 major muscles.

We exercise approximately 7,000 brain cells.

We speak approximately 5,000 words.

Each one of our eyes has 130 million light receptors.

The cells of the body perform different functions. Blood cells are busy circulating to all parts of the body, carrying oxygen and food to other cells, and meanwhile repairing and replacing their own substance. The blood has a natural selective power which selects what it needs. It has channels for distribution of food. It resists and excretes toxins. It has drainage for its sewage. It has pulleys and levers to perform mechanical work. It meets emergencies and protects its own vital interests.

Urgent Need For More NH Practitioners

COLLEGE TO BE ESTABLISHED FOR TRAINING NEW RECRUITS

Financial Support Crucial

There are presently, in this country, no more than half a dozen practitioners who work along natural hygiene lines supervising fasting for the recovery of health.

There are less than half a dozen practitioners with office practices to which those who wish consultation can go.

Daily, we receive inquiries for information as to the location of practitioners, and in most cases, the requests are for practitioners in their home vicinity.

The need is desperately urgent for new practitioners to get established. But first they must be trained. That is why we are planning to establish a college of Natural Hygiene.

As the stories in this issue indicate, publicity is focusing more and more on fasting the Natural Hygiene way. We must make it a priority to get the college built. Give financial support as generously as possible to the College Fund by filling in the coupon below or on the back page, and view your name on our Honor Roll of contributors.

Honor Roll of College Fund Donors Sept. 15—Oct. 30, 1974

Martha Eldred
Joy Gross (Jean Andrews memoriam)
Margaret Pokorny
Regina Treadway
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Monthly Donors

Margaret Pokorny \$100	A. Venus \$25
Irving & Belle Barnett \$75	Irene Boscoe \$10
Nicholas Mega \$25	Mary Eubanks \$5
Larry & Helen Pease \$25	Bert Chong \$10
Bernard Sharp \$25	Maxim Caron \$10

We are especially grateful to Martha Eldred, and Mrs. Stannard for each of their contributions of \$100. Mrs.

Stannard, who is 80, is so dedicated to this project because she views it as a solid investment in the future of this country. She is hoping to enroll her grandson in the College when he gets out of high school and has acquired some education in the basic sciences.

The Internship Program

Persons licensed in the healing professions who desire orientation in NH practice, have available to them a program of internship with our present practitioners, which could put them into business within a year's time.

The Oscar Floyd Endowment Fund

This Fund was established as a Living Memorial to a leader in the Hygienic Movement, who played a peerless role in the growth of our Society (1959-1973).



His dream was a College of Natural Hygiene so that millions could have NH health care. Contributions to this Fund will be used to memorialize his name on the college building.

COLLEGE CONTRIBUTION FORM

American Natural Hygiene Society
1920 Irving Park Road
Chicago, IL 60613

I hereby contribute \$ _____
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COLLEGE FUND STATUS

Sept. \$67,400 * * Nov. \$70,187

THIRD ANNUAL ANHS CHILDREN'S CAMP

JULY 20-AUG. 10, 1975

Now is the time to think about getting the youngsters out in the country next summer. A good place to enjoy the delights of rural life among the trees, with lots of birds, snakes, bullfrogs, fireflies, and mosquitoes, and minus the bother of domesticated animals, is the ANHS children's camp at River Farm, Athens, New York.

Tentative dates for the 3rd Annual session are July 20 to August 10, the first week coinciding with the ANHS convention in New Jersey. Up to 25 campers between the ages of 8 and 15 may attend camp for one, two or three weeks.

Activities will again include swimming, and sailing on the Hudson River, hiking, archery, and crafts. Among new activities to be offered are organic gardening, canoeing on the farm pond, and trips to the Adirondacks for backpacking and canoeing.

Camp will be directed by Helen Story, assisted by Sandy Elmer of River Farm. There are openings on the camp staff for a nurse, swimming instructor, lifeguard, food service supervisor, and general counselors. All staff positions are essentially unpaid, but if we have a full camp we hope to be able to offer a small honorarium in addition to meals and travel expenses.

Prospective staff members, prospective campers and parents wishing to be on the camp mailing list, and anyone with questions or suggestions about next summer's camp may write to Helen Story, 1353 Neilson St., Berkeley, California 94702.



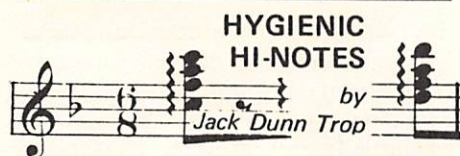
Scenes from the 1974 Camp

(Left) A sailboat ride had willing hands to do the steering.

(Above) Karen Zaletel of New York has fond memories of tenting while on a field trip.



Pre-teenagers at the 1974 Convention. "They were an alert group of youngsters", said Dr. William L. Esser, Florida practitioner who lectured to them.



SING A SONG OF THANKS TO JANE HOWARD

Here is something to really give three rousing cheers about. In the October 1974 issue of *Family Circle*, which has the largest national circulation of any "woman's" magazine, a highly laudatory article about Dr. Robert R. Gross and his Pawling Health Manor appeared. The significance of this is that I do not recall ever having seen a really favorable story about Natural Hygiene in any such widely read periodical.

The article is entitled, *HOW I LOST 14 POUNDS IN A WEEK*, by Jane Howard, a famous author who wrote the best seller, *A DIFFERENT WOMAN*. The amazing aspect of what she wrote is that there is not a single "tongue in cheek" phrase in it; she went through her brief contact with Natural Hygienic living, with eyes and mind attuned to observe with fairness and objectivity that she saw and what she experienced.

Long ago, Dr. Russel Thacker Trall, Hygienic Pioneer, wrote something to the effect, that "all one has to do is to observe Natural Hygienic procedures in action, to understand, appreciate and embrace them," but unfortunately it has not happened that way. Just a few months ago, Dr. Gross had a guest who spent a couple of weeks at his place, and who then wrote a scurrilous, vindictive, and false article for *Playboy* magazine. Dr. Gross (as is the case with our other Hygienic practitioners) is proud and dedicated to the demanding and precarious nature of his work, and the *Playboy* article caused him much anguish. So, it is a pleasure and a relief to share his joy with him, for this signal forward stride, of seeing Natural Hygiene brought to the attention of hundreds of thousands of people with deserved praise for what it is and for what it stands for. I wrote a letter of thanks to Jane Howard, c/o *Family Circle*, and I suggest that you get the article and also write to her.

A GREAT BOOK:

Recently it was my privilege to write a review of Dr. Shelton's latest book, *FASTING FOR RENEWAL OF LIFE*, (published by Natural Hygiene Press, price, \$2.25.) I urge you to get this book without delay as in my opinion it is one of Dr. Shelton's best books. If you have read his *FASTING CAN SAVE YOUR LIFE*, you may think that you know all about fasting, but it is astonishing how

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much more this new book reveals.

HURRAH FOR FRASER KENT

In the August 23, 1974 issue of the *Miami Herald*, Fraser Kent, (Herald Medical Writer,) comes out strongly against the growing practice, especially amongst athletes, of a breakfast weighted down heavily with meat. He says, "Young athletes equate red meat protein with muscle and strength, but there's just no way you can eat your way to added muscle mass". He says this is a quote from Dr. Ralph A. Nelson, of the Mayo Medical School! Kent also has a few potent words to say of the harmful effects of over dosage of Vitamin C. He says, "Those who have enthusiastically adopted Linus Pauling's recommendation of increased Vitamin C intake, . . . run the danger of kidney stone and other medical complications." He quotes this from Dr. Terence W. Anderson, of the University of Toronto. Dr. Anderson also said: "High doses (of Vitamin C) (may) exert a pharmacological effect that is not related to its normal physiological function." I wonder how many readers will really understand the significance of this practical admission that Vitamin C is a drug. It is encouraging to take note that recently various medical sources have been suggesting that all vitamins are drugs. Slowly, ever so slowly, the truths which Natural Hygiene teaches, reach even into the seemingly impregnable fortress of so-called medical science. It is a long way from winning our non-violent war, but through the years we have won and continue to win many battles.



A GIFT OF LOVE

by Jack Dunn Trop

The Australian story of 86 war orphans who were raised naturally and set a world health record.

\$7.75 postpaid

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THE HEALTHWAY ADVISOR

Articles on Natural Hygiene, issued 3 times monthly in a 6 page publication

edited by T. C. Fry

\$9 yearly

From ANHS, 1920 Irving Park Road, Chicago, IL. 60613

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.

Sept. 15. Recently an acquaintance of mine was shocked to learn that no one in our family had ever seen a doctor in more than ten years. She was further aghast when I told her that fresh fruits, nuts and seeds were the "culprits" responsible for this. She asked: "Doesn't fresh food make your grocery bills awfully high?"

"No way comes near to doctor bills", I said, "and besides, we have no sugar, flours, or salt in the house". For a while she just stood there and looked at me like a person in shock, and after a while walked away as if it was the most unbelievable thing she ever heard.

When I'm out with the children — at the zoo, store etc — people comment on how good looking and healthy they are and tell me how lucky I am. When I tell them how it was done, they say it would be impossible for them to give up so much.

My two older children, Mike (8) and Susan (10), run cross country three to four miles five days a week. My two little ones, Steven Mark, who is a Natural Hygiene Month baby, is only four and can run more than two miles without stopping. Our three year old sprints, jogs and walks half a mile.

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.

MEMBERSHIP EXPIRATION NOTICE

Three months after your membership expires we will discontinue sending our publications. Please renew promptly when you receive a notice.

MEMOS ABOUT MEMBERS

Items about activities of members relating to Natural Hygiene

.Grace Girdwain, who heads the Parents' Organization, contributes her talents as an artist and pianist to various organizations, such as senior citizens and veterans, and takes advantage of such occasions to bring them information about Natural Hygiene.

.Eleanor Switzer of Yellow Springs, Ohio, is planning introductory or organizing meetings for people interested in a possible Natural Hygiene chapter in her area.

.William Blecha of St. Louis wrote us about a envelope with a message picked up in his church and thought a similar message might be valuable to Natural Hygiene. He suggested we run "a sentence or two in every membership publication" reminding people to include the Society in their last will and testament and tell them our legal title: *The American Natural Hygiene Society*.

.Florence Kaplan, Cincinnati chapter president, has been made an Honorary Member of the Australian Natural Hygiene Society, because "over the years, Florence has been in touch with us concerning her activities and she has proved an inspiration", said Mrs. F. M. Cockburn, head of the group. "Some of her ideas have been adopted by our Committee and in appreciation the above honour was granted."

.In her work with the Los Angeles chapter, Sophie Holzgreen is always on the alert to tie in Natural Hygiene to current events in the health field. Recently in cleaning out some of her papers she came across notes she wrote for a chapter program years ago when heart transplants were exciting the interest of the world. The notes referred to a meeting she had attended which featured Hans Selye, M.D., noted for his work on stress induced disease. Although against heart transplants, Selye indicated he approved a drug under experiment which he hoped could be used in preventing heart attacks. "I didn't consider the evening a complete loss, however", said Sophie, because she handed Selye copies of *Fasting Can Save Your Life* and *Health for the Millions*, by Dr. Shelton, "with the hope that he would read them and get some insight into solving the heart disease problem through Natural Hygiene."

.Life Member David Stry, director of the Villa Vegetariana Spa in Mexico, has issued a press release giving this good

financial tip for young people: "Invest the money you save by not smoking....it has been calculated that the savings on only one pack of cigarets daily invested at 8% compounded over a period of forty years would amount to \$56,000, and that's only a pack a day; add to this the savings in cough medicine, medical bills and possible cancer of the lungs and you've got something to think about", wrote Dave.

In another press release, Dave mentioned that Latin America is getting some real exposure to Natural Hygiene and the principles of natural healing. Dr. Carlos Rosendo Arguello, who is supervising fasting at his resort, is currently on a Mexican television station every Sun. Eve. in prime time, with

a viewing audience of over 15 million in a program entitled *This is your Health*. Dr. Arguello is bi-lingual and has had more than 40 years experience in his field, has practiced and lectured throughout South America and many European countries and has written 12 books and countless magazine articles.

.Mary Horn of suburban Chicago is promoting the use of sprouts as an alternative to the devitalizing snacks which are so prevalent in schools. At every opportunity she participates in programs to demonstrate the easy way of growing this natural food.

.A vote of thanks is due Frederick Chaffee of Mass. in arranging for our office to get a copy of the new book *Fluoridation and Truth Decay* through the Mass. Citizens Rights Association. We had not been aware of this latest publication on the poisoned water issue, authored by Philip E. Zanfagna, M.D., allergist and former drug researcher.

.Fred Miller, DDS of Altoona, Pa., who was one of the first in his profession to advocate good nutrition as insurance against tooth decay, died on August 11 at the age of 87. He was first attracted to Natural Hygiene after reading *You Don't Have to Be Sick*, by Jack Trop, and ordered copies for friends. His book *Open Door to Health* is a living memorial to his work.

.Fred Gasser of Youngstown, Ohio, tells us about the following gem in the Health Capsules column of Dr. Michael A. Petti in the Youngstown Vindicator: A reader asked if ripe bananas are hard to digest. The reply: The only way they would be hard to digest is by forgetting to peel them.

.Don Crichton of the Montreal chapter, has conceived the idea of a series of Natural Hygiene lessons for youth in their own language and says, "I visualize it as being the forerunner of a ground swell of acceptance and application of the principles of Natural Hygiene which could grow and spread with youthful conviction as the years go by."

.Responding to the item in the Hygienews about members in tropical far flung U.S. outposts, Robert Boom of Hawaii has indicated he wants to establish contact with such members because "I feel we are in an ideal climate for Hygienic living and can draw much worthwhile attention to the NH movement through organized effort."

.Joan Hanna Butterfield, former Vice President of the Washington chapter, went through natural childbirth at the considered advanced age of 42 and writes us: "My advice to women who plan to be mothers is to have their babies while they are young. Before 35 is the ticket." Joan says: "Throughout the pregnancy I continued my nearly daily exercises in addition to the prenatals and I swam almost every day. The day before he was born I had swum twice." She was told she had "performed best of any woman over 35" that the attending O.B. has encountered.

.Joan isn't letting a new baby interfere with her activities on behalf of abolishing smoking in public places, such as planes, buses, restaurants, public buildings, classroom of colleges and universities (smoke dens).

.On Oct. 20, Dr. Jack Goldstein was invited to speak before the semi annual meeting of the Michigan Chiropractic Council, a two day educational conference that the chiropractors must attend for license renewal. The entire day was given to Dr. Goldstein, from 9 AM to 4 PM, in which all phases of Natural Hygiene were taught, as well as dangers of food additives, dangers of fad diets, drugs versus natural healing, rearing of infants and children, etc. The Council went so far as to order a special "natural food" luncheon (all vegetarian) in honor of Dr. Goldstein. Natural Hygiene books were sold in excess of \$100.



SEASON'S
GREETINGS



CHAPTER ACTIVITIES

LOS ANGELES (Cal)—Oct. 6: A postponed meeting from August due to a bus strike which still had not been settled as the month drew near, was finally held and got a good turnout. Members gave highlights, impressions and pictures of the 1974 Convention. A taped panel discussion by Hygienic practitioners about some of their interesting cases was also featured.

Reported Pres. Sophie Holzgreen: "We honored two of our senior hygienists over 80, Aaron Rogat and Ella Gross, by giving them life membership cards. Later I spoke of a study-discussion group and dinner meeting we are planning at a new restaurant in Hollywood Oct. 27. Book sales were very good. New members joined. Was pleased to have Tosca Mariani as a special visitor."

Twenty five attended the new series of classes. Nick Vasquez, chairman, gave a preview of what is to be covered and distributed copies of the *Educator* and articles from Dr. Shelton's Hygienic Review for advance reading for the next class. General discussion followed. Two classes monthly are to be held.

CONNECTICUT—Meetings were resumed the third Sunday of the month with a taped lecture by Dr. Vetrano taken at the 1974 convention.

Pres. Josephine Willard started a series of seven lectures on Natural Hygiene Sept. 24, which have been bringing increasing participation. A second series will start January 14.

Oct. 20: Betty Mollo, Lloyd Willard and Elizabeth Mihok gave reports on the convention, followed by a taped lecture of Dr. William Ellis on "The Dangers in our Water Supply" and "How the drinking of milk affects us in adults".

Mrs. Willard told of her various speaking engagements which included invitations to the local Lions Club as well as heading a state wide conference on health, where she led a workshop on "Nutrition".

Future Meetings: Tuesday, January 14, 7:45 PM, St. Patrick's Church Community Hall, North Avenue, Bridgeport, Conn.

WASHINGTON, D.C.—Sept. 25: A joint meeting with the Washington Humanist Association, featured President Jack Goldman as panelist on "Humanism and nutrition". The program was designed as an "eatin meetin"; also a fun and learning session. People brought what they considered good nutrition. Food was arranged on the edge of the stage to

simulate a cafeteria line. Each panelist gave a twelve minute talk on nutrition. Goldman startled the other two panelists (who believe plenty of meat, eggs and milk are good), by giving some hard hitting facts about food myths.

Oct. 27: A joint meeting with the Washington Vegetarian Society was held with Jay Dinshah as the featured speaker.

FT. LAUDERDALE (Fla)—Oct. 23: "Breathing for Health" was the topic of Dr. Maurice Weiss.

GREATER MIAMI (Fla)—Sept. 29: After a three month vacation, a new season started with a lecture by R. J. Cheatham on "How to live a long a healthful life". A social followed.

Oct. 20: "Three Square Meals Can Kill You", was the provocative title of a talk by Jack Dunn Trop, author of *You Don't Have to be Sick* and *A Gift of Love*. He autographed copies of the books. "He really demonstrates the abundant health that can be achieved by those who live the simple life and obey nature's laws", said the chapter report on the meeting.

MIAMI BEACH (Fla)—Oct. 14: Foot care was the topic of Dr. Simon Wikler. Volunteers had their feet examined and were told why they had foot problems or why they had poor stance, bad arches, etc. Mack Helfman gave a 15 minute talk on Natural Hygiene.

A Thanksgiving Dinner was planned for Nov. 24, with a luscious salad, avocado, lentils and a take home gift of fruits and nuts.

Weekly study classes, Weds. 3:30-4:30 conducted by Ruth Schoenfeld; Ida Fisher Community School, Rm. 121, Pennsylvania Ave. entrance nr. 14th St. For information: 538-4497.

PASCO COUNTY (Fla)—Sept. 9 at New Port Richey: Hannah Allen, treasurer and program chairman, discussed the NH book she is planning to publish. A tape recording was played of the case history of Dr. Jack Goldstein's six week fast for ulcerative colitis. The question period was so extensive it had to be terminated by Pres. Louis Allen.

Reported Mrs. Allen: "Special acknowledgement should be made of the dedicated efforts of Tina and Joe Schalla. Tina has also assumed the duties of corresponding secretary because that newly elected officer finds it impossible to fulfill that function at present. Tina has also recruited several members and continues to zealously spread the word. Joe is one of our vice presidents and is

also doing a great job as publicity chairman, resulting in several new faces at the meeting. The Schallas came to the meeting early with a careful of members and helped to set up the chairs, book table, etc. One of the new couples who attended called the next evening to say they had been fasting since the meeting (36 hours) and needed instruction for breaking their fast the next morning. They were enthusiastic and grateful for what they had learned and wanted to experiment with one a day a week fasting for weight loss. They bought the food combining book and are just beginning to get an idea of what NH is all about."

Oct. 14: "The Truth about Protein" was the topic of the chapter's best attended meeting to date. Said Mrs. Allen, "Many people asked for the protein lecture in print and we told them we hoped to have it in booklet form as soon as possible. The subject of our next meeting will be "Diagnosis, Cancer!"

SOUTHWEST (Fla)—Oct. 26 at Port Charlotte: R. J. Cheatham of Bonita Springs, Shangri La, talked on "How to Live a Long and Healthy Life" at the first meeting of the season. The chapter had this excellent piece of advertising for people new to Natural Hygiene: "Start at this meeting to eliminate your bad health habits and by the end of the season you may be able to say 'goodbye' to disease." A listing of local sources for organically grown produce was given on their meeting bulletin.

CHICAGO (Ill)—Sept. 15 and 29: Pres. Jean Lazar reviewed the 1974 Convention; radiation hazards was highlighted, based on a class by Dr. Vetrano; the importance of light to good health was another topic.

Oct. 27: The physiological facts about weight reduction was presented by Ronald Dunn, ANHS member who is presently training to become a practitioner. He analyzed the various reducing diets currently publicized, comparing their detrimental effects, as against the safe way through fasting.

Weekly study classes each Tuesday were started Nov. 5. The text is Vol. I of the Hygienic System.

Nov. 10: "Revitalization through Physiological Efficiency", was the topic of John Persona, physical culturist of Milwaukee.

DETROIT (Mich)—Oct. 6: Two hundred people made reservations for the chapter's annual free vegetarian dinner

for members. Over fifty people became new members. Children, teens and non member guests were not included this year.

Reported Corinne Goldstein, president: "This is always a delightful evening which affords the opportunity to see the beautiful display and variety of satisfying and nutritious foods one can obtain without the use of meat. As usual, the food is outstandingly delicious, with an abundance of raw salads, sprouts and several tasty cooked main dishes. After dinner we discussed daily proper nutrition, held our yearly election of officers and showed colored slides taken at the 1974 Convention. I would like to please thank the following who worked very hard preparing for the beautiful dinner: *Lester and Louise Friedman, Charles and Kayla Dworin, Roslyn Cohen, Marge Goldstein, Dr. Jack Goldstein, Marlyn Meyers, Sarah Levine, Sophie Dorb.*

Nov. 2: Dr. Jack Goldstein spoke on "My Six Week Fast" accompanied by color slides. This talk is given each year to stimulate and motivate new people. One hundred attended, of which 45 were new. Librarian Charles Dworin reported book sales of \$125.

ST. LOUIS (Mo)—A panel of local members each spoke for five minutes. Helen Buss, mother of six naturally born, natural growing children and organic gardener, talked on child raising; Marjorie Chadwick, a newcomer to Natural Hygiene, with a pre-med background, talked on fasting at Bonita Springs; Jim Dyer, a board member, discussed food addiction; Angelo Russo, who sells organically grown foods, told about natural foods. After a question period, a supper of such foods was served "crunchy and uncooked, unspoiled by heat or condiments".

Nov. 3: A taped recording by Dr. Shelton, "The Common Cause of Disease", explained the principle cause of illness — the toxic state of the body.

NEW JERSEY—Sept. 19: The first meeting of the season featured chapter president T. C. Fry with a talk and question period on "Diet Principles to Follow that do not cause upset stomach, heartburn, intestinal gas, acid indigestion and other digestive malfunctions".

Oct. 17: The role of emotions in causing disease and sustaining health, and how to control emotions in today's stressful world, was discussed by Irving Davidson, ANHS president, attorney, NY school educator, and humorist.

Refreshments were served after each program.

NEW YORK CITY—Oct. 13: T. C. Fry lectured on "Cooking—curse of mankind" to an audience of almost 200. He revealed that heat causes adulteration, rendering foods worthless and deficient in nutrition—that dead foods make dead people, that "he who plays with fire gets burned", that bacteria have a Roman holiday with cooked foods, that obesity and cancer may be traceable to cooked foods. A spirited question period followed.

Nov. 17: Chapter president Irving Davidson discussed "Healthy Peoples of the World", based on facts and data from international research.

Future meetings: Dec. 15—Alice Holtman "From Sickness to Health"; Jan. 19—Jay Dinshah, "Surviving in a Polluted Environment"; other meetings are Mar. 16, Apr. 20, May 18, June 15. MCBurney YMCA, 215 W. 23rd St., Rm. 202.

CINCINNATI (Ohio)—Oct. 8: Pres. Florence Kaplan reported, "We celebrated NH Month with a favorite consistent convention speaker, Ruth Huberman of natural hygiene fame. The instantaneous applause that was given Mrs. Max Huberman many times during her lecture gave proof of the impact of her message that Natural Hygiene can actually work for everyone in the family. Tape recorders were in abundance and people were taking notes. She put her heart into the wisdom she spoke, which she has been practicing, preaching and teaching for the past 23 years in her own family and in the contacts with her family's business. Ruth implored that we put our hearts in Natural Hygiene, support our chapter, and the national Society and their endeavors. She gave example after example of how to cope with obstacles in living and following natural hygiene principles, and the rewards of our allegiance to natural hygiene: health and happiness.

"A question and answer period followed. Ruth's careful and detailed answers to the many questions brought enlightenment and understanding to all present. After the applause died down, President Kaplan said, 'After hearing Mrs. Huberman's testimonials and the courage to follow through with her convictions, we can appreciate her as a hygienist of valor!'

"For the first time in the history of the Cincinnati chapter of Natural Food Associates, their program committee asked one of their regular attendees and ours, Christine Panos, to give a report at their Sept. 19 meeting of ANHS 1974 convention. She is a practicing lawyer. We went to listen to her report and she really gave us a good publicity plug."

MONTREAL (Canada)—The first organizing meeting was held in the home of Saul and Rose Gordon Aug. 13. Various duties were allocated and plans discussed for the first public meeting Sept. 19 at Snowdon Campus, Vanier College. After one more planning session this new chapter was in readiness for their first program.

President Larry Newton gave greetings in French and English. Interim officers were introduced. The purpose, aims and brief outline of the ANHS Eastern Canada region were presented by chairman Saul Gordon. Membership chairman Colin Howie gave a book review of *Health for the Millions* and invited memberships. Executive members of the committee, Don Crichton and Pierre Desrochers, talked about "Natural Hygiene in practice". Pierre gave a remarkable case history of his recovery from semi-paralysis through fasting, which was discussed by Dr. Vetrano at the 1974 Convention.

Don commented: "Whatever laboratory evidence or whatever may pass as scientific proof of most of the basic tenets of Natural Hygiene are largely derived from the labs of the most respected universities and medical institutions throughout the world; therefore no embarrassment need to be entertained by anyone here that they may be listening to some form of occult, quackery or voodoo form of healing. This vital lore is all but totally ignored by the controlling healing professions. Before me are the curriculums leading to medical degrees at Toronto, Queens and McGill Universities. The words 'health' (except in the non specific use of the term), nutrition, rest, exercise, are scarcely to be found in any of these three catalogs; practically the whole program is taken up with diagnosis of various illnesses, treatment with drug application, surgery, x-ray, etc.; natural hygienists have a job to do . . . to educate the youth in words and pictures that children will understand . . . if we have done our job properly when university entrance age arrives, I predict major changes in the medical courses, since the students themselves will reject the standard teachings."

A question period followed. Willa O'Connor talked about books for sale.

Oct. 10: Professor Jean Rocan discussed toxemia, with slide demonstrations.

Monthly meetings until May 1975.
For information: 365-7291.

NATURAL HYGIENE CLUBS

A club is composed of three or more ANHS members residing in close proximity, working for a given Hygienic activity, and is headed by a leader.

Hudson Valley (NY)—Oct. 6: A third session was held at the home of Dr. and Mrs. Gross. Nineteen were present, with a preponderance of young people. One concerned young mother drove a distance of fifty miles. Dr. Gross outlined the basic principles of natural hygiene, with an emphasis on fasting and nutrition. Following a question period and discussion, apples and pecans were served.

Oct. 26: Meeting at the Starr Library in Rhinebeck, N. Y., forty five heard guest speaker Dr. Jack Goldstein of Detroit give a talk and slide presentation on his six weeks' fast. At intermission, books were sold and apples served. "The response to this first public presentation of Natural Hygiene in the area was very enthusiastic", reported Mrs. Gross.

S. F. Bay Area—Robert Jacobs is club leader of this group which was formerly a chapter.

Oct. 20 at Homestead Savings and Loan: Discussion of transitional problems; i.e. what difficulties do we encounter when we try to eliminate harmful habits; how can we overcome both external and internal obstacles and achieve our goals.

Plans are to meet regularly on the 3rd Sunday of each month for study, discussion and mutual support. Goal is to deepen their own understanding of the laws of human health.

This only natural hygiene group in northern California appealed for funds on the basis of "deserving a small fraction of the money that supports the drug companies, doctors, and various disease societies".

Jacobs is leading a group in vegetarian discussion at the Community at S.F. State University Thursdays at 7 PM in Room HLL 266. No fees, no credit. All are welcome.

For information: Robert Jacobs, 239 Vienna, S. F. 94112, Phone 585-6737.

FLORIDA CHAPTERS IN ARCADIA WEEKEND

For the second year, the Orange Grove health ranch at Arcadia was the site of a weekend of activity Oct. 4-6 for all chapters in Florida.

Maurice Weiss and Edwin Flatto gave lectures; Hannah Allen read from her booklet on cancer, telling about the

various stages which lead to the disease.

Plans were discussed for a seminar on the Florida east coast in January. Officers' elections for the region were held: Peter Reuter, president and secy-treasurer; Irving Schoenfeld, vice president of east coast chapters; Joe Schala, vice president of west coast chapters. Each chapter pays dues to the Region; part of the treasury is to be used to print the booklet on cancer and orders were taken.

Ruth Schoenfeld reports: "Reuter discussed legislative bills before the Senate that could affect us. One is freedom of religion, including health freedom. Another is authorization of the Board of Education to have a nutrition program in our schools to improve the health of our children and youth; grants will be available to teachers who train them. Our drugless therapy would indeed be appropos. There are bills affecting boarding and day schools and nursing homes; our hygienic institutes come into this category.

"To close the meeting Reuter read a testimonial by Joy Gross telling of her struggle with psoriasis, and her triumph through natural hygiene."

CANADIAN NH SOCIETY (Non affiliated with ANHS)

Joseph Aaron of Toronto reports:

"Dr. Jack Goldstein of Detroit spoke on radio station CHIC, Brompton, Ontario. Instead of the usual two hour period for questions and answers, the doctor was requested to be on the program for three hours (9am to noon). The lines were busy steadily for the whole period of time. Following that he appeared at 2:30 PM on CFTR radio for a pre-taping (40 min.) interview. The television station connected with this radio station were so pleased that they contacted our president with the request that he and Donna Appleby appear for a TV interview. (Dr. Goldstein had already left for Detroit). As a result of these appearances 175 people wrote for more information on natural hygiene.

"A lecture provided by Dr. Goldstein to our organization was attended by 230 in one of our high schools.

"Since our inception in June, we have 100 members.

"On Sept. 29 we had a meeting of the membership at my home for the purpose of gathering ideas and delegating assignments for our next lecture. On Oct. 30 a panel of knowledgeable members each gave a short discourse on some aspect of natural hygiene. A question

period and a weight lifting demonstration followed."

ANHS OBSERVER

News commentary from the Hygienic viewpoint

When a reader of the Chicago Daily News asked if pumpkin was a fruit or vegetable, the answer showed how newspapers cater to popular thinking rather than to the truth. Said the News: "The popular way of categorizing foods that come from plants is to consider as vegetables those that are generally eaten with the main part of the meal, and as fruits those eaten as desserts or snacks. (Or do you know people who eat pumpkin pie along with their meat and potatoes)." The reply could have said that pumpkin is a member of the squash family which are eaten as vegetables, and would thus have given a lot of uninformed people some valuable information, instead of making reference to the perversion known as pumpkin pie.

* * * *

Edmund Jacobson, M.D., of Chicago, at 86 is a prime example of the healthful benefits of keeping free of tension, a field in which he has pioneered.

"He can probably thank his ancestors for his sturdy constitution, but it is his own discoveries that have kept his mind and body supple enough to keep him working at an age when most men are long past all hope or caring", reported the Chicago Sun-Times Oct. 28.

Each day Jacobson reports for work at 8:30 and then spends six hours treating his patients in a medically unorthodox way—he teaches them to relax in order to reduce, diminish and finally eliminate the destructive tension on the 1030 voluntary muscles that make up half the weight of the human body. He is the author of *You Must Relax*, a classic written over 50 years ago, detailing his method of progressive relaxation for nervous tension, which he believes causes more deaths than malignancy (colitis, stomach ulcers, coronary artery disease, hypertension).

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A good lesson in the mental aspect of physiology was given by Sydney Harris Nov. 5 in his column *Feeding the Mind to Keep it Fit*. He wrote: "Ideas need to be chewed deliberately and well digested, not indiscriminately swallowed or taken only if they taste good (that is, conform to our prior prejudices) at first bite. If it is true that 'you are what you eat', it is

equally true that you become what you think. Feeding the mind may be the most neglected area of public health, in its broadest social aspect."

How well this would apply to those who close their minds to the truths of natural hygiene and prefer to remain wedded to misconceptions and flagrant error on health and disease.

Another pungent comment made by Harris: "While we can generally do little about our physical appearance beyond some cosmetic repair, we can do a great deal about our mental appearance with a fraction of the cost and effort we devote to the billion dollar industry of beautification."

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That the economy is more important than health is evidenced by the example of the interest in the high cost of sugar (a poison). The 300 per cent price increase has aroused dire threats of investigation, and made it the subject of newspaper editorials and commentaries by news writers. On the other hand, such health hazards as fluoridation, pesticides and the chemical infiltration of the food supply (which are so profitable) never aroused any comparable intensity of interest.

* * * *

Sylvia Vaughn Thompson, author of a gastronomy cookbook, has a love of cooking that has communicated itself to her four children. A look at their cooking specialties would show that gastronomy and healthful food have no relationship. David, 17, leans toward barbecuing, Benjamin, 15, to birthday cakes; Dinah, 13, to spaghetti, and Amanda, 12, to baking, especially cookies. The father takes pride that he "can fry eggs without breaking them." (Woman's Day 11/74).

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Fact, not fiction, we are told, is the substance of a new TV health series for adults starting Nov. 20 on public broadcasting stations. The emphasis is supposedly on self help and prevention because the producers believe that "today, when doctors have less time to give the individual patient and the costs of curing illness are escalating, people must take more responsibility for their own wellbeing." This premise sounds good but from the natural hygiene point of view, there is nothing much to be learned if the previews are any criterion of what is to come. Segments cover the danger of smoking in bed, (not because it's unhealthful, but because it could cause fatal burns) and a demonstration of self examination for breast lumps (instead of information on a way to prevent the lumps from occurring).

* * * *

Fasting and Hygienic living, which have proven highly effective in reducing high blood pressure without any side effects, are totally ignored by the medical profession. Their method of dealing with the disease is outlined in a booklet, "You Can Help Your Doctor Treat Your High Blood Pressure", which does not forbid alcohol, among other things, and tells about the most popular drug treatments and their side effects, holding out the promise that if such treatments are continued they will have "a long, healthy normal life". Since drugging does not remove the cause but instead puts more poisons into the body, this is a false promise, indeed.

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"We worked 20 and 22 hours a day for months and months, for maybe a couple of years", said Sherwood Johnson, who with a friend established a chain known as Shakey's Pizza Parlors and became multimillionaires. But they found they could not violate the need for rest without Nature extracting her punishment. "I'm tired, I'm old. I'm 48 but I could pass for 58", laments Johnson. "We were healthy the day we went into this but now both of us have coronary problems".

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A healthy teething aid for conventionally raised children was reported by a mother who used raw carrots sliced in three inch pieces. "It gives a baby cooling relief for his gums and a tasty, nutritious treat, too." (Woman's Day 10/74).

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Syndicated columnist Frederick Stare, M.D., who advocates all the hot dogs, cereal, potato chips, hamburgers, you want as long as you keep your diet varied", offered this deleterious "timetable for infants" Sept. 29: "A standard vitamin supplement containing fluoride" for the first month whether or not the baby is breast fed; cooked, strained meats for the 5th month, and "after the sixth month most anything goes".

Commented one of our correspondents: ".....(this is) the type of misinformation so widely agreed upon that it's unsafe to talk to most other mothers or to leave my breast fed, vegetarian two and a half year old to anyone's care but my own."

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Stanley Garn, professor of nutrition at the University of Michigan Center for Human Growth and Development, maintains that fat babies are healthier than skinny babies, supposedly based on 25 years of studying trends in "nutrition,

health and obesity". (Nat'l. Enquirer 10/12/74). Six hundred people were studied from birth to adulthood to determine the relationship between fatness and health.

Another medical doctor who was a child care expert completely disproves Garn's contention. Said Dr. Charles Page, a pioneer of Natural Hygiene: "The excessive fat so generally regarded as a sign of a healthy babe, is as truly a state of actual disease as when it occurs at an adult age. Not only are the muscles enveloped with fat, they are mixed with it throughout and so are the vital organs — the kidneys, liver, heart, etc."

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For parishioners at one church in Chicago, worship service is proving to have some healthful physical benefits. Instead of the usual routine of kneeling and standing, response is done through dance movements (*Chicago Daily News*, 10/10) The nuns who helped develop this new concept "did not recommend springing this cold on regular Sunday congregations (because) the art of Isadora Duncan is not easily adopted by worshippers used to words and not much else."

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Miss America of 1975 is an "all around, all American girl", who characterizes herself in this way: "I'm cheeseburgers and French fries with lots of ketchup". (*Family Weekly* 11/3/74) Based on this description of what is considered "all around, all American", we're afraid a Hygienist would never qualify for the pageant.

* * * *

Collin Dong, a Chinese American physician, who is a graduate of Stanford University Medical School, would have people believe that arthritis can be overcome on a diet which includes such unwholesome items as bread, coffee, tea, salt, flour, sugar, margarine; excludes fruit, and occasionally permits noodles, spaghetti and a small drink of bourbon. Dong has put it all in "The Arthritic's Cookbook", which is based on the observations of his own case history of agonizing arthritis at age 35. The foods he advocates are so acid forming and so incompatible with maintaining healthy body functioning that the diet will cause other problems to come up later with the ensuing years.

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The King's Village nightclub of Dallas, Tex. is proof that this kind of business can exist without dispensing liquor. One specialty of the house is a combination of fruit juices. (*Tattler* 11/10/74)

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It was good news to Illinois Hygienists to know that more than 300 people got so sick of inhaling lungs full of somebody's else's cigaret smoke that they asked the Illinois Pollution Control Board to adopt a "non-smoker's bill of rights". (*Chicago Daily News* 10/24/74) The proposal was drafted by a volunteer group of lawyers, not because they were particularly health minded, but because the situation was such a clear violation of human rights. The group called the Environmental Lawyers Clinic say that non-smokers are in the majority in this country.

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The host of a two hour radio talk show in Lynnwood, Washington, a Seattle suburb, has asked to be put on our review list of current and forthcoming publications. This is an offer we have not yet had from anyone in radio with that extensive coverage.

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A publisher informed us that they were "assembling a source book on Natural Medicine which will include an annotated bibliography, list of schools, health spas, therapy centers, doctors and natural healers" and in order for them to include our data in such a book, they wanted "a list of books published dealing specifically with acupuncture, homeopathy, naturopathy, osteopathy, chiropractic, herbalism, spritual healing, massage, Reichen therapy, iridology, food therapy and other natural healing methods."

The publisher certainly had no idea what Natural Hygiene was all about for none of the subjects they cover are part of the self healing process of the body, which is the basis of Natural Hygiene.

Natural medicine is a misnomer, for nature does not make medicines, which are substances that suppress symptoms.

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Hygienists must be in the front ranks of those helping in the fight against inflation, if the words of President Ford are to be taken literally. In a meeting of the Future Farmers of America Oct. 15, he said, "Guard your health, this will materially strengthen our attack on inflation."

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The Hygienic position that all harmful acts against the body are the fault of the individual rather than because of some inherent disease, was substantiated by a medical doctor who attended a smoke clouded psychiatric symposium on alcoholism and anti-social behavior. He asked the smoking psychiatrists if "nicotinism (is) not also a mental disease and whether filling a room with tobacco smoke might not be viewed as an

anti-social act by those who don't smoke. (*Journal of the American Medical Association* 9/2/74, pg. 1326)

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Two "experts" in weight control have called for a revival of ten day to two week fasting in a hospital as an effective method of curbing obesity. (*Chgo. Daily News* 10/11/74) Medical doctors Albert J. Stunkard of Stanford University and John Rush of the University of Pennsylvania stated in a report published by the American Society of Internal Medicine: "Unlike low caloric diets, in which patients are hungry and haunted by the thought of food, obese persons who fast report a marked decrease in hunger in two or three days", which is the Natural Hygiene viewpoint.

* * * *

Senator Kennedy made a good point in the Senate Hearings Aug. 14 and 22 on whether the FDA should have the right to regulate the retail sale of vitamin supplements beyond a certain potency, when he said: "At issue is not only the important question of the responsibility of the federal government to safeguard the safety of marketed foods, but also the responsibility to assure that vitamins, minerals and food additives are not marketed in such a way as to lead the consumer to expect benefits for which no evidence exists....(that the FDA) must make certain that Americans are not led to believe that dietary products are therapeutic or in some other ways beneficial, when in fact they may be worthless."

* * * *

No one can realistically deny that people can eat meat, cereals, and other foods not considered fit for human beings and still live to advanced ages. But these facts do not prove that such foods are desirable. It proves, instead, that good heredity is a very important factor in longevity. A good case in point comes from a news item about a man who celebrated his 109th birthday, and attributed part of the reason to the fact that he drinks a glass of gin twice daily. (*Chicago Daily News* Oct. 11). The man's father lived to be 115!

* * * *

Over the years we have had criticism about the name of Natural Hygiene because it does not convey the correct idea of what we are all about. The latest critic sent us a wrapper from a sanitary napkin, which states it is for "personal hygiene", and says that in the public mind hygiene has to do with feminine hygiene. "Too bad our organization doesn't have a more catchy name", says our correspondent.

Our critic is in error about the

feminine hygiene connection, for there are people who know nothing about sanitary napkins. What the word does convey is cleanliness; most people have heard it used with "mental", "dental", "social". As for a catchy title, we can think of such presently popular and ungainly words as condominium, vegetarianism, hypoglycemia, muscular dystrophy.

* * * *

Gary Null is an enterprising young man who churns out health books prodigiously by keeping his ear close to the ground for whatever subject on health is popular at a given time. Thus he has written books on food combining, (using material from the book by Dr. Shelton), on protein for vegetarians, and on biofeedback, fasting and meditation.

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Since the word "quack" has been the term thrown at any approach to health that is opposite to that of the medical profession, it was rather refreshing to hear Dr. Robert Mendelsohn, Associate Professor of Community Health in the Dept. of Preventive Medicine at the University of Illinois make the comment: "Maybe we ought to pay attention to anyone who is labelled a quack", when it was pointed out that some better health ideas have come from the so-called quacks rather than from the medical profession. (*WGN radio, Ext. 720, 9/4/74*)

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LEGAL DEFENSE FUND

From time to time legal difficulties arise with our NH practitioners in the pursuance of their profession because they cannot operate under the protective cloak that the medical profession has available to it.

Dr. Burton of Australia is presently involved in such a matter and some of our practitioners in this country have been having problems which need financial assistance.

We will also need assistance for legal fees in future ANHS plans to gain recognition for Natural Hygiene as a health care program. We must build up financial reserves. A Legal Defense Fund was set up at the 1974 convention for this purpose. Please contribute generously. A contribution form is on the back page which includes this Fund.

NATURAL HYGIENE BOOK LIST AND ORDER FORM

- | | |
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| <p>☐ FASTING FOR RENEWAL OF LIFE \$2.25
(1974) Herbert M. Shelton. 320 pages. Paperback. Everything you need to know about how fasting improves health.</p> <p>☐ TOXEMIA—The Basic Cause of All Disease \$1.50
(reprinted 1974) John H. Tilden, M.D. 125 pages. Paperback. An eminent medical doctor tells how to get well and stay well the drugless way.</p> <p>☐ PROGRAM FOR DYNAMIC HEALTH \$1.00
(1974) Compiled by T. C. Fry. 125 pages. The do-it-yourself way to top fitness in harmony with nature.</p> <p>☐ DICTIONARY OF MAN'S FOODS \$2.25
(1972) William L. Esser. 179 pages. Paperback. Descriptive alphabetical guide to fruits and vegetables and how to combine each for good digestion; tables of food composition and their nutritional values; seed sprouting instructions; food combining chart; listing of food classifications; suggested menus for every day of the week. Separate chapters on fruits, vegetables, nuts, conservative cooking, the kitchen on a budget, best methods of storing. Special color section shows varieties of breakfasts, lunches and dinners.</p> <p>☐ THE GREATEST HEALTH DISCOVERY \$1.75
(1972) Natural Hygiene and Its Evolution, Past, Present, Future. From the works of Sylvester Graham, Dr. R. T. Trall, Herbert M. Shelton and others. 241 pages. Paperback. The health care revolution which started in 19th century America and solved the problem of disease and premature death. Contains portraits of the pioneers who were mostly medical practitioners; 18 picture pages of the Hygienic way of life through the medium of a traditional Natural Hygiene convention. Presents a practical plan for bringing health unlimited on a community level.</p> <p>☐ EXERCISE! \$1.95
(1971) H. M. Shelton. 378 pages. Paperback. The history and role of formal exercise in maintaining good body functioning; how exercise aids in existing impairments by correcting weakened structural faults and muscles; profuse illustrations show how the exercises are done. Reprinted from Volume 4 of The Hygienic System.</p> <p>☐ HYGIENIC CARE OF CHILDREN \$1.95
(1970) H. M. Shelton. Over 400 pages. Paperback. The parents' comprehensive guide to rearing healthy children and insuring a healthful pregnancy. Gives facts about inoculations and their harmful effects.</p> <p>☐ NATURAL HYGIENE: Man's Pristine Way of Life \$6.50
(1968) H. M. Shelton. 638 pages. A complete book on the requirements of the body for recovering and maintaining health. Historical background of the hygienic movement.</p> <p>☐ HEALTH FOR THE MILLIONS \$1.45
(1968) H. M. Shelton. 320 pages. Paperback. 41 chapters on how the body functions, what it needs and what is harmful to it. Presenting Natural Hygiene in a nutshell!</p> <p>☐ YOU DON'T HAVE TO BE SICK \$1.45
(1967) Jack Dunn Trop. 231 pages. Paperback. Gives a step by step routine for putting a healthful living program into effect. Sample menus and party foods.</p> <p>☐ INTRODUCTION TO NATURAL HYGIENE \$1.75
H. M. Shelton. 92 pages. Soft covers. Basic reading for understanding the principles underlying the Natural Hygiene system of health maintenance and recovery.</p> <p>☐ THE HYGIENIC SYSTEM, Vol I \$5.00
(reprint, revised 1972, soft cover) H. M. Shelton. The laws governing human life; care of the organs of the body; introduction gives brief historical background of the Hygienic Movement.</p> <p>☐ THE HYGIENIC SYSTEM, Vol. II \$5.50
H. M. Shelton. 591 pages. A complete guide on correct food and feeding from infancy on.</p> <p>☐ THE HYGIENIC SYSTEM, Vol. III \$5.50
H. M. Shelton. 541 pages. The most comprehensive and authoritative book on fasting. One chapter on sunbathing and its role in wellbeing.</p> | <p>☐ FASTING CAN SAVE YOUR LIFE \$1.45
(1964) H. M. Shelton. 191 pages. Part 1: Fasting and weight loss. Part 2: How fasting can help keep you well. Paperback.</p> <p>☐ HUMAN BEAUTY: ITS CULTURE & HYGIENE \$10.00
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