ANHS Collection

Natural HYGIENEWS

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.

MEMBERSHIP PUBLICATION OF THE AMERICAN NATURAL HYGIENE SOCIETY, INC

Volume 16 No. 1 SEPT. 1976

ANHS Collection

BULLETIN

***NEW PRACTITIONER IN SOUTHERN CALIFORNIA**

Ralph Cinque, who interned at Dr. Shelton's Health School, tells us, "I would be very grateful for any referrals you could send my way". Business phone: 213/789-8279. Home phone: 213/348-7123. Dr. Cinque is at Encino.

***FLORIDA CHAPTERS TO HOLD WEEKEND RETREAT OCT. 15, 16 and 17**

Speakers, exercise class, group singing, hygienic food (organic if seasonal in Florida); meet new friends, renew friendships. Non residents touring area most welcome. Contact your chapter president or Pete Reuter, 1950 Sandra Drive, Clearwater 33516

***HYGIENIC SPOTLIGHT ON SAN DIEGO, CALIFORNIA**

*New chapter under consideration. *City gives ANHS two new Life Members: Mordikay Hellman and Doris Asher. Each paid their $1,000 within a year.

***NHP BOOK DEBUTS ON MEDICAL DRUG DANGERS**

Dr. Keki Sidhwa indicts "over the counter" as well as prescribed drugs in *Medical Drugs on Trial? Verdict Guilty!* $2.50 postpaid from Natural Hygiene Press.

***DR. BURTON GIVES POST CONVENTION TALKS**

The Australian practitioner spoke to the Chicago chapter and to students and faculty of chiropractic colleges in Chicago and Davenport, Iowa.

***SWINE FLU SHOT NOT COMPULSORY**

Inoculation will be given only to those who wish to have it.

***RADIO PUBLICITY ON NATURAL HYGIENE**

In Milwaukee, Wisconsin, Dr. Jack Goldstein, ANHS President and Dr. Bernard Sharp, local chapter president (both podiatrists), gave pre-convention radio talks which were subsequently replayed. Continuing correspondence from listeners has resulted. A radio talk show host in Mississippi heard from his counterpart in Milwaukee that the interview was interesting and is arranging with Dr. Goldstein for a similar program on the southern station, via telephone interview. Our president also was heard on Rockford, Illinois radio.

***OCTOBER 1976 IS NATURAL HYGIENE MONTH**

15th Annual Observance throughout the Society to reaffirm the significance of Natural Hygiene as a reliable health care program.

FITNESS RUNS IN THE FAMILY – Dr. Keki Sidhwa, British Hygienic Practitioner, celebrated his 50th birthday by running a marathon July 28 during the 1976 convention in Milwaukee, Wisconsin. The Bicentennial run was for the purpose of raising money for the Society, based on pledges from ten cents to one dollar for each mile. The largest contribution of $100 came from the Greater Miami chapter.

Continuous rain, which added extra weight to his clothing and waterlogged his shoes, was a great handicap and prevented Dr. Sidhwa from running more than fifteen miles which took two hours and seven minutes.

Back in England, Dr. Sidhwa's daughter, Yasmin, has been following in her father's footsteps by winning a 1500 meter race on July 8 (right). She has her eye on the 1980 Olympics.

NATURAL HYGIENEWS is the official membership publication of the American Natural Hygiene Society, Inc., 1920 Irving Park Road, Chicago, Ill. 60613. Editor: Dolores Burns

Yearly membership dues: Regular $10 (Canada and foreign $11, payable in American funds), Contributing $25, Sustaining $50, Century Club $100. Life Membership $1,000.

Officers: Dr. Jack Goldstein, President; Mark Huberman, 1st vice president; Jo Willard, 2nd vice president; Jack Trop, 3rd vice president.

Directors: Irving Davidson, immediate past president; Dr. Virginia Vetrano; Joy Gross; Corinne Goldstein; Joseph Brenner; Dr. D. J. Scott; Sam Rice; Bruce Meservey; Col. W. Wes Roberts.

Regional Director: Louis Allen

Chapters: (California) Los Angeles 636-4739; (Connecticut) 929-1557; D.C. (Washington) 338-8880; (Florida) Ft. Lauderdale 776-5329; Greater Miami 754-9129; Miami Beach 538-4497; Pasco County 868-3833; Southwest 629-9084; Tampa Bay 447-6305; (Hawaii) Honolulu 262-8280; (Illinois) Chicago; (Indiana) Indianapolis; (Michigan) Detroit 968-2913; (Missouri) St. Louis 726-5795; (New Jersey) Newark area 376-7919; (New York) New York City 375-9178; Syracuse 422-9716; (Ohio) Cincinnati 662-2080; Youngstown 746-0595; (Pennsylvania) Pittsburgh 621-1819; (Wisconsin) Milwaukee 442-3400. (Canada) Montreal 738-7767

- **REMEMBER THE ANHS IN YOUR WILL.**
- **CONTRIBUTIONS, BEQUESTS, AND GIFTS ARE TAX DEDUCTIBLE.**

- **SUGGESTED STATEMENT FOR INCORPORATING A BEQUEST TO THE SOCIETY IN YOUR WILL:**

  I give, advise and bequeath to The American Natural Hygiene Society, Inc., a non-profit corporation, incorporated under the laws of the State of Illinois, the sum of .....($.....) and/or property herein described) for its discretionary use in carrying out its general aims and purposes.

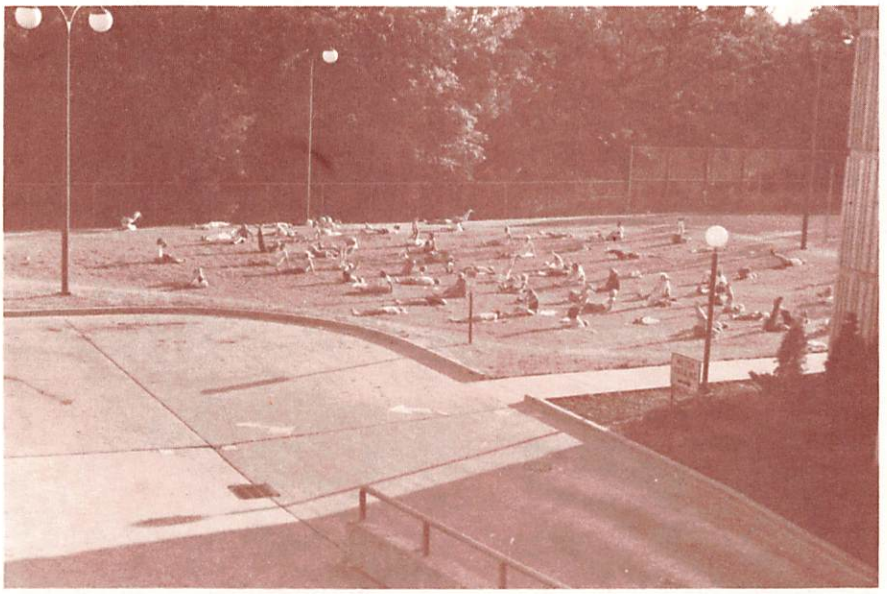
- **IMPORTANT: ALL CONTRIBUTIONS AND BEQUESTS SHOULD BE MADE PAYABLE TO THE AMERICAN NATURAL HYIENE SOCIETY, INC.**

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.

REVIEW OF THE 1976 CONVENTION

(photos courtesy of John Archibald and Elaine Bloom)



A birdseye view of a calisthenic class — an invigorating activity that started every morning at the 28th Annual Convention, the week of July 25 on the campus of the University of Wisconsin in Milwaukee. On several days there were instructions in eye exercises given by David Stry of Mexico, immediately following the calisthenics. He told of great visual improvement received from these exercises by guests at his Villa Vegetariana in Cuernavaca.

It was an odd combination: Milwaukee, the city noted for beer, and the American Natural Hygiene Society, the organization noted for natural living. But the two meshed well. The University was in the heart of the city, and ideally situated for both local and out of town guests. Shopping markets were within walking distance. Bus service was available in front of the University for trips downtown.

Opening night had a Bicentennial flavor as we saluted the unique 19th century women who played pioneer roles in the hygienic movement. The Milwaukee Journal, in a report on this feature, July 26, called them "the women of medical history". Mentioned were Susanna Way Dodds, Harriet Austin and Lydia Folger Fowler — *"a few of the names history has forgotten .... for although several of them were MD's, their unorthodox methods of healing met with skepticism in the medical world of the mid 1800s."* Also mentioned was Ellen M. Snow, M.D. and her view that "We can only supply favorable conditions; nature, and nature alone, can effect a restoration of health."

Food was a large subject, in classes and demonstrations: combining, serving, purchasing, sprouting, organic gardening and scientific vegetarianism based on the views of Hygienic Pioneer Dr. Trall, Pre-teens learned how to make sprouts. A new aspect of food combining was defined: Fruit is permissible with non-starchy vegetables.

Dr. Gerald Benesh, Hygienic Practitioner of San Marcos, California (Photo 1), directed the calisthenic programs, assisted by another Californian, Bruce Meservey, ANHS director. In classes and lectures he taught the part that the mind plays in health and disease, the essentials of health, the role of exercise and mental poise and the role of exercise in correcting defects. In rap sessions for young people he told how much protein is necessary for good health and how sleep recharges the batteries.

Dr. Allen Cott, M.D. of New York (Photo 2), author of the best selling Bantam paperback, *Fasting: The Ultimate Diet* (distributed by NH Press $1.75), was guest speaker on the subject July 31; he also participated in a general question and answer panel which followed. Dr. Cott is the first medical doctor to write a positive book on fasting.

Joy Gross of Hyde Park, N.Y., ANHS Director and convention program chairman (Photo 3), told her inspiring case history of recovery from childhood psoriasis through a change of living habits to Natural Hygiene.

Jack Dunn Trop of Florida, (Photo 4) ANHS Director, producer of *The Greatest*

Adventure, gave a commentary on the film which shows the great value of life and triumph over ill health offered by natural hygiene, as told through the stories of many people across the country. Mr. Trop also talked about "The Non Smokers' Bill of Rights" and "The Scientific Basis of Vegetarianism". He is the author of *You Don't Have to Be Sick, A Gift of Love, Please Don't Smoke in Our House.*

Dr. D. J. Scott, Hygienic Practitioner of Cleveland, Ohio (Photo 5), discussed his scientific research with fasting patients; how natural hygiene offers a superior form of nutrition; the hoax of the swine flu vaccine program (because flu is the simplest ailment to overcome by going to bed and resting); how toxemia is the basic cause of disease. He gave a case history from his practice of how illness was overcome by fasting. Dr. Scott was re-elected to the Board of Directors.

A thrilling story of recovery from crippling arthritis (thru Natural Hygiene), was the case history of Jo Willard (Photo 6), president of the Connecticut chapter and ANHS Director.

Dr. Alec Burton of Australia (Photo 7), is surrounded by questioners after his workshop on natural hygiene as a preventive of abnormalities in female reproductive organs (lumps, cysts, tumors, cancer and vaginal infections). The workshop was part of a week long series of workshops on female biological liberation through a lifestyle based on natural hygiene.

In "A Critical Appraisal of Hygienic Philosophy", the Australian practitioner stressed that the last word has not yet been written on natural hygiene and there should be more open mindedness to new information.

Dr. Virginia Vetrano of Texas (Photo 8), the only female Hygienic Practitioner, covered a wide range of facets on Natural Hygiene: The essential elements of health; proper food combining; overcoming environmental pollution; fasting; the fallacy and harm of the high protein diet (because there is no chance of anemia on a vegetarian diet); the harmful effects of radiation (including television sets). In the workshops on female biological liberation she named menstruation as a manifestation of degeneration, called menopause a cycle that should be free of problems with a Natural Hygiene lifestyle, condemned douching and stressed that abortion is a serious shock to the body, involving great loss of blood. To young people she gave some basics for a fulfilling lifestyle.

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CHILDREN'S COLUMN

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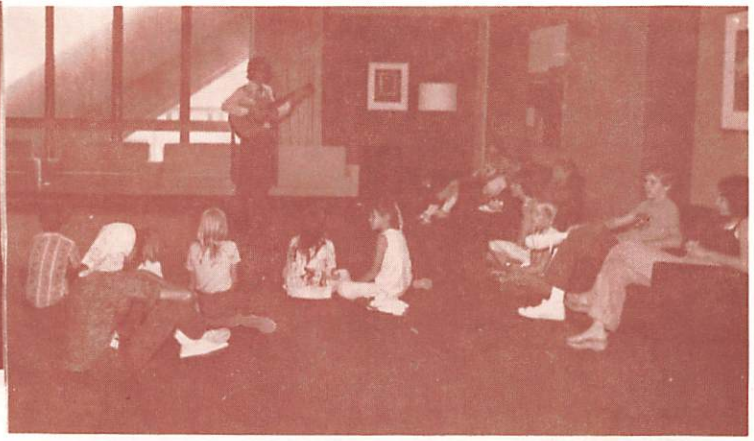
ACTIVITIES AT THE CONVENTION
by Irving Schoenfeld



The 1976 convention was a real treat for the youth group and myself. For those of us who attend each year, it was a welcome reunion, and for new-comers, it was a constructive as well as good time. Forty boys and girls, ranging in age from 6 to 17 were in attendance.

Milwaukee, itself, offered us several exciting field trips – the domes at Mitchell Gardens, the Milwaukee Zoo, and the fabulous Milwaukee Museum. Each of these provided a myriad of things of wonder, education, and beauty.

We went swimming daily either at the University's pool or in Lake Michigan. Even when the lake's temperature was quite chilly, the die-hards enjoyed the refreshing experience and warmed themselves in the summer air.

Baseball, soccer, volleyball, all sorts of outdoor games, treasure hunts, etc., were enjoyed by all age groups.

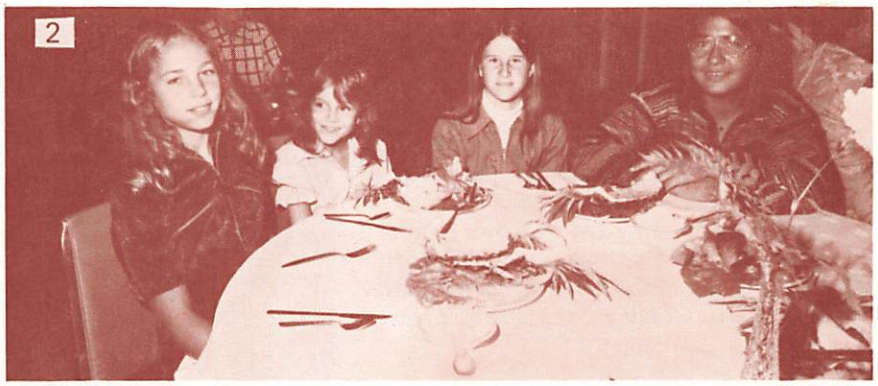
In the mornings and on some afternoons, we had Rap Sessions (with practitioners), designed for our youth at their own level.

Evenings are always fun .... our own watermelon party ... dancing to rock and roll records. The game room was a busy place with pool tables, pinball machines, bowling lanes, and ping pong tables. We discovered some really talented bowlers and ping pong players – potential champions!

Tents were set up for camping but unfortunately on the night chosen for sleeping out, it rained, much to everyone's disappointment. We'll have to make up for it at next year's convention.

Each of the boys and girls who attended the youth program was given a list of names, addresses and ages of participants with whom they have enjoyed the convention. Everyone promised to keep in touch with the friends they made from other states and keep each other informed about what is happening in their lives.

Many promised to write to me about what they were doing at school and at home. You'll be seeing their letters in our youth column in the months to come.

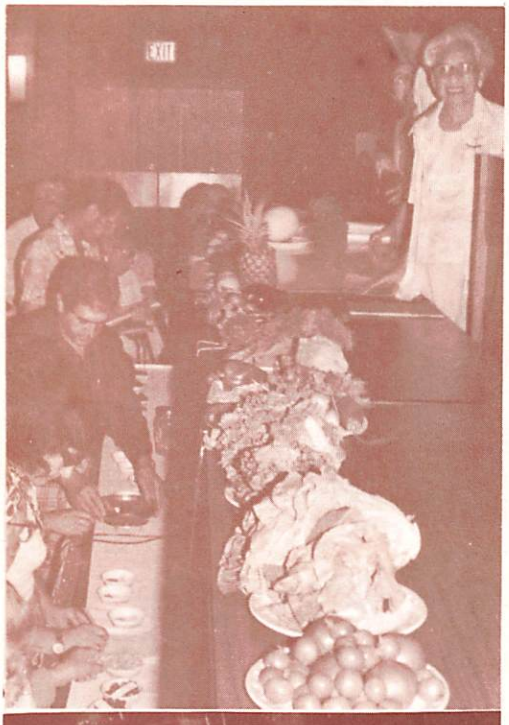


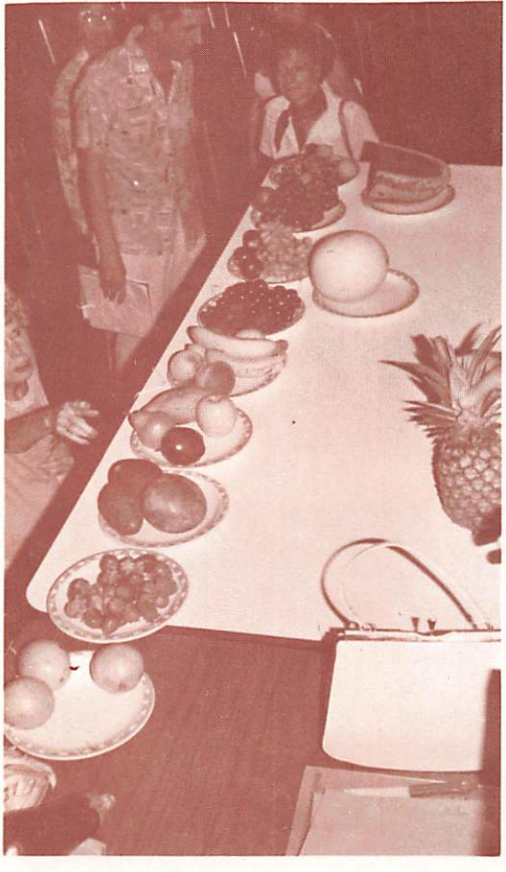
1. (Left) Terri Stryker of Milwaukee exhibits a lot of physiological knowledge in discussing "Athletics, Physical Activity, and Their Importance to Health". (right) Michael McConkey shows pre-schoolers how to enjoy health through music.

2. Young participants at the Century Club Luncheon

3. Rap session with Australian Practitioner Alec Burton

4. At the Farewell Banquet, some "mike" antics by the juvenile sector



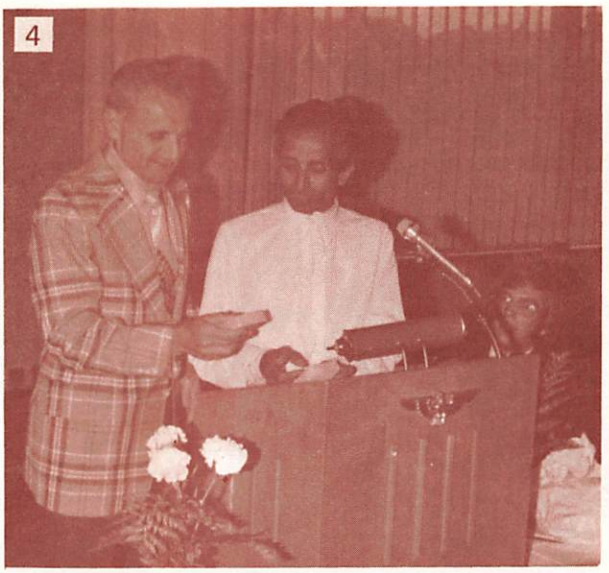


Food Demonstration by Hannah Allen. She also spoke on a happy retirement through Natural Hygiene.

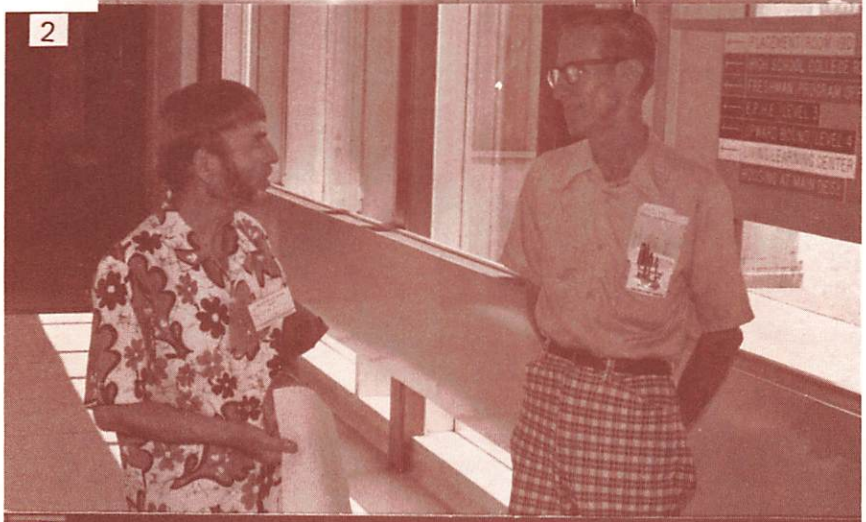
At right, Stanley Prorok, NH-Central office manager, prepares nightly refreshments for convention guests, while Milwaukee co-host Tom Kloiber, Jack Trop and Norman Ford partake. Mr. Ford gave an impromptu talk, "How to live to be 100".

TWO YOUNG PROFESSIONALS — Ralph Cinque (left) who talked of the folly of using nutritional supplements; Dr. Dennis Bressack, a dentist,. presented some much needed information on what Hygienists should know about their teeth.

A full table of literature on health achievement and recovery was presided by Charles Dworin, Life Member of Detroit.



1) At the Farewell Banquet: Mark Huberman, M.C., ANHS 1st vice president
2) Cylvia Margulies of California reads the placque awarded in absentia to founder and past president Irving Davidson of New York in recognition of 37 years of devoted service to the Society.
3) Dr. Burton, Director Corinne Goldstein, Mrs. Burton, a recent bride.
4) Dr. Sidhwa presents a gift to the ANHS, on behalf of the British Natural Hygiene Society, which he heads, and which was made by his daughter. President Goldstein accepts the gift.
5) Charles Hoch, reporter for the Los Angeles chapter, attending his first convention and getting many creative ideas for his chapter.
6) Amelia Parra and daughter Mary Ann, Californians.



1) The cafeteria serving line for daily meals had a wide selection of summer fruits, vegetables and nuts.
2) Chapter presidents discuss mutual interests: Dr. Bernard Sharp of Milwaukee (left) and Peter Reuter of Tampa Bay.

3) L-R: Simon Bloom of New Jersey, Century Club Member, made brief remarks at the Century Club program; Mr. and Mrs. R. J. Cheatham of Bonita Springs, Florida, who were second to become Life Members of the Society in 1960. R. J. was chairman of the Luncheon program; also gave an inspiring talk of his cancer illness, during one evening lecture.
4) At the Century Club Luncheon: L-R: Dr. Benesh, Dr. Brosious of Florida, Mrs. Brosious and Mrs. Benesh. Both ladies participated in the program.
5) For the first time in 32 years, Margaret O'Leary, Pittsburgh chapter president, was able to get her husband to attend a natural hygiene event.
6) Ever faithful floor manager, Jack Solomon, Life Member of West Palm Beach, Florida.
7) Marlene Stry, Life Member with husband, Dave, entertained professionally with songs from Broadway shows.

AT THE CENTURY CLUB LUNCHEON HONORING MEMBERS WHO GENEROUSLY SUPPORT THE SOCIETY THROUGH LIFE MEMBERSHIPS OF $1,000 OR YEARLY DUES OF $100. Some Life Members continue paying $100 yearly because of their dedication to the Society's work. Among such supporters are: Richard Wangler, Jack Solomon and Charles Dworin.