

Natural HYGIENE NEWS



MEMBERSHIP PUBLICATION
OF
THE AMERICAN
NATURAL HYGIENE SOCIETY, INC.

For enlightenment and dedication to a better and nobler way of life

VOL. 2 NO. 3

BOX 4412, CHICAGO 80, ILLINOIS

DECEMBER 1962

*As we enter the new year
we extend to you sincerest wishes
for vibrant health, tranquility,
tolerance with your fellow men,
and understanding of the laws of nature
which govern all living things.*



*May natural hygiene be an unfailing
and inspiring guide to sustain
you and your loved ones throughout*

1963

**The Officers, Directors
and Staff**



NATURAL HYGIENE NEWS

Published bi-monthly by the membership department of the American Natural Hygiene Society, Inc., Box 4412, Chicago 80; Dolores Burns, editor free to members; additional copies 15 cents each. Yearly membership \$5 to \$100.

NEWS of the N.H.Y.I.

MEL KLEGERMAN

President

THE NATURAL HYGIENE
YOUTH INTERNATIONAL



OUTLINE OF PROJECTED PLANS OF THE NATURAL HYGIENE YOUTH INTERNATIONAL

I. Coordination Plans. To pull members together in interest and enthusiasm by (a) individual correspondence, through letter writing and pen pals between members, circulars to be sent encouraging this activity, (b) letters and Pen Pal Column in Truth for Youth publication, (c) encouragement from officers and programs of local groups, (d) motivation from certain individuals toward corresponding. Truth for Youth, to contain (a) articles pertaining to topics of hygienic interest, written by members, subscribers or general readers, (b) reports of local groups which will be encouraged, (c) biographies of outstanding members written by a member of the Truth for Youth staff.

Organizational correspondence will be on national, local and international levels thru (a) encouraging local chapters to use literature to enhance the athletic, social and educational programs, (b) advancement of limited funds for organization and emergency aid to local groups. (c) organizational favors, such as publishing official local membership cards, using one design and sending each chapter sample copies of Truth for Youth for recruiting new members, (d) membership requirements, to be set up by officers and advisory board to guarantee local group preserving certain basic hygienic principles and ideas.

A constitution is in the making to contain a code of individual conduct, requirements for organization and maintenance of local chapter organization and requirements of national level and its operations; under consideration, the recreation and coordinating policy of local chapters.

II. Education Plans. On national level, (a) a primer on natural hygiene geared to the understanding of the youth, a simple text explaining basic body functions, toxemia theory and nullification of germ theory; constituents and practice of natural hygiene and food combining made simple, the primer to be compiled by selected members with final editing by the Academy of Professional Hygienists; expected publishing date of April 1963; a pamphlet describing this project to be issued. (b) convention classes, forums and lectures, (c) establishment of the NHYI Scientific Research Bureau designed to train through hygienic, rather than conventional science, (d) Truth for Youth to remain the chief means of educating NHYI members on current interests of youth.

On local level, (a) classes and forums using the format of convention forums and parent classes may be formed concentrating on the scientific worth of hygiene literature, (b) field trips to museums, laboratories, universities, hygienic health schools and fasting institutions, and nature hikes, (c) group labs working in conjunction with the Scientific Research Bureau to take in members with interests in biology, chemistry and biochemistry in one group setup, (d) encouraging members' attendance at ANHS chapter lectures and programs. State and district chapters to be organized will use above.

III. Recreation Plans. Athletic and competitive sports programs, (a) nationally, to consist of track, tumbling, gymnastics calisthenics, weightlifting, skiing, swimming and others; less strenuous sports also included; i.e. ping pong, badminton and table games; hiking and camping to be important; a pamphlet to be issued outlining the various sports and providing literature references, (b) special programs during conventions, (c) Truth for Youth to play up athletic interest. There will also be local programs and regional events through which it is hoped to obtain many new members. Regional meets to be maintained by local groups in the area with adult supervision, co-sponsored by responsible adult organization and local ANHS chapter. Climatic conditions to be a factor in type of sports engaged in.

IV. Social Plans. Local mostly, includes dances, plays, orchestras and variety shows. The annual conventions and Friendship Committee to be part of the program. Also to be an exchange of ideas among officers of different local groups; state and district programs to be based directly on local programs.

Dear Member:

As a parting communication for the year, we would like to leave this thought with you. Natural Hygiene is the only health system which is truly reliable in maintaining and recovering health, because it, alone, recognizes that the living organism is completely self-sufficient in sustaining life at its highest level, as well as healing itself if all the necessary factors of life are supplied it.

Bear in mind that Natural Hygiene is a TOTAL way of life and not just one facet of living.

So often we hear people complain that their health does not seem to be improving despite eating the best of food with much time spent purchasing and consuming it. As a result, they are about ready to give up. Analysis of their daily routine, however, reveals in most cases, that either or both of these unhygienic factors are present: (1) a constant state of tension, fear and anxiety, and (2) no regular program of exercise.

Hygiene will not fail you, if you do not fail it.

Remember, however, that continuation of disease producing habits can bring on such a state of low vitality that recovery is no longer possible. Do not let yourself reach the "point of no return".

Letter of the Month

645 Ocean Avenue
Brooklyn 26, New York
November 19, 1962

Dear Miss Burns:

I had the pleasure of meeting you briefly when you were at Pawling Health Manor on October 5th.

I am already a regular member, but am enclosing a \$100.00 check for Century Club membership.

I was prompted to do so because of the new lease on life accorded me by the dedicated work of Dr. Robert Gross during an 11 week stay at his Pawling Health Manor.

I hope that we may meet again in the future. May God bless Dr. Gross and people like yourself who give so unstintingly of their time and efforts to help heal others.

Sincerely yours,
(Blanche Singer)

Still available. The 1962 convention magazine filled with excellent articles on natural hygiene 25 cents each; 5 for \$1. Also natural hygiene lapel pins for men and women.....\$1.50 each. seals for your correspondence....100 for \$1.



The A.N.H.S. Panorama

BY OSCAR FLOYD

PRESIDENT ANHS

With the advent of the new year comes the realization that our 15th annual convention is only half a year away. Most of you know it has been scheduled for July 15 through July 20 in San Diego, California. Arrangements have been made with the U. S. Grant Hotel which is providing us with the finest facilities and sleeping accommodations. The hotel is centrally located in the city, near the airport, and very convenient to the major highways. San Diego has some of the best weather to be found anywhere, especially in the summer.

In addition to San Diego, we are fortunate to have a chapter in Escondido, which is close by. The Los Angeles chapter will provide as much support as possible from that area. The San Diego County area has many hundreds of alert and energetic people interested in health and human welfare, and as a result, we feel very confident that we will have unprecedented turnouts at our meetings.

Dr. Robert Gross is heading the program committee and assures us that the programming will be most excellent. In this connection we would like to quote a passage from a recent letter from Dr. Shelton:

"With the forces of medicine bewildered and fearful, we are right now missing a golden opportunity to promote hygiene. A British physician recently wrote in the British Medical Journal that he has been reduced to six drugs. They are up to their necks in trouble and we should be helping to shove them all the way under. We should be helping to smother them in their own self-made quagmire. Our convention should lay special stress on ways and means to get the message of Hygiene to the people who are fearful of medicine."

A proposal has been made to negotiate the chartering of one or more planes for the convenience of convention visitors from the east and middle west. We think this is feasible and should result in considerable transportation savings. More on this later.

USE THE "CHANNELS"

Our good professionals take quite a "hounding" month after month through the mails. Properly, most of the letters should be sent to your National Office, if they deal with organizational matters. While we do not have nearly enough help at the office, yet we are in a better position than the Doctors to handle routine organizational questions.

CONVENTION NEWS

The first mass convention planning meeting will be held in San Diego on January 11, 1963, at the U. S. Grant Hotel, 7:30 PM. It is especially hoped that all Southern California members will make every effort to attend. Committee chairmen will be elected and a general plan of action will be discussed.

THINK TWICE BEFORE INVESTING

The American Natural Hygiene Society has no interest in any institution, club, lodge or farm. From time to time, members of our Society may get involved in some such undertaking and try to use our membership for investment purposes. We frown on such practices and will be most anxious to learn about such matters BEFORE you invest in them.

ANHS "TIME PLAN"

It is customary these days to project plans on the basis of time. The ANHS, too, is now formulating stepped up programs of action according to the calendar.

While we are not yet in the position where we can make red circles on the calendar, certain projects are far enough along so that we can, with fair safety, predict their future development.

(1) After several months' delay, the projected monthly newspaper, "The Observer" will definitely begin publishing by February 1, (2) Dr. Robert Gross has announced that initial work has begun on a new motion picture, (3) The new popular hygiene paperback is expected to be off the press before our next convention, (4) A permanent headquarters office by September 1.

Projects which are on the books, but have been pushed back are: (1) the Quarterly magazine, (2) Natural Hygiene College, (3) permanent Natural Hygiene Day Committee. Shortage of personnel are the reasons for delays.

A PROPOSED CHAPTER ACTIVITY

Commencing in January, the Chicago area chapter is establishing a weekly forum which will conduct a four hour program every Sunday afternoon from two to six P.M. The January program is well balanced and will be typical of those to follow.

On January 6, Art Andrews of St. Louis will be principal speaker on the general subject of drugs. Attorney Kirkpatrick Dilling will lead the discussion on January 13, of the ten year fight against the dosing of Chicago's water with poisonous fluorides. The January 20 program will have National Secretary Dolores Burns presiding over a dramatic presentation of the development of natural hygiene, and on January 27, the subject of physical culture and exercise will come in for a thorough discussion, with John Persona of Milwaukee, the principal speaker... demonstrating and analyzing.

We think this type of function is within the scope of all organized chapters. Publicity can be obtained especially if an occasional "name" speaker is acquired. The Director of the Forum should be in control of the meetings and must see to it that it is a natural hygiene forum at all times. No "outside" speaker should ever be permitted to sell any product or expound any philosophy contrary to natural hygiene. To violate this rule would tend to nullify the purpose of the forum, which is to promote natural hygiene.

PLAN YOUR VACATION TO ATTEND THE

15th ANNUAL CONVENTION

JULY 15-20, 1963

U.S. GRANT HOTEL
San Diego, California

CHAPTER



REPORTS

BOSTON

In November, president Harold Dessau and Fred Chaffee reviewed Rachel Carson's book, "Silent Spring" with application to local spray programs. A report also was given on published exchange of letters between the speakers and a Boston newspaper. Best seller at the meeting was Miss Carson's book.

On December 9, Dr. Robert Gross was guest lecturer.

BUFFALO

A new idea was started this season; a different board member presides at each monthly meeting. In October, the vice-president had her first opportunity to chair a meeting.

A neglected aspect of natural hygiene was given in November by Dr. Arthur Doll, speaking on "Mental Poise in Natural Hygiene".

Dr. Doll was also featured on December 17 in a most appropriate talk, "Feasting Hygienically during Holidays".



Active Al Neuner, head of the Sunshine Committee and food sales.

CHICAGO

November was a very active month. A weekly speakers' class was started to train members to chair meetings and give talks. A tape recorder is used at each session so that the voice can be properly evaluated by the speaker as well as the audience. Later on, motion pictures will be taken of the class members in action as a visual aid.

Weekly study classes are using such aids as progress guide booklets for checking the correctness of the daily living routine, reviews of the previous class and lesson sheets on current material.

A Thanksgiving Dinner for members and invited guests featured an abundance of organically grown food with good conversation, music and a beautiful home like atmosphere in one of the newer motor hotels.

On Nov. 25, Dr. Robert Gross spoke on "Natural Hygienic Care of a Sick Patient" and "Solving the Problems of Weight Control". A beautiful hand carved salad bowl raffled off proved a good fund raising source.

A remarkable record has been set for hygienic literature sales since the start of the season in September with a gross of \$898. The diligent librarian, Hy Klegerman, keeps a complete selection of books on hand and detailed book lists. The vice president has contributed the net income received on food sales to start a fund for the chapter headquarters.

The year end program on December 30 combined a panel discussion and a showing of "The Greatest Adventure". A membership meeting followed with a pre-New Year's Eve social hour. This meeting ends the once a month educational program to be replaced by a weekly forum detailed elsewhere in this issue.

CLEVELAND

Dr. Robert Gross was guest lecturer on November 24. No meeting held in December.

The membership which has a fine sense of responsibility toward the Society has given good support to the Buck of the Month Club.

A Valentine party is being planned for February.

DETROIT

With the election of a new slate of officers Dec. 8, the chapter has started an intensive reorganizational program.

The new president, Walter Kobus, has gathered together an active executive board to work with him and has dedicated himself to the next year's work.

By February, it is hoped to have the organization on a firm footing and an educational program will be started.

ESCONDIDO

An overflow audience on Nov. 11 heard Dr. Gerald Benesh in "Vital Facts of Proper Nutrition".

A banquet type Thanksgiving Dinner had 50 in attendance. All food was organically grown. The social event for December was a Christmas Party, with free gifts for all children; adults exchanged gifts they brought. Games for both young and old and caroling followed out the program.

A New Year's Eve party is being planned.

Forty-four members have signed up since August.

LOS ANGELES

C. Edward Burtis, author of "The Real American Tragedy" was guest lecturer on November 25. His subject, "How to Build Superb Health" was based on personal experience; having been given but two years to live, he was in excellent condition some 35 years later. Best selling book was Mr. Burtis' volume. The chapter comments he is not a natural hygienist but offered an interesting point of view.

A holiday party on Dec. 22 was enjoyed, with entertainment, community singing, games, dancing and refreshments.

GREATER MIAMI

Our fortunate members to the south enjoyed a picnic on Nov. 4 and a program of entertainment.

One hundred members and guests heard Dr. William Esser lecture Nov. 10 on "Natural Hygiene and Heart Disease". Also featured was "The Greatest Adventure" film. On Thanksgiving Day a membership meeting was combined with a special program in honor of the day.

In December, "Mental Hygiene" was the subject of lecturer Bernard Sherwin, author of the popular booklet, "Help Your Eyes". Mr. Sherwin was a 1962 convention speaker.

As an inducement toward membership, guest contributions are allowed toward membership dues.

NEW YORK

Included in a large group of participants in the November program were Adele Davidson, Dr. Gross and Dr. Anderson; featured was hygienic food preparation, demonstration and free sampling.

In December, Jack Dunn Trop offered the topic, "Is the World Discovering the Secrets of Natural Hygiene". Mr. Trop's documentary film "The Greatest Adventure" was shown. As a fund raising project for the chapter, the Ladies Auxiliary sold holiday gifts.

Other features at meetings are a hygienic book review and a report on hygiene in the news. Prior to meetings there is a 1-1/2 hour free reading period for those who do not wish to purchase books.

NEWARK

Featured on Dec. 20 was a lecture by Dr. Robert Anderson, hygienic practitioner and president of the N.Y. chapter, with the topic, "Nature's Way of Preventing and Treating a Cold". A question period followed; hygienic literature was on sale and door prizes given.

PITTSBURGH

A reorganizational program was started in September with concentration directed toward getting the year's program in operation. The chapter is expanding and showing progress in its new membership drive.

On Oct. 29 a guest speaker lectured on "Food Additives and Fluoridation". In November, two members spoke on "Basic Principles of Natural Hygiene" and "Asthma".

At each meeting, the program chairman will give a short talk on some phase of hygiene to be followed by a discussion.

As a special attraction to members, food is offered for sale at meetings.

A Christmas Party on Dec. 15 featured a hygienic dinner and a square dance. Many non-members were invited in the hope of increasing membership.

ST. LOUIS

Guest lecturer on Nov. 18 was Robert Rowe, prominent hygienist from Illinois, organic farmer and businessman. A somewhat different approach was given in his talk, "Natural Hygiene - a Philosophy of Individualism"; his viewpoint: By taking care of your own health, you have the clarity of thought enabling you to become a rugged individualist. A banquet in honor of Mr. Rowe followed.

Arthur Andrews presented another class in his physiological series.

A panel of local hygienists participated in a timely discussion on Dec. 16 telling how they "Make Merry, During the Yuletide Season". A holiday feast of the highest quality food obtainable, concluded the day's activities.

Monthly newsletters offer a variety of valuable information to members, ranging from latest facts on health legislation to a listing of sources for purchasing unsprayed food.

SAN DIEGO

A discussion on proper care of the eyes was offered by vice president Peter Sasak on Nov. 29 with president Johnson also participating. A panel discussion by chapter officers on health problems from the hygienic standpoint, with audience participation, was another feature of the program. Notices sent on the meeting suggested people send in their health problems in advance for discussion and consideration. Door prizes were a package of fruit and a cloth-bound book of Dr. Shelton. A light fruit plate was served.

A year end assessment of values obtained from the practice of natural hygiene was the subject of discussion and review in an open meeting on Dec. 20.

TORONTO

President Joe Aaron reports they are endeavoring to involve as many as possible in chapter activities.

The December 17 meeting was a discussion on "Cancer", with questions from the audience.

THE TELEGRAM, Toronto, Nov. 30, 1962

Actively participating in civic affairs affecting human welfare are vice-pres. Elsa Drew and Mr. Aaron, shown to the right. Sad to report, the Canadian city voted in favor of fluoridation, winning by a very small margin.

"That's telling them," seems to be the way this couple feel. They applauded a suggestion by one of the panelists that proper diet for children would eliminate the need for fluoridation.



CHAPTERS

BOSTON (Mass.)

Pres: Harold Dessau, 112 College Ave., Arlington 74
Secy: Ruth Dessau, 112 College Ave., Arlington 74
Lectures: 2nd Sunday, 2 PM, 565 Boylston St.

BUFFALO (New York)

Pres: Richard Wangler, 104 Brompton Rd. (21) NF26310
Cor. Secy: Mrs. L. Sterling, 104 Roesch Ave.
Lectures: 4th Monday, 695 Elmwood, 8 PM sharp

CHICAGO (Ill.)

Pres: Stanley Prorok, 907 S. Jackson, Waukegan
Secy: Mrs. V. Krider, 11061 S. Esmond (43) Be. 8-7252
Weekly Forums: Sundays, 2 PM, 116 S. Michigan Av.
Study Classes: Tuesdays 7:45 PM, Hamilton Hotel

CLEVELAND (Ohio)

Pres: Mrs. Don Garris, 313 Natel Dr., Euclid 23
Secy: Mrs. Emma Drake, 14800 Orchard Park Av. (11)
Monthly dinner meetings: Stouffer's, 1365 Euclid

DETROIT (Mich.)

Pres: Walter J. Kobus, 109 Fisher Ct. Clawson, Mich.
Secy: Mrs. I. Churulich, 13724 Allonby (27) We. 4-2050
Lectures: 2nd Saturday, 8 PM, Detroit Federation of Women's Clubs Bldg. Hancock & 2nd Av.

ESCONDIDO (Calif.)

Pres: Cynthia Preiss, Rt. 4, Box 877, Sh. 5-3843
Secy: Mrs. Joyce Russell, 565 E. Hill Av. Sh. 6-1677
Monthly Activities: Phone for information

LOS ANGELES (Calif.)

Pres: Mrs. S. Holzgreen, 3566-B Mulford, Lynwood
Treas: Kate Colten, 4064 Abourne Rd., Ne. 6-4739
Lectures: Phone for information

MIAMI (Fla.)

Pres: Chas. Tamarkin, PO Box 1041, Coral Gables
Cor. Secy: Mrs. J. Shurin, 450 79th, Miami Bch. 41
Lectures: 1st or 2nd Sat. 7:45 PM Wash. Fed. Bank Auditorium, 1234 Washington, Miami Beach
Study Classes: 2nd Thurs. 7:45 PM, Miami Beach Fed. Bank Community Room, Wash. Av. & Lincoln

NEWARK (New Jersey)

Pres: Mrs. Jack Kaslow, 82 Stecher, Wa. 6-1441
Secy: Mrs. David Warner, 15 Shephard Ave. (12)
Lectures: 3rd Thursday, 10 Stecher St.

NEW YORK CITY

Pres: Dr. Robt. Anderson, 134 Elliot Pl. Bronx 52
Cor. Secy: Sarah Flaum, 344 E. 65th St. (21)
Lectures: 2nd Wednesday, Hotel Woodstock
For information phone Worth 2-1641.

PITTSBURGH (Pennsylvania)

Pres: Mrs. M. M. O'Leary, 5517 Howe (32) Ma. 1-1819
Secy: Miss Lois Kidd, 3207 Faronia (4) Wa. 1-0331
Lectures: Last Mon. downtown YMCA, 304 Wood St.

ST. LOUIS (Missouri)

Pres: Lee Bauer, 3827 Castleman (10) Pr. 2-6625
Secy: Miss Neale Zinser, 2125 Sublette (10) Mi. 5-8721
Lectures: Monthly. Phone for details

SAN DIEGO (Calif.)

Pres: James H. Johnson, Box 2832 (12) Be. 3-0939
Secy: Freya Dinshah, Rt. 4, Box 817, Escondido
Lectures: Phone for information
Study Classes: Thursdays, 8 PM, 933 Ninth Ave.
Picnic-hikes: Sundays, 10 AM from 1034 E St.

TORONTO (Canada)

Pres: Joseph Aaron, 14 Lynn Haven Rd. (19) Ru. 1-0359
Secy: Miss Diane Michele, 199 Wilson Ave. (12)
Lectures: 3rd Wed. Woodsworth House, 565 Jarvis



Personality Profile

We are especially proud to present to you Miss Cynthia Preiss, a young lady not too long out of her teens, a forceful and vibrant leader, president of our Escondido chapter.

Cynthia was born and raised in Elgin, Illinois, 35 miles from Chicago. She attended college for two years. It was after her father died that her mother became interested in natural hygiene. Cynthia didn't go along with this new idea at first and thought it surely must be some form of quackery. When her mother went on a fast at a hygienic retreat nearby she went along and worked there during the summer.

Then began the awakening. Cynthia began reading hygienic literature, including Dr. Shelton's Review and Dr. Tilden's "Toxemia Explained".

While attending the 1961 ANHS convention in Chicago, Miss Preiss met Dr. and Mrs. Benesh. Several weeks later she came to California to their Ranch and fasted 40 days. So beneficial was the fast that she decided she would like to serve the cause of natural hygiene in some way. Fortunately, Dr. Benesh had a position open at his ranch which Cynthia gladly accepted.

Miss Preiss goes on to tell us. "I have been in California for over a year now and I feel pleased that I have the opportunity to acquire knowledge of the laws of life and conditions by which sickness can be prevented or lessened. I now realize that health does not just include soundness of the physical body, but it includes spiritual and moral soundness, also.

"I am still working for Dr. Benesh and making plans to continue my college education and go into the hygienic field.

"I was elected president of the Escondido Natural Hygiene Society in September. I feel grateful that I can serve natural hygiene in this small way. All those who follow the hygienic way of life have something they can not only be proud of, but it is one kind of 'disease' worth spreading on to others."

COMING EVENTS

BUFFALO: Jan. 28, panel discussion, case history, "The Greatest Adventure"; Feb. 25, "My Visit to Hunza Land", John H. Tobe. 8 p.m., 695 Elmwood

CHICAGO: Jan. 6, Arthur D. Andrews on drugs; Jan. 13, K. W. Dilling on Fluoridation; Jan. 20 with Dolores Burns "Introduction to Natural Hygiene" Jan. 27, John Persona in body development, with demonstration. 2 p.m., 116 S. Michigan Av. 2nd fl. Feb. 3, Food preparation; Feb. 10, Dr. R. Gross

CLEVELAND: Jan. 26, Panel discussion with audience participation, Stouffer's Rest. Illuminat. Bldg. (contd. on page 7)



FRIENDSHIP COMMITTEE

By Miss Genevieve H. Lipinski, Chairman
295 Louise Street
Detroit 3, Michigan

All local Chapters of the American Natural Hygiene Society have received copies of the Register of Single Hygienists. Approximately 150 single hygienists are listed. It contains members of our wonderful Natural Hygiene Youth International group, ages up to 25, as well as single hygienists ages 25 to 100, men and women.

These fine single people on the Register want to make friendships among hygienists. If you are single and a hygienist, they would like to hear from you and meet you. Be sure to attend the meetings of your local Chapter in your city and ask the secretary to show you the Register of Single Hygienists. Select the people you would like to meet and write to them now. This may be the beginning of happy, life-long friendships, which will enrich your lives.

If your name is not yet on the Register, write to me, giving me your name, address and full particulars about yourself, and your name will be added. If you have single friends who are health minded, bring them to the hygiene Chapter meetings and they will also be eligible to be placed on the REGISTER.

Chicago chapter starts weekly Forum

A stimulating new educational program is being inaugurated on January 6 to replace monthly lectures which have been held for the past four seasons.

Called the Chicago Natural Living Forum, the weekly Sunday afternoon series will feature in addition to hygienic lecturers, speakers on related fields to hygiene, such as fluoridation, air pollution and organic gardening. All subjects will be dramatically presented. Each meeting will also have short subjects, movies and slides, musical interludes and a social program with occasional dinners.

By using the vehicle of the public meeting on a broader base, hygiene can now be brought to larger and more frequent audiences.

Chicago was at one time a great forum city and it is hoped that once again the proposed series will excite the interest of thinking people who are concerned with the increasing dangers to human welfare.

The Forum will have its own governing personnel. Financing will be handled through subscriptions, donations (by sponsors), benefit functions and door ticket sales. Subscription tickets offer special rates and are transferable. The Forum mailing address is Box 4944, Chicago 80, Illinois. Write for program.

When in Chicago on a Sunday afternoon be sure to attend these Forum sessions.

DIRECTORY

Professional Institutions

PAWLING HEALTH MANOR, Route 9, Hyde Park, NY phone Turner 9-2121. Dr. Robert R. Gross, director

PARADISE VALLEY HEALTH RANCH, Rt. 4, Box 877, Escondido, Calif. Phone Sherwood 5-3843. Dr. Gerald Benesh, director

DR. SHELTON'S HEALTH SCHOOL, Box 1277, San Antonio 6, Texas. Dr. Herbert M. Shelton, director

SCOTT'S NATURAL HEALTH INSTITUTE, Box 8919, Cleveland (Strongsville) 36, Ohio, phone Center 86930 Dr. D. J. Scott, director.

ESSER'S HYGIENIC REST RANCH, Box 161, Lake Worth, Florida. Wm. L. Esser, director

Publications

DR. SHELTON'S HYGIENIC REVIEW. Hygiene's famous monthly magazine. \$3.00 yearly, Box 1277, San Antonio 6, Texas.

TRUTH FOR YOUTH. Official publication of the Natural Hygiene Youth International. \$2.00 yearly includes membership. Myrlie Misskelly, secretary, Box 161, Lake Worth, Florida.

Miscellaneous

THE CENTURY CLUB. A function of the Society which affords an opportunity to contribute beyond the regular membership. Joseph Brenner, president, 304 Beech Spring Road, South Orange, New Jersey.

BOOK REVIEW



by Lora Ross Chairman,
ANHS Publications



"A return to the primal way of existence and a casting off of the artificial fabrications of man will lead him back to his pristine perfection."
-Herbert M. Shelton

SILENT SPRING. Rachel Carson, 1962, 368 pages. Published by Houghton Mifflin Company, Boston, Mass. Sold by ANHS Publications, 126 Parsons Avenue, Webster Groves 19, Missouri. \$5.00 pp.

Much is being said about this best seller, which questions attempt to control the natural world and touches off a major controversy in the charge that the indiscriminate use of pesticides can kill off wildlife and perhaps man himself.

Naturalists are supporting Rachel Carson's stand that the prevailing use of chemicals can make some future spring even more silent than her book suggests.

SILENT SPRING will come as a shock to many readers. To others it will be a revelation and clarification, and to the growing number of informed people already disturbed by the use of poisons and what they are doing to us, it will be a godsend.

The author, an eminent biologist, explains the importance of the balance of Nature, which the wide spread use of pesticides threatens to disturb and discusses the chemicals as a possible cause of cancer and genetic changes in human beings. Chemical controls have been devised and applied without taking into account the complex biological systems against which they are pitted and are by their very nature

self-defeating. Far from being killed, some insects in sprayed areas have been able to breed young that are pesticide resistant. And in some parts of the world, spring is strangely silent for the birds have been killed by poisons meant for insects. The pesticides may have been pretested against a few individual species but not against living communities!

Miss Carson implores man to look where he is going and take the "other fork of the road", the one "less traveled by" but the one that offers the only chance of preservation of the earth. This road of preservation offers biological solutions based on understanding living organisms and the whole fabric of life. Some fascinating and unique control work that is being done and that can be done on a larger scale once man awakens from the dream of chemical control is described.

As in the case of hygienists, Miss Carson does not endorse the "control of Nature", and says it is an idea "conceived in arrogance born of the Neanderthal age of biology and philosophy when it was supposed that Nature exists for the convenience of man. The concepts and practices of applied entomology for the most part date from that Stone Age of science." (Note the similarity with what Dr. Shelton has been saying about the concepts of present-day medicine.)

Take time to read....it is the fountain of wisdom

THE POISONS IN YOUR FOOD \$.55 pp
William Longgood. A concise survey.

DANGERS IN MODERN FOODS 1.75 "
Arnold De Vries, 1958, 76 pages. Startling facts in the damage potential of many foods

RECOVERY OF CULTURE 3.10 "
Henry Bailey Stevens. 1953, 247 pages. A pointer to the way back to man's pristine perfection

SEEDS OF LIFE. John Langdon-Davies... 3.25 "
1956, 172 pages. Readable biology. The story of sex in Nature from the amoeba to man.

THE WEB OF LIFE. 1953, 144 pages 3.60
John H. Storer. A first book in ecology.

THIS GREEN WORLD, 219 pages, illus. 6.00
Rutherford Platt. Brings the study of botany into a meaningful drama

THE SOIL & HEALTH, 307 pages 4.10
Sir Albert Howard. Farming and gardening for health or disease.

ANHS Publications, 126 Parsons Avenue
Webster Groves 19, Missouri

SOIL FERTILITY & ANIMAL HEALTH ... 4.10 pp
William Albrecht. Dept. of Soils, U. of Missouri. A foremost soil scientist arranges facts discovered by research to give a broader understanding of nutrition.

OUR DAILY POISON, 1958, 189 pages 3.60
Leonard Wickenden. The effects of DDT, fluorides, hormones and other chemicals on modern man.

CONQUEST OF THE LAND THROUGH 7,000 YEARS. U. S. Govt. bulletin15
on soil erosion and its historical results.

INSECTS, PESTS OR FRIENDS?05
Dr. Jesse Mercer Gehman

Complete Book List, 8 pages10
List on exercise and article by William Esser, Jr...large stamped addressed envelope

Report on the QUARTERLY by LORA ROSS

Insufficient contributions for a first issue have been received. Our Practitioners and laymen versed in Natural Hygiene are working on articles in moments snatched from pressing occupations.

Our editors are hopeful for contributions from specialists representing various areas of biology--entomologists, pathologists, geneticists, physiologists, biochemists and ecologists--renowned as writers and highly respected as to integrity of research and presentation.

When the magazine is published and as excellent as we anticipate, the benefit to mankind can be both deep and genuine.

Don't forget the Buck of the Month Club.
Let's keep those dollars coming in.

COMING EVENTS (contd. from page 6)

ESCONDIDO: Jan. 20, Dr. Gerald Benesh on exercises; February, lecture and round table; also hike to Palomar Mt. For details, Sh. 6-1677

MIAMI BCH: Jan. 12, Chas. Tamarkin "The Human Brain and Natural Hygiene", 7:45 p.m. 1234 Wash.

PITTSBURGH: Jan. 28, organic gardening talk. Feb. 25, book review "Silent Spring" 8 p.m. YMCA, 304 Wood St.

ST. LOUIS: January, clinic on weight reduction led by Arthur D. Andrews. Pr. 2-6625 for details

TORONTO (Canada) Jan. 11, Dr. Robert Gross, 8 p.m. King Edward Hotel, Mayfair Room

Hygienic Functions-2nd of Series



Spacious grounds for walking



Sunbathing

PAWLING HEALTH MANOR

"A Hygienic Retreat"



Wholesome food

NEW
UNITS
LOVELY



The atmosphere is comfortable, pleasant and relaxing. Rooms are large and cheerful. New units recently completed, combine luxury.. and beauty.

Director of Pawling Health Manor is Dr. Robert Gross, Ph.D. in physiological chemistry, educated in medical and osteopathic schools both here and abroad, a member of the N. Y. Academy of Sciences and the American Nutritional Research Society. His wife, Joy, assists him as manager and supervises the kitchen and preparation of meals.

PAWLING HEALTH MANOR
Box 401 . Hyde Park, NY.
Phone Area Code 914
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OPEN YEAR ROUND

Ninety miles north of New York City, in beautiful Hyde Park, N. Y., is located Pawling Health Manor, a resort devoted to the teaching and living of natural health principles. Emphasis is on rational fasting and proper nutrition.

In this lovely country setting, overlooking the Hudson River, people come from all over the U. S. and Canada to rest. They rest completely...mentally, physically, physiologically and emotionally. In this way, they lay the foundation for good health. Once the foundation is laid, they then learn how to maintain the good health they have earned.

At Pawling, only the agents of nature are used to maintain and restore health, vigor and vitality. No treatments are employed...only Nature's requisites for vital living are used. These include sunshine, fresh air, exercise, natural foods and rational fasting. The living program includes the factors which will reduce nervous tension and develop emotional equilibrium.

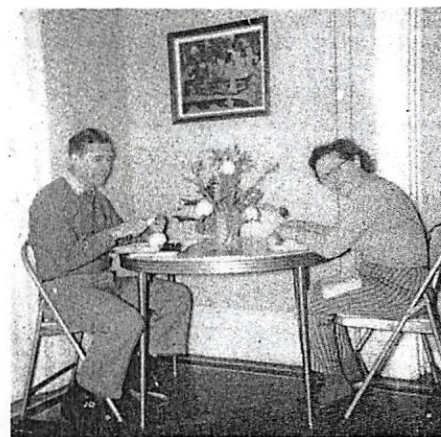
Each guest is dealt with individually and is carefully supervised and guided during his stay.

Special attention is given to people who want to reduce and regain a more youthful appearance. To lose weight the fastest, safest and most effective way, scientifically controlled and individualized regimens of fasting, exercise and proper nutrition are used.

Pawling has no central dining room. It is believed to be more beneficial for guests to eat quietly alone, or in small groups, since they have a tendency to compare trays and raise questions as to why their menu might be different than the others. Feeding is on an individual basis, and while, for the most part everyone gets the same, some people do require different regimes for various reasons; i. e. an ulcer patient or diabetic.



Pleasant atmosphere



Quiet dining

Editor's Note: Dr. Gross is an active member of the Board of Directors of The American Natural Hygiene Society; principal speaker at many of our annual conventions; a prominent lecturer in the east and middle west; comprehensive writer of innumerable articles for the Society and other publications, outstanding of which is "The Healing Process of Natural Hygiene".



Dr. Robert R. Gross