

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. 4

BOX 4412, CHICAGO 80, ILLINOIS

FEBRUARY 1963

French Speaking Hygiene Group in Canada

A recent new member of our Society is Jacques Bauge-Prevost, president of the M.H.L. (Mouvement Hygieniste Laurentien).... of Montreal.

This French speaking natural hygiene educational organization "aims to extend a natural and sane way of living" to the Canadian city. Many of their members have been to Dr. Shelton's Health School in San Antonio.

M.H.L. was formed January 3, 1961, by a group of people interested in natural hygiene from different schools in the natural health field.

Membership is open to all who freely desire to reach the ideal of health by which the French Canadians "can be delivered from bondage to a false medical system," through learning the natural factors of life. There are two categories of membership: the militants and the sympathisants, the former being active and the latter non-active, with two types of fees. All members receive a natural hygiene bulletin "Pamphlets of Formation" and have access to a free library service.

Educational meetings are held monthly. The young people are expected to do the larger task of disseminating public education.

M.H.L. considers Dr. Shelton one of the greatest educators in the art of healthful living; it was through the "Review" that we learned of the group.

In their own words, "M.H.L. represents an act of faith toward the nation and the race and a justification of the tireless efforts of the natural hygiene pioneers to bring truth to humanity."



J. Bauge-Prevost
President



R. Bélanger
Secretary

PORTRAIT of the GOOD LIFE in ACTION



Reaping the rich rewards of natural hygiene are Mrs. Margaret M. O'Leary of Pittsburgh, Pa. and her family. An outstanding example of dedication to the cause of a superior way of life, Mrs. O'Leary, a busy mother of three growing youngsters and one away at school, takes time to actively serve as president of our Pittsburgh chapter.

Mrs. O'Leary, a native of Pittsburgh, while still in her teens, was told of natural hygiene by the sister of Dr. Wm. Esser. Desiring to learn more, she worked for Dr. Shelton for a year. Marriage followed and when the children came along, she proceeded to raise them hygienically.

We were, of course, very eager to know how the O'Leary children were faring in their relationship with conventional youngsters; inquiries from their mother brought forth a most inspiring story, particularly for parents interested in a better way of life for their offspring.

Heading the list of advantages of raising children hygienically is mental alertness, keen minds, lack of absence in school, no difficulty in leading their classes (she has nine medals and 3 scrolls to prove it), boundless energy and vitality—they endear teachers and friends to them by doing more than is required of them; they substitute at the last minute for ailing classmates; when practicing sports, they outlast everyone else—their endurance is fantastic; appearance is pleasing, especially during adolescence, with skin clear and free of blemishes.

We were told that hygienically raised children are not necessarily small; the O'Leary's are built bigger and stronger than their meat eating associates. Heredity accounts for some of this. They seem to eat more than their friends, but require less sleep.

Our Pittsburgh mother says, "One rule which has proved itself over the years is 'no parties'. Nowadays there is such a mad whirl of parties, this was necessary; anything featuring food is banned. They do not object; this rule has been in effect so many years, it's a habit.

"The oldest is now 18, a cadet in the Air Force Academy at Colorado Springs. He tries to eat the best of the Academy food and reinforces himself with the fruits and nuts that are shipped to him regularly from Pittsburgh."

Mrs. O'Leary concludes, "The discipline of the hygienic diet improves the personality of a child, they are not brazen or bold, but rather mild, gentle and 'easy going'. They obey orders readily and have a healthy appreciation for the natural things in life.

"I cannot stress too strongly that Natural Hygiene is the best thing that ever happened to me. Because of it, I am thoroughly content to travel the remaining road of my life, arm in arm with Mother Nature."



Noreen (5), Peggy (15), Kevin (8)



Patrick (18)



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.

Dear Member:

No more fitting message could be brought to you this month than to quote from Dr. Shelton in the February issue of the Hygienic Review.

"Let us make Hygiene popular. Shout it from the housetop. Make everybody acquainted with it. Spread a knowledge of it wherever you go. Hygienists should eat and drink Hygiene; they should think it and feel it and dream it and sleep it. They should talk about it and sing about it and read about it and shout about it, and make the whole world conscious of it."

Our progress could be so much more advanced if each of us would diligently apply ourselves to this task instead of making hygiene only an incidental part of our lives.

Convention Donor Fund

Our yearly conventions are possible only through the aid of special financing. We depend heavily for this help on our wonderful members and friends who have come through so splendidly in the past.

Won't you help this great endeavor in 1963? There are several ways to do this...either by taking an ad...sending a greeting in our Convention Annual, or making a contribution which will be given mention.

A handy form is enclosed with this issue and a self-addressed envelope for convenience in replying.

For ads and greetings, use the left side of the form; for listing your name only, or making a contribution, use the right side.

We are counting on you!

Free offer to members

. During March only, you can obtain without charge our regular 5c pamphlets, "The Healing Process of Natural Hygiene" by Dr. Robert Gross, and "What's in Natural Hygiene for Me" by Irving Davidson. Send stamped self-addressed envelope to Pamphlet Division, Box 4412, Chicago 80, Illinois.

For Home Entertainers

As a special service to members, we will send, without charge, a variety of suggestions for making eye appealing and appetizing hygienic-party tidbits. Send stamped, self addressed envelope to ANHS Party Advisor, Box 4412, Chicago 80, Ill.

15TH ANNUAL CONVENTION PREVIEW

What?

A unique health assembly whose theme and spirit is "Health through Healthful Living"

When?

JULY 15 through 20, 1963

Where?

U. S. GRANT HOTEL
SAN DIEGO, CALIFORNIA

the purpose

To educate the public on all segments and phases of natural living in a simple and forthright manner... through the medium of daily lectures, classes, clinics and demonstrations.

the speakers

The foremost teachers of NATURAL HYGIENE.... DR. H. M. SHELTON, the leading authority on natural living... DR. G. BENESH... DR. D. J. SCOTT... DR. ROBERT R. GROSS... DR. WM. L. ESSER... Arthur D. Andrews, Jr... Jack Trop... Irving Davidson... and others.

the vital topics

Arthritis... Mental Sickness... Ulcers... Cancer... Headaches... Respiratory Involvements... Heart Disease... Polio Myth... Care and Feeding of Infants... Dangers of X-Rays... Scientific fasting... and more

other educational attractions

(for the first time)..... Personal Advisory Clinics... individual case histories of health recovery through natural hygiene (hearing and seeing is believing!)

WHO'S WHO Locally

CHAIRMAN



James H. Johnson
San Diego

COMMITTEE



Cynthia Preiss



Sophie Holzgreen



Don Sullins



Mrs. G. Benesh

Why you should attend

TO LEARN... the true facets of health and the rules of rejuvenation... the art of vibrant living... about the body's miraculous healing powers... the dangers of medicines, pills, shots, surgery and inoculations... that there is only one true disease and what it is

TO GAIN... strength, moral support... renewed vigor... inspiration from others who are living natural hygiene, and become imbued with a noble way of life...

Recreational program

Morning hikes... swimming outings... hygienic "cocktail parties"... evening socials... sightseeing of one of America's most fascinating cities... cruises in the magnificent 25 mile harbor.

special feature

GALA hygiene banquet, entertainment and dance terminating the convention.

fees

A special rate of \$15 for all educational features and the Banquet

accommodations

Lovely rooms in one of San Diego's finest hotels... the U. S. GRANT.

Rates: single \$7; doubles and twins \$12; young adults (14-20) \$3.50... 3, 4, and 5 in room

meals

Delicious hygienic food... specially prepared by the hotel (2 meals, \$3 on the modified American plan)

weather

Finest anywhere... no intense heat requiring air conditioning... smog free, insect free

Chartered Flights

For residents of the east, Canada, and middle west, 40% reduction in fare, loading in New York and Chicago

The chartered flights will be made only if enough people participate. If you are interested, we must hear from you at the earliest possible time by communication to Box 4412, Chicago 80, Illinois.

CONVENTION ITEMS

Due to reasons of health, Mr. George Lehr found it necessary to give up the post of manager. At an area meeting held in San Diego January 11, James Hervey Johnson, president of the San Diego chapter, was unanimously elected chairman of the convention committee.

Our two other California chapter presidents, Cynthia Preiss of Escondido and Sophie Holzgreen of Los Angeles, were selected vice chairmen. Also serving on the staff of committee chairmen is Mrs. Gerald Benesh on hotel and social arrangements. Publicity director will be Roby Day, Mrs. Freya Dinshah, acting secretary, and Jay Dinshah, mailing committee chairman.

According to Dr. Robert Gross, convention program chairman, two afternoons will be left free to enjoy the interesting sites in San Diego, where California's history began.



Dolomites Mountains, Italy
December 23, 1962

The American Natural
Hygiene Society

A friend of mine from California sent to me a few copies of your Magazine. I found in it a great joy in reading. If you can send me back numbers even in bad condition, also a copy of the last issue and a catalog of all your books on health, via sea. It takes five weeks, letters and magazines or parcels, but the post offices of U.S.A. and Italy goes very well. Nothing is lost. I live three hours above Venice. If some of you coming in Venice come to see me. You get food and shelter; the mountains are very high. You may touch the sky with the Finger... water running in open fountains day and night; air is pure, fine, but now we have snow up to the hat; barricades of snow everywhere; many sick people, but not I. I have a great culture in health. Hope to get news from you.

Thanks. Address in front. I have my own home.

Signor Virginio De Martin
Dosoledo (Alto Cadore)
Provincia Di Belluno

~~non non non~~

January 28, 1963

Dear Friend:

Enclosed find my buck of the month dollar. I am always glad to do something for Natural Hygiene for it has done so much for me.

Please send me 25 copies of The Healing Process of Natural Hygiene by Dr. Robert R. Gross. Enclosed find dollar for same.

I am planning on going to the American Natural Hygiene convention in San Diego in July. Could you send me any information on the special chartered plane fare to San Diego?

Sincerely yours,
/s/ Hugh A. McCracken
R.R. 1, Monrovia, Indiana



Truth is tough. It will not break, like a bubble, at a touch; you may kick it about all day like a football... and it will be round and full at evening.

-Oliver Wendell Holmes

Is This a Dream World?

.Where children do not have to be separated from their mothers because illness prevents her from caring for them.

.Where children are not deprived of a mother's love because of her death in childbirth or in their early childhood.

.Where each child achieves a sense of self worth because he is aware of his place in the world of nature which surrounds him.

.Where mental retardation is a rarity instead of the common occurrence it is.

.Where gifted people are not cut down in the most productive years through death or despondency.

.Where mothers are not forced to leave their children to go to work because the fathers have passed on.

.Where no one is ever under compulsion to enslave himself to an unrewarding job because the monetary security provides protection against the cost of illness .Where the fear of illness in old age holds no terror.

.Where lack of physical stamina does not prevent creative people from fulfilling their talents.

.Where everyone has the vitality to pursue his goals in life.

.Where old age is a period to look forward to because it can be rich with the experiences of earlier years, productive and full of vigor.

???

No, dear friend, this is not a dream, but a true picture of the world that natural hygiene can bring about. As Dr. Shelton says, the normal state of man, as of plants and animals, is one of uninterrupted good health... a healthy birth, a robust and happy infancy, a joyous youth, a vigorous maturity, a calm old age and painless death, after a long and useful life.

NOTES FROM ABROAD

The latest issue of the British Vegetarian magazine reports that Jack Trop's film "The Greatest Adventure" was shown at meetings of two of the local societies. In describing the film, it stated, "This American film is a full length sound and color documentary teaching that radiant health is the result of wholesome living. It portrayed many families as excellent examples of natural hygiene, and showed how easy it is to be fit and well."

From this publication we also learn that our international member, Stella Lief, was guest speaker at the first indoor winter meeting of a group in Nottingham.

A well known British vegetarian yachtsman who made a record-breaking solo trip across the Atlantic, says he has the advantage over most yachtsmen in the matter of diet. He carries plenty of potatoes, dates, nuts and citrus fruits, which do not spoil on a voyage. On his first trans-atlantic race at the age of 60, he lost only 10 pounds in weight, whereas most of his competitors lost 20.



STELLA LIEF

HOME STUDY CLASSES

The best means of obtaining an understanding of natural hygiene comes first from books and secondly from studying with others the basic principles of this system of healthful living. The value of study classes is unquestionable.

Regardless of where you live, you can have such a group. Why not organize a meeting weekly or bi-weekly in your own home. Whether there are three or 10, such study classes can be most successful. As a guide, use any of Dr. Shelton's numerous books.

CHAPTER REPORTS

BOSTON

Dr. Shelton's taped lecture, "Man's Quest for Health", was the subject of a meeting on February 10. There was also a discussion on what members could do to fight fluoridation campaigns in local towns and how to defend the book, "Silent Spring" which was serialized and attacked in the Boston Globe newspaper.

Monthly study classes are held.

BUFFALO

A panel discussion was the feature of the monthly meeting on January 28. Problems encountered in natural hygiene were discussed and questions asked. A testimonial to natural hygiene was given and colored slides were shown from summer picnics.

The exciting story of Hunza Land was related by John H. Tobe, on February 25, from his personal experiences in that country. Mr. Tobe, a traveler, writer and nurseryman from Ontario is author of "Hunza-Adventures in the Land of Paradise", based on 17 days in the mountainous section of Pakistan. Mr. Tobe reports the Hunzas live mainly on a raw diet with one of their staple foods being the apricot. They work long hours and live a very unhurried and simple life. The meeting was sponsored jointly by the chapter and the Organic Gardening Health Club, an affiliate of NFA. 125 were in attendance.

On March 25, Dr. Robert Gross will give a "Discussion of Stomach and Intestinal Disturbances".

CHICAGO

A host of absorbing subjects and activities have been given an airing at the recently initiated Chicago Natural Living Forum held every Sunday afternoon.

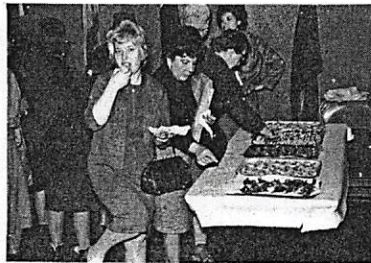
The Forum started off on a high note, with Arthur Andrews of St. Louis, giving a fascinating discussion of man's undeveloped potentials because of an unnatural mode of living. Next came a comprehensive treatment of the fluoridation situation in Chicago from a scientific, political and financial standpoint, graphically presented by the attorney fighting the case.

The development of Natural Hygiene, its history and pioneers, was a dramatic and moving highlight of one program, followed by "The Greatest Adventure". The subject of body development and physical fitness was splendidly covered thru slides and demonstrations by John Persona, director of a health studio in Milwaukee.

The February series started with a discussion of the aims of natural hygiene and the unique work of the Society.

Dr. Robert Gross lectured the day following his appearance in Detroit and attracted the largest audience since the Forum's inception.

The subject of food in all its aspects was presented Feb. 17, covering the natural diet of man, proper combinations, proper selection, sources and preparation; demonstrations were given in salad making and samples of hygienic delicacies for home



Food sampling being enjoyed

entertaining. February concluded featuring a well known doctor in the natural health field showing a famous collection of slides on the effects of disease in the body. The fight for medical liberty was also discussed.

Literature sales since September have grossed \$1,202, a phenomenal record attesting to the fine work of librarian Hy Klegerman.

CLEVELAND

A new set of officers has been elected and it is expected that a very active program will be instituted under the presidency of Victor G. Meyer, assisted by his wife, Maxine, as vice president. Recording secretary Emma Drake, 14800 Orchard Park (11) will continue to lend her enthusiasm to the work ahead.

DETROIT

After an intensive period setting up a good working committee and Executive Board, the chapter has now embarked on a concentrated educational program. They are attempting to obtain the finest possible lecturers. On February 9, Dr. Robert Gross was guest speaker after a yearly absence.

Following a private buffet luncheon with Dr. Gross as guest of honor, an audience of 115 heard a discussion of the factors which cause acceleration of the aging processes in the body. An outline of living, designed to overcome symptoms of old age was presented. All of Dr. Shelton's books sold well.

This first lecture of the newly instituted personnel was a great success socially, educationally and financially. The chapter was strengthened by the addition of 11 new members. The membership responded to the call of reactivation and the new administration with their help is now trying to build a firm financial foundation.

ESCONDIDO

On January 27, Dr. Gerald Benesh lectured on "The Value of Exercise in a Healthful Living Program". Demonstrations of body building, reducing and corrective exercises and other types necessary in the development of a good physical body, were given by the proprietor of a local health club; free passes were given to his gym.

President Cynthia Preiss was selected as the 1st vice president of the 1963 convention committee at a planning meeting January 11.

Eight new members joined at their Xmas party, bringing their total roster to 63.

A Valentine's Party was held February 16. Some of the members have formed a bowling team meeting every Sunday.

Tentatively scheduled for March is Dr. Gross.

LOS ANGELES

February 17 was a double feature program. Mrs. Holzgreen, president, spoke on "The Effect of Fear and Worry on Your Health", explaining the working of the nervous system under emotion. A color and sound film borrowed from the telephone company called "Gateways to the Mind", detailed scientifically what really happens when the five senses are used.

Election of officers took place prior to the meeting. One of our most conscientious chapter officers for many years, Mrs. Holzgreen was re-elected.

Good news is the report that Dr. Shelton's Hygienic Review is now available in a large magazine store in Los Angeles and selling well.

GREATER MIAMI

The January 12 lecture was given by president Tamarkin on the subject, "The Human Brain and Natural Hygiene". 75 were in attendance.

In February, the Society's popular convention floor manager, Jack Solomon, was guest speaker; an added attraction was the drawing for the winner of a free 10 day Caribbean Cruise.

Monthly study classes are well attended.

NEW YORK

Our eastern members are very fortunate in obtaining locally the most well versed speakers in natural hygiene. Irving Davidson discussed, "How Emotions Affect Your Health", at a meeting January 9. Jack Trop gave the hygienic book review of the month.

A study group met January 20 at the home of president Dr. Robert Anderson.

In February, Dr. Robert Gross lectured on "Scientific Fasting and Case Histories".

NEWARK

On January 17, the monthly program was an open round table discussion with audience participation. The subject was "Food Combining Made Easy", based on Dr. Shelton's book.

Dr. Robert Gross was guest speaker in February.

PITTSBURGH

Impossible weather forced the canceling of the January meeting since many of the members are elderly and the scheduled speaker was snowed in. Instead, Dale Ferguson appeared on Feb. 25 with the topic, "What Organic Farming Means to the Hygienist". Owner of a 200 acre farm, he plans the opening of an outlet in the city offering his own organic produce in the summer and imports from southern farms in the winter.

On March 25, "Silent Spring" will be reviewed and a spring auction will be held to raise finances.

ST. LOUIS

The president of the Illinois Natural Food Associates, Arthur Helleman, was guest speaker on Jan. 20. With more than 40 years of farming experience he was well qualified to speak on "All Living Things". His 100 acre organic farm produces, among other things, food for the patients of a Chicago allergist.

Arthur Andrews continued his lecture series to members only, on weight control; since most members are thin, non-members were invited.

In February, "Ideas for a Healthier Life" was the subject of Neale Woods, a student of health for over 25 years. The physical, mental and spiritual aspects of life were discussed. Mr. Woods had made a change in his life after reading books which led him to believe his suffering from a number of chronic ailments was unnecessary.

SAN DIEGO

At a Convention Planning Meeting January 11, president James Hervey Johnson was chosen 1963 committee chairman, with chapter secretary Freya Dinshah selected convention secretary temporarily.

The chapter comments on the dearth of well known hygienic speakers.

Cynthia Preiss, Escondido chapter president, spoke on the "Hygienic Preparation of Food," ... February 28, being well qualified because of her duties at the institution of Dr. Benesh.

TORONTO

Co-sponsored by the chapter and Vegetarian Society, Dr. Robert Gross spoke on January 11 before 250 people; some of the local radio stations were co-operative in announcing the meeting.

On January 16 an Executive Board was formed and plans made to start a study class. The method of stocking books is being changed from an individual to a chapter operation. Yearly dues are being raised in an effort to build up the treasury.

A dinner preceded a talk on February 20, "What we mean by and Why We Prefer Organically Grown Food" was given by an organic farmer. A short report was made on the current status of fluoridation in Toronto, which went into effect December.

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: Sundays, 6-8 PM, 116 S. Michigan Av.

CLEVELAND (Ohio)

Pres: Victor G. Meyer, 1240 W. Clifton, Lakewood 7
Secy: Mrs. Don Garriss, 313 Natel Drive, Euclid 23
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
Secy: Mrs. Mildred Delman, 901 S. Kingsley Drive (6)
Lectures: Phone for information Ne. 6-4739

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: Mrs. T. Valentine, 250 Betty Ann, Willowdale
Lectures: 3rd Wed. 30 Prince Arthur

FASTING INSTITUTION in WESTERN FLORIDA

After considerable delay, Dr. J. M. Brosious, formerly of Duncannon, Pa., has secured a suitable property in St. Petersburg, Florida for specializing in fasting and hygienic care. Operations will not be under way until the summer time.

The home is located on the beaches, with the bay in the back. For swimming, there is the Gulf just across the street. The surroundings are residential rather than that of a resort.

Charming Mrs. Brosious and her hygienically raised children will pleasantly add to the home like atmosphere of Western Florida's newest natural hygiene mecca. For information, write Dr. Brosious, 7750-38th Ave., St. Petersburg, Florida.

ANHS LIFELINE

It has been sometime since we mentioned one of the most important functions of our Society. We hope that all those financially able will consider becoming Century Club members.

We truly feel it would be impossible to carry on our vital work financially were it not for the support of our \$100 yearly members. Bear in mind that this is only \$2 weekly. Monthly payments are acceptable.

There are also Life Memberships of \$1,000 for those inclined to be especially magnanimous in helping to spread the life saving knowledge of Natural Hygiene.

Payments should be directed to ANHS Century Club Box 4412, Chicago 80, Illinois.

ST. LOUIS NEWS

One of the greatest problems we have to overcome when embarking on a hygienic regime is to conquer excesses of all types. With most of us, it is in the category of food.

Art Andrews of St. Louis has compiled a very helpful treatise on fighting the problem, which is available on a handy wallet sized card you can carry with you or affix to your bathroom mirror for reference whenever moral support is needed. Copies can be obtained at 5c each from ANHS Publications, 126 Parsons, Webster Groves 19, Mo. Send self addressed stamped envelope. As Mr. Andrews says...if you don't think you're addicted to certain foods, just try doing without it and see how you make out.

Members Jim and Marilyn Dyer are reported to have had twin girls on Feb. 6. The Dyers became hygienists more than a year before conception and the births were most normal and happy.

Vice Pres. Sally Burkham's young daughter, Caroline, after a fast at Dr. Shelton's firmly resolved to live hygienically. She has found a sense of accomplishment and security in her new way of life.



FRIENDSHIP COMMITTEE

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

Our committee came into being to meet a very real need--to help single hygienists develop desirable friendships through a REGISTER OF SINGLE HYGIENISTS. I have received many letters of thanks and expressions of appreciation for the creation of the REGISTER. Already much correspondence is being exchanged by our single people who used this directory to make new friends.

Each of our chapters throughout the U. S. and Canada has a copy of the Register, which is made available at their public meetings through the local secretary. All single health minded people are invited to attend such meetings if their city has a chapter and review the Register from which you select the people you would like to know. Start getting acquainted now by mail and plan to meet your new friends, personally, at our 15th annual convention in San Diego, California, July 15 through 20.

If you are single and your name is not listed, let me have all the pertinent information about yourself. There is no charge for this service. Do this right away so you will be listed in time for the convention. Hundreds of people in attendance will be reviewing the REGISTER. This will be a tremendous opportunity for you to pave the way to new hygienic friendships. You will find new joy and pleasure in your life, if you can share it with people of mutual interests, looking for a better way of life through natural hygiene.

Buck of the Month Club

Organized in October, 1962, we now have 44 of our members in this group. Grateful thanks go to these wonderful people who are making it possible to publish a paperback edition of a work by Dr. Shelton for world wide distribution.

It is heartening to observe that eight of the above number are also Century Club members. We hope more of you will decide to aid our publicity fund. It's so simple. Just put \$1 in an envelope with your name and address and each month we will send you a convenient mailback envelope. The self addressed envelope enclosed with this issue can be used to initiate you as a BMC member.

A special "Buck of the Month Club" Newsletter will go out to all BMC's.

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.

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



"In what thou eatest and drinkest, seek from thence due nourishment, not gluttonous delight. So mayest thou live, til like ripe fruit, thou drop into thy mother's lap; or be with ease gathered, not harshly plucked, for death mature." -MILTON

DICTIONARY OF FOODS. William L. Esser, N. D., 1953, 176 pages.
Published by the author, Lake Worth, Florida. Sold by ANHS Publications,
126 Parsons Avenue, Webster Groves 19, Missouri. \$2.10, postpaid.

THIS BOOK will be greatly appreciated by everyone who wants to be sure he is eating the foods that contain complete vitamins and minerals (hygienists do not endorse so-called supplements) and that combine naturally. This is especially important for parents of young children whose bodies are growing and therefore need the essential food elements found at their best in fresh fruits, nuts and vegetables.

THE FOOD dictionary is unique. There is not another book which even attempts to do what it has done. It begins by adding somewhat to Webster's definition. "Food", says the author, "consists of those articles of aliment which nourish, augment and sustain life at its highest vibration in the cell." More than 150 foods are analyzed alphabetically; the history, class, reaction (acid or alkaline), vitamin and mineral content, and the best, fair, and poor combinations given.

Here is a fascinating study! You will rarely stop with the food you're looking for; before you know it you're reading on and on. One of our members got a terrific stomachache from eating carob and potato at the same meal; after consulting the Dictionary of Foods, she found the cause... Carob (page 48) does not combine well with acid fruit, vegetables, starch and protein; she learned she had eaten against natural law, combining a sweet fruit (carob) and a starchy vegetable (potato).

There are excellent whole chapters on fruits, nuts, vegetables and cereals, which, alone, are worth the price of the book.

The chapter on "Conservative Food Preparation" is invaluable. While the author says raw food is always more healthful and wholesome than fired food, for those not ready for an all-raw regime, he gives a Time Cookery Guide and explains how you may maintain much of the nutritive value, the bright natural colors and the delightful and satisfying aroma and taste of lightly cooked food.

Excellent chapters, such as "The Kitchen on Budget", "Classification of Natural Foods", "Key to Correct Food Combinations", and "Suggested Menus for Every Day in the Week", have been gleaned in part from the best known present day authorities whose laboratory findings and clinical experiences have been grouped with the author's.

You can see this great little book is packed with essential knowledge for the hygienist and the aspirant. Teenagers will welcome its conciseness, and hygienic housewives will want it right at their fingertips.

ORDER YOUR COPY today and an extra one for some member of your family.

BOOKS

from ANHS Publications

126 Parsons Webster Groves 19, Mo.

Every man who knows how to read has it in his power to magnify himself, to multiply the ways in which he exists, to make his life full, significant and interesting.
-Aldous Huxley

EAT YOUR WAY TO GLOWING HEALTH ----- .25
Arthur D. Andrews. Establishes man's correct diet from a sound foundation of logic based on biology. 5 for \$1.00 while they last.

BETTER HEALTH. 115 pages ----- 2.10
Robert W. Anderson, N. D. How to live so that the healing force within can function efficiently as long as you live. Dr. Anderson is a living example of what he teaches. Meet him at the 1963 convention in San Diego!

VOL. II. THE HYGIENIC SYSTEM ----- 5.10
(Orthotrophy) Herbert M. Shelton, D. P., N. D.
A complete guide to correct feeding based on biology and nutritional science.

FOOD FOR THE GOLDEN AGE. 1954 ----- 4.10
248 pages. Frank Wilson, English biologist-nutritionist. Startling views on the prevalence of poisons and deficiency diseases. A lively defense of natural food and the compost heap.

PHYSICAL AND MENTAL FACTORS IN HEALTH .50
Hereward Carrington, Ph.D., 1956, 15 pages.
A study of health maintenance and disease resistance.

It is rather interesting to note that orders for "Silent Spring" were very poor in comparison to results obtained from reviewing "Toxemia Explained". The explanation is quite simple, however. "Silent Spring" is available from every library and bookstore and was also serialized in many newspapers. On the other hand, natural hygiene books are available from very few sources.

THE SKIN AND ITS TROUBLES ----- 1.60
Compiled 1957, verbatim from the rare out-of-print books by Herbert Shelton, Trall, Dodds, George Starr White, Cursio and Gray's Anatomy.
SMOKING AND HEALTH ----- 1.10
A 1962 report of the Royal College of Physicians on smoking in relation to cancer of the lung and other diseases.

PAMPHLETS - 5c each, 25 for \$1.00 (same or mixed)
Caring for your Baby. William L. Esser, N. D.
The Healing Process of Natural Hygiene.
Robert R. Gross, D. C., Ph. D.
Insects--Pests or Friends? J. M. Gehman, N. D.
What's in Natural Hygiene for Me? Irving Davidson
The Coming Health Renaissance. Harold R. Dessau
High or Low Protein? James McEachen, D. C.
Pathology Chart, the evolution of enervation-toxemia
COMPLETE BOOK LIST, 8 pages and exercise list...
10¢ in stamps or coins.

Hygienic Functions-3rd of Series



SCOTT'S NATURAL HEALTH INSTITUTE

BOX 8919, CLEVELAND
(Strongsville) 36, OHIO

- 1/2 mile south of the Turnpike
- 15 minutes from the Airport
- Bus service on nearby Route 42

CLOSED
Thanksgiving to
February 1st

A rare haven of health in Midwestern United States is Scott's Natural Health Institute, devoted primarily to those who wish to better their health and sense of well being, or to lose weight, by means of supervised fasting and hygienic care under experienced professional supervision.

Directed by Dr. D. J. Scott and his wife, Thelma, the Institute is one of those unique establishments which allow for the recovery of health according to the prescribed plans of nature. No where else in the area can be found its equal.

Once inside the doors of this refuge from an unnatural mode of living, there is a pervading sense of tranquility.. release of tension and surcease from the rigors of conventional civilization.

For Midwesterners restricted by time or money from journeying to tropical climes, the Scott Institute is a most welcome oasis, providing the proper conditions for Nature to perform her wondrous reparative work through the inherent healing powers of the body.

The Institute is comfortable both inside and out, having large airy rooms, carpeting, and in every way reflecting the elegance of an earlier architecture. Under the direction of the Scotts, it has become known for its friendly, comfortable and warm atmosphere. Mrs. Scott's gracious personality, in no small measure, helps to impart to its residents the feeling of being a house guest on vacation, rather than that of an institutional patient.

Located south of Cleveland, in the community of Strongsville, the Health Institute is a beautiful and charming older colonial home on a prominent hilltop setting. The location is convenient for travelers by car or bus.

For those who can enjoy the outdoors while at the Scott's, there is the adjoining beautiful Metropolitan park system of Cleveland, which offers almost unlimited facilities for hiking, riding and outdoor recreation activities.



Cheerful rooms



Nutritious food



Mrs. Scott

Dr. Scott has specialized in fasting and hygienic care for several years and has directed many fasts for patients in various states of health. His degrees are in chiropractic and naturopathy, having studied extensively in the field of nutrition. He has lectured widely before ANHS chapters in the Middle West and has been a featured speaker at our yearly conventions.

In his personality, Dr. Scott exemplifies the traits of character and emotional poise which so eminently qualify him as a teacher of the "art of intelligent living".



Dr. D. J. Scott