

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. 5

BOX 4412, CHICAGO 80, ILLINOIS

APRIL 1963

OUR 1963 CONVENTION

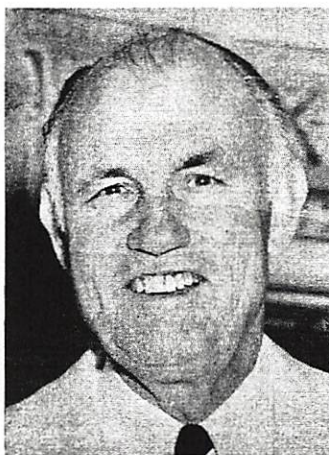
By HERBERT M. SHELTON

DR. SHELTON'S HYGIENIC REVIEW
April, 1963

We are driving hard to make this our year of triumph. Now is the psychological moment for *Hygiene* to strike its winning blow. The iron is hot and we must strike while this is so. Never before in all of the world's history has there been aroused so much doubt, distrust, suspicion and fear of the drugging system as exists today. The old system of medication is rapidly destroying itself. Its flood of drugs that have turned into a flood of devastating side effects has awakened people from their lethargy. They are anxious to find a new and better way. It is up to us to provide that way. The decay of the other schools of so-called healing in this country has left the field wide open for *Hygiene*. We must take every advantage of our golden opportunity.

A few days ago I received a letter from Los Angeles in which the writer said that the people are frightened but they are still going to medical men because they do not know where else to go. It is up to us to provide them with another and far superior place to go. We must hold high the beacon of *Hygiene* and let its light shine brightly, that all who are trapped in the gloom of the poison school may see its rays and be led to safety.

To this end we must have the biggest and greatest *Hygienic* convention this year that was ever held. We must make enough noise that we can be heard. Our convention program must be of such a character that it will attract the hungry and weary from far and wide. The glorious truths of the *Hygienic* way of life must be blazoned on the very skies that everyone may read and understand. Our people must flock to San Diego in great numbers, not alone to be taught the truths of *Hygiene*, not alone because it is a pleasant and profitable way to spend a vacation, not alone because there is so much to be seen and so many things to do in San Diego that we want to go there for the sheer pleasure of being in this city of many delights, but also and more fundamentally, because we want to lend our weight to the mighty surge of *Hygiene* that must be made a feature of the year 1963.



DR. SHELTON

JULY 15 - 20

**U.S. GRANT
HOTEL**

**SAN DIEGO
California**

See details on
page 6 and 7

Let us turn out in numbers to match our enthusiasm; let our force be proportionate to the value of the truths for which we stand. From Canada, from Hawaii, from Mexico, from other parts of the world, let us gather in San Diego and help to launch the message of *Natural Hygiene* on a triumphant march. Let us heal our wounds, compose our petty differences and get this mighty movement going as it has never gone before.

Mankind stands at the cross-roads. There are two big signs on the guide post. One of these points into the darkness where drugs and more drugs cause more and more disease and death. By this sign is an imp garbed in black and beckoning all who pass to go into the darkness. Back, back, he says, into the abyss from which you are trying to emerge. The other sign points mankind back to that pristine way of life that formed the basis of his primeval soundness and integrity. By this sign is an angel of light, dressed in white with a brilliant light on her head. She beckons all who pass and urges them to turn to the light. Not back into the darkness, but forward into the light—this is the message that *Hygiene* must give to the people and it must be done this year.

If you are with us in this mighty and needed work, you should be in San Diego. You should not let trifling matters keep you away. San Diego or bust, should be your watchword, followed by the words "and we don't intend to bust." This year not only must *Hygiene* become generally known, but *Hygienists* must map their plans for the mighty surge ahead that is due. We must lay these plans well and implement them to the end that they may be carried out. To do this, your help is needed. It takes money, of course it does; but it also takes cooperation. We need you as much as we need money. Join with us; stand up and be counted for *Hygiene*. Show your enthusiasm for the way of life that has brought health to you by being among those present in San Diego.

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.



First Women's Chapter Formed

1982 Marseille Drive,
Miami Beach 41, Florida

Mrs. Ann Scharps Miss Lois Scharps
President Secretary



Dear Member:

Freedom of choice is one of the greatest gifts you have. Don't ever let this gift go unused. Exercise this precious right! You are not forced to do anything, although certain circumstances may seem to dictate so.

May we also leave this thought with you. The ANHS is the only organization dedicated to helping the individual not only to achieve and maintain health, but equally important, to developing an awareness that he does have "freedom of choice" which if properly and intelligently exercised can truly make life meaningful even in our present chaotic world.

BILLBOARD

NEWS and NOTICES

ST. LOUIS

Art Andrews wrote the following letter to the school principal, "We do not wish our son to receive any immunizations--oral, intravenous, subcutaneous or others--under any conditions. In fact, we do not wish him to have medications, medicines, drugs, x-rays, treatments, blood transfusions, tests, etc., internally, externally or orally applied for any reasons. Such practices are contrary to our religious and philosophical beliefs. Furthermore, we deem such practices to be unscientific, barbaric and detrimental to individual, family, community and national health in view of all evidence available for study, analysis and evaluation."

MIAMI

Mrs. Bess Mindes reports the Medical Society of Miami had 3 doctors speak about quackery to a very large audience. Several hygienists appeared to protect the hygiene point of view. Doctors admitted they have failed to keep people in good health and that any one who does not know his profession thoroughly is a quack regardless of his standing.

RESORT

Rio Caliente Vegetarian Health Spa, Box 1187, Guadalajara, Mexico
MAY 26

Visit to organic farm of Alvin Felsing, Ayton, Ontario, Canada.
Contact Adele Webber, 277 E. Philadelphia, Detroit, for details.

Mrs. Bess Mindes, our 2nd vice-chairman, reports the formation of a Women's Chapter of Miami Beach and Surfside, Florida.

The first organizing luncheon meeting was held at the home of Mrs. Ann Scharps and her daughter, Lois, who organized the group and now serve as president and secretary, respectively. There are now over 25 members. A second luncheon was held; meetings are in the afternoons.

On March 13, Dr. William L. Esser of Lake Worth, Fla. lectured on the topics, "What Natural Hygiene is and What it Can do for you: Good Nutrition and Why Natural Foods are Best: Correct Combinations of Food". After the two hour talk, a question period followed and a showing of "The Greatest Adventure". The meeting room was filled to capacity and it was later learned that 50 people had gone to another address due to an error by the newspaper.

Mrs. Scharps, a national member, tells us all the members are most enthusiastic and anxious to learn the new way of life and they are growing rapidly due to the cooperative efforts put forth.

Mrs. Mindes has given the chapter very helpful guidance and is responsible for getting the group under way. With two chapters in the Miami Beach area, she believes it will be easier to secure more members in both and enlarge the scope of Natural Hygiene.

Mrs. Scharps relates how she was prompted to start the chapter. After the tragic loss of her husband, killed in an auto accident, a friend suggested she and her daughter go to Dr. Esser's Ranch to help both of them overcome the effects of shock and grief. Their experience proved very beneficial. In business, as electrologists, they began telling many of their patients about their helpful experiences with fasting and also gave out information about natural hygiene. This seemed difficult to explain as the subject was entirely new to these people.

Mrs. Scharps and Lois decided to have a luncheon and invite all the women who seemed to be interested in the subject. Thirty came. A beautiful hygienic meal was served and the guests were very much impressed at the delicious foods that can be prepared in a natural way, omitting flesh products.

Mrs. Scharps says, "I told them that natural hygiene was the superior way of life and they all seemed interested. This was an incentive to me to start a women's chapter."

It is a great satisfaction to know that so many people are interested in good health and ways to better their health. We have great expectations for the future."

Lois Scharps is most fortunate in finding natural hygiene when she was 22. Due to a glandular condition, she had an overweight condition not responding to medical care. After a 30 day fast at Dr. Esser's, and a loss of 35 pounds, she felt reborn and had peace of mind for the first time in her life. She has since returned three times for fasts and improved her general health in many, many ways.

Lois tells us, "I think finding out how to live naturally at this early age is a great gift, as it is an insurance policy to better health in the future. I am presently secretary of the Natural Hygiene Society of Miami Beach and Surfside, and I am very proud of my position. If I can be of any service to anyone interested in natural hygiene, I would be very happy to help them if they will write to me."

NEW CHAPTERS FORMING

Altadena, California

Carl Bertelsen advises there have been three meetings
He can be contacted at 90 West Harriet Street.

Phoenix, Arizona

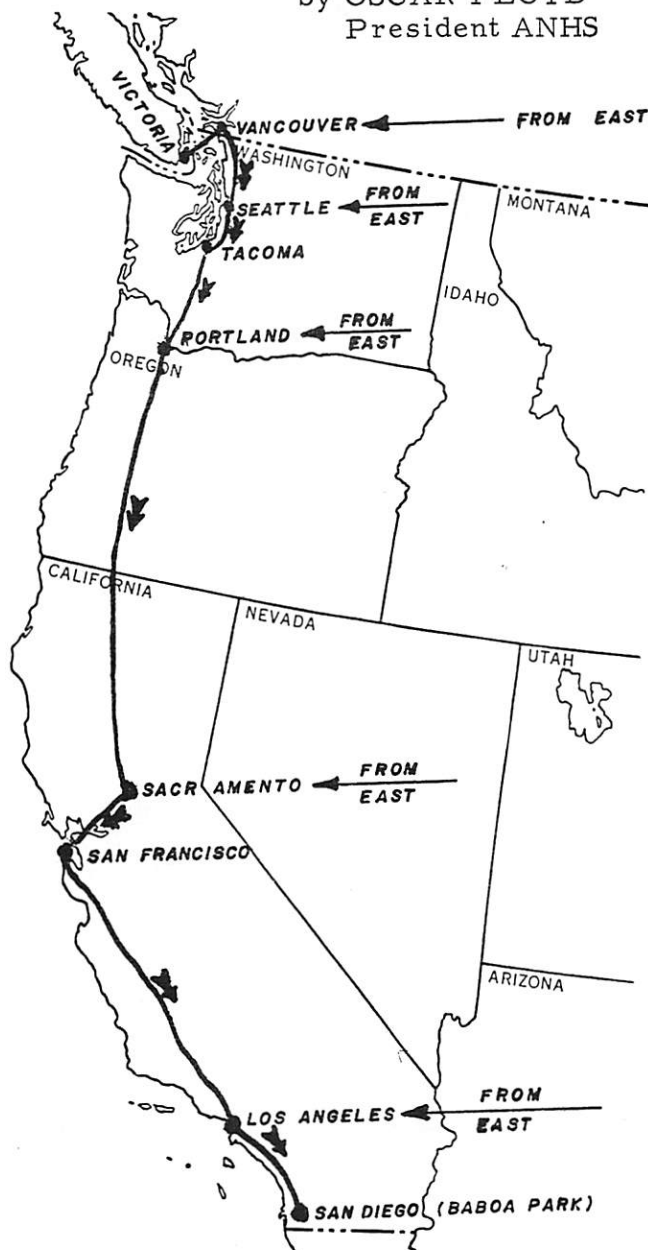
Contact Richard Zuzero, 715 E. Garfield.

Coal Valley, Illinois

Contact Orville Peitcher, Box 187

A CONVENTION MOTORCADE?

by OSCAR FLOYD
President ANHS



ROUTE OF PROPOSED MOTORCADE

(ARRIVING IN SAN DIEGO 7-13-63)

It has been proposed that we organize a MOTORCADE which will begin in Vancouver, B.C. and terminate in Balboa Park in San Diego at a specified time Saturday eve, July 13. An organized mass outdoor pre-convention meeting would then follow. California Convention Committee Chairman James Hervey Johnson advises us that Balboa Park would be an ideal spot for the terminus and meeting.

A motorcade of this type has several important functions: 1) to publicize Natural Hygiene by signs on the cars, discussions with onlookers,

newspaper and radio/TV interviews and organized meetings; 2) a means of actually transporting people to the convention; 3) an exercise in planning, organizing, coordinating and working together; 4) a "chance-of-a-lifetime" holiday for those fortunate to participate.

A motorcade is defined as a group of cars travelling in close formation with organized direction. All vehicles would carry standardized identification signs and placards. The effect is electrifying! I have watched such motorcades and invariably onlookers get the impression that the group is much larger than it actually is. As the motorcade progresses, the word will automatically be passed on ahead, resulting in crowds lining sidewalks in the various towns. Naturally, this will bring out reporters.

The accompanying map shown here is only tentative. Selection of routes will come later. The first cars will start from Vancouver, B.C. and will be joined by other cars in the major cities of Seattle, Tacoma, Portland, Sacramento, San Francisco and Los Angeles. Cars from the East can hook up at any pre-determined point along the route. Cars from the San Diego area can drive to Los Angeles and return with the Motorcade.

The entire operation will need to be precisely operated by a control staff operating out of Los Angeles or San Diego, with alerted key personnel stationed at previously determined division points. Since the entire operation should be run off within a week, it will be essential that all possible tie-ups or mix-ups be avoided.

If it is possible for you to participate in any capacity, please write me promptly at Box 4412, Chicago 80, Ill.



BALBOA PARK This magnificent 1400 acre park is located in the center of the City of San Diego and is the heart of its cultural and recreational life. It is filled with beautiful buildings and arcades housing museums, art galleries, theatres, restaurants and recreational activities. There are miles of garden walks and many sports facilities. Flowers abound all year around. Many rare plants are exhibited.

CHAPTER REPORTS

BOSTON

On March 10, Dr. Philip Chen of the Atlantic Union College showed a film and lectured on "The Nutritional Basis of Heart Disease". The chapter feels the speaker placed too much emphasis on a low cholesterol diet. A few new people came in as a result of an ad placed in the local newspaper.

The April meeting featured Hal Dessau, president, on "Vaccination - a Critical Review". Most of the material was obtained from the book "The Poisoned Needle" and "The Great Salk Vaccine Fiasco", by Ernest Zeisler, M.D.

Monthly study classes are held. Currently, they are discussing the germ theory of disease.

BUFFALO

Dr. Robert Gross lectured March 25 on "Discussion of Stomach and Intestinal Disturbances", emphasizing that the finest food, eaten properly, can have no value unless the body is free of accumulated toxins.

On April 22, Dr. Gross was again featured with the topic, "Round Up of Health Hints".

CHICAGO

March programs for the Sunday afternoon forums covered the subjects of "Obtaining Natural Food in a Poisoned World", with a panel of four organic farmers in the Chicago area, "The Role of Youth in a Sick Adult Society", featuring the talents of local members of the Youth Intl., "Hunza-Land", with author and traveler John Tobe, "The Tragedy of Vivisection" presented by Dr. Maxine Bush, V.P. of the group fighting it, and a Natural Living Round Table of case histories and exercise demonstrations on a slant board by Morris Steinberg which enabled him to avoid surgery.



Mel Klegerman, pres. of the NYHI, tells about their aims

In April, the wide range of programs featured an outstanding human ecologist, Dr. Theron Randolph, on "The Devastating Effects of all Types of Unnatural Elements on the Human System", Arthur D. Andrews on "Natural vs. Normal Childbirth", speakers from the NFA national convention - "Soil Building" and other aspects of organic farming, and Dr. D. J. Scott of Cleveland in "Development of Disease and Recovery of Health".

Preceding the main subjects, each Forum session features "The Living Newspaper" a subtitle for the Forum, in which current news articles on health are read, and "The Shelton Reader" offering excerpts from the writings of Dr. Shelton.

A discussion and study group meets after each session.

Literature sales have grossed \$1500 for 8 months. Librarian Hy Klegerman accomplished this record by extreme devotion to his job.

To accelerate memberships, a new idea called the "Lucky 13" has been instituted offering a combination of yearly affiliation nationally and locally and a year's subscription to Dr. Shelton's Hygienic Review for a single rate of \$13.

CLEVELAND

A St. Patrick's Day Party and dinner meeting on March 16 had a discussion on "Gardening Without Pests", with three chapter officers.

Following close on the heels of Income Tax Day, the April 20 meeting was labeled "Hard Times" and announcements asked people to wear their "hard times" clothes; a prize was given for the most appropriate costume. An Organic Specialty Dinner prepared by two of the members was shipped from California. The program had a talk on the fruit variety available from other countries and a review of "The Healing Process of Natural Hygiene", by Dr. Gross.

DETROIT

"Correct Food Combining" was the general subject on April 20. A panel of officers discussed what kind of food is natural to man, how much should be eaten, and how to eat. Vol. 2 of the Hygienic System was used as a reference guide.

Plans are being made to visit an organic farm 100 miles from Toronto and the latter chapter has been invited. The Buffalo chapter will also be extended an invitation for the trip on May 26.

ESCONDIDO

On April 28 a lecture on the life history of the date was given by Lee Anderson, owner of a date grove in the area. A film was also shown and dates were offered for sale.

May will be a social month with an entertainment party on the 11th and a potato bake on the 26th at the ranch of Dr. Gerald Benesh. Various sports will be available. A collection is to be made for the convention.

GREATER MIAMI

Dr. Anderson of New York, a visitor in the area, was a guest at the February 28 membership meeting and gave an address. "Hemo the Magnificent", a film depicting the wonders of the bloodstream, was shown.

On March 9, R. J. Cheatham lectured on "Health Independence" and the case for natural living. Jack Trop's book "You Don't Have to Be Sick" was raffled off. At the March 28 membership meeting, Dr. Anderson told how he became a hygienist.

Dr. Maurice C. Weiss of Los Angeles spoke on the subject "Here is to your Health" on April 13. Election of officers took place on April 25 and annual reports were given.

LOS ANGELES

A dinner meeting on March 17 at a cafeteria was entitled, "You Don't Have to be Sick". Taking the form of a study class, the program consisted of reading from Dr. Tilden's book on Toxemia and a discussion. This format, being somewhat different than usual, it was enjoyed by the audience. Entertainment offered some folk music.

Featured on April 28 was Gene Stanlee, former Mr. America, demonstrating the best and fastest way to build and strengthen the body. "The Greatest Adventure" film was also shown.

NEWARK

Librarian George Galanti, a researcher on natural hygiene, discussed "Why Meat Eating Should be Avoided in the Hygienic Diet", at the March 21 meeting. He showed how flesh foods were not meant for human consumption from the point of good nutrition.

"Effects of Chemicals (air pollutants, food additives, drugs, sprays) on our Health" was the subject of Dr. Jack Haberman, B.A. biology, chemistry, on April 18. A color film on water pollution was shown.

A series of outstanding recordings by Dr. Shelton is to be initiated.

NEW YORK

The March program featured a "Hygienic Answer Panel" of Dr. Gross, Jack Trop, Irving Davidson and others. News articles of health interest were given by Henry Sherman and the hygienic book of the month with Irving Davidson.

Natural Hygiene with an international flavor was the subject on April 17. "Hygienic Travel in Europe" and "Natural Hygiene in Israel" were discussed, the latter by an Israeli who has been spending the past year in the U.S. preparatory to practicing Natural Hygiene in his country.

Book sales reached a new high in February due to the dedicated efforts of Librarian George Woroboff, in gratitude to the benefits received from hygiene.

President Dr. Anderson has been giving his valuable experience to study groups in Brooklyn, Bronx, Manhattan, Long Island, and New Jersey. While in Florida, he lectured on the Beach. The Andersons have volunteered their home for weekly Sunday afternoon study groups.

The Ladies Auxiliary has a gift table project whenever gifts and other fund raising ideas are available. At each meeting, people are urged to talk to those they don't know to "change strangers into friends".

Members are urged to get new members to assist in the chapter's growth.

PITTSBURGH

Member Paul Aiello reviewed the book "Silent Spring" on March 25 and gave an excellent resume of contamination of foods and side effects. An auction netted a good profit for the treasury. The April 29 meeting was a panel discussion; a special effort was made to invite interested persons for this very effective type of educational program.

ST. LOUIS

James Dyer, a recent father, gave a talk on natural childbirth, using his wife's experiences as background. Art Andrews supplemented with comments on "normal" birth as compared with the so-called "natural" births. An extensive selection of literature on the subject of childbirth, care of infants and related matters was available.

"The Greatest Adventure" was shown on April 28. A question period covering all phases of hygiene followed.

A hygienic meal is served after meetings, or food may be brought in.

Newsletters under the editorship of Sally Burkhams, continue to be very provocative, and contain much valuable information. Subscriptions are \$1 yearly.

SAN DIEGO

Noted traveller and author, John Martin Reinecke, spoke on the benefits of raw food on March 28. Officers and directors led a panel discussion April 25 on "Protein from the Hygienic Viewpoint". Questions and discussion was asked from the audience. Three constitutional amendments were offered to members for the purpose of streamlining the work for the coming year starting July 1.

Meeting notices requested people to bring names of relatives and friends who should be invited to the Convention. Diligent effort is being expended to make the 1963 convention outstanding.

Sample brochures advertising the work of the Chapter has been included with notices and urged that quantity orders be placed free of charge, for sending out to friends, asking them, in turn, to enclose same with their own correspondence.

Weekly picnic-hikes, for the purpose of encouraging exercise, have from 9 to 21 in attendance. Free weekly study classes on Thursdays have an average attendance of 20; subjects are selected by the members and given by the officers.

(continued on page 8)

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 Garris, 313 Natel Drive, Euclid 23
Monthly meetings: Contact Secretary for information

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: Gloria B. Omdahl, 2011 Alexander Drive
Monthly Activities: Phone for information

LOS ANGELES (Calif.)

Pres: Mrs. S. Holzgreen, 3566-B Mulford, Lynwood
Secy: Mrs. M. Delman, 901 S. Kingsley Drive (6)
Lectures: Phone for information Ne. 6-4739

MIAMI (Fla.)

Pres: Chas. Tamarkin, PO Box 1041, Coral Gables
Secy: Mrs. J. Shurin, 8101 Abbott Ave., Miami Bch.
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

WOMEN'S CHAPTER (Miami Beach & Surfside, Fla.)

Pres: Mrs. Ann Scharps, 1982 Marseille Dr., M.B. 41
Secy: Miss Lois Scharps, 1982 Marseille Dr., M.B. 41

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, 5049 Murdoch (rear) 9
Lectures: Monthly. Phone for details

SAN DIEGO (Calif.)

Pres: James H. Johnson, Box 2832 (12) Be. 3-0939
Secy: Freya Dinshah, 206 Kalmia (1) 234-3855
Lectures: Phone for information
Study Classes: Thursdays, 8 PM, 206 Kalmia St.
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 Avenue

California Convention Committee
 James Hervey Johnson, Chairman
 Box 2832, San Diego 12
 Cynthia Preiss
 Rt. 4, Box 877, Escondido
 Mrs. Sophie Holzgreen
 3566-B Mulford, Lynwood
 Mrs. Gerald Benesh
 Rt. 4, Box 877, Escondido
 Don Sullins
 Box 561, Escondido

THE AMERICAN NATURAL 15th Annual C

JULY 15-20, 1963

WHY YOU SHOULD ATTEND THE CONVENTION

- To learn how to maintain and recover lasting health.
- To learn the true cause of all disease.
- To learn why there are no harmless drugs.
- To learn why sick people need the same basic elements as do the healthy.
- To gain inspiration for a better and healthful way of life.
- To mingle with those who have practiced the natural hygiene way to health.
- To renew the knowledge you may already possess.
- To strengthen your morale.
- To show you support us in our crusade to bring real health to all of humanity.

► DAILY LEC

► EXHIBITS

► WORKSHOPS

► FILMS



► GALA BANQUET, ENT

some of the speakers



Dr. Herbert M. Shelton
 San Antonio, Texas



Dr. Gerald Benesh
 Escondido, Calif.



Dr. Wm. L. Esser
 Lake Worth, Fla.



Dr. D. James Scott
 Cleveland, Ohio



Dr. Robert R. Gross
 Hyde Park, N. Y.

THE TOPICS TO BE DISCUSSED

- Arthritis
- Mental Sickness
- Ulcers
- Cancer
- Headaches
- Respiratory Involvements
- Heart Disease
- Polio Myth
- Care and Feeding of Infants
- Dangers of X-rays
- Scientific Fasting

AND OTHERS

CONVENTION FEES

Complete Registration (all lectures and banquet) \$15.00
 Single fees: Lectures - afternoons \$1.00 each; evenings \$1.50 each; clinics 1.00
 BANQUET, Entertainment & Dance \$7.50

Important

If we can get sufficient numbers to participate, rates will be available on flights to San Diego from the east, middle west and Canada. The exact fare will be in our hands before going to press with this but we expect to have the information within a week. If you are interested in the flights, we must have an immediate response. Write Transportation Department, ANHS, Box 4412, Chicago 80, Illinois.

Don't Forget the Co

GIENE SOCIETY, INC.

CONVENTION

SAN DIEGO, CALIFORNIA

ES



AMUSEMENT & DANCE

► CASE HISTORIES (IN PERSON)

▼ PERSONAL ADVISORY CLINICS

▼ YOUTH PROGRAM

COMFORTABLE, SUNNY ROOMS

- | | |
|---|--|
| ☐ Single \$7 | ☐ Young Adults (14-20) \$3.50 each
3, 4, and 5 to room |
| ☐ Doubles & Twins \$12 | *No charge for children up to 14, sharing
room with parents |

RESERVE DIRECTLY WITH HOTEL

THE RECREATIONAL PROGRAM

- Morning hikes
- Swimming Parties
- Evening Socials
- Sightseeing tours of San Diego and its magnificent 25 mile harbor.
Glamorous California and Exciting Mexico

MEALS

Modified American Plan (breakfast and dinner) \$3.00 daily
If not on American Plan: Breakfast \$1.75; Dinner \$3.25
All food will be natural, supervised by our committee

Southern California

—land of sunshine and surprises

Summer outings unspoiled by rain.

This is Southern California, one of the most unusual places on earth.

Southern California is different: it combines an unusual climate with very unusual geography.

For 200 miles this playland borders the Pacific. There are pleasure isles, palm-fringed coves, Flying Fish.

Mountains rise up from ocean surf and soar to snow-capped heights.

Green valleys hold the subtropical cities, metropolitan Los Angeles, Hollywood, orange groves, old Spanish missions.

Just beyond the mountains are the deserts, the palm jungles, oasis resorts, dude ranches, ghost towns.

All of this is close in and compact—three or four ordinary vacationlands rolled into one—and you enjoy them all during a *single visit*.

Vacation weather year round

The climate is the *only one of its kind in North America*. It is known as the Mediterranean or "dry subtropical."

Summer—Rain is rare in June and July. Sometimes August has a slight sprinkle. Dry, low humidity, no sweltering that saps your energy.

SAN DIEGO COUNTY. Bounded on one side by the Pacific Ocean and on another by Old Mexico, this is the extreme "lower lefthand corner" of the USA. A beautiful marine view is obtained from the Old Spanish Lighthouse atop Point Loma. It overlooks the "Harbor of the Sun" bristling with masts of the fishing fleet, yachts, Navy warships, freighters and liners.

San Diego is called "the city built around a park"—Balboa Park, 1400 acres of subtropical flowers and trees and buildings of two world expositions. In the zoo beasts live in open-air pits.

Old Mexico is only a few minutes drive south. Visitors need no permit.

La Jolla is a resort beside a blue-green swimming cove. Sea caves are worn into the cliffs by the waves; visitors enter one cave via a tunnel from the landward side.

Escondido is a center of grapes, avocados and citrus. Palomar Observatory on a mountain peak is reached by an excellent highway. Nearby Pala is an Indian village with a tiny mission.

cial
the
not
ue,
If
im-
of

Convention Donor Fund



LIVING THE GOOD LIFE in "SHOW BIZ"

Disproving the often heard statement that it's difficult for the average person to practice hygiene, let alone those who are not average in their living routine, are members Ken and Gail Thomas of Youngstown, Ohio.

Their balancing act at indoor and outdoor shows, conventions and TV, has taken them east to New York, west to California, north to Nova Scotia and south to Caracas, Venezuela. Ken, 31, Gail, 26, and their two children, 4-1/2 and 2 years old, travel for the most part by their own Greyhound Bus, converted into a home on wheels. Ken did all the interior work necessary to make a fully equipped kitchen, bathroom, bedroom, and living room. A juicer and blender are part of their standard equipment.

Whenever possible, they purchase all their food organically grown from the health food store in Youngstown, where Ken first learned about natural hygiene, and stock up as much as possible for their trips. When away a long time, they buy their food at local markets if no health food stores are around.



Ken balances the children in front of their home on wheels

The simplicity of hygienic living seemed to be a 'natural' for their way of living.

Unlike most hygienists, their interest in hygiene, which started

3-1/2 years ago did not stem from illness. Ken says "I value living. To me life is more important than anything. I can live my life more fully by obeying the laws of nature." Gail says "Hygiene has simplified our

lives. It has taken away a lot of fears which had plagued me." Both of them say endurance has increased greatly and Ken emphasizes that it's unbelievable to see the change in his acrobatic ability. He always had an unquenching thirst for truth and knowledge and is most grateful to the Hubermans, also members from Youngstown, for imparting to him the knowledge of Natural Hygiene.

Although Ken's work has kept him physically active, Gail was plucked from the quiet well-ordered life of a secretary when she married Ken. After 16 days of training with Ken, she went into her first show. She is most versatile, taking turns driving the Greyhound Bus, helping Ken with repairs and doing any necessary office detail.

In motherhood, hygiene has been a tremendous boon to Gail, who had 36 hours of labor with her first child born before she became a hygienist, and only 1/2 half hour of labor with her second, born a year after she changed her way of life. She feels that had she not eaten as much cooked food toward the end of the pregnancy (which added weight to the baby) that she could have given birth in 10 minutes. Ken was the only one in attendance at the 2nd birth and says, "There's nothing to it if you live the way nature intended you to live." Gail religiously followed Dr. Shelton's book on the care of children and found it to be exactly correct as far as her experiences were concerned. The youngest child was given no shots. When his birth was registered at Dade County, Florida, where he was born, Ken was told there were only two other known cases of babies born that year without doctors in attendance.

The usual anxieties of a mother with a feverish child does not bother Gail as it used to; bed rest and no food are the two remedies she uses.

As far as show business is concerned, Ken says there are a surprising high percentage in the profession ready to try a natural way of life, as compared with the average conventional population; they seem to be very open minded. At parties, Ken brings his own bottle (grape juice, that is!). He actually enjoys the attention it creates as it gives him an opportunity to enter into a discussion, since he thinks it's much more effective to have questions asked first instead of attempting to give a series of facts. People are always impressed by his strenuous activity on what they think is a meager diet.

Ken says, "To be a happy, well-rounded person, one must obey the 8 Essentials of Health which are the natural diet of man, exercise, sleep and rest, fresh air, peace of mind, pure water, sunshine and light, and occasional fasting. We also must realize that 'a man is what he THINKS' and positive thinking and recognizing the law 'as we sow, we shall reap' is of utmost importance. Spiritual unfoldment and realizing that 'Love' for all creation is the greatest power in the world should be first in everyone's thoughts.

Ken and Gail say they will be happy to talk before any of the chapters as they travel thru the country and Mrs. Thomas would especially welcome an opportunity to give mothers and mothers-to-be encouragement to live and raise their children hygienically. They can be contacted at 209 Mathews Road, Youngstown, Ohio.

CHAPTER REPORTS (contd. from page 5)

A variety program on March 28 featured V.P. Elsa Drew in a reading and commentary on "How and Where Natural Man Should Live", an absorbing case history by the mother of 4 children and a supper preceding the meeting.

To properly advertise the meeting on April 18, all radio stations were contacted and YM and YW organizations throughout the city were asked to place an announcement on their bulletin boards. Dr. Robert Gross lectured on "Eating for Health". A free pamphlet consisting of recipes, sample menus and

TORONTO

correct food combination chart was distributed. An admission charge was made, instead of the usual collection and proved more profitable.

In March a study class was formed meeting every two weeks.

The entire mailing list of several hundred has been sent a copy of Dr. Gross' pamphlet "The Healing process of Natural Hygiene" as an effective way to introduce the subject. For the first time, the list was solicited for membership and as a result 30 new members have been obtained and 15 subscribers to the Hygienic Review.



L. O. BAILEY
AUSTRALIA

HYGIENE, INTERNATIONALLY SPEAKING



Woodland Kahler
SPAIN

L. O. Bailey, our Board Member of Sydney, New South Wales sends us news of the Natural Health Society of N.S.W. of which he is president.

"We are certainly keeping the Natural Health flag flying over here. This Society is very much alive, its membership has increased to over four hundred.

Approximately 150 are in attendance at our monthly meetings and we send monthly news bulletins to all members. We also conduct a class one night each week for those who wish to advance more quickly.

We have a spacious office in central position with a full time permanent staff of four people beside myself, promoting natural health. At this address we have a full time practitioner and also a trained Sister for consultations.

Our thirty bedroom Sanatorium (37 miles out from the city) is also growing in favour and achieving very satisfactory results. It is called Hopewood Health Centre at Wallacia, New South Wales.

About twice yearly we send information to all members of State and Federal parliaments and recently sent out 300 letters.

Last September we organized a monster rally in Sydney Town Hall to draw attention to the dangers in drug therapy."

At the rally Mr. Bailey delivered an address entitled, "The Drug Menace" and in his concluding remarks he said, "To enable me to devote my full time in efforts to help people to regain and maintain higher standards of health I terminated my very successful business career at five o'clock this afternoon. I invite you to assist me in these objectives by giving them application in your own life and by encouraging others to do likewise. If you do that this meeting could be historic and do much towards stemming the tide which will engulf Australia unless we are alert and take appropriate action to maintain the vigor, versatility and virility of the great Australian pioneers who endured much real hardship to lay the foundation for our nation."

An English visitor to Iceland reports that despite the agricultural difficulties of a country covered by hard lava, the hot springs are now being used to grow salad stuff under glass, and a vegetarian need not fear any serious problem; dried fruits, nuts, many fresh fruits and root vegetables are imported.

Traveling back and forth between Paris and Barcelona, is Woodland Kahler, our European member of the Board of Directors. He submitted to us the following letter he wrote to a student in Bombay, India, winner of a first prize essay.

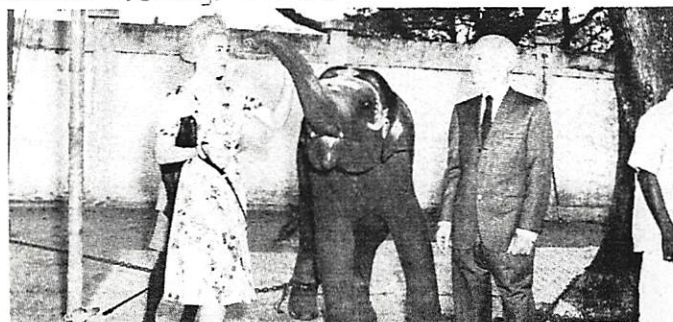
"I was very much pleased when the Bombay Humanitarian League brought to light your splendid essay on the importance of diet from the viewpoint of health, economics, and morality. Today in our artificial world of man-made diseases we are all, young and old, seeking some sort of security... since the end is contained in the means, if Indian Youth takes care to see that its present is what it ought to be, the future of India will take care of itself... no one who is seeking security can leave aside the health of his body..

to maintain vigorous health, I have discovered that ordinary vegetarianism--including the ethical but over-spiced Indian variety - is often not enough. Therefore early in my own vegetarian career, I became associated with a group of health seekers known as Natural Hygienists, whose leader, Herbert M. Shelton, took the fear of illness forever out of my life.

I feel sure in Bombay there are other young persons who like you understand the importance of health, and I suggest that you join with them in organizing a Bombay Branch of the Natural Hygiene Youth International, which is a young offshoot of the American Natural Hygiene Society. One of the most intelligent and enthusiastic Natural Hygienists in the world is the Rajkumar of Vizianagram, 7 Woods Road, Madras 2, India, and if you are interested in knowing more about Natural Hygiene you may get in touch with him."



The audience at the Rally Sydney Town Hall 28th September. 1962.



Woodland Kahler and his wife, "Mrs. Natural Hygiene of 1950" are pictured with another hygienist.



"My wife and I are planning to attend the convention at San Diego. We plan to pull our trailer along. I sure wish I had a couple of large banners to put on the side of the trailer. I believe it would be nice. We plan to go to Kirkland, Wash. then to Oregon, then to California.."

Orville Peitcher, Coal Valley, Ill.

"Sorry I am late in sending item for Hygienews. Dorothea Macak (a former Miss Natural Hygiene), was married January 26 at Inglewood, California. She looked lovely in her long white lace dress. She interested and converted Donald to natural hygiene. She says he's a real good hygienist. He had a capable teacher."

Sophie Holzgreen, Lynwood, Cal.

"Please send me 25c worth of your brochures which describe what natural hygiene is and does. It's an amazing description and I'd like to spread these among my friends. It's wonderful knowledge that one cannot find in our orthodox press."

P.S. The above might develop into one or more members of your Society.

Henry F. Dubas, Cavecreek, Ariz.

(This is a sequel)

"Your Magazines The American Natural Hygiene Society is received today; I thank you i found great joys in reading them. Enclose in this letter is one dollar i hope that you receive one thousands letter like this - in the near future you will hear from me. i intend to open a health school here without profits another day i will write you a letter about health. here in this Village we have 24 fountains running day and nite water is pure, but nature laws this winter are cruel. here too much snow and cold maybe it is nature masterpieces. but in spite of this doctors with the knife or medicines are more cruels. they are just ignorants as American Doctors.

Respectfully i salute and thank you."

Signor Virginio De Martin
Dosoledo (Alto Cadore) Belluno, Italy

GOALS BY CONVENTION TIME

- ➔ 200 new members. "Each one get one".
- ➔ 50 new "Buck of the Month Club" members.
- ➔ 5 new "Life Members". Who will be the first in 1963? \$1,000, and you're in!
- ➔ 25 new "Century Club Members". It's only \$2.00 weekly; also contributing memberships of \$25 and sustaining memberships of \$50

WILL YOU HELP US REACH OUR GOALS?

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



FRIENDSHIP COMMITTEE

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

Inasmuch as I have received several letters asking me to send each person a copy of the REGISTER OF SINGLE HYGIENISTS, I feel it is necessary to explain why this cannot be done. All work in connection with compiling and mailing copies is done by myself and at my own expense. To prepare and mail copies to individuals would be a larger task and expense than I can assume.

At the present time, copies are in the possession of all chapters of the Society and the professional hygienists. Therefore, if you wish to see the REGISTER I would suggest you make every effort to attend the Chapter meetings closest to you and review the REGISTER at that time.

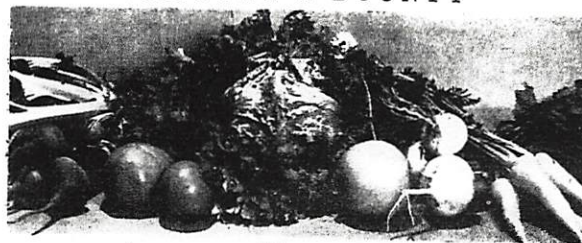
Your presence will be most welcome at the Chapter meetings and you will be richly rewarded by making new hygienic friendships and learning how to live a healthy and happy life. At the meetings you will also get many new ideas that you can write about and discuss with the new friends you will make through the REGISTER.

The American Natural Hygiene Society has so much to offer you. It teaches absolute and uncompromising truth. We are truly blessed to have the opportunity to learn just what life is all about and how to meet its needs. Come to the meetings, bring your friends and expand your friendships through the REGISTER.

NOTICE TO SECRETARIES OF ALL CHAPTERS:

Please be sure to bring the Register of Single Hygienists to all Chapter meetings. Call it to the attention of those present and invite them to review it. You may get newcomers who might be interested in the Friendship Committee activities but may be too shy to ask about it.

NATURE'S BOUNTY



Are you getting your share??

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

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



So live that when thy summons comes to join the innumerable caravan, which moves to that mysterious realm, where each shall take His chambers in the silent halls of death, Thou go not, like the quarry-slave at night, Scourged to his dungeon, but, sustained and soothed By an unfaltering trust, approach thy grave Like one who wraps the drapery of his couch About him, and lies down to pleasant dreams.

From "Thanatopsis". William Cullen Bryant

SUPERIOR NUTRITION. Herbert M. Shelton, D.P., N.D., 1954, 198 pages. Published by the author, San Antonio, Texas. Sold by ANHS Publications, 126 Parsons Ave., Webster Groves 19, Mo. \$2.10.

THIS BOOK is primarily a study of nutrition in relation to health or disease. Besides a good nine-page introduction, it has 31 chapters of straight hygiene on food, nutrition, right combinations, meal planning and menus for summer, fall and winter, fasting, gluttony, etc.

Individuals, like the member who said, "My problem is bread and butter. I am crazy for bread, like an alcoholic, and if I eat just one slice, I'm a goner..." will appreciate Chapter 26, explaining food addiction and how to conquer it.

It is made quite clear in **SUPERIOR NUTRITION**, as in all other books by Dr. Shelton, that Natural Hygiene is no piece-meal approach to wellbeing, but encompasses all the needs of life. Its roots lie in the truths of physiology and biology; it respects the laws of life and defers to the inherent powers of the living body.

THIS BOOK points to the normal aliments of life, and shows these can be had only on Nature's own terms - not on the terms of ignorantly motivated men. As you know, Dr. Shelton has spent long years in the study of human nutrition, and what he says is worth your utmost attention. His wonderful success in helping people to health is evidence of the soundness of his principles and practices.

YOU learn from this book that food and nutrition are not one and the same. Food is but one of the materials with which the process of nutrition is carried on. Water is another and air another. But neither one or all of these materials constitutes nutrition. **NUTRITION** is function, a vital action carried on only by a living organism.

Dr. Shelton does not go along with the idea that "man is what he eats", but agrees with the view of

Dr. Robert Walter, early hygienist, that "as a man is, so shall he eat". Digestion and assimilation are explained, as well as food composition and classification and what constitutes a 'true' food for man.

IN FACT, the book is full of dietary truths. It disproves vitamin therapy, curing with diet, fragmentation of foods, and danger of protein deficiency in eating wholly from the plant world, as hygienists do. For those who believe man-made foods are adequate, this book is a must. "Nature's biological laboratory turns out her food products by processes that are unknown to the chemist."

NEWCOMERS to Hygiene will find this is one of the first books to read. And those who have read it 'some years ago' should re-read it for forgotten knowledge. Do you remember such subtle truths as the calcium deficiency of fruits can be supplemented by the calcium richness of green leaves? Do you know why in middle-aged people perfectly normal kidneys are the exception rather than the rule? What is wrong with eating nut butters--even freshly made of raw nuts--on bread--even freshly baked wholegrain bread? All such questions and countless others are answered.

THERE are warnings about such commercial foods as salt, syrups, bleached dried fruits, all kinds of processed, packaged and shelved foods, excess oxidation through juicing, slicing, shredding, and many other deceptions pushed constantly by food and gadget makers.

CERTAINLY this thesis, compiled in the true Sheltonian manner of leaving no stone unturned to thwart misinformation and bring truth to light, is a valuable reading and lending book for individual and chapter libraries, as it so clearly shows how much the superior nutritional approach to a saner world has to offer.

ORDER YOUR COPY of Superior Nutrition today and extras to give to esteemed relatives and friends.

TODAY WE NEED BOTH WISDOM AND STRENGTH AND THAT'S THE REASON WHY
AMERICANS SHOULD WAKE UP AND READ. John F. Kennedy

BOOKS

from ANHS Publications
126 Parsons Webster Groves 19, Mo.

- FOOD COMBINING MADE EASY.** Herbert M. Shelton 1957, 71 pages. How to combine foods for best nutrition and ease of digestion \$1.10
- THE MISCELLANEOUS WRITINGS OF J. H. TILDEN, M. D.** (mimeo), 232 pages. Only the best of Dr. Tilden's voluminous writings on health and disease \$3.10
- HISTORY OF NATURAL HYGIENE.** Hereward Carrington. 1954, 94 pages. The basic teachings of the early hygienists and Dr. Shelton's principles \$1.50
- THE ELIXIR OF LIFE.** Arnold De Vries. 68 pages. The secrets of youth and longevity revealed in raw food \$1.75

- PAMPHLETS** 25c each; 5 for \$1 (same or mixed)
- How Diseases are 'Cured'. Herbert M. Shelton
Summary of the Case for Vegetarianism.
Geoffrey L. Rudd
- The Scientific Basis of Vegetarianism.
M. Beddow Bayly
- The Will of the People vs. the Will of the State.
Royal Rood
- Medical Economics and Conventional Hypocrisy.
Royal Rood
- Why are Some People Vegetarians?
Bruno H. Schubert
- ADDICTION.** Arthur D. Andrews (wallet size card) 5c and stamped addressed envelope
- COMPLETE BOOK LIST.** 9 pages and "Exercise for Teenagers". 10c in stamps or coin and stamped en.

Hygienic Functions-4th of Series



DR. SHELTON'S

HEALTH SCHOOL

P. O. BOX 1277

SAN ANTONIO, TEXAS

Where Health is Built — not Bought!

Located in the hills north of San Antonio, Texas, where one may rest, relax and sleep amid the quiet and peace of beautiful country surroundings, Dr. Shelton's Health School is a delight to the eye. The air is fresh and pure, so that exercise is a refreshing experience; the sun shines brightly and warm, making sunbaths possible at all seasons of the year (there are solariums for men and women). Here one may fast under the experienced guidance of Dr. Herbert M. Shelton, and here one may eat the finest fruits and vegetables that the gardens and orchards of the world afford.

The Health School was established in 1928, first opening its doors in the Fall of that year in San Antonio, Texas, where it has been in continuous operation since.

In the thirty-six years that have elapsed since its opening, literally many thousands of people have been cared for in its precincts, these coming from all parts of the world and from all walks of life, and with all kinds of conditions of impaired health. Besides the United States, Hawaii and Alaska, clients have come from such distant places as Cuba, Ireland, Scotland, Finland, France, Egypt, Israel, South Africa, India, Hongkong, Japan, China and Australia. The difficulties of getting money out of the various areas has prevented greater numbers from coming to the Health School from many other countries.

Visitors who have come, not as clients, but to visit with Dr. Shelton and talk with him, hail from many points abroad, including England, Germany, Turkey, Greece and elsewhere. The Health School is universally regarded as a world center of Hygiene. It is a kind of Mecca to which the faithful turn their faces when they go abroad.

Dr. Shelton says that, while Hygiene is applicable to all conditions of health and impaired health, he has had the greatest number of clients with conditions of tumors, peptic ulcers, colitis, sinusitis, bronchitis, hayfever, asthma, various skin rashes, psoriasis, eczema, glaucoma, arthritis, various states of nerve impairment, and heart affections. Many other states of impaired health have been successfully cared for, but not in as great numbers as the foregoing.

Stressing the fact that the Health School is not engaged in the business of 'curing' disease, Dr. Shelton places the emphasis on the work of building health. No cures are sold at the Health School. All stress is placed on the two vitally important processes of finding and removing the cause of the impairment of health and that of supplying the body with

all of the primordial requisites of organic existence. "We do not cure disease with various treatments... but build health with the factors of health after the causes of disease have been removed", says Dr. Shelton.

Weekly lectures are given to the clients by Dr. Shelton, and it can be truly said that a stay at the School is a priceless education in the art of intelligent living.



Outdoor solarium



Cheerful attendants



Fasters come in all ages



Clients enjoying lecture on the veranda

Dr. Shelton is Natural Hygiene's living legend; voluminous writer on all phases of mind and body health; professional hygienist for over 40 years;



Dr. Herbert M. Shelton

guided over 30,000 persons fasting to regain health; dynamic lecturer; publisher of the Hygienic Review since 1939; founder and past pres. and now Chairman of the Bd., ANHS