

Natural HYGIENE NEWS



MEMBERSHIP PUBLICATION
OF
THE AMERICAN
NATURAL HYGIENE SOCIETY, INC.

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

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SAN DIEGO HERE WE COME





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:

The following are excerpts from a communication by Dr. Shelton.

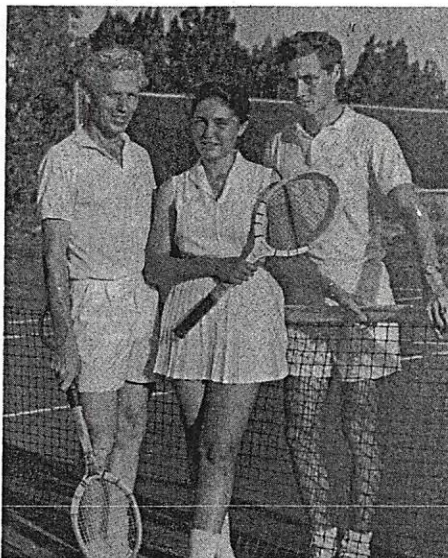
"The indications that reach me point to a well attended San Diego convention and this should be fully exploited in the matter of making plans for the promotion of Hygiene in a big way. This should and must be done. If I can read the signs aright, medicine is collapsing. There is nothing except Hygiene to fall heir to its estate.

"That the Society is not growing as it should is disappointing. It seems to me that we are growing more rapidly abroad than at home. I wonder if we have not scared many people away from us by one thing or another? Certainly there are great numbers of Hygienists who remain outside the Society.

"I think that better plans should be prepared for a membership drive at the coming convention and efforts made to establish local chapters in all western towns that are sufficiently active in our efforts to secure new members or to establish new locals.

"There is another fact that comes up almost constantly and this is the fact that so many of our people have divided loyalties. Somewhere along the line we are not reaching them as we should. Many of them think of Hygiene as a plan of eating and do not comprehend the all-inclusiveness of it. Then we have a great number whose loyalty to Hygiene is smaller than their loyalty to personalities. They follow a man rather than principles. When he dies, as sooner or later he must, they will be lost.

"The completed typescript of the book on fasting (paper back) is in the hands of Pyramid Books and we may look forward hopefully to its publication... even if it is not out in time, it can be offered for sale at the convention and orders taken. As it will sell at a low figure, I suggest that the people be urged to buy the book in lots of ten or more, so that they can have them to give to their friends. Each local Society should also be urged to stock and sell it at all of their meetings. If this book is published in a large edition and has the sale we hope it will have, it should do much to revitalize our movement."



The Esser family, chiefly Wm. Jr. and David Buerkle, are spending the summer months touring the Tennis Tournament Circles of the U. S. Lawn Tennis Association. As Hygienists, the boys hope to blaze the name for themselves and for Hygiene through the advantages which this way of life will give them. Stamina and endurance are the two assets which go hand in hand with the Hygienic Life.

Dr. Esser and daughter Lorelei (pictured with Bill, Jr.), are also avid tennis enthusiasts, and they expect to engage in frequent competitions before and after the Convention. Dr. Esser played in Professional and Amateur Tournament at Boca Raton, Fla. recently and took 3rd prize, but he will take 1st prize next time!

NEW YORK Gains 3rd Chapter

A new Hygienic group, known as the Long Island Natural Hygiene Society, has been formed in the Long Island area, near New York City. Mr. Abraham Leifer, of Far Rockaway, and his wife, Ethel, were instrumental in forming this chapter because of the increased interest in the community, in Natural Hygiene.

Mr. Leifer is the father of Zev Leifer, past president of the Natural Hygiene Youth International. Many Long Island residents had been attending meetings of the New York city chapter and have found it much more convenient to have a chapter closer to home.

Beginning as a study group under the leadership of Dr. Robert Anderson, enthusiasm rapidly moved towards the formal establishment of an organized chapter. The first meeting was held February 10, at which time officers were elected, with Mr. Leifer as president. Members of the New York City chapter have generously given of their time and experience in assisting thru the initial stages of organization. Guest lecturers have been Drs. Anderson and Gross, Irving Davidson and Jack Dunn Trop. All officers are active hygienists.

Mr. Leifer relates a personal note: "My wife and I were introduced to Natural Hygiene seventeen and a half years ago in an attempt to rid our son, Zev, now 22, of his asthmatic condition. Sam, our sixteen year old son, has been a hygienist from birth. Our family has found much peace of mind and assurance from living hygienically and we are understandably eager to share the information we have gleaned over the years, with all who are interested in learning. We have both been Board Members of the New York chapter for many years."

Convention Memos

BUSINESS PROGRAM

SUN. JULY 14

2 p.m. Preliminary convention committee meeting
James H. Johnson, presiding

MON. JULY 15

10 a.m. Board meeting -
committee appointments

TUES. JULY 16

9:30 a.m. Membership meeting

WED. JULY 17

9:30 a.m. Committee meetings

THURS. JULY 18

9:30 a.m. Board & committees

FRI. JULY 19

9:30 a.m. Membership meeting and election of officers

SAT. JULY 20

1 p.m. Luncheon in honor of President Oscar Floyd

-Meeting of the New Board

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★ At least 100 cars will be participating in the Motorcade between San Diego and Los Angeles.

★ The atmosphere should be very exciting Saturday night, July 13 when the Motorcade disembarks at Balboa Park.

★ All participants will be given attractive white overseas caps with ANHS in green lettering. These will be given to other members, also.

★ Invitations will be available to the inspiring Century Club festivities for those who wish to participate. Inquire at their special desk.

★ L. O. Bailey writes us from Australia, "Am sorry to say that pressure of events here prevents me from attending the convention this year but I hope to make it during 1964." (This will be the first time he won't be attending in many years.

★ Parking in the Grant Hotel garage allows in and out privileges all day.



Secretarial Summary

Dolores Burns

Membership gain was about the same as last year. Advertising in the better known health magazines brought forth a good response and new members.

We believe we were able to operate more efficiently this year by having a full time paid secretary, but the office detail still is more than can be properly handled by one person. We will therefore have to seek some reliable volunteer help or obtain some part time paid service. To service the members through the mail is a time consuming job. The solution would be very simple if we had an office headquarters to which workers could come. As it is now, those who can help, must work out of their homes bringing the work back and forth; those who are willing to do some typing often do not have a typewriter at home.

There is no doubt but that an office headquarters would help immensely to expedite the basic work of operating the National Office. Although our financial condition is probably at its highest level, there would be a considerable drain on the treasury to meet the expense of monthly rental. We will have to look to our more affluent members for aid.

We go into our 15th annual convention with the feeling that more people than ever will be drawn to our great cause.

This brief report could not end without saying a hearty 'thank you' to everyone of you who paid your dues promptly, joined the "Buck of the Month Club", the new Century Club members, the contributors to the convention and to those who offered helpful suggestions, letters of encouragement, best wishes and appreciation.

A MESSAGE FROM THE FRIENDSHIP COMMITTEE

For the benefit of national members unable to get to local chapter meetings to review the Register of Single Hygienists, the Friendship Committee is planning to list a few names of single hygienists in each issue of the Hygienews, alphabetically. Over a period of time, this will cover all people registered. This should encourage more single hygienists to become members.

Plan to attend the convention in San Diego, July 14-20 and meet personally some of these people. Plans are being made to have special activities which will help you get acquainted.

PLAYING WITH HUMAN LIVES

by DR. ROBERT R. GROSS



NATURAL HYGIENE does not recognize disease but only the sick individual. All "diseases" are basically similar, being efforts of the body to purify itself. Yet the good cause is compromised by those who think the genuine Natural Hygiene Practitioner need make no diagnosis whatever. This is playing into the hands of every quack who imagines he can set to work with his treatment without even knowing the causes and symptoms, general and local, of any particular ailment.

I should like to emphasize that I consider diagnosis essential in every case of sickness. We need a local diagnosis to make sure how far the particular affliction has advanced; we need to know the extend and profundity of the pathology. Only in this way, together with a general diagnosis of the patient's constitution and a good work-up of the case history can we obtain some idea of what powers of resistance still remain to the patient and arrange proper care accordingly. Suppose the patient has diabetes mellitus? This should be explicitly known so that a proper dietary regime is outlined and a proper length of fast taken. Ingested fruit sugars would be devastating. If insulin is being taken, exact withdrawal measures must be used.

Suppose he has high blood pressure reaching pathological proportions? Should sun-baths and exercise be advised or complete rest? Suppose a decompensating heart were involved, or gastric hemorrhages or intestinal bleeding? Suppose cancer were present or tuberculosis of the spinal column? Or tuberculosis of the lungs? Or convulsions? Suppose the patient were on cortisone or ACTH to the end that the adrenal cortex was atrophied? Outwardly the individual may appear normal. Would they all be indiscriminately fasted immediately? If they were, many deaths would occur.

In diagnosing it is not enough to rely upon "first impressions", or on one's intuition". To exclude all possible error, it is our duty to examine the patient by every means at our disposal. Such an examination acts at the same time as a necessary check upon our own "intuition". In carrying it out, it is equally important to note both signs of disease (symptoms) and the case history (anamnesis).

Diagnosis of the disease AND diagnosis of the patient's constitution together constitute COMPLETE DIAGNOSIS. This, in turn, makes it possible to advise proper care in the proper sequence with a complete program in mind.

It is ALWAYS THE INDIVIDUAL AS A WHOLE WHO IS ILL, not just a part of him. The decisive factor in deciding upon correct care is a knowledge of the patient's constitution, mental and physical. Since every person's constitution is different, it is possible that each may have to be cared for differently, even if they be suffering from the same disease. To realize the exact significance of this is to realize how wrong and even dangerous it may be to base treatment on the diagnosis of the "disease" alone. This may be all right for the drugging practitioner who has a different prescription at his disposal for each particular disease. For the Natural Hygienic practitioner who treats the patient as a whole, such methods become madness. By placing disease, method of treatment, and remedy on the same level, physicians further the cause of quackery among themselves and laymen alike--especially laymen, since the layman who knows the diagnosis of his or others' diseases naturally imagines that he can treat them himself. Many dangers may be incurred by self-treatment of this kind and many more dangers precipitated by laymen who attempt to "treat" disease off his own bat out of books. Since the technical language of orthodox medicine is hard for these "lay physicians" to understand, it is only natural that they pounce upon the writings of the Natural Hygienists.

In consequence, Natural Hygiene wins the evil reputation of being a breeding ground for quacks and their quackery. This, in turn strengthens the prejudiced belief that natural care cannot be worth much if every layman can practice it.

The good name, the vital importance and influence of Natural Hygiene, and not least, the interest of the patient himself, therefore demand that all sick persons be referred to the professional Hygienic doctor for competent guidance -- physical and emotional. On the other hand, it is vitally necessary that the public be enlightened as to the cause and origin of disease in order to stamp out its two chief precursors, error and ignorance.

ANNUAL SUMMARY

by Lora Ross, Chairman
ANHS Publications

We have had an active year mailing books, pamphlets, lists and answering inquiries. This has been largely due to the space given us in each issue of the Hygienews.

It is gratifying to note that our standard books, such as "The Dictionary of Foods" and "Superior Nutrition" are easily the best sellers.

1963 sales have not actually increased over previous years, but our service has become international. Our publications are known in Canada, India, South Africa, Israel, England, Spain, Belgium, China and Russia.

More of our people are traveling and talking Natural Hygiene wherever they go. Almost the first question asked, the travelers say, when the subject is brought up, is "Where can we get a book about it?"

A Russian-born Canadian asks, "Is there a Dr. Shelton book in the Russian language? If so, where can I order to get one."

A French-Canadian priest who has recently learned about Natural Hygiene writes that he contemplates translating Dr. Shelton's books into the French language.

I should like to point out that we are seriously in need of an expansion of facilities and assistance to include book lending in our department. That can scarcely be accomplished, however, until a permanent headquarters is established where the library can be housed as well as volunteers who can spare a month, a year, or whatever, to come to headquarters to help.

If we have something the whole world needs and without which it cannot get any better (and we're sure we have), we must find ways and means to let it be known not only in our own country, but in every other.

Dr. Shelton has repeatedly pointed out there is no better way to spread Natural Hygiene than thru its literature, and for many years has been committed to the objective of bringing it from the past to its present status and prospects for the future.

I am sorry to be unable to attend the 1963 convention, but our National President, Mr. Floyd, has personally assumed responsibility for the books and mapped out a fine program.

The assets of the Publications Department represent growth and progress. All who are interested in the literature of Hygiene, view it with a sense of satisfaction. It is for us, now, to look ahead and envision the Hygienic Library of Tomorrow and to plan and work to make that vision a reality.



Various Viewpoints

by
OSCAR FLOYD
PRESIDENT

The American Natural Hygiene Society is committed to the proposition that man must restore himself and his environment to a state compatible with the laws of life. The alternative is continued degeneration, ultimately ending in destruction of the race and most of the other forms of life on this planet. This means, also, that life-forms other than man, must be considered in the new 'order' to the end that natural balances of nature are once again restored, be they animal or plant, or the earth itself.

There are two sides to this coin. One side deals with the individual himself, on how he can 'adjust' to the present 'denatured' environment to the end that he learns to maintain health when all around him is sick. Hygienists have proven that this can be accomplished up to a point, if enough study and effort is applied. The other side of the coin is concerned with the over-all and social point of view. Here we are confronted with all the inherited problems of the last several thousands of years- the superstitions, prejudices and ignorance assembled into institutions and principles (habits of thought). These present edifices of ignorance and greed are not designed in any way to promote a healthful existence for the creatures of life.

Your Society is vitally concerned with this situation and is gearing itself to be a factor in the course of events which will shape the destiny of humanity.

Almost all of our members accept the first proposition; i.e. the concept of individual improvement through the practice of Natural Hygiene. Many of them, however, tend to close their eyes to the other side of the coin. Even the idea or thought of attempting to clean up the present mess seems overwhelming. This point is clearly brought out by the fact that a great many practicing Hygienists have never joined the Society. To them, generally, the problem is a personal one and that is where their interest lies. This is all very understandable, and if everyone looked out for 'number 1' by practicing hygiene, in a very short time all problems would be solved. Unfortunately, whether in the Society or out, Hygienists are still a minority. Your Society is trying to gear this minority to exert the greatest possible influence upon the non-hygienic majority.

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At a recent meeting of the Board of Directors, the point was raised that the statements of Natural Hygiene are largely undocumented-- that it is difficult to prove our claims to the skeptical. While we must agree that we have a great deal ahead of us to perfect our educational and clinical procedures, yet the great work of Natural Hygiene is proceeding apace in the great laboratory of life itself. Documenting and substantiating case histories portraying the transition from sickness to health under many conditions and circumstances needs to be done for all to see. If we only had the help

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Perennially we hear the cry that we can 'live' with the medical profession, that we should 'think positively', go on about our business of spreading Natural Hygiene as if M.D.ism did not exist. These people shudder when Dr. Shelton or Dr. Gross mount the platform. Some break out in a cold sweat from reading Dr. Shelton's books. Check up on these people and you will invariably find that they are of little value to the Society. It takes guts to be effective in anything these days.

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Natural Hygiene Youth International (our youth organization), has been in existence for a number of years, but its growth leaves much to be desired. The fault lies largely with the hygienic adults. Chapter members have failed to lead in setting up youth groups on a local basis. These groups should be organized spontaneously wherever there are ANHS chapters. In a short time NHYI would surpass the parent organization numerically, when we count the children, grandchildren, nieces and nephews of our members.

We have not put in the effort to assure that our children are in a position to spend at least a part of their time in a hygienic environment. We are quick to reprimand them when we find they have been indulging in hot dogs, but we are lax in doing anything to remove them from the 'hot dog' environment.

Youth in Natural Hygiene could take the first step to restore young people to their traditional role of questioners and revolutionaries and enemies of corruption and complacency as accepted by their elders. This downward trend began with the 'roaring twenties'. An unhealthy child is not likely to develop into an 'idealist' or leader, so it needs must fall upon the shoulders of Hygienic youth to start thinking seriously about such matters right now. They must take the lead and it is hoped their parents will help them and stand by them... at least keep out of their way.



Harold Dessau
Boston, Mass.

Good health is an indication of harmony with the Laws of Life. Depending on our various strengths and weaknesses, we may tolerate more or less disharmony with nature and still consider ourselves as being healthy. The distinction between the health-seeker and the Hygienist is: the health-seeker (as commonly referred to) will allow himself as much disharmony with nature as his mind and body will tolerate. When the inevitable pain and anguish become unbearable, he will seek relief which he misinterprets as health. The Hygienist, on the other hand, seeks maximum harmony with the Laws of Life as his goal and gains health and happiness as a consequence.

Let us not therefore relax the struggle for a more harmonious life because we feel "healthy" at the moment. We all know that such a struggle is necessary if only because our society itself is hardly organized to promote the maximum well-being of each and every one of us. Healthy or not, we therefore need to support the forces in our midst which take up the struggle to improve our health and well-being.



Stanley L. Prorok
Chicago, Ill.

The activities of the chapter were enlarged in many respects since our last convention. We are fortunate in having members that have assumed responsibilities in some phase of organizational work. We found that our "every Sunday" meetings put undue burdens on the active members. We will for our next season plan on two meetings a month.

Our great lack is getting our programs advertised to new people. We are planning to set up a committee to send to blocks of names from the phone book an introductory item on natural hygiene and advertise our meetings, with a personal invitation to the family.

We should try to locate in a headquarters of our own to have a common meeting place. This would be a stimulus for members to take a more intense interest in the organization.

The results at the end of a season's activity are not as obvious as we hoped, but we planted many seeds and when conditions become ideal, our program will take hold and we will grow. Natural Hygiene must be passed on to our present generation and if our civilization is to exist, natural hygiene will have to be part and parcel of it.

CHAPTER ROUND UP

OPINIONS and COMMENTS

by some of our

Chapter Presidents



Mrs. Ann Scharps
Dade, Florida

The purpose of our new chapter is to advocate better health and better understanding of how to attain it. The people that are not familiar with Natural Hygiene are asked to have an open mind so they can learn that it is truly a healthier way of life.



Walter Kobus
Detroit, Mich.

This is my first year as president. I recognize the office is a responsible position and I am determined to do everything in my power to maintain and preserve our society - to help spread the philosophy of Natural Hygiene far and wide to as many as are willing to listen; also to strive for a higher level of ethical conduct, to preserve our integrity and our unity by promoting real harmony and solidarity.

The principle of Natural Hygiene is a bitter pill to digest by the physically and mentally ill. I find it is a slow process of educating and conveying the knowledge of hygiene to them. Disappointments should have very little effect on a hygienist. The promotion of this work is not a one-man job; it requires the combined efforts of many--every enlightened person who is at all interested in the welfare of his fellow men, should enlist himself in the work of promoting these truths.

Our aims are to apply the best methods needed to reach the most people through educational meetings and classes, lectures, films, and sales of natural hygiene literature.



Cynthia Preiss
Escondido, Calif.

The rapid membership increase of our chapter has continued since reorganizing Aug. 1962.

This is due perhaps to the fact that we are the only chapter fortunate enough to have a professional hygienist, Dr. Benesh, in the same town.

One of the greatest needs of our time is for health education. In this advanced age of public communication, one would expect to hear and read much knowledge on this matter, but we know that with an iron hand ruling the press and networks

the truth is most often kept from the people.

Word of mouth by those who already know about Natural Hygiene is, I feel, one of the best methods of spreading the truth. If people won't listen, then we hygienists should be living such exemplary lives that people will approach us wondering how we do it.

The local societies of the ANHS are organized with the idea of benefiting the members. All they need to achieve and maintain success is the loyal and enthusiastic support from, not only a few, but all of the members. They belong to you and me. Let's help them--then the future of Natural Hygiene will look brighter.



Abraham Leifer
Long Island, N. Y.

This is a fertile area for Natural Hygiene and our newly formed branch is looking forward to the great task of educating the public to the idea of better health through rational living.

As president, I am concerned with the fundamental problem of attracting new people to the hygienic point of view and strengthening the beliefs of those who are "trying it out for a while". We feel that our Society is a self-help organization wherein each member is encouraged to share his experience and knowledge with others who are eager to learn. A friendly and sympathetic attitude must be shown to the individual who is attending a meeting for the first time, if one hopes to convince him that Natural Hygiene is the most rewarding way of achieving a rich and satisfying existence.

Our goal for the coming year will be to educate through lecture and discussion programs and the sale of Hygienic books. Our members hope to teach and give encouragement to others by being living examples of Hygiene in action.



Sophie Holzgreen
Los Angeles, Calif.

It's the little victories that thrill me. I just got a second store in the city to sell Dr. Shelton's Hygienic Review. Just 4 months ago, the Review was introduced to store #1. It's been selling steadily and so we are in. Once a week I drop in to see that the Reviews have

a good spot so they can be seen by the hundreds of people who patronize this busy book store.

Now it's store #2. I believe this will also be a regular. They like the policy of being able to return the unsold magazines each month. So for 2 or 3 magazines each month (which we sell at our regular meetings) we have the opportunity of bringing Natural Hygiene to the attention of the public.

If each chapter throughout the country serviced a number of outside distributing centers where Natural Hygiene magazines and books were available, the knowledge of Natural Hygiene would spread and our numbers would increase. I'm dreaming of store #3, next month.



Charles Tamarkin
Miami Beach, Fla.

In my view, the office of President in a Hygienic Society should be held by a member who is well informed in the scientific principles of Natural Hygiene, besides having administrative ability. This high office should certainly not be entrusted to individuals with such philosophies as theosophy, yoga and other deviations from the straight and narrow path of true Natural Hygiene.

Such an ideal situation is well nigh impossible as long as we are interested in mere numbers and we do not institute the necessary safeguards against infiltration of all sorts of extraneous elements and philosophies which are foisted on the unsuspecting public as Natural Hygiene.

It is my contention that a Society can be only as good as its members and it is only thru an informed membership that a true Hygienic movement can be built.

Every chapter should have at least one member informed enough to act as Educational Director to conduct Study Classes, which will eventually produce capable lay speakers. Ours should not be a Society relying solely on professional talent but should strive to develop an intelligent lay membership capable of answering the many questions fired at us.

New members should be accepted on a probationary basis only until they complete a study class course, free of admission; eventually the study classes will be the recruiting ground for a true Hygienic membership.



Dr. Robt. Anderson
New York City

We have a number of devoted members who have ability and give generously of their time

and a number of excellent speakers such as Dr. Gross, Irving Davidson and Jack Trop. I, too, have many years of experience on the lecture platform.

I have quite a number of ideas which I think would work out to our advantage. One that I have put into operation, is distributing at health meetings other than our own, a one page circular, which explains Natural Hygiene in a simple manner and ends with an invitation to be our guest at our next meeting. The results have been very gratifying. I believe we could get even more successful results, if our members would go from door to door, distributing the circular in their neighborhoods.

We could also try to do some work in some of the churches. There are thousands of people in all of our cities who are not aware of our existence, our purposes and resulting benefits to them. We must try to search them out. We could also hold parades in our cities and display banners, protesting the use of poisonous sprays and fluoridation. Then perhaps, the press would realize that we exist.

Natural Hygiene will make sure progress; the harvest is ripe but capable workers are yet all too few; we need many, many more dedicated workers, both men and women, who understand the basic principles of Natural Hygiene and who are capable of explaining its philosophy and its practice.

The whole world is indeed very sick and rushing toward destruction. We must try to save them.



Lee Bauer
St. Louis, Mo.

This past year has been a good one for us. Membership has increased. Quite a few new faces are evident at each meeting. This is an indication we are reaching others besides the regulars.

"The Greatest Adventure" film continues to be a drawing card. It has helped to attract fairly large audiences who ask so many questions we habitually run over time. Our Executive Committee has changed from haphazard to regular monthly meetings. The results are seen in more efficiently run meetings.

To bring variety to programs we have had out of town speakers, case histories, panel discussions, classes in anatomy and physiology, films, experts on exercise, organic farmers, and others.

We look forward to an interesting year ahead and are preparing to meet the anxious questions of those who will be coming to us in search of a better way to health.



James H. Johnson
San Diego, Calif.

Ten years of furthering the Hygienic cause has taught some lessons in the practical obstacles which must be overcome before there can be a mass expansion of the movement. One of the unfortunate difficulties is the failure of many individuals of the local societies to give concentrated effort consistently to the hard work of an organization. It seems that chapter heads would be able better to function if they were permitted to employ paid efficient secretaries at least part time, to do the considerable amount of clerical and other detail work necessary.

There must be some way of reaching the younger people and holding their interest. Romance, hunting jobs, and other pursuits keep them from attending educational meetings.

A plan which seems important to develop is to give introductory material to those who are new, while those who are familiar with the subject should receive more advanced matter.

The distribution of health leaflets by mail or otherwise seems to be the most logical way to obtain new members and this ought to be done among the school students as much as possible. Others who should be reached are school teachers, ministers, chiropractors and those who may have a following or influence.

All members ought to have a supply of such literature on their writing desks to insert in every piece of mail they send out. I have sent out more than 5,000 items advertising Hygiene this year. The National Headquarters and the local societies ought to set a goal of distributing a certain number of leaflets advertising Natural Hygiene every year. It is better to spend funds in this manner than any other.

Only aggressive action on our part can help others and preserve our own rights to practice and learn more about how to keep vigorous health and live long active lives.



Joseph Aaron
Toronto, Canada

I have received tremendous satisfaction in holding the office of president. It has afforded me the opportunity of becoming more acquainted with our members and has also encouraged me to learn natural hygiene more fully so that I can be better equipped to pass on the knowledge to others.

The preceding year has been a

Continued on page 10

CHAPTER REPORTS

BOSTON

An outdoor lecture on scientific exercise was given on May 26 by Harry Kaufman, a member of Pres. Kennedy's Council on Physical Fitness.

Member Murray Kessin demonstrated the exercises. Fresh vegetable juice was served.

BUFFALO

Dr. Arthur Doll, in a talk on May 27, stressed the importance of other factors besides food in a natural hygiene regime, such as sunshine, exercise and mental poise. He also demonstrated some exercises both strenuous and light. Dr. Doll has been of great help to the chapter in promulgating natural hygiene.

The last program of the season on June 24 is entitled "You Tell Us" and will feature the members.

CHICAGO

The 19th and final week of Sunday afternoon forum programs was held on May 5. A dinner, entertainment, case histories, readings from the best of Dr. Shelton, and a showing of "The Greatest Adventure" preceded a membership meeting. Discussion centered on ways to get more people to the convention; 10 indicated they would attend.

During the summer there will be two picnics at the organic farm of Mr. & Mrs. Oscar Floyd, outdoor classes in hygiene on the grounds of a private home. On June 7 a dinner membership meeting was held. Additional contributions were collected for the convention.

HYGIENE'S SUPER BOOKSELLER

The Chicago chapter is very proud of Hy Klegerman. In 1961, with a good deal of doubt, he took on the job of librarian, without any previous experience. Determined to do the very best he could, he thoroughly familiarized himself with his stock, exhaustively searched for new items, kept careful records, made up detailed synopses of literature.



After the first season he grossed over \$800 in sales. And now after the second year, he broke all records with the sale of 2,043 pieces of literature of which 944 were books. Gross sales were \$1,787. The net income of \$725 went into the chapter's treasury.

So they say, "What a swell guy is Hy!"

CLEVELAND

An all organic dinner meeting on May 18 was followed by a program of two recorded 10 minute talks by Dr. Shelton on foods and enervation. The chairman then asked questions prepared in advance of the audience which was divided into two groups patterned after the TV "College Bowl" program. Each question was scored on a blackboard. All 45 in attendance had an opportunity to ask the questions.

DADE

The name of this women's chapter of Florida has been changed to the present one because they have new members from other parts than Miami Beach and Surfside. In the fall they will have to accept male members as they have been getting many calls from men wishing to join.

On May 28 a special luncheon was held. Over 100 women turned out to sing songs pertaining to natural hygiene, and participate in a program of entertainment, door prizes and raffles. The president spoke on natural hygiene and great enthusiasm was expressed when she talked about the forthcoming convention and distributed the program pamphlets.

DETROIT

The May meeting featured a talk on the far-reaching consequences of gluttony and denatured food. A business meeting was held one half hour earlier. Advertising the fact that their chapter is most democratic, the public was invited to sit in.

An Apple Blossom tour of a farm in Ayton, Ontario was shared with chapters in Toronto and Buffalo.

The program on June 8 consisted of "The Greatest Adventure" and a tape recording by Dr. Shelton, "Epidemics in Children and Grownups", relating his experiences with the health department and the law while working as a reporter for the "Evening Graphic" in New York.

Meetings have adjourned till September.

ESCONDIDO

Members have been involved in preparations for the forthcoming convention and have put forth diligent effort to insure its success.

On June 2, Lee Anderson of Covalda Date Co. spoke about the life of the date. The social event in May had 100 in attendance at a potato bake.

LONG ISLAND

Irving Davidson spoke on "Mental Health and Natural Hygiene" at a meeting in April.

On May 26, Jack Dunn Trop's talk "Three Square Meals a Day", stimulated a lot of interest by the type of questions asked afterward.

"Natural Hygiene in Israel" was the subject June 16 of a farmer and biology teacher in that Asian country. He revealed there is a great deal of Hygiene practiced there. The speaker related how he discovered natural hygiene.

A fund raising "white elephant sale" auctioned off articles donated by members.

LOS ANGELES

Eleanor McBean, author of "Hidden Dangers in Polio Vaccine" was guest speaker on May 25. Her talk was directed to non-smokers! advising what they could do to protect themselves from the harmful effect of other people's tobacco smoke. Miss McBean's famous book is "The Poisoned Needle". President Holzgreen advises she is a hygienist. Dance and instrumental selections entertained the audience.

GREATER MIAMI

Dr. William L. Esser installed the new officers on May 9 and lectured on "The Six Essentials Necessary to Insure Vibrant Health". A fine turnout of 100 were present to hear the practitioner from Fla.

The final meeting of the season on June 8 brought a good attendance. The combination meeting and social consisted of case histories and a complete food exhibit similar to that display at the 1962 convention, and ended with a watermelon party.

Activities will cease during July. Study classes resume August 8, directed by Charles Tamarkin.

NEWARK

Jack Trop was guest speaker on May 16, with "Three Square Meals a Day". A recording by Dr. Shelton was played.

The final meeting of the season was held June 20. A delicious hygienic supper to which all speakers and their wives were invited, was followed by an election of officers. Entertainment and socializing concluded the evening.

A small group from the chapter will attend the convention.

NEW YORK

The May meeting featured Dr. Robert Gross in "Natural Hygiene vs. Chemicals".

The concluding program of the season on June 12 was a "Gala Social Fun-for-All Evening". Social and folk dancing, games, entertainment and refreshment were enjoyed by all.

New officers were elected for the coming year.

The chapter has sent in 16 new members for the Buck of the Month Club.

PITTSBURGH

Dr. D. J. Scott of Cleveland lectured on "The Development of Disease and the Natural Hygienic Way of Recovery". The members are most enthusiastic about the superb job done by Dr. Scott.

Meetings for the next 4 months will be held at a nearby city park, so as to be able to buy organically grown non-sprayed vegetables from local farmers. Those in charge of their usual meeting place have frowned on such a practice if done extensively.

Since the summer meetings will be on premises where there are playgrounds, cooking facilities and a dance floor, these will primarily be social affairs.

ST. LOUIS

A panel of Natural Hygienists made up a Sunday afternoon program on May 19. Each participant spoke on different facets, such as fasting and sunbathing, exercise and fresh air, sleep-rest, fatigue, mental tranquility, food and water.

A supper was served after the meeting.

CHAPTERS

BOSTON (Mass.)

Pres: Harold Dessau, 112 College Av., Arlington 74
Secy: Mrs. Jean Capodilupo, 105 Lynde St., Melrose
Lectures: 2nd Sunday, 2 PM, 565 Boylston St.

BUFFALO (New York)

Pres: Richard Wangler, 104 Brompton Rd. (21) NF26310
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
For activity information: Mrs. Laub, Am. 2-1028

CLEVELAND (Ohio)

Pres: Victor G. Meyer, 1240 W. Clifton, Lakewood 7
Secy: Mrs. Don Garriss, 313 Natel Dr., Euclid 23
Monthly meetings: Contact secy. for information

DADE COUNTY (Fla.)

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

DETROIT (Mich.)

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

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
Treas: Kate Colten, 4064 Abourne Rd., Ne. 6-4739
Lectures: Phone for information

LONG ISLAND (New York)

Pres: A. Leifer, 20-16 Seagirt Blvd., Far Rockaway 91
Secy: Mrs. D. Sambrowsky, 531 Hanson, F.R. 91
For information: Contact secy. Fa. 7-5356

On June 23, Grace Conahan spoke on "Thalidomide and Other Drugs and Their Dangers". She quoted extensively from medical journals and research, and showed a half hour film, produced and narrated by an English M.D. and surgeon, who opposes many medical practices and maintains that modern day drugs are completely useless and even dangerous. Miss Conahan is secretary of the Mo. League for Humane Progress.

SAN DIEGO

On Memorial Day Jay Dinshah and Pete Sasak spoke on the effects of recent drugs and new developments. Dr. Shelton's writings were used to discuss principles of natural hygiene.

A convention committee meeting was held May 24 at which time National President Oscar Floyd spoke to them by phone from Chicago. Volunteers have been hard at work mailing out over 10,000 pieces of material advertising the convention.

On June 2 a joint picnic hike was held with the Escondido chapter at the ranch of Dr. Benesh. Funds were raised for the convention.

TORONTO

Members were part of a group of 95 who participated in a tour at an organic farm where apples are raised biologically. Some very interesting lessons were learned in grafting and growing. The weather was ideal for this outdoor activity.

MIAMI (Fla.)

Pres: Julius Berenson, 1471 N.E. 170, No. M. Bch
Secy: Eliz. Richman, 610 8th St., M. Bch (39) 534-4046
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 Rm, Wash. Av. & Lincoln

NEWARK (New Jersey)

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

NEW YORK CITY

Pres: Irving Davidson, 51 Chambers St., (7)
Secy: Morris Apter, 353 Beach 54th St., Arverne
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

(contd. from page 7)

most successful one; the fine team work carried on by our executive board has been instrumental in increasing our membership considerably; the sale of books and attendance at meetings has been very gratifying.

At the yearly conventions, the ultimate in enthusiasm and pleasure is reached. Here a warmth and good fellowship pervades. The lectures provided by practitioners and laymen fill one with an enthusiasm which carries over to the tasks needed back home.

Dr. Shelton has indicated in a recent article that the medical profession is floundering and holding on to straws. This is the opportune time for each and every one of us to spread the truths of hygiene principles far and wide. May we, in our time, be fortunate to observe a mass surge towards natural living which will free the people from their misery, disease and discomfort.

NEW YORK

Moshe Schwartz, a new member, leaving soon for his native Israel, says that Natural Hygiene has a very wide acceptance in that country, even among medical doctors who have found their patients recover from serious ailments through supervised fasting and proper diet.

Mr. Schwartz will be working on behalf of natural hygiene, attempting to organize some chapters.

Allen Rosen of Chicago, a young student, tells a chapter forum meeting how he changed from being a scoffer, to a staunch believer in natural hygiene. Three months previously, he heard Dr. Gross lecture and vigorously challenged many statements made. However, he bought many of Dr. Shelton's books that day. His conversion to the basic truths of natural hygiene was complete after a concentrated study of the volumes. He is now very diligently practicing natural hygiene to improve his own health.



BILLBOARD

NEWS and NOTICES

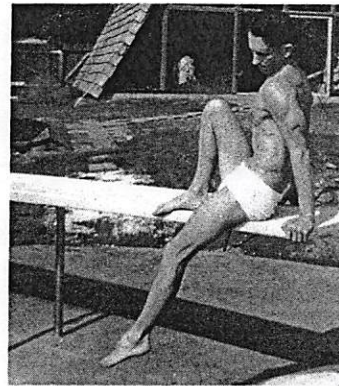
COLORADO SPRINGS
GAZETTE TELEGRAPH
MARCH 10, 1953

Finnish Footracer To Visit Home Land

Dr. Arne L. Suominen of Delray Beach, Fla., whose challenge to a smoker to race him, a non-smoker, to the summit of Pikes Peak resulted in the annual Pikes Peak Marathon, has written that on June 15 he will fly with a group of 113 persons to Finland, to return Aug. 10. He is a famous Finnish foot-racer.

He encloses a letter written Feb. 4 by him to the editor of the Miami Herald in which he says:

"In my report on physical fitness to President Kennedy I did not suggest 50-mile hikes, merely mentioned how the Marine endurance champion, Pfc. Dennis Frandsen, a smoker, was completely outclassed when he tried hiking up Pikes Peak with non-smokers."



Don Sullins of Escondido, California, reclines beside his swimming pool which he enjoys all year round. He will be conducting the physical activity program during the convention at San Diego, July 14 through 20.

Janet Koh, daughter of Fred Chaffee of Boston, shown when slightly over 14 months old. Now 20 months, she was born the natural way. Her dietary has been raw foods. She is extremely active, robust and full of life. In September, Mrs. Chaffee will visit her South Korean homeland with Janet. They will refuse all vaccination and inoculations.

Mrs. Chaffee plans to take along fresh fruits for use while travelling, to avoid eating the conventional food served on the airline. In Korea, the food situation will be no problem, as there is an abundance of unsprayed fresh fruits and organically grown vegetables.

CONVENTION SIGHTSEEING

PALOMAR OBSERVATORY
The 200-inch telescope on Mt. Palomar is the largest in the world. Star photos and models of the universe are on display. Puma Valley view is breathtaking.

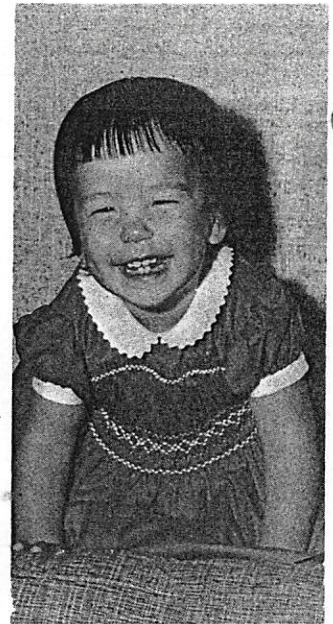
SAILING Conditions are ideal in San Diego-Land for year-around boating. Facilities for both power and sail boats are among the finest in the world. Starting point of Acapulco Race.

MISSION BAY San Diego's spectacular aquatic park, a 4,600 acre water sports playground offering swimming, water skiing, sailing and fishing. Miles of wide, palm-lined sand beaches.

HARBOR EXCURSIONS
Boats tour 14-mile long San Diego Bay daily. Scenic highway on the shore. Bay is filled with Navy ships, ocean liners, fishing boats, yachts. Beautiful views.

CHILDREN'S ZOO Children can ride giant turtles, actually pet and hold baby animals in this section of the San Diego Zoo. All displays are at child's eye-level. Adults find it fascinating, too.

OLD GLOBE THEATRE
A reproduction of Shakespeare's original 16th Century Globe Theatre. National Shakespearean Festival presented in the summer, modern plays in the winter.



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.

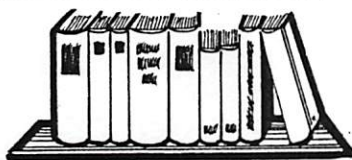
TRUTH FOR YOUTH. Official publication of the Natural Hygiene Youth International. \$2.00 yearly includes membership. Lorelei Esser, treasurer
Box 161, Lake Worth, Florida.

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



"The diseases of old age are not due to old age;
they are due to wrong life.

J. H. Tilden, M. D.



LIVING LIFE TO LIVE IT LONGER. Herbert M. Shelton, D.P., N.D., 1962.
139 pages. Published by Health Research, Mokelumne Hill, Calif. Sold by
ANHS Publications, 126 Parsons Avenue, Webster Groves 19, Mo. \$2.10

We have Dr. R.G. Wilborn to thank for republishing this long-out-of-print book of Dr. Shelton's. It deals with the age-old questions: How can I prolong youth? How can I delay the onset of age?

Dr. Shelton believes that man is made for a long life. "Death", he says, "is seldom, if ever, the result of old age. It comes as a result of destructive processes connected with disease or treatment that suppresses nature's curative power." This topic is elaborated upon in the chapter on 'Suppression'.

The three chapters on 'Habits That Kill' deal with how the body's efficiency is impaired and life shortened. For instance, the cathartic habit weakens the bowels and causes trouble. Worry impairs secretion and excretion and hinders the body's functions. Here are but two examples of the habits that age and kill; the book points out many more.

Also unfolded is the process of nutrition, drainage and warmth under control of the nervous system and the organs by means of which it accomplishes its work, and explains that such is the interdependence of the parts of the body that injury to one speedily affects the others.

Set forth are Nature's provisions for the prolongation of life. Dr. Shelton lists more than fifteen long-life facets which must be obeyed, thus stripping the means of all magic and mystery. Rarely do you find in a single book so many little things adding up to such big things as you do in this one. You will be amazed to learn what you can do to prolong your life in its most useful state.

"It is true", says the author, "critics point out examples of long-lived persons who have practiced many of the vices we condemn. But our aim is not to set up a standard that will allow an occasional individual--say one in fifty thousand--to reach a hundred or more years, but a standard that will enable all of us to reach this age. Nor is mere longevity enough. Most people come to old age in a weak, infirm and decrepit state. Hygienists seek a way that will carry us to the hundred mark, or beyond, in the full possession of life's most desirable qualities: Health, Strength, Youth, Beauty, Grace, Clearness of Mind and Joyfulness of heart.

If one lives hygienically throughout a long life, the later years may bring gains as surely as autumn brings the harvest. Indeed, the whole life of man can be looked upon as a gradual ripening process; this steady mellowing can give the later years a sweetness and poise which may have been absent from the early ones.

ORDER your copy of **LIVING LIFE TO LIVE IT LONGER** today and read, mark, learn and live its teaching. It will add years to your life and life to your years.

SOME BOOKS ARE TO BE TASTED, OTHERS TO BE SWALLOWED, AND SOME FEW TO BE CHEWED AND DIGESTED.

- Francis Bacon

BOOKS

from ANHS Publications

126 Parsons Webster Groves 19, Mo.

\$1 each; 6 for \$5; 12 for \$9. (same or mixed)

DISCOURSES ON THE SOBER LIFE. Luigi Cornaro.
72 pages. A personal narrative on how to live 100 years.

DISEASES OF FOOD ANIMALS. Owen S. Parrett, M.D.
48 pages. Photographs. An eye-opener on the increase of disease among animals conventionally used for food.

SMOKING AND HEALTH. A 1962 70-page report of the Royal College of Physicians and Surgeons on smoking in relation to cancer of the lung and other diseases.

FOOD COMBINING MADE EASY. Herbert M. Shelton 1957, 71 pages. How to combine your food for health and long life.

HELP YOUR EYES (with simple daily drills)
B. J. Sherwin. A digest of known literature on the subject of Better Vision.

SPOTLIGHTS ON VIVISECTION. 1948, 232 pages.
M. Beddow Bayly, M.R.C.S., L.R.C.P.
The dangers and fallacies of vivisection.

HANDBOOK ON MULCHES. 79 pages, photographs.

Mulching ideas from all over the country.

GARDENING WITHOUT DIGGING.

A. Guest. 44 pages, photographs.

An Englishman on mulch gardening.

COMMON-SENSE EXERCISE FOR EVERYONE.

Felix O. Streit. Illustrated. Seven years' experience and study went into making these exercises fit into any intelligent time budget and effective enough to warrant doing.

WEIGHT TRAINING FOR MEN. With illustrations.

Edward Franz, physical education director of Washington U. The way to enriched living.

EXERCISE WITH WEIGHTS FOR WOMEN.

Illustrated. Edward Franz. For a more perfect figure and better health.

ADDICTION. Arthur D. Andrews (wallet size card) 5c each and stamped addressed envelope.

DRUGS MUST GO! Morris Krok (5c coin or stamp)

Complete Book List. 9 pages and "Exercise for Teenagers". 10c, stamps or coin.

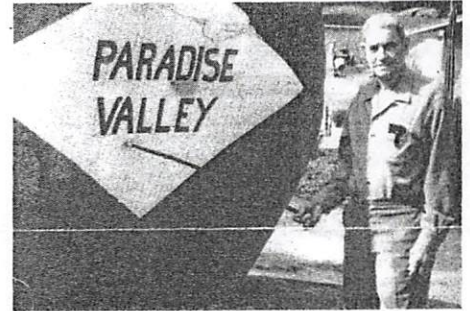
Hygienic Functions-5th of Series



A bevy of pretty attendants

Located in the most healthful area of the United States, lies the 40 acres which comprise Paradise Valley Ranch. 2000 feet above sea level, surrounded by picturesque mountains, in a secluded valley all its own.

The Ranch has been dedicated to the practice of Natural Hygiene principles and to those persons seeking the knowledge of the Laws of Life. Guests are taught how to get well and how to stay well.



HEALTH RANCH

ROUTE 4, BOX 877
ESCONDIDO, CALIFORNIA
Sherwood 5-3843

Paradise Valley Health Ranch is a retreat for those who seek health in its fullest degree. It is a place to rest, relax and get well. In order to attain optimum benefits from the program, guests are asked to leave their problems, troubles and business behind them.... "100 per cent cooperation will help us to help you", is the advice given patients.

Rooms are equipped with a public address system, over which lectures on the various phases of Healthful Living are given, and any questions are answered pertaining to Natural Hygiene.

Director of this California hygienic retreat is Dr. Gerald Benesh, who founded it in September, 1958, 35 miles north of San Diego and 8 miles east of Escondido in the mountain resort area of Lake Wohlford, on the Oakvale Lodge Road. Dr. Benesh has office hours for out patients on Tuesdays, Thursdays and Saturdays.

The Ranch is open the year round for fasting, proper diet, systematic exercise, mountain hiking. Vegetarian cuisine of locally grown organic foods is served. There are accommodations for 14 guests. Mrs. Benesh serves as business manager.



Guests reclining in front of the Ranch

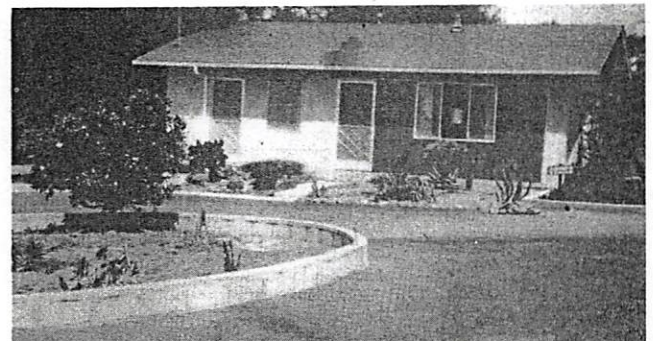


Exercising on the outdoor gym



Dr. & Mrs. Benesh with oldest daughter, Barbara and her children, 2nd generation Hygienists.

Dr. Benesh has made a life-long study of the Laws of Health; his more than 25 years' experience have provided him with the knowledge of what constitutes exuberant living; a Hygienic practitioner since 1941, starting in Ohio, then moving to North Carolina for 2 years before locating in Escondido; a graduate doctor of Chiropractic, licensed in California; lecturer, author of many fine articles; one time president of the ANHS; featured speaker at many of our conventions, as he will be this year.



Dr. Benesh's office, lab and library