

Natural HYGIENE NEWS



MEMBERSHIP PUBLICATION
OF
THE AMERICAN
NATURAL HYGIENE SOCIETY, INC.
(ANHS)



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

Vol. 3 No. 5

205 W. Wacker Drive, Chicago, Ill. 60606

April-May 1964

Convention to Launch Dr. Shelton's Paperback

Convention goers will be the first to get a glimpse of "FASTING CAN SAVE YOUR LIFE", the eagerly awaited new paper back book by Dr. Shelton.

Written in a style to appeal to the general public, this is the first commercial paperback on natural hygiene. The book is 350 pages and is attractively covered. It will retail at 95 cents. Wholesale orders of 50 copies or more will receive a 40% discount.

The opening meeting of the Convention on Sunday, evening, July 5, will be a special celebration honoring the inauguration of the volume. Dr. Shelton is expected to be on hand to autograph copies. A commentary on the history of the book and the story of how it over-

came many of the difficulties which were encountered along the way will be given by our member Mrs. Sylvia Margulies. She has worked very diligently for many, many months as liaison between Dr. Shelton and the publisher.

Our loyal Buck of the Month Club members should feel a sense of gratification because their contributions will aid in defraying the initial purchasing costs which must be met. We heartily thank them for their steadfast response each month. And special thanks to Walter Bunnell for the \$500 contribution he made for the express purpose of purchasing the books.

Fluoridation Defeated in W. Palm Beach

Anti-fluoridationists in West Palm Beach, Fla. had cause for celebration March 31, when the voters of that city rejected mass medication of their water supply by a 910 vote margin.

Leader of the fighting group was Century Club member Jack Solomon. A hard battle was waged. Meetings were held weekly to plan strategy. Printed material was distributed giving facts about fluoride and its harmful effect on humans, statistics and findings of medical doctors opposed to fluoridation. TV, radio, news releases and personal appeals were made to get the public aware that they had a right to decide the issue, which the City Commission had some months previously voted in favor of. Accordingly, a petition was signed by 5,000 city residents which forced the issue to a referendum and the resulting victory.



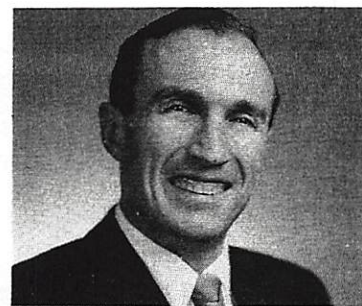
Mr. Jack Solomon

Youth Group in Los Angeles

We have been advised by our chapter in Los Angeles that a youth group is now being formed in that city. The leader is one of the most enthusiastic young hygienists ever to come to our attention. We anticipate that under his dynamic leadership a most successful junior branch of the Society will be organized. Please contact: Alan Rosen, 5969 Guthrie Ave., Los Angeles, Calif. 90034, phone We. 5-9968.

Youngstown Officer Authors Book

Last year, Max Huberman of Youngstown composed a few jingles to help entertain at the Cleveland chapter picnic. He was later encouraged to elaborate on his composition. The result was a book on health limericks, which was introduced shortly after publication at the Natural Food Associates convention in March at St. Louis. A thousand copies were sold in three days.



MAX HUBERMAN

The book directs barbs at drugs, shots, pills and miracle cures. Cleverly rhymed, satirical and well illustrated it retails for \$1.00.

Mr. Huberman feels a bit of humor can sometimes be more effective than a profound essay.

Many health minded personalities have been mailed copies. The publisher plans to have the book sold in health food stores, health clubs and organizations throughout the country.

Max is vice president and program chairman of the Youngstown chapter. He can be contacted at 91 Wil-low drive, Youngstown, Ohio 44512 for information.

TRUTH FOR YOUTH

Learning Through Living

"Am I too young to join your organization", asked Mark Rubenstein, 15, of Chicago. He had come into the national office to purchase a ticket for Dr. Shelton's May 3 lecture and to inquire if we had any material on vaccination. It seems he wanted it for his cousin who is about to be married and trying to convince his fiancée of the dangers of inoculations.

Being especially receptive to young people who show interest in hygiene, we asked Mark how he happened to learn about the subject. The story he told is an outstanding example of education through living experience.

"From the time of my birth to about the 13th year, I was in and out of one illness after another. When I was 3 years old we lived by the beach. My doctor at that time told us to move because the air near the beach caused colds and illness. One of my earliest recollections was the doctor prescribing medicine for a cold. When the doctor was asked why I was ill so much, he would reply, 'He's just going through a stage'. I was never allowed outside during winter. The doctor claimed winter air would give me all sorts of illnesses. In fact, I was lucky to be outside even in the summer. Along with the fear of air, I was always wrapped up in as much clothes as could be fitted on me.



Mark Rubenstein

"My case of measles was really special. After nearly a month I was pronounced 'cured', but about a week later I was sick again with it. Just recently, the doctor told my father that when I had the measles, he thought I was a goner and said he had to consult a specialist for my case.

"I had every one of the common childhood diseases. My tonsils were removed after the doctors said if they didn't come out I would always be troubled by colds and flu. After the surgery I bled for four hours. Another operation I had was for the removal of a tumor in my left shoulder, so large that it was sent to a clinic for special research.

"Colds and flu attacks numbered in the hundreds. After flu shots I would come down with it anyway. When the doctor was questioned about this, he would say, 'He was lucky I gave him the shots; his case might have been more serious.'

Mark says his medical history was so extensive the doctor had to get a new record book for his office. In one year, illness kept him out of school for all except six weeks. Through the years he was attended by a bevy of physicians...2 pediatricians, specialists on respiratory ailments, tumors and cancer, the eyes, and an osteopath.

And so it was that in his 13th year, Mark began to desperately seek some knowledge on achieving health. He haunted book stores. A 1915 copy of Physical Culture was the opening door to his enlightenment. After that he eagerly seized on any publication dealing with health subjects and finally he found the Hygienic Review.

For two years, Mark has been free of illness and medication. But his doctor still wants him to take shots for polio, measles, etc. He very often fasts

one day a week with good results in clearing up his blemished skin, the result of toxins being brought to the surface. At social functions of his age group, if he finds nothing proper to eat, he does without.

Mark has embarked on a crusade for health. His father, who is a hospital heart patient at present, has been admonished against the unwholesome food served.

We were hoping this young man could come to the convention, but he thinks his father's condition will prevent him from doing so.

Mark's ambition is to get a collection of Dr. Shelton's books.

A Wise Pre-teenager

To find wisdom in the very young these days is a rarity. At 12, Robert Bernstein of Chicago has this quality in abundance. When his family was introduced to natural hygiene about a year ago, he was easily able to accept its logic as a health system because he had observed in travelling with his family and viewing people in all economic states, that money does not buy health.

After attending several lectures by the Chicago chapter, Robert's interest in the subject was aroused. Last December, an inspiring lecture by Irving Davidson completely won him over and he vowed to be a hygienist. Says this ardent young enthusiast, "Since then my health improved a great deal. I still am no skinny Sam, but I have lost much weight and feel great. My complexion cleared up; my friends chide me on my eating habits, calling me a food faddist, but I really should laugh at them. I still eat certain dairy products which are a bit hard to give up. When I reach the age of 13 I plan to be a strict hygienist!"

His mother tells us he never used to eat vegetables, but forced himself to learn to like it because he knew it was the right food to eat.



Robert Bernstein

Robert wisely says, "I have found that the discovery of natural hygiene was the luckiest thing ever to happen to me. I believe that the doctors have their place but are not to pump poisons into your body or rip out your innards. If I broke a leg a doctor would be welcome to set it. Seeing the results of natural hygiene, I'll never again put in my mouth any of the garbage that I used to eat, nor take any sort of medicine or injections. I will support and defend natural hygiene for the rest of my life, which thanks to natural hygiene will be long and good. I wear my NH pin in pride."

The sense of security which has been bred into him stands Robert in good stead, when friends and classmates chide him for "being different".

He and his sister, Susan, will be attending summer camp and have advised the camp director in advance that they're vegetarians and must be served accordingly. The director was given an explanation of hygiene and his response was to tell the children not to mention it to the others in the camp!

Robert and his family will be attending the convention in New York. Chicago can be very proud of this fine young representative who will be playing an important part in youth group activities.

16TH ANNUAL CONVENTION

July 5th thru 11th, 1964
Hotel Statler-Hilton

New York City
home of the world's fair

Dr. Keki R. Sidhwa of England, will be a new convention speaker. His visit to this country will also be his first.

Dr. Sidhwa was born in India, and later established himself in England, where he now resides with his wife and children.

He has written some excellent articles for the Review. Interesting sidelights of hygiene in England and India will be given by him.



Dr. Sidhwa

Will You Be There?

With persecutions against natural hygiene on the increase, it becomes imperative that those who support the movement should demonstrate a very strong degree of solidarity. The convention provides the best opportunity to exhibit this show of strength.

PROGRAM NOTE

Because it is an ever increasing matter of public concern, the subject of water fluoridation will be discussed.

The program appearing in the June issue of the Hygienic Review is subject to changes. At the time of the Review deadline there were still some final details to be worked out with speakers and subjects.

Activity Chairmen

- . Coordinating... - Joseph Brenner
- . Educational.... - Al Weisman
- . Books - Hy Klegerman
- Lora Ross - Morris Apter
- . Banquet..... - Jack Dunn Trop
- . Entertainment - Esther Brooks
- . Social..... - Jack Solomon
- . Physical
- activities..... - Joe Reed, Joe Aaron
- . Youth - Adele Davidson
- . Chief Hostess - Sandy Baxter
- . Registration - Richard Zinn
- . Floor manager - Jack Solomon

For Miami Area Residents Going to the Convention

Greyhound express bus from Miami Beach to New York departs 10:05 a.m. and arrives in New York the following day at 6:30 p.m. Three meal stops are made daily. Bus is equipped with washroom. Round trip fare is \$68.70 - one way is \$38.15. Reservations should be made early.

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Some familiar faces from past conventions will be missing this year....Dr. Wm. Esser finds it necessary to take care of business matters outside of the country....Virginia Vetrano will be busy with her school studies.

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HOTEL RESERVATIONS should be sent in without delay. A form is enclosed with this issue.

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CAR POOLS; All those driving to the convention or desiring rides are asked to contact the national office. If driving, state how many you can take.

CONVENTION DONOR FUND

We are pleased at the fine response to the Donor appeal by chapters and members. As we go to press, the New York, New Jersey and Chicago chapters are leading in getting ads, greetings and name listings.. some members have made extra gestures to insure the success of this financial program....in N. J. a few have taken extra listings at \$1 each in the name of their grandchildren....Mrs. Esther Cohn of Chicago sent \$35 with a note: "Was not able to attend meetings so accept this small check and help me soothe my guilty feelings"....along with his \$5 contribution, L. E. Troyer of Chesterfield, Indiana, a retired senior citizen, writes that he will attend the convention the last few days. "I enjoy being with folks that think like I do and hope it will help to prevent wars", he comments.

CONVENTION FEES

. Complete Registration	\$16.00
(all lectures, Banquet & festivities)	
. Single Fees:	
Afternoon lectures	\$1.00
Evening lectures	\$1.50
Banquet & Entertainment	\$8.50

YOUTH

All chapters have been asked to consider sponsoring a young hygienist from their area to attend the convention. In this way we can be assured of a good nucleus from which to build a strong junior branch of the Society (Natural Hygiene Youth International). The need to do this is great because it is from the NHYI that the future leaders of the Society will develop.

Once again we are requesting to be informed of the ages of young people who will be attending, so we can make proper plans for their activities.

A PUBLICITY SUGGESTION

by H. M. Lowe (Century Club member)

Instead of having the 1964 convention a meeting of, for and by natural hygienists, would it not be possible to spread the NH gospel around a bit more by making use of one or more of the top radio commentators and reporters like Paul Harvey, for instance? If you gave us a list of these radio reporters, with addresses, in the next issue of our NH magazine and urged each and every NH member to write to these men and urge them to cover our convention, don't you suppose we could for once get nation wide coverage for NH?

If this did indeed work out, then the inquiries that would come in about NH could be referred back to the nearest NH member and they could follow up these leads with letters, folders, or even personal calls. That way every member would have an active and personal part in spreading the good news of NH and should add up to the biggest stride forward we've made in years.

It would seem to me that no radio reporters with any awareness of news at all could overlook several hundred personal letters all on the same subject. Wouldn't it be worth a try? What do you all think?

Hygienic Functions-9th of Series

NATURAL HYGIENE PRESS, INC.

Your Society is gratified to announce the birth of a new and unexpected function!

For the past two years, some of our very active New York members have worked with Dr. Shelton on the publication of his new paperback, "FASTING CAN SAVE YOUR LIFE". The plan all along was to follow the original arrangements made with a leading paperback publisher to publish the book in quantity and distribute through their regular commercial channels.

After Dr. Shelton had completed the manuscript and the major details had been finished to the point of virtually setting type, unexpected obstacles were thrown across our path. Because of the tensions of the times, the legal department of the prospective publisher advised against proceeding with publication. However, since the leading officials of the company were extremely desirous personally of having the book published, they offered the Society an alternative which would assure publication in time for our July convention.

Their proposal, as presented through our Mr. Irving Davidson was: 1) That the Society assume the role of publisher, and 2) That the original publishing house would produce the book in the amounts stipulated, at a figure barely above the cost of production.

Mr. Davidson further suggested that a separate corporation be organized for the purpose of publishing the book specifically and, later, any other books on natural hygiene that the Society may deem proper. The ANHS Board of Directors unanimously approved the proposition that such a corporation be immediately set up so that the original publishing plans could be effected.

The new publishing corporation is now a reality and is known as NATURAL HYGIENE PRESS, INC., an Illinois corporation. Initial financing has been arranged through the Society, which in turn has been receiving fine cooperation from the membership by their advance book carton orders of 50 books to the carton.

NATURAL HYGIENE PRESS, INC. has been set up as a business corporation, is wholly owned by your Society, and is operated under the direction of the Society's Publications Department.

This action opens a whole new field of activity for your Society. It is hoped that it can be of assistance to Dr. Shelton and our other practitioners, as well as other hygienists who have writings to publish. Also, the NHP plans on organizing a sales setup whereby regular commercial channels can be used for greater distribution than have been possible heretofore. Many valuable but dormant writings from the past can see the light of day once again. This can be truly an exciting and extremely important enterprise!

Advance reports about "FASTING CAN SAVE YOUR LIFE" bring to light several important points. a) The book has 350 pages, (b) The cover and entire format is beautifully and professionally done, (c) The first edition is for 30,000 copies (we are planning for the second edition in the fall), (d) advance sales to members and chapters are very encouraging, and (4) the opening day of the convention will be especially dedicated to celebrate the book, with Dr. Shelton on hand to autograph copies.

A special tribute is due Dr. Shelton for the tremendous effort put into the writing and other work involved in the preparation of this book, especially since it was done at a time when Dr. Shelton was already heavily involved with a great work load. The other members of the team who remained steadfast throughout were Sylvia Margulies, Leo Margulies, Irving Davidson, Al Plaine, and Dr. Robert Gross. And what is perhaps most important of all is the fact that virtually the entire membership is participating! Congratulations!



Of Books and Wisdom



DR. RENE DUBOS, author and scientist, says, "While the modern American boasts of the scientific management of his body and soul, his expectancy of life past the age of forty-five is hardly greater today than it was several decades ago."

"This", adds Dr. Herbert M. Shelton, "is but a repetition of a fact that has been repeatedly stated by insurance statisticians, who have pointed out there has been no actual increase in the length of life, but merely an average increase due to a lower death rate in infancy and childhood. Indeed, it is known that we are not living as long after forty-five as formerly."

"The practice of medicine is, both in theory and practice, the greatest cause of weakness, degeneracy and death in modern life. It is an effective barrier to health and strength. Abolish medicine in all its forms and human life will increase by an average of ten years in a decade."

"Health, happiness and long life cannot be bought and sold. They are built from within, products of well-ordered living and strict conformity to the laws of life. People can never have health and vital longevity from a hypodermic needle or a box of pills."

-Read **LIVING LIFE TO LIVE IT LONGER**

by Dr. Shelton.....\$2.00

Have You Done Your Homework?

The last issue of Hygienews suggested members approach their public libraries and ask them to stock books by Dr. Shelton. In this way, each of us has a fine opportunity to be a missionary for our great cause.

Please let us know what you are doing in this regard and what the results are of your endeavors.

BOOKS

Order from:

HERBERT M. SHELTON, D.P., N. D.
Vol. II. The Hygienic System (Orthotrophy), 1956, 591 pages. Food and feeding based on biology. \$5.00
Vol. IV. The Hygienic System (Orthokinesiology), 1956, 410 pages. Physical Culture. 4.00
Vol. V. The Hygienic System (Orthogenetics), 1961. The hygienic concept of sex and reproduction. 6.00
Vol. VI. Human Beauty, Its Culture and Hygiene, 1958. The genesis and cultivation of beauty as synonymous with health and truth. 10.00
Rubies in the Sand, 1961, 330 pages. A fresh synthesis of MEDICINE based on historic, archeologic, biologic and hygienic data. 4.00
Superior Nutrition, 1954, 98 pages. Best rules for eating to give superior health. 2.00
Food Combining Made Easy, 1957, 71 pages. How to combine foods for best nutrition and ease of digestion. 1.00
Health for All. The right way to build health—it can not be bought. ... 2.00
The Joys of Getting Well, 1957, 112 pages. What you can and must do for yourself in order to get well, and what the professional hygienist can and will do to help and teach you. 2.00

ANHS, 205 W. Wacker Drive, Rm. 905, Chicago, Ill. 60606
An Introduction to Natural Hygiene. 1954, 92 pages. Nature's simple, lucid laws of life and health. 1.50
Living Life to Live it Longer. 1962, 139 pages. Deals with the age-old questions: How can I prolong youth? How can I delay the onset of age? .. 2.00
History of Natural Hygiene. 1954, 94 pages. The basic teachings of the early hygienists and Dr. Shelton's principles. 1.50
Fasting for Health and Long Life. 1956, 151 pages. When and how to fast. Case histories. 2.25
J. H. TILDEN, M. D.
The Miscellaneous Writings of J. H. Tilden. (mimeo) 232 pages. The best of Dr. Tilden's voluminous writings on health and disease. 3.00
Toxemia Explained. 1955, 138 pages. The enervation-toxemia theory of the cause of all disease. 1.50
Getting Well. Clears up the general misconception of disease and clarifies the healing process. 2.00
JACK DUNN TROP
You Don't Have to be Sick! 1961, 227 pages, bibliography. Nature's secrets for better health, longer life and more joyful living. \$2.50 Special

New Pamphlets at Convention

A wide assortment of new pamphlets is being planned for the convention. The material will be taken from books which are now out of print and some exceptionally fine articles which appeared in early issues of the Hygienic Review.

Included will be the detailed history of the natural hygiene movement and its pioneers, reprinted from Vol. 1 of the Hygienic System. From "The Hygienic Care of Children" will come the section on child education. This latter book by Dr. Shelton is truly a bible for parents and it is most regrettable that it has been out of print for several years. The pamphlet will be welcomed by intelligent parents.

For those who have never had the good fortune to read the book here is one of the gems from the chapter on corporal punishment: "Children are good by nature. They are not vicious and criminal. They are only ignorant and inexperienced and are born into an unnatural environment. They need gentle and patient guidance. They need instruction and enlightenment. Fear of punishment forms a very unstable and unsatisfactory basis for conduct. Knowledge of the principles of right and wrong are essential to intelligent conduct. Love of right and hatred of wrong are necessary to genuine morality."

"The ideal method of rearing children is by education and not coercion... be patient without being helpless; firm without being harsh; kind without being weak; loving without being brittle; genuine without being flaccid; tender without being indulgent, sympathetic without being emotional. The tender little lives that we are trying to love and guide into superb and cultured manhood and womanhood should not be broken and withered by our careless hands."

Free Pamphlets

"Is Illness Inevitable?" - Dr. Wm. Esser

"Birth Defects Can be Avoided" - Dr. R. Gross

"Conceiving and Rearing Healthy Children"

- Dr. Esser

Send stamped self-addressed envelope to ANHS, 205 W. Wacker Drive, Rm. 905, Chicago, Ill. 60606.

HYGIENIC REVIEWS WANTED

The National Office is seeking the August 1944 and October 1944 issues. We would be grateful to any members that can supply them.

A TEST FOR YOUTHFULNESS

Youth is not necessarily a time of life. It is a condition of the body and of the spirit of man. Youth is health, strength, freshness, affirmation, expression, enthusiasm, humor, completeness and wholeness of life. Youth is fluid, open minded, rebellious, and revolutionary. It fights superstitions, breaks down idols, customs, conventions and worn out traditions. It takes the cobwebs from the mind. Youth wants to know. Youth is progressive; age is static. Check yourself by these things and not by the calendar and see whether you are young or old.

A man maybe an antique at thirty; at seventy he may be far in advance of the age in which he lives. Old age is a condition or state of mind and body and not a time of life. Time per se has no effect upon the body and mind. The changes which occur in the body in producing "old age" while occurring in time and place, are no more due to time than to place.

- Dr. Shelton, Vol. 1, Hygienic System

BOSTON Mar. 15: Dr. Louis C. Billotte, practicing physical therapist and exponent of natural hygiene, discussed "Better Health through Natural Living", touching on air and water pollution, poisoning of foods, through chemicals, processing, preservatives, adulterants and improper dietary; how to correct foot problems caused by shoes; the value of exercise and fasting were other subjects covered. . . . Apr. 26: Irving Davidson spoke on "You Don't Have to be Afraid of Cancer". A social followed and fruit buffet luncheon prepared by Pres. Chaffee and his wife; dried and fresh fruits, organic brown rice, potatoes and literature were on sale.

BUFFALO Mar. 23: A variety program consisted of reading an article on diabetes by Dr. Gross; a tape of Shelton's "Road to Health", and a testimonial by a new member - after 2 years on hygiene, she showed marked improvement despite a history of illness since childhood and several operations.

Apr. 27: Dr. Robt. Gross explained the harmful effects of drugs and that fasting and natural living are the only answers to overcoming disease.

CHICAGO Mar. 8: Member John Theodorou, a practicing dentist, gave a film narration of "Life and Health in the Soviet Union". The presentation was based on his observations and experiences while participating on a 6 months government sponsored tour of professional people. 8,000 miles in Russia were covered; Dr. Theodorou's knowledge of the language enabled him to speak to the man on the street and visit private homes; some healthful factors noted were that children must play outdoors daily regardless of weather, windows are kept open at all times, cosmetics are only available on the black market, mothers are allowed to leave their work every 3 hours to nurse their babies.

Apr. 26: Chicago's eight year litigation against fluoridation was discussed by the attorney handling the case; he emphasized fluoridation was a violation of the 14th amendment; the case was lost by decision of the Ill. Supreme Court and now goes to the high court. \$134 was collected in an appeal for litigation funds.

Mar. 22: Arthur Hellemann, president of the Natural Food Associates Ill. Chapter, discussed "Five Basic Points to Live by". He assailed the 22 billion dollar educational system as educating toward ignorance. . . . that students are taught what to think. The theme of education must be "back to earth", he emphasized. . . . freedom has no value unless the individual knows what to do with it. . . . people should not breed unless there is health.

Apr. 12: "The Effects of Natural Hygiene on Body and Mind" by member Esther Klegerman, cited the vital interrelation of all parts of the body and condemned psychiatry for the harm it has done physically in probing the past.

CLEVELAND Mar. 21: Ninety attended a five part program by the members. . . . featured were a film about birds; "Why organic gardening is necessary for healthy plants"; "Preparing the soil", "One a day meals" showing correct food combining, narrated by Dr. D. J. Scott, and a demonstration showing the daily development of sprouts.

Apr. 18: Renee Taylor, producer of a film on Hunzaland, described the living and eating habits of the natives and related how she became interested in them. She autographed copies of her book on the subject.

Interesting meetings are bringing back many who had discontinued attending.



Renee Taylor (seated right) chats with some of the members. Standing are Barbara Jean Garris, cor. secy. (left) and V. P. Maxine Meyer.

DETROIT Mar. 14: General open discussion on problems of health. Apr. 11: The program centered around two questions raised by magazine publications - from "Look" "How did the Healers of mankind come to find themselves a major source of illness" - from the Detroit News Science writer "Why do these tragic events (deaths from drugging) occur in the age of scientific medicine". The "pro" side of the discussion was presented by a taped recording of the Look magazine article. . . . a new feature has been started on public programs - tapes are being used to better illustrate the topics presented.

LOS ANGELES Mar. 10: "The Greatest Adventure" film was shown to the adult charm class at Anaheim High School, consisting of about 35 women between 20 and 35 years. Interest was very high. Mar. 22: the film was a feature at the chapter meeting, followed by a recording of Dr. Shelton on "The Fine Art and Science of Eating". . . . a heavy rain kept attendance down to 50. . . . in April the motion picture was presented to a Natl. Health Federation chapter in Compton.

Apr. 26: A leader of the local youth group, reviewed Jack Trop's book "You don't have to be sick". The president simplified the principles of food combining, in a discussion based on Dr. Shelton's book.

GREATER MIAMI March was a very full activity month. The Hygienic Forum featured 3 speakers including Dr. Robert Anderson. Guests were asked to bring health questions. On the 15th, the annual dinner, dance and floor show was a memorable affair. . . . Dr. Anderson returned on the 17th to lecture "Illness is Unnatural - Germs not the cause of disease".



At the annual luncheon and lecture April 8, members greet Dr. Wm. Esser who lectured "Have you entered the dangerous years?"

Miami Herald
April 6, 1964
(Jack Bell's column) ➡

Hygienic Eats?

"Have you entered the dangerous years?" Frankly, I dunno. But Natural Hygiene Society is having a luncheon at Eden Roc Wednesday. William Esser, "Authority on Natural Living," will speak. What I want to know is what's served at a hygienic luncheon?

Good newspaper publicity resulted in having to turn down hundreds of reservations. Capacity of the Eden Roc Hotel was 150. Many came after the luncheon to hear the lecture. New members were obtained; a number became interested in attending the N. Y. convention. Paul Bragg attended as guest of a member.



Contributing Member Jerry Cavell is the lone male among these luncheon guests..wife, Esther, is at his left.

METROPOLITAN MIAMI During March two 80th birthday celebrations were held; one for Dr. Anderson featured he and pres. Tamarkin in talks, entertainment and refreshments....the other was for member Frank Tepper who gave a poem "80 years of my life"...a fine social evening followed...in April, study classes discussed Dr. Shelton's Vol. 1 and the April issue of the Hygienic Review...at the monthly lecture, the vice president, Dr. Kahn, spoke on "Oral hygiene in relation to general health".

NEW JERSEY Mar. 19: Irving Davidson lectured on "Are vaccinations necessary", from the scientific point of view, injected with much humor.

Apr. 16: Irving Levine, an associate of Bernarr MacFadden, spoke on isometrics, or resistant exercises, on which subject he had made an exhaustive original study...movements for the entire body were demonstrated and details given of what each exercise does...the audience participated.....a review of "Poisons in your Food" was given by Simon Bloom.

So that audiences will not be misled when only one phase of hygiene is given, an explanation is made to that effect; they are urged to come to other meetings and read books to be properly informed on all aspects of natural hygiene.

NEW YORK CITY Mar. 1: All family members were provided an opportunity to enjoy a memorable-Sunday afternoon in a program of "Fun for all ages--hygienic family day party"...arts and crafts displays, folk dancing, refreshments and comfortable dress provided relaxation for all.

Mar. 11: H. Jay Dinshah, pres. of the American Vegan Society presented the topic "Forward with Natural Hygiene"...Apr. 15: Dr. Robt. Anderson, in "Building health-based on 50 years of experience" discussed his formula for well being.

PITTSBURGH Mar. 30: Member Howard Schmeltz, pres. of NFA Allegheny County chapter, discussed "Harnessing the earthworm for our health" - how compost aids soil to produce proper food without sprays and pesticides; being a former toastmaster the speaker was excellent...organic foods were sold.

Apr. 26: Dr. Conrad Matz spoke on "Chiropractic treatment in relation to health"...he stressed the necessity of a good diet, correct breathing, moderate exercise, and correct mental attitude towards life, to effect a successful result in chiropractic. A movie describing the basic principles of chiropractic was shown.

ST. LOUIS Mar. 15: "Better health thru thought, action and nutrition" was the subject of John Persona of Milwaukee. Slantboard exercises were demonstrated and graphic charts used to illustrate the essentials of health, the numerous benefits of exercise and total physical fitness.

Apr. 9: Organic gardening panel discussion on the "where, what & when" of naturally grown sources of food....participants were a natural soil conditioner salesman - Lora Ross describing her backyard leaf mulched garden and fruit trees - their monthly meetings produce salesman relating sources and methods of purchasing. Members of the audience were invited to talk about their own gardens. Excellent gardening books were on sale.

SAN DIEGO Mar. 19: Pres. Peter Sasak, speaking on "The Fountain of Youth" brought ideas and inspiration for remaining youthfully active and vigorous with oncoming age, how to avoid becoming senile, and free of dependence on medicare plans being promoted for senior citizens.

Apr. 5: Weekly hikers group went to a health resort north of Escondido; potluck luncheon and good fellowship followed.

Apr. 23: Audience participation program, with question period. News items of interest were read.

YOUNGSTOWN Mar. 15: "The Greatest Adventure" film was shown...members brought guests.

April 12: Dr. J. C. Carson, a member, spoke on "Health, Beauty, Hair and Diet". A question period followed.

Boston Area Event

May 31: At 2 pm, Sidney Hill Country Club, 70 Florence Street, Newton, Beatrice Trum Hunter will discuss "Dangers of Chemicals and Synthetics". An added feature will be a repeat of last year's demonstration on physical culture exercises by Harry Kaufman. A question period will follow.

Toward Progress

St. Louis: At least three M.D.'s spoke against fluoridation at the NFA annual convention March 5.

Miami Beach: Forthcoming projects by the chapter will be to fight fluoridation and poisonous food sprays.

Montreal: Dr. Robert Gross lectured on "The Sure Way to Health" before a combined meeting of French speaking hygienists and the new chapter of the ANHS now being formed. 125 were in attendance.

Wisconsin: "The Greatest Adventure" film has been shown to several organic gardening clubs around the Sheboygan area. Loyd Larson, 665 N. Lake St., Neenah, is our contact. He is looking for good tapes by natural hygiene speakers.

. THE BRAIN BOOM....the country's newest and.. most exclusive club is called Mensa, and its only entrance requirement is to be smarter than 98 percent of the population. This definition could certainly apply to hygienists! Test questions are given such as: What is the synonym for orrery, eyot and syzgy! After three hours of such brain-crushing puzzlers, one Mensa lady reports, "By the time they gave me my freedom, I couldn't even count out my bus fare."

FRIENDSHIP COMMITTEE

By Miss Genevieve H. Lipinski, Chairman
295 Louise Street
Detroit, Michigan 48203

As a service to single hygienists, each issue of the Hygienews will list the names of five males and five females from the Register of Single Hygienists. If you wish to be listed, send me descriptive information about yourself.

The following listing was not designated as to sex:

The Chase Children, Box 93, Plant City, Fla.

MALE

Michael Cerny, 5998 Bermuda Dr., Ferguson, Mo.
Richard M. Collier, Box 425, Monrovia, Calif.
Born 4/9; blond hair, blue eyes; tool & die maker, Jewish; hobby: electronics; interested in ages 18-30
Michel Degallier, Golden Acres Orchard, Rt. 2, Front Royal, Va. 22630; born 1/27/20; dark hair, brn. eyes; 6'1"; 140 lbs; physicist; universalist; likes painting and natural agriculture; recently arrived from Switzerland.

Fred B. Dodge, Box 107, Morongo Valley, Calif.

FEMALE

Caroline Burkham, 25 Danfield Rd., St. Louis, Mo. 63124; born 1943; 5'4"; slim; drk. hair and eyes; a fireball; enjoys all sports, especially track, music; folk dancing, accordion ditties; animals, basset hounds and hygienic men.

Lorelei Esser, Box 161, Lake Worth, Fla; age 18; student; brn. hair, blue eyes; 5'6"; 125 lbs; likes tennis, swimming, dancing; phone 965-4360.

Lois Fehr, 5436 Pinetree Drive, Miami Bch. 33140, Born 12/9/24; 5'9"; 175 lbs; brn. hair & eyes; registered nurse; protestant-lutheran; hobbies: swimming, riding, bicycle, birds, reading health magazines, sewing, letter writing.

Carol Foster, Box 1882, W. Palm Beach, Fla., age 18, student; brn. hair, blue eyes; 5'6", 115 lbs. likes dancing, swimming.

Virginia Gillas, Box 4447, Miami Bch. 33141; born 8/11/27; dark brn. hair and eyes; 5'5"; secretary; likes dancing, tennis, swimming, oil painting, reading, writing; loves nature and the outdoors.

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

BAY'N GULF HYGIENIC HOME, 18207 Gulf Blvd., St. Petersburg 8, Fla. Dr. J. M. Brosious, Director

Publications

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

CHAPTERS

CALIF.

Los Angeles: Pres. Mrs. S. Holzgreen, 3566-B Mulford Ave., Lynwood, Calif; Treas. Kate Colten, 4064 Abourne Rd., Ph. Ne. 6-4739.

San Diego: Pres. Peter Sasak, 3049 Chamoune, 92105, At. 1-3416; Secy. Wm. Finch, 5527 Encino; Sun. picnics, 10am. from 1034 E Street; Thurs. study classes, 8 pm, 933 9th Ave.

FLA.

Greater Miami: Pres. Julius Berenson, 1471 N.E. 1470, No. Miami Bch; Secy. Geraldine Levy, 7525 Treasure Drive, M.B. Hygienic Forum: 2nd Wed 7:45 pm, Auditorium, 301 - 71st, Miami Beach. Regular meeting: 3rd Tues. 1133 Normandy Drive, Auditorium, Wash. Federal & Savings Bldg.

Metropolitan Miami: Pres. Chas. Tamarkin, Bx. 1041, Coral Gables; Secy. Mrs. Eliz. Richman, 610-8th, Miami Bch. 33139, Ph. 534-4046. Lect. & social, 4th Fri. 8 pm, 1234 Wash. (Auditorium), M. Bch; Study classes 2nd & 4th Thurs. 8 pm., S. & L Bldg., Lincoln Rd. & Wash., M. Bch.

ILL.

Chicago: Pres. Stanley Prorok, 907 S. Jackson, Waukegan, On. 2-6524; Secy. Mrs. V. Krider, 11061 S. Esmond, 60643, Be. 8-7252;

MASS.

Greater Boston: Pres. Fred Chaffee, 36 Park St. Arlington 02174; Secy. Mrs. R. Panza, 77 Avola, Arlington; Lectures 2nd Sun. 2 pm, 565 Boylston.

MICH.

Detroit: Pres. Walter Kobus, 109 Fisher Court, Clawson 48017; Secy. Mrs. I. Churulich, 13724 Allonby, 48227, We. 4-2050; Lectures 2nd Sat., 8 pm, Fed. Women's Club, Hancock & 2nd Ave.

MO.

St. Louis: Pres. Lee Bauer, 3827 Castleman, 63110, Pr. 2-6625; Secy. Miss Neale Zinser, 5049 Murdoch (rear) 63109; Lectures monthly.

NEW JERSEY

Newark: Pres. Richard Zinn, 128 Grumman Ave; Secy. Mrs. Ann Urdang, 616 Lyons, Irvington; Lectures 3rd Thurs. Bet Yeled Center, 10 Stecher.

NEW YORK

New York City: Pres. Irving Davidson, 51 Chambers St. 10007; Secy. Morris Apter, 353 Beach 54th St., Arverne; Lectures 2nd Wed. Hotel Woodstock, 127 W. 43 St., Ph. Worth 2-1641.

Buffalo: Pres. Richard Wangler, 104 Brompton Road., Williamsville, N. Y. 14221, NF. 2-6310; Secy. Mrs. L. Sterling, 104 Roesch Av; Lectures 4th Monday, 695 Elmwood, 8 pm sharp.

OHIO

Cleveland: Pres. Victor Meyer, 4595 Porter, No. Olmsted; Secy. Mrs. Don Garriss, 313 Natel Dr., Euclid 23; Lectures monthly.

Youngstown: Pres. Frederick Gasser, 2406 Trus-sit 44504; Secy. Dolores Troiano, 320 W. Midlothian; Lectures monthly.

PENN.

Pittsburgh: Pres. Mrs. M. O'Leary, 5517 Howe; 15232, Ph. Ma. 1-1819; Secy. Mrs. Rosemarie Lloyd, 5803 Margaretta St. 15206, Ph. 361-1642.

Meetings last Mon. at downtown YMCA

CANADA

Toronto: Joseph Aaron, 14 Lynn Haven Rd. (19), Ph. Ru. 1-0359; Secy. Mrs. T. Valentine, 250 Betty Ann, Willowdale; Lectures monthly.

Natural Hygienews is published bi-monthly by the American Natural Hygiene Society, 205 W. Wacker Drive, Chicago, Ill. 60606. Dolores Burns, Ed.