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The Journal of Natural Hygiene



**Give Yourself A Year-round Christmas Present.
Let It Be Food Packaged By Nature.**

See Editorial on page 2.



The American Natural Hygiene Society, Inc.

Dedicated to Natural Hygiene

the Science of Health

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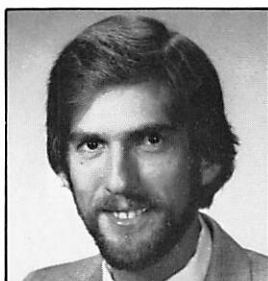
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President's Message

Atty. Mark A. Huberman



A Sunny New Headquarters!

Dear Friends,

The sun is about to shine brightly on the ANHS.

I am pleased to announce that by the unanimous vote of our Society's Board of Directors, we will be relocating our National Headquarters in suburban Tampa, Florida, where we have entered into a favorable lease agreement for a beautiful new headquarters which we plan to occupy in January, 1984. Situated in a lovely business park, the new modern site is ideally suited for our numerous and expanding administrative and publishing needs.*

Our former national office in uptown Chicago and our current headquarters in Bridgeport have certainly served us well during different stages of our organizational development. However, just as we had outgrown the physical limitations in Chicago, so too has space proven inadequate in Bridgeport for our current and future requirements.

Gone are the days when the ANHS only needed to warehouse the stock of a handful of NHP paperbacks, such as *Fasting Can Save Your Life*, *Health For The Millions*, and *You Don't Have To Be Sick*. The ANHS has now published more than twenty paperbacks and maintains an average inventory of 10,000 - 15,000 copies of each title. This is in addition to the sizeable stocks of other books of interest to Hygienists which we warehouse for regular distribution.

Our present home/headquarters in Bridgeport, with its basement serving as our main warehouse, is simply not suited to our expanding needs. (We currently are required to maintain warehouse space in two additional locations in Bridgeport.) Our new Business Park site provides under one roof 2,000 square feet of brand new office space directly connected to 3,000 square feet of an open, high-ceiling, loading dock-equipped, warehouse sufficient to meet all our needs now and for the foreseeable future.

And all of this at basically the same rental rate that we are paying now.

As for the choice of the Sunshine State for our new headquarters, the decision proved an easy one. The Board has long sought to locate our Society in a geographic area that would not only be environmentally appropriate, but also well represented membership-wise, and certainly climatically protected, transportation accessible, and economically stable. After recently reviewing and approving the Tampa site, our entire Board is convinced that we have found all these important elements in our aesthetically pleasing official home, centrally located in the Tri-County Tampa-Clearwater-St. Petersburg area.

In future issues of *Health Science*, we look forward to sharing with you more details of our exciting new headquarters — a major step in the continued growth and development of the ANHS as the organizational vanguard of the Natural Hygiene Movement.

As 1984 rolls in, the sunshine will indeed shine brightly on the ANHS for this year and years to come.

*See page 25 for our exact moving date.

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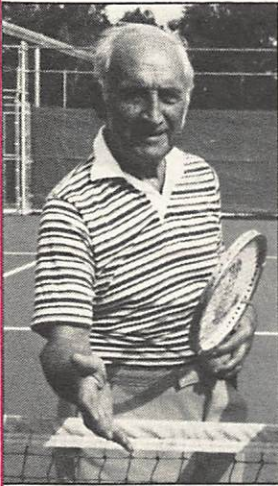
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Packaged By Nature

I have been having a grand time, down here in southern Florida, picking mangoes. I put together a pole, about eighteen feet long; consisting of three sections, each two yards in length, just the right size to fit into the car. On top is a patented wire basket device, that snatches a mango and holds it firmly, preventing it from falling to the ground. This is important, because I do not pick them until they are ripe. If one plummeted to earth it would be smashed and provide a luscious meal for other creatures who know a good thing when they see it.

Numerous inhabitants of the tropical forest fancy this marvelous delicacy, but most humans who eat them do so as a snack, or a dessert, as in their abysmal ignorance, they do not realize that fruit is a primary food for homo sapiens. I would not be exaggerating if I said that eating a mango at the moment that it reaches maturity is indeed getting food that is fit to be the nectar of the gods.

While engaged in this normal activity of gathering a goodly supply of these delectable viands, my mind takes flights of fancy, as I think of how generously nature supplies us with our nutrient needs, and packages our food so wisely and so skillfully.

I take out my pocket knife, and as I peel one of these beauties (which happens to be a Hayden, one of the best of the mango strains), the fragrance tantalizes my nostrils with an aroma that is unmatched by any perfume (and that includes Matchabelli, Bal a Versailles, or Arpege by Lanvin).

As I am basking and enjoying the flowery sweet scent, another one of my senses takes over, as I marvel at the sight of the skillful blending of color; golden orange . . . sunset red . . . no, I won't try to put it into words. It is beyond language and it cries out for the skills of the masters of the Impressionist Period: a

Monet, or a Renoir, or perhaps a Van Gogh, to capture the living brilliant colors of the mango on canvas.

Wait . . . wait . . . the best is yet to come: how do you describe what happens when the juicy mango melts into your mouth? I do recall a memorable morning, a few years ago, when Sylvia and I had some friends visiting us from India. We had been playing tennis, and then we picked a bunch of mangoes. We came to our home; there was Vishy and Radha Raju, and their son-in-law, Buchy Prakash, all good athletes and practicing Hygienists. Several of our neighbors dropped in and we had a mango feast. The oh's and the ah's, and the yummy smacking of lips, lives on in my mind. Yes, picking and eating mangoes brings back many pleasant memories.

There is another side to my story. Many years ago I was planning to make a certain documentary movie. As part of my research I had to learn about how animals are prepared for the meat markets. I visited slaughter houses in Chicago and Omaha. By the way, the entrepreneurs of these establishments of killing and mayhem prefer them to be called "packing houses." Hence, you may perceive the relationship to my title, "Packaged by Nature," as what I am about to relate is a Dante's Inferno "opposite" story. By the way, it can be studied in greater detail in Upton Sinclair's book *The Jungle*.

May I say simply that my observation of what goes on behind the closed doors of these citadels of murder was one of the most terrifying experiences of my life. I saw baby piglets and lambs being led or carried in, crying and screaming just like human babies, because they knew they were going to be killed. Is that surprising? Well, I saw and heard it with my own eyes and ears. Yes, animals know when they are in the presence of death and they know what is going to happen.

Grown cattle are pushed onward and forced forward by electric prods. Their eyes plead and beg, and they moo, but there is no escape. They are herded up the ramps to the decapitation headquarters. This last sad journey is upward, because the mass executions take place with lightning speed, and the "remains" are hurtled downwards, on escalators, on troughs, on elevators, and other devices. Every part of the dead animals is put to use, and is exploited, each in its own specialized way. Hooves go one way, horns glide down on another sliding pond; rivers of blood flow separately in a never ending stream; the hides have their own ingenious escorting contraption. Don't think for a moment that they waste the manure (fertilizer is big business, you know). The noise is deafening, the

stench is sickening and overwhelming, and the cash registers are jingling with profits.

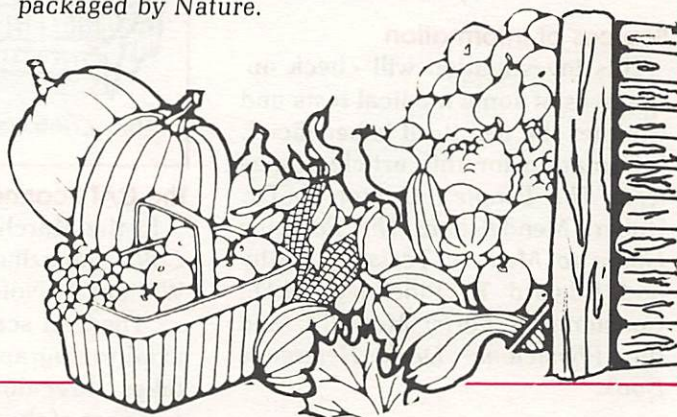
Aha, you ask, what about the flesh, the meat? The "sides of beef" come gliding down, strung up on large hooks which are attached to conveyor belts. Personally escorted by sweating, indefatigable humans, the "soft stuff," the hearts, the lungs, the kidneys, livers, etc., are piled up in big steel barrels, and hurtled on their way. On their way? Yes! To the butchers, the fast food places, the elegant French, Italian, Russian and other international dining spots, in the form of steaks and chops and hamburgers, and other tender delicacies, to find their way down the gullets of millions of Johns, and Bills, and Joes, and Marys, Sallys and Janes. All the parts are skillfully preserved, and sometimes wrapped in plastic, but it is vastly different from the way nature packages her mangoes and all of the other wonderful fruits and vegetables, which she prepares so lovingly and lavishly for that branch of life known as human beings.

In his book *The Recovery of Culture*, Henry Bailey Stevens points out that the domestication of cattle began only about eight thousand years ago. He says that it was about that time that humans began to eat the flesh of animals. Concomitantly, modern warfare as we know it began at about the same time, and the reason was that far more land was needed to raise cattle than to get our food directly from the soil as

nature had intended. And so the necessity for additional territory, the first cause of war, began, and humans have lost their identity as peace-loving creatures and have become the most bestial destroyers of life in the entire world.

Humans are by nature vegetarians. If people ask you, "Are you a vegetarian?" . . . do not answer them in kind. Respond rather by saying: "You are a vegetarian also. The difference is that I live as a vegetarian."

We in Natural Hygiene know that abstention from flesh foods is just one step in the right direction. The day is bound to come, when what we of the school of Natural Hygiene preach and teach, will awaken the public of the world to the inevitable necessity of returning to complete observance of moral living, mentally, spiritually, and physically. And, of course, a cardinal rule is to eat only those foods which are packaged by Nature.



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The Danger of So-Called Routine Tests

A routine physical exam today may include a barrage of tests that can make the patient feel worse afterward. Not only are there risks to these tests, but the psychological depression that can result because of a so-called abnormality that shows up on a few frames may cause the very enervating stress that will throw the patient into a health problem. The question to ask is whether these tests are necessary and is the degree of risk factor worth it in comparison to the expected benefits that the tests are supposed to offer.

Sources of Information

This investigation will check on the risks of some medical tests and whether the test itself is beneficial. Information for this article comes from *The People's Doctor* by Dr. Robert Mendelsohn; *The Patient's Guide to Medical Tests* by Cathy and Edward R. Pinckney, M.D.; *Consumer Reports*; *McCall's*; and the *Physicians' Desk Reference Book*.

Stress Test

In the opinion of Consumer Union's (CU's) medical consultants, routine stress testing (\$100 to \$200) is an extravagant waste of money. The stress test is similar to an ECG being taken while the patient performs on a treadmill or bicycle. The doctor assumes that the stress of exercise will produce better information about possible heart abnormalities than will a resting ECG. The October, 1980 issue of *Consumer Reports* states "Unfortunately, stress tests give many falsely abnormal results for people with a healthy heart. At the same time, they fail to detect heart disease in significant numbers of people who actually have it."

"Doctors have trouble making recommendations based on a stress-

test result. One of our consultants summed it up this way: 'No matter how the stress test turns out, I really can't tell a patient whether or not it's OK to play tennis.'"



The CAT Scanner

In the March, 1980 issue of *McCall's* magazine, renowned surgeon William A. Nolen, M.D., wrote:

"The CAT scanner (computerized axial tomography), a machine that takes three-dimensional x-rays of any part of the body, once required almost 20 rads of exposure to get satisfactory pictures of the head. That was in the late 1960's, when the machine was first developed. Now, more than 10 years later, this figure has been reduced to about one rad, due to improvements in equipment and technique. But is it safe to have even one rad of exposure to the head? Radiologists think so — but it may be 20 years before we know for sure."

By-Pass Surgery

Dr. Arthur Selzer, chief of the cardiopulmonary laboratory at Presbyterian Hospital, San Francisco, says patients "without question" have gone to surgery on the basis of misinterpreted x-rays. But when asked whether these latest findings will slow the rate of bypass surgery,

Dr. Selzer responded, "not likely. There's too much money and pressure involved. It's become a self-perpetuating industry."

Angiograms, etc.

Dyes used for physical exams such as angiograms, kidney x-rays, lung x-rays, and myelograms (dyes injected into the spinal canal), according to the *Physician's Desk Reference Book*, can produce pain at the site of the injection, a feeling of body warmth, facial flushing, nausea and vomiting. More severe reactions due to sensitivity to the dye itself may appear hours later; these include hives, itching, dermatitis, dry mouth, chills, sweating, and difficulty in breathing. If the reaction is severe enough, it may lead to shock, cardiac arrest, and death. Other possible complications of this kind of procedure include kidney damage, inflammation at the site of the injection, clotting of the artery, and hemorrhage. Another good book to refer to is *Complications in Diagnostic Radiology*, edited by G. Ansell (J.B. Lippincott). This book, written by doctors for doctors (priced at \$56.50) gives answers, as well as providing data on the complications of angiography, including problems with clotting, breakage, and buckling of the catheter, accidental introduction of air, electrical hazards, perforation of the heart, disturbances in rhythm, and neurological complications.

Laparoscopy

Any surgical procedure, especially one performed under general anesthesia in an operating room, for example, as in laparoscopy, carries with it some degree of risk. The specific risks of laparoscopy, which is an examination of the inside of the abdomen with an instrument called a laparoscope, include possible per-

foration or other injury to one of the abdominal or pelvic organs during insertion of the instrument. Blood vessels in the abdominal cavity may be damaged by subsequent bleeding, infection can be introduced, and a chronic infection may be activated as a result of the tests. Carbon dioxide, injected to create an air space within the abdomen, may escape into the tissue, or into the chest cavity,

and cause a lung to collapse.

Alternatives

The more enlightened we become about our health and healing, the greater will be conflict with doctors who have served us in the past. Indeed, no matter how good the relationship is, it takes a brave soul to admit to our physicians that we would like to incorporate another, less dangerous, approach.

Preserving Food with Irradiation

The future way of preserving food may be with the irradiation process. The same gamma radiation from cobalt units that has been used by the medical industry in such treatments as radiation from cobalt 60 units for cancer patients may be used on our future foods.

Irradiation is looked upon by some as an effective alternative to the cancer causing fumigants, preservatives, and carcinogenic nitrosamines. Irradiation extends the shelf life of fruit, vegetables, fish, and poultry from several days to several weeks, which will greatly increase the distances fresh food can be transported as well as lengthening storage time at home.

Gamma Rays

Gamma rays are like x-rays and microwaves but more powerful. They are part of the electromagnetic energy spectrum that includes radio waves, microwaves, infrared, visible light, ultraviolet, and x-rays. Gamma rays have the highest frequency of all these forms of energy and are the most penetrating. It is estimated that the energy carried by a gamma photon is about 100 billion times as energetic as a photon generated in a common microwave oven. Ultraviolet waves can be stopped by a piece of paper, x-rays can be stopped by a quarter-inch lead shield, but gamma rays are so powerful that it takes a con-

crete wall six feet thick to stop them.

What gamma radiation does is interfere with the DNA structure of an organic cell and keep it from dividing. In this way, gamma radiation can inhibit sprout formation on potatoes and onions. A higher dose of gamma radiation will sterilize and preserve food by killing insects and bacteria outright.

FDA Approval

While the food industry has been awaiting FDA approval and public acceptance, the medical supply industry has embraced gamma radiation as a safe, cost-effective way to sterilize the products they use. Thirty percent of all medical and surgical products that are used in American hospitals are made sterile with gamma radiation.

The FDA and World Health Organization have given their approval to use gamma irradiation for food. But questions and oppositions have arisen, including at least one staff scientist at the FDA. The opponents say that the process, at least in theory, can cause chemical changes in foods that do not occur in other forms of processing and that might be dangerous. The changes are called URPs, unique radiolytic products. Opponents urge more study to determine the nature of these chemicals — whether or not they are found in other foods or in

nature, and whether the human digestive process can render them harmless.

Vitamin Content and Metallic Taste

According to the experts, the vitamin content of irradiated foods is affected.

Also the flavor of irradiated foods can be slightly changed. One may taste a certain burnt or metallic taste.

The article that appears in *Science*, called "The Future of Food Preservation," by Kathleen Schmidt, tends to portray that the use of the cobalt 60 gamma rays are not radioactive and cannot cause food to become radioactive. But questions are still unanswered and we do not know what will occur in people 10, 15, or 20 years down the road after continuously consuming irradiated food. We Hygienists will always be skeptical and questioning.



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THE REAL DESTINY OF NATURAL HYGIENE

by Dr. Keki Sidhwa



Some of the people who, when coming in contact with Natural Hygiene, are bowled over by it, rush about hither and thither incorporating the practical do's and don'ts in their daily life. This euphoria lasts for a few days to a few weeks or months or years. Then suddenly — wham — they drift away from it. Their excuse is Natural Hygiene has failed them. At first there is a sense of guilt — then over-compensation sets in and they begin to find loopholes in what their "mind" has read into Natural Hygiene. Then the rot really sets in and they become as anti-Natural Hygiene as they were pro-Natural Hygiene in their euphoric days.

The purpose of education is to induce a right relationship, not only between individuals but also between the individual and society; and that is why it is essential that education should, above all, help the individual understand his/her own psychological process. Intelligence lies in understanding above and beyond ourselves, but there cannot be intelligence as long as there is fear. Fear perverts intelligence and is one of the causes of self-centered action.

The right kind of education must take into consideration this question of fear. It is this fear which is responsible for turning a new convert to Natural Hygiene into a rabid Anti-Natural Hygienist. Fear lurks in different disguises and one of the most subtle cloaks it wears is expectancy. The same kind of expectancy that so-called "religious people" have in their relationship with what is called "God" or creator."

So let us begin to comprehend the meaning and significance of what is being attempted in the Natural Hygiene movement. It takes years for many an acolyte to realize that the essence of Natural Hygiene defies analysis. Natural Hygiene is not static — its truth is its movement — and the movement cannot be captured by words which define and separate, by seizing a moment in time, one stage of development, and presenting it as the reality, when each moment, being part of a moving flow, has reality only in relation to that flow. And so it is with great trepidation that I begin to write this essay.

Am I capable of using words without destroying? Do I really know what the Natural Hygiene movement is about? Is it perhaps an impossibility to express what is happening within me to someone who is outside? The questions remain questions without answers, and rather than remaining silent, I make the attempt. But, remember, I am only one of several thousands that make up this school of thought, and each person, if asked to write such an essay, would produce something quite unique and individual, for there is no objective reality to Natural Hygiene. One minute it seems to be clearly one thing and the next minute something quite different. What is seen depends on the eyes one is seeing with, and with how much of ourselves we are looking.

The one thing that all the thousands have in common is a personal interest in the implications of the message of Natural Hygiene for the individual. I sometimes find it a little difficult to talk of the relationship between Natural Hygiene and its pioneers, e.g. Jennings, Trall, Graham, Tilden, Shelton, as most people immediately react by leaping to the assumption that the pioneers are simply another one of the many "gurus" in vogue these days, and that Natural Hygiene is a form of cult. With such conclusions, Natural Hygiene may be summarily dismissed. The dismissal, however, is based upon popular prejudice and false supposition, rather than fact. If one is being at all serious, Natural Hygiene won't be dismissed so easily, for there is uniqueness in Natural Hygiene in what is being attempted and what is percolating to the public.

All the Natural Hygiene pioneers have made it quite clear that Natural Hygiene does *not* want followers, people who accept on faith, as a belief in what it has to offer, thereby escaping the essential confrontation with themselves. Natural Hygiene is interested in the individual being free of the inner psychological bondage that both breeds and is the result of neurosis and conflict.

It is with this confrontation that we in Natural Hygiene are concerned; to understand the functioning of this bondage with the clarity that will allow us to step out of the imprisoning, habitual response. It is a growing, a

learning, a humanization that can come only from deep inside. For, unless it does, there will be no fundamental change.

Thus the approach at "Shalimar" and other Hygienic institutions is radically different from that at most so-called "health farms," where the student is motivated to action by competition, reward, or threat of punishment. Those places infuse the student/patient with an external motivation, the result of which is to deprive a human being of the chance to learn how to function from genuine interest and sensitivity. And without a deep and total kind of learning at an early age, the center around which the personality will be structured in the years to come, is in conflict. It is a fact that the kind of learning which has to do with self-knowledge requires a clarity that, unfortunately, for most people has been clouded over in their previous years of mis-education.

For a movement to function on the basis of each individual being serious and responsible is a much easier thing to profess than to practice. Natural Hygiene centers are not meant to be, nor are they, UTOPIAS, but microcosms of a society that is not by any means devoid of fear, inner violence and escape. But for the individual who embraces Natural Hygiene to superficially rebel against it for what it is not (which all of us have done at one time or another — and some still do) is infantile, for the challenge of this movement is in the way in which we respond to any given situation. The very fact that it is our habit to look outside ourselves for the cause of a certain condition labelled as "bad" is an extension of our conditioning. It is an escape from our own inaction. The fundamental issue, when one is considering what Natural Hygiene is or is not, is the action or inaction of each individual. It does no good to point the finger at the other fellow; am I giving everything I have toward freeing myself, and in the course of that, learning what Natural Hygiene is all about? With that question, my attention, which usually flows outward, and looks elsewhere than at my own confusion as to the cause for what is within me, is turned within. The finger points directly at me.

Do I have the passion and courage to see what is within myself simply and clearly, without censorship?

Do I have the clarity to see the mechanisms of my inner bondage and then to step out of that bondage through action?

Can I free myself enough from my self-fulness to care for others, living sensitively and intelligently within a community?

It is with such questions as these (which are in the background for some, and in the foreground for others) that one's day-to-day functioning can become the field of action in which to explore and learn. For there is plenty of opportunity for all of us to explore on all levels.

That is why the American Natural Hygiene Society holds an annual convention on beautiful university campuses. During the convention our schedule of classes and activities, which leaves never a dull moment, makes for a full day. Many things are offered, many directions in which the student can move if interested.

The fact that people from all over the world live together and share this experience breaks down many walls of separation. It allows people to relate to each other as human beings and not through roles of authority such as student to teacher, or young person to adult. There is opportunity here to gain a deeper understanding of the inter-relationships between areas of one's life that are usually fragmented. Within the classes there is the attempt on the part of teacher and student alike to approach the subject at hand not through a narrow and specialized perspective that is devoid of humanism, but with an openness to the inter-relationships and relativity of all things. What would at another convention be the completely separated worlds of academics, art, practical work, recreation and social life, become at our conventions, connected parts of our living. For instance, we have quite exceptionally good vegetarian meals, but what is laid before us three times a day does not materialize out of nowhere. Most of what we eat is carefully gathered and brought to us from organic farmers and growers. The food is carefully and beautifully prepared in the kitchen by college staff, adequately supervised by devoted ANHS members, which could not function without the voluntary help that seems to be there when needed. We try to avoid relying on rules, for that is necessary when people aren't responsible for themselves and fail to be sensitive to the needs of others.

Order is created out of chaos when we care enough to see what is going on and to make changes. The attention to order thus becomes an integral part of one's life.

The situation at these conventions isn't that some few emphasized points are considered as all-important, and everything else as irrelevant and needing no attention. Rather, the approach is that everything has its importance, and that to be sensitive isn't something one turns on and off at will, but has to be a quality of attention that one brings to the whole of one's life. With this sense of attention one becomes aware that one's actions are self-expressions from which one can learn.

When speaking of the sense of order that I mentioned above, I do not mean the order of regimentation and rules, but rather a sense of proportion which is an extension of a depth of understanding. For external disorder is most often an extension of internal disorder and conflict. And by simply observing the way one walks or talks or eats or laughs, one can and will learn a great deal. So, in learning

Continued on page 28

A Conversation With Christopher Gian-Cursio, D.C.

Interview by James Lennon

Christopher Gian-Cursio has been a professional Natural Hygiene practitioner since 1934. Nowadays his busy practice includes travel to Beverly Hills, Chicago, Buffalo, Rochester, Detroit, and Pittsburgh.

Dr. Cursio has collected what is likely the largest single collection of Natural Hygiene books and magazines. His library also includes lithography, paintings, and private correspondence of many early Hygienists. In addition to the physiologic ideas of these men and women, Dr. Cursio is interested in their lives and the ideals that motivated their work. He is presently writing a biography and historical study of James C. Jackson, M.D. (1811-1895) titled "Love is on a Hill."

Dr. Cursio is a graduate of the American College of Chiropractic and a member of the International Association of Professional Natural Hygienists.

This past spring I had the opportunity to visit with Dr. Cursio at his home and see his library and research papers. We spoke at length, primarily about the pioneers of Natural Hygiene and the history of the movement.

First Influences

What first attracted you to Natural Hygiene?

I was ill, incapacitated. At that time I ran into two books that influenced me greatly, *Rational Diet*, by Otto Carque (1923), and *The Art of Living Long*, by Luigi Cornaro (1560). From Carque I developed the idea or awareness of *quality*, and from Cornaro I got the precision of *quantity*. Walter's *The Nutritive Cure* (Robert Walter, M.D., 1841-1921) was another tremendous influence. I continued to study and eventually made a recovery.

Schools of Thought

Were there different schools of thought among the early Hygienists?

You could classify them as you would schools of thought in philosophy or psychology. Toward the end of his life, Walter wrote a criticism of Trall (Russell Trall, M.D.,

1812-1877). He criticized some of Trall's concepts from the standpoint of inadequacy of nutrition, and inadequacy in the use of relaxation, rest, and truly understanding the physiological processes that are involved in the recovery of health. Alcott (William A. Alcott, M.D., 1798-1859), Graham (Sylvester Graham, 1794-1851), Oswald (Felix Oswald, M.D., 1845-1906), and Nichols (Thomas Low Nichols, 1815-1901) all questioned certain dietary concepts.

Do different schools of thought exist today?

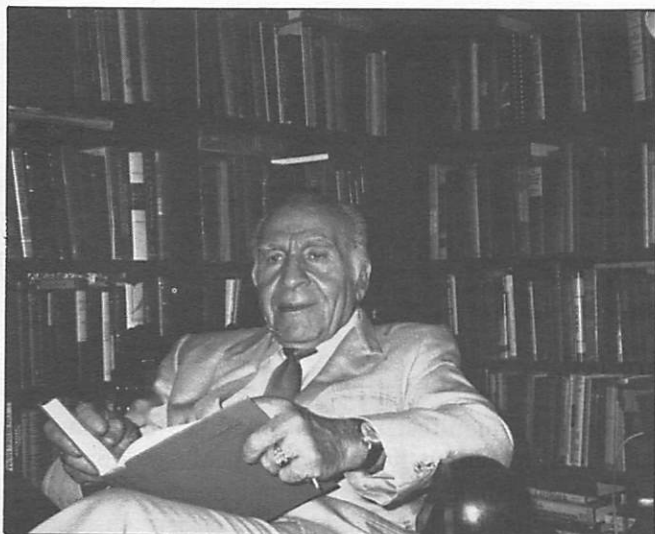
There are no differences in philosophy. Where Hygienists differ is in their attempt to translate our philosophy into a technology, to be able to make a precise appraisal, and never do anything contrary to what the body is trying to do at any particular moment.

Care of the Sick

How do you approach your work as a practitioner?

Life works in one way — that is on behalf of life. It has only one dedication, one direction. And the skill of a Hygienist is to read and interpret the book that life engraves upon our functions and structure. A practitioner must modify any counseling and any technique he has based upon what the body wants, not what he thinks is right . . . like some therapy: reflexology, iridology, anything that suppresses symptoms. These are all concepts. There is nothing that says the body wants them. They're just what the therapist wants, and we in Natural Hygiene are not therapists.

Humans pollute their doctrines and techniques with ideas that are not legitimate, that are based on symptoms, that don't address the basic factor: "What does the body want to do, how much power does it have to do it, and what must we do to see that every bit of energy is conserved for this objective — to produce a retracement, a recovery, a regeneration, and an upgrading of the human entity on every level?" We professionals do what we can and recognize that we have a powerful homostatic force working with us.



Gian-Cursio in his extensive Hygienic library.

You see large numbers of patients. Do you evaluate each one individually or is your program basically the same for everyone?

No, it's not all the same. It's modified. I try to make an individual assessment.

It's like fasting. "They all fast," you could say. "It's all the same." They all fast but you still have to watch the patient.

Do you encourage your patients to study, to gain independence, or do you prefer that they rely on you for guidance?

I encourage them to read, to study.

And once they have made a recovery they can proceed on their own?

Yes. If they have a crisis they can call for counseling.

Theory and Practice

As people who live conventionally suffer from the results of their specific errors, can it be that people who mis-apply the principles of Natural Hygiene suffer different results, unique to their errors?

Yes. There is a gap between theory and technique. A lot of people don't see this. And some of us are mesmerized by the idea. I may be able to throw an apple into the air and be amazed at its ability to come down. That doesn't mean I am able to use the law of gravity and develop aerodynamics to the point where I can produce an airplane.

I studied architecture, and I assure you there is a great difference between the architect and the person who puts up the building. There is the architect. There is the designer. And there is the individual who translates it into an act, the engineer. We in Hygiene must be all of these things. We cannot just be theoreticians.

The principles of Natural Hygiene differ fundamentally from those underlying currently popular culture,

philosophy, education, health care, virtually all aspects of 20th century living. The influence of this culture is such that even those attempting to put these principles into practice are hard pressed to define and analyze the results of their efforts. Doesn't this make observation and collection of data difficult?

We have to use the kind of evidence an anthropologist would accumulate. We have to use some biophysics, some biochemistry. We should use every discipline possible: philosophy, logic, all of it should be utilized. We should make use of human beings' ability to think and to reason, and to apply reasoning to the fullest extent.

Realistic Expectations

Many people claim to be Hygienists who are not. But even for those who can be considered practicing Hygienists, can it be that due to the present state of our environment, in the broadest sense of the word, conditions will develop that, while unpleasant, are appropriate?

Yes. You mean the body's ability to adjust and adapt. It is the body's response to inimical influences and its tendency to maintain function and integrity of structure despite the encumbrances and factors that encroach upon its domain. This is what is happening, even to Hygienists.

The body adapts, but as Jennings (Isaac Jennings, M.D., 1788-1844) did say, "What is disease but the inability of the body to maintain healthy action?" You can't call disease weakness because, to continue with Jennings, "The inability of the body to maintain healthy action under stress, and other conditions hurtful to it, brings about a process of adjustment and adaptation, and an effort to remove the need for the adaptation."

It is an increase or decrease of a particular action or modification of structure to produce what we call a state of life, a continuation of life. It is no special healing process. It is just an extension of normal processes.

"Normal Size"

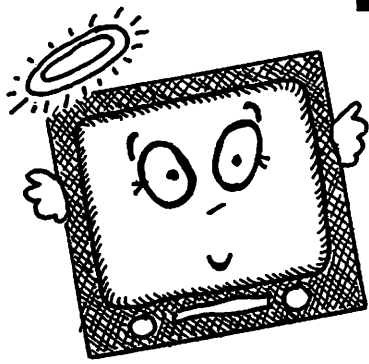
Do you think that 20th century living practices, the way people eat, the chemicals in our internal and external environment, and so on, causes us to be larger in size than what might be considered optimal?

Yes.

So that Hygienists and their offspring, as they become more vital, more natural in a fundamental sense, will return to a smaller size?

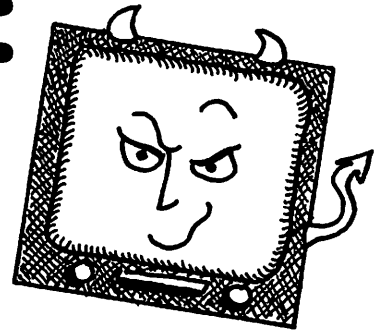
We'll return to a more modified state. The hypertrophy of growth is aberrated, the visceral organs of a man seven feet tall are not much different from one five feet five inches. His heart is not much different. This size is the result of stimuli and provocations; it is caused by the adaptation to the morbid environment to which the cell is subjected.

Continued on page 28



Television: A Blessing - Or A Curse?

by John Carp D.C.



Natural Hygiene is a concept of living which realizes and maintains the proper relationship of the individual to those factors in the environment which promote health. In this technologically advanced society, maintaining the normalcy of our environment in terms of all the Hygienic factors can be a challenge. However, optimal health is always the result when principles of Hygiene are adhered to. For instance, the Hygienist recognizes that when the right foods are eaten at the proper time in sensible amounts and correct combinations, the result will be optimal nutritional utilization according to that individual's needs and capacities. The same can be said for all other Hygienic factors, such as rest, exercise, mental activity, etc.; each has a normal or proper application in the life of every one of us in accordance with our biological needs.

When one considers the entire history of human development, it is obvious that the last century has seen giant technological and industrial innovations. At the expense of these technological advances and conveniences, we have also witnessed the growth of new problems that affect our relationship to the environment, with resultant new mental and physical illnesses. These maladies also have a new quality and character, as compared to diseases of the past. Cancer and heart disease, diseases of a toxic and tense environment, have replaced the various infectious afflictions of the so-called 'unclean' societies of the past, as the leading causes of death. On the other hand, led by Hygienic teaching, some humans are beginning to realize the real causes of modern illnesses and diseases are the result of modern lifestyle. Thus the Hygienist, while being aware of the proper application of biological factors, recognizes the need to avoid the effects of modern technological innovations and their health destroying properties.

The damaging effects of some of these innovations are quite obvious, while others are not. For example, artificially produced radiation for whatever purpose is an insidious threat to man's ecosystem. (See Dr. Vetrano's articles on the Hazards of Radiation Emitted from Television Sets.) Another example is synthetic chemicals; that they are not part of man's environmental needs is common knowledge to the Hygienist. However, there are some factors which are not so obvious that are just begin-

ning to be manifest in terms of their total impact on humans, including their psychological, emotional, sociological, intellectual and spiritual needs. For example, artificial lighting, as found in most classrooms and other public buildings, has been found to have profound detrimental influences on people's behavior over prolonged periods of time.¹ Noise pollution, both in quantity and quality, is a recently discovered factor that has been found to affect total well-being.²

The objective of this article is to study television specifically, with the awareness that what little research has been done in relation to this medium shows that children are most vulnerable to the dubious effects of this activity, especially when viewed for prolonged periods of time.^{3,4} Thus it is necessary to examine what stages of normal development the child goes through up to about the age of five years.

Most children start viewing television during the toddler stage, one and one half to two and a half years. The one particular attribute that characterizes this period of psychological and personality development is the child's striving for autonomy; becoming aware of himself or herself, as a unique individual through interactions with peers and adults.⁵ The toddler is a long way from true autonomy of thought and action, but he or she gains new confidence testing out growing verbal and motor skills. Indeed, the normal development of communicative verbal ability — the learning of native language — is simultaneously a most important process. The young child learns language, including not only words but the grammatical and syntactical rules as well, by having it spoken in a concrete context of people, action, gestures and feelings.⁶

During play the child works hard at mastering and perfecting various cognitive and motor skills. All of these activities help the child develop the awareness of self and the world. Also, all of these activities require an active interplay with the toddler's environment, in order to insure normal physical, emotional and mental development. Harlow and his associates have done the pioneering research which demonstrates the damaging effects of a sensory-deprived environment.⁷ Language mastery is also related to the child's ability to engage in problem solving activity. Numerous studies have shown the need

for active environmental interplay if the child is to develop normally.⁸ The supporters of television-as-learning-tool insist that children learn a great deal from viewing the various educational shows. And, they ask, what harm can watching cartoons for six hours continuously do? However, when this process is examined closely, some surprising findings develop. Studies have shown that the average American child watches television for an average of from 33 to 54 hours per week, or roughly about 2000 hours per year.⁹

In a study conducted at the Australian National Center for Continuing Education, the neurophysiological aspects of the television viewing process were examined.

The report states that television "not only destroys the capacity of the viewer to attend (pay attention), it also, by taking over a complex of direct and indirect neural pathways, decreases overall vigilance; the general state of arousal which prepares the organism for action should its attention be drawn to specific stimuli. The individual therefore may be looking at the unexpected or interesting but cannot act upon it in such a way as to complete the purposeful processing gestalt."¹⁰

In one study, a group of babies were exposed to a disturbing visual stimulus (an operating room light) for intermittent periods.¹¹ Initially the reaction was an arousal of the nervous system, with increased heart rate and respiration. However, over a series of fifteen light presentations, there was a decrease to no nervous system response, although the babies were still taking in the light. Also, on their electroencephalograms, or brain wave recordings, sleep patterns had appeared. The report states that babies have a "marvelous mechanism, a shut-

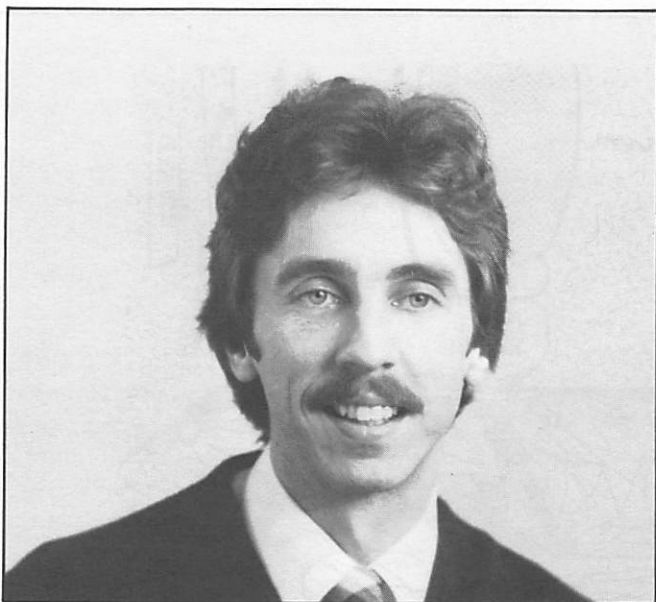
down device, for dealing with disturbing stimuli; they can tune them out and go into a sleep-like state."¹² The author goes on to compare this process to television viewing:

Just like the operating room light, television creates an environment that assaults and overwhelms children. They can respond to it only by bringing into play their shutdown mechanism, and thus become more passive. I have observed this in my children, and I have seen it in other people's children. As they sat in front of a television set that was blasting away, watching a film of horrors of various kinds, the children were completely quiet . . . they were hooked.¹³

Summarizing the foregoing, the Australian researchers have shown that when humans adjust or shut down to repetitive, constant visual stimuli, the brain cortex, particularly the left side, actually ceases functioning, in terms of actual thought processes.¹⁴ However, the right side of the brain is still receiving the television images. Thus it cannot be acted upon or analyzed. The image and information "enters unfiltered and whole, directly into the memory banks, yet is unavailable for conscious analysis or learning."¹⁵

Another important aspect of the neurophysiology of television viewing is the observation of changes in the continuous electrical activity of the brain, recorded with the electroencephalogram (EEG). Brain wave research has been used in diagnosing various organic brain disorders, such as epilepsy. Recently it has been used in biofeedback training. Sets of electrodes are attached to the subject's scalp, and pen-graph recordings are obtained to give a record of mental activity. EEG's vary according to the mental state of the subject, thus there are different recordings for sleep, relaxed states and aroused states. Most of the time brain wave patterns are irregular, but four distinct patterns have appeared in the normal individual, and are classed according to their frequency.¹⁶ Alpha waves occur with a synchronous frequency of eight to fourteen cycles per second. They are observed in a quiet, resting state of mental activity, usually with eyes closed. (In children, EEG activity starts out at slow frequencies, and rarely is there seen any beta activity until age four. There is a high degree of attentiveness associated with increasing displays of beta range recordings, thus indicating the short but increasing attention span in children. The normal psychophysiological maturation process is reflected in a 'maturation' of brain wave activity, with slow activity at birth, moving to more beta activity. Another important aspect of alpha activity is that visual sensations cause immediate cessation of alpha waves. However, research has shown that alpha waves occur with eyes opened in high-creative subjects.¹⁷

It has been found that regardless of the program, the brain (cortex) goes into a set pattern of activity. There is observed a slowing down of brain activity to alpha fre-



Dr. John Carp

quency level, with further decreases in activity with continual viewing. Here are some descriptions of the alpha state given by researchers.¹⁸

Regular alpha rhythm signifies that the **brain is not under bombardment by stimuli**; stability of alpha may reflect the homeostatic or self-stabilizing processes of the association cortex when undisturbed. People can be trained to recognize their own alpha state as serene, pleasant and devoid of imagery.^{19, 20, 21}

What is interesting here is that there is no beta activity observed during television viewing, regardless of the age of the viewer; there is, however, a preponderance of alpha activity, as observed in research. One author states that "active visual perception results in sustained attention (decrease) of alpha activity. As visual interest wanes, the alpha rhythm returns . . . any mental activity that demands a high degree of attention, such as mental arithmetic or problem-solving against the clock, is likely to lead to diminution of alpha activity."²² Research has indicated that highly creative subjects have more alpha activity during eyes-open resting states than the general population. It is speculated that the difference is due to the fact that the high "creatives" process information or think more independently of the environment than do low "creatives;" that is, **they are less dependent upon external stimulation for alpha cortical activity.**²³ Could it be that they have watched less television? "Many meditators are in alpha but in meditation you are learning self-control and how to call upon your own internal creative processes. There is no such discipline with television. You are not training your mind to control itself, which biofeedback, and also meditation, seek to accomplish. Instead of training active attention, television seems to suppress it."²⁴

Thus, in addition to the absence of real sensory-motor stimulation, television also engages the mind in a state that can most succinctly be described as non-thinking. Television viewing does not enhance or quicken the psychophysiological development of the young, even with 'educational programming.' Statistics show that ever since the first television-reared generation reached the various levels of schooling, competency test scores noticeably have declined and keep on doing so. Statistics also show that educational television does not produce "TV Geniuses"; for example, tests prove that children raised on Sesame Street are not far ahead of their peers.²⁵ Television creates a reactive state in an individual, not a creative one. There is another related research study which indicates the far-reaching effects caused by television viewing. This study was done at the University of Missouri at Columbia in 1967.²⁶ The experiment used nineteen to twenty year old college students and categorized them in two broad classes: achievers and under-achievers, based on high or low grade-point-averages, respectively. The EEG's of the subjects were recorded under conditions of eyes closed, eyes opened and during a mental arithmetic task. In the conditions of eyes opened and mental tasks, the achiever group had normal EEG arousal patterns whereas the under-achievers did not. It was observed that the under-achievers' alpha frequency did not change for any condition. The authors of the report suggest the presence of a "firmly habituated pattern of non-responsivity (persistent alpha) in the under-achiever."

What are the societal and cultural implications of all of this? The developing mind can't select or analyze material that is being poured out from the television, and even a quick glance at programming lists shows a plethora of violent, emotionally stimulating shows. Why is this? Why



do the creators of television programs continually make such shows? The answer, it appears, lies in the nature of the 'tube' itself.

The problem with the medium of television (even if there were no other dangers of viewing) is that as a communicative vehicle it severely limits the visual qualities of any image it tries to convey. This limitation can be described as 'indistinctness,'²⁷ and applies particularly to the conveyance of subtle aspects of human and material nature.

Another obvious factor of especial significance to Hygienists is that nature simply does not come across well on television. Note how comparatively few nature or animal programs are on TV compared with other types of programming. This is not because people don't enjoy nature, it's because one can't enjoy nature on television. A forest becomes a glob of foliage on TV. The danger here is that the more we are exposed to nature via television, and less to 'real' nature, the less appreciative and caring we may unconsciously become for the beauty and intricacies of the real world; we may also become more at home with the anti-natural suited-for-television environment. This has broad cultural and political implications, the effects of which are too encompassing to examine here. But basically this may partially help to explain why the majority of our society does not care about the slow destruction of our land and natural resources.

As Hygienists we must become aware of the negative aspects of the television medium, so that the harmful impact may be modified. The electronics revolution is descending upon us with breakneck speed. A very real scenario of the near future could well look like this: a child will go to his or her study room and plug in the video display terminal to receive telecourse instructions. After studying for a while, there is need for recreation, so the "student" engages the terminal in an intergalactic battle. Next on the schedule is entertainment via a video disc movie.

After considering the foregoing paragraph would it be unreasonable to suspect that the child's psychophysical development would deviate from an ideal Hygienic norm, even if the majority of the electronic gadgets included "clean" educational material?

Admittedly, it would be difficult to reject all use of the electronic media. However, we must protect our children from the negative effects and selectively utilize what our individual situation deems necessary. As Hygienists, we must show others the way. We must stay with the basics of nature.

Do you feel 'hooked' on television? How about your friends or family? As Hygienists we realize the benefits of a proper abstention from food. Why not try a media fast, say for one week? No television, no radio, no stereo, etc. Tune in to the broadcasts nature is transmitting to us. You

won't have to check the programming, because every minute is prime-time. Should you experience a withdrawal crisis, watch a sunrise or a sunset, or go to your nearest secluded forest, or watch the ever-changing cloud patterns (hopefully, you may see and hear a cloudburst); if you are not too far from an ocean, go to the beach, and witness the changing colors of the sea and hear the waves crashing. Yes, there is no limit to nature's marvelous sights and sounds, there is no price of admission and the shows go on forever. You will find that you will become a sender instead of always being a receiver, broadcasting harmonious, healthful, high-frequency vibrations.

Author's Note:

This article has tried to isolate certain factors that are obviously acting together with many others in the real world. Many arguments can be made, pro and con, for each point made herein, and your author welcomes comment. Also generalities have willy nilly intruded, as the area of communications is vast. The intention of the article is to stimulate the thought processes of the reader concerning the television viewing process (a function which

Continued on page 30

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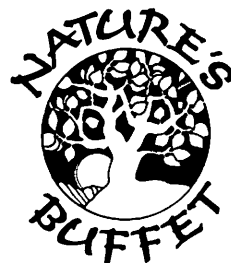
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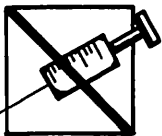
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Inoculation Alert

by Frieda Kabelac

What They DON'T Tell You

Most parents would never allow their children to be inoculated if they had the opportunity to read the warnings inserted in the packages of vaccines that doctors receive. All inserts describe the contents that the vaccines contain, and list possible side effects.

The diphtheria-whooping cough-tetanus vaccine called DPT (diphtheria-pertussis-tetanus) contains such poisons as: formaldehyde, aluminum phosphate, mercury, hydrochloric acid, sodium hydroxide and sodium chloride (salt). In addition to these poisons, the vaccine contains decayed proteins. Foreign, and especially decayed proteins are always poisonous in the tissues and blood. The poisonous chemicals are put in the vaccine to help them "take."

The insert lists these possible side effects:

1. Severe temperature elevations — 105° F. or higher.
2. Collapse with rapid recovery.
3. Collapse followed by prolonged prostration and shock-like state.
4. Screaming episodes characterized by prolonged period of peculiar crying during which the infant cannot be comforted.

5. Isolated convulsion(s) with or without fever.

6. Frank encephalopathy (brain inflammation) with changes in the level of consciousness, focal neurological signs and convulsions with or without permanent neurological and/or mental deficit (mental retardation)

7. Thrombocytopenic purpura (see below).

Below these listings the insert further states: "The occurrence of sudden - infant - death - syndrome (SIDS) has been reported following administration of DPT. The significance of these reports is unclear." (??) It should be kept in mind that three primary immunizing doses of DPT are usually administered to infants between the ages of 2 and 6 months, and that approximately 85% of SIDS cases occur in the period 1 through 6 months of age, with the peak incidence at age 2 to 4 months.

I looked up thrombocytopenic purpura. Here is the description: "With black and blue spots (purpura); bleeding from the gums and other visible membranes; and reduced numbers of circulating blood platelets (thrombocytopenia). Although sometimes of unknown ori-

gin (idiopathic), most often due to hypersensitivity to drugs and chemicals such as painkillers (antipyrine, Butazolidin); anticonvulsants (Dilantin, Phenurone); anticarcinogens (nitrogen mustards); sleeping medicines (Secormid); antibiotics (sulfas, streptomycins and especially Chloromycetin); arsenicals; gold salts; benzol; reducing pills (dinitrophenol); exposure to radiations; etc. Consult physician immediately if bleeding tendency develops while taking any drug mentioned, and/or after exposure to chemicals at home or in industry. Prompt and intensive treatment may be life-saving."

In simple language, this means that the vaccine can have the same effect as the above-mentioned poisonous drugs and chemicals!

***Being Pressured To
Inoculate Your Children?***

The ANHS can help:

Our Inoculation Service has helped numerous Hygienic parents around the country to successfully gain complete exemption from these objectionable practices.

Members of the ANHS can obtain a personalized exemption letter, certifying their membership and opposition to inoculations at a cost of \$5.00 per child.

Send your request to:

**ANHS Inoculation Alert
698 Brooklawn Avenue
Bridgeport, CT 06604**

Please keep us informed of any developments on the inoculation front in your area.

And Now — Pre-birth Inoculation!

"A medical research team says its demonstration that babies can be inoculated before they are born will advance the fight against infectious infant disease, especially in underdeveloped countries." The newspaper report further states, "The team found that tetanus vaccine, when given to pregnant women, crossed the placenta to the fetus, which formed its own antibodies

against the disease."

That poisons cross the placenta is now well known. And so poisonous vaccines with their decayed proteins and chemicals can get to the fetus. Now the mother, as well as the newborn, are endangered by preventive medical intervention which only promotes more medicine, defects, iatrogenic (doctor-made disease) and/or death.



Shelton-Vetrano Appeal Argued in Federal Appeals Court

On Monday, October 24th, Attorney Tom Goggan from Austin, Texas, argued the Shelton-Vetrano Appeal before Judges Johnson, Politz and Williams of the U.S. Fifth Circuit Court of Appeals in New Orleans, Louisiana.

During a post-hearing telephone interview with Attorney Goggan, he reported that while it is always difficult to predict a decision by a Court of Appeals, you nevertheless can detect interest in the case from the kind of questions asked of the opposing attorneys.

Attorney Goggan was certain that the judges were well prepared, having fully examined the Briefs on Appeal and all relevant records. From the kind of questions asked, it seemed that they were very interested in the case and seemed to be giving the issues involved very careful consideration. At the very least, their comments and questions reflected a belief that the victim, Mr. Carlton, had a fundamental right, which he exercised, to choose fasting as a legitimate alternative to a colostomy — the recommended conventional medical treatment.

The three-judge panel similarly seemed to attach strong significance to the fact that on the 16th day, Dr. Vetrano clearly advised Mr. Carlton to break his fast, which he refused to do.

Finally, the Appellate Judges attached importance to the fact that the record showed Mr. Carlton to be an educated man, a graduate of the Wharton School of Business who had studied his health dilemma extensively and had investigated Natural Hygiene thoroughly before deciding, of his own accord, to undertake a Hygienic approach to his problem.

There is no way to predict when a decision will be forthcoming from the Court of Appeals, but from their interest in the case, they may take some time in reaching their decision.

In the meantime, Drs. Shelton and Vetrano are battling several other related cases in which creditors are seeking to attach numerous personal assets, including the Health School and Dr. Vetrano's home in San Antonio.

Inoculation Battles Enter the Courtroom

With the start of school in September, challenges to the strict and often arbitrary enforcement of inoculation laws have begun emerging around the country. Some of the most active battles are taking place in Arkansas, a state with one of the stiffest inoculation laws, limiting exemptions only to those with religious or medical exemptions, and even then placing apparent broad discretion with the State Department of Health to accept or reject particular exemption letters.

Three different court battles are underway in Arkansas, with the ANHS providing special assistance. The circumstances vary, but the determination of the individuals involved does not.

In Hot Springs, Arkansas, Dr. Stanley Heard, a Chiropractor, and his wife, Penny, have had three of their five children excluded from school and are now being charged

themselves with the Catch-22 offense of "failing to send their children to school." They are being represented by Attorney James Marchewski, who is seeking an injunction to have the children placed back in school. They are challenging the constitutionality of their state's inoculation laws on the basis

of the state's refusal to accept exemption letters from a Chiropractor (not his own), and also for their refusal to recognize their fundamental rights, as parents, not to inoculate their children with such toxic and dangerous substances. It is ironic that two of the Heard children, Dix and Dustin, are both ten years old and have been in school without inoculations for six years.

A second Arkansas challenge is being waged by a colleague and friend of Dr. Heard, Dr. Mikel Brown, and his wife, Melinda, of Russellville, Arkansas. Although the Browns failed in their efforts to gain exemption for their son, Jason, they have joined forces with Dr. Heard and several other colleagues and are using several strong contacts within both Houses of their state legislature to amend the state inoculation statutes to permit paren-

Continued on next page

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tal, philosophic, or personal exemptions. They had initially hoped to gain quick approval of such a bill during a special session of the legislature dealing with schools, but they were not successful. They have already obtained a commitment from Governor William Clinton that should such a bill pass the legislature in the near future, he will sign the same into law. Our Society has promised assistance to their legislative fight as it gains momentum.

A third and more lively Arkansas battle is being waged by a Society member, Jo Ann Cook of Pine Bluff, Arkansas. Jo Ann's challenge is a narrower one, focusing simply on the state's refusal to accept her medical exemption letter.

Because of a long history of reactions to shots and drugs, she has resisted her child's inoculations to measles, mumps, and rubella, as well as polio. They have granted her son, Douglas, exemption from DPT but not from these others. Jo Ann has literally not taken any of this lying down. When the school refused to allow her child to attend, she personally took the child to school and ended up tangling with a local policeman who charged her with disorderly conduct. According to Mrs. Cook, she did nothing more than attempt to request that her child receive an education. A hearing on the criminal charge is set for December 19th.

For the inoculations fight, Jo Ann has retained Attorney Larry Kaplan of Chicago, Illinois, a friend of Drs. Mendelsohn and Block, who sought a temporary restraining order in Federal Court to mandate the Board of Health to accept the medical letter submitted and to return the child to school. The federal judge refused to grant the tem-

porary restraining order but did give Mrs. Cook the right to seek a permanent injunction at a later date if she provides additional medical evidence.

Things are presently at a standstill while Mrs. Cook awaits review of her child's medical history by several local pediatricians.

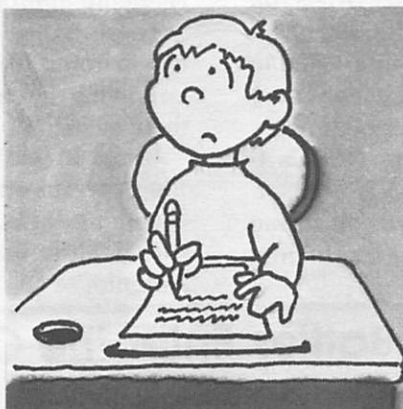
Lebanon, Tennessee, is also the forum for another battle against inoculation laws. Gayle and Mitchell Fleming are engaged in a bat-

tle to gain exemptions for their two children, Starr, 8½, and Wesley, 6, to their local elementary school. The Fleming's children have also been suspended from school, but instead of prosecuting the parents for failing to send the children to school, the officials there are seeking a court order to compel the inoculations by the appointment of a guardian for the children or some other legal mechanism.

Like those in Arkansas, the Flemings' case has received wide attention, and a feature story is being prepared for *USA Today*.

The Flemings have obtained the services of Attorney Tony Hagan, who has filed a petition to have the children placed back in school pending a hearing on the merits of their case.

The ANHS Legal Defense Fund plans to assist these major battles as they enter the courtroom, and hopefully your financial assistance will continue to support our efforts.



"We will begin the chapter on our fight for freedom in 1776 right after you children receive your shots at the infirmary."

Remember the ANHS in your will.

Bequests are important sources of support for our future achievements and goals. The following format may be used by those who wish to make a bequest to ANHS:

"I am a Natural Hygienist by conviction. Therefore I give to the American Natural Hygiene Society, a non-profit corporation presently with headquarters in Bridgeport, Connecticut, the sum of (\$_____), and/or other specifically described property, free of all death taxes, creditors' claims and expenses of administration of my estate, for discretionary use in carrying out its general aims and purposes."

The total dollar value of a bequest to ANHS is deductible for Federal estate tax purposes. You should consult with your attorney about the procedure for naming ANHS in your will.



Children

What To Do About "Eating Out"

by Paula Duvall

Jacquie and Donny Duvall have been raised Hygienically, although they were born in a community and attend a school system that is non-Hygienic. In this article and in up-coming articles I would like to share some of the obstacles that we have run across and how we have handled these situations. One of the big problems which constantly arises is the kind of food that is served at birthday parties and generally at schools.

The type of birthday party that your child is invited to will make a difference as to how you handle the situation. When Jacquie and Donny were small and were invited to birthday parties that were held at McDonald's or Shakey's Pizza, they always took their own food. I have allowed them to choose what they wanted to take and what special little "goodie bag" treats they would want to take in place of the cake and ice cream. I keep on hand for these types of occasions sun-dried fruit such as raisins, dates, figs, apricots and prunes. I also keep on hand sugarless candy (which by the way will make your children hyperactive if

they are allowed to have it all the time, on a daily basis) and sugarless gum. Also I stock some unsweetened carob chips that they can slip into their goodie bags. There are many other treats in health food stores but make sure that you have read the labels because even the health food stores have sugared snacks.

When Jacquie and Donny were little I was able to get away with giving them their regular dinner which consisted of avocado, lettuce, celery, cucumbers, green pepper, and other raw vegetables. But now that they are older, the other children will make fun of what they bring

along and eat. Jacquie, who is 10, absolutely refuses at this point to take the avocado and a raw vegetable meal to a restaurant. She used to do it with no objections, when she was small but now she simply refuses. If she goes to Shakey's, they do have a salad bar which she will order and not get the pizza. Before she goes to that type of a party, I will give her some other good food and try to fill her up so she won't be so hungry at the restaurant. In all probability there will not be enough for her to eat at the restaurant anyway. With a fairly full stomach, she will not be as ravenous when she goes out. She still likes to take her own goodie bag, and she does not eat the cake or ice cream.

When Jacquie and Donny have their own birthday parties, we try to involve more physical activities and not just an occasion for eating. We have had swimming parties, roller skating parties, bowling parties; and one of the most fun parties that Jacquie has ever had was this past year when she had a relay race party with a co-ed group of her friends. The kids had a ball trying to beat each other in a team situation playing such games as roll the roll of toilet paper to a certain point with your nose using no hands, seeing how fast you can put a pillowcase on a pillow twice, getting five clothespins in a small mouthed jar 10 feet away, hopping in a burlap bag a certain distance back and forth and trying the wheelbarrow race. When a team won, the prizes were markers, crayons, 6-inch rulers, pencils, pens, erasers, colored scrap paper, assignment notebooks, address books and whistles. Notice that the children are having fun without eating and without receiving a food prize. The only kind of food that we have is something to drink, which usually is apple juice. If anyone

Continued on next page



Jacquie and Donnie, at a younger age, enjoying the produce from the family's organic garden.



wants anything else, we offer them water. The treat that we did offer this year was frozen bananas. There was not one child who did not like them. In the past we have served watermelon during the summer or dried fruit during the winter. No one seems to miss the cake and ice cream.

Another place where the children have had to face the situation of food being served at non-meal times is at school. For some reason a snack was always given in nursery school, kindergarten and first grade. Now that Jacquie is older, they do not give out snacks. During the nursery school, kindergarten and first grade periods, I always made sure to send snacks so they would have something good to eat. At special parties for a particular child, I never knew what the mother might be bringing and it was not fair to the mother bringing snacks to have to think separately of my child. Although I may comment that many times mothers would send a piece of fruit for Jacquie or Donny and send chocolate cup cakes for each of the other children.

Many times in older grades the teacher likes to hand out a piece of candy for doing well on a spelling test or a math test. In this case I take a bag of raisins to the teacher to keep in her room to hand out to Jacquie or Donny when they do well. I have yet to find a teacher who has not been more than happy to do this.

Do you realize how many parties there are during the course of the year? Besides birthday parties, there are Halloween, Christmas, Valentine's Day, and some schools do something with chocolate eggs at Easter. On each of these occasions I have allowed Jacquie and Donny to fix their own goodie bag at home, choosing the things they want to take along. I have also volunteered my room mothering services in

lower grades to make sure that my children do not get a banana split, chocolate cup cakes, or popcorn balls to eat. Supervision at these parties slides down the drain and a friend could easily sneak your child a cookie. If you don't want your child to eat the junk, you had better be on hand in person. In the lower grades your children do not understand fully why you are doing this to them. And when they see all those tasty treats, it is very tempting for them. They have no idea nor the maturity to understand that if they eat this food they will get sick. You as the parent have to protect your child from the junk food mania that faces them every time they turn around.

If you are raising Hygienic children, you will notice that they are always hungry and wanting food because they do not feel sick to their stomach from eggs, chicken, and other flesh products. Be careful around 4:00 o'clock in the afternoon because your child will start to get hungry. I have learned through experience that it is necessary to make a rule that at this time of the day, the children either have to be home or playing, preferably nearby.

If they are at a friend's house, you may find that they will start to ask for food. Then when your children sit down to the delicious raw vegetable meal, they will turn up their noses and tell you that they are not hungry. After several consecutive days of asking if they could go to the neighbor's next door around 3:30 or 4:00 o'clock, and after they would not eat a regular good dinner, I became suspicious that they were eating at the neighbor's. So we now have a rule in the house that they have to play outside and cannot go inside someone's house in the neighborhood especially at that time of day. If my children do go inside someone's house, I will call the mother and tell her that my children cannot eat anything because we eat an early dinner and eating something at 4:00 would spoil their appetite. Most mothers have been very understanding. Then I also repeat the rule to the children and tell them that if they are hungry, they should come home to get something to eat.

Learning to establish habits to cope with these situations will save your child from having sick days, or weeks, or even months.

SOCKING IT TO DR. SPOCK

by Robert S. Mendelsohn, M.D.

Every so often, people ask me, "Doctor Mendelsohn, do you agree with Dr. Spock?" Of course my loyal readers know I do not.

Dr. Spock regards the pediatrician as the fountainhead of wisdom about children. He ends each chapter of his book by advising parents that, if they have further questions, they should consult their doctor. I, on the other hand, advise parents not to trust their doctor's advice, but

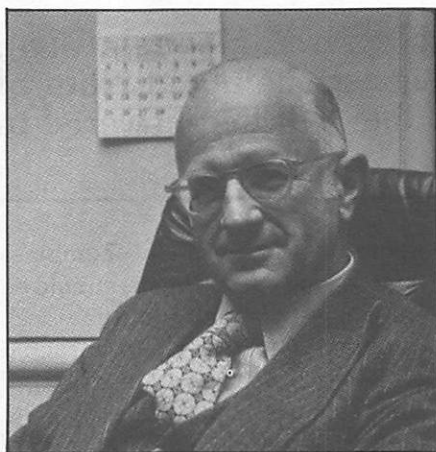
rather to always check up on their doctor. When it comes to raising children, I believe that one grandmother is worth two pediatricians — myself and Dr. Spock included.

This basic difference in our viewpoints was brought home to me once again when Dr. Spock's column in the January 1983 *Redbook* was called to my attention. Dr. Spock answers a mother's question about when she should wean her

four-month-old baby from the breast and whether she should wean the child directly to cow's milk or to an infant formula. The good doctor devotes almost an entire column to the historical development of infant formula: milk – straight or mixed with water, evaporated milk, additional syrups and sugars, varying amounts of butterfat, added vitamins, added iron, lactic acid, and the present commercially-prepared formula. He mentions breastfeeding in a somewhat cursory fashion – “Of course, the most healthful milk for human babies is breast milk,” conceding that the ingredients in some formulas do not fall within the strict limits based on breast milk and that commercially prepared formula is “as close to breast milk in its proportions as is practical.” He believes that the doctor is the one to decide on feeding methods because “It’s the attending doctor or public health nurse who knows the baby’s appetite and digestion.”

I would strongly challenge Dr. Spock’s answer by asking him some questions:

Why not begin your answer by advising this mother against weaning her little infant from the breast? Why not tell her that breast milk is not the “most” healthful milk for human babies, but rather that it is the “only” healthful milk for human babies? Why didn’t you cite for this mother the scientific evidence which shows that the disease and death rate is greater, in every socio-economic class, for bottle-fed babies than it is for breast-fed babies? Why didn’t you tell this mother that for-



Dr. Mendelsohn

mula milk is deficient in the very enzyme (taurine) which is necessary for optimum development of the human brain? Why didn’t you suggest to this mother that, rather than feeding her baby the milk of animals or of plants (soybean formulas), she consider hiring a wet-nurse, if she can find one? (But even human milk

from another human being does not match the tailored specificity of milk from the baby’s natural mother.) And finally, Dr. Spock, what makes you think that the doctor or nurse “knows the baby’s appetite and digestion”? How often has the doctor/nurse ever watched this particular baby eat and digest?

So there it is, the wide divergence between the Spockian and the Mendelsohnian view of child raising. Reading Dr. Spock’s advice on infant feeding strengthens my opinion that there are only two kinds of mothers who cannot breast-feed – those who have had bilateral mastectomies and those who listen faithfully and exclusively to pediatricians.

This article originally appeared in Dr. Mendelsohn’s monthly newsletter, THE PEOPLE’S DOCTOR, P. O. Box 982, Evanston, Illinois 60204.

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Ask Hannah Allen

Noted Hygiene author and lecturer, Hannah Allen, invites readers to send in questions about Natural Hygiene. As many as possible will be answered in *Health Science*.

Q. How does one get a balanced diet when trying to go on an "all raw" program? I have been a Hygienist for several years and wish to wean myself away from cooked foods. Isn't it important to get certain complex carbohydrates such as brown rice, other grains, occasionally beans and potatoes and yams in the diet? May any of these items be soaked and then eaten raw? May potatoes be eaten raw? What I am asking is how one eats a starch meal on an "all raw" program.

Tamar Kent
Spanish Lakes
26 Del Prado
Port St. Lucie, FL 33452

A. The all-raw-food program is the simplest of all to plan for optimal nutrition: fresh fruits, leafy green vegetables — romaine and buttercrunch (Boston, Bibb) lettuce, and young tender kale are among the best — other vegetables that can be enjoyed without cooking, nuts and certain seeds (sunflower, sesame, pumpkin). Sprouted seeds, legumes and grains, while not absolutely necessary for all raw-fooders, are a valuable bonus addition to the raw food diet. Sprouted alfalfa seeds may be freely used with the salad meal, and may be combined as a green vegetable. Sprouted lentils, mung beans, garbanzos (or other legumes), sprouted soy beans, and sprouted grains (such as wheat, rye, buckwheat) provide variety. These may be used at some of the salad meals instead of nuts or seeds, if desired, and since, even in the sprouted state, they may be con-

sidered starch-protein combinations, all except soy beans should be combined as starch (no tomatoes). Sprouted soy beans and sprouted sunflower seeds (or other seeds) of course may be combined as protein, since they contain a greater ratio of protein to carbohydrate.

There is certainly no dearth of carbohydrates in a raw food diet — they are abundantly present in fruits and vegetables. Raw coconuts and raw chestnuts, and the sprouted seeds, legumes and grains are obvious examples of complex carbohydrates.

In addition, don't overlook sweet corn, green peas in the pod, snow peas, sweet potatoes or yams, winter squash, which are all delicious raw. You do also get some additional starch from mildly starchy vegetables, such as carrots and beets.

If you desire a "starch meal" as part of an all-raw-food program, you can see there is a plethora of foods from which to select. It is not recommended that you use white potatoes in the uncooked state. For those who desire, or require, cooked foods, a steamed or baked potato is excellent, but it should not be eaten raw, since the type of starch in the white potato should be dextrinized (conversion of the starch into sugars) before eating. The starch in raw white potatoes is not well handled by the human digestion.

Brown rice is an excellent food for those who use cooked foods, but there is no reason raw-fooders need fear they will be deprived of nutrients if they do not use it. On the contrary, the nutritional value of raw food is considerably greater

than that which remains after food has been cooked for otherwise processed. No cooked food could begin to compare with the nutritional value of uncooked food.

Not everyone is willing, or able, to stay on a 100% raw food diet. Those who can, and do, have the best potential for optimal health. I do hope you will persevere in weaning yourself away from cooked foods. You could not do yourself a greater favor. Good luck and great health!

Q. In view of the countless chemicals and additives included in commercial shampoos, I have been using "natural" shampoo sold in health food stores. However, I understand that some of these still contain some of the most harmful of the chemicals. Could you tell me what chemicals to look out for on the list of ingredients and can you recommend a particular type of shampoo or other alternative care of the hair?

Kelly Jerome
1640 Newton Street, NW
Washington, DC. 20010

A. Neither Dr. Shelton nor Dr. Vetrano recommend the use of any shampoos. Even if one could find a shampoo which contains no additives or chemicals (I don't know of any), the hair does not respond favorably to the soap itself — and, of course, detergents (which many shampoos contain) are even worse. The soap (detergents even more so) strips the natural oils from the scalp and hair, and the body's response to the sudden necessity for replacing them often results in excessive oiliness, and sometimes excessive dryness of the scalp and hair. We are all familiar with how "fly away" and unmanageable hair is just after shampooing.

Excessive oiliness or dryness of

the scalp and hair can also be due to nutritional disturbances. The health of the hair depends on the condition of the body. A healthy body produces its own oils, and if the natural lubricants are not washed out, the hair will be in good condition.

Dr. Vetrano says that dandruff and flaking of the scalp is usually caused by an overabundance of denatured carbohydrates in the diet, and poor nutrition in general. Psoriasis and eczema sometimes occur in the scalp, and can be corrected by fasting and improvements in eating and living practices.

You can really keep your head cleaner without the use of shampoos, because you may safely wash it more frequently. If you don't use shampoos, those with excessively oily hair may wash it daily without harming it. On the other hand, if you use shampoos two or three times weekly (any shampoos), serious damage to the hair may occur. To wash your hair without shampoos, scrub the scalp with your fingertips under plain warm running water (the shower is best) for about ten minutes. The hair should be quickly and thoroughly dried with towels, air and sun (use a blow dryer, if you must) — wet hair tends to break easily. Never brush the hair while

wet. After the hair is dry, brush it with a natural bristle brush. The brushing will remove all the loosened dirt and exfoliated scalp tissues while, at the same time, not interfering with the distribution of the oils evenly throughout the hair.

The chief purpose of washing the hair is to cleanse the scalp. The hair itself may be kept clean and glossy by brushing for at least ten minutes every night, to remove dirt and dandruff.

Some people will insist on using shampoos, in spite of advice against it. In a search for the "best" or "purest" shampoos, one might imagine baby shampoos to be the best. Yet, when my husband used Johnson's Baby Shampoo, he found it highly irritating to the skin on his forehead.

Shampoos from the health food stores might be better than drug store products, but I would not recommend them. They are usually expensive, which might not be so bad if we could be sure they were less harmful. As far as I know, they do all contain additives, and it's anybody's guess as to which ones are the most or the least harmful.

In Memorial

Recent contributions in memory of Celeste Morris Calhoun. All gifts have been matched by Mrs. Calhoun's son, Board Member Mike Calhoun.

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- g.) interference with natural processes
- h.) chain of pathology

Tape #2

FASTING

History of (In Nature)
& role of cell
& nutrition
& fear of
& autolysis
Fat as waste storage
vs. starvation
& hypertension & loss of fluid
& thyroid changes
& energy changes & stimulation

Tape #3

STRESS

Fight or flight response
adrenal response – enervation
mind body unity
'abstract' stress – in today's society
posture – its importance to balance energy

Relaxation response
body awareness
how to change
freedom vs. limitation
the body as the ultimate
bio-feedback instrument

visualization process in relation to healing
the untapped power within
relaxation technique

Tape #4

(90 min.)

NUTRITION

the chain of 'energy'
scientific rational for vegetarianism
synergy – interrelationship of events in the body – unity of all action
law of the minimum – through a lesson in physiology
mega vitamins – problems with minerals – role
Ph factors (how body balances) metabolism
electrolytes – role
absorption – crux of all health
iron supplementation – results
sodium/potassium balance
relation to cell health
hypertension/obesity
vitamins – co-enzymes
cancer – role of vitamin A – beta carotene, etc.
Linus Pauling and vitamin C
vaginal discharge, tumors – cysts, infections, why?
proteins – enzymes – reactions in the body

Tape #5

NUTRITION Part II

allergies/protein digestion
aging
role of minerals
cooked vs. raw protein
protein – where to find it – how much needed

what is the optimum diet
digestion – how – when – where
food for infants – role of starch
simple sugars/refined sugars
blood sugar problems/
hypoglycemia
how sugar affects heart,
pancreas, immune system
how change comes about

Tape #6

(90 min.)

THE ROLE OF FAT/ ACTIVITY – METABOLISM

diets
how to beat the yo-yo syndrome
the physiology of fat
role of liver as guardian
fundamental factor in fighting obesity
steroids/adrenal glands
how long term stress affects weight loss
how emotions affect weight loss
binging – the 'mindless' activity – why
self-esteem/bargains with?
plateaus/set points
how to change
muscle type & role in fat reduction
correct activity
"Fit or Fat" by Covert Bailey
"Awareness through Movement" by Feldenkrais
personal questions & answers

Tape #7

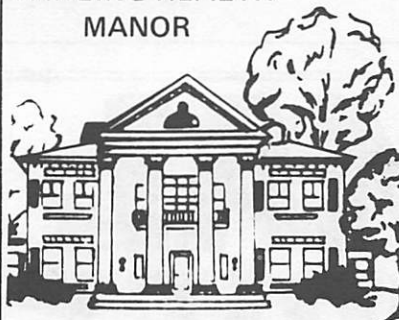
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Hygienists In Action

Why We Should Hike

by Harry J. Kaplan

Physical, mental and moral integrity constitute our most precious possession — a balanced, sound mind in a balanced, sound body. We have a moral obligation to ourselves, dear ones, society, posterity and our maker to strive for optimum health through obedience to natural laws governing health. The physical, mental and moral health of the people of any nation is more important than its GNP (gross national product).

Exercise plays a vital role in attaining and maintaining health. Since proper exercise is only one facet in healthful living, all factors must be taken in consideration and adhered to. For best results, exercise should be "tailor-made" to meet the needs of each individual. It would also include corrective exercises when needed. We must develop the whole body and the internal muscles as well as the external muscles. Unfortunately, we as a nation are over-fed and under-exercised. Our educational systems have not adopted adequate fitness programs.



Dr. Thomas Kirk Cureton, Jr., had 40 years of experience in teaching and training people. His list of preferred exercises include only those that give continuous rhythmic action, such as swimming, rowing, skiing, skating, jogging, and top on the list is WALKING. Hiking should supplement our physical fitness programs for the following reasons:

1. Hiking is Nature's most beneficial exercise.
2. Hiking benefits us physically, mentally and spiritually.
3. Hiking benefits the whole body.

Continued on next page

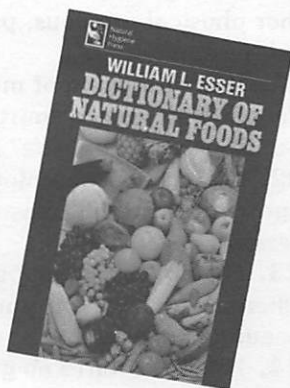
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4. Hiking not only strengthens the lower part of the body but the lungs, heart and abdominal muscles, as well.

5. Hiking aids elimination and purifies the blood and lymph.

6. Hiking is beneficial in preventing heart, circulatory and respiratory ailments, constipation, varicose veins, obesity.

7. Hiking is an aid in weight control without the danger of pills.

8. Hiking can do what expensive cosmetics promise but fail to accomplish.

9. Hiking slows down the aging process.

10. Hiking improves metabolism.

11. Hiking improves our health, strength and endurance.

12. Hiking is an aid to digestion.

13. Hiking is an inexpensive vacation from the pollution, noise and speed of the city.

14. Hiking promotes natural sleep.

15. Hiking, by bringing us in close communion with Nature's grandeur, tends to uplift man spiritually.

16. Hiking sharpens the senses.

17. Hiking enables us to think clearer and constructively.

18. Hiking is pleasurable.

19. Hiking briskly uses up about 300 calories per hour.

20. Hiking relieves tensions, whether physical, nervous, psychological, or emotional.

21. Hiking is a foe of melancholy. People who take country hikes on Sundays have no "blue" Mondays.

22. Hiking can be enjoyed by all age groups at all seasons of the year.

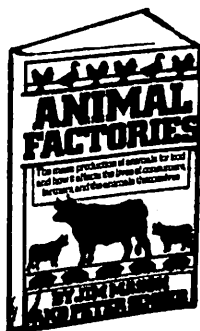
23. Hiking takes us out-of-doors where we can enjoy pure air and beautiful scenery.

24. Hiking requires no gym or special equipment.

For those of you who still take coffee "breaks," try a walk "break" instead.

ANIMAL FACTORIES

The mass production of animals for food and how it affects the lives of consumers, farmers, and the animals themselves



by Jim Mason and Peter Singer

The American animal farm has become Big Business. Small, diversified family farms are giving way to large, systematized "confinement systems," where animals live indoors for their full life spans crowded into cages, stalls, and pens, their needs tended by mechanized systems designed to permit large-scale production with little labor. Although the new ways are intended to maximize efficiency and productivity, they carry a high cost for consumers, farmers, and farm animals.

Crowding masses of animals together causes stress, germ buildup, filthy air, and other conditions that invite disease. To cope with these disease problems, farmers must employ antibiotics, sulfa drugs, pesticides, disinfectants, and a battery of other chemical products. Food from animals raised in such an environment is not only of poor quality but it can also contain

chemical residues that are dangerous to humans.

Confinement systems cannot be blamed solely on farmers. The systems proliferate because agribusiness companies—who sell the factory farmer the buildings, machinery, and drugs he needs—aggressively foster the animal factory to create a market for their products. Animal scientists, veterinarians, agricultural engineers, and other experts push factory methods because they too thrive on them. The tragic irony of factory farms, however, is that the high demand for meat and animal products that sustains them is not only unnecessary but hazardous to our health. The abuses of factory farming will continue until we make basic changes in the way we use technology to produce food. In the meantime, we can modify our diets and eat less meat and fewer animal products, and we can support the use of less restrictive farming systems that promote animals' health and productivity naturally.

JIM MASON is an attorney and free-lance journalist with a lifetime interest in agriculture and rural life. PETER SINGER is Professor of Philosophy at Monash University in Melbourne, Australia, and has written on the subject of man and animals in *Animal Liberation*.

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ANHS Report

ANHS Moves To Tampa, Florida, January 25, 1984

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Our phone number will be:

(813) 855-6607

Please note that while our new location is in Tampa, Florida, the above is our official mailing address.



First look at our beautiful new Headquarters.

Board Holds Mid-Year Meeting

The ANHS Board, with newly elected members Paula Duvall and Kate Sharp, held its first of two Mid-Year Meetings at the Airport Holiday Inn in Tampa, Florida,

the site of our new national headquarters. The two-day session, which began Friday evening, September 30th, and ended Saturday, October 1st, was highlighted by several important developments, a summary of which follows:

1984 Convention

Due to some University concerns about our "radical" health program, the ANHS plans to hold our 1984 Convention at the University of Utah have fallen through, and arrangements are being finalized to hold our conference on or around Miami Beach, Florida. Our goal is to draw attention to the establishment of our new national headquarters and to allow our members to see first-hand the great future in store for our Society and Movement from our new Tampa location. As soon as the Convention site is finalized, a membership communication will be sent.

An ANHS Seminar in Chicago

(More details on page 27.)

Unquestionably the most exciting proposal adopted at the Board's meeting was one from Paula Du-

vall to launch a pilot one-day national seminar in Chicago, Illinois. With the cooperation of Education Committee members Jim Lennon and Frieda Kabelac, comprehensive plans are well underway to make this one of the greatest public relations events our Society and Movement has



Paula Duvall explains details of new seminar proposal to Education Committee members Frieda Kabelac and Jim Lennon.

undertaken in many years. The date is April 29, 1984, and the site is the Continental Hotel in Chicago. Participants we plan on including are Hannah Allen, Dr. Alec Burton, Dr. Jack Goldstein, Joy Gross, Frieda Kabelac, Dr. Frank Sabatino, Jack Trop and several others. There will be intensive and far-reaching newspaper and media coverage. Hopefully, we may succeed in appearing on the Phil Donahue Show, as negotiations are in progress at the present time.

Health Science Expands Its Editorial Staff

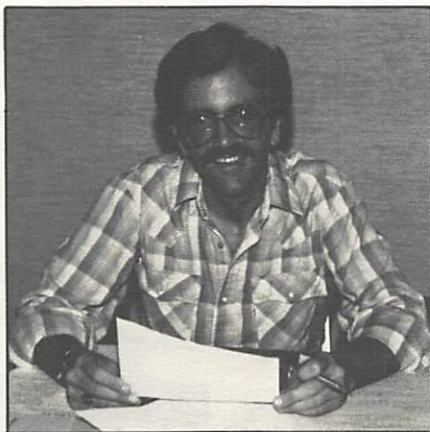
As *Health Science* readers undoubtedly have noticed, the Society's journal has expanded its Departments and upgraded its format. Time was set aside during the Board's meetings for the editorial staff to gather with *Health Science* editor, Jack Trop, to further

Continued on next page

streamline publication deadlines and article formats.

ANHS Names New Executive Director

From an organizational standpoint, the most significant development at the ANHS Mid-Year Meeting was the Board's decision to hire Craig Laroche, the current ANHS Treasurer and Executive Committee member, as the Society's new Executive Director, effective early in 1984.



New ANHS Executive Director, Craig Laroche.

Craig brings to the ANHS considerable accounting and management skills together with a deep philosophic commitment to the basic principles of Natural Hygiene. During 1980 and 1981 Craig served as Director of Fiscal Services for one of Connecticut's largest Community Mental Health Centers. Since that time he has been employed as the Principal Accountant of the Connecticut State Controller's office. Craig has served on all levels of our Society, having begun an ANHS Club while employed by Central Connecticut State University. He also volunteered time at our national headquarters in Connecticut during its early stages and has served with humbleness, distinction and dedication during his three-year tenure on the Board and Executive Committee. Craig will be relocating in the state of Florida in early 1984, at which time he will, of course, resign his position from the ANHS Board, and devote his full time to the position of Executive Director of our Society.



HEALTH SCIENCE columnists gather around editor Jack Dunn Trop.



Around the Chapters

by Ruth Schoenfeld

Pasco (Florida) Chapter —

OCTOBER — Forum on Organic Gardening. Organic Gardeners were invited to share their expertise, and discuss problems with the audience. Hannah Allen's new edition of "Organic Gardening in Florida" was used as a basis for discussion.

Detroit Chapter (Oak Park, Michigan) — Corinne Goldstein showed a series of color slides teaching how to eat and prepare natural foods in the daily diet. These slides were taken from a series of

Nutrition classes taught by Corinne and her husband Dr. Jack Goldstein. Dr. Goldstein is the author of the book "Triumph Over Disease by Fasting and Natural Diet."

The Greater Cincinnati Chapter —

OCTOBER — Speaker: Harry J. Kaplan, 81 years young, vegetarian Hygienist, active businessman, author of *How Diet Affects the Na-*

tion's Health, etc., spoke on the Key to Better Health & Longevity, Negative and Positive Factors.

Miami Beach Chapter — Ruth Schoenfeld, President; Bob Bordin, Vice President; Doris Lucas, Secretary; Irving Schoenfeld, Treasurer.

OCTOBER — Mack Helfman and Bob Bordin gave their case histories and the audience enthusiastically responded.

Please keep *Health Science* posted on major Vegetarian, Environmental and Natural Living events around the country.

Send all notices to:

What's Happening Dept. c/o ANHS



Around The World

Trinidad and Tobago

Dr. Keki Sidhwa Launches A New Natural Hygiene Chapter

Following up on the excellent work that has been carried on in Trinidad for over twenty-five years by recently deceased Dr. Arthur De LaPerelle, Dr. Sidhwa of London, England, recently spent some time in that area for the specific purpose of establishing an official chapter of the American Natural Hygiene Society.

The work done in order to organize this event was thorough and well planned, for which most of the credit goes to Mr. Enayat Mohamed, Mr. Aziz Rheman and Mr. Ivan Loughlin, and their co-workers. Two meetings were organized in private houses, where about 25 people at each meeting were able to take part in discussing various topics on Natural Hygiene with Dr. Sidhwa. The media coverage was excellent. Three newspapers, *The Express*, *T&T Guardian*, and *T&T Weekly*, gave prominent write-ups on Dr. Sidhwa and the message of Natural Hygiene.

There were regular announcements on radio and television about the three public meetings and the one-day Seminar which were organized. Dr. Sidhwa was interviewed for 20 minutes on "Date-Line," a television program, and the message of Natural Hygiene percolated to the masses.

On the same evening, he was again featured on the 7 p.m. Panorama News for five minutes. The results of all this publicity paid off brilliantly.

At the first public meeting at San Fernando, 150 people gathered together to hear Dr. Sidhwa talk on "Health Care is Self Care" in his own inimitable style. Dr. Sidhwa's books, along with other Hygienic literature, sold extremely well.

He was interviewed by the newspaper, *Sunday Punch*, and a write-

up of the interview was published.

At the Town Hall Port of Spain, a large crowd of over 150 people heard the last of the public talks given by Dr. Sidhwa on "Overcoming Diseases Without Drugs and Surgery." Each of the public meetings lasted two hours because of numerous questions.

A magnificent farewell banquet with a buffet dinner was organized by Mr. and Mrs. Ivan Loughlin and family. Dr. Sidhwa paid tribute and gave his thanks to all those who had given him hospitality, and for organizing such a successful launching of this newly formed Natural Hygiene Chapter.

ANHS Sponsors A One-Day Health Seminar in Chicago!

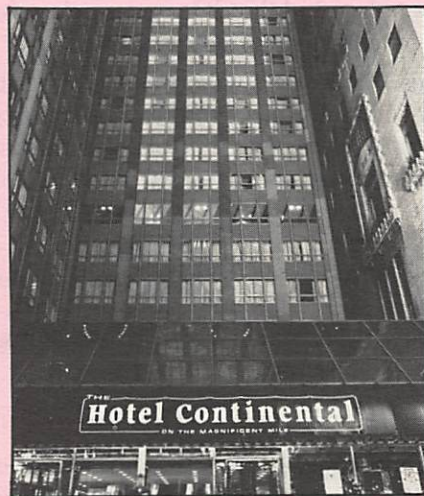
A wonderful introduction to Natural Hygiene!

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Speakers:

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★ Dr. Jack Goldstein ★ Joy Gross
★ Frieda Kubelac ★ Dr. Frank Sabatino
★ Jack Trop

Events include: • Film on Vegetarianism
• Lectures • Workshop • Food Demonstration
Hygienic books will be available for purchase.

The Hotel Continental is offering a special Friday and Saturday night \$45.00 per night package for those attending the seminar. Make your paid reservations early in the amount of \$20.00 per person to the office in 1. Bridgeport; 2. Or after Jan. 25, 1984, to ANHS; P.O. Box 1083, Oldsmar, FL 33557; 3. Or to Paula Duvall, Box 904, Ogden Dunes, Portage, Indiana 46368, because a sell out is expected. A hygienic lunch will be served. Reserve your room through the ANHS office or through Paula in order to get the special. Don't delay. Reservations are already coming in and the capacity is limited.



Where:

The Hotel Continental
505 No. Michigan Ave.
Chicago, Illinois

When:

Sunday, April 29, 1984
8:30 a.m. to 5:00 p.m.

Natural Hygiene . . . continued from page 7

how to live sensitively with others, one is at the same time, and through the same process, learning to be sensitive toward one's self, the result of which is a certain measure of internal and external order.

I can present no clear-cut picture of Natural Hygiene. We don't move in unison with consistent effort and intensity toward some clearly defined goal. It isn't that simple. There are those who, seeing the scope and implications of this endeavor, are facing the challenge; there are the young children of Hygienic parents who live their lives, learning without getting caught up in ideas that are abstractions from the reality; there are those who so need external authority that they never go beyond superficial rebellion; there are those who are older and who have so many years of fear and conditioning encrusted about them that they strike but blindly, as if battling with an overwhelming and invisible foe, not knowing quite how to be honest, how to see the small corners they hide themselves in — and so the list might go on.

But there is movement involved in Natural Hygiene. I can feel it all about and within me. I feel in others slow questions rising to the surface. I feel hard, attentive work and its fruits. I feel the inner revolution taking place.

Many of us at first feel irritated at the slowness of change and, at the same time, appalled by the magnitude

of the change that is required in current thinking and practice.

The Industrial Revolution greatly ameliorated the physical conditions of life and relieved us of much routine and drudgery. Now it is the turn of the Natural Hygiene Revolution — what I term a caring revolution, to emerge and make itself felt by its new spirit of sharing and caring for all the earth's life in all its aspects. Jack Trop has recently stated, and repeated, that our Natural Hygiene Movement is here to reform the world. I heartily agree, and we are indeed privileged to lead our fellow human beings forward (and back) to our pristine heritage of normal living.

The Natural Hygiene movement is a unique revolution. On the one hand it is a microcosm of the whole world, the whole of human experience complete with the fears and limitations that shape the experience. At the same time it is an oasis in the desert; an emergence where one is nourished by a very real and special warmth, freedom and depth. In Natural Hygiene one can learn what it means to meet life. No more — no less. No false promises, no utopias, no dreams of grandeur, nor depths of degradation. Just taking you by the hand and confronting you with life — with yourself. That is why every mirror that is sold should have an inscription, "The person you see is the person most responsible for your health and happiness."

Gian-Cursio . . . continued from page 9

Then healthy people who have healthy children should have in mind that it is appropriate for their children to be smaller than is common.

Yes. There are two extremes: hypertrophy and atrophy. We have to allow the particular body to decide what it considers normal for itself. It is neither a shrinking of that body or a massiveness of that body. That will only come from normal ecology in the cell, in the body matrix, and in the world it is put into.

The tendency will be toward a more modified state, because carcinoma, fibroid tumor, and all kinds of growths are examples of wrong living habits and over response to morbid results.

The Future

What suggestions do you have for those who are seriously interested in studying Natural Hygiene?

We should make use of the observation, and the physical and personal experiences of the Hygienic theorists, journalists, and practitioners of past and present. These men and women left testimony as to where we were succeeding and where we were not succeeding. What we have to do is clarify and substantially refute things that were

vague from a clinical standpoint. We must work on those that we have not developed and those we have ignored completely. Historically there is a great deal that can be looked into. We must recognize that we have a substantial pedigree and we must use it constructively.

History teaches us. Clear evidence is there and basic roots are there for the plant now to grow substantial foliage and become a real force, not only historically, in biological anthropology or physiological anthropology, but also in physiological chemistry, clinical nutrition and applied use of natural methods. Once we use the methodology historians have used, that anthropologists have used, and have adequate interpretation, we'll have something that no one can deny. It cannot be denied because we have the evidence and our literature is vast.

How would you like to be remembered?

I would like to be remembered as having labored to unify mankind with itself; to unite every form of consciousness on every level of existence with what we call their minds; to unite with our fellow humans, and with the forces from which they came — Nature, the other forms of life on this earth, and above all — the grand wisdom or intelligence that created us; to unite ourselves with the laws of our being, making us truly citizens of the universe.



Forum

October 8, 1983
To Joe Lazar
Northbrook, Illinois

Dear Joe,

On behalf of the entire ANHS Board of Directors, I wish to convey our deepest sympathy to you on your bereavement following the recent passing of your wonderful wife, Rose.

Rose will long be remembered by all of us in the leadership of our Society for her pioneering and continuous commitment to our organization and the Natural Hygiene movement. It should be mentioned in particular that in her long tenure as president of the Chicago chapter and as a volunteer worker in our then Chicago headquarters, she was a model of dedication that few have been able to match.

Our Society extends to you our condolences and we hope you will find comfort in these thoughts of remembrance, affection, recognition and respect.

Hygienically yours,
Mark A. Huberman
President, ANHS

Dear Editor:

I am a research writer in the field of health. I am also a subscriber to both *East West Journal* and *Health Science*. For some time I have been confused about the two diverse treatments for cancer recommended by your publications. On the one hand, *EWJ* suggests a Macrobiotic Diet with every emphasis on cooked grains, Miso and Banchu. On the other hand, *Natural Hygiene* recommends a diet of raw foods, especially raw fruits, uncooked vegetables, sprouted grains, and nuts. While you both are obviously preaching whole foods, you are actually at two ends of the whole foods continuum.

I find it most confusing to read case histories of cancer patients who are cured by Macrobiotics, in *EWJ*, and then read another set of case histories in *Health Science* lauding raw foods as the utmost cancer cure. Can you both be right?

Since I am a free lance research writer and since I am very much interested in this topic for my own research and my own understanding, I would appreciate a reply to my

query. (This exact letter is being sent to the editor of *EWJ* and *Health Science*.) Enclosed is a self-addressed stamped envelope for your reply. I am looking forward to your remarks.

Sincerely yours,
Ellen Sue Spivack
606 Market Street
Lewisburg, Pennsylvania 17837

Dear Ellen Sue Spivack:

Sorry, it took a few weeks for your letter re "Cancer and Microbiotics," etc., to reach me.

I am almost at a loss for words. Human beings smoke, drink liquor and swallow poisonous drugs, and many of them run off on tangents after they think they have discovered another miracle way of life, such as Macrobiotics.

We are planning a major article on this subject and hope you will read it.

When you talk about Natural Hygiene "curing": we who are in the vanguard of trying to return people to nature never officially use the

word "cure." We can cure nothing. Only the body has that power.

We can't prevent people from going off on tangents. If sanity prevailed, millions of humans would be joining with us to try to get back to a pristinely pure way of life.

Sincerely,
J.D. Trop

Dave Stry mailed this to me recently, a few days before he died.

JDT

Dear Jack:

Author Philip Wylie, in his best-selling *Generation of Vipers*, wrote: "We live in a society of lies." Professor Scott Nearing goes even further by stating that "We live in a society of liars, thieves and murderers."

I personally know that, on the important subject of health, we live in a sea of lies, and slanted, commercialized propaganda.

We who have had the good fortune to run into the writings and works of Dr. Herbert M. Shelton and of the American Natural Hygiene Society can appreciate the mental anguish that goes along with deprogramming oneself — un-learning all the untruths. We indeed find solace in the fact that we have company — that we are not alone — in being "confused" by conventional thinking and living habits. And that Shelton and other writers, and the ANHS and its staff and members care about our physical and mental health.

I have been a member and supporter of the ANHS for the past 34 years, the best years of my life.

In appreciation,
David Stry

Continued on next page



Editor:

I am a Jesuit Priest and a confirmed Hygienist. The founder of the Jesuits has an important lesson for me and for every other Hygienist. It is "no one does more than he who does one thing." For example, if I feel I must cut out coffee and stop nighttime snacks, I would make a fatal mistake to attempt to do both of these tasks simultaneously. If I try both, I will do neither. How long should I stay with the coffee problem? Until the caffeine is completely out of my system may be up to ten days after the last coffee or cola drink. However, it may take me up to seven weeks to reduce my coffee intake from seven cups a day to one. Furthermore, it may take up to seven weeks to go from one cup to zero.

Only after I have this success behind me should I concentrate on cutting out the night snack. Since this is probably not as addictive as coffee, it may take a shorter time; but I really have to make any new resolution a top priority goal in my thinking. For example, I would have to recall my resolution at least three times a day: on rising, after lunch, after dinner. I must also keep reviewing the reasons for cutting out the night snack, not the least of which is sound and wholesome sleep, the better enjoyment of breakfast, a decline in excess weight, a sharp drop in sucrose consumption, a lesser degree of enervation with constant increase in energy, the saving of up to thirty minutes precious time to study Hygiene, the need of less sleep

and on rising, being completely rested and ready to go. In Latin we say, "nemo plus agit quam qui unum agit."

Sincerely and Gratefully,
Morton A. Hill, S.J.

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Television . . .

continued from page 13

that medium appears to lack) and not necessarily to establish as scientific fact the correlations and observations advanced within. Also the reader is referred to Jerry Mander's excellent work, *Four Arguments for the Elimination of Television*, for further reading.

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Books

Silent Knife: Cesarean Prevention & Vaginal Birth After Cesarean

By Nancy Wainer Cohen &
Lois J. Estner
Bergin & Garvey Publishers, Inc.
Massachusetts

Silent Knife is an important book for every woman considering childbirth. Due to the unpredictable nature of labor and delivery, and even with the most careful planning, it is possible that any woman may require a Cesarean delivery. However, C-sections have become a *standard* obstetrical procedure, comprising as many as 20 – 30% of all births.

Nancy Wainer Cohen and Lois J. Estner thoroughly document the fact that many of these surgical deliveries are unnecessary. They also expose the misconception that once a woman has a Cesarean section she must continue to have surgical deliveries, pointing out that each birth experience should be dealt with on its own merit. "Routine repeat Cesareans are an outrage."

Vaginal Birth After Cesarean (VBAC) is a growing movement of families who believe that "the health and well being of both mother and child are the most important consideration of any birth experience." Like their counterparts in the Natural Birth Movement and the Home Birth Movement, women who have had C-section want to avoid medical intervention and regain control of their bodies and their birthing experience.

Sometimes there are valid reasons for surgical deliveries. However, the U.S. has "one of the highest rates of Cesarean section births in the world and still ranks fifteenth or sixteenth in fetal and maternal morbidity and mortality." VBAC believes that "vaginal birth after Cesarean section is not only

safe, but generally safer than the alternative."

"The number of invasive procedures used in hospital deliveries increases every year." Admissions procedures, frequent examinations, the "prep," enema, drugs, labor position, x-rays, anesthesia, stirrups, episiotomy, IV's, withholding food and drink, these all interfere with normal labor processes, resulting in an increase of surgical deliveries.

Many conditions: cephalopelvic and fetopelvic disproportion (where the baby's head or body is deemed too large to be accommodated by the mother's pelvis), breech presentation, prior Cesarean delivery, fetal distress, failed induction of labor, low birth weight, and fear of "uterine rupture" are exploited to *women* as necessitating a Cesarean section, but "threat of malpractice" is the reason many doctors cite for the increased intervention.

As Natural Hygienists, we realize the importance of accepting responsibility for our health and well being.

Silent Knife supports and encourages this attitude by expressing the need for good nutrition, self-education, and confidence in the inherent powers of the body. It emphasizes that a binding and joyful family experience can best be achieved by avoiding unnecessary interference with the body's natural processes.

Many touching letters from Cesarean mothers and fathers are included. "Often, what is most painful for Cesarean women is the hospital enforced separation from their newborn babies and the intense sense of loss that accompanies the separation."

The book is readable, sensitive, well-documented, and includes a section on questions to ask prospective doctors, designed to help women determine if a doctor will be supportive. We congratulate the authors for a job well done, especially their support of a family's right to their own satisfying birth experience.

Review by: Marsha Bressack &
Dennis Bressack

The Nearing Library

Scott Nearing will long be remembered for his popular books: *Living the Good Life*, *Continuing the Good Life*, *The Maple Sugar Book*, and *Building and Using Our Sun-Heated Greenhouse*, co-authored with Helen K. Nearing. They give a vivid picture of Scott Nearing the homesteader: building homes, cutting firewood, organic gardening, implementing a self-sufficient life style, and vegetarianism — describing what to eat and why, and better health practices.

They offer glimpses of his other interests but *Man's Search for the Good Life* and *The Conscience of a Radical* reveal Scott Nearing the philosopher and idealist: outlining a

program for individuals and communities that will make possible a good life for the greatest number of people.

His "Social Science Handbooks," including *Civilization and Beyond*; *Freedom: Promise and Menace*; *Democracy is Not Enough*; *United World*; *Economics for the Power Age*, display Scott Nearing the humanitarian — historian, economist, social scientist: dedicated to the study and analysis of human endeavors — past and present, determining their effectiveness, and using these findings to map out a plan of action for present and future.

Continued on next page



His autobiography, *The Making of a Radical*, recounts the life of one who put aside "the trivia of life" and devoted his "time and energy to finding the truth, understanding it, teaching it and helping to build it into the life pattern of the community." It offers us Scott Nearing's view of the events that helped shape his life: his upbringing, education — both as an "Ivy League" Ph.D./professor of economics and in the "College of Hard Knocks," the conditions that led to his disenchantment with traditional thinking and "business as usual," and his years on New England farms. *The Good Life Picture Album* by Helen Nearing is a collection of photographs that visually documents many of these events.

Some of these books are valuable tools for anyone seriously interested in "health through healthful living." Scott Nearing stood for much more than homesteading and vegetarianism and I hope, as we attempt to guide humanity toward a truly scientific approach to personal health, we will also emphasize the lessons that have been learned in the social sciences. It is axiomatic that without healthy societies, and a healthy planet, personal health is unavailable to us.

It is gratifying to be able to close this tribute to some of Scott and Helen Nearing's books by offering some excerpts of reviews and comments on one of her latest: *Simple Food for the Good Life*. Here they are:

Burlington Free Press, Vermont. "In her 'alternative cookbook' Helen Nearing devotes an entire chapter to salads since, she says, 'if I stress nothing else in my book, I want to point out the importance of raw green leaves in food.' In fact, she says she and her husband consider eating raw greens the most important part of their diet. 'Instead

of ending with a small salad when we have eaten our fill of other foods we start with a large bowl of fresh raw greens or cut-up fruits and vegetables. We eat our fill of that, and then chink up the cracks, if any, with secondary provender.' "

Gallery Book Column, New York. "The best cook book (and diet plan) I've ever read, which if you read and follow its recipes may find you still chopping wood at 97, just to work off your surplus energy. I've taken off eight pounds in the past week on her recipes, with no sense of hunger. These are the simplest dishes ever devised, that take more time to eat than to make . . . This is the first cook book that ever deserved the Pulitzer Prize, and is as important a work as we will see in print this year, — a genuine life-changer."

The Sprout Letter, Pennsylvania. "I give this book a very high rating and recommend it to anyone interested in a simple, healthful life style. It is more than a cookbook: anyone with any knowledge of cooking can string together recipes and call it a book. *Simple Food for the Good Life* is a thoroughly enjoyable piece of writing about food preparation, good nutrition and simple living."

Cookbook Odyssey, Wisconsin. "A cookbook from heaven, that may replace the other books on my shelf for good. The best test of course is the recipes. Helen's ideas fit better with my mode of operation than any I have yet seen. I'm a 'what is in the refrigerator?' kind of cook. I find I can make something from the book with whatever I have on hand in about 30 minutes at most — quite a difference from 2 to 3 hours with an epicurean cookbook."

Health Science, Connecticut. "This is far more than a mere cook-

book. It belongs to the category of classics, destined to be remembered through the ages. The most delectable treats that Helen has spread out for us are two-fold: first, the philosophical and informative chapters which talk about foods, and secondly, her book is garlanded with about five hundred quotations from the sages of many past ages. It is a good friend to have in your home, and we predict that you will visit with it frequently — to your great benefit."

Simple Food for the Good Life is 320 pages long and the price, for paperback, is \$8.00; for cloth, \$13.00. This book and others written by the Nearings which are slanted toward improving life styles, may be obtained from Natural Hygiene Press. Of course, all of their books are available from The Social Science Institute, Harborside, Maine 04642.

It should be emphasized that the foregoing comments touch briefly on only a few of the more than fifty books written by Scott and Helen Nearing.

Reviewed by James Lennon



A15 EXERCISE! — By Dr. Herbert M. Shelton. The role of exercise in health. Special exercises to correct structural faults and muscular weakness; weight control & posture. For men, women, children. Illustrated. \$2.25

Classified

VILLA VEGETARIANA HEALTH SPA, Box 1228, Cuernavaca, Mexico, seeks association with bilingual, Natural Hygienic health practitioner, writer, lecturer, possibly to "take charge."

COLLEGE DIETETICS STUDENT, well versed in Natural Hygiene, wishes to correspond with ADA Registered Dietician possessing like knowledge and awareness. John E. Schreadley, Jr., 894 Joan St., Dunedin, FL 33528.

HYGIENIST TEACHER, 45, seeking male companion. L.F., 1255 206th St., St.-Georges-Est, Beauce, Quebec, Canada GBY 5B8.

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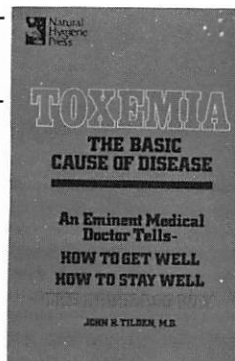
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- | | | | | |
|--------|--|------------------|--|--|
| 1C83 | "Health Care is Self Care" | Jack Trop | 20C83 | "Fasting at Natural Hygienic Institute": Dr. D.J. Scott (Side 2 is #21) |
| 2C83 | "Health Problems Overcome Through Fasting and Professional Hygienic Care: Dr. Alec Burton, Dr. V.V. Vetrano, Dr. Norman Allard, Dr. Keki Sidhwa, Dr. D.J. Scott, Dr. Frank Sabatino, Dr. Philip Martin, Dr. Alan Goldhamer, and others | | "Starting an ANHS Chapter: A Special Workshop" | |
| 3C83y | "What is Natural Hygiene?" | Dr. D.J. Scott | 22C83 | "Symposium: How to Cope with Hospitalization" (Blood Transfusions, Tetanus, X-Rays, Drugs, Hospital Meals, Intravenous, Broken Bones, and Anesthetics) |
| 4C83y | "Hygienic Vegetarianism" | Joe Aaron | 23C83y | "Problems with Peer Pressure" |
| 5C83 | "Immunity Comes from Health" | Frieda Kabelac | Jim Lennon | |
| 6C83 | "Overcoming Depression: Without Drugs": Dr. Keki Sidhwa | | "Coping with Dating Non-Hygienists": Craig Laroche | |
| 7C83 | "Self-Care vs. Medical Care" | Hannah Allen | 25C83 | "The Fallacy of Vitamin Supplements": Dr. Alan Goldhamer |
| 8C83 | "Joy Gross: The Joy of Natural Living and Food Preparation" | | 26C83 | "Taking Care of Your Skin: A Blueprint to Good Complexion" |
| 9C83 | "A Battle for Health Freedom" | Dr. V.V. Vetrano | Dr. Keki Sidhwa | |
| 10C83 | "AIDS, Herpes and Hepatitis: The Hygienic Answer" | Dr. Alec Burton | 27C83 | "Feasting and Fasting: A Bad Combination": Hannah Allen |
| 11C83 | "Symposium of Professional Natural Hygienists - Inoculations: A Health Hazard" | | 28C83 | "Forum Part II: The Psychology of Living Hygienically" |
| 12C83y | "Coping with Colds, Fevers and Allergies": Dr. Alec Burton | | 29C83 | "My Six Week Fast: Recovery From a Nearly Fatal Illness" |
| | "The Dangers of Drugs" | Frieda Kabelac | Dr. Jack Goldstein | |
| 14C83 | "Workshop with Dr. George Wootan: Homebirthing, Natural Childbirth and Breastfeeding - and How to Be Your Own Pediatrician" | | 30C83 | "Symposium: The Stress Factor in Health" |
| 15C83 | "Allergies and Hay Fever: The Hygienic Explanation" | Dr. Alec Burton | 31C83y | "Proper Exercise" |
| 16C83 | "Food Combining Made Easy" | Dr. V.V. Vetrano | "The Vitamin Fallacy" | Alan Goldhamer |
| 17C83 | "Forum Part I: The Hygienic Home and Family" | | 33C83 | "Fasting: The Key to Detoxification": Dr. Philip Martin |
| 18C83 | "A Commitment to Cosmic Laws" | Dr. Keki Sidhwa | 34C83 | Dr. Alec Burton |
| | "Humor and Hygienic Life: A Perfect Combination" | Max Huberman | 35C83 | "Miseducation About the Body: How We are Conditioned for Medicine and Drug Dependency" |
| | | | Frieda Kabelac | |
| | | | 36C83 | Workshop with Dr. Jack Goldstein: "Visualization and Mental Relaxation Techniques" |
| | | | 37C83 | "Protein, B-12, and the Hygiene Diet: How Much is Enough?" |
| | | | Dr. D.J. Scott | |
| | | | 38C83 | "Workshop on Avoiding Inoculations": Attorney Mark A. Huberman |

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