



Health Science

The Journal of Natural Hygiene

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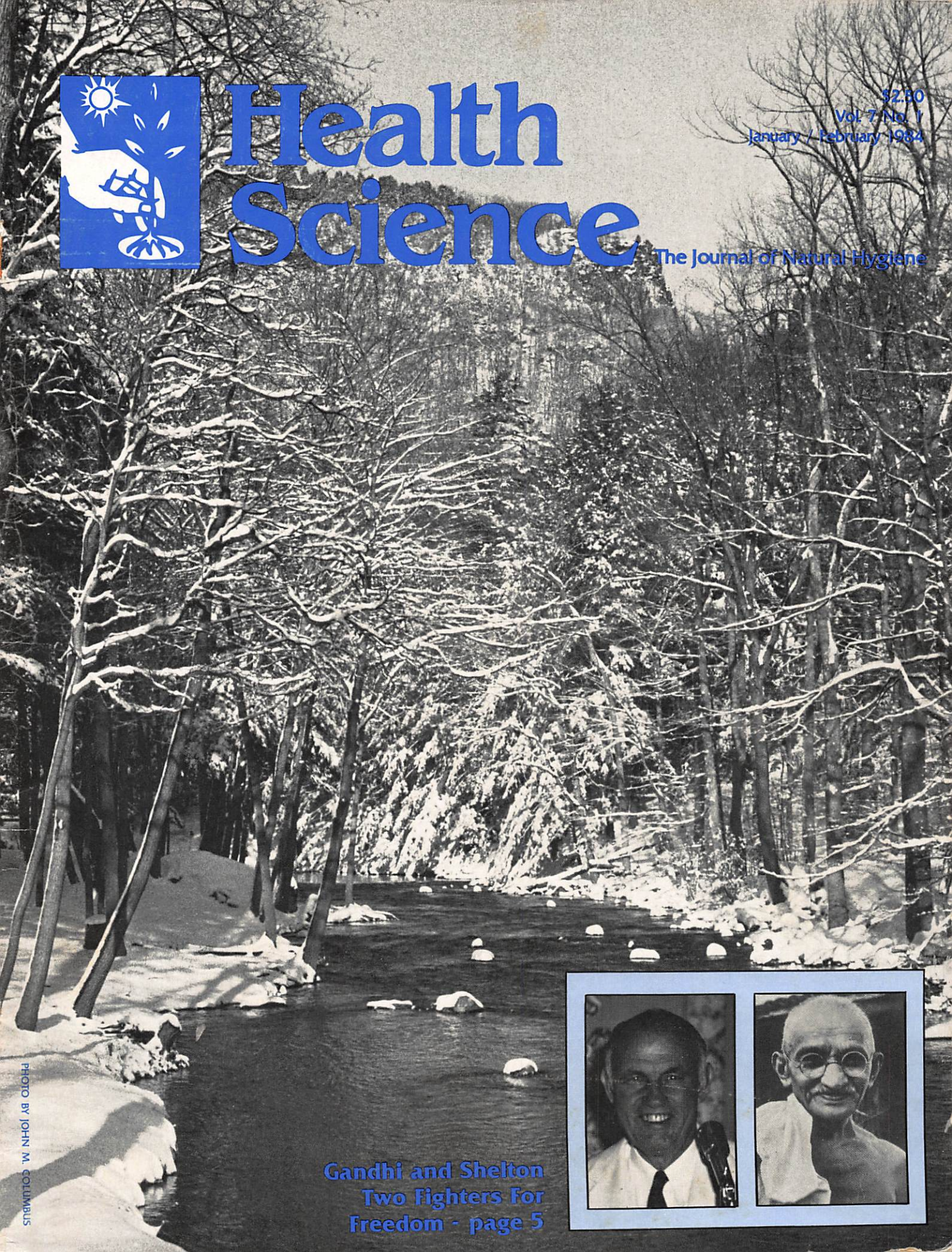
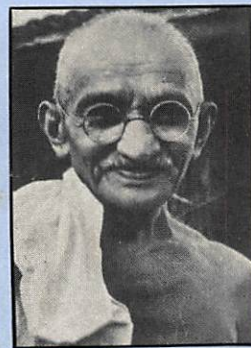
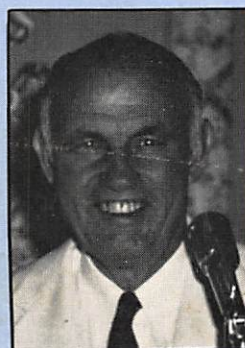


PHOTO BY JOHN M. COLUMBUS

Gandhi and Shelton
Two Fighters For
Freedom - page 5





The American Natural Hygiene Society, Inc.

Dedicated to Natural Hygiene the Science of Health

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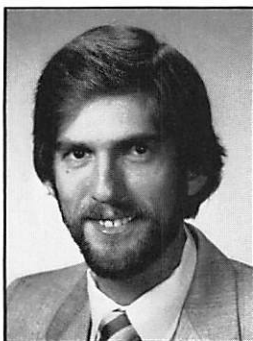
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President's Message

Atty. Mark A. Huberman



ANHS Acquires Shelton Library!

In late November, 1983, a major exclusive agreement was negotiated between the Society and Dr. Herbert Shelton for our purchase of the complete Shelton Library for the sum of \$20,000.00, plus an additional \$5,000.00 for their beautiful, glass enclosed book cases.

Shortly thereafter, the Board of Directors unanimously and enthusiastically approved the purchase and arrangements were immediately undertaken for the acquisition. On December 17, 1983, a Mayflower moving van delivered the approximately 4000 book collection to our new Tampa Headquarters in scores of carefully packed containers, giving our Society one of the finest Libraries of Natural Hygiene Classics in the world.

A major section of our new National Headquarters has been set up for the special preservation and public study of these important and priceless historical works, and access to them should be available in the coming months, following inventory and cataloging.

Additionally, a special fund, called the *ANHS Herbert Shelton Library Fund*, has been established to provide for further acquisitions of Hygiene Classics and the rebinding of many others currently in deteriorated condition.

The significance to our Society and the Natural Hygiene Movement in acquiring the Shelton Library cannot be overstated. Never before has such a collection of Natural Hygiene Classics – the foundation of our Health Movement — been made available for public inspection and study. Dr. Shelton is universally recognized and credited with synthesizing the many works of his predecessors into the systematic modern Health Science of Natural Hygiene as it is generally practiced and taught today.

Now the interested health seekers and academicians, whether converts or skeptics, will have the opportunity to study for themselves the many authorities from whom Dr. Shelton has drawn.

Another big plus is that the Society now has available to it for reprinting, editing and mass distribution the original texts of thousands of rare and long out-of-print classics. We can now begin to introduce the world to a greater appreciation of just how powerful an intellectual force the 19th Century Pioneers of Natural Hygiene were in the legitimate medical community, before the glorification of Pasteur and his orthodox medical colleagues.

The leaders of our American Natural Hygiene Society are rightly proud of this historic acquisition, and we share our pride with all others who are believers in Natural Hygiene.

NATURAL HYGIENE DEFINED

Hygiene is the science of health. Hence, the policy of *Health Science* is governed by the principle that Natural Hygiene recommends no external "cures." Natural Hygiene is the system and the lifestyle which helps people to live in harmony with the physiological needs of the human organism, thereby maximizing health. By supplying the body with the basic requirements of nature – natural vegetarian diet, unpolluted air, exercise, rest, sleep, mental and emotional poise, wholesome environment, and productive activity – in the event of illness the self-healing powers resident within the body are given full reign.

Health Science is the official membership journal of the American Natural Hygiene Society, Inc., a tax-exempt not-for-profit organization, incorporated in the State of Illinois. Annual dues are \$20 Regular; \$23 Canadian; \$25 foreign (payable in American funds); \$50 Contributing Member; \$100 Century Club; \$500 Sustaining Member; \$1000 Sponsoring Life; \$2500 Patron Life; \$5000 or more Endowing Life. A limited number of back issues are available at \$2.50 each. Note: Gifts and bequests are tax deductible.

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Important: Members, please notify us of your new address at least 30 days in advance of your move. For mail that cannot reach you we must pay expensive return postage rates (above first class). To prevent delay of ANHS mail, let us know about any errors which appear on your address label. When advising of corrections, clip or copy the label from your latest copy of the magazine. Requests for issues missed due to late notice of address change may be obtained within two months of the issue date by sending \$2.50. Such correspondence should be addressed to: Circulation Department, Health Science, 12816 Race Track Road, Tampa, FL 33624 (813) 855-6607.

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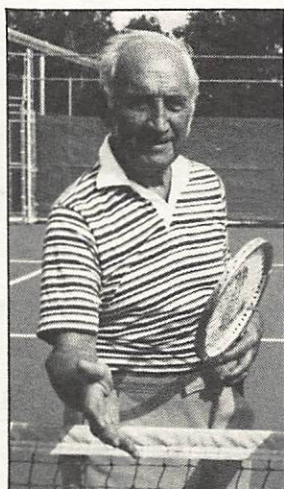
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Don't miss the exciting information on our One Day Seminar in Chicago on page 4 and our 1984 Convention on Miami Beach on page 22.



1984—

There's No Gloom or Doom in the ANHS

As we move further into the present year, much is being discussed about what George Orwell had in mind in his book, 1984. I am interested in the book as a frame of reference, mainly because he wrote it in 1948, and the idea for organizing the American Natural Hygiene Society was also implemented in 1948. I was there in the vanguard when our Society became a reality, and can therefore bear reliable testimony as to what we have accomplished and where we are heading.

Orwell was really writing about what he thought was the abysmal world of 1948, and he projected the basic idea that by 1984 we would all be dominated by "BIG BROTHER" government. On the other hand, we who organized our Society in 1948 were also not happy with the world of that time; and parenthetically, in 1820, the founders of the Natural Hygienic movement were not exactly entranced with their world, either. However, instead of writing a book of doom, we have carried on by gentle persuasion, showing the way toward a normal and better life. **Now in 1984 we have reason to be somewhat encouraged by signs that mankind today is paying more attention to some areas of right living than they were when Orwell wrote 1984.** Twenty five million joggers, thousands of exercise centers, much awareness and discussion of junk foods, official recognition of the evils of smoking, are signs that some progress is being made. However, mankind, generally, has much to learn about the way we humans are supposed to live, and it is up to all of us, the members and the leadership of our ANHS, to continue to carry on to "reform the world," mentally, spiritually and physically.

We have an excellent, hard working Board of Directors, a competent and dedicated working staff at our

new headquarters in Tampa, Florida; our magazine, the books we publish (and others that we distribute), our conventions, local chapters, and other teaching media, are doing a fairly good job. However, the task of changing the living habits of "homo sapiens" is enormous, because a vast majority of humans (in Thoreau's phrase) live lives of "quiet desperation," and we in the fore-front need all the help we can get. We want you to concentrate on one area, one new development, in which we especially need your help, your support and your cooperation.

You will read about this new plan in other parts of this issue of *Health Science*. I am referring to our upcoming "One Day Seminars," to be held in leading cities — the first one of which is to take place in Chicago, on Sunday, April 29, 1984. The primary purposes of these seminars are threefold:

(1) To attract about one thousand to three thousand people to each Seminar (depending on the size of our Meeting Halls). Naturally, most of the ticket-buyers will be "non-members," and you may depend upon it, that all who attend will have a mighty enjoyable, and supremely educational day. (Incidentally, two free books will be given to all who attend.)

(2) Each Seminar will be widely publicized on television, radio, the news media, magazines, and direct mail. Based on the experience of other Seminars, we believe that many of those who come will join our ANHS.

(3) We are going to make special efforts to induce representatives of financial foundations to attend our Seminars. Hopefully, this kind of favorable exposure will interest and induce some of these organizations to make sizable "grants" to our Society, for purposes of scientific investigation, and for generally carrying on our educational work.

I will close as I began, with a reference to George Orwell. In his book he indicated that "if reason and common sense were given a chance, they would prevail over the lies of government." Orwell knew nothing about Natural Hygiene, and in common with most people, his living pattern followed the similar "bad habits" of mankind. Unfortunately, he died at the age of forty six, not living to see the blossoming of 1984. We who are alive have the privilege of learning how to live "normal" lives. Let us "carry on," initially, by supporting and encouraging our ONE DAY SEMINARS. Read the details on page 17 and the back cover.

If you can arrange it, come to Chicago for the first one on April 29, 1984, but if you cannot do that, make sure to support our plans, and come to one or more of our future Seminars.

Sulfur Dioxide In Wine And Non-Alcoholic Drinks

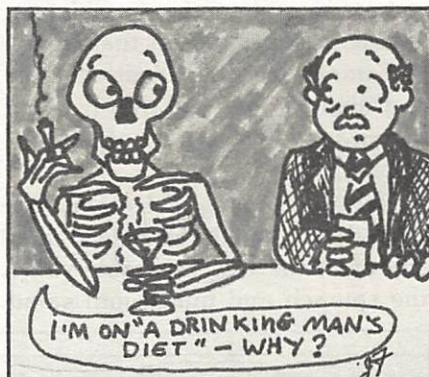
Virtually all domestic and foreign wines contain sulfur dioxide, a preservative used to kill wild microorganisms growing on the grapes. Sulfur dioxide is also used to preserve sweet grape juice, to keep grape juice from turning bad during fermentation, and to keep oxidation from spoiling wines after bottling.

Thousands of people are allergic to preservatives known as sulfiting agents, of which sulfur dioxide is one. Also, sulfiting agents are moderately toxic and could be causing tissue damage to people who drink a lot of wine or other foods containing them.

Sulfur dioxide is used during several stages of wine-making.

Non-alcoholic drinks contain sulfur dioxide, too. One manufacturer, General Foods, uses 150,000 pounds annually (1981 figures) in its processed vegetables and vegetable juices.

Potassium metabisulfite, along with its chemical cousins, sodium



metabisulfite, sodium bisulfite, and sulfur dioxide, are widely used to maintain the freshness of vegetables in restaurant salads, to prevent discoloration of dried fruit and uncooked potatoes, and to preserve processed fruits, vegetables, and juices.

One researcher estimates 450,000 asthmatics and an untold number of others are sensitive to the preservatives. Symptoms range from weakness, tightness in the chest, shortness of breath, hives, and severe wheezing to loss of consciousness.

Actors Smoking Less But Drinking More on TV

Researchers at the Institute for Scientific Analysis at Berkeley, California, report that a review of 30 years of TV shows ranging from "Leave It To Beaver" to "Dallas" reveals that TV characters smoke a lot less than they did, but they drink a lot more.

A study of more than 280 hours of TV dramas found that cigarette smoking has dropped 10-fold, or to nearly nothing, since 1950, but that boozing has doubled during that same time.



Researchers monitored programs on 24 stations in four states, recording the number of cigarettes smoked per hour and the number of shots of alcohol drunk or ordered.

Cigarette smoking was highest on the hour-long drama shows during the 1950s and early 1960s, when actors puffed an average of 4.4 cigarettes an hour. In the same period, "drinking acts" jumped from an average of four to eight an hour.

Vitamin And Mineral Supplements

Dr. Forrest C. Bennett, of the University of Washington School of Medicine in Seattle, questions the effectiveness of a high vitamin and mineral supplement program. In one study of 20 children he could find no significant changes in their physical status or in neurologic or psychometric tests. In addition, there were no differences in school achievement or language tests.

Moreover, Dr. Bennett points out, this type of large doses of vitamins and minerals can cause urinary symptoms in young children if continued over an extended period of time. One child in the study began to wet the bed, a temporary condition that was attributed to high doses of vitamin C.

Deaths Because of Prescription Drugs

In the "What's Happening?" column of the "Herald of Holistic Health" published by the American Holistic Health Sciences Association, it is reported by the General Accounting Office (quoted in the *New York Times*), that of deaths attributed to drugs by medical examiners, 74% involve prescription drugs.

In case you are trying to decide whether the medical route is the avenue to go, another statistic, according to hospital emergency room records, is that 75% of drug emergencies involve prescription drugs; that is medicine that has been prescribed by a doctor.

Continued on next page

Upfront

Naturopathic College Accredited

The John Bastry College of Naturopathic Medicine, Seattle, has been granted Candidate status for accreditation by the Northwest Association of Schools and Colleges. This is the first Naturopathic college to be considered for accreditation by a government recognized accrediting body.

Heartland Cafe

The Heartland Cafe, a catering and restaurant service in Chicago, Illinois, has printed on their menu that smoking is not permitted in the east dining room and that it is not encouraged in any part of the restaurant.

Five raw foods selections are offered including the Heartland salad supreme, the raw vegetable salad, the spinach and mushroom salad,

the house garden salad, and the chopped fresh fruit salad with raisins and seeds.

If you are with friends who are not vegetarian, there is always a fresh fish of the day and a chicken meal that can be obtained. The rest of the menu are all vegetarian, meals ranging from a homemade soup to stir fry vegetables and vegetarian burgers made from lentils.

Usually for a weekend evening meal, a short wait is expected. But attached to the cafe is a health food store where one can browse; or you can order fresh carrot juice or other fresh juices to be made to drink while waiting. The atmosphere is casual and the food is delicious and this restaurant offers a place where no matter what you eat, you will be pleased.

ANHS Sponsors A One-Day Health Seminar in Chicago!

A wonderful introduction to Natural Hygiene!

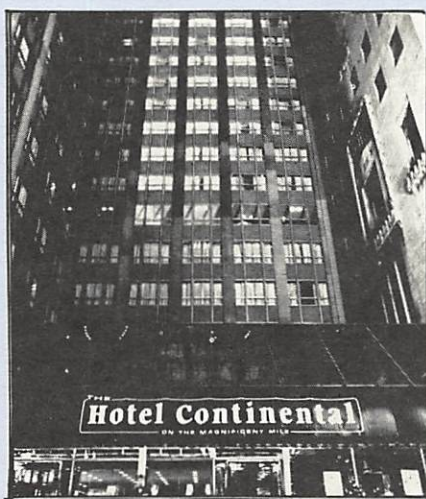
Featured Speakers: ★ Hannah Allen ★ Dr. Alec Burton
★ Dr. Jack Goldstein ★ Joy Gross
★ Frieda Kabelac ★ Jack Trop
★ Atty. Mark Huberman

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 ANHS, 12816 Race Track Road, Tampa, Florida 33624, or to Paula Duvall, Box 904, Ogden Dunes, Portage, Indiana 46368,** because a sellout 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.

When:

Sunday, April 29, 1984
8:00 a.m. to 6:30 p.m.



Where:

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

Eating Out

The USA's restaurants are offering healthier, lighter meals said a new study by the Public Voice for Food and Health Policy.

The growing menu changes seem to be a response to rising public awareness of the link between good nutrition and good health.

Public Voice has identified the USA's trendsetting restaurants, including: American Cafe (Washington, D.C.) Bloodroot (Bridgeport, CT), Chapman Sisters Calorie Counter (Chicago), Chez Panisse (Berkeley), El Taco Grande (Philadelphia), Greens (San Francisco), Jerome's Fresh Food Restaurant (Chicago), Jonathan's (Chicago), Nora Santa Fe Bar and Grill (Berkeley) and Spago (Los Angeles).

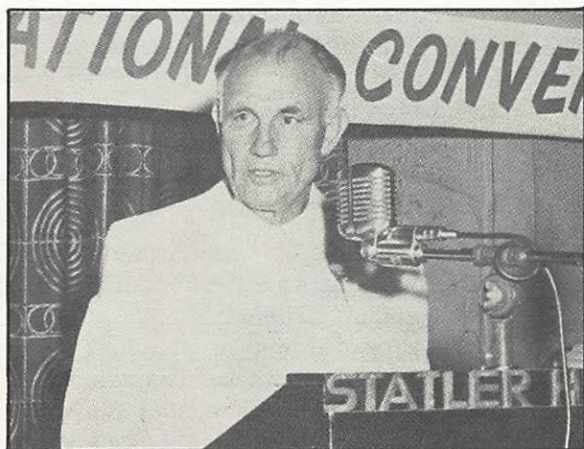
If you as a reader of *Health Science* have found a good restaurant in your area, let us know so that we can keep readers up-to-date with possible places where Hygienists can eat out.

Two Fighters for Freedom—

(with amazing parallels)

Mahatma Gandhi and Herbert Shelton

by Keki R. Sidhwa, N.D.D.O.



On October 2, 1869, Mahatma Gandhi was born in a small seaside town, Porbundar, on the west coast of India. Almost to the day 26 years later, Herbert M. Shelton was born in Wylie, Texas, U.S.A., on October 6, 1895. Gandhi died a martyr to his cause on January 30, 1948. Shelton celebrated his 88th birthday on October 6, 1983. Their lives run a close parallel.

Thirty-five years after the death of Gandhi, Sir Richard Attenborough, the English film producer, has immortalized Gandhi's life in his motion picture "Gandhi," collecting 11 Academy Awards. Perhaps one day Shelton and his work will also be so dramatically proclaimed.

Both of these men will always be remembered as fighters in the cause of freedom — Gandhi fought for the correction of injustice in racial, religious and political freedom — Shelton to this day is involved in fighting for the correction of injustice in health freedom; against bureaucratic monopolies which insist that only the medical profession has the legal right to advise the public on health care; against chemical cartels and food technologists; the church as a henchman for the medical bureaucrats; and for the right of every individual to choose the kind of health care he or she believes will do them the most good.

Because of the nature of the comparison between the two men, I want to draw the attention of the reader to the fact that I sometimes speak of Shelton in the past tense, well aware that he is still very much alive. In doing so, I am referring to the past, most active days of his incredible career. Let us then look at the lives of these two men.

They Never Met in Person

In many ways they were similar, and Gandhi had invited Dr. Shelton to come and lecture on health matters throughout the length and breadth of India, and to teach the principles of Natural Hygiene at Indian Universities. But unfortunately, World War II erupted and interfered and the two men failed to meet. What might have happened if these two giants had actually physically met? Of one thing I am sure, Natural Hygiene would have gained an academic university course. With Gandhi's influence a degree in Natural Hygiene and research in various Hygienic concepts would have come to fruition. Lives of thousands of Indians would have benefited as the newly graduated "Doctors of Natural Hygiene" took the message of Natural Hygiene to the remote villages of India.

Whereas Gandhi was only 5'5" tall and a thin, wiry man, he had stamina morally, mentally and physically — the latter due to his regular habit of taking long walks (once he walked 50 miles in a day). Shelton, on the other hand, is over 5'8" tall, muscularly built due to

Continued on next page

gymnastics, weightlifting and sprinting. As a young man, he would sometimes outrun a rabbit, which stood him well in building his stamina and his mental and moral fibre.

Whereas Gandhi was persuaded to eat meat as a youngster because of a poem which was then recited in India:

Behold the mighty Englishman,
He rules the Indian small,
Because being a meateater,
He is five cubits tall

Shelton had no such illusions and even as a youngster, observed the fact that some of the strongest mammals in history were vegetarians.

Gandhi was a Man of Action, and so is Shelton

Gandhi described himself as a Karma-Yogi — Shelton has often been described by those who know him as a 'doer.' Both were men who did things if they thought it was right and correct, without regard to consequences. They have always believed that to act, while renouncing interest in the fruits of action, was the best road to success.

"Prejudices," Gandhi wrote in the Times of India on June 2, 1918, "cannot be removed by legislation — they yield only to patient toil and education."

Whenever Gandhi and Shelton felt distressed or disturbed, they wanted to do something about it. In the presence of evil, they had to act. Mere headshaking and handwringing never satisfied them. Passivity riled them. There was not a single passive fibre in their characters, and all their resistance was active. They were both interested in improving the human means than in attaining mere political ends, for what does it benefit man if his status is raised when he himself is not raised?

Gandhi was a man of courage and so is Shelton. It requires courage to stand up in the face of all opposition and say to the establishment that they are wrong. Both Gandhi and Shelton defied the prejudices of their time and stood out courageously, although at times, their's was the lone voice. It took physical courage and mental and moral courage — what Gandhi called "satya-graha" ("soulforce") to withstand the brutal attack on himself, as he did in South Africa and India, and Shelton did when he was manhandled and prosecuted dozens of times for practicing what he believed in.

They Both Battled the Establishment

Gandhi did not expect to eradicate white racial prejudices. "Prejudices," he wrote in the Times of India on June 2, 1918, "cannot be removed by legislation — they

yield only to patient toil and education." Nor did he hope to end segregation quickly in South Africa.

In the same way Shelton is all out or educating the masses in ways of health, and then weaning them away from dependency on drugs and the medical profession for preserving and maintaining their health.

Shelton's quarrel with the establishment is for nourishing prejudice by legalizing it. At least the laws must be just, he has pleaded. Similarly, Gandhi knew that for the time being the whites would always be favored, but once the principle of legal equality was established, he would be content to let life work out its complicated pattern and trust good citizens to brighten it. If, however, the Indians accepted their "inferiority," they would lose dignity and deteriorate morally; so would the whites who imposed the inferiority.

In the same way Shelton has constantly harangued the establishment to allow Natural Hygiene Practitioners a fair crack of the whip in "Health Care" and not to allow the orthodox healing systems to monopolize the care of the sick.

Both Gandhi and Shelton had to learn to transform themselves into self-made men. The transformation took place as a result of what they saw in themselves and what they noticed in the outside world.

Gandhi had a violent nature and his subsequent Mahatma-calm was the product of long training in temperament control. He did not easily become an even-minded, desireless yogi, he had to remold himself. Recognizing his deficiencies, he made a conscious effort to grow and change and restrain his bad impulses.

Shelton's transformation started in his high school years and before that by observation of animals on his father's farm. Beginning in early youth, he began to rebel against all the inconsistencies in the established order of things and although a graduate of a leading drugless college in his area, he was essentially a self-taught, self-educated and self-made man. His parents, especially his father, did not like the idea of young Shelton not toeing the line, as it were, and was amused by his son's leaning toward "nature-cure" as it was known in those days, but Shelton had the satisfaction of helping his father live for an extra nine or ten years, when he came to his son for help after he was given up to die of irreversible cancer.

Shelton has not used the term renunciation as much as Gandhi did, but he is an ascetic like Gandhi. He called his renunciation "Rational Asceticism" and his treatise on this subject (found in Volume IV — The Hygienic System) is a masterpiece. To quote some of his views will show how complementary Shelton and Gandhi were to each other, although they approached

life from a slightly different point of view. He defined "Asceticism is such self-discipline as may better enable us to meet the responsibilities of life and accomplish our chosen aims." "In its original sense, asceticism was not a Buddhistic denial of the senses and desires, but an Aristotelian moderation in indulgence in the normal. It was not self-denial, but self-discipline; not suppression, but control.

Both Shelton and Gandhi have always felt that we live not in order to feed, clothe, shelter and pamper the body; but we provide for the body in order to live. Life begins after the needs of the body have been met, yet how many people ruin life for the sake of rich living.

Shelton defined "asceticism is such self-discipline as may better enable us to meet the responsibilities of life and accomplish our chosen aims."

Morality, Pacifism and Non-Violence

Both Gandhi and Shelton have always felt that having accepted a moral precept, they had to live it, then they could preach it. They tried to practice what they preached. Shelton, according to many, is not religious but their conception of religion is narrow and outdated. I certainly regard him as a highly religious man. I am sure that the following quotation from Gandhi's biography is what Shelton himself has often expounded, proves my contention. Gandhi wrote: "It is possible to reason out the existence of God to a limited extent. There is an orderliness in the universe; there is an unalterable law governing everything and every being that exists or lives. It is not a blind law, for no blind law can govern the conduct of human beings . . . that law then which governs all life is God . . . I do dimly perceive that whilst everything around me is ever changing, ever dying, there is underlying all that change, a living power that is changeless, that holds all together, that creates, dissolves and re-creates. That informing power or spirit is God . . . In the midst of death, life persists, in the midst of darkness, light persists. Hence I gather that God is life, truth and love. He is love. He is the Supreme God."

Many do not realize that Shelton, like Gandhi, is a pacifist and detests war and violence. He has written extensively on all aspects of life. "Beauty and goodness" to Shelton are bound together. In urging people to their pristine health, he is also exalting them to a kind of "holiness" and "wholesomeness."

Whereas Gandhi urged people to be "good," to be healthy — Shelton urges people to gain once again their inherent goodness by being healthy. They both realized the interplay between a man's health and his

goodness or "Godness." They seem to say to mankind: "You are all Gods, howsoever fast asleep and snoring. Let us be your alarm bell. Open your eyes, you have slept long enough. It is time to awaken, the morning is knocking at the door."

That is the meaning of integrity. "The truth shall make you free — and well" was the motto of Gandhi. Shelton printed the words:

"Let there be truth — though the Heavens fall"

on the front cover of the *Hygienic Review*. Shelton's religion, instead of being based on dogmas and doctrines, is rooted in the saying "there is no religion higher than truth." Instead of being saved, he believes in at first deserving to be saved. By doing at all times what he thinks right and not what he deems expedient or comfortable, or profitable, popular, safe or impressive, Shelton eliminated the conflicts in his personality and thereby acquired the power to engage in patient, peaceful conflicts with those whom he regards as wrong.

Authority, Power and Love

Both men devoted their lives to studying life in all aspects and studying themselves. It is that which has given them authority and status.

Neither Gandhi nor Shelton ever had any power to compel, punish or reward; their power was nil, their authority enormous. It came out of their love. Living with them, one could see why they were loved — and continue to be loved. Not merely in isolated incidents, but day in and day out, morning, noon and night, for decades, in every act and word, they have manifested their love of individuals and of mankind. Nor could one fail to notice, in each sentence and attitude, their lifelong loyalty to a few simple, widely flouted principles: the exaltation of means over ends; non-violence; the primacy of truth; the curing qualities of trust; and consideration for the other person's doubts, time-lag, environment and inner conflicts.

They both have faced each day's issues in the light of eternal and universal values. By going to the ethical heart of a practical problem and sloughing off superficial considerations, they have found the permanent nucleus in the ephemeral. It has enabled them to split the social atom and find a new source of energy in the masses.

Many before had written or spoken as well as they, or better. Gandhi and Shelton's greatness lies in doing what others might do but didn't. One sat in wonder before the miracle, for it apparently is an effortless

Continued on next page

way of life rather than a conscious program.

To paraphrase Tagore, the Indian poet, one can say that both these men may fail as Buddha failed and Christ failed and Zoroaster failed to wean men from their iniquities, but they will always be remembered as those who made their lives a lesson for all ages to come. They rose above their acts; and gained considerable independence of their success or failure.

I do dimly perceive that whilst everything around me is ever changing, ever dying, there is underlying all that change, a living power that is changeless, that holds all together, that creates, dissolves, and re-creates. That informing power or spirit is God . . .

GANDHI

Heroes with Feet of Clay

Both Gandhi and Shelton always rejected the almost deity-like worship their respective followers showered on them. Gandhi once told a reporter, "I am only a politician trying to be a saint." At another occasion, he said, "I know I have a hundred imperfections and I am well aware of them. I am far away from the condition of equipoise. Before you are gone, you will discover a hundred of my faults and if you don't I will help you."

Shelton recognizes his imperfections. He admitted to me his stupidity in the belief that he was invincible. That he constantly over-worked and over-tired himself, never delegating his work but wanting to do it all by himself. Never taking a holiday for years at a time; working late hours and not securing enough sleep and rest and believing against his own instinct that it could never happen to him — he paid the price.

No Compromise with Basic Principles

Both Gandhi and Shelton have one thing greatly in common, originally they were both devotees of what was then known as Nature-Cure. Gandhi was brought up as a vegetarian from birth because of his Hindu background — before he went to England in 1888 at the tender age of 19, he indulged for a while in meat eating. He had, however, given an oath to his mother to remain a vegetarian when he went to England and remained so for the rest of his life.

Nature Cure, MacFadden and England

In England, Gandhi visited and met several British vegetarians including Henry S.L. Polak, but he was not impressed with them. They were a group of aged, crusading vegetarians whom he later declared, "had the habit of talking of nothing but food and disease."

Gandhi graduated and was called to the Bar on June 10, 1891; he enrolled in the English High Court on June

11th and sailed for Bombay on June 12, 1891. That voyage back to Bombay put the young Gandhi in contact with what he later embraced, namely, "Natural Living." On the same ship was another Parsi Zoroastrian youngster, Dr. Behramji Madon. Dr. Madon was on his way back to Bombay via London from the U.S.A., where he had recently graduated from Bernarr MacFadden's College of Physical Culture. Much later on, Shelton graduated from the same college.



Gandhi as a stylish young man in London.

The young Doctor and Gandhi soon became friends aboard the ship and Gandhi absorbed the teachings of Bernarr MacFadden and Natural Living from Dr. Madon. Later on, he conducted his own studies — experimented with various diets, read extensively on Nature-Cure literature available in that era, and became an enthusiastic follower of living a healthy life.

Gandhi was conscious of his physical constitution and was determined to keep himself healthy and fit in order to carry out his task of throwing off the yoke of British Imperialism.

Natural Hygiene and Fasting

Much later on, Gandhi came in contact with the then newly emerging sage in Natural Hygiene, and after reading his books, invited Shelton to lecture in India. I am glad to record this episode as my life was intricately

entwined between Shelton, Gandhi and Dr. Madon. Dr. Behramji Madon's daughter Meherbai was a classmate of my mother in school days and they remained life-long friends until their deaths. After her father's death, Meharbai Madon took over the extensive library left by her father and opened a "lending health library," the first ever in India. Later on she added to the library and had a good collection of Hygienic literature by Tilden, Oswald, Mary Gove, Austin, Jackson, Trall, Weger, Graham, Shelton and Thomson. Just before she died in the 1970's, Miss Madon sold her library to one of the Indian Universities where I presume they are buried on a shelf instead of helping my fellow countrymen to healthy living.

It was Dr. Madon's teaching of fasting that saved my life at the tender age of 14. Seven years later on, I read Tilden's classic "Toxemia Explained" and changed over from the studying of medicine and surgery to "Nature-Cure."

Gandhi, during his numerous fasts in his lifetime, was always under the guidance of Dr. Dinshaw Mehta, another Parsi Zoroastrian Naturopath, who used to have a clinic in Poona, India. It was Dr. Dinshaw Mehta who urged me, together with my friend Dr. Rustom Patel, to go to study under the Scottish pioneer, Dr. James C. Thomson of the Edinburgh College of Natural Therapeutics. In 1949, I came in contact with Dr. Shelton and his work and a kind of continuity has thus come a full circle.

Gandhi, when he went to South Africa, was already under the influence of Nature-Cure ideas and the many Ashrams he established were run on Nature-Cure lines — the most famous being in Uruli-Kanehan, Poona, India.

Fasting and Shelton's Influence

In 1956, I was instrumental in introducing a lot of Hygienic teaching at that Ashram whilst holidaying there and supervising my own fast of 16 days. Now a vast library of Hygienic literature is at Uruli-Kanehan and books are sold on Natural Hygiene.

Here I would like to mention a little known fact, that throughout his latter fasts, from 1934 onward, Gandhi kept by his bedside Dr. Shelton's Vol. III (book on fasting, first edition 1934) and continually referred to it. Although these two men never met, because of Gandhi's prolonged fasts a close affinity developed and they were drawn to each other. It obviously led Gandhi from his initial brushes with "Nature-Cure" closer to Shelton and Natural Hygiene.

Another point I must emphasize is that Gandhi had a good grasp of the physiology of fasting. The short fasts he conducted on himself were taken with the full knowledge that he was not going to die from them, no



The author, Keki Sidhwa.

matter what the ignorant masses may have thought. He used fasting not only as a political weapon, but as a penance for his own sins of omission and commission. He wanted to purify his body and his mind and spirit. It was an act of faith, as well as being an act of reason. He wanted the British to believe in his sincerity — that he was determined to make India independent of any imperial rule. At the same time he wanted the Muslim community and their leader Jinnah to believe in his sincere longing and hope that Hindus and Muslims could live side by side in an independent India, as brothers in the same household.

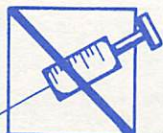
He wanted to prove to both the British and Muslims that he himself had no axe to grind, no ulterior motive, that as far as he was concerned, his life was insignificant as long as it achieved the goal of the British quitting India, and peace and harmony between all the communities in India.

Gandhi was determined to achieve this goal and so, in spite of his grasp of the dangers of over-fasting, he permitted himself to go almost to the brink of death because truly he believed that it was his destiny — if he died in the attempt, that was neither here nor there. But, as Hygienic readers know, there is really no danger in a properly conducted fast under competent supervision, for example, as in a Hygienic institution.

Gandhi was quite prepared to die — he was kidding no one and the British knew that. They did not want a dead martyr on their conscience. Here I must pay my respect to the British — they are on the whole decent, just and fair-minded people, full of the warmth of human kindness, they had as a country evolved to the state of having a conscience. Gandhi had recognized this. I agree with Arthur Koestler that Gandhi and his fasting would have made no impression on people such as Hitler or Stalin.

Gandhi retained his youthful vigor and strong constitution until his death, because of his health care pro-

Continued on page 29



Inoculation Alert

by Frieda Kabelac

Our Right To Know!

The public has been kept in complete ignorance about all of the ingredients and side effects of vaccine inoculations, which have been made mandatory by law. There is absolutely no certification of their safety, given to people, and vaccine risks are minimized. The demand for compulsory disclosure of the complete list of vaccine ingredients and side effects should be sought by all those courageous parents who object to mandatory inoculations. Nobody should be forced to be injected with an unknown number of dangerous chemicals and decayed proteins.

All packaged, canned and bottled foods must have labels that disclose all ingredients. This is material that finds its way into the digestive system, where it undergoes some pro-

cessing and can more readily be expelled. Vaccine materials go directly into tissues and bloodstream, so that dangerous chemicals and decayed proteins can damage and poison the cells and organs.

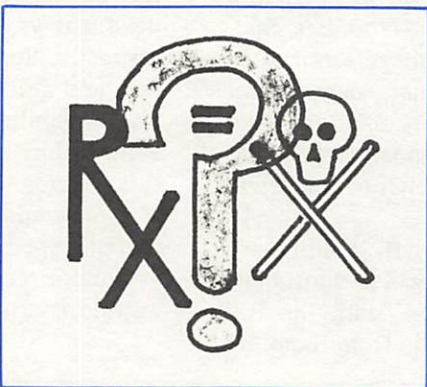
People have a right to know that carcinogens and nerve damagers, such as free formaldehyde, aluminum phosphate, mercury and other chemicals, are vaccine ingredients. People should be entitled to receive the full disclosure of all side effects. Some of the worst of the many side effects are brain inflammation, neurological damage and mental deficit (retardation); and in the case of DPT (diphtheria-whooping cough-tetanus) vaccine for infants, a side effect can be SIDS (sudden infant death syndrome).

Countless Unreported Tragedies

Before me is an account of an inoculation tragedy that is not an isolated incident. The article, from the *St. Petersburg Times* entitled "Vaccine Risks a Reality to Mother," describes the severe reactions of a baby after being given a measles shot, and what the parent is doing about it.

Wendy Scholl found her 16-month old daughter, Stacey, "stiff, wide-eyed with a pool of blood in her mouth." She survived seizures, kidney failure and coma. After 5 years "Stacey continues to be partly paralyzed on her left side" and "she might have slight learning disabilities." Wendy Scholl says, "I was willing to accept that we were one-in-a-million." However, she "soon discovered that adverse reactions to

vaccinations may *not* be a one-in-a-million shot. A call to Republican Sen. Paula Hawkins' office put her in touch with **Dissatisfied Parents Together**, a Washington-based organization, most of whose members have infants who suffered adverse reactions to diphtheria,



*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
12816 Race Track Rd.
Tampa, FL 33624

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

whooping cough or typhoid vaccinations."

Last July, Hawkins brought Mrs. Scholl to testify before a Congressional Committee in Washington." Since last July, Wendy Scholl says that she has obtained a list of 20 names from just her area alone. "Obviously it happens a lot more frequently than everybody assumed." Wendy Scholl and other parents are beginning to realize that there are countless unreported tragedies.

Dissatisfied Parents Together is lobbying for Sen. Hawkins' bill to create a National Vaccine-Injury compensation Program under the auspices of the Department of Health and Human Services (HHS). "Major provisions of the bill include: Establishment of a no-fault, national program to compensate children injured by a childhood vaccine."

Victims of Vaccines Unite!

The fact that the victims of vaccine tragedies are organizing for mutual moral support; to seek compensation for damages; and to gain protection for others who will be victimized, is a step in the right direction.

Margaret Lucas' letter (reprinted) raises the important subject of label warnings. Both organizations, **Dissatisfied Parents Together** and the **GBS Group**, should demand and put pressure on the politicians to get laws passed to force the pharmaceutical companies to publish complete lists of all vaccine ingredients and complete information of all side effects. This information is given only to doctors in the package inserts of the vaccines. People should not be kept in ignorance about what is being injected into their bloodstreams.

The paramount need, however, is for everybody, and the organized vaccine victims in particular, to

become enlightened about building and maintaining health, and learning that *health is our great im-*

munizer. There is no need at all to inject poisonous material into the body. Health is spontaneous in an un-abused body. A great hoax is being perpetrated on an ignorant, unsuspecting, fear-ridden population.

Flash: *As we go to press, the following appeared in St. Petersburg, Florida TIMES:*

\$1-Million Going To Vaccine Victim

U.S. District Judge Wm. Terrell Hodges has ordered the U.S. government to pay more than \$1-million to Mr. and Mrs. Guy P. Boutte, a retired Sarasota couple. A swine flu shot left the woman paralyzed, blind and mentally impaired. Hodges, who presides in Tampa, said Mary J. Boutte was an

"avid golfer" before she was given a swine flu shot by her family doctor on Oct. 21, 1976. The swine flu shots were given under a federal program that was suspended in December 1976 after researchers discovered an upsurge in cases of Guillain-Barre Syndrome among people who had had the shot.

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Shelton-Vetrano Appeal Rejected

As this issue of *Health Science* was going to press, we regret to report that an adverse decision has just been handed down by the Fifth Circuit Court of Appeals on the important Shelton-Vetrano Case. After the attorney for Drs. Shelton and Vetrano has an opportunity to study and evaluate the decision, a determination will be made whether to take the case to the United States Supreme Court.

On related matters arising out of the litigation, the ANHS is pleased to report it was recently able to contribute an additional \$10,000.00 (\$5,000.00 each to Drs. Shelton and Vetrano) for their defense of outrageous litigation in which the Carltons (the original plaintiffs in the case) have been seeking to attach the Health School and Dr. Vetrano's home in San Antonio, Texas.

These sizable contributions were made possible through your generous response to our November Legal Defense Fund Appeal. Sizable sums still remain on the legal bills of both Shelton and Vetrano for these cases, and your continued assistance will of course be appreciated.

Help us help our Hygienic Practitioners and Parents.

**Support the ANHS
Legal Defense Fund.**

Make checks payable to:
ANHS Legal Defense Fund
12816 Race Track Rd.
Tampa, FL 33624

Inoculation Battles Continue In Arkansas and Tennessee

Preliminary Victory in Tennessee

There is good news from Lebanon — not from that embattled country in the Middle East — but rather from Lebanon, Tennessee, where the inoculation battle of **Gail and Mitchell Fleming** against the Wilson County Board of Education has been taking place.

On October 28, 1983, a hopefully precedent setting Temporary Injunction was granted to the Flemings, mandating that the school system admit their children, Winter Starr, age 8, and Eric Wesley, age 6, into Southside Elementary School pending the hearing on the merits of the Flemings, Inoculation Law challenge. The Court accepted their Attorney's argument that "there presently existed no epidemic nor did the children pose an imminent health threat to the general school population in this community."

That is solid reasoning every court should keep in mind.

The hearing on the merits of the Flemings' claim is set for early January 1984, and our Legal Defense Fund has contributed an initial \$500.00 towards the legal fees.

Just who are the Flemings, and why have they taken on the entire medical establishment of their community? According to an interview given to the daily newspaper, of October 19th 1983, the Flemings could be "anyone's next door neighbors."

They met when they were juniors at Lebanon High School, married a year after graduation and Mitchell went to a two-year technical school

to become an electronic analyst while Gail worked as a department store sales clerk.

They went to ball games, ate popcorn at the movies, believed in God and lived like most other people.

Then one day in 1974, the Flemings went into a health food store and came across a stack of books on nutrition.

"We couldn't believe what we read," Gail said.

"We started reading about what all the foods like animal meats and fats were doing to our bodies. It was so terrible, we decided to become vegetarians almost overnight."

"Then later, as we slowly began to learn more and more about taking care of ourselves, we looked around us and everybody seemed to have something wrong with them by the time they were 40 or 50."

"We didn't want to be like that. We wanted to be healthy and stay that way for the rest of our lives."

In those early years, the Flemings' conviction to remain healthy began to merge with their religious conviction to live good, honest lives.

In 1974, Winter Starr was born at home, with only Mitchell assisting Gail, without complications. In 1976, Wesley was born at home. Two years ago, the Flemings' third child, Shauntelle, was born in the same antique four-poster bed.

And over the years, the children have never had the need for any type of professional medication or medical attention.

Today, the Flemings live in a white frame farmhouse, distill their

own water, take no drugs, never eat meat or dairy products.

"I wouldn't want to try to convince anyone to live the way we do," Mitchell said. "That's their life."

"All we are trying to do is live the best way we know how, and it hasn't always been easy. You have to have a great conviction and really believe in what you are doing to live the way we do."

The Flemings realize it will also take a great conviction to fight to get their children back into public schools without being immunized.

"I hate for them to come crashing down on us," Mitchell said, "but we have to do what we believe in."

Tennessee public health laws allow only two exceptions to the rule that all school-age children be inoculated.

The exceptions are in cases where inoculations would be medically harmful or when inoculations "conflict with the religious tenets and practices of a well-recognized religious denomination" in which the parents and children are members.

Because the Flemings are not members of a formal religious group, their request for religious exemption has been denied.

The Flemings don't think that is fair.

They say immunizations are against their religion and their life.

They maintain that because their children have been raised in perfect health, their natural immune systems are sufficient — and that synthetic inoculations could be harmful.

"We have worked so hard to have happy, healthy children," Gail told reporters "It would kill us for them to hurt our children." Their Attorney Tom Hagan has filed a challenge against the constitutionality of the exemption statute that allows only children of "well-recognized" religious orders to be exempted from

Arkansas Fights Continue

The news is not so positive out of Hot Springs, Arkansas where **Dr. Stanley** and **Penny Heard** are continuing their battle to have three of their five children return to school while their challenge to the State inoculation laws continues. Their attorney, James Marschewski's request for a temporary injunction, forcing the superintendent of the Lake Hamilton School District to recognize their exemption and return the children to school was unsuccessful.

A petition was filed with the Arkansas Supreme Court, and a motion was filed "To Advance a Hearing on the Case in the Public Interest." No temporary relief has yet been forthcoming from the Supreme Court, nor has action been taken on an appeal to the Local School Board.

One victory the Heards did obtain was over a truancy charge when the Judge agreed with their argument that this was an improper back-door way of seeking compliance with

inoculation requirements.

Of particular importance in the Heard case is their contention that the medical exemption already provided for under Arkansas law authorizes all the exemption they need, namely, an exemption letter they obtained from their family physician who is a local Chiropractor. State law provides that medical exemptions may be granted by "physicians licensed to practice by the three medical examining boards" provided for under Arkansas statutes. The Trial Judge took the position that a Chiropractor should not be recognized as a "physician" for these purposes, and therefore disregarded the medical letter. This is clearly a jaundiced reading of the statute, and if and when a precedent is established on appeal in the State of Arkansas that Chiropractors can issue inoculation exemption letters, we will have won a major victory for Health Freedom which could echo around the country!

As with the Flemings, our Legal Defense Fund has contributed an initial \$500.00 towards their legal fees. This is indeed an important test case, and your continued financial assistance will be appreciated.

Continued on page 28

state required inoculation laws.

They seek to overturn the statute on grounds that it "in its simplest form, violates freedom of worship" protected by the 14th amendment.

In court, Atty. Hagan said the exemption "in fact, exempts some and not others and therefore is unconstitutional ... void and unenforceable."

In arguing for the Temporary Injunction, Hagan said that keeping the students out of school would "jeopardize their education. They may lose credits for the year's work, they are falling behind."

As for the lack of immunizations, he said that "they have not been

immunized, but the general student population has been inoculated. Hence, there is no danger to the general population. The only danger is that the children have been deprived of an education pending the outcome of the final hearing."

In summing up his comments, Atty. Hagan said that "there is a serious constitutional question" involved in the cases.

Hagan said the exemption statute "benefits certain sects of religious society and exempts others."

We in the ANHS say amen to that!

We'll keep you posted about the progress of the Flemings' fight.

by Mark A. Huberman

An unexpected highlight of my July '83 two-week honeymoon in Athens and Rome was the opportunity to visit and interview Dr. Peter Coumentakis and his wife Theodora — both Hygienic Practitioners, **practicing together** in Athens. As the following interview reveals, they are an extraordinary Professional Hygienic couple making enormous contributions to the Natural Hygiene Movement in the land where rational thinking about the true Science of Health began several thousand years ago.

A Conversation With Peter Coumentakis, N.D.



Dr. Peter Coumentakis and his wife,
Dr. Theodora Coumentakis

Peter Coumentakis (his Greek first name is "Panayoties") is a tireless one-man army for Natural Hygiene, breaking ground for Hygienic health education on every level. He is the author of two treatises on Natural Hygiene. The first is entitled **Revolution in the Principles of Health, Nutrition and Healing**, which was printed in 1974. It is over 1000 pages long and teaches the theory and basic principles of Natural Hygiene largely as expounded by Dr. Herbert Shelton. His second book, which rolled off the press in 1982 under the title **Nutrition and the Hygienic Style of Living and Health**, is a 500 page handsome soft-covered encyclopedia of the practical approach to applying the principles of Natural Hygiene. During my visit, Dr. Coumentakis presented our Society with a copy of his latter publication, which is now kept in our Hygienic Library.

In addition to writing a regular monthly health column in a Greek **Let's Live** type magazine, Dr. Coumentakis also lectures regularly, and, with his wife's assistance, is currently developing a series of health programs for Greece's National Public Television.

He exhibits great national pride and strongly supports the many progressive reforms that have swept his country since the overthrow of the ruling military junta and its replacement with the democratically elected Socialist, Andreas Papandreaou. He is optimistic about formal recognition for "Drugless Healers" and other alternative health practitioners, in the near future.

His uncompromising principles, energy and enthusiasm are inspirations for all those around him, and he is much in demand, as my wife Debbie and I learned while walking with him. It seemed that wherever we went, Dr. Coumentakis would be stopped on the streets by probing patients and well-wishers.

He also serves as the guiding light for a truly Hygienic health foods store in Athens entitled "Natural Nutrition."

As the following interview reveals, Coumentakis' wife, Theodora, is also a dedicated Professional Natural Hygienist, but because she speaks English less fluently than her husband, the interview was conducted with Peter.

Both Peter and Theodora are members of the International Association of Professional Natural Hygienists, and last visited us at the Bowling Green Convention in 1980. Since that time, they have become the proud parents of a beautiful daughter, Christina: raised Hygienically and now three years old.

After reading the following interview, I know you will agree we would welcome their presence again at our future conventions.

You and your wife form a wonderful combination within the Natural Hygiene movement; inasmuch as you are both doctors, and both Hygienically inclined, you are a Naturopath and she is a Medical Doctor. Tell us about how you both happened to join each other in the interests of Natural Hygiene.

That is an interesting question, and I am very glad to answer it. It was a fortunate circumstance that my wife began to listen, early on, without prejudice, to my explanations about this science of living called Natural Hygiene. This is despite the fact that she studied medicine at the University of Athens (from which she graduated six years ago), where her specialties were psychiatry and neurology. When I met her four years ago she knew nothing about Natural Hygiene, and while she was amazed and surprised, she listened carefully, asking many questions, and as time went on, she studied the entire subject in depth. We talked about it constantly, often until late at night, sometimes until three or four o'clock in the morning. We talked especially about Shelton and the pioneers, and that most of them were medical doctors, but we touched upon all phases of the subject.

Talking or arguing?

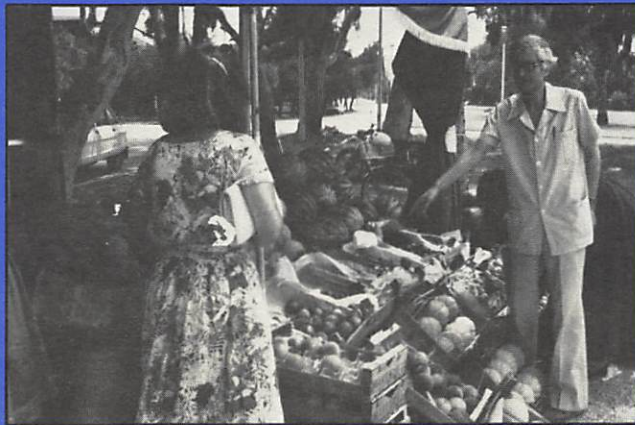
At first we had constant differences, but as time went on, we began to reach agreement on the major facts. Of course, in some areas, such as emergency care, vaccines, surgical intervention in diseases, she needed quite a bit of convincing. Today, she is in agreement on most of what Natural Hygiene espouses. For example, recently when I was indisposed because I fell down the stairs and had a leg fracture, she substituted for me and worked as a Professional Hygienist. She did very well indeed, using only Natural Hygienic procedures.

Would you say that philosophically as well as scientifically, she is now a complete adherent to the Hygiene program?

I would not go quite that far. Let me say, almost entirely. For example, we have not vaccinated our child. She (Theodora) does not advocate drugs for her patients. Two or three years ago she suffered from severe cystitis and did not take any antibiotics. She fasted for four days, followed by a Hygienic regimen, with very satisfactory results. When

patient is well, books and lectures, etc., may be enough, but in cases of serious illness, especially when the patient has previously had various kinds of "treatment," the guidance and reassurance of the Hygienic Doctor is greatly needed.

When we open our institution we will, of course, take care of all manner of cases, but our big aspiration is to help mentally afflicted people.



Peter Coumentakis at a beautiful outdoor market.

we first met, she fasted twelve days to detoxify herself and lose some excess weight.

Let me tell you what we are planning, hopefully in the near future. So far, I have not been able to open an institution, so my practice has been out of my office. You can take care of short fasts that way, but when disease is far advanced, and in some cases has been abused by harsh treatment, longer fasts are indicated, and the constant contact which I feel is needed is not so easy to handle on an out-patient basis. During lengthy fasts the patient needs to know at all times just what is happening. This lessens alarm and reassures the patient. May I say that a significant factor in Hygiene is that it is "a learning process." The patient needs to be educated and the most important part of this "learning" is greatly helped by daily contact. When the

In other words, you want to emulate the work of Nikolaief in the Soviet Union?

Yes. According to reports, he has taken successful care of more than ten thousand "schizophrenics." We want to show the "west" what can be done by Natural Hygienic care even in these difficult cases.

Let's discuss your background.

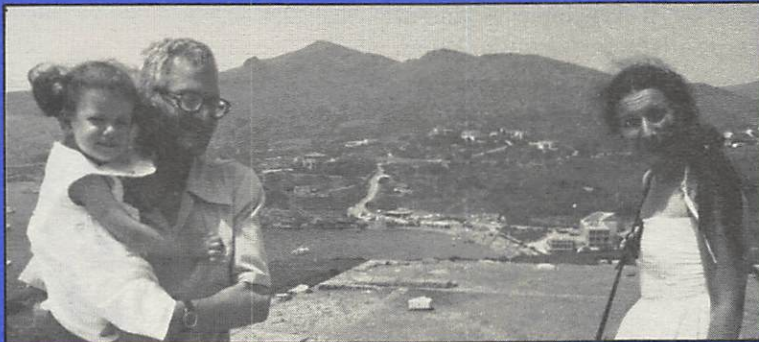
I studied political science in Athens when I finished high school, and gained a Masters Degree in the same subject. I heard and read about Nature Cure and it fascinated me, until I discovered Natural Hygiene. I realized that this was what I had been looking for, and I decided to come to the United States and study. In 1963 I enrolled at the National College of Naturopathic Medicine, in Seattle,

Washington. There, for four years, I was taught to treat disease with homeopathic drugs, botanical preparations, herbs, physiotherapy, diet, osteopathy, electrotherapy, etc. During all this period I was receiving Dr. Shelton's *Hygienic Review*.

Immediately after finishing Naturopathic College, I went directly to Shelton's in San Antonio, Texas. I had done a lot of reading of *Hygienic*

eight months, serving a valuable internship with Shelton and Vetrano. I also had some long and short fasts before I went there, while I was with them, and after I left.

Millions of people are addicted to "so-called" legitimate drugs. How does Natural Hygiene cope with this dilemma, and how do you personally handle it?



The Coumentakis family at Cape Sunion near Athens.

literature, especially Tilden, Trall, etc., and in the modern era, Shelton and Trop. Through the *Hygienic Review* I had a chance to read the articles of Benesh, Esser, Gross, Vetrano, Sidhwa, Burton, and other practitioners. I discarded the teachings of Naturopathy and all other external Healing Systems.

So you went to Shelton's after school?

Yes. Dr. Vetrano helped me a great deal, not only by reading her fine articles, but by working in close proximity to her. She helped me to understand all the basic precepts of Natural Hygiene, and more importantly, to get some practical training, by helping to supervise people at the institute.

While I was there I had a chance to study Dr. Shelton's unique and magnificent library. Also every afternoon at about six o'clock I went with Shelton on his daily walk. Those conversations have been of the greatest inspiration to me, strengthening my beliefs. Overall, I stayed about

Yes, Natural Hygiene has a serious problem because, in plain language, such people have been poisoned. In ordinary disease the reaction of the body is in conformity with normal bodily processes, so we have to taper off from the effects of drugs carefully. That is one reason why it is so important to take a detailed history in all cases. The nervous system and all of the defense mechanisms are up in arms, so to speak. Careful supervision is needed in the initial stages so that the body does not exhaust itself in its monumental effort to sustain life. As you probably know, there are well known examples of what happens when you stop using marijuana and other narcotics. Of course, you know how the body reacts when you stop smoking.

You withdraw?

Yes, and the reaction is similar when we stop eating the usual kinds of artificial foods, and when we stop smoking, or drinking coffee, or alcohol. The body takes advantage of the opportunity offered by Natural Hygienic care to repair the damages (to

withdraw); to throw out all the toxins, and to bring back normal order and procedure to the abused organs. We call these bodily reactions "crises" and it is perhaps too "scary" a word to describe what is happening.

Are these crisis reactions dangerous?

They are not really dangerous if properly observed and monitored. Getting the patient to understand what is happening is often the main problem. People are so used to "taking something" that it takes time and considerable explanation to make it clear that these "crises" are normal reactions of the body.

Are these powerful reactions that people are experiencing, because of their imbibing harmful substances, a phenomenon of the Twentieth Century, with which our early Natural Hygienic pioneers did not have to contend?

Yes. The early pioneers did not have to deal with patients who were taking such powerful drugs.

Do you think that the additives in food have also contributed to such abnormal reactions?

Yes. The way people are eating today deeply disturbs the body. The body is forced to react more strongly and severely.

Another source of controversy, within even some of our professional ranks, centers over how nuts are used in a Hygienic diet. Some practitioners are very strict about nuts and say they are too difficult to digest, contain too much fat and too much protein; others say they are one of God's gifts, that they not only taste good, but they are good for you. Still others suggest strictly limiting the quantity of nuts. What are your thoughts on this?

Nuts are a good food, but they are highly concentrated, and speaking

generally, people who are on a Hygienic diet should eat from two to four ounces a day, not more. Three ounces may be about right, but it should not be overdone. It's a case of not over-doing a good thing.

What about natural cheese? Do you feel that it is a more healthful form of protein for many Hygienists than nuts?

No, I strongly believe that nuts are the best protein for people. Cheese is a compromise, something many people are used to.

Another controversial item which arises from time to time is the use of fruit and vegetable juices as part of a Hygiene diet. The traditional argument against it is that it fragments, fractionalizes, oxidizes food. Do you feel that this is beneficial or harmful?

I do not favor juices, and I do not favor blended foods, because there is a kind of damage, a kind of loss in the food structure and value. I believe that if one has good teeth and a good stomach, it is better to eat the whole food without blending or juicing it. There may be some special cases, of course, where blending and juicing may be temporarily (or even for longer periods) necessary; but certainly not as an addition to everybody's diet.

What would you like to say in closing?

I look forward to the day when Natural Hygiene will be widely recognized and understood as the natural and ideal way to live, and that the best way to get well when you are sick is to start living Natural Hygienically.

**Mark Your Calendars Now
and Plan To Attend**

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Miami Beach, Florida

When: Sunday, August 19 thru
Saturday, August 25, 1984

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MORE DETAILS ON PAGE 22.



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. *Does elective surgery have its place in Natural Hygiene? I have bunions. They result in developing calluses on the soles of my feet which build up to a rather painful state until I have to resort to their removal by a podiatrist. This about one a month. I have read articles written that state it is possible to have the big toe repositioned through surgery which would allow the other toes to lie flat and eliminate the formation of calluses. I have consulted with two podiatrists who have recommended this procedure for me.*

Annette Goldstein
Miami Beach, FL

A. This is a question that should properly be resolved by consultation with a Natural Hygiene professional. I am asking the ANHS National Office to send you a list of our professional Natural Hygienists. I would suggest also that you consult Dr. Jack Goldstein, a podiatrist and prominent Natural Hygienist, who appeared on the program at our 1983 convention. His address is P.O. Box 37261, Oak Park, Michigan 48237, Telephone 313/968-2913.

In general, elective surgery poses the question of weighing the risks against the potential benefits. We know that the drastic invasion of the body which any surgery involves, and the inevitable anesthesia and drugging which accompany the surgery and the subsequent post-operative period, present grave concerns.

I have repeatedly heard Dr. Burton say that he would certainly

recommend "constructive surgery" where there is an obstruction of body processes, such as when a large tumor is blocking necessary bodily functions, or when an enlarged prostate gland is blocking urination.

Bunion surgery is regarded as minor, yet I know of one case where death resulted, as a consequence of drastic reaction to the anesthetic which was used.

I can well empathize with your predicament. My feet were deformed many years ago, when, as a child of a family of very limited means, my shoes could not be replaced until they were worn out — resulting in bunions and hammer toes.

I deal with this problem by going barefoot at home, and wearing the most comfortable shoe I can find — low heels. As a result, I have very little callous formation, and can walk for miles — outwalking many younger people (I will be 75 in November). I decided long ago I did not want the surgery.

Do consult a Professional Natural Hygienist, and also Dr. Goldstein, and Dr. Sharp and then you must make your own decision.

Q. *About 16 years ago in General Hospital in Vancouver, seven or eight kinds of drugs were tried on me, which did not work, and were making me more sick. The Professor in the hospital told me I need a special diet, but that the diet that the hospital would give would not help me. I found my diet in Natural Hygiene books, then I subscribed to Dr. Shelton's Hygienic Review, and later to Health Sci-*

ence. If I can, I try to learn and practice Natural Hygiene. If I did not try to practice the rules of food combining, I would be in a wheel chair or worse.

The diet works all right, but the insecticides in foods ruin it. Now, for about one and one-half months, I have blisters almost all over my body . . . Please advise if there is a better way to ease or prevent suffering from poisoned foods.

Josef Kendra,
Vancouver, B.C., Canada

A. The best advice I can give you is to put yourself under the care of a Hygienic Professional. I have asked the National Office of the American Natural Hygiene Society to send you a list of these Hygienic doctors.

Self-treatment with apple cider vinegar, linseed oil, aloe vera juice, or food supplements (mentioned in another part of your letter) are not advised or endorsed by Hygienists.

It may very well be that the condition of your body at the present time makes you particularly vulnerable to sprays, additives and preservatives. There is no antidote or magic potion that will deal with this problem effectively and harmlessly.

A Hygienic Professional can advise you as to whether or not you should do any more fasting, and just what your food program should be.

I note from the various notations on the booklet you enclosed, that you were told you have "multiple allergies," and that you had a large goiter, which shrank on fasting and a vegetarian regimen. I also note that Dr. Virginia Vetrano wrote you: "You need a warm climate for better health. You should be able to grow your own foods organically."

This advice goes to the heart of your problem. The best solution to any health problem is to eliminate the cause.

The interference of
predominantly male doctors
with the birthing process is
not only unnatural, but in
many cases, detrimental to
the health of both mother and
unborn child.

Pregnancy and Birth: PHYSIOLOGY, NOT PATHOLOGY

The Rise of Medical Experts

The period of "scientific medicine" became established with finances from America's new plutocrats, John D. Rockefeller and Andrew Carnegie. Barbara Ehrenreich describes very well in her book, *For Her Own Good*, how big money enables "scientific medicine" to usher in the era of the "supertechnological, instrument-dominated medicine" of today. The rise of the medical experts at the beginning of our century also inaugurated the era of systematic mis-education about the human body and its *modus operandi* (way of working), and the powers of the body for self-healing. People have been led to believe that disease has to be expected. The body is presented as a fallible contraption that is constantly breaking down and has to be watched and patched.

The development of a "laboratory mystique" and the torturing and killing of countless millions of helpless animals, have been used and continues to be used to scientize medicine. Ehrenreich points out,

"The rationale for scientizing medicine was provided by The Germ Theory of Disease. If all diseases had a single, known cause, as Benjamin Rush had argued, or if they were caused by "bad air" or "unbalanced humors," as most pre-scientific doctors believed, there could be no good reason for putting medical students through the trials of a scientific education. If, on the other hand, they (diseases) were caused by actual physical particles — "germs" — as Pasteur and Koch and other great figures of European biology claimed, then science was indispensable."

by Frieda Kabelac

Physiology Became Pathology

The invisible germs, which could only be seen by the scientist in the laboratory, became the culprits causing fevers, diarrhea, vomiting, coughing, sore throats, etc. All the defensive, self-inaugurated body functions, to rid the cell environment of poisons, were designated as diseases caused by omnipresent enemies. These exaggerated physiological functions, to accomplish self-purification, became known as infectious disease caused by germs. Not only the body's defensive and resistance functions became pathologies, but pregnancy also became a pathology. Consequently, pregnancies culminated in the hospital, and the delivery of babies became and continues to be a "major operation."

Illegalizing Midwives

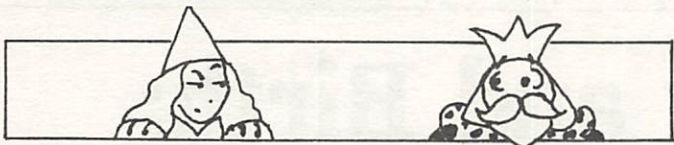
According to Ehrenreich, in 1900, 50% of American babies were still being delivered by midwives. Since the midwives went into the homes to aid in the natural, normal process of birth, their work could not be considered as practicing medicine. And so there was a "midwife problem." She was in the way of the development of institutional medicine. Those 50% who used midwives were the poor and recently arrived immigrant women. Between 1900 and 1930 midwives were almost totally eliminated. They were harassed by

Continued on next page

medical authorities in many places and outlawed in many states. States Ehrenreich:

"One of the reforms advanced by medicine's scientific elite was that students should be exposed somewhere along the line not only to laboratories and lectures but to live patients."

Consequently, medical schools attached themselves to "charity" hospitals so that medical students could get practice with drugging, using forceps and other instruments and doing operations.



A Position Fit for a King

Animals do not have a horrendous time giving birth. Cats often purr during the birthing process. Western women, who are under the care of obstetricians, are the only warm-blooded animals who give birth lying flat on their backs, with feet locked in stirrups, and knees high in the air. This was not always the case. When males entered the women's domain of childbearing, they got rid of the midwives' birthing stools and women were put in the supine position on tables. Dr. Mendelsohn relates in his book *Mal(e) Practice*,

"The practice of laying the birthing mothers flat on their backs was initiated to satisfy a kinky erotic aberration of France's King Louis XIV! King Louis, it seems, got his kicks by peering from behind a curtain while his mistresses, of whom there were many, gave birth. He was frustrated because his vision was obscured when the women were placed on birthing stools. In an inspired moment he used his royal clout to persuade a male midwife to improve his view. A woman was placed on a high, flat table, with her knees up, and King Louis was immensely pleased with the result."

Therefore, what suited the royal household was made good for everyone else, and besides, it was so much more convenient for the men.

Mal(e) Practice in Obstetrics

One would think with the scientizing of medicine that the "scientific" medical professionals would at least have learned enough about anatomy, physiology and the force of gravity, to have placed women in a less perilous position than flat on their backs.

"The position itself created the pathology that makes normal births abnormal and provides the obstetrician with about 95% of his reason to exist."

So says Dr. Mendelsohn. The supine position also increases the risk of hypoxia (lack of oxygen) to the baby.

Placing the woman on her back with feet in stirrups immobilizes her so that complications ensue. "... the baby must be delivered against the force of gravity and

the upward curve of the pelvis. In this position the perineum is more likely to tear," says Dr. Mendelsohn. The doctors justify the use of the scalpel to cut women from the vagina back to the rectum. They justify it by saying that a cut heals better than a tear. This is not true.

There should be little reason for tearing of the perineum. The body, with its billions of years of chemical information, has foreknowledge. A few days before the baby's birth, the body suffuses; i.e., it fills the vaginal and surrounding tissues with fluid. This makes the tissues elastic so that they will not tear. A more upright position during labor, and some exercise before, helps keep more fluid in the tissues.

Pathologies Galore

The obstetrician's intervention in the birth process with drugs, instruments, monitors and surgeries causes a host of injuries and even deaths to babies and mothers. Mendelsohn points out, "They know that drugs will keep the mother quiet, make unlimited intervention possible, and allow the doctor to deliver the baby at the most desirable time for him."

The laboring woman in the supine position has so much pain that it requires drugs. Then the doctors blame the victims. The drugged woman cannot feel contractions and has to be told when to push. Difficult and prolonged labor is the excuse for using forceps and other instruments. Diana Scully, in her book *Men Who Control Women's Health*, points out that the use of instruments, often by student doctors, makes the delivery extremely painful and causes damage to babies and mothers.

Among the worst injuries to mothers, which Scully describes, is the vesicovaginal fistula. This is a tear in the wall between the vagina and bladder. It results in continuous seepage of urine and causes severe discomfort, unpleasant odors and social isolation. Instrument use also causes hemorrhaging as well as the reason to do episiotomies.

"The analgesics, such as Demerol, that are given to the mother in the early stages of labor do more than kill pain; they also affect other mechanisms, including breathing. The mother's brain is relatively resistant to the effects of these drugs, but not so the baby's. The infant may experience hypoxia (lack of oxygen) as the result of analgesics given to the mother. This threat is compounded by the already present risk of hypoxia due to the supine position in which the mother has been placed. Deprived of an adequate supply of oxygen, the baby may literally try to breathe before it is born in order to gain the oxygen it needs. In so doing, it inhales the amniotic fluid."

The medical profession's supertechnology is detrimental to everyone including the unborn. Electronic fetal monitors, to check the heartbeat, are being used.

It is estimated that between 50% and 75% of all hospitals are being monitored. A United States Senate subcommittee found that in six large Washington hospitals the rate reached 100%. Mendelsohn says, "Perhaps the most senseless application of medical technology is the use of the fetal electronic monitors." Both kinds of monitors, internal and external, can give false readings. Both kinds of monitors require that the mother lie virtually motionless and flat on her back. Inactivity causes the mother more pain and prolonged labor.

"In addition to retarding labor and making it more painful, the position interferes with the supply of nutrition and oxygen to the fetus, which can cause brain damage and in some instances death."

So says Dr. Mendelsohn, and then further on:

"I am convinced that the high incidence of learning disabilities, hyperactivity and similar problems observed in children in the United States, is the result of fetal oxygen deprivation that doctors cause during labor."

Dr. Mendelsohn talks about the disgraceful inaccuracy of fetal monitors as well as how they are used.

"The internal monitor is inserted through the mother's vagina into the uterus, where it penetrates the amniotic sac. If the doctor doesn't miss and hit something else, the corkscrew is twisted into the baby's scalp."

A false monitor reading results in Caesarian section and the cost of delivery goes from approximately \$700 to about \$3,000. Ceasarians are given all too frequently and the rate continues to go up. Mendelsohn states that when he was a medical student the need for a Caesarian began after 72 hours of labor. It went progressively down to 48, 24, 12 and he says, "now even 2 hours will do."



Childbirth at the Convenience of Obstetricians

Gestation and parturition are natural processes. A woman's reproductive organs are designed for and adapted to do their work. They can do it well if not interfered with nor hampered in their performance. As I stated earlier, the body has foreknowledge and prepares the tissues for the baby's passage. When pregnancy is at term, the pituitary gland secretes oxytocin to produce contractions in the uterus that expel the baby.

Doctors use drugs to speed things up or slow them down for their convenience. The drug manufacturers have developed a synthetic oxytocin called pitocin.

Pitocin is added to intravenous fluid to speed things up. And so it does. It speeds things into more dangers and complications for mother and baby.

Fear and Ignorance, the Allies of Institutional Medicine

Fear and ignorance are prime requisites needed in order to exploit for profit. Before World War II girls and young women were kept in ignorance about the reproductive process and childbirth. Many women did not know how babies were born until they had one. Most of what they had learned about childbirth was about the pain and bad experiences of their abused and victimized mothers.

During the baby boom of the forties and fifties, doctors discouraged women from breast-feeding their babies. The women were either led to believe that they could not breast-feed, or that it was less sanitary, or that formula was more convenient and even safer because it was supposed to be nutritionally balanced. This was a great boon for the pharmaceutical companies. Bottle-fed babies have more sicknesses — a real boon for the pediatricians as well. Pregnancy is written up in medical books as a disease with descriptions of symptoms and complications. Fear of complications causes women to act as if they have a disease that requires constant checkups. Fear itself can cause complications during delivery. And so pregnancy became a nine-month disease and the act of birth a surgical procedure.

The Women's Movement Brings Changes

The violence and brutalities of the medical profession toward women became the special target of the Women's Movement. Women's exposure of medical abuses, and their organizing of women's health centers, plus their encouraging women to use midwives, has resulted in some changes.

A few hospitals have made changes. Some are beginning to use birthing chairs in maternity rooms. Husbands and other family members are allowed to be present for support to the birthing mother. But there is still a long way to go before the women's domain of childbearing again comes under women's control, and is taken out of the hospital setting. When women are properly educated and childbearing is treated as natural, normal process, there is nothing to treat. There is nothing more useless than a doctor who has nothing to treat.

I want to finish with a quote from Dr. Mendelsohn's fine, hard-hitting book, *Mal(e) Practice*, which I urge all to read:

"About 95% of the time they (doctors) are as superfluous as tailors in a nudist colony. That is why Modern Medicine has to distort the process of childbirth to create the pathology that doctors will be needed to treat."



ANHS Report

By Mark A. Huberman

'84 Convention Set For Miami Beach August 19th Thru 25th

Plans have been finalized to hold the Society's 1984 Annual Convention and International Natural Living Conference at the Sans Souci Hotel located along the new Miami Beach, Florida, Sunday, August 19th through Saturday, August 25, 1984.

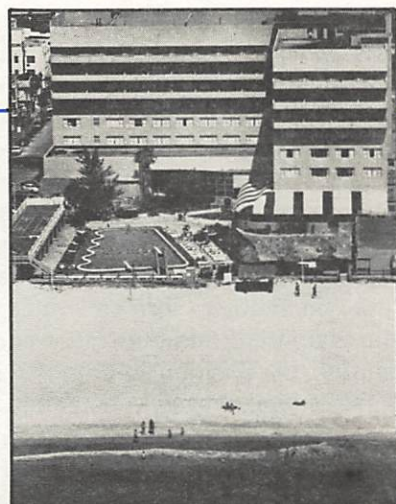
The Sans Souci is one of the newly remodeled hotels located along the most beautiful beaches in Miami, an area which has become a major tourist attraction. Special Convention rates have been worked out with the hotel officials and will be announced shortly.

A matter of special anticipation is the complete vegetarian catering that is planned under the supervision of Mr. Gunter Glindmeyer, Food Director at the Sans Souci, who recently won recognition as one of the best in the world.

As always, this year's Annual Health Conference will bring together from around the World the greatest scholars and teachers of the science, philosophy, and lifestyle of Natural Hygiene, the Science of Health. Planned speakers include Dr. Alec Burton of Australia, President of the Pacific College of Osteopathic Medicine; Dr. Keki R. Sidhwa of England; Dr. D.J. Scott of Strongsville, Ohio; Joy Gross, author of **The Vegetarian Child** and **Thin Again, Improved Fitness in 30 Days**; noted authors and lecturers Jack Trop, Hannah Allen, Frieda Kabelac, Mike Calhoun, and Paula Duvall; Dr. Jack Goldstein, author of **Triumph Over Disease Through Fasting and Natural Diet**; and many others. Subjects of lecturers and work-

shops will include all aspects of building health and the proper understanding of disease, including but not limited to natural childbirth and breastfeeding, exercise, fasting, vegetarianism, environmentalism, sprouting, avoiding inoculations and animal rights.

For more information, please write or contact the ANHS at our new address in Tampa, Florida.



The lovely Sans Souci Hotel - Inviting Recreation Area - a wide beach and the entire Atlantic Ocean. Come on down for a marvelous Convention and a delightful vacation.

Chicago Seminar Set For April 29th, 1984

The Reservations are now being accepted for the first ANHS one-day Health Seminar set for April 29, 1984 from 8:30 a.m. to 5:00 p.m. at the Hotel Continental in Chicago, Illinois. See the Seminar report elsewhere in this issue. A \$20.00 registration will prove a great investment in your health.

Tampa Address Change

Last issue's ANHS Report mistakenly listed the official address of the ANHS as P.O. Box 1083, Oldsmar, Florida. Please note that the proper address is

**12816 Race Track Road
Tampa, Florida 33624**

The phone number,
(813) 855-6607,
remains the same.

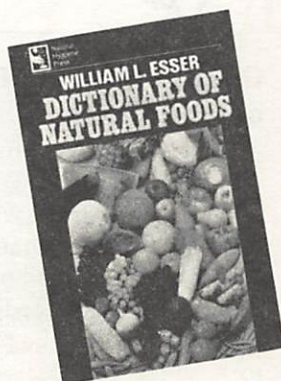
Now Available!

Dictionary of Natural Foods

by Dr. William L. Esser

This beautifully illustrated source book of facts and history of natural foods is a MUST for your Hygienic library.

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Meet Ramona Prokoski— New ANHS Office Manager

If you happened to have called the ANHS for information about your Membership, *Health Science* Subscription, and NHP Book order, or just to chat, you probably enjoyed the satisfying experience of talking to Ramona Prokoski, the ANHS Office Manager from Connecticut who has enthusiastically agreed to move with us to Tampa to be part of our new administrative team, headed by Craig Laroche.

Although only 21 years of age, Ramona's professionalism and competency in almost all administrative areas matches her well with anyone the Society could find. A brief look into her background reveals from whence the talents arise. Ramona graduated at the top of her class at Jonathan Law High School in Milford, Connecticut with a perfect four point average. She then went on to spend two years attending Massachusetts College of Pharmacy in Boston followed by a year at the



University of Bridgeport where she needs only two more courses to complete a Bachelor of Science in Chemistry. She plans to finish her undergraduate work in Tampa while working for the ANHS, and then set her sights on a Master's Degree in the same field.

Ramona is soft spoken and modest. When asked to explain her wide-ranging skills and ability to master almost any problem from computer programs to complex postal rates

and requirements she humbly, but accurately states simply that she has always "picked things up quickly" — and "just likes things to be organized."

As for the influence of Natural Hygiene on her life since coming to work for the ANHS this past summer (she is not a complete Hygienist — yet), she states that she finds great comfort in working for the Society since she has "always had a heightened consciousness about diet" just as she has "in many other areas of healthful and progressive living and thinking." "Working for the Society has increased that previous awareness and openmindedness," Ramona says.

Ramona is optimistic about the future of our Society and sees new doors opening for it everywhere, as greater numbers of people are becoming more aware of the impact of their lifestyle on their health and well-being.

She feels the ANHS "has a great deal to teach" and "she's glad to be a part of it."

And we're glad to have her!

Board Meeting Set For Chicago

The ANHS Board is scheduled to meet April 27th and 28th, the two days immediately preceding the Chicago Seminar. The Society's '84 budget will be acted upon and consideration will be given to several important new projects.

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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 Tampa, Florida, 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.



Century Club

Louis and Hannah Allen

Thanks!

Thank you, stalwarts of the Century Club! Your support makes it possible for the Society to continue to offer annual memberships (including subscriptions to *Health Science*) at minimal cost to new members and to those who are not yet able to pay more for their current memberships. Your contributions have been the mainstay of the Hygienic movement since the early days of the Society.

Century Club Member of the Month:

Ellie Fox

Sponsoring Life Member

Ellie Fox has been studying and practicing the precepts of Natural Hygiene since October 1980, and is a member of the Southwest Florida chapter of the American Natural Hygiene Society. She experienced her first fast (ten days) under the supervision of Dr. Frank Sabatino at Shangri-La in Bonita Springs, Florida.

She has been married to Edward L. Fox since September 1960, and they have a son, Edward L., Jr., who is a student in his junior year at the University of South Florida in Tampa. Her husband, Ed, is President of Fox Electronics, which markets crystals and other electronic components world-wide.

She is a Registered Real Estate Broker, a Realtor, and owner of the Fox Real Estate Company in Ft. Myers. She and her husband are also investors in residential income properties which Ellie manages. Her hobbies and other interests include reading, exercising, tennis, sewing, sailing and traveling. During the summer of 1983 the Foxes visited nine countries in Western Europe, and they hope to travel over a different section of the world every summer. Their goal is to see the whole world. They found it fairly



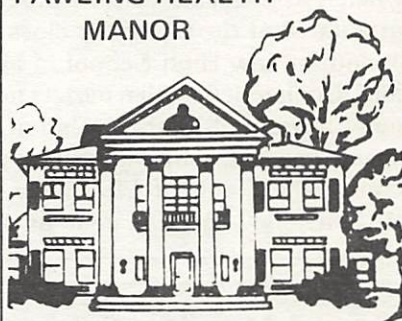
easy to stay with the Hygienic diet in most places by buying fresh fruit at the outdoor markets and eating only green salads and fresh vegetables in restaurants.

Century Club Members: Please send in your brief bio, and, if possible, a black and white glossy photograph.

Potential New Members of the Century Club: If Natural Hygiene has helped you, we suggest that you take this means of expressing your appreciation for your good fortune in discovering this way of life. Send in your check for \$100.00 (or more), together with a brief bio and a black and white glossy photograph.

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Around the Chapters

by Kate Sharp

Meet Jack & Corinne Goldstein!

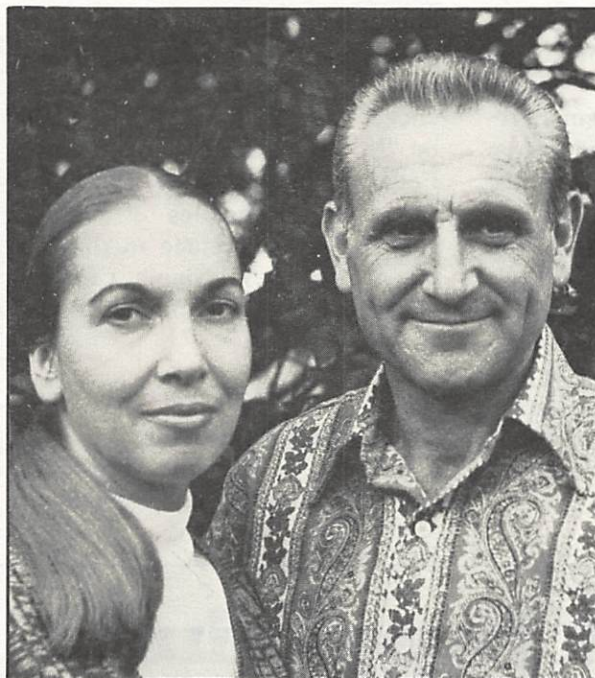
The handsome couple featured in this issue are Dr. Jack Goldstein and his wife Corinne. The Suburban Detroit Chapter was founded in 1957, and Jack and Corinne took over the Chapter in 1968. The officers are: President, Corinne Goldstein; Vice-President, Dr. Jack Goldstein; Secretary, Carol Schwartz; Treasurer, Carol Lieb. Jack and Corinne have been practicing Natural Hygiene for 19 years, and they have been Society members for 18 years.

Jack's book, *Triumph Over Disease by Fasting and Natural Diet*, vividly describes how he recovered from a nearly fatal illness, ulcerative colitis. This is his story, "depicting the gradual downfall, deterioration and hopelessness of a person under medical care, with the reasons why it happened, and the dramatic recovery, when a plan of living was followed (after abandoning the medical gamut) which is in harmony with natural physiologic laws as applied to the human being."

Both Jack and Corinne have been Board Members, and Jack is a past President, serving from 1975-1977. Both Jack and Corinne have presided over past Conventions, and they have both appeared on the Convention programs. Jack's sense of humor and wit, together with the slides taken at the Pawling Health Manor, where he fasted for six weeks under the supervision of Dr. Robert Gross, made for an outstanding presentation as he recounted the progressive stages of his fasting experience, at our 1983 Charlotte Convention.

Jack's book, which was first published in 1977, as well as his radio and TV talks and lectures throughout the country, have helped thousands by giving them an alternative to surgery and needless suffering. In

Attention: Chapter Presidents: Please mail copies of your chapter activity flier each month, plus any special news and/or photographs with reference to your chapter members, to Kate Sharp at 4232 W. Highland Blvd., Milwaukee, WI 53208. This sharing can help generate good ideas. Your cooperation will benefit all of our chapters. Each issue will present a short feature article, hopefully with a photograph, as well as general chapter activities news. Thank you.



Jack and Corinne Goldstein

addition, he has been working with the Chief Doctor of Research in a major medical hospital, as a consultant of bowel disease, using a non-medical approach.

Jack and Corinne's dynamic programs at their Chapter Meetings, have established them as one of the outstanding Chapters of Natural Hygiene. In October they spoke on

"Re-Learn to Eat Vegetarian Style." In November, Jack presented "My Case History," with slides. Jack Trop's film, "The Greatest Adventure," was shown in December.

By profession, Dr. Jack Goldstein is a Podiatrist and Nutritional Consultant, and Corinne is an Art Teacher in the Detroit Public Schools. They have two sons, Irwin, 22 years old and Darryl, 19 years old.

Contact Corinne Goldstein, Suburban Detroit Chapter, American Natural Hygiene Society, P.O. Box 37261, Oak Park, MI 48237, for further information.

Continued on next page

In Memory

The ANHS regrets the untimely passing of longtime dedicated member Kaila Dworin. The Society's sympathies are extended to her family and friends.



Honolulu, Hawaii Chapter:

Lee Bauer, President and Treasurer. Lee reports they are fortunate to have Dr. Alec Burton speak once a year as he returns to Australia from our Conventions. Dr. Keki Sidwha spoke there about two years ago. In June, his Chapter presented "The Trager Approach and Mentastics." Maryann Zimmerman spoke about and demonstrated the approach Milton Trager uses to alleviate his patients' mental and physical ills. Trager is an M.D. who defines Mentastics as movement re-education. In July, Lee conducted a meeting "About Natural Hygiene," with a question and answer session. In September, Dr. Alec Burton spoke on "Your Lifestyle Determines Your Health." In October, Dr. Ranaele Whittington, who is a moderator and producer of a radio program, "Total Health" and appears weekly on a TV program, was guest speaker.

Milwaukee Chapter:

Dr. Bernard Sharp, President, Kate Sharp, Vice-President and Treasurer. In September, Jean Oswald, who co-authored with Dr. Herbert Shelton, *Fasting for the Health of It* was guest speaker. The flyer, which was generally directed to people with every type of ailment known to mankind, drew one of the best attendances they ever had. Many case histories were discussed from the book, and there were personal testimonies from the audience. In October, Dr. Sharp spoke on "Is Vitamin Supplementation a Fallacy?" In November, Dr. Sharp spoke on "Principles of Natural Hygiene" as a preface to the talk given by John McGinnis, Certified Nutritionist, who spoke on "Broad Scope Nutrition."

Los Angeles Chapter:

Sophie Holzgreen, President. Sophie reported she spoke on

"Health by Healthful Living" at the August meeting. She had visited the Yuchi Pines Health Center in Seale, Alabama and attended the 35th Natural Hygiene Natural Living Conference in Charlotte, North Carolina and she shared with the audience the high points of these two events. In October, in addition to her lecture on "Introduction to the Basics of Natural Hygiene," she had Judith Stransky give a lecture demonstration of "Feldenkrais Awareness Through Movement." The audience was invited to participate.

Greater Cincinnati Chapter:

Florence J. Kaplan, President, recently resigned from her office after devoting sixteen consecutive years of "labor of love." Harry Kaplan, the 81 year young Hygienist, who refers to himself as a student of Dr. Herbert M. Shelton, Phrenologist, and active businessman, spoke on "Health and Longevity" at the October meeting. In December, Harry and Florence had a "Mini Demonstration of Unfired Foods," inspired by William L. Esser's newly revised book - *Dictionary of Natural Foods*. In December, Dr. Allan Goldhammer's tape, "The Fallacy of Vitamin Supplementation," was played and discussed.

Pasco Chapter:

Louis Allen reports from Florida. At the October meeting, Virginia Kelleber gave a report of the 1983 Convention. Hannah Allen gave a talk on "Organic Gardening in Florida" as presented in the new edition of her book *Organic Gardening in Florida*. Both programs sparked interest, comments and questions. A talk by Hannah Allen on "Your Own Individual Food Program" was given at the November program.

What's Happening

CONVENTIONS - 1984

NNFA July 21 - 25	NATIONAL NUTRITIONAL FOODS ASSOCIATION CONVENTION, ATLANTA WORLD CONVENTION CENTER, ATLANTA, GEORGIA. For information write to NNFA, P.O. Box 2089, Carlsbad, California 92008-0350
IVU July 30 - August 9	THE XXVII WORLD VEGETARIAN CONGRESS, at the UNIVERSITY OF MARYLAND (BALTIMORE COUNTY), CATONSVILLE, MARYLAND. Details published as available, in Vegetarian Voice, the NAVS magazine.
ANHS August 19 - 25	ANHS 35th INTERNATIONAL CONVENTION AND NATURAL LIVING CONFERENCE, SANS SOUCI HOTEL, MIAMI BEACH, FLORIDA. Details and rates from ANHS.

New York Chapter:

Acting President Sam Rice, reports that Barry Mesh gave a Food Demonstration in November. Barry is President of the New York Health Emporium specializing in organi-

cally grown produce. Sam Rice spoke on "What is Health?" at the December meeting. He expects to speak at several of the Florida Chapters' Meetings during his stay from March to May, 1984.



Hannah Allen



Toronto Health Fair Scenes



Toronto Chapter:

Joseph Aaron, President. The Sixth Annual All-Day Health Seminar, featuring Hannah Allen, was held on Sunday, October 30, 1983, and was one of the highlights of the year. Gladys Aaron originated the idea of an Annual Health Fair, and this project has been most enjoyable and informative.

Following is a report by Frank Ross about Hannah Allen's enormous contribution.

This seminar was one of the highlights of our year. It could have been called "A Day with Hannah Allen." That gracious lady gave so much of herself to us that we wondered whether there was anything else left to give. Her various talks about the healthy life style of Natural Hygiene could fill books, and they have, which is why I can only report some of the briefest details.

Hannah began by telling us how to "turn back the clock" and to maintain energy, enthusiasm and interest well into the later years of life. This can be done only by eliminating those factors that degrade our life and our living. Factors such as the government sponsored drugs, alcohol, tobacco, sugar, caffeine, meat and white bread, lead laden air, car exhaust fumes, and so the list goes on.

Hannah taught us to learn to live with nature and listen to the messages of help sent out by our bodies. The need is not for self- or medically-prescribed ASA tablets, Tums or laxatives, but for a good self prescribed "lifestyle" which includes total rest so as to give our brains, bodies and stomachs time to recuperate.

That afternoon, Hannah continued to tell us how to live without the need to have our ailing bodily parts removed or otherwise doctored. This was just as well for she reported that surveys had discovered that doctors were correct in their diagnoses only 20% of the time. Putting it another way, doctors are wrong 80% of the time. Consequently, patients leave hospitals and medical clinics with more problems than they had when they went in.

Unfortunately, the day soon passed and it was time to leave, but the lessons learned and the demonstration of living energy and dedication that is Hannah Allen will remain.

The Health Fair is a regular annual feature of the Canadian Natural Hygiene Society. The idea came from Gladys Aaron who, with her band of helpers worked so hard to make it the success that we all enjoyed.

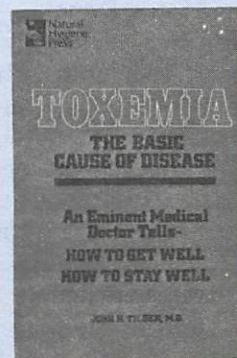
Greater Hartford Chapter:

As we went to press the following memo arrived from our future Executive Director, Craig Laroche.

Something old has become something new again in the greater Hartford area of Connecticut. A Natural Hygiene Club, formed six years ago at Central Connecticut State University, has been revived, and has now become a full fledged ANHS Chapter.

On November 28th and December 11th, 1983, Joy Gross was our guest speaker. Her first subject was *Total Health and Nutrition for You and Your Family*, and in her second appearance she graced our platform with one of her famous food demonstrations. Both of these sessions were fairly well attended by students and the general public. We are deeply grateful to Joy for re-launching us as the *American Natural Hygiene Society Chapter of Greater Hartford*. We will keep you posted on further progress.

*Elke Aston of
Forestville, Connecticut
is our first president*



TOXEMIA - BASIC CAUSE OF DISEASE - Dr. John Tilden. Written in plain language by an eminent M.D. who was a pioneer in Natural Hygiene. How diseases begin and develop as the laws of nature are disregarded. \$3.50



Around The World

Dr. Vetrano Invited to South Korea to Supervise Fasting

Beginning January 14th and continuing for five weeks, Dr. Virginia Vetrano will be breaking historic ground for the professional supervision of fasting and Natural Hygienic care. Dr. Vetrano has accepted the invitation of the directors of a Catholic tuberculosis sanatorium supported by the Republic of South Korea to supervise a thirty-day fast for forty volunteer TB patients between the ages of 20 and 40, the results of which will be given careful scrutiny and evaluation. This unique undertaking will reportedly be televised throughout Korea and will certainly bring wide attention to our approach to health and disease recovery.

We spoke to Dr. Vetrano prior to her departure, and she is looking

forward to this important opportunity with great anticipation. Dr. Vetrano reports that T.C. Fry was instrumental in arranging the invitation.

Southeast Asia was not the only foreign destination on Dr. Vetrano's itinerary. Her way was also paid to the Republic of South Africa, where a seriously ill long-time friend and patient flew her in for special attention and care.

Prior to leaving, Dr. Vetrano somehow found time to complete a Preface to the long-awaited new edition of Volume II of Dr. Shelton's *Hygienic System*, which is being published by the Natural Hygiene Press under the title *The Science and Fine Art of Food and Nutrition*, which should be available by the Miami Beach Convention.

Legal Watch . . .

continued from page 13

Two More Arkansas Cases

Jo Ann Cook's battle on behalf of her son, Justin Douglas, in Pine Bluff, Arkansas will shortly be coming to Court. In addition, charges of "unfitness" for "depriving her children of proper medical attention and an education" have also been filed against her.

Her attorney, Larry Kaplan of Chicago obtained an Order from a Federal Judge to delay the unfitness charges until a hearing on the merits of the inoculations challenge which was held January 15th. Despite the testimony of Dr. Robert Mendelsohn and his colleague Dr. Robert Block, their effort was rejected and an appeal has been taken.

Our Society has contributed an additional \$500.00 from our Legal

Defense Fund to JoAnn.

Still another couple, **Steve and Donna Kudabeck** of Hot Springs, Arkansas have challenged the school inoculation policy. Truancy charges were filed against them, even though they of course did not take their children out of school. Their children were excluded **by the school authorities**. Nevertheless, they were found guilty of truancy and fined \$700.00. An appeal has been taken but no court date has yet been assigned.

Our Young President Elected To Another Office

Mark Huberman was recently elected to the Board of Directors of the Boardman, Ohio, Board of Education.

A Meaningful Memorial

Many of our friends have honored the memory of dear ones with a tribute that serves the living. A Memorial Gift is a practical and fitting means to commemorate a loved one. Funds are used to spread the message of Natural Hygiene. Please send your Memorial Gifts to:

ANHS Memorial Gift Fund
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Tampa, FL 33624

In Memory of:

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\$_____.

From: _____

Donor's name

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City _____ State _____ Zip _____

P.S. An acknowledgement card to the bereaved family (or friend) will be sent by the ANHS to:

Name _____

Address _____

City _____ State _____ Zip _____



Gandhi and Shelton . . .

continued from page 9

gram. I doubt if any man could have withstood so many hardships, jail sentences and prodigious work that Gandhi did for India and the world, without his attention, meticulous and punctual, toward his physical self.

Shelton's Life-Time Commitment to Natural Hygiene

Shelton, right from the word go, knew what he had to do. His main task was to separate the wheat from the chaff of what went on in his time in the Natural Health movement. He is a voracious reader and that has helped him to do research and sort out the right principles buried in past literature, and discard as unnecessary and superfluous, many ideas which had no relation to the principles of healthy living.

Dr. Shelton was a Staff Writer on MacFadden's *Physical Culture* magazine, a Health Columnist for the *New York Evening Graphic*, Editor of *How to Live*, and published his own monthly magazine, *Dr. Shelton's Hygienic Review*, for 41 years. He was also one of the primary influences in organizing the American Natural Hygiene Society, and in 1949 was elected its first President.

The Two Great Freedom Fighters

Just as Gandhi believed that imperialism and colonization is degrading to the human spirit, Shelton has always equally stressed that the monopoly in health care by the orthodox medical profession is degrading and destroying humanity, and is a primary cause of human degeneration.

Gandhi believed that the British were masters in somebody else's home. Their very presence was a humiliation. Imperialism is government of other people by other people for other people. It is a perpetual insult, for it assumes that the outsider has the right to rule the insiders who, by inference, cannot rule themselves. Subjection breeds a desire for liberation, hence imperialism digs its own grave, and there can be no good colonizers.

Shelton's theme is, as long as the people are kept in darkness about the true causes of disease, and kept ignorant of the part they themselves can play in keeping themselves fit and healthy, then that kind of vested interest will finally help to decimate humanity, because such a course is bound to proliferate disease and degeneration.

On his last fast, the All India Radio broadcast Gandhi's words: "Do not worry about what others are doing; each of us should turn the searchlight inward and purify his or her heart as much as possible. I am convinced that if you purify yourselves sufficiently,

you will help India and shorten the period of my fast."

It is no coincidence that Shelton, in his latest interview with Mark Huberman, when asked, "How would you like to be remembered?" replied, "As the man who brought order out of chaos and as the man who revived a dying movement." When asked "Do you have any message for our Society and the world in general?" he replied, "I urge the necessity of maintaining Hygienic purity in your lives."

To the two freedom fighters, I pay my homage with the following two poems of mine.

The Teacher and The Pupil

As words to the poet
So examples are to the teacher
And I must feel
To choose the right moments,
For action speaks louder than words
And gives a truer meaning
My life must blend the various modes of living,
Portray truth in bold, firm decisions,
Bringing out the best in my pupils
And liberating them.

All creation must be considered,
All motives searched
And transferred to the page of life;
In action splendor, in performance brave —
Or stop preaching.

Skillfully I must use my talents
To weaning pupils from all falsehood.
And as the poet creates a poem in words,
So may I live a life worth living.

All That We Have

All that we have is a way of life
To show to the people,
The kind of life that they should lead
For Health, Happiness and Peace.
To emancipate the present from the past
And give freedom, grace and ease.
There is no life in slaving,
Nor do we exist for ourselves —
Choice and circumstances govern us all.
We must watch both or die.

Their legacy is courage, their lesson truth
Their weapon love of mankind.
Their life is their monument.
They now belong to mankind.



An Autobiography: The Story of My Experiments with Truth; Mohandas K. Gandhi

This book will be read by everyone seriously interested in the incomparable Mahatma Gandhi, the man who changed the course of Indian history and inspired millions throughout the world. Using simple language, Gandhi tells the story of his first fifty years. It is a remarkable tale, an inside look at the thoughts and actions of this fascinating, complex man. Conspicuously honest and straightforward, he admits his frailties and failures as well as his strengths and successes. "I simply want to tell the story of my experiments with truth, and as my life consists of nothing but these experiments, it is true that the story will take the shape of an autobiography."

He describes the influences of his upbringing and education in India, his law school years in England, his introduction of **Satyagraha** (non-violent resistance) into the fight for racial equality in South Africa, and his efforts to free India from British domination – by demonstrations, protest fasts, and his ultimate imprisonment. Chronicling his initial errors and misgivings alongside his increasing desire for purity and reform, Gandhi offers his views on health, diet, fasting, land use, industrialization, war, **ahimsa** (non-violence), **brahmacharya** (self-restraint), economics, politics, and a host of other subjects.

Spirituality permeated all aspects of Gandhi's life, and he attributes his success to it. "To see the all pervading Spirit of Truth face to face one must be able to love the meanest of creation as one's self. And a man who aspires after that cannot afford to keep out of any field of life. That is why my devotion to Truth

has drawn me into the field of politics; and I can say without the slightest hesitation, and yet in all humility, that those who say that religion has nothing to do with politics do not know what religion means."

A Gandhi Reading List

Apart from Hindu and other religious writings, Mahatma Gandhi credits three books with having the most influence on him: **Unto This Last**, by John Ruskin; **Civil Disobedience**, by Henry David Thoreau; and **The Kingdom of God is Within You**, by Leo Tolstoy. They can be obtained through your local library system.

Gandhi warns aspiring public servants, "It is the reformer who wants reform, and not society, from which he should expect nothing better than opposition, abhorrence and even mortal persecution." In the face of such opposition he recommends respect, "not here mean(ing) the mere outward gentleness of speech cultivated for the occasion, but an inborn gentleness and desire to do the opponent good."

Experienced with both home birth and home education, Gandhi urges parents to develop a thorough understanding of the care, feeding, and upbringing of children. This includes proper education, in which "physical training has as much place in the curriculum as mental training." "My children would not have enjoyed the general health they have today, had I not studied the subject and turned my knowledge to account."

Gandhi inspired millions not because he wrote convincingly or spoke eloquently, but because he transformed words and ideas into deeds. He lived his experiments,

gropings that led him to the conclusion: "There is no other God than Truth." Truth is "like a vast tree which yields more and more fruit the more you nurture it. The deeper the search in the mine of truth, the richer the discovery of the gems buried there."

Gandhi's **An Autobiography**, translated by Mahadev Desai, is available in three editions. Paperbacks by Beacon Press (\$8.95) and Dover Press (\$5.95) are available at booksellers. Navajivan Publishing House paperbacks (\$4.50), along with many other Gandhi titles, are available from AVS, 501 Old Harding Highway, Malaga, NJ 08328.

Unto This Last John Ruskin

University of Nebraska Press 1967

Unto This Last had great meaning for Gandhi. A compilation of four essays on political economy, its object was "to give an accurate and stable definition of wealth," and to show that the acquisition of riches was "possible only under certain conditions of society." What pleased Gandhi most was Ruskin's assertion that real riches was not found in banks, that "There is no wealth but life." And that the final outcome and consummation of all wealth is in "producing as many as possible full-breathed, bright eyed, and happy hearted human beings."

"Wealth," Ruskin asserts, "(is) the possession of articles, **which we can use**," there being no value in anything that cannot be used for benefit by the possessor. "When you give a man half a crown, it depends on his disposition whether he is rich or poor with it – whether he will buy disease, ruin, and hatred, or buy

health, advancement, and domestic love."

Ruskin explains the principles necessary to produce, exchange, and consume goods and services in a **just** manner, a manner that will result in a luxurious existence, not the luxury that "at present can only be enjoyed by the ignorant," unable to see "the suffering that accompanies it in the world," but a true luxury—"innocent and exquisite; luxury for all, and by the help of all."

Civil Disobedience

Henry David Thoreau

The Selected Works of Thoreau
Houghton Mifflin 1975

Civil Disobedience has become one of the most influential political documents in the world. Walter Harding, editor of **The Selected Works of Thoreau**, writes

"Thoreau's essay through Gandhi's application, freed India from the British Empire; through its use by the resistance movement in Europe, helped bring about the overthrow of Hitler's fascism; under the leadership of Martin Luther King, brought about the first major breakthroughs in the struggles of the American blacks for equality; in the student riots of the late 1960's, precipitated major changes in the structure and programs of colleges and universities around the world; and in 1968, was a factor in bringing the career of an American President to a close."

Thoreau is firm in his contention that

"It is not desirable to cultivate a respect for the law, so much as for the right."

And if that results in legal difficulties,

"Under a government that imprisons any unjustly, the true place for a just man is in prison."

Or if blood should flow,

"Is there not a sort of bloodshed when the conscience is wounded? Through this wound a man's real



Henry David Thoreau

manhood and immortality flow out, and he bleeds to an everlasting death."

His ultimate conclusion is that:

"There will never be a really free and

The Kingdom of God is Within You

Leo Tolstoy

Farrar, Straus and Cudahy 1961

Gandhi, who revered Tolstoy and continually read his writings, wrote that **The Kingdom of God is Within You** was the turning point of his life. Until then he was "a believer in violence." This is the book in which Gandhi first read of the principles of non-resistance to evil, and he gave copies to everyone who promised to read it.

Non-resistance to evil, which was first propounded by American thinkers, especially Thoreau, is the expression of disapproval of an authority or law by various non-violent acts, such as public demonstration or voluntary fasting. It is also a positive spiritual force used to overcome adversaries by suffering in one's own person. Tolstoy elaborated on this concept, using Christ's "Sermon on the Mount" as both inspiration and guide, producing what amounts to a manual for its implementation.

In his final letter to Gandhi he wrote,

"The longer I live, and especially now, when I vividly feel the nearness of death, I want to tell others what I feel so particularly clearly and what to my mind is of great importance,

enlightened state until the state comes to recognize the individual as a higher and independent power, from which all its own power and authority are derived and treats him accordingly.

"I heartily accept the motto, 'That government is best which governs least;' and I should like to see it acted up to more rapidly and systematically. Carried out, it finally amounts to this, which also I believe - 'That government is best which governs not at all;' and when men are prepared for it, that will be the kind of government which they will have."

namely, that which is called "passive resistance," but which is in reality nothing else than the teaching of love uncorrupted by false interpretations. That love, which is the striving for the union of human souls and the activity derived from it, is the highest and only law of human life; and in the depth of his soul every human being - as we most clearly see in children - feels and knows this; he knows this until he is entangled by the false teachings of the world."

Tolstoy ends this powerful book with the conclusion that the power that governs life:

"demands of us what alone is certain and rational and possible, - our serving the kingdom of God, that is, our cooperation in the establishment of the greatest union of everything living, which is possible only in the truth, and, therefore, the recognition of the truth revealed to us, and the profession of it, precisely what alone is always in our power."

"Seek ye the kingdom of God and His righteousness and all these things shall be added unto you. The only meaning of man's life consists in serving the world by cooperating in the establishment of the kingdom of God; but this service can be rendered only through the recognition of the truth, and the profession of it, by every separate individual."



Forum

Dear Mark Huberman:

It was kind of you to inquire regarding the possible appearance at the ANHS Convention. I first spoke at the convention held in Chicago in 1962 and have been lecturing on the subject throughout the United States and foreign countries, and appeared on radio and T.V. the past 22 years. If you will check the recent back issues of *Health Science*, you will note an article explaining my past.

The enclosed articles are representative of the many that I sent to the local press. So you see, I am a crusade of one.

I constantly ask myself why if Natural Hygiene is life's best approach to health and longevity as you and I both know, why doesn't it have the support of the masses of people? One of the reasons I suspect is that spokespersons of the organization constantly attack the medical profession, believing they can replace it with Hygiene. It will never work. Medicine with its disease treating system is here to stay.

Let's be perfectly candid, since you are the president, Mark. The way to create an environment of acceptance is to inform the profession and the public that an alternative system of care should be available. For those who live with disease, fine. Then treat them by dispensing drugs and surgery. Those individuals who wish to maintain optimum health with a "Health Building System" should have that opportunity. Therefore, the teaching should go forward in the medical schools and the research in the various institutions to include subjects of nutrition, exercise, learning mental poise to deal with stress and techniques of detoxifying the body. Thus a patient can go to the physician when ill for dispensing of remedies, or the doctor with the above knowledge can deal with

those aspects of keeping them well. If the medical doctors cannot deal with both roles, then it can be shared with the practitioners of Hygiene. All I am saying is keep pushing the AMA to assume both roles.

Dr. Henry H. Seifer
Past President, College of
Generalists in Dentistry
Chicago, Ill.

Dear Friends,

Thank you for sending me the information on the Shelton-Vetrano appeal.

It seems to me the brief for the appellees is complete nonsense and really has no bearing on this case. On the other hand the ANHS brief makes a lot of sense and refutes the judgment admirably. I sincerely hope and pray the Court of Appeals sees the whole true picture of Natural Hygiene and overturns this judgment.

It was not too long ago that "medical physicians" were letting blood out of people to cure them. Now they are removing vital organs from the body and saying the body is cured. This is like taking a bad engine out of a car and then saying the car is fixed.

Anyway, I would just like to do my small part for Natural Hygiene. Enclosed is my check for \$35.00. I wish it could be more. If I can afford it I will send more at a later date.

We are all in this together, and together, we shall overcome! Truth shall prevail. Keep up the good work.

Hygienically yours,
Stephen Dascoli
Mastic Beach, NY

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

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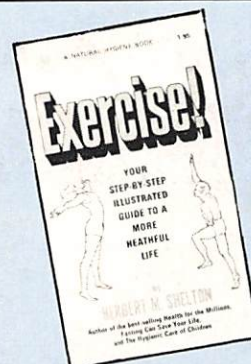
- | | |
|---|--|
| 1C83 "Health Care is Self Care"
Jack Trop | 20C83 "Fasting at Natural Hygienic Institute": Dr. D.J. Scott
(Side 2 is #21) |
| 2C83 "Health Problems Overcome Through Fasting and Professional Hygienic Care: Dr. Alec Burton, Dr. V.V. Vetrano, Dr. Norman Allard, Dr. Keki Sidhwa, Dr. D.J. 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) |
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