

Natural HYGIENE NEWS



MEMBERSHIP PUBLICATION OF THE AMERICAN NATURAL HYGIENE SOCIETY, INC.

Natural Hygiene is a way of life, the only normal way of life. It is not a branch of the healing arts. No physician, doctor, drug, or any medication or treatment of any kind can cure anything. The body is self healing when the basic needs of life are supplied. Our organization is, therefore, devoted to the primary principle of teaching people how to live healthfully.

Vol. 7 No. 4

205 W. Wacker Drive, Chicago, Ill. 60606

Feb-Mar. 1968



CHICAGO CHAPTER TO OPEN FIRST HYGIENE CENTER

Volunteer hygienists are seen above busily working to get their new hygiene center ready for operation in downtown Chicago. The Center brings to fruition a dream of the chapter ever since it was organized almost nine years ago, to have permanent facilities for effectively promoting natural hygiene in the city area.

Located on the second floor of a building at 22 East Van Buren Street, the Center's 2800 square feet of space will house an assembly hall with a seating capacity in excess of one hundred, two classrooms for the Natural Hygiene Institute (a school for lay hygienists), library, business office, kitchen, mailing and storage rooms, and a "quiet" room for relaxation and contemplation.

The assembly hall will be used for such diverse activities as public lectures and forums, gymnastics, demonstrations, hygienic dinners, theater productions, social and recreational events. The Center is the first of its kind to be sponsored by an ANHS chapter. Members are giving financial support to maintain the establishment, expected to be in operation by May.



DR. JENNINGS

Thirty Year Search Ends

For over three decades a search had been conducted by various hygienic practitioners to locate a portrait of Dr. Isaac Jennings, the medical doctor who in 1822 first brought to light the teachings of natural hygiene. Of all the early hygienists, only Dr. Jennings's portrait was unavailable.

Then Dr. William Esser, practitioner from Florida, who is a tennis enthusiast met a fellow player in the person of the great grandson of Dr. Jennings; the search was revealed and rewarded. A likeness of the illustrious hygienic pioneer is now in our archives.

SCHEDULED FOR MAY DELIVERY

-A NEW PAPERBACK-
BY DR. SHELTON

"HEALTH FOR THE MILLIONS"

.The book was tentatively titled
"The Master Drama of Life"

.41 chapters on food, exercise, nutrition, air and breathing, water, temperature, light, rest and relaxation, sleep, mental character, sexual life

Single copies	95 cents
2-9 copies	35% discount
10-99 copies	40% discount
100 and over	50% discount

ORDER FROM NATURAL HYGIENE PRESS,
205 W. Wacker Drive, Chicago, Illinois 60606.

HYGIENE'S ANSWER TO HEART TRANSPLANTS



GEORGE
WOROBFF

A superb example of a man who got a new heart without surgery, is seventy nine year old George Woroboff of the New York chapter. Natural Hygiene was the answer for him.

From 1942 to 1958 he had experienced five heart attacks but for the last ten years he has lived hygienically. He often exercises to the extent of walking eleven miles daily.

Mr. Woroboff is chapter librarian and serves on the Board of Directors. He is a Contributing Member of the ANHS.

20th Annual Convention and Forum

JULY 21 thru 27, 1968

ITHACA COLLEGE

ITHACA, N. Y.

.FOR HEALTH EDUCATION

.FOR FELLOWSHIP

.FOR MORALE BUILDING

PROGRAM SUBJECTS (complete schedule in May)

PANELS (featuring practitioners)

- .General questions on health
- .Problems and approaches to setting up a professional hygienic practice

SEMINARS

- .Problems in achieving the benefits of natural hygiene (a) How to evaluate the problem, (b) How to arrive at a solution, (3) How to apply the solution
- .Body development thru progressive weight training (for those who are on the program)
- .Achievements made during the year in hygiene
- .Evaluating in depth the body's reactions to the intake of the various hygienic elements (for advanced hygienists)
- .How to build an ANHS chapter
- .How to develop a Hygienic Center in your area
- .How to develop a school of health for laymen

LECTURES

- .The need for natural food and how to determine if progress is being made in using it.
- .The need for exercise and how to determine if progress is made in applying it.
- .The need for rest and sleep and how to determine if progress is being made in applying these elements
- .The need for fresh air and how to determine if progress is being made in applying it.
- .The need for mental and emotional stability and how to determine if progress is being made in achieving it.
- .The need for sunshine and how to determine if it is used properly.

CLASSES (for beginners)

- .Food preparation and selection
- .Essentials of a body development program

CLASSES (for advanced hygienists)

- .What is health. (Discussion of current concepts and the need to see health in relation to a way of life. Adaptations and mechanisms the organism employs to maintain its health.)
- .Food and nutrition (proteins, vitamins, food combining, oxidation.)
- ..Fasting (the nutritional reserves, carbohydrates, fat, protein, metabolism, symptoms during a fast and their biochemical basis. Why supervision is desirable, breaking the fast, assessing dietary requirements for growth and development, avoidance of nutritional shock.)
- .The nature of disease (A discussion of many important symptoms; i.e. inflammation, fever, pain.)
- .A study of the digestive tract (its anatomy, histology, physiology, chemistry of all components, the process of digestion and length of time, excreta differences between hygienists and flesh food eaters.)
- .The nature of human reproduction (physiology and development of the fertilized egg, birth control through hygienic living.)

YOUTH ACTIVITIES (partial list)

- .Seminar on progress being made in past year of hygienic living
- .Fitness demonstrations (9-12/12-15/15-18)
- .Volley ball games
- .Swimming parties
- .Dances, socials

ROOM RATES - \$4.00 PER PERSON TWO IN A ROOM \$5.00 SINGLE. SEND IN YOUR RESERVATION ON THE FORM ENCLOSED.

MEALS - HYGIENICALLY PREPARED. COST WILL BE APPROXIMATELY \$4 DAILY FOR THREE MEALS.

TRANSPORTATION - MOHAWK AIRLINES HAS DIRECT FLIGHTS TO ITHACA FROM THE FOLLOWING CITIES:

- .Albany.Binghamton,Boston.Buffalo
- .Cleveland.Detroit.Elmira.New York City.
- .Philadelphia.Pittsburgh,Plattsburg
- .Poughkeepsie.Syracuse.Toronto.Washington

Members coming from other cities than those listed should take flights to connect in any city above that is most convenient

GENERAL ACTIVITIES -

- .MORNINGS: FREE STYLE MOVEMENT TO RHYTHM
- .EVENINGS: (FOLLOWING LECTURES) DANCING AND WATERMELON REFRESHMENTS

RECREATIONAL FACILITIES -

- .SWIMMING POOL .GOLF .TENNIS

outdoor demonstrations in sports stadium

SCENES AT ITHACA COLLEGE

Directly below is the cafeteria where we will be taking our hygienic meals



PHYSICAL EDUCATION CENTER — Completed in January 1965, this building contains the offices and classrooms of the Division of Physical Education. Its facilities include an Olympic size pool, wrestling and gymnastic rooms, bowling lanes, and three basketball courts which can be opened to provide seating capacity for 4,000 persons at commencements and convocations.

THE TRIUMPH OF HYGIENE FOR YOUTH

BY DR. VIRGINIA VETRANO

Contrary to popular opinion, *Hygiene* is triumphing and winning our youth.

Many young people who were exposed to *Natural Hygiene* by one parent or both during their formative years and who strayed from it during their high school years, are now returning to *Hygiene*, with the fervor of a new convert.

I recently had a visit from a bright young man who was reared as a *Hygienist*. Due to parental disagreement over *Hygienic* principles, he followed the more popular conventional ways for a while. He stated that parental dissention caused him great confusion as a youth. When he was ill, he vividly remembers that one parent wanted drugging and the other desired strict *Hygienic* care, while he, a six year old, was in the middle, not knowing which parent to follow.

He said he felt as if "each parent had hold of one of his arms and were pulling him apart". When the *Hygienic* parent was away, the other had penicillin administered. So the child was drugged while fasting, with disastrous results. As he grew older, however, he remembered his father's *Hygienic* teachings and has begun to live *Hygienically* again.

THE VALUE OF OUR CONVENTIONS

As a youth, he was exposed to *Natural Hygiene* by parental guidance and by being taken to *Hygienic* conventions.

He remembers very clearly when he was six years old, his meeting with Dr. Shelton at a *Hygienic* convention in New York City. He was very impressed with the convention in general. This background of parental guidance and experience at conventions laid the foundation for his return to *Hygiene* as an adult.

More and more it has come to my attention that our youth reared as little *Hygienists* realize the benefits of *Natural Hygiene* as they get older and have more understanding. They may fight every step of the way; but if parents persist in the education of their children, in the long run they will be happy with the job they have done with them.

Children are impressed at conventions. They are impressed by the lecturers, lecture halls and adult conversations. Meeting both adults and children who are trying to adhere to *Hygienic* living also causes them to ponder a bit.

NEVER UNDERSELL CONVENTIONS

Conventions are like a mainstay for children, carrying them from year to year, until they can again be with children like themselves, and be one of the gang. Child *Hygienists* do not become one of the gang at school without a great many compromises.

For the past five years, Dr. Shelton's *Hygienic Review* and *Natural Hygiene* have urged parents to bring their younger members of the family to the *Hygienic* conventions. This has been done because *Hygienists* well understand the necessity for our youth to get together once a year. We have repeated again and again that even if they do nothing more than play with other *Hygienists*, they will learn a great deal and this will tend to keep



them in the *Hygienic* fold. *Hygienic* living is made easier for them once they realize other children are reared similarly and have the same problems trying to live *Hygienically* in an un*Hygienic* atmosphere. When they become older, they will seek *Hygienic* guidance in the rearing of their own children, and have healthier children as a consequence. This helps to prevent young *Hygienists* from being lost to the movement.

Great efforts were made to get the youth to the 1967 convention, and we feel these were successful, though not spectacularly so. Nevertheless, the renewed interest of those present was enough to encourage our endeavor again this year, with even greater fervor.

New acquaintances were made and old friendships were renewed at the last convention. Several vivacious youths who were reared *Hygienically* became so enthusiastic about *Hygiene* that they decided to renovate themselves by fasting.



GEMMA

Gemma Bauer, 20, bright-eyed daughter of Mr. and Mrs. Lee Bauer of St. Louis, Mo., fasted to lose weight, after which she planned to begin weight training so that she could build a beautiful body. Through her high school years, she was busy studying and neglected much of her *Hygienic* upbringing. At the convention, however, her interest in *Hygiene* was revived. She saw many young people who exercise regularly and whose bodily strength and agility showed it. She became enthusiastic about doing something for herself, and she is determined to live *Hygienically* the rest of her life. Her previous *Hygienic* life had provided her with a good foundation upon which to build better and better health. She is interested particularly in finding a *Hygienic* mate, so that her *Hygiene* won't end with marriage.

Gemma's sincere interest in living *Hygienically* should make her parents very proud of her, and very happy that all their efforts were not wasted. She said to me, "Golly, when you are reared as a *Hygienist*, it seems to become ingrained in you--you just can't forget it or leave it alone. It's a part of me now." Her parents deserve hearty congratulations.

Another whose interest in *Hygiene* was renewed at the convention is Andrea Epstein, talented 18 year old daughter of Mrs. Lillian Epstein of Long Island, New York. Her attendance at last year's convention also encouraged her to fast. She wanted to lose weight and clear her complexion. She was ecstatic when she lost 13 pounds in the short space of six days, and was anxious to return home to show her friends her new sylph-like figure.

Young people tend to imitate each other, and when Andrea and Gemma fasted, it encouraged my daughter, Tosca, to fast for a few days before school started, to be better fit for her senior year in high school. *Hygienic* living and *Hygienic* ways are contagious. Let's start an "epidemic" of such practices.

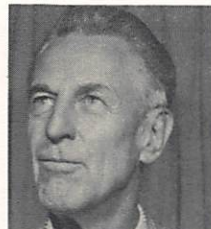
Tosca has decided to begin weight training for body development as a result of par-



TOSCA

(contd. page 1)

NEWS and VIEWS



LOS ANGELES - (top left) Dr. Gerald Benesh, hygienic practitioner of California, brought a "full house" when he spoke before a meeting of the chapter Feb. 25. Dr. Benesh reported on his 30 years as a practitioner. (top right) "The Greatest Adventure" natural hygiene film and a panel of three were featured at the Jan. 28 program. Alan Rosen, mailing secretary, is in the center.

INDIANAPOLIS - (bottom left) Mrs. L. Allen who learned the value of natural hygiene after she met with serious illness, spoke about her experiences at a chapter meeting March 3. She is on the Board of Directors.

CHICAGO - (bottom center) Sylvester Graham, the revolutionist who taught Americans how to live healthfully, was the subject of a new series by the chapter called "Profiles of Greatness". A box of graham crackers is displayed as a sad symbol of Graham's popular claim to fame in the eyes of the general public.

PITTSBURGH - (bottom right) Howard Schmeltz, chapter president, is chairman of the ANHS expansion committee, and a Century Club Member.

IF YOU WISH TO VOLUNTEER YOUR SERVICES DURING THE CONVENTION, PLEASE CONTACT OUR OFFICE. WE NEED PEOPLE TO RUN ERRANDS, SET UP EQUIPMENT, MAN TABLES, SELL BOOKS AND ACT AS BABY SITTERS.

NEW YORK - The chapter's March 17 meeting had a provocative subject when Irving Davidson, president, presented "Natural Hygiene's Inside Dope on LSD and Marijuana". The announcements, carried phrases like "be groovy"... "take a trip", "come to our next 'sit in'... get 'turned on' the hygienic way!" to announce its discussion on drug abuse and the way out.



Davidson



T. H. Bourassa

T. H. Bourassa of LaFleche in the Canadian province of Saskatchewan, an 82 year old member looks "sixtyish" and actively works in his insurance business. He has seven children, 18 grandchildren and 9 great grandchildren! Mr. Bourassa is a past tennis champion and winner of 17 cups in the sport. He says, "I have taken no drugs since 1910". He has a wonderful zest for living and sums up his philosophy when he says, "Count that day lost in which you do no man good."

CHICAGO - Nine hygienists have offered to participate in an experiment till convention time to show what excellent results can be obtained in body development through a program of progressive weight training.



goes to \$100 a plate dinner—brings own food

By JEANNE WELLENKAMP
Journal Staff Writer

Not long ago, Jerry and Esther Cavell attended a \$100 a plate dinner — and Esther took along her own food.

She wore a handsome brocade gown, and carried a platter of raw vegetables into the ballroom of the Fontainebleau Hotel: vegetables which she had grown in a garden plot in the yard of her home at 17900 NE 10th Ave.

As is usual at these affairs, Esther's dinner created con-

siderably more interest than the concoctions the chefs had prepared.

"Golly," said husband Jerry, "it's a bit of a surprise to see how fascinated everybody is."

"Whenever we go to a banquet, Esther has to take along more food than she needs, because all the dignitaries come and take a sample."

Esther Cavell grows her vegetables organically. That means she uses no artificial fertilizers or poisonous

sprays.

She reports that people who sample her tomatoes, green peppers and cucumbers say "they are so different from the vegetables they buy at the store — much sweeter and with more flavor."

Esther is a mother of four, and grandmother of five, but she has the slim figure and the energy that a teenager might envy.

Only five years ago she was suffering from a variety of ailments, including a stubborn case of anemia.

"I was almost too weak to move," she said. "Nothing seemed to help me. I began to read and study."

Her reading introduced her to a method of "natural living" which included plenty of exercise and a diet of raw, organically-grown foods.

She decided to start an organic garden. There wasn't much space available — the Cavell's lot is only 50-feet wide, and the house is large with four bedrooms.

Moreover, the ground was hard; coral-rock fill which was inhospitable even to weeds.

Esther started building her garden on a foundation of garbage.

She dug a hole, filled it with table scraps, then covered it so that there would be no odor. That was the beginning of her ground-building program.

"That first year all I did was bury garbage."

"I'd go to a nearby supermarket and bring back a pile of spoiled oranges, bananas, celery tops, old lettuce, anything they threw out."

"The manager who gave it to me had to come out and tell the employees that it was all right for me to take it."

"I carried garbage home in big bags."

"I was plenty embarrassed."

don't fool yourself."

The buried vegetables gradually decayed and formed humus. The rocky soil became rich and dark, soft and workable.

"I started growing things that first year, but the bugs ate it all up. The soil wasn't good enough."

The second year was a little better.

"The third year I started to get crops. Then I started having gorgeous vegetables. Once they get growing, nature takes care of them. There is no work to do."

The above article tells about the experiences of Esther Cavell, an officer of the Miami Beach chapter. Her husband is chapter president, and a member of the ANHS Board of Directors. They are Century Club Members.

NEWS BRIEFS

ST. LOUIS - Mary Evans, publicity chairman of the chapter, advises they are sponsoring a contest in the city area for junior and senior high school students. For this purpose, they are using various hygienic pamphlets. Details will be given us later.

On April 13, Saturday, the monthly meeting of the chapter will feature John Persona of Milwaukee on the subject of "Your Physical Fitness Age, what is it?" at 8:00 PM, Farm and Home Building, 7801 Forsyth Blvd., Clayton. At 6 PM, a hygienic supper will be served.

INDIANAPOLIS - The Central Indiana chapter April 7 meeting will be held at the home of Sylvia Evens, 2301 East 2nd Street, Apt. 21, in Bloomington. Members who have friends in the area should invite them to attend.

On Sunday, May 5 at 2 PM, Dr. Ivan Donica, a member, will be the speaker, for the monthly meeting at the home of Mr. and Mrs. Louis Allen, 3030 Westleigh Drive, Indianapolis. Hygienists and friends are invited to attend.

WARRENVILLE, ILL. - Member Mrs. George Kolze, has been invited to bring the natural hygiene point of view before the local chapter of TOPS April 18 7:00 pm in the local school hall.

Mrs. Kolze is at Route 2, Box 355.

CHICAGO - The W. Clement Stone chapter of Club Success Unlimited will have a speaker on natural hygiene Wednesday, May 1, 7:30 PM., the Stone Brandel Center, 1439 S. Michigan.

NEW YORK - Jay Dinshah will discuss "Natural Hygiene Around the World", at the chapter's meeting on Sunday, April 21, 2 PM, Woodstock Hotel, 127 W. 43rd Street. He has just returned from a world tour.

President Irving Davidson will be in the Chicago area April 15, 16 and 17 and is tentatively scheduled to speak to the Highland Park chapter on the 17th at their monthly meeting. For details on this, phone 236-0457.

MEXICO - Dave Stry of Villa Vegetariana will attend the convention with his burro!



All literature received is most interesting and instructive and I make a point of passing it along where I think it will do the most good. The EDUCATOR is a real step forward and will get people really thinking and analyzing their actions.

W. A. White, Vancouver

A belated compliment and thank you for the EDUCATOR. I am quite impressed with the first issue and the articles it contains; should be a big help in developing more interest and enthusiasm in the Hygienic movement.

Edward Salt, Youngstown

On Jan. 19 I had the opportunity of discussing hygiene on WKAT for 30 minutes with Harold Dole, the moderator. Altho I was able to get in quite a number of items of importance Mr. Dole unfortunately took quite a bit of time with his rhetoric and arguments against Hygiene. Nevertheless I was able to promote the sale of FASTING CAN SAVE YOUR LIFE and received a number of phone calls at home asking where the book could be purchased.

The following week I gave a short talk at the meeting of the Society at Miami Beach and explained the importance of promoting discussions of this kind in the mass media, also the force that Hygienists could wield with the politicians in demanding that Hygienic health resorts be put into the Medicare program.

May I suggest that our people around the country form committees - call them publicity committees - to contact radio and TV stations who conduct "talk shows" and write Letters to the Editors of their local papers regarding Hygiene. Surely in each club there is someone who is capable of giving talks.

If I can be of any use in promotion or lectures please advise and of course I will cooperate to the fullest.

Robert S. Hamburg, Coral Gables

What are you folks doing now that Congress is in session regarding the Medicare bill which was passed refusing to recognize the chiropractors? I have written to many Congressmen and Senators, have contacted the local chiropractors organization, also the Christian Science people who advise me that they have a political dept. in Washington and I believe the man in charge was sitting on his hands in this matter. THERE MUST BE A REASON. I have just completed a 15 day fast at a fasting place and have been hurt bad by not being eligible to receive payment by Medicare tho my wife and I pay \$72 a year to cover this. The M.D. says NO. What is your organization doing about this.

Samuel L. Schultz, Florida

I believe the Natural Hygiene Society is one of the most valuable of all voluntary associations in the field of genuine health education and I want to see it grow and "prosper". Put me down for a review copy of HEALTH FOR THE MILLIONS as soon as it's available.

J. B. Gladstone, Health Supply Centre
Winnipeg

(from a Buck of the Month member since 1963)

This will be my last contribution as I have too many problems in the home with a wife now nearing the end of her 87th year after some 69 years together and now showing the effects of the passing of the years. I must now leave to the younger generations continuance of the problems of today. I have tried to do my share but many of the younger men do not yet seem to care too much about what is happening to their country.

(Name withheld)

Within the past few months I have been reading Dr. Shelton's Hygienic Review and other of his publications and am coming to see and understand the value of this great system based on truth according to the laws of diet and the operation of the human body established by God

I knew and do know more convincingly that the medical science, so called, does not have the truth, nor do they want it; I knew this because of experience with them, and then when I worked for several years as an aide on the hospital floors, I was more astounded and actually frightened to see what criminal "treatments" transpired without even a scruple of their conscience. I determined to find if there was not something better for those becoming ill, and some knowledge to be gained concerning keeping well.

I have studied several other systems, but natural hygiene is more consistent in their publications and practices, so I am "stopping with them" until I see they are wrong at least. Enclosed is check to help spread the news of this most needed message, both to the ill and those well. I have found several others including two registered nurses who are most eager to know more along this line. So I am continually loaning and giving printed material along this way.

Mrs. Della Johnston, Oregon

I hope and pray that as a result of your financial appeal every member will respond with his or her contribution and thereby improve the financial condition of the society. I enclose money order for \$10, promising to send more later.

Meyer H. Feldman, Winnipeg

Ed. Note: We have been very gratified at the generous response of the members and at this time, extend our grateful thanks.

My daughter brought home with her a Congressman's wife from her writing class. When she learned I don't eat meat, only natural raw foods, she became much interested. To her if you don't eat meat, there is nothing else to eat. But when I told her that the animals are injected with antibiotics and they become diseased, she insisted emphatically that cooking kills the germs. This is the question that I should like solved and for which I didn't have the definite answer to give her. Does the cooking of meat kill the germs so as to give people that eat meat a legitimate excuse that they are safe in eating meat because it is cooked. I should like the answer so I could show it to her. She has a few young children. The next time there will be a natural hygiene meeting in D. C. she said she will come. I should like to work on her to

come to the convention with the children but it has to be a step at a time as I hardly know her

People who have such strong convictions on meat and smoke excessively will be good material to come to the hygienic meetings. I gave her literature. Being a congressman's wife she would be able to do a lot of good spreading hygiene, but first to convert her. I put it across to her that the natural hygiene chapter here would probably want to elect her as one of the officers. She laughed.

Dorothy Gould, Washington, D. C.

It wasn't hard for me to accept the principles of natural hygiene. In 1959 I had denounced the medical doctors. However, I had never heard of so simple a way to regain health. This, in spite of the fact of traveling quite a bit and knowing quite a number of people. If I hadn't picked up Dr. Shelton's Review a year ago, I would still be floundering in a sea of confusion, (or maybe ending up in an early grave or institution). So I am quite grateful to the Society and especially Dr. Shelton.

I had planned to make a token contribution to the organization when I was financially able, but because of our so-called "modern civilization" and the medical "doctors" I lost everything I had. I lost my home, husband, security, health and sanity. What money my husband and I had, the medical profession got it. I am sure this is not a new story to you.

Please do not use my name in signing.

TRIUMPH OF HYGIENE (contd. from page 3)

ticipating in last year's convention. Through the years she has struggled valiantly to stay a Hygienist while in school. The only thing that kept her happy during her grade and junior years were the yearly conventions, where she felt she belonged. She has often emphasized to me, "If I hadn't had the convention to look forward to every year, I don't know what I would have done. It's the only thing that kept me going." She was emotionally nourished during her difficult school years by going to conventions, and knowing she was not an outsider. She has suddenly become very interested in zoology and plans to major in biology in college.

LET'S GET OUR YOUTH TOGETHER MORE OFTEN

They need each other. We must never cease trying to help them, no matter how much they appear to fight us and Hygiene. Let us never forget that it is the anti-Hygienic environment affecting them and no fault of their own that they fight us. Keep patiently teaching them the truths daily. Even if they aren't perfect in their way of living, the knowledge we give them by taking them to the conventions and daily educating them is there to stay, and they'll make use of this information in the future.

The efforts of the American Natural Hygiene Society and the Hygienic practitioners are not for naught! The conventions are worth much more than the money you spend on them.

Take the family to the 1968 American Natural Hygiene Society's convention this year!

KEEP YOUR CASE HISTORIES COMING



Jack Trop

Jack Trop reports that he has a title for his book on case histories. It is:

THE HEALTH WATCHERS

Mr. Trop is especially interested in receiving case histories from children. These histories need not deal with recovery of good health.

He would like to have reports from children and young people who have been living hygienically all their lives, or who came into Natural Hygiene at an early age.

Please direct mail to: JACK TROP, c/o The American Natural Hygiene Society, 205 W. Wacker Drive, Chicago, Ill. 60606.

Remember the ANHS in Your Will

(Below is shown the type of language which should be used when writing your will)

AN OUTRIGHT BEQUEST

I give and bequeath to the American Natural Hygiene Society, a District of Columbia, non-profit corporation, 205 West Wacker Dr. Chicago, Ill. 60606

(here insert the amount of money or describe the personal property or real estate) to be used for its corporate purposes.

A RESIDUARY BEQUEST

I give and bequeath to the American Natural Hygiene Society, a District of Columbia, non-profit corporation, 205 West Wacker Dr. Chicago, Ill. 60606, all the rest, residue and remainder of my estate remaining after carrying out the foregoing provisions of this Will and including lapsed legacies and devises, but exclusive of any property over which I may have any power of appointment, to be used for its corporate purposes.

A GIFT IN TRUST FOR A SPECIAL PURPOSE

I give and bequeath to the American Natural Hygiene Society, a District of Columbia, non-profit corporation, 205 West Wacker Dr. Chicago, Ill. 60606, the sum of (here insert the amount of money or describe the personal property or real estate), in trust, however, for the following uses and purposes:

(a) To keep and maintain the same as a separate Trust Fund to be known as the Trust Fund

(b) To invest, and from time to time, when it becomes necessary, to reinvest the corpus of this Trust Fund in such securities and in such manner as may be legal for the investment of trust funds, and to receive the income and profits therefrom.

Reading List

(add 10c to the price of each book to cover mailing costs)

Fasting Can Save Your Life - Herbert M. Shelton (191 p.)	95
Introduction to Natural Hygiene - Herbert M. Shelton (92 p.)	1.75
Jays of Getting Well - Herbert M. Shelton (112 p.)	1.50
The Hygienic System: Herbert M. Shelton	
☐ Vol. II. (Correct food and feeding) 591 pages	 5.00
☐ Vol. III (Fasting and sunbathing) 541 pages	 5.00
☐ Vol. V (The Reproductive Life of man) 611 pages	 6.00
Food Combining Made Easy - Herbert M. Shelton (71 p.)	 1.00
Human Beauty: Its Culture & Hygiene - H. M. Shelton (1039 p.)	10.00
Rubies in the Sand - H. M. Shelton (331 p.)	 4.00
Superior Nutrition - H. M. Shelton (197 pages)	 2.00
Living Life to Live it Longer - H. M. Shelton (139 pages)	 2.00
Syphilis, The Werewolf of Medicine - H. M. Shelton (150 p.)	 3.25
You Don't Have to be Sick - Jack Dunn Trop	95
Fasting for Health and Long Life - Hereward Carrington	 2.25
Therapeutic Fasting - Arnold DeVries (77 p.)	 2.00
The True Healing Art - Russell Thacker Trall, M.D.	 1.50
The History of Natural Hygiene - H. Carrington (94 p.)	 1.50
Exploding the Germ Theory - Stanford Kingsley Claunch	 1.00
Better Health - Robert Anderson (116 p.)	 2.00
Health Limericks - Max Huberman	 1.00
Your Sight and Hearing - Merle Wilson	2.50

DISCOUNTS ON "FASTING CAN SAVE YOUR LIFE" AND "YOU DON'T HAVE TO BE SICK"

. 5-10 copies	30%
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NATURAL HYGIENE INSTITUTE

Some of the basic science students at the first school for lay education in Chicago are seen above studying the nervous system and the special senses in a class on March 11.

The class is the ninth of the twelve week course which started on January 15 to give hygienists some basic knowledge in anatomy, physiology and natural hygiene. Diplomas will be awarded after the final class April 1.

The spring term at the Institute will start April 8 in the new Natural Hygiene Center.

Six weekly courses are being offered. In addition to the above course, there will also be twelve weeks of calisthenics for people over 35, body development for women, speakers training in natural hygiene. how to live hygienically for families with children and for those in various types of jobs, who are just starting out in hygiene and want to learn how to effectively practice natural hygiene.

WITH THIS ISSUE WE ENCLOSE A BOOKLET ON NATURAL HYGIENE WHICH IS A GOOD WAY TO SELL OUR WAY OF LIFE TO OTHER PEOPLE. IT CAN BE MAILED WITHOUT AN ENVELOPE BY ADDRESSING THE BACK AND PUTTING ON A FIVE CENT STAMP.

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By Miss Genevieve H. Lipinski, Chairman

As a service to single hygienists who wish to form friendships, each issue of the Hygienews will list the names of ANHS members who are interested. Send name, address and pertinent descriptive information about yourself and your interests to the Natural Hygiene-Central office, 205 W. Wacker Drive, Chicago, Ill. 60606.

M A L E

Henry Blaumuller, 245 East 178 St., Bronx, NY 10457. Age 40, never married; 5'10; 140 lbs. Blk.hair and white; average looks, good physique, quite healthy; 7th day adventist; raw foodist; love outdoors; believe in kindness-- understanding, considerateness; desire to marry same who can still bear children; planning to move to southern California or Virgin Islands; want devout hygienic mate.

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