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The Journal of The American Natural Hygiene Society



**Food Irradiation:
A Blessing or a Curse?**

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A Natural Hygiene Perspective**

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Coverages**



The American Natural Hygiene Society, Inc.

Dedicated to Natural Hygiene the Science of Health

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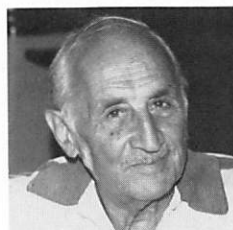
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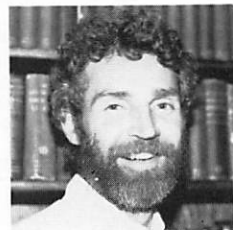
WHAT IS NATURAL HYGIENE?

Hygiene is the science of health. Hence, the policy of *Vegetarian 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.

President's Message



Jack Dunn Trop



James Lennon



Jo Anne B. Weaver

Introducing Our New Publishing Team

By Attorney Mark A. Huberman

Throughout most of its six-year history, the publication of *Vegetarian Health Science* has proved one of our most challenging organizational undertakings. A major problem has been the lack of experienced staff people in our National Headquarters to coordinate the multi-level aspects of magazine publishing.

Since our move to Tampa, the problem has become particularly acute. In fact, for the past 8 months, the magazine has been conceived in Miami Beach, type-set and designed in New Haven, reviewed in Youngstown and returned to New Haven for printing. This has resulted in frequent delays.

In this month's column, I am pleased to introduce to you a new publishing team for *Vegetarian Health Science*, that will coordinate our publishing process in Tampa and enable our magazine to reach its fullest potential.

Heading our new publishing team will be Jack Dunn Trop, who will continue his experienced stewardship of the magazine, but in the new role of Senior Editor, where he will develop articles and features and provide a final editorial review.

Moving into the newly created position of Managing Editor is James Lennon, who recently resigned his Board of Director post, in order to devote his time to developing and directing each issue of *Vegetarian Health Science*. During the past 2 years, Jim has been an increasingly active member of our Society and has most recently taken a direct role in the planning and development of our ANHS Herbert Shelton Library of which he is Director.

Jim brings to our Editorial staff a deep philosophic commitment to our basic principles and a broad background in Natural Hygiene literature. He holds a B.A. from State University in New York, a M.S. in Education from Long Island University, and has been teaching in Southampton, New York.

The other new member of the *Vegetarian Health Science* team is Jo Anne Brody Weaver who assumes the role of Production Manager. Jo Anne, who also serves as our Society's Executive Secretary, brings to the magazine a wealth of experience in writing, marketing, and public relations as well as an abundance of creative energy.

With the beginning of a new production team in Tampa comes the end of our Society's association with Janelle Finch of New Haven, Connecticut, who for the past three years has served as the magazine's multi-level designer. Our deep appreciation goes to Janelle for her personal commitment to our Society's principles and for her fine professional skills which have brought our journal to its current high standard.

We, in the leadership of the ANHS, are very excited about our new capacity to create, produce, and distribute our Society's journal from our National Headquarters. It has been a long time coming, and we know the result will be a better looking, broader based, and more widely respected publication.

The American
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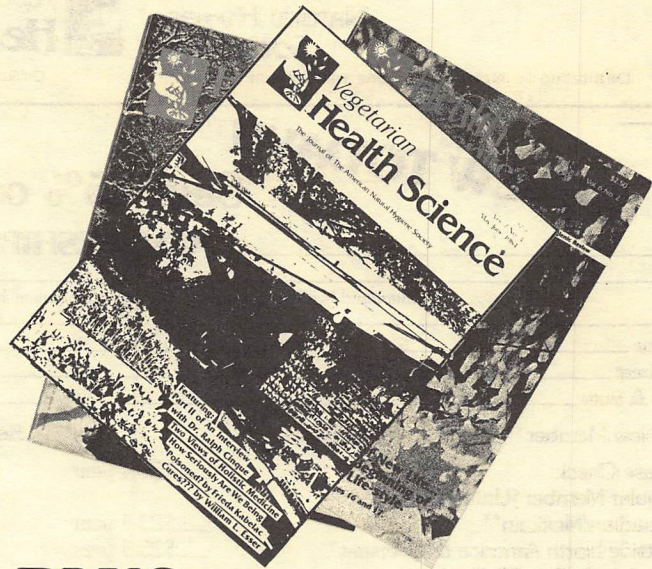
Vegetarian Health Science



gives you

knowledge and inspiration for physical, mental and emotional wellbeing through these topics ...

- NUTRITION
- EXERCISE
- RAISING HEALTHY CHILDREN
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- FAMILY EDUCATION
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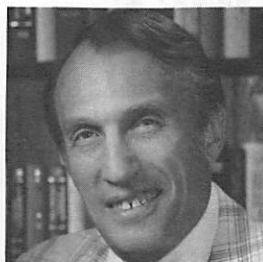
PLUS

- INTERVIEWS
- NEWS
- BOOK REVIEWS
- PERSONAL STORIES
- QUESTIONS FROM READERS
- HEALTH FOCUS ON THE MEDIA

New members please allow six weeks for delivery of first issue of Vegetarian Health Science.

Health Science

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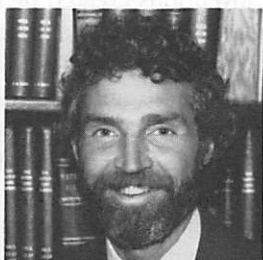


Food Irradiation: A Blessing or a Curse?

By Max Huberman

Is this "new concept" really heralding a revolution in food preservation? Is it beneficial? Is it safe?

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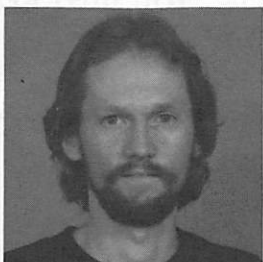


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Important: Members, please notify us of your new address at least 30 days in advance of your move. To prevent delay of ANHS mail, let us know about any errors which appear on your address label. When advising of corrections, clip or copy the label 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, *Vegetarian Health Science*, 12816 Race Track Road, Tampa, FL 33625 (813) 855-6607.

Editorial



You Must Read Our Hygienic Books

By Jack Dunn Trop

Most of you should know that we are now proud and fortunate owners of the magnificent Dr. Herbert M. Shelton Library. Over a period of fifty years, he patiently, methodically and systematically accumulated these treasures of Natural Hygienic literature. The shelves are jam-packed with the works of Graham, Trall, Jennings, Oswald, Lewis, Dewey, Hazzard and others of our Hygienic pioneers.

At our new Headquarters in Tampa, a special room has been built as part of our library as a repository for this priceless collection. As the years roll on, historians, scholars, students and just ordinary folks will have the opportunity to consult this store-house of

Hygienic knowledge.

Many of you may not ever personally see this Library. But there is something that all of us can and should do. It is to read Hygienic books, mainly those which we either recommend or have published. You may not read every book that has been written about Natural Hygiene, but you should try to read as many of them as possible. Of course, you should supplement your knowledge of what this normal way of life is all about by listening to lectures, by attending our local Society meetings, and coming to our conventions. But above all, you must read!

Dr. Shelton's books are a mandatory priority. You might begin with his "*Fast-*

ing Can Save Your Life," followed by "*Health For The Millions*," and go on from there.

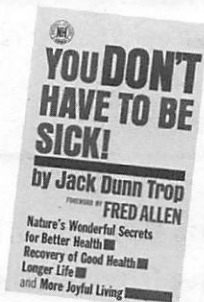
I remember that when I was going to high school, we had a discussion about the greatest inventions created by humans. We talked about railroad trains, airplanes, telephones, radio. But after a lengthy discussion, we agreed that the greatest contribution that people have made to life is **books**. When you hold a book in your hands, you have the rare privilege of being in personal, intimate communication with the author. So permit me to return and close with my opening words, "**YOU MUST READ OUR HYGIENIC BOOKS.**"

Exclusive Best Sellers of...Natural Hygiene Press

YOU DON'T HAVE TO BE SICK!

By Jack Dunn Trop

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An engaging self-help book. The reader is asked to take the role of detective and search for the causes of disease. Distinguishes Natural Hygiene from other schools of healing. Includes a chart for rating your progress toward healthful living.



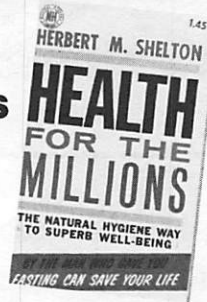
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HEALTH FOR THE MILLIONS

By Dr. Herbert M. Shelton

\$3.25
PP



Details how the body recovers and maintains health through living habits harmonious with its anatomy and physiology. Explains the effect upon health of meat, alcohol, salt, coffee, cooking, tobacco, sex, air, light, sleep & more.

Dangers of Compulsory Immunization: How to Avoid Them Legally

by Attorney Tom Finn
Foreword by Robert Mendelsohn, M.D.
\$5.95 PP Available from Natural Hygiene Press



Forum

Dear Hannab Allen:

I just read your Q & A column in the Sep/Oct 1983 issue of *Health Science* and I was surprised at your characterization of the macrobiotic diet. Your presentation of what macrobiotics is and what comprises a macrobiotic diet is quite inaccurate and misleading to your readers.

I have enclosed a little book entitled *Macrobiotic Dietary Recommendations* by Michio and Aveline Kushi which will enable you to set the record straight. Included in this book is an outline of the philosophy and practice of macrobiotics, complete food lists and recommended proportions for daily meals, plus some nutritional information and a glossary of terms, which may be unfamiliar to you.

In response to statements in your article which are inaccurate, I offer the following:

1. The staple food of people practicing macrobiotics is cooked whole cereal grain, but the recommended portion is only 50-60% of our daily intake. The balance of our diet consists of a wide variety of fresh vegetables, beans and seaweeds prepared in various ways, plus fish, fruit, seeds and nuts from time to time if desired.

2. We *do not* favor the elimination of salads or fruits. A certified macrobiotic dietary counsellor may recommend reduction of raw salad or fruit for a period of time for certain types of serious illness.

3. We *do not* declare that the best diet would consist of 100% whole grain. We consider a 100% grain fast to be a deleterious and possibly dangerous practice, not to be undertaken without expert guidance.

4. We use sea salt and products made with sea salt in our cooking and as condiments, but recommend moderate use of salty seasonings. The individual controls the amount of salt according to his or her needs.

5. We don't put any limit on the

amount of liquid taken during a day because it depends upon an individual's condition and activity. Our commonsense approach to maintaining health and balance is "eat when hungry, drink when thirsty." And that is what we recommend.

There is, of course, much more to be said about the macrobiotic way of life to answer questions about why we eat this way and the effectiveness of the macrobiotic approach to recovering from disease and maintaining vibrant health. I especially recommend *The Cancer Prevention Diet* by Michio Kushi and Alex Jack (St. Martins Press, 1983) which gives a comprehensive treatment of macrobiotic philosophy and practice in the context of the cause of serious illness and the way to recovery.

If you have any questions about the macrobiotic diet or its application and practice, please contact me.

In Peace,
Dave Fleagle
President
EWMF, Maryland

Hannab Allen Replies:

The information in my column was based upon the writing of Macrobiotic founder George Ohsawa, *A Return to Natural Living: Zen Macrobiotics*: (Ignoramus Press, Los Angeles).

Evidently, you do not agree with Mr. Ohsawa. I have the following response to your letter:

1. Macrobiotics does favor the elimination of fruits! The book you sent me states quite clearly that brazil nuts, cashews, pistachios, hazel nuts, bananas, oranges, papayas, and avocados should be used sparingly or avoided altogether. Natural Hygienists consider these among the finest human foods.

2. The word *fast* means to "abstain from food," A diet consisting of 100% grain is properly called a grain *diet*. A grain *fast* would mean to abstain from

eating grain.

3. Natural Hygienists do not recommend the use of salt in any amounts.

4. One must applaud the change from Ohsawa's advice to reduce our intake of liquids, especially when people are eating the salted, seasoned, cooked, and fermented foods advocated by Macrobiotics.

MANAGING EDITOR JAMES LENNON raises further questions about Macrobiotics in this issue. See: *Macrobiotics: A Natural Hygiene Perspective*, p. 9.

The following question to Hannab Allen is being printed here, because the answer is by Mark Huberman.

Dear Hannab Allen:

I have just received my first issue of *Health Science* magazine and my ANHS membership card. Thank you for rushing this off to me so quickly.

I have a question to ask about a point brought up in the Q/A column and I *DARE* you to have the courage to answer this question *in that column*. A reader in Flushing, N.Y. inquired as to what the qualifications are to becoming a member of the International Association of Professional Natural Hygienists. You answered that the professional must be trained in a "primary care discipline" (i.e., medicine, chiropractic, osteopathy, or naturopathy) at a bona fide professional school.

My question is this: Since Natural Hygiene is admittedly the exact antithesis of all the destructive theories and practices taught in bona fide medical schools as well as all the multitudes of therapies and treatments taught in the other three disciplines listed, how does four years spent studying damaging and palative treatments stand as the only acceptable training to become recognized by the IAPNH as a genuine professional Natural Hygienist? Is Natural Hygiene so

complicated that one must study everything wrong in order to properly learn how to do what is right? Is learning the teachings of the Devil the proper way to qualify to teach the path to Heaven?

My readings in Natural Hygiene give me the impression that Natural Hygiene is a system of the utmost integrity, honesty, and purity of truth. Therefore, your answer to the question in the Q/A column leaves me utterly confused. For the enlightenment of myself and your other many readers, I would appreciate a frank answer in your column.

Very truly yours,

Noël Mathieu
Escondido, California

Dear Noël:

Hannah Allen was kind enough to forward me your letter of June 16, 1984, in which you question our recommendation that future Hygienic professionals become fully educated and trained in one of the primary care disciplines in order to be qualified as a Hygienic doctor. Since I am the administrative coordinator of the Professional Society, Hannah thought it would be best if I responded.

Please keep in mind that the ANHS is a non-profit lay persons' organization dedicated to teaching people how to live in accordance with the laws of life and health and is only tangentially involved in the qualifications of Professional Natural Hygienists. We simply give organizational recognition to those professionals who have demonstrated their commitment to our basic principles and support for our organization for a number of years.

The responsibility for qualifications, Standards of Practice and Codes of Ethics is left to the professional group where it properly belongs. The basic reason for their requiring future Doctors of Natural Hygiene to have a primary care degree and valid license is for the purpose of assuring the basic education in the biological sciences (at present only available in accredited schools) and also for the purpose of in-

suring legal protection for those who choose to practice professionally.

The philosophic and internship requirements have been added to make it possible for such licensed professionals to expand and adapt their knowledge to the practice of Natural Hygiene. All of us recognize that this is a circuitous route and a better and more direct method would be preferred if the same were financially and legally feasible.

At the present time, the overwhelming majority of our professionals view the specialization route as the most logical. Hopefully one day the legal and educational climate will be more conducive to a recognized training and license in Natural Hygiene.

Natural Hygiene is valid enough and true enough to rest on a foundation of its own, but it does not, at the present time, have the funds or numbers of adherents to change the world.

We thank you for your interest in our Society.

Mark A. Huberman,
President, ANHS

Greetings:

Recently a publication called the Legal Watch came into our hands. It was written by Mark A. Huberman. We were most interested in it and would like to know who puts it out. The only address on it is the defense fund and I can imagine the letters stand for American National Hygiene Society. We would be most interested to know if there are back issues to this publication. Would you be so kind as to send this letter on to whom so ever it may be of interest.

As you may know Canada is only beginning to make vaccination compulsory and only two provinces so far make vaccination a necessity for school attendance. In Ontario this law was passed in June, 1982, and they have been busy this past school year with their witch hunt. It has not gone as unchallenged as they would like, but they plow ahead. When we realized how rigidly and unpleasantly they in-

tended to go about this, we formed a parents group and began making ourselves known. We are now well over 200 people throughout central and southern Ontario with contacts to other organizations and societies.

We are now strong enough to consider taking the matter to the courts. In Canada, to our understanding, we may challenge the validity of the law with regards to the Charter of Rights (passed only two months earlier and it recognized conscience as equal to religion). Nevertheless, they passed the "Immunization" law without allowing the freedom of conscience only religion. We have found a lawyer ready to take on the case and have begun fund raising to retain him and insure being able to carry it through properly. In other words it should take only one well planned case to overturn the law for this province and convince other provinces they can not force one form of health care on all people and take the responsibility for the care of children from the parents. As this is the first challenge in Canada, we would be interested in the experiences from the States and can perhaps save a lot of footwork and trial and error in our endeavor.

I have taken the liberty to include our earlier or first introductory flyers to give you an idea of our direction. Since then we continue to respond to inquiries and put out newsletters as to our progress.

We would be most interested in some form of communication with you. Also, when we have retained our lawyer, he would probably be interested in contacting lawyers who have successfully carried out cases.

Thank you for your attention!
Dorothea Nusbaum
Ontario, Canada

The *Legal Watch* is a regular feature of *Vegetarian Health Science*.

**For more information see
Inoculation Alert p. 28.**

Upfront

KALE, SPINACH AND THE LEAFY GREENS

The National Academy of Sciences says to eat your leafy green vegetables. Greens like spinach contain chlorophyll, a substance that helps plants turn sunlight into food. Chlorophyll also has been found to lower the tendency of cancer-causing agents to cause genetic damage to your body's cells. Spinach and the other greens also contain significant amounts of vitamin A and calcium, although their oxalic acid content can change calcium into an indigestible compound in the body. Kale, on the other hand, has far more calcium than oxalic acid, and is a good source of this bone-strengthening mineral.

DIET AND CANCER

An elite committee of the National Academy of Sciences finally released its 445-page, two-year report, Diet, Nutrition, and Cancer. The study cost \$996,000 and reviewed some 10,000 scientific papers. They found that certain foodstuffs such as fats, raise the risk of getting cancer while others such as fresh fruits and vegetables will decrease the risk.

JUNK FOODS BANNED

Los Angeles County juvenile halls and youth camps have banned candy and soft drinks. These articles have been replaced with fruit juice and fresh fruit. After a year in existence, the County Task Force on Nutrition and Behavior has been able to alter menus in juvenile institutions and have begun to effect similar changes in adult prisons and work camps. The Rev. Bernard Mason of the task force states that 90 percent of criminals in custody had hypoglycemia or low blood sugar because of junk food, alcohol and drugs. It is hopeful that changing the nutrition of the anti-social elements will help them become law-abiding citizens—especially if changes are made during youth.

TUNA FISH OIL

For your information, the FDA call back of Star Kist Tuna was due to the fact that it was contaminated with diesel fuel.

DECLINE IN HEART ATTACKS

It has been reported in an AMA news release dated August 19, 1984, that a continuing decline in mortality rates associated with cardiovascular disease in this country still cannot be fully explained. The University of Minnesota researchers assert that lower blood pressure trends may provide important clues. While some researchers conclude that some of these observations may be the result of controlling blood pressure through various drugs prescribed for the treatment of high blood pressure, the Harvard Medical School Health Letter suggested that other methods such as weight control, exercise, cessation of smoking and coffee drinking, reduction or elimination of alcohol use and overall improved diet be used to control "mild" high blood pressure.

WHERE THE HEALTH CARE DOLLAR GOES

An alarming 47% of health care dollars goes to our hospitals.

If there is one force driving up health care costs more than any other, it's the fact that doctors and hospitals are practicing too much medicine at too high a price. They are booking too many people into hospitals, ordering too many complicated tests and buying too much expensive technology. They are able to get away with all this, experts agree, because of the way care is paid for—the so-called cost-based method of reimbursement.

Besides promoting runaway inflation, this payment mechanism is also distorting the medical system by building into it a structural bias toward providing just one type of care—expensive institutional care.

But this isn't always the particular kind of care people need. So while the

health care system is turning out to be exceedingly effective at putting people in hospitals, it fails to provide alternatives that may be more appropriate for millions of consumers.

Only a tiny percentage of funds for health is spent on prevention of disease. 97 cents of the health care dollar is spent on the treatment of disease, .5 cents is spent on health promotion and only 2.5 cents is spent on disease prevention.

Physicians and dentists receive 28% of the health care dollar spent by consumers; nursing homes receive 10%; and consumers spend 15% of their dollar on drugs.

This type of system fails to instruct people in the art of preventing ailments and crises. With this "crisis mentality" and the so-called cost-based methods of reimbursement, doctors and hospitals have set their own inflationary prices with few questions asked.

HYGIENIC COMMUNITY NETWORK

Do you ever dream about living in a community where your natural lifestyle is supported and encouraged? You're not alone. Members of the Hygienic Community Network have that same dream. Founded in 1979, during the American Natural Hygiene Society's 31st Annual Convention, the Hygienic Community Network consists of persons who accept the principles and practices of healthful living known as Natural Hygiene, and who are interested in cooperative lifestyles.

Membership includes personal correspondence networking, a free listing in the Hygienic Community Network Directory, and a subscription to Hygienic Community Network News, published six times a year. The cost of membership is \$5 per year or \$9 for two years.

Write to:

Helen Story
Hygienic Community Network
105 Bush Street
Ashland, Oregon 97520

FOOD IRRADIATION: *A Blessing Or A Curse?*

By Max Huberman

Preserving foods by irradiation seems to be the latest wonder-of-wonders. It is being universally acclaimed. For consumers, Hygienists or non-Hygienists, the central question is whether this "new concept" is really heralding a revolution in food preservation. Will nutritional quality be affected? Is it really safe? Who will actually benefit? Will there be any losers?

A recent sampling of headlines in newspapers and journals serving the \$300 billion processed foods industry provides a key to how consumers are being conditioned to uncritically accept the concept of food irradiation:

"Strawberries, Bananas Get Nod For Irradiation Preservation"

"FDA Backs Irradiation of Fruit, Vegetables"

"Scan Meat Irradiation Sites"

"Radiation of Food Gains Acceptance"

"Industry Eyes Irradiation Era"

Adherents of the health science we call *Natural Hygiene* have an enduring scepticism about every alleged wonder drug or miracle of food engineering that is thrust upon the public with great fanfare, inevitably fading into history after tragic disillusionments.

Dangerous false claims

So let us now examine the implications for large scale food irradiation which received its greatest impetus this year when Margaret Heckler, Secretary of Health and Human Services, expressed the endorsement of the national administration. Speaking to receptive members of the National Food Processors Association in Washington, D.C., Heckler declared:

"Thirty years of research on the irradiation process have shown that the proposed levels of irradiation are safe and nutritious."

Heckler was commenting on current FDA proposals that would permit commercial irradiation of fruits and vegetables. As she now envisions it, "This method of decontamination will reduce our dependence on treatment of food with such chemicals as EDB and could diminish any dangers of chemical application for the country's agricultural workers."

Secretary Heckler is obviously sold (I should say has been sold) on this presumed boon to humanity.

However, my own research indicates that she has failed to do her homework. We should first understand that preserving food by radiation is not really a "new" concept. The technological history of food irradiation goes back to 1920 when Otto Wust, a German radiologist working in a Paris laboratory discovered that the ionizing radiation of X-rays could "preserve" food and filed for a patent from the French government.

In 1943 the U.S. Army asked the Massachusetts Institute of Technology to determine whether food could be safely preserved with radiation. Four years later MIT scientists said yes it is really safe, despite minority voices in their midst that warned about possible negative effects on foods (and consumers!).

The sad history of food "preservation"

Before we continue our chronology let us pause for a brief look at what the process is all about. In simple terms, irradiation preservation means exposing foods to gamma rays or electrons emitted by radioactive elements such as Cobalt-60, killing fungi as well as living cells and all natural bacteria within the food. The food product is then sealed against further contamination and requires no refrigeration. The food itself is not known to emit measurable radiation after such exposure.

Now back to the calendar. In 1966 the 60th National Meeting of the American Institute of Chemical Engineers was briefed by officials of the Atomic Energy Commission, the Army and private organization of the alleged blessings of irradiation preservation. The spokesmen summarized written reports of experiments utilizing radioactive rays given off by Cobalt-60, Cesium-137 or electron accelerating machines. Without citing any proven documentation, Kevin Shea, AEC chief of the Radiation Processed Foods Section asserted that flavor and nutrition of perishable fruits were unaffected by radiation and remained in "opti-

mum eating condition" after being irradiated. Papayas, tomatoes, mangos, cherries, mushrooms would be among the foods "benefited" by irradiation. Many kinds of fish could be stored longer—and therefore shipped farther—after radiation.

Other officials from USDA and front men from corporate laboratories lobbying for federal and industry contracts to set up food irradiation plants also beat the drums about this "clean" way of destroying agricultural pests and eliminating spoilage of food during transportation and warehousing and incidentally claiming that it provided "better" taste, "better" nutrition and the possibility of bringing such "fresh" foods to distant areas that could not yet be reached economically.

As indicated, Cobalt-60 is the major key in the process of irradiation preservation and will deliver a lethal dose of radiation to any living cell or organism in seconds. It is therefore considered "ideal" for inhibiting the sprouting of stored potatoes and onions by killing the natural bacteria without any residual radiation.

Government statutes already permit radiation of tubers, wheat flour, bacon, and other meat products in federal facilities. The meat industry has trumpeted since 1965 that steaks irradiated by Cobalt-60 (and kept in air tight containers for more than a year without refrigeration) remained "fine and juicy." No problems at all, really, we are assured.

Rumblings of dire consequences

However, according to disclosures in Rodale's *Prevention* magazine (Jan. 1966), "Three Cornell University researchers rocked the food irradiation promoters by revealing that eating *irradiated sugar* can produce the same genetic changes as exposure to the radiation itself."

That same year, tests by doctors at the University of Michigan showed that irradiated sugar solutions were extremely toxic to white corpuscles. Such findings prompted *Science Journal* (Dec. 1966) to caution against consumption of irradiated foods, stating: "*Since most foods and all living cells contain sugar, long term consumption of irradiated food by humans may result in cell damage.*"

Despite the blanket blessings from FDA and commercial interests, not all foods remain fresh-looking and "just as tasty" after the radiation process. For example, lettuce wilts faster, pears get mushy and whites of eggs become thinner. It is also beyond debate that radiation is an antagonist of vitamins, particularly those most sensitive to heat such as vitamin K and thiamine, (B-1).

Though not a Hygienist, my friend the late maverick publisher J.I. Rodale was aware of how heat causes enzyme des-

"Three Cornell University researchers rocked the food irradiation promoters by revealing that eating irradiated sugar can produce the same genetic changes as exposure to the radiation itself."

truction and warned that the wide use of food irradiation would mean that much of the nation's food would be "twice cooked."

In 1968 Siegmund Schmidt, M.D., a respected professor from the University of Hamburg warned colleagues at a Vienna conference that insufficient attention had been directed to the biological effects of humans ingesting irradiated foods, foods that have undergone complete molecular alteration. Specifically, the "excited" particles can lead to the formation of radicals or heightened ionization, inducing hydrogen peroxide concentrations. The changed molecules and atoms are extremely reactive chemically; many toxic by-products may arise which have yet to be investigated.

More sobering was Dr. Schmit's observations that when *proteins* are irradiated, hazardous "aromatic carbohydrates" such as methythymercatan, dimethylene, carnion-sulphide, bezol and toluol are formed. These compounds are well-known carcinogens. In the case of *fats*, the iodine count and peroxide content are changed, the molecular bond of the fats and lipoids is split and highly toxic compounds result.

Similar probes by cancer researcher Professor Chiuro of the Centro Sociale Studio Praecancerosi, Rome, concluded that cancers may be induced when irradiation causes breaking up of the phospholipoid-nucleoprotein bond, causing a halt in the natural fermentation chain and the "breathing" of the food cells.

Furthermore, it is believed that dangerous decomposition products form in irradiated *carbohydrates* and new artificial isotopes (regardless of radiation doses) are formed through nuclear reaction.

Wide-spread use of irradiation

Despite such warning notes from the 60s and 70s, the concept of food irradiation received a big boost in the 80s when the *New York Times* (June 30, 1982) disclosed that during the Apollo space program of 1975 our men on the moon were delighted by their "tasty" meals of irradiated ham and beefsteak.

While a 1984 survey showed that twenty one nations including France, Britian, Italy, Japan and the Soviet Union are routinely or experimentally employing irradiation preservation techniques, the World Health Organization is on record since 1964 cautioning that food irradiation could be harmful to nutritional value and "develop resist-

Government statutes already permit radiation of tubers, wheat flour, bacon, and other meat products in federal facilities.

***When proteins are irradiated,
hazardous "aromatic
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bezol and toluol are formed.***

ance in food spoilage bacteria." The claimed advantages of the process, said the report, "are not a sufficient warrant for its indiscriminate use in all circumstances."

As commercial interests race for a piece of the anticipated food irradiation bonanza, consumer leaders and activists are taking a closer look at the controversy surrounding the process and its potentials for good or evil.

For example, while Charles J. Carey, National Food Processors Association president hails the green light that FDA is giving to food irradiation and while he proclaims that such action "opens the door to a new technology that could eventually be applied to a variety of processed foods," (*Supermarket Foods*, Feb. 20, 1984), a consumer group, Public Voice for Food and Public Health Policies, is expressing concerns about possible dangers from "unique radiolytic products" which could be left on food after irradiation. Communications Director Pat Kelly also challenges claims that nutritional qualities, flavor and textures of irradiated foods are unaffected and notes the failure of FDA to provide labeling provisions in their proposals.

While there may be potential benefits in irradiation as a possible agricultural alternative to EDB, Kelly raises questions about the safety for workers who irradiate the crops or the finished product.

Most recently, the Washinton, D.C. based *Center for Science in the Public Interest* has undertaken a study of the controversy, closely monitoring developments on all levels.

CSPI Executive Director Michael Jacobson has publicly expressed concern about the transport, use and disposal of the radioactive materials from which the radiation is derived.

Meanwhile, despite evidence to the contrary, tons of misinformation continues to beset a gullible public. Even the prominent physician-columnist Dr. Jean Mayer (who surely should know better) refers to food irradiation as a "cold process which only slightly raises the temperature." (Syndicated column—May 27, 1984).

Without blushing, Dr. Mayer repeats the processor industry outrageous claims that the "protein, fat, carbohydrate and mineral content of foods remains comparable to that in conventional processing methods like canning, freezing or drying."

The Hygienic point of view

Hygienists, of course, are not enthusiastic about canning, any more than irradiation, nor do we recommend freezing or drying over a food's natural state.

We may anticipate that as the commercial fervor heats up to promote the expansion of food irradiation, more propaganda will be dispensed to drown the voices of caution and the words of warning.

So where do we, the members and builders of the American Natural Hygiene Society and Movement stand on this issue? Where should we stand?

Before the year is out, FDA is pushing to officially widen the scope of food irradiation preservation. Among other regulations, FDA proposes to raise irradiation levels (as an agricultural measure) to as much as 1000 kilorads, though the agency is aware of Dr. Walter Herbert's 1968 findings in Freiberg, Germany that cattle suffered increased mortality when fed much *lower* levels of irradiated animal feed and irradiated soybean oil. It is also disclosed that fruit flies receiving only 150 kilorads of irradiated food showed multiple mutations and increased mortality; even the intestinal flora of chicks were damaged through such irradiated food.

Those enriched with the science and logic of *Natural Hygiene* instinctively recoil from products and schemes designed to "improve" or "protect" foods, by altering their natural state, as is also the case with countless colorants, preservatives, flavorings and additives and chemicals, that have been touted as harmless but later proved to be cumulatively, disastrous.

Our vigilance and adherence to the natural laws that guide us in making choices about the quality, preparation and utilization of foods, serves us well in achieving and maintaining optimum health.

We Hygienists must not be content with protecting ourselves and our families from the "risk versus benefit" propaganda of commercial interests that constantly seek to "improve" the appearance, taste or shelf-life of foods at the expense of sacrificing nutrient quality and consumer safety. I strongly believe that we must individually and collectively be as vocal and militant in safeguarding the quality of our food and environment, as we are in matters of health freedom and consumer rights.

"Let us have the truth though the heavens fall"

Thus, we are obliged to demand of our elected lawmakers and FDA officials and the U.S. Department of Agriculture that irradiation of foods should not be permitted or promoted by government or by industry until its effect on the biological processes of the living cell has been presented by independent researchers that current or proposed irradiation levels will have no negative effects on cell division, nutritional levels, fertility, the environment or the general quality of life.

And I know that our readers will be content with nothing less than a full measure of truth.

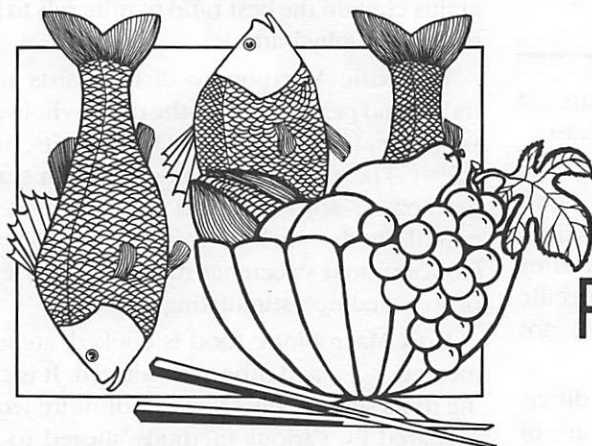
We agree with the sage of our movement, Dr. Herbert M. Shelton who has always proclaimed:

"Let us have truth though the heavens fall."

Indeed, let us have truth.

We mean the whole truth and nothing but.

MACROBIOTICS:



A NATURAL HYGIENE PERSPECTIVE

By James Lennon

Introduction

Macrobiotics is one of the more popular 'alternative' lifestyles in practice today. Founded by George Ohsawa in Japan during the 1940's, Macrobiotics has attracted an estimated 200,000 adherents in the United States and Canada. Michio Kushi and Herman Aihara, both students of Ohsawa, have become the most important North American teachers.

Whatever shortcomings it may have, Macrobiotics is well intentioned. It proposes to "help each individual live harmoniously with nature and the surrounding environment... equally concerned with the establishment of health, peace, and freedom on a family, community, national, and even global scale."¹

According to Michio Kushi, a healthful life must be "based on a comprehensive view of man's relationship with the universe." And that "the techniques which develop from this understanding should be simple, practical, and easily understood by everyone. In fact," he says, "the process of developing and maintaining health should not be separate from the normal, day-to-day process of life itself."²

Unfortunately, a happy, healthy life cannot be built upon good intentions alone. Consideration must be given to the means by which Macrobiotics proposes to make these intentions a reality. This article examines the Macrobiotic view

of the *health and disease process*, and the Macrobiotic approach to *diet and food preparation*.

Macrobiotics teaches that healing is based on the development and maintenance of a dynamic balance between *yin* and *yang*, the two primary and opposite tendencies said to be found in the universe.³ (Yin representing softness, expansion, receptivity, and femaleness; yang representing hardness, contraction, activity, and maleness.) In this system: "All physical and mental sicknesses can be classified according to their symptoms and causes into three categories(:)"⁴ those caused by excessive *yin*, excessive *yang*, or a combination of both excessive *yin* and excessive *yang*.

Diabetes and asthma are considered to be *yin* diseases, appendicitis a *yang* disease, and lung cancer a combination of the two.⁵ Macrobiotics offers a wide assortment of procedures designed to alter the so-called excessively *yin* or *yang* conditions by introducing changes that produce the opposite condition—thereby achieving a kind of 'balance.'

Natural Hygienists do not regard disease as lack of 'balance' but see it (especially in its acute stages) as remedial action undertaken by the body itself. Robert Walter, M.D. (1899) wrote that Natural Hygiene "removes the disease by removing the necessity for it...It declares that disease is a natural process of purification, and should not be stopped (or

Natural Hygienists do not regard disease as lack of 'balance' but see it (especially in its acute stages) as remedial action undertaken by the body itself.

Every thing, and every action, has a specific relationship to us. It is either beneficial or harmful in its overall effect. If beneficial, it meets a specific need or needs. If harmful, it should be avoided, not 'balanced.'

To consider the Macrobiotic Diet Natural, we would have to conclude that these foods are cooked in natural pots and pans, on natural stoves (made in natural factories), fueled by natural fuel.

prevented), but aided."⁶ Seen in this light, symptoms are evidence of the body's response to the causes of disease.

According to Natural Hygienist Isaac Jennings, M.D. (1850), "There are but two extremes—the extreme right, and the extreme wrong."⁷ Every thing, and every action, has a specific relationship to us. It is either beneficial or harmful in its overall effect. If beneficial, it meets a specific need or needs. If harmful, it should be *avoided*, not "balanced."

The following examples illustrate the fundamental differences between Macrobiotic and Natural Hygienic care of the sick. They also show that Macrobiotic practice strays from Mr. Kushi's contention that it "should not be separate from the normal, day-to-day process of life itself."

Macrobiotic external treatment includes: for

Fever: Cut off the head of a live carp. Catch the blood in a cup. Mash the carp with a small amount of white flour. Spread the mixture on chest. Remove when temperature returns to normal. (In pneumonia, drink the blood!)⁸

Exhaustion: Prepare Brown Rice Cream. (Recipe omitted here.) Used "to supply nourishment and energy when exhausted and when there is no digestive ability."⁹

Weak Heart: Mix raw egg and tamari soy sauce. Drink. Used "to strengthen heart, stimulate heart beat and blood circulation."¹⁰

The Natural Hygienic approach (to ironically quote Mr. Kushi), does "not separate the day-to-day process of life," but proceeds in harmony with nature's actions: for

Fever: Temperature regulation is a normal bodily function. It is in constant operation. In the case of a high temperature, it indicates increased work or effort. Natural Hygienic care calls for rest and abstinence from food. To reduce fever is to interfere with the body's remedial efforts. The live carp mixture does not remove the cause(s) of the fever.

Exhaustion: When you are tired *rest!* This is fundamental to Natural Hygienic practice. More importantly, nutrition is a bodily activity. Food never *supplies* nourishment. It is but a raw material, a potential nutrient. With that in mind, it should be clear that there can never be nourishment when "there is no digestive ability."

Weak Heart: Organs are strengthened from within, by the same processes by which they developed originally, not by using special foods. No substance has the ability to instantaneously improve or increase bodily functions. Digestion, assimilation, and utilization require a considerable length of

time.

Diet and food Preparation

According to George Ohsawa, "The right foods for man are those which are traditionally eaten, locally grown, and seasonal in that particular location."¹¹ Michio Kushi believes that of the many foods available to man, unrefined whole grains contain the best ratio of minerals to protein and protein to carbohydrates.¹²

The basic Macrobiotic diet consists of the following foods (and percentages of the diet): whole grains (50-70%), vegetables (30-50%), beans (10%), fruits, fish, seaweed, etc. (10%). These foods are seasoned with sea salt, miso (soybean paste), soy sauce, and supplemented with highly processed foods—such as tofu (soybean curd), yinny syrup (concentrated sweetener made from barley), and a variety of so-called non-stimulating beverages.

Most Macrobiotic food is cooked, some is pickled, fermented, aged and otherwise altered. It is classified according to its supposedly more *yin* or more *yang* qualities, and prepared by various methods alleged to produce *yin* or *yang* results. Herman Aihara advises beginners to "learn cooking techniques that change yin foods to yang ones, and make foods more delicious. Heat, pressure, salt and time (aging) are the magicians for the yangization of foods."¹³

To consider the Macrobiotic Diet Natural, we would have to conclude that these foods are cooked in natural pots and pans, on natural stoves (made in natural factories), fueled by natural fuel.

As it is with all other species, humans are allotted their own specific foods. These foods contain the necessary proportions of nutrients; and are attractive, delicious, easy to eat, and easy to digest as they occur *naturally*—unadulterated in any way.¹⁴ They need no "magicians" to make them wholesome or palatable, nor do they need seasoning, pickling, fermenting, cooking, or any other process. The Natural Hygienic diet consists of fully ripened fruits, vegetables, nuts, and seeds. Their preparation requires only washing, peeling, and shelling.

Natural Hygienists recognize that humans take their biological requirements with them wherever they go. So, while encouraging the consumption of locally grown fruits, vegetables, nuts, and seeds, they also eat foods from other areas. Foods attractive and delicious in their natural state are unavailable in colder climates for much of the year. People cannot assume that their needs can be met with local foods in any and every location they find themselves. Many are now dependent upon modern transportation for their

And in a field where various disciplines offer the prospect of health care becoming self care, Natural Hygiene remains the standard beside which all other systems must be measured.

fresh fruits and vegetables.

Summary

Unlike Natural Hygiene, which bases its system upon a profound respect for *Nature* and the inherent power and intelligence of the human organism, Macrobiotics remains content to experiment with the age old belief in human *domination* of nature. This belief is manifested in Macrobiotic attempts to 'improve' foods, to discover 'cures' for what amount to be necessary bodily activities, and to introduce the concept of 'balance' into daily living thereby implying the idea that people can somehow escape the law of cause and effect.

Macrobiotics deserves credit for having influenced people to examine their lifestyles. Once people decide to change, to step out of the mainstream, they have made great psychological progress. Hopefully, armed with their new sense of self respect, these individuals will seek a logical system of living that goes beyond the limited scope of Macrobiotics.

Natural Hygiene is that logical system. It has invented nothing! It has merely investigated how Nature works, and discovered how to live in accordance with her primordial laws.

Those sincerely interested in a healthy and happy future cannot content themselves with 'improving' or 'refining' outdated patterns of thought. Change must be fundamental. Natural Hygiene represents that type of change. In a

field where various disciplines offer the prospect of *health care* becoming *self care*, Natural Hygiene remains the standard beside which all other systems must be measured.

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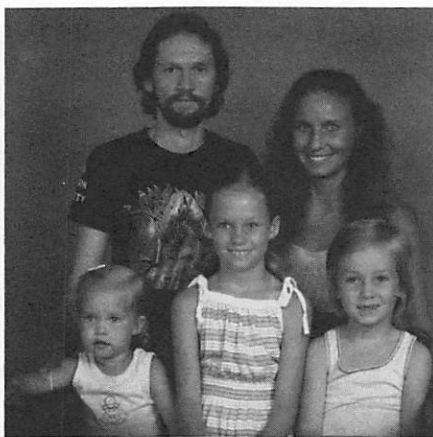
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Three Home Births:

The Heart Warming Story



By Mitchell L. Fleming

On my three children's birth certificates where it says physician, it reads "Father." That is right, father. My wife and I delivered our babies at home. We planned it that way and were ready and willing to accept whatever might happen. For you see it was our opinion (it still is) that for a "healthy" woman to deliver her first baby in a hospital or under a doctor's care was to put herself in the greatest risk of unwanted, and sometimes unnecessary intervention in the process of a natural delivery.

To have a natural childbirth meant everything to us. The reason it meant so much to us was that two years before the arrival of our first child we found out about Natural Hygiene. It happened by accident. We were in a newly opened *health food* store. I was talking to the store owner, he asked me an amazing question, "do you love your wife?" "of course," I said. "Why do you let her eat poison?" "What poison?" "White sugar, salt, white flour, food colorings, preservatives." I couldn't believe my ears. How could the great American diet be poison. I had to know more, I had to know if this man was crazy or not. Before I left the store M.L. Peters (the owner) let me borrow all the books I could carry, books by Herbert Shelton, Paul Bragg, N.W. Walker, Arnold Ehret, Paavo O. Airola, and J.H. Tilden. One week later we threw out all the junk food in our house and have been practicing Natural Hygiene ever since.

I will not go into minute details about the next couple of years, excepting to say that we lived Natural Hygienically, learning more as time passed. It was during this period that our first baby was conceived. We now understand with greater clarity why we had been guided into these wonderful health practices. I like to think of it as prenatal care and preparation for the life giving moment.

My wife attributes her healthy pregnancy and painless childbirth mainly to our diet. She suffered no common

pregnancy problems, i.e. morning sickness, toxemia, swollen ankles, etc. We had been buying and reading all the books on childbirth we could find. I was already aware of the different methods (Lamaze, Bradley, AFAH). We studied them, putting together our own method along the way. We had the traditional hot water on the stove, it was for the purpose of having a baby tub of body temperature water to soak the baby in. I kept some soft towels in the oven.

We knew from the first that not many people would approve of what we wanted to do, so we just didn't tell anyone. Fear never entered into the picture for us. We knew that fear itself can cause complications during delivery. It's just that the waiting gets long near the end.

Then the day came. About 4:00 AM; Gail awoke, she told me, "today is the day." It wasn't time yet, and I was able to get a couple more hours of sleep. The baby actually came at 5:20 PM. Everything went fine; Gail even sleeping between the contractions. The baby was allowed to nurse immediately. When the cord stopped beating I tied it with sterilized cotton string. I held the baby in the prepared warm water while Gail told me what pictures to take. The baby cleaned up beautifully, then it was back to nursing. I made Gail a fresh glass of carrot juice, she still remembers the juice as being the best thing I ever did for her. It wasn't long until the baby went to sleep. Gail felt so good she even helped with some of the clean up; under my protest of course. We had prepared for the fluids and afterbirth by putting a rubber sheet on top of a made bed, with sheets on top. We had just shared a part in "life's ultimate intimacies."

The next morning we were up early. We bathed the baby, fed her and dressed her up so that she would look nice when family and friends came. It was now 7:00 AM. Our

first visitors had arrived. I didn't recognize the car, but it came up the drive fast. Two nurses jumped out and ran to the door. I opened the door, "we heard you had a baby here, we are here to help." I said "well I don't know what you can do but here she is, come on in and take a look." One nurse went to see the baby, the other went to the kitchen counter and opened her bag. The one with the bag was the one I watched. She proceeded to bring out a needle for shots and put it in a bottle; then out came a bottle of silver nitrate, and another bottle of something, I could not detect what it was. I walked over to her and said, "lady you can't use any of that here." She stuck her nose in the air and went "HUH," and proceeded to stick another needle in another bottle. That was it; I don't remember what or how I told her, but I let her know if she didn't put her bag up things were going to get real mean around here. That did it, she put her bag up quickly. She did proceed to give me a lecture on; "do you realize the responsibility you are taking?" I cut her short. "Look we didn't call you here and I have already taken full responsibility." Things calmed down and she began to fill out the birth certificate. There was one small problem, we didn't have a name for the baby. The two nurses were amazed. They had never heard of anyone doing what we had just done, not in our state anyway. It took us three days to decide on a name but on the third day a name came to us. It was the same with our other two, it took three days to name them:

We had not heard the last of the nurses. They found out that we were only breast feeding the baby, whom we had finally named Winter Starr. They said "don't you know there isn't any iron in breast milk, your baby will be

anemic." They even called Gail's parents and upset them about the iron. We finally reconsidered, reluctantly and both Gail and Starr's blood was checked for iron, (they both had above normal). The nurses said, "now that we have you in here let's catch up on her shots." I let her know that our baby was not going to have any shots and they could now leave us alone, as we knew what we were doing.

This all took place 9½ years ago. My other two children, Wesley and Shauntelle are ages 7 and 2½. All 3 children were breast fed until they weaned themselves. They have lived on a vegan diet since that time. You may wonder why I waited so long too write this story. I just wanted to say we didn't take home movies to show the world, and we didn't do this to write about it. This just happened to be part of what we consider to be, (for us) a natural life style. The only reason that I am now writing is that in October of this school year, Starr and Wesley were expelled for not having the compulsory inoculations. The little skirmish with the two nurses has turned into the battle of our lives. Here in our home town of Lebanon, Tennessee, our inoculation rejection, was one of the biggest news stories of 1983. We made second biggest story of the state right behind notorious murder headlines.

We will probably be in court at the time this first appears in print. I only hope and pray that we will be allowed our constitutional rights. As I see it Natural Hygiene is our LIFE, our LIBERTY, and our PURSUIT of HAPPINESS.

Flemings Win in Tennessee! See p. 23

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The American Natural Hygiene Society's

36th Annual International Natural Living Conference

ANHS NATURAL LIVING CONFERENCE *A SMASHING SUCCESS!*

By Marti Wheeler

What comes once a year, is an extraordinary learning experience, and draws enthusiastic people together for fun and celebration?

Christmas? Your birthday? Perhaps. But the inspiring event I'm speaking of is the American Natural Hygiene Society's Annual International Natural Living Conference.

If you have attended any ANHS conventions, then you know what a marvelous social, recreational and learning experience these conferences can be. If you haven't, you are about to discover why you should definitely make plans now to attend next year's 37th Annual International Natural Living Conference. Further details will be forthcoming in future issues of *Vegetarian Health Science*. In the meantime, why not make plans to attend and tell everyone you know about this great opportunity to have a wonderful time while learning how to gain and maintain sparkling health and exuberant well-being.

Following are some of the highlights of the 36th Annual International Natural Living Conference held at the San Souci Hotel in Miami Beach, Florida, August 19-26, 1984.

Opening Night

Opening night, attended by over 400 people, featured a keynote talk on "Healing is a Biological Process" by the thoroughly knowledgeable and entertaining Alec Burton, (D.O., D.C., N.D.), director of the Hygia Sanatorium in Australia; a mini food demonstration by Joy Gross, director of the Pawling Health Manor in New York; and case histories by Joel Fuhrman, Jack Goldstein and Craig Laroche.

Illuminating Lectures and Films

More than 20 speakers presented over 60 talks, lectures and symposiums. Topics ranged from food combining; dealing with health problems (colds, fevers, allergies, col-

itis, arthritis, circulatory and heart diseases, digestive problems, diabetes and hypoglycemia, kidney problems, cancer); food supplements; mental influences on health; hygienic first aid; raising children; eating out; household insect control; drugs; fasting; relaxation techniques; exercise; and more.

In addition, special daily discussions and talks were held for youth on "When, Why and How to Become a Natural Hygienist"; "Food Selection and Combining"; "Peer Pressure and Dating"; "Why and How We Fast"; and other topics of interest to youth.

Two informative educational films were shown during the week-long Conference. "The Animals Film" exposed society's cruel exploitation of animals and the other, "Vegetarian World," was introduced by Joe Aaron with a brief talk on "Vegetarianism for the Health of It."

A Fabulous Food Demonstration

Joy Gross presented a gorgeous food festival to demonstrate that wholesome natural foods can be appealing to the eye, as well as nutritious and tasty. She demonstrated recipes and menus from her books, *Thin Again* and *The Vegetarian Child*; she showed how to prepare and eat a mango; and she gave many other helpful suggestions to enable anyone to become a culinary artist supreme.

Day Care and Babysitting

In addition to the special programs for youth over age seven, co-op day care and evening babysitting by the older youth were available for children ages 3-7.

Fabulous Food and Magnificent Meals

Beautiful, luscious meals were served three times daily in the San Souci dining room. Hotel personnel made the meals temptingly eye-appealing. The meals at the 36th Annual Conference were by far the best in recent memory.

A choice of various succulent melons or citrus fruits were offered at breakfast. Guests could choose between a fruit or vegetable lunch. Dinner was an all-you-can-eat salad bar of fresh vegetable plus one steamed vegetable such as carrots, corn or squash, along with a choice of nuts, avocado, baked potato or a special dish such as rice, ratatouille, kasha casserole, lentil stew or stuffed green peppers.

Special themes added zest and variety to some of the meals. Wednesday's lunch was the Century Club Luncheon, free to Century and Life members. It was held in a special dining room, and at it the Tree of Life, a beautiful memorial to Century Club members of ANHS, was unveiled. The names of Life and Century Club members will be engraved on individual leaves. Thursday's dinner was a Hawaiian luau. For this the dining room was decorated with beautiful Hawaiian flowers, and colorful leis were given out.

Recreational Activities for Everyone

A diversity of recreational activities helped to make the ANHS Natural Living Conference a truly gala event. Participants swam in the ocean or in the hotel swimming pool, sunbathed, and took beach walks. During each morning and on two evenings Kate Sharp led many guests in folk dancing. Ruth and Irving Shoenfeld escorted 15-20 youth to Six Flags Adventure Island, and many Conference guests enjoyed a special sightseeing tour to the world-famous Vizcaya Museum and Gardens.

The big hit was Wednesday night's talent show, moderated by Gladys Aaron. What a diversity of talent there was among the guests! For the evening the lecture hall was filled with singing, dancing (folk, modern, ballet), storytelling, classical guitar, contemporary music and a magic show.

TV, Radio and Newspaper Publicity

Despite the fact that the Republican convention drew many reporters elsewhere, the ANHS Natural Living Conference did draw some valuable media attention. Jack Dunn Trop and Joy Gross spoke about Natural Hygiene with Chuck Zink on his live television program, "Frankly Speaking," and the Conference was given attention by Janet Cowan of radio station WIOD.

Among the newspaper coverage the Conference received was a *Sun Reporter* article prior to the Conference and a *Miami Herald* interview with some Conference participants.

Grand Finale—Farewell Banquet

The climax of the 36th Annual International Natural Living Conference was the Saturday night farewell banquet and dance. Dinner was served in a special dining room with especially elegant decor and luscious-looking cornucopias of lovely fresh foods. Special plaques were given to some Society members who have given outstanding service to the organization.

After dinner guests gathered in the hotel's night club to dance and socialize. A live four-piece band provided excellent music, and guests enjoyed themselves and one another in an entirely smoke- and alcohol-free environment.

Hope to see you next year!



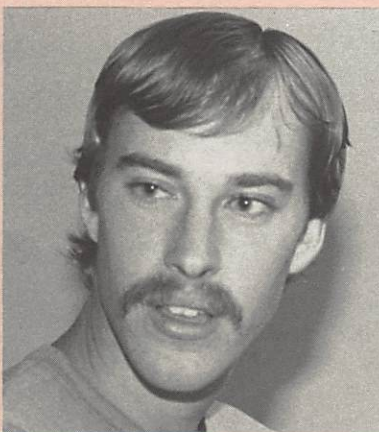
Sue Douglas, new ANHS Board Member, with daughter Molly and her celery teether.



Alec Burton, D.O., D.C., M.D., delivering keynote address—"Healing is a Biological Process."



Joy Gross and her assistant John sent taste buds spinning with their creative food demonstrations.

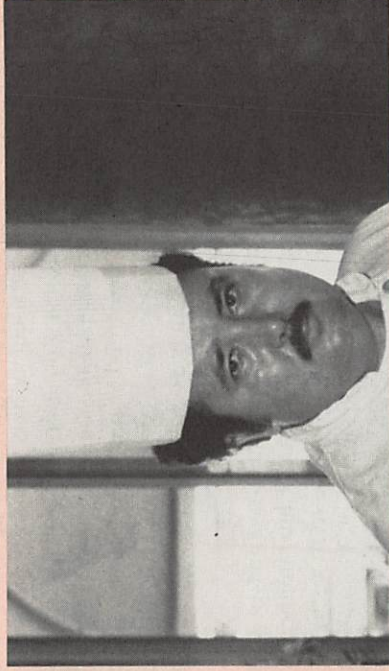


New ANHS Board Member Ron Cridland, M.D. from Pointe Claire, Quebec, Canada.

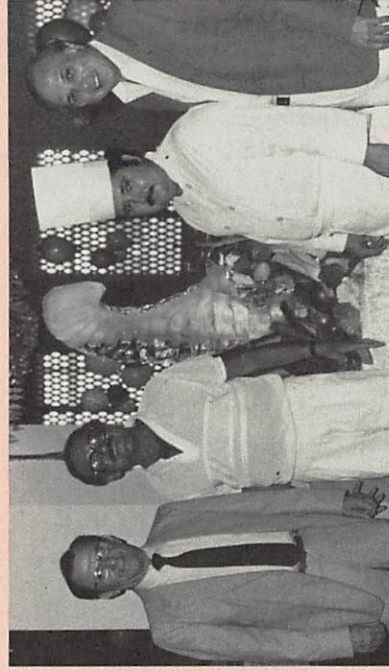
See next page for more convention highlights!



Over 600 interested participants jam the lecture hall on opening night.



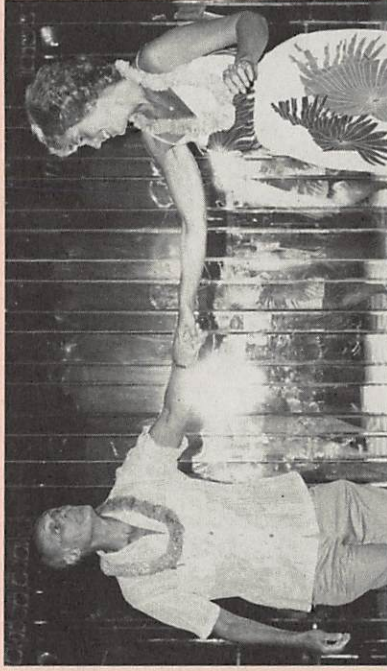
San Souci Hotel Master Chef Andy Serrano.



The San Souci management team, Alex Serrellis, Gunter Glindmeyer, Andy Serrano, Milton Toubin, and Irving Green (not pictured) contributed to the success of this year's convention.



This fresh vegetable platter is decoratively beaped with broccoli, cauliflower, cherry tomatoes and yellow crookneck squash.



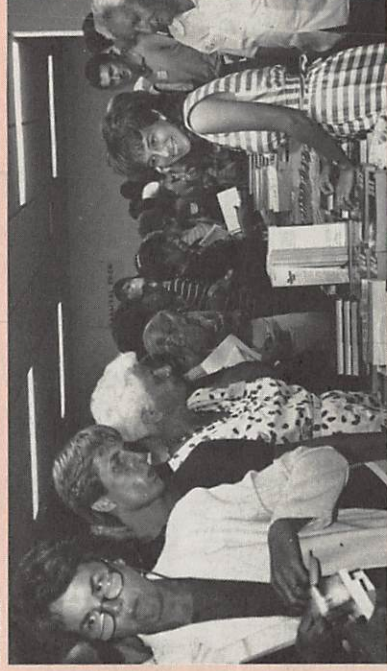
After the Saturday banquet, Convention guests moved into Leonard's Disco for dancing.



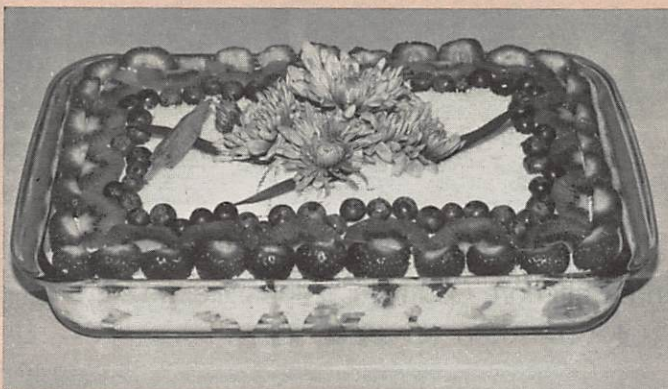
Creamy-good Florida avocado halves stuffed with colorful grated carrots and red cabbage were a big bit at the dinner meals.



Marti Wheeler is all smiles about her new ANHS role as Administrative Assistant.



ANHS book tables receive considerable attention from convention guests.



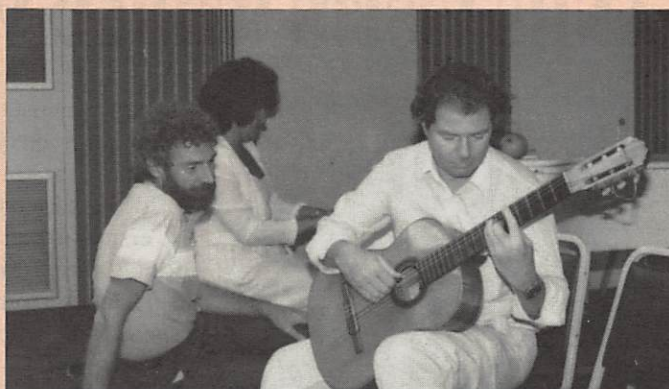
The "Banana Coconut Cream Pie" highlighted Joy Gross' food demonstration.



Magician Steve Pastor performs a series of rope tricks with volunteer Jacquie Duvall.



Professional Natural Hygiene Practitioners Alec Burton, Keki Sidbwa, David J. Scott, Ralph Cinque.



Dr. Alec Burton has diverse talents.



What a lavish fruit tray! Red grapes and green leaf lettuce adorned with kiwi fruit halves and an apple on top.



Joy Gross and ANHS Vice President Jack Dunn Trop appeared on prime time television.



Executive Director Craig Laroche gives an early Convention interview with a reporter from the Miami Herald.

Dear Friends,

The ANHS Board of Directors and the National Headquarters Staff would like to thank everyone who helped make this year's convention such a great success: speakers, volunteers, and convention guests. We would especially like to thank those of you who responded to this year's pre-convention appeal. Your continued financial support is a tremendous asset to our society.

Of course, none of this would have been possible without the enthusiastic cooperation of the management and staff of the beautiful Sans Souci Hotel.

Thank you one and all.



VEGETARIAN RENAISSANCE FOR A BETTER WORLD

27th WORLD VEGETARIAN CONGRESS
University of Maryland, Baltimore County, Cantonsville, MD, USA
July 30—August 9, 1984

ANHS VISITS WORLD VEGETARIAN CONGRESS



ANHS Executive Director Craig Laroche and Debbie Huberman.

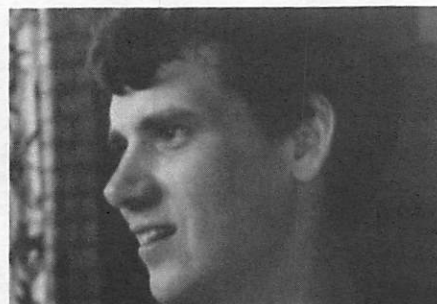
In early August, the North American Vegetarian Society served as host organization for the 27th Annual IVU-World Vegetarian Congress held at the University of Baltimore in Maryland. About 400 representatives of Vegetarian societies from around the globe gathered to teach the benefits of Vegetarianism.

The ANHS was well represented at the Congress with attendance from President Mark A. Huberman and wife Debbie, Executive Director Craig Laroche, Board Member Kate Sharp, and a number of other Society members. ANHS Board Member Jay Dinshah (and his family) anchored the massive booktable display in which ANHS literature was in abundance.

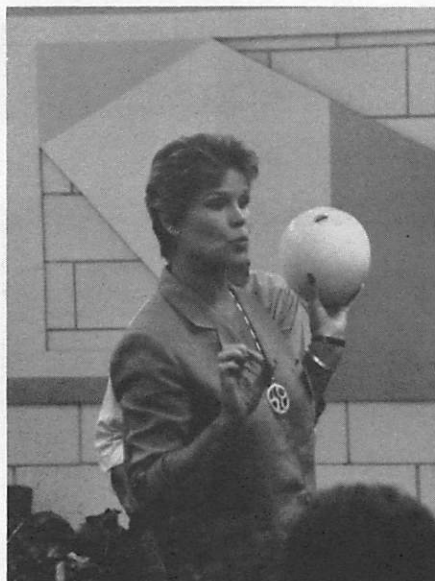
For the ANHS representatives, the Congress proved a unique opportunity to meet and share ideas with leaders of the Vegetarian movement from Gordon Latto, President of the International Vegetarian Union, to Paul Obis, Editor of *Vegetarian Times*, to Dr. Bhangara, a Natural Hygiene Practitioner from India.



Kate Sharp, her daughter and grand children.



Vegetarian Times editor Paul Obis.



Joy Gross gave her famous Food Festival demonstration.



Vegetarian Peter Burwash taught tennis and aerobics.



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 Vegetarian Health Science.



Q. Please let me know if you could offer some counseling and help to a group of ex-mental patients that want to be healthy, free of toxic drugs. I'm the lady with a burning desire to make the public and media aware of the fact that more people die every year from the effects of legal drugs than illegal drugs.

Aleda Goldfarb c/o Wojan
134 Davenport Road
West Hartford, Connecticut 06110

A. With reference to counseling and help for ex-mental patients, it would be best for you to get in touch with one of our Hygienic professionals. I can tell you that Dr. Allan Cott, a medical doctor who wrote "Fasting—The Ultimate Diet," has considerable success with mental patients. He studied with Dr. Yuri Nikolayev of the Moscow Psychiatric Institute. Dr. Nikolayev was the first to suggest that schizophrenia may be caused by a biochemical imbalance that can be corrected through the restorative powers of fasting and revised diet.

It certainly ought to help your group of ex-mental patients to study Natural Hygiene and improve their eating and living practices.

(A list of recommended Hygienic doctors was sent to Ms. Goldfarb. These lists are available from the national office of the American Natural Hygiene Society.)

Q. The president of the Norwalk Company has contacted me for some help in writing promotional literature about the

firm's juicer. To do that I am looking for opinions—favorable, naturally—about vegetable and fruit juices. A letter in a recent issue of *Vegetarian Times* said that most Hygienists would argue that juices were not the "cornerstones" of their diets. That is easy to understand, but is there a further statement about the value of juices farther down in the order of priorities? For example, do you have an opinion about their values for the elderly who eat very little, or someone with poor teeth or digestion who seems to be unable to tolerate whole, raw foods? Do you believe juices can be of value to an invalid or a person who is recovering from illness or surgery?

Frank F. Bredell, Box 1113
Lincoln Park, Michigan 48146

A. Fresh vegetable and fruit juices do indeed have some value and are used by Hygienists.

1. They are often used as the first food to break a fast, though some fasts are broken with whole fruits.
2. They may be used during convalescence (after fasts or illnesses) to supplement whatever whole foods a person may be able to utilize during such periods.
3. They may be utilized temporarily to alleviate certain digestive or other problems when it is not possible, or advisable, to fast.
4. They may be used to supplement certain food programs, especially where impairments exist, but it is much better to utilize whole foods to the greatest extent possible.
5. They may be used as supplementary

infant feedings, although nursing may make this unnecessary.

6. There is no objection to their occasional use, properly spaced and combined, by anyone who wishes to experience the pleasure and satisfaction of utilizing fresh juices. However, we continue to recommend the use of whole foods as being far superior for regular use.

People with dental problems would get more nutritional value from freshly blended foods (than from juices), though, again, it is much better to masticate the food, if at all possible. Some such people compromise by, e.g., eating a small salad whole, and then taking a supplementary blended salad.

We always try to make it perfectly clear that, optimally, foods should be fractionalized or oxidized only by our own bodies, in the process of eating and assimilating them. But we by no means deny the value of juicing and blending certain foods in certain situations. I myself own a Champion juicer and a blender, which, though used infrequently, are useful from time to time.

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*Dr. Alan Immerman
Consultations in
Natural Hygiene*

Abe Zinn: *91 And Still Going Strong!*

A profile by Mark Huberman



Abe Zinn

Where else but in the ranks of the *Natural Hygiene* movement would you find someone past 90 who needs no glasses, hearing aids or even a cane to function as energetically as most people half that age?

But even among Hygienists, how many could you find that also exercise 45 minutes each morning (including a headstand!), go dancing five nights a week, and manage to take care of a large organic garden?

Your answer is probably "nobody"—unless you have attended any of the last 25 Annual ANHS Conventions and met an extraordinary Natural Hygienist named Abe Zinn.

Yes, Abe Zinn, who at 91 is still going strong, remains a one-man institution whose vigor, good humor and gentle demeanor never seem to diminish.

We managed to catch up with this busy Hygienist who consented to enlighten us about his extensive background in our Movement and the colorful lifestyle to which he attributes his impressive health and longevity.

When we phoned for the interview, Abe was characteristically out in his organic garden giving tender loving care to his 60 tomato plants and row

upon row of lettuce, squash, string beans, and more.

Our first question to Abe was, naturally, about his gardening. He informed us that he was in fact managing *two* gardens, one in New Jersey where he spends the summer and one at his condominium in Miami Beach where he spends the balance of the year. "Gardening," Abe says, "is an experience like nothing else in the world. It takes you outdoors and gives you great exercise and wonderful food."

Like all Natural Hygienists, Abe recognizes that exercise is a vital element in maintaining vigorous health. He proudly revealed that he begins each morning with a 45-minute workout encompassing all forms of exercise from headstands to jogging in place, to work on his slantboard (which he has used from the day it was invented).

Time is also reserved for eye exercises which he firmly credits with preventing his need for glasses.

Even his social life incorporates an element of exercise. Abe told us that five nights a week during his months in Florida he goes dancing and has even won several awards for his talents.

Dietwise, Abe is a "two-vegetable-meal man." Fresh fruit is the usual choice for breakfast, followed by a sizable vegetable salad for lunch, and another large salad for dinner, accompanied by cashews, filberts, or some other natural protein. He rarely partakes of cooked foods, characterizing them as "dead food" which he tries to avoid.

Abe proudly stated that he has never—ever—visited a physician except for a mandatory checkup when he was 65 (almost 30 years ago!) for a life insurance policy which he claims to have since outlived!

When asked if he still drove a car, Abe replied, "Not for the past two years." He pointed out, however, that he gave up the luxury of driving, not because of any inability to drive, but simply because he found the insurance rates "outrageously high for a guy his age."

As for his background in Natural Hygiene, Abe confessed to being a delicatessen owner in the late 1920's in Newark, New Jersey, with no particular health orientation until he began listening to some daily health radio lectures from the likes of Paul

Bragg, Alfred W. McCann and Bernard McFadden.

He particularly remembers an early recommendation by Paul Bragg that people should incorporate a great deal of whole wheat products into their diets as the key to vibrant living. The idea sounded natural enough, and he took Dr. Bragg up on the idea, by eating numerous wheat products. He soon developed significant catarrhal problems—with a particularly bothersome elimination through his eyes. During the period of his suffering reaction, someone had passed along the advice to read a book by Dr. Herbert Shelton entitled *Human Life: Its Philosophy and Laws* which he purchased for the then considerable sum of \$15.00. He decided to try Dr. Shelton's program and undertook an eight-day fast, much to the chagrin of most members of his family. The fast solved his eliminative problems, the program made sense and he became a dedicated Hygienist from that day forward.

So convinced was Abe that he was really onto something great, that, in the middle of the depression, he gave up his successful delicatessen and, against the advice of many friends who thought he was crazy, launched the first health food store in his area and one of the first in the country.

According to Abe, his store made history.

Abe claims to have introduced the *first* vegetarian luncheonette in America, the *first* natural juice bar, and in a footnote to the health food industry, he claims to be the *first* business to handle Dannon Yogurt (which, by the way, he no longer recommends we partake).

In what is surely a footnote to the history of our Movement, Abe recalls arranging a lecture in New Jersey for a very young Dr. Shelton in the early 1930's, which resulted in Dr. Shelton being arrested and charged with "practicing medicine without a license" for the grave misconduct of suggesting that two obese women in his audience might successfully begin losing weight if they modified their

diet by eating only two grapefruits for breakfast each day for several weeks.

Abe recalls that he had to post Dr. Shelton's bail in what was a nightmarish experience. Whether or not Dr. Shelton ever returned to New Jersey, Abe didn't recall.

Abe maintained his health food store for more than 50 years until he retired about 12 years ago.

Although officially in retirement, no grass has begun to grow under Abe's feet. Aside from his gardens in New Jersey and Miami Beach, Abe has served for the past several years as President of his Condominium Association—almost by default, as Abe explains it, since virtually all of the people in his building are "too sick to handle the many responsibilities" which he undertakes with ease.

Abe finds nothing awesome in the fact that he is maintaining his high level of health without contributions to

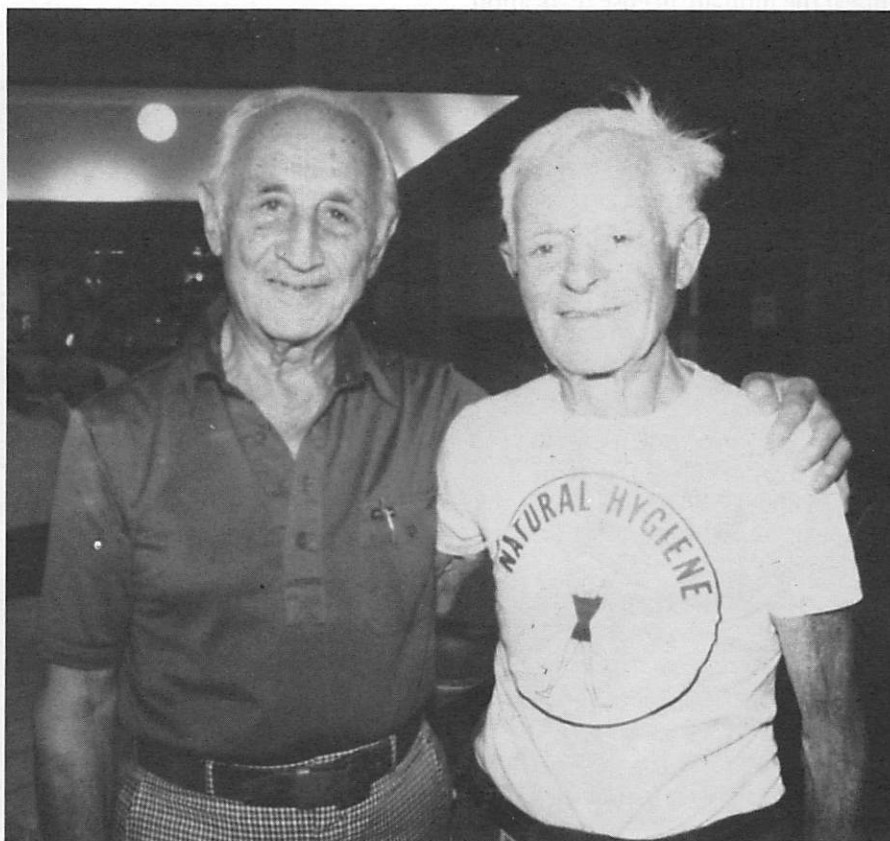
the coffers of the medical establishment.

After all, he reminded us, "The Hygienic system is great—you always stay well if you follow it."

And Abe intends to keep following it faithfully for many years to come.

An Interview Postscript: At the end of the interview with Abe, we spoke with his daughter Fay, who describes her father as being "a perfect human being," one who she hopes "to match healthwise at 71 as his is at 91." She proudly stated that "all the things that Abe has been preaching about for the past fifty years in terms of the environment, natural foods, exercise, food additives, have proven out," and she proclaimed that most of Abe's friends now admiringly say, "Mr. Zinn was right all along...he was ahead of his time...he was a true pioneer."

And that he remains.



Vegetarian Health Science Editor Jack Dunn Trop and Abe Zinn.



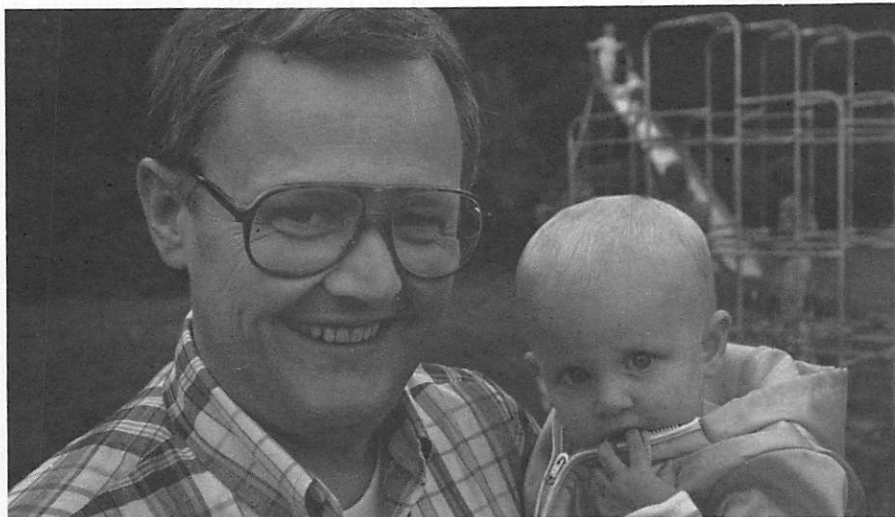
The Legal Watch

Dr. Wootan Update

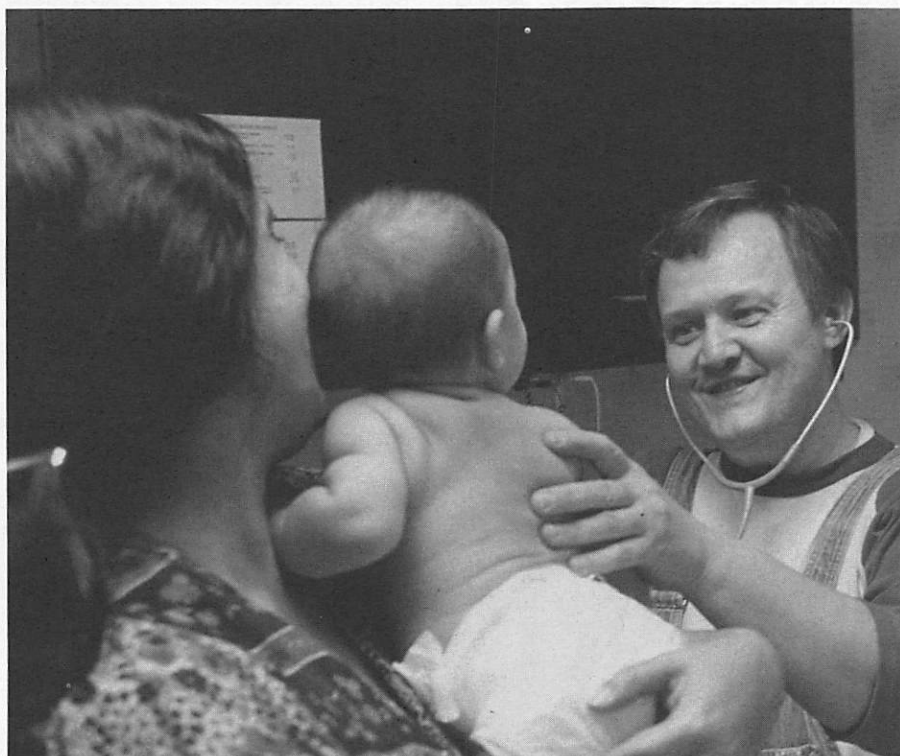
By Atty. Mark A. Huberman

As readers of this column are aware, Dr. George Wootan had his medical license revoked in October of 1983 by the New York Medical Board under allegations that he advocated and assisted in homebirths and because of his refusal to recommend silver nitrate be administered to new babies' eyes.

For over two years Dr. Wootan appealed aspects of the Medical Board's actions in which they repeatedly suspended his license for consecutive sixty-day periods *while they were conducting* their investigation. The New York Court of Appeals (that State's highest court) ultimately agreed with Dr. Wootan that the state laws and regulations that allowed for sixty-day administrative suspensions were improperly continuously invoked, but that proved a rather hollow victory since Dr. Wootan lacked the funds to appeal the ultimate license revocation itself.



Dr. George Wootan



Dr. Wootan at work.

Under New York law, Dr. Wootan is allowed to reapply for his license in October of 1984, (which is one year from the date of revocation) and he fully plans to do so.

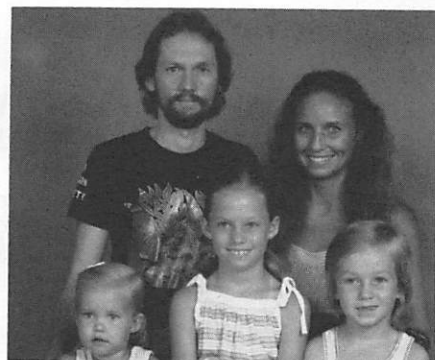
A major hope is that the Medical Board (or the courts) will allow him "credit for time served" during his year and a half of improper sixty-day suspensions.

Although he is still licensed in the states of Florida and Oklahoma, he is determined to "fight to the finish" in New York where he insists he has "done nothing wrong—and a whole lot right."

His major obstacle, however, continues to be dollars. His legal battles to date have already run over \$60,000, and he is forced to handle most administrative appeals himself—with advice only from his long-time friend and attorney, Richard Greenblatt, who he can no longer afford, but who still furnishes him invaluable advice.



Inoculation Update: *Victory in Tennessee!*



The Flemings

The year-long battle of Society members Gayle and Mitchell Fleming against the Lebanon, Tennessee School District's effort to inoculate their children, Starr and Wesley, came to a successful conclusion in late June when the school officials chose to withdraw their demand for compliance in the face of the new state law significantly broadening First Amendment freedoms as asserted by the Flemings.

According to Anthony Hagan, the Fleming's attorney (whose fees were partially underwritten by the ANHS Legal Defense Fund), the Tennessee legislature recently amended their statutes to broaden the religious exemption by eliminating the previous strict requirement that a person be a member of a "widely recognized" religious denomination.

Under the law, parents need only file a written statement that "such immunizations and other preventative

measures conflict with (their) religious tenets and practices," and that will satisfy the state's requirements.

In other words, the important constitutional privilege to assert a personal religious belief (as opposed to a traditional affiliation with a particular church or synagogue) has now been built into Tennessee law, just as it was recently grafted onto New York law by a Federal District Court in the case of Rob and Kit Allanson.

Attorney Hagan credits the Tennessee Christian Scientists with spearheading the legislative effort but adds that legal pressure from the Fleming's case, and others around the country, certainly played a major part.

He notes in particular, that the Tennessee Attorney General had refused to defend the constitutionality of the previous statute's religious exemption provision when challenged to do so in the Fleming case.

Needless to say, the Flemings, who are members of no particular church (but who consider themselves Christian) are very pleased with the outcome and consider it a major victory for all parents in Tennessee and supporters of civil liberties and health freedom everywhere.

Just how pleased (and relieved) the Flemings are is revealed in the concluding paragraph from a recent letter of thanks from Mitchell:

"I want to thank you for all your help. I feel a lot better about my stand now, and feel free to write or say what I want to about the shots. Up till now I have been ready to leave Tennessee if things went against us. I still might leave some day because my wife and I have this dream about living on a sail boat. Maybe now we can get back to work on this dream."

School Drops Inoculation Cases

Tennessean News Services and Staff Reports

LEBANON, Tenn.—Wilson County school officials said they have retired the cases against two couples whose children were barred from classes last year because of failure to obtain required immunizations.

Gov. Lamar Alexander recently signed legislation which, in effect,

gave parents the right to say that immunizations conflict with their religious beliefs.

"The change in the law deleted the requirement of their being a connection with a recognized religious denomination, and substituted instead the religious beliefs of the parents," said Wilson County Attorney Robert Rochelle, who also is a state senator.

"The effect, I believe, will be more children in school systems who are not immunized. I do not expect a tremendous increase, but it could develop into a problem in the future."

The Wilson County School Board had acted in the cases of Mitchell and

Gail Fleming, and William and Patricia Hirst. Both sets of parents refused to allow their children to be immunized for religious reasons, forcing a confrontation with state law.

Under the old law, the parents had to belong to a "well-recognized" religious group, while the new law deleted the phrase.

Each of the Flemings' two children and the Hirsts' two children were barred from school, and the parents were charged with failing to comply with state immunization and school attendance laws.

The cases had been scheduled to be heard next month in Circuit Court.



North Carolina: *A New Inoculations Battlefront*

The latest battlefront in the inoculation fight is Hendersonville, North Carolina where Dean and Lili Davis are seeking a religious or philosophic exemption for their six-year-old daughter, Circle Kee, who is being denied entrance to the first grade by the North Carolina Division of Health Services.

North Carolina law has a very narrow religious exemption, one similar to that recently found unconstitutional in New York (The Allanson case) and amended in Tennessee (the Fleming case), namely that only "bona fide members of a religious organization whose teachings are contrary to the practices herein required" will be eligible for a religious exemption.

Dean Davis works at the *Mother Earth News* Eco Village, where he teaches carpentry and fine wood-working, and that publication plans to print an article in support of their struggle in an upcoming issue.

On May 22 of this year, District Court Judge Zoro J. Guice, Jr., found Dean Davis guilty of failing to immunize his child and ordered him to have the child inoculated before she enters school this fall.

Because they are without funds, the Davises (who are Society members) have sought assistance from our Legal Defense Fund to pay an attorney. A close friend of the Davises, Dr. Steve A. Westin (a Hendersonville chiropractor), has helped establish a defense fund, but the response has been minimal.

Davis represented himself at the trial but hopes to be represented on appeal by an attorney.

A District Court judge found a Henderson County man guilty of failing to immunize his child, Monday and ordered him to have his 6-year-old daughter inoculated before she enters school next fall.

Judge Zoro J. Guice, Jr., ruled that Dean Davis made assertions of a religious belief that would bar immunization only after his efforts to acquire an exemption based on scientific arguments failed—and ordered him to have his 6-year-old daughter, Circle Kee Davis, inoculated.

"You have failed to disclose any validly-stated, conscientiously-held religious objection to inoculation or vaccination..." Guice told Davis and his wife, Lili, of Horse Shoe.

Guice sentenced Davis to 30 days in jail, suspended for one year, on condition that he pay court costs and have Circle immunized before she enters school.

After the trial the Davises expressed disappointment at the judge's decision and said they will appeal the case to Superior Court. The next regularly scheduled term of Henderson County Superior Court is scheduled for Sept. 24, after school has started.

"I feel my religious rights are being trampled on," said Davis. "What kind of citizen am I if I allow that to continue...?"

"I'm encouraged that the judge has the same finding we initially did," said Henderson County Health Director George Bond, who took Davis to court to force him to comply with the North Carolina law requiring that all children entering kindergarten and

first grade be inoculated against tetanus, diphtheria, whooping cough, rubella, measles and polio after the N.C. Division of Health Services denied their request for exemption. The law provides for exemptions to be granted only for medical and religious reasons.

"I'm on very good terms with these folks," said Bond, who told the Davises after the trial that he "would certainly be a party to anything that would expedite" the appeal. Bond told the Davises that if there is a Superior Court term in another county where the case can be heard sooner, he would cooperate in having the case moved there, so that Circle will not be late starting first grade.

However, Bond said the Davises will not be charged with truancy if they hold Circle out of school until the case is settled.

Davis, who represented himself, said he felt the "judgement went the way it did today because of our lack of sophistication" in the law. He said he did not hire an attorney because he could not afford it.

In arguing the case before Guice, Assistant District Attorney Jefferson McConnaughey contended, "When the defendant was first confronted with the question of whether or not to immunize this child the objections he raised were based on scientific evidence." McConnaughey said it was "not until they discovered that this type of argument would not prevail" that they raised the issue of religious beliefs, which he said were "certainly suspicious as being self-serving."

Davis called Guice's attention to a

brief he and Mrs. Davis prepared, at the judge's request, which states that their original request that Circle be exempted was written based on misinformation they received from a Transylvania County Health Department official when they attempted to have their son, Ben, exempted from immunization in 1981.

The Davises state in the brief that they were told then they could obtain an exemption on religious grounds only if the doctrines of the church with which they were affiliated prohibit immunization. The Davises are Mormons and their church makes no statement regarding immunization, they said. The Transylvania County official was citing an out-of-date statute, which had already been amended to allow an exemption based on "bona fide religious beliefs" of a personal nature.

But because the Davises were acting on the information from the Transylvania County health official, they felt they would be barred from an exemption on religious grounds. Consequently, their brief says, they felt they should "at least...try to make an indirect case for a medical exemption based upon the evidence (they) had researched on the dangers of immunizations."

*Hendersonville, N.C.
Times/News*

ANHS Legal Defense Fund

**YES, I'd like to join the fight
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Enclosed is my tax deductible contribution of

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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.

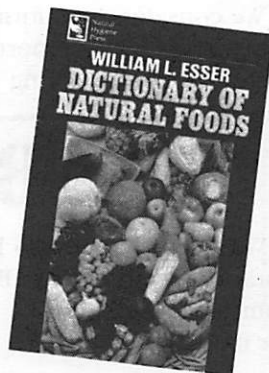
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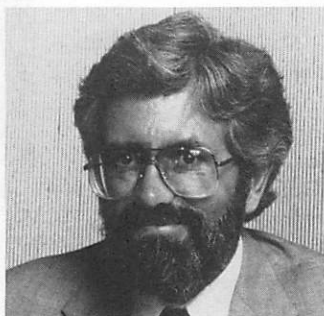
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Executive Director's Report



1st Ever Membership Survey

By Craig R. Laroche

In the near future a random sampling of American Natural Hygiene Society members will receive a *Vegetarian Health Science* readership survey. If you receive a survey form, please complete it and return it right away.

We consider the information from this survey vitally important. We are dedicated to improving our educa-

tional efforts and meeting the needs and interests of our membership. You can help us to help you by taking the time (if you haven't already) to complete and return the survey questionnaire.

We will report the survey results in an upcoming issue of *VEGETARIAN HEALTH SCIENCE*.

Rose Bauer Memorial

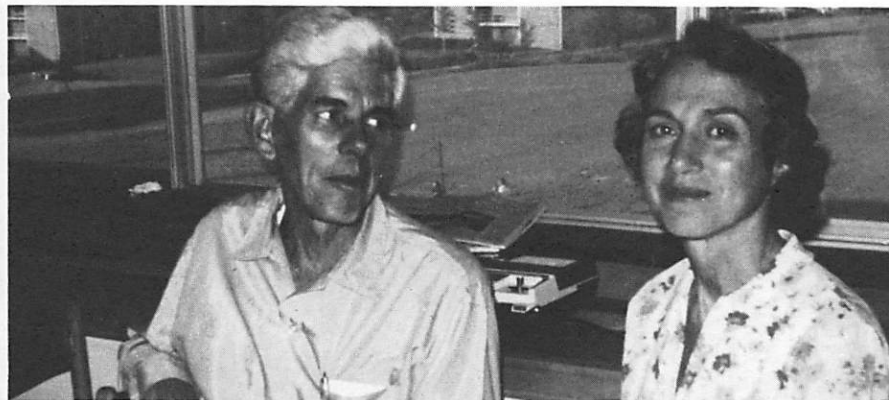
We were saddened to learn of the untimely death of Rose Bauer at her home in Hawaii, June 3, 1984, at the age of 69.

Rose and her husband Lee, who is the President of the Hawaiian Chapter of the ANHS, were married 43 years and have lived the last 14 of those years on the island of Oahu.

Introduced to Natural Hygiene by David Stry in 1951, Rose and Lee joined

the new American Natural Hygiene Society and helped organize a local chapter in St. Louis, Missouri. Preferring an active but less prominent role, Rose was a constant advisor and supporter of Lee's chapter activities in both St. Louis and since 1970, Hawaii.

Those fortunate to have known Rose admired and respected her sensitive, compassionate, kind and loving nature. She will be missed but never forgotten.



Rose and Lee Bauer

EXECUTIVE COMMITTEE MEETING

A highlight of the July 7th Executive Committee Meeting in Tampa was the opportunity to view the recently constructed ANHS Herbert Shelton Library. Many of Dr. Shelton's Natural Hygiene classics have been placed in the glass enclosed shelves. Much work remains to be done, including the restoration and preservation of the many books in this historic collection.

After the meeting with the new magazine staff and publishing subcontractors, the Executive Committee decided to publish *Vegetarian Health Science* here in Tampa beginning with the November/December issue. Please see the President's Message for further details.

HELP SELL OUR BOOKS

At the recent Executive Committee meeting it was decided to re-activate the Natural Hygiene Press distribution program. Through this plan, members of the Society have an opportunity to both supplement their income and play a part in the important educational work of our Society by selling our books and magazines in health food stores and other retail outlets.

We will begin accepting applications and establishing distributor territories after September 1st. We encourage anyone interested in becoming a NHP distributor to contact us for more information.

"SCIENCE AND THE FINE ART OF FOOD AND NUTRITION" BY DR. HERBERT SHELTON

It is our pleasure to announce the most recent NHP publication, "THE SCIENCE AND FINE ART OF FOOD AND NUTRITION."

With this new printing, the ANHS, under exclusive contract with Herbert Shelton, begins the first of a seven vol-

ume reprinting of Dr. Shelton's classic *Hygienic System*.

"*The Science and Fine Art of Food and Nutrition*" represents the long-awaited reprint of Volume II entitled "Orthotrophy," which means correct nutrition. This new and more descriptive title will eventually be used for the remaining six volumes of the System: Vol. I, "The Science and Fine Art of Healthful Living"; Vol. III, "The Science and Fine Art of Fasting and Sunbathing"; Vol. IV, "The Science and Fine Art of Exercise"; Vol. V, "The Science and Fine Art of Sexual Health and Well Being"; Vol. VI, "The Science and Fine Art of the Disease Process"; and Vol. VII, "The Science and Fine Art of Health Restoration."

Each subsequent Volume will be bound in a color-coded format, eventually resulting in a handsome set of these timeless classics.

Begin your collection of this highly informative and historic series by ordering your copy of "THE SCIENCE AND FINE ART OF FOOD AND NUTRITION" today! Available from the NHP for \$11.95 post paid.

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Decide to network

Use every letter you write

Every conversation you have

Every meeting you attend

To express your fundamental beliefs and dreams

Affirm to others the vision of the world you want

Network through thought

Network through action

Network through love

Network through the spirit

You are the center of a network

You are the center of the world

You are a free, immensely powerful source

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Affirm it

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Think day and night about it

And you will see a miracle happen:

the greatness of your own life.

In a world of big powers, media, and monopolies

But of four and a half billion individuals

Networking is the new freedom

the new democracy

a new form of happiness.

Robert Muller

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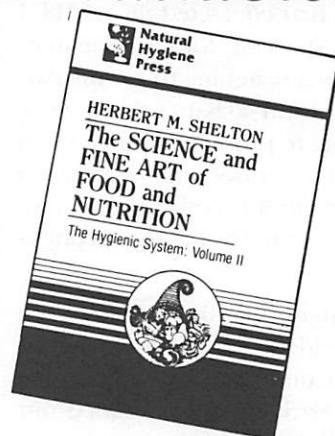
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Dimitri Christefortes



Inoculation Alert

Thank You ANHS!

Dear ANHS:

When I first contacted the ANHS, I needed help. Our local elementary school was threatening to bar my two daughters from classes, the county was seeking to prosecute me for child neglect, and our doctor's inoculation exemption letter had already been indignantly rejected by the school physician.

But from the first time I talked with ANHS President Mark Huberman, our dark situation began to become brighter. Mark carefully outlined our options and gave us the name of an experienced lawyer. From that day on, we began to take our story to the courts and to the people.

What followed was over three months of newspaper reporters, television cameras, federal court, charges of child neglect, lawsuits, and becoming known throughout central New York as "the Immunization Family." Stories about us even appeared in the New York Times and USA Today.

Our girls were banned from school for three and a half months but finally, on a rainy morning in May we took the girls back to school, surrounded by TV cameras, reporters, and carrying a court order signed by a federal judge.

The story we told to both the courts and the media was the same: We oppose mandatory inoculations for both religious and medical reasons; all four of our children had been born at home without a doctor's help; we had raised them on natural foods, no medicines or drugs, and our own ability to govern our lives and our health care. We were not about to let our children be drugged by the government.

Through my many talks with Mark Huberman during our ordeal, I came to see that my views were almost iden-

tical to those of Natural Hygiene and that I shared with the ANHS a strong desire to see Health Freedom established in America. In fact, for over ten years I had been a teacher and counselor of natural health and natural living, and had worked as an administrator for a national health organization in Boston.

Mark and I also realized that we also both shared the dream of seeing the many different groups who supported Health Freedom in inoculations come together. We also shared the strong desire to enhance the ANHS's ability to give advice and up-to-date information to the many needy people who were facing problems with inoculations. I do not want other families to have to go through what mine did.

Thanks to Mark Huberman and the wise and able ANHS Board of Directors, I am very happy to see the creation of the ANHS Inoculations Project (AIP) which is being supported by Legal Defense Fund of the ANHS.

The ANHS is uniquely qualified to lead this fight for health freedom. They have seen that both the Board of Directors as well as the ANHS membership share a truly heartfelt concern about inoculations along with the commitment to educating the public and lending a hand to those in need.

There are three fundamental goals of the ANHS Inoculations Project:

1) To be able to give advice and support to any and all who need someone to turn to for help with inoculation problems. The AIP will have up-to-date information about sympathetic groups, doctors, lawyers, activists and legislators. Because of this information they will be able to refer people in need to qualified assistance in their own areas.

2) The AIP will accumulate for sale

or distribution the best available books, pamphlets, article reprints, tapes, as well as current legal and medical information so that people can educate themselves about inoculations. The AIP will do its best to provide the means for people to make well-informed choices about inoculations.

3) The AIP will be a coordinating center so that the many groups who support freedom-of-choice for inoculations can join their efforts and impact. The AIP will enlist the support not only of groups but also sympathetic doctors, lawyers, activists, legislators and concerned citizens.

These are some of the services that are available from the AIP.

—Complete data on the Inoculation laws of each state.

—Exemption letters written by lawyers which can be presented to schools and other organizations when seeking an exemption from inoculation requirements.

—Referral service connecting those in need with sympathetic medical, legal, governmental and religious leaders in their areas.

—Referrals to legal experts and other experienced activists who can help prepare legal cases and other public presentations.

—Legal Defense Fund available for qualified people in need.

—Sales of books, pamphlets, tapes and articles containing the best in current information about inoculations.

—Experienced counseling by phone or mail for those needing advice about inoculations.

Sincerely,
Rob Allanson

The ANHS Inoculations Project can be contacted at:

ANHS INOCULATIONS PROJECT
12816 Race Track Road
Tampa, Florida 33625
Phone (813) 855-6607



Books

The Giving Tree

By Shel Silverstein,
Harper & Row: \$7.95



Shel Silverstein's *The Giving Tree* looks like a children's book. Its fifty some odd pages are covered with illustrations. Its words are simple and few. A wholesome, warmhearted tale, it has been read to, and by, countless children since it first appeared twenty years ago. But this is not a "children's book". (This is a book for everyone.)

During my schoolteaching days—I read *The Giving Tree* aloud to many children and parents. It was quite a favorite. But, although I was very familiar with the story: the friendship between a boy (who grows into adolescence, young adulthood, middle age, and old age) and a tree, I never realized that it was also a wonderful portrayal of the relationship between people and Nature.

The Giving Tree is a nature story: not a tale of beautiful scenery, or of walks in pristine forests, but of the *nature* of human life. It portrays life as it is presently lived and alludes to the truly happy existence possible only in cooperation with Nature.

As you will discover when you read this book, the tree is truly generous, and gives itself unconditionally to the boy. The tree loves the boy, and the boy loves the tree. But as the boy grows older he is influenced by society's values: he begins to take the tree for granted, and begins to abuse it.

The tree remains steadfast, continuing to give and give as the boy demands. It gives its shade, its fruit, its branches, until, by the time the boy reaches old age, the tree is virtually destroyed. Still, the tree loves the "boy" and freely gives what little it has left.

So it is with Nature. Nature is always working for us, never wavering, never punishing, never holding back, but ever nurturing.

Fruition

*The Journal of
The Fruition Project,
published bi-annually,
\$10.00 per year*

As humans, our lives are inextricably woven with the lives of trees. Trees provide us with oxygen, food, wood for building, heating, paper and many other products. We provide trees with carbon dioxide, and in good times, appropriate stewardship—especially the transport and planting of seeds.

Fruition, published by the Fruition Project, is a journal (8½ x 11 newsletter format) designed to spread the word about the value of trees, especially publicly accessible fruit and nut trees. There have been 17 issues to date and each one contains a wealth of information. In fact, if you obtain all 17 issues (which I urge you to do) you will have the equivalent of a 125,000 word book.

The main objective of *Fruition* is to encourage groups and individuals to plant fruit and nut trees—both on their own land and on public land.

Fruition's editor Clay Olson sees appropriate tree agriculture in much the same way as Natural Hygienists view health: healthy trees, growing in healthy soil and healthy environment, with adequate water and sunlight, will live long, productive lives. He advocates planting only those trees that

will thrive in a particular area, opposing plantings that necessitate extensive maintenance and artificial life supports—sprays, fertilizers, etc.

Did you know that:

trees filter dust, automobile fumes, and noxious gases from the air? (In one day, an acre of trees can absorb the carbon dioxide produced by 50 cars driven for 12 hours.)

one acre of avocados can provide us with 10,000 pounds of delicious food? (Meat produces a scant 66 pounds.)

one tree releases about 100 gallons of water each day? (This water provides the equivalent of nine average air conditioners operating at 8,000 BTU's per hour, 12 hours a day!)

Fruition articles have included:

What trees to plant where. (And how to do it.)

A shepherd, who in his wondering, reforested an entire valley. (And changed the local growing conditions enough to attract the attention of the French government.)

How to build healthy soil.

How governments are reclaiming deserts by planting trees.

How the State of Massachusetts has planted 10,000 public access fruit and nut trees, and allocated funds to plant 150,000 more.

In addition to these feature articles, every issue of *Fruition* contains photos, book reviews, letters to the editor, and a "Health By Healthful Living" column edited by Natural Hygienist Dennis Nelson.

Fruition will be an important addition to your reading list and library. (Send \$25.00 for a one-year subscription and ALL the back issues.)

Available from

The Fruition Project
Box 872

Santa Cruz, CA 95061

Reviews by: James Lennon



Around the Chapters

Greater Tampa Bay Area Chapter

Craig Laroche, *President*
Meryl Macfadyen, *Vice President*
Mary Jo Kuhlow, *Secretary*
Becki Campbell, *Treasurer*
Ron & Barbara Edwards, *Publicity*

Following the move of the National Headquarters to Tampa, several local members of the Society contacted the office about the possibility of starting a local chapter. After holding initial organizational meetings, we received advice on publicity from Hannah & Lou Allen of the Pasco County Chapter. We then elected the above officers and planned our first meeting, to be held in the ANHS Herbert Shelton Library within the National Headquarters.

On June 3rd our first meeting was held with Hannah Allen, our featured speaker, whose topic was "YOUR OWN INDIVIDUAL FOOD PROGRAM." We persuaded two local funeral homes to donate the use of their folding chairs for our meetings. We mailed and distributed over 200 flyers to Hannah and Lou's Chapter members, the local media, and health food stores. We had an overflow audience of approximately 70 people, selling over \$100 worth of books and several new National memberships resulted.

Following the success of our first meeting we arranged for Dr. Steven Nelson to be our featured speaker, and on July 1st he discussed "THE NATURE AND PURPOSE OF DISEASE." This time we had close to 50 people attend, again selling many books and several new members joined the Society.

We are very appreciative to Hannah Allen and Dr. Steven Nelson for donating their time and energy and feel very fortunate to have speakers of their caliber available for our chapter meeting. We had a speaker of equal quality scheduled for our August 5th meeting: Frieda Kabelac, whose topic was "HEALTH, OUR GREATEST IMMUNIZER."

An interesting outgrowth of organizing the Chapter has been the formation of a study group. We meet at a local park, following our monthly meetings, to discuss assigned readings, and increase our understanding of Natural Hygiene. We are also planning to form a buying club for the purchase of organic food from local growers and regional suppliers. Another encouraging development is the planning of a chapter in Sarasota starting this fall by several people who attended our meetings. The National Office and Hannah and Lou Allen will be working with their organizing committee to help get them started.

We plan to continue our sprouting demonstrations and organic gardening growth discussions at our meetings, and feel we have definitely found fertile soil in Tampa for communicating the message of Natural Hygiene on a local and national level.

Toronto Chapter

Joe Aaron, *President*
Gladys Aaron, *Vice-President*

On March 28th, Ron Weston gave a lecture on "Physical Exercise—The Important link for Superior Nutrition." Ron started life undernourished, with a weak heart and weak back muscles, suffering constantly from pneumonia. With the demonstration of weight-lifting that followed, Ron proved it was possible to overcome all these handicaps.

The Annual General Meeting was held on May 14th, at which a delightful dinner was served by Gladys Aaron and her volunteers. Gladys urged members to contribute ideas for celebrating the 25th anniversary of the founding of the Toronto Chapter of the Canadian Natural Hygiene Society, as well as fund-raising ideas.

A very enjoyable Annual Weekend Seminar was held on June 22-24 at Geneva Park, Lake Couchiching, at which Dr. Robert Gross was guest

speaker. Gladys, as Program Director, outlined the next four upcoming lectures; Dr. Philip Martin in June, Joy Gross in September, Dr. Robert Mendelsohn in October and Dr. Boggio in November.

Hawaii Chapter

Lee Bauer, *President and Treasurer*

Lake Gail Garren, an RN at Kaiser Foundation Hospital in Honolulu, spoke on "Right Food and Exercise for Vibrant Health," at the June meeting. Lake, a member of the Chapter, is a Hygienist and has had a varied background. She has taught Healthful Food Preparation and Nutrition for the Department of Education and has worked with the Salvation Army Addiction Treatment Facility as Charge Nurse, coordinating with physicians in providing care to the detoxification of patients.

New York Chapter

Sam Rice, *Acting President*

Sam Rice announced you can have your own home library of Dr. Shelton's *Hygienic Reviews*. All of the 498 magazines will be micro-reproduced into 124 microfiche cards, with four issues on a card. The important writings of our hygienic pioneers, past or present, are being preserved and are available at \$1.75 per card, or \$5.00 for three cards. If interested, contact Sam Rice, 139-19 34th Rd., Flushing, N.Y. 11354.

Los Angeles Chapter

Sophie Holzgreen, *President*

Patricia Bragg, Ph. D., widow of Paul Bragg, spoke on June 24th on "The Way of Life That Will Keep You Ageless." Mrs. Bragg discussed the Toxicless Diet Purification and Healing System for Physical, Mental and Spiritual Rejuvenation. Patricia and her husband Paul had been teaching



basic health principles in their area for over 30 years, and are very well known. Sophie reported excellent attendance, and sales were brisk for both Natural Hygiene and the Bragg books, "The Toxicless Diet," "The Miracle of Fasting" and the "Shocking Truth About Water."

Greater Cincinnati Chapter

Harry Kaplan, *President*

Florence Kaplan, *Vice-President*

On June 10th an Exercise Class was held with Bob Bardon, on the lawn of "Ro" Sinsheimer's home. A Hayride Tour was held on July 8th at Bob Terrells' 500 acre farm in New Vienna, Ohio which was followed by a Watermelon Party, sponsored by Harry and Florence Kaplan.

Milwaukee Chapter

Dr. Bernard Sharp, *President*

Kate Sharp, *Vice-Pres./Treas.*

On September 12th, Jean Oswald, who with Dr. Herbert Shelton co-authored the new book, *Fasting for the Health of It*, will make a return engagement as guest speaker. Jean is presently finishing work on Dr. Herbert Shelton's biography, *Sandbur of the Rio Grande*.

Syracuse Chapter

Louise Braunmueller, *President*

At the June 17th meeting Hannah Allen's taped lecture, "The Dawn of Understanding" was played and discussed. At the previous meeting on

May 20th, Dr. Herbert Shelton's recorded special lecture "On Fasting, With Questions and Answers" was featured. A watermelon party was held during August.

Volusia County Chapter

Carol L. Phillips, *President*

John Lynch, *Vice-President*

At a luncheon meeting on Sunday, May 27th, three members of the group who had vacationed at some hygienic resorts, described their experiences and impressions. The guest speaker was John Lynch, who teaches at the local college. He revealed "The Terrifying/Reassuring Truth About Water." He also conducted an experiment to show what is actually in our tap water.

Attention:

Chapter Presidents:

Please mail copies of your upcoming chapter activities, plus any special news and/or photographs to Kate Sharp, 4232 W. Highland Blvd., Milwaukee, WI 53208.

This sharing can help generate good ideas. Your cooperation will benefit all of our chapters. Thank you.

For information on how to start a local chapter write: ANHS

12816 Racetrack Road
Tampa, FL 33625

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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:

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San Francisco (415) 665-1060

Connecticut

Greater Hartford (203) 584-1442

Florida

Collier County (813) 455-2696

Greater Miami (305) 866-8000 or
(305) 861-8877

Greater Tampa Bay (813) 969-1046

Miami Beach (305) 538-4497

Ormond Beach (904) 672-1824

Palm Beach (305) 689-8115

Pasco County (813) 868-3833

Southwest (813) 629-2866

Tallahassee (904) 878-4075

Volusia County (904) 672-1824

Hawaii

Honolulu (808) 262-5592

Michigan

Metro Detroit (313) 821-5134

Suburban Detroit (313) 968-2913

New Jersey

Newark (201) 777-8372

New York

New York City (212) 359-0212

Syracuse (315) 422-9716

Rochester (716) 461-3365

Ohio

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Pittsburgh (412) 271-0924

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Puget Sound (206) 474-4175

Wisconsin

Milwaukee (414) 442-3400

Canada

Toronto (416) 781-0359

Kitchener-Waterloo (519) 579-2033

Quebec (514) 695-3311

From the Archives



James Lennon: Director Herbert Shelton Library

Beginnings can be very exciting, filled with high hopes, enthusiasm, and dedication to purpose. As the initial library projects commence, I discover these qualities in myself. I also discover a feeling of awe, surrounded as I am by the lifework of the men and women who transformed the world, who offered hope and direction to a humanity lost in a maze of mistaken ideas.

This hope and direction is provided in the proclamation that we live in an orderly universe, governed by laws that, when obeyed, ensure our well-being. Natural Hygiene is often mistaken for a dietary system, focused on food and fasting. But it is very much more than that. Natural Hygiene is a philo-

sophy, based on science, and its practice is an art.

The books, magazines, and journals of Natural Hygiene address timeless scientific, moral, and philosophic questions, offering guidance to those who yearn for the good life—health, happiness, and prosperity for everyone. In each issue of *Vegetarian Health Science* you will find excerpts from Natural Hygiene classics.

Books are more than ink, paper, and glue. They are an attempt to commu-

nicate with, and assist, a great number of people, for an extended period of time. They represent a reaching out, an offering.

As I stand in the ANHS Herbert Shelton Library I am surrounded not by books, but by love; love that moved these writers to step beyond the concerns of everyday affairs into the life of community service, the life of brotherly and sisterly love and the prospect of peace and contentment on Earth.

If you would like to help Jim in his efforts to preserve the history of Natural Hygiene, join the Friends of the ANHS Herbert Shelton Library. Membership is \$20.00 per year and includes a subscription to a quarterly newsletter. Make checks payable to ANHS Herbert Shelton Library Fund.

Dear James,

Yes, I want to save one hundred and fifty years of Natural Hygiene history before it is too late. Please enroll me as a member of the Friends of the ANHS Herbert Shelton Library. My tax deductible contribution to the ANHS Herbert Shelton Library Fund is indicated below.

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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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THE SCIENCE AND FINE ART OF FASTING — By Dr. Herbert M. Shelton. The most comprehensive book on fasting, based on over 55 years of study, observation and experience. \$8.25 pp.

FOOD COMBINING MADE EASY — By Dr. Herbert M. Shelton. How different food combinations affect digestion and nutrition. How to maximize nutrition with proper food combining. \$3.50 pp.

Fasting Can Save Your Life
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 - ☐ 4 Hannah Allen, "Your Own Individual Food Program"
 - ☐ 6 Frieda Kabelac, "Food Combining for Proper Digestion"
 - ☐ 7 Joy Gross, "Hygienic Living—The Family, The Social Scene, Eating Out, Traveling, and The Vegetarian Child"
 - ☐ 9 Dr. David J. Scott, "Basic Principles of Natural Hygiene: The Nature and Purpose of Disease"
 - ☐ 10 Dr. Keki Sidhwa, "The Rejuvenating Effects of Natural Hygienic Living"
 - ☐ 12 Dr. Alec Burton, "Therapeutic Fasting: Duration, Frequency, Motivation, Contra-indications"
 - ☐ 13 Dr. David Scott, "Fasting vs. Healthful Living"
 - ☐ 14 Dr. David J. Scott, "After the Fast: A Critical Consolidation Period"
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 - ☐ 16 Sue Douglas and Paula Duvall, "Workshop: Preparing for Your First Child, Raising Healthy Children"
 - ☐ 18 Dr. Alec Burton, "Surgery—Its Uses & Abuses" / Dr. David Scott, "Fasting Tubercular & Cancer Patients"
 - ☐ 19 "Symposium: Health Concerns—Aids, Herpes, Respiratory Problems, Colds, Flu, Allergies, Hay Fever, Asthma, Candida Albicans, PMS"
 - ☐ 21 Dr. Keki Sidhwa, "Life at a Natural Hygienic Retreat"
 - ☐ 22 Hannah Allen, "Mind Over Matter: Mental Influences on Health"
 - ☐ 23 Dr. David J. Scott, "Remedy Mentality: Are Alternative Remedies Any Better Than Conventional Remedies?"
 - ☐ 24 Dr. Keki Sidhwa, "The False Tranquility of Conformity"
 - ☐ 25 Ralph Cinque, "Health Indicators"
 - ☐ YF26 Dr. David J. Scott, "Why & How We Fast" / Dr. Ralph Cinque, "Dealing with Colds, Fevers, Allergies"
 - ☐ 27 Frieda Kabelac, "Our Drug Culture"
 - ☐ 28 Ron Weston, "Vitamin B-12, Proteins, Food "Supplements"
 - ☐ 29 Dr. Ralph Cinque, "Is Fruitarianism Dangerous"
 - ☐ 30 "Forum—Easing Into Natural Hygienic Living", "Food At Home Or Away", "Raising Children", Interaction with Non-natural Hygienists, Home Appliances, Air Conditioners, Microwave Ovens", "Insect Control", "Pet Care"
 - ☐ 31 Joy Gross, "The Battle of the Bulge: Overeating, Dieting, Fasting"
 - ☐ YF34 Dr. Alec Burton, "Why We Avoid Vaccinations" / Dr. Jack Goldstein, "Food 'Cures', Food 'Supplements', and Other Nutritional Fallacies"
 - ☐ 35 Dr. George Wootan, "Breastfeeding, Pediatrics for Parents"
 - ☐ 36 Dr. Alec Burton, "Do Inoculations Damage the Body"
 - ☐ 37 Attys. Mark Huberman and Tom Finn, James Filenbaum, and Rob Allanson, "How to Avoid Inoculations: Your Legal Rights"
 - ☐ 38 Dr. Bernie Sharp, "Your Feet are Important Too!" / Dr. Ralph Cinque, "Fasting: Facts and Myths"
 - ☐ 39 Gladys Aaron, "Starting New ANHS Chapters" "Improving Existing Chapters" / Dr. Keki Sidhwa, "Are We Health Conscious?" Alec Burton, "Are There Any Acceptable Uses of Drugs? Natural Hygienic Care vs. Medical Care"
 - ☐ 40 Ron Weston, Chronic Ailments — Arthritis — Circulatory & Heart Diseases — Digestive Problems — Diabetes
 - ☐ YF41 Frieda Kabelac, "Social Drugs & Narcotics" / Dr. V. V. Vetrano, "Fasting vs. Healthful Living"
 - ☐ 42 Dr. Keki Sidhwa, "Self-care Know How—Understanding the Signals of Your Body"
 - ☐ 43 Hannah Allen, "Transition to a Natural Hygienic Program"
 - ☐ 44 "There is More to Health Than Good Eating: Exercise & Other Needs of Life, Stress Control, Moderation"
 - ☐ 45 James Lennon, "Natural Living: The Way of the Future"
 - ☐ 48 Dr. George Wootan, "Coping With Emergency Rooms"



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