

Natural HYGIENE NEWS



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

MEMBERSHIP PUBLICATION OF THE AMERICAN NATURAL HYGIENE SOCIETY, INC.

Vol. 7 No. 5

205 W. Wacker Drive, Chicago, Ill. 60606

Apr-May 1968

'UNBEATABLE' IS THE WORD FOR ITHACA

ANHS President Stanley Prorok was brimming with enthusiasm upon his return to Chicago May 10 after a business trip east which he combined with a tour of inspection at Ithaca College, Ithaca, New York, which will be the scene of an innovation in convention sites after nineteen such annual events.

"We never had it so good", he said, reflecting back to our conventions of the past with their frenzied atmosphere, air pollution and general unhygienic conditions. "The campus is so restful, the views are wonderful and the air so invigorating. Members are sure to find this the most enjoyable convention they have ever attended, and if they have never attended one before, they will find this one a thrilling experience", Mr. Prorok told us at Natural Hygiene-Central.

He was highly pleased to see the wide variety of recreational facilities, the close proximity of dormitories and meeting rooms and the laundry facilities in each dormitory wing.

"Convention chairman Oscar Floyd and I had some very cordial talks with the college management", continued Mr. Prorok. "The food service people promised to cooperate with us to the fullest in the proper preparation of our meals. We will bring in all the organic food we can get from local sources.

"I think the college will be a wonderful place to bring the youngsters. They'll greatly enjoy the rolling lawns where they can play to their hearts' content.

"I was happy to learn that during the convention week, we'll practically have the college to ourselves. I am sure the members who attend will like very much the college atmosphere and find it a perfect place for hygienic education."

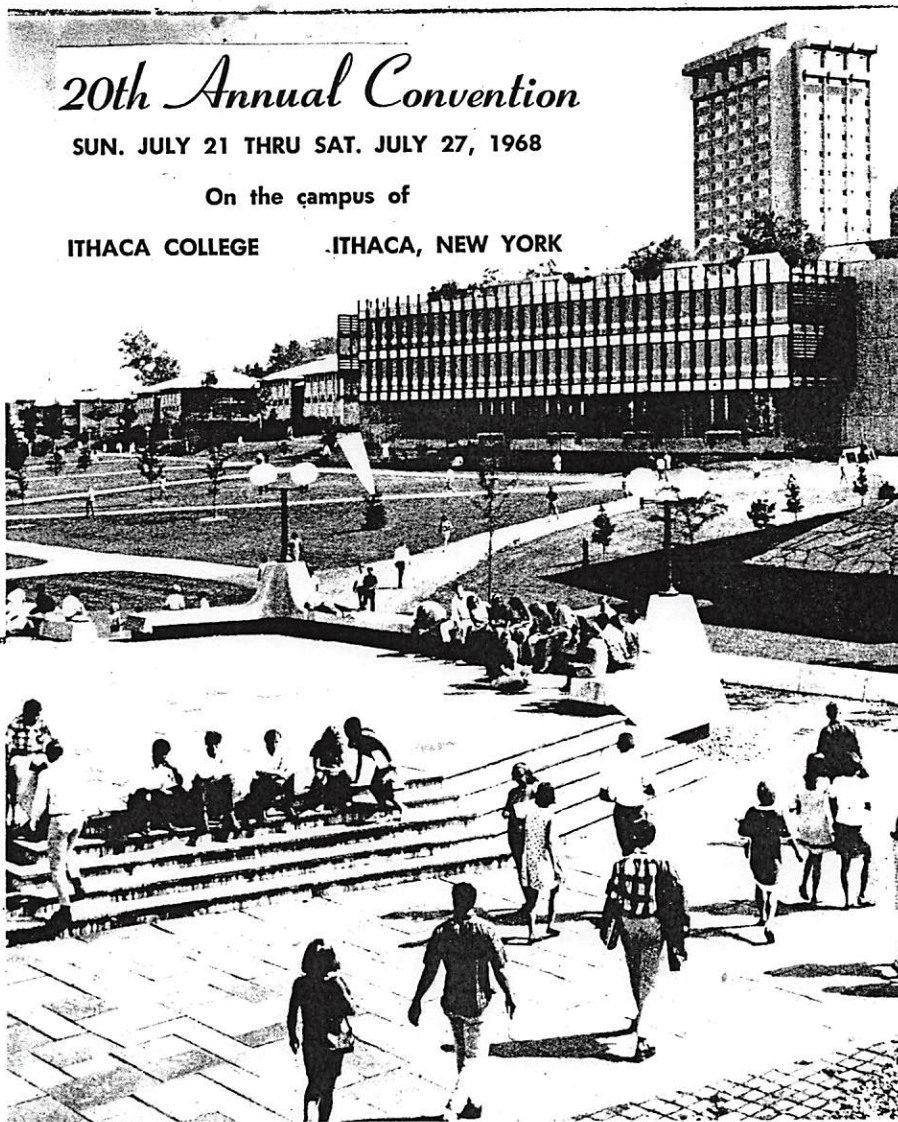
20th Annual Convention

SUN. JULY 21 THRU SAT. JULY 27, 1968

On the campus of

ITHACA COLLEGE

ITHACA, NEW YORK



Hygienists will be treading these paths at Ithaca College during our convention week July 21. The abundant outdoor areas will lend themselves to many activities. A campus guide and color brochure of the city are available on request to our office, as well as quantities of the two folders enclosed, giving highlights of the program, etc.

In conclusion, Mr. Prorok said, "I strongly urge members to come to the convention and bring their children. They'll have a week they'll long remember."

DR. BURTON OF AUSTRALIA TO MAKE PRE-CONVENTION TOUR

Arrangements are now being completed for a series of lectures by hygienic practitioner, Dr. Alec Burton of Australia, before he goes to our convention at Ithaca.

Dr. Burton will arrive in Los Angeles the week of July 5. He will speak to the west coast chapters at San Diego, Los Angeles and San Francisco. He will then travel east to the Mississippi Valley chapters and those in and around the Chicago area.

For exact schedules of Dr. Burton's tour, please contact our office.

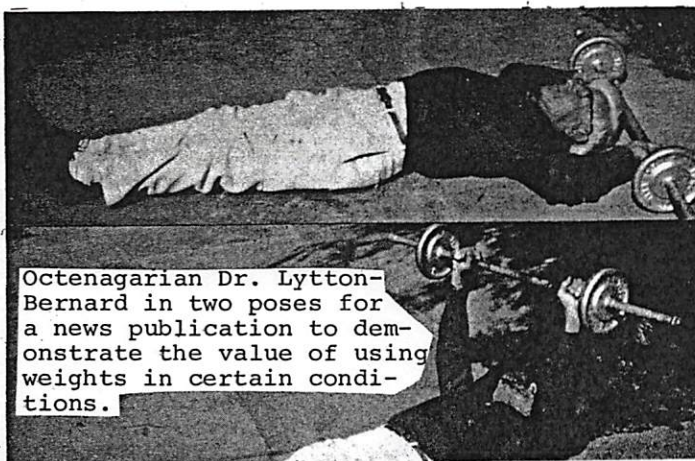


Dr. Alec Burton*

Of his classes at the convention, Dr. Burton said, "All scientific terms will be explained; no prior knowledge of biochemistry or physiology is necessary. The course covers only certain narrow aspects of hygiene, but hygienic principles will be emphasized, repeatedly, and the relationship to the entire system stressed. I have purposely selected the specific topics (What is health, food and nutrition, proteins, vitamins, food combining, oxidation, fasting) because a discussion of these provides an answer to questions which are frequently asked in meetings and lectures. These lectures will constitute a definite course and regular attendance is recommended to ensure that each discussion is intelligible."

SENIOR MEMBERS IN THE NEWS

Harry Gross, 81, of New Jersey will give a half hour demonstration of physical exercise which he does every morning and will tell convention audiences about his health program. Mr. Gross has demonstrated before the New York and New Jersey chapters. He should be an inspiration to some of our older members to show what hygienic living can do for one who started it at the age of 61. He drives a car and wears no glasses in doing so. He fasts two or three days monthly.



Octenagarian Dr. Lytton-Bernard in two poses for a news publication to demonstrate the value of using weights in certain conditions.

Dr. B. Lytton-Bernard here illustrates an especially good exercise which led a young man to recover from an umbilical hernia. The photo above is with a light barbell above the head in the lying down position. From here it is pulled over the face to the chest and from there pressed above the head as in the lower photo. Repeated 20 to 50 times it strongly tensed the abdominals to a point where they were able to hold the hernia within the abdomen.

CONVENTION MEMOS

TRANSPORTATION - Mohawk Airline schedules have changed since we issued the list of cities showing direct flights to Ithaca, New York. New York City and Elmira will continue to have service. It is suggested you inquire about the low weekend excursion rates, leaving on a Saturday morning, and returning a week later on Sunday morning. Most airlines have this arrangement.

COURSES IN NATURAL HYGIENE - Students will receive Certificates of Attendance rather than diplomas as previously stated.

A UNIQUE MOTHER'S DAY GIFT



Mrs. Berenice Louvar of Chicago, can probably lay claim to the most unique gift ever given a mother - not only was it unusual but invaluable as well, for she received a weight lifting set.

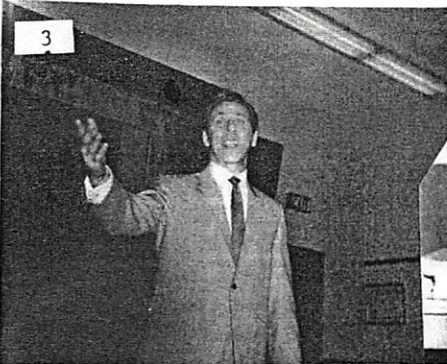
Mrs. Louvar's interest in weight training for body development was generated by attending a program on the subject given by the Chicago chapter on March 17. She then furthered her interest by participating in a demonstration class on some of the movements and is seen (above) being shown the correct way to do the "two armed curl".

A few days later, she enrolled in a course on body development for women. After five weeks of using weights, the results show that for the first time in seventeen years her sweat glands are working, and one side of her body which has been almost without sensation has started coming to life.

The class in body development for women mentioned above will be offered at the convention. The benefits to be derived will alone make worth while attending the convention. For according to Dr. L. E. Morehouse, director of the human performance laboratory at the Univ. of California, Los Angeles, "Working with weights can flatten and firm up flabby stomachs, improve muscle tone and carriage; a woman can be made more womanly by this exercise, which was formerly considered to be exclusively masculine. Her clothes will fit her better and she'll feel like holding her head up and her shoulders back. The common idea that weight lifting will make a woman mannish looking is groundless."

INFORMATION NEEDED: Name of health food stores or organic farms where food may be purchased along the northern route going to Yellowstone and returning through Canada. Write: Mrs. Dean Fincher, Box 85, East Pembroke, New York 14056.

NEWS and VIEWS



HIGHLAND PARK, ILL. - (1) New York chapter president Irving Davidson was guest speaker at a chapter meeting April 17, when he visited his daughter who resides in the area.

(2) Mr. Davidson chats during intermission, standing next to an unrelated Bernice Davidson, chapter secretary. (3) Chapter president Earl Fishman chairs the meeting. (4) Board Member Ruth Levy (left foreground), and back of her is Rose Lazar, soon to be a resident in the area when she moves to the Chicago suburb. (5) At the well stocked book table (left) is Adele Davidson of New York City and Ann Floyd, librarian.

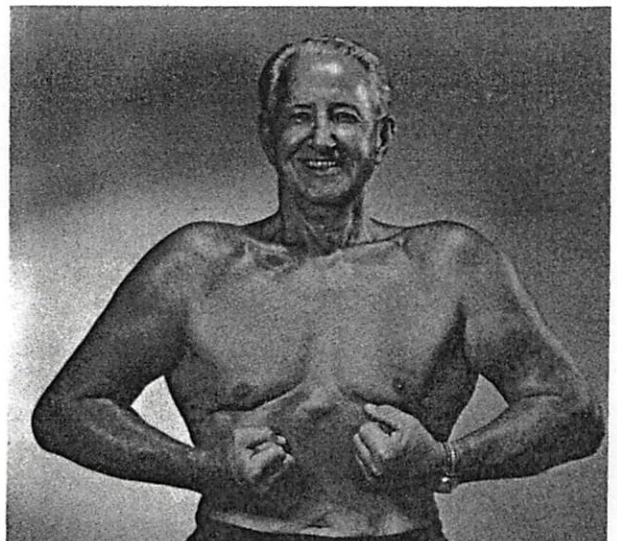
CHICAGO - (6) Irving Davidson visits Natural Hygiene-Central while in the area and discusses some of the problems in the organization with Oscar Floyd and Dolores Burns April 16.

CINCINNATI - (7) Jay Dinshah, spoke before an audience of sixty at the chapter's monthly meeting May 5. "Natural Hygiene around the world" was the subject of his eight month journey which ended in March. During that month he also spoke on the same subject to the Los Angeles chapter meeting.

HOW MEMBERS MAINTAIN VIGOR IN THEIR SENIOR YEARS

(Bottom left) L-R: May Gordon, 66, and Erna Ehrhardt, 74, of Chicago, students in the body development class of the Natural Hygiene Institute.

(Bottom right) John Huber of Oregon is a fine example of how a 66 year old can look when he adheres to a weight training program. He has been lifting weights for the past 35 years which has given him a symmetrical build and superb health. He is now 68.





Letters

COMMENTS ON THE EDUCATOR

I especially appreciate the fact that there has been a good bit of writing about "exercise" and that of "progressive" weight training. Maybe those (and I would say most Hygienists that I have met) will learn or see that Natural Hygiene is not just Fast-ing or Eating or any one of the basic needs of life, but all of them in proportion to their need.



Louis Heineman

Maybe some, through reading these various articles on exercise will be encouraged to build a body that LOOKS healthy as well as feels healthy. If we work at it, then possibly we can look like John Persona or Robert Sorge, pictured in the April-May '66 issue of NH News. And weight lifting and exercise will not make the ladies look like "Tug-Boat Anna"; in fact you can have a figure as glamorous as you may want, but you have to do it.

Perhaps I should not get so carried away in writing a letter, but it provokes me when I talk to people about healthful living, they point out various people who live hygienically and say "a good gust of wind would blow them away". How can we educate or bring to the conventional livers the good news of Hygiene if we don't look the part?

F. Louis Heineman, Pennsylvania

I find the EDUCATOR most interesting. I do not have any suggestions for articles at this time. It seems to me that any topic relating to natural hygiene cannot be repeated too often. Many of us may need to be re-encouraged to stick to the ways of health through natural hygiene. I am interested in a weight lifting program of exercise and will appreciate your sending me such information that you have suitable for me who does not know anything about it.

A. M. Glasser, Florida

I like the breezy, informative style of your paper and the aim of supplying practical advice on hygienic living. Suggestions for articles: Short items on foods in season with a suggested day's menu (varying with each season), exercises in season (indoors and outdoors), clothing in season, inspirational paragraphs on nature and enjoying the seasons, living lovingly and harmoniously with one's self as well as family, friends, associates, etc. to insure that mind and emotions help the natural forces maintain health in the body, and not disorganize the strivings toward health; youth, middle aged and active old age, and advanced aged (foods for each period and activity in each period, activity and food in illness and recovery; resting and fasting in illness and recovery, etc. etc.)

Samuel Kramer, New York

Congratulations on your new Publication. It will certainly clarify misconceptions as to what kind of exercise to pursue and the benefits thereof by men and women of various conditions and weights who practice said exerci-

ses. Since you have encouraged us to write, here goes.

When I went on the natural hygiene diet two years ago for reasons of health, I dropped over 20 pounds and being underweight to start with I truly looked like a skeleton. I have only put back about ten pounds and would like to fill out my body as well as my face and neck. It seems the skin on my neck and legs also have lost their elasticity. Please advise type of facial, neck and body exercises to overcome the above problems. I misplaced one of your previous editions dealing expressly with working out with barbells. May I please have a copy?

Mrs. Edythe Schechter, New York

Ed. Note: Weight training is just what this member needs. We are sending her information and illustrations showing the movements she must do. A good overall set of weight training exercises will take care of neck and face.

The articles on pages 1 and 2 are very good and helpful (April issue). I have included weight training in my daily exercise for the last three years, but the weight training was done irregularly, which resulted in little progress. However, lately I decided to put this in order and emphasize it more. At present I use 40 pounds on the barbells and dumbbells of 15 pounds. Found most beneficial "The importance of making decisions". I would like articles about first aid without drugs or chemicals.

Joseph Zimmermann, Florida

You have no idea how very delighted I am with the new Hygiene Educator that arrives bi-monthly. Because of this magazine I know I shall better apply myself to hygiene.

Already I am trotting 2-3 miles each morning, or rather most mornings. Got the joggers pocketbook from state library system and am on my way to improve this activity. Since I have a three and four year old set of little girls, I have to trot between 5:30 and 6:30 am. so I am back home before they are popping out of bed. We trot on their daily walk and they can run a pretty good distance.

Air baths have become more important in our lives, too. I have used small weights for years and would very much like to have your literature on weight instruction.

I want to be a good hygienist and am trying to raise my daughters thusly, but reading and applying seem to be separate pursuits. Your EDUCATOR has already helped me greatly. Could a little space be used to put in a meal suggestion for growing youngsters - say a suggested meal for ages 2-5 and 5-15. Over the course of a year we'd get 12 meals - 3-4 for each season. It could be done in an inch or so of a column. I know the rules but seeing how others apply them in specific instances is a great assist. I think of Jack Dunn Trop's simple but surprising statement: "The best meal I ever ate was celery and steamed potatoes". I would never have thought of this myself, but he's right. It's great.

Ellen McKenzie, Maryland

P.S. Wrote you last month in regard to my teaching hygienic principles to expectant mothers. Will keep you advised if this really develops.

I was impressed by the article "The Importance of making decisions". I am making one right now. I am 53, never been in robust health. My wife and I fast 37 days at Dr. Shelton's Health School just three years ago. We had great expectations of living hygienically, but alas, wrong and overeating took over. But during the past several months, I went on raw (live) foods practically 100% and have felt some better. Isn't it time; it takes a long time to get into the deplorable state of "health" most people "muddle" through life in, AND, it takes a long time to get out. I am convinced, however, it is worth the effort. I would like to see an article by someone who, after having a series of victories and failures, finally broke away from compromising conformity to conventional living and now is a consistent hygienist.

Please send me titles of literature that will give me proper instruction for progressive weight training for body development.

Willard Breckenridge, Texas

It is fine to have such education and not only for the young ones who still have more opportunity for exercises than we older people. I would have the advice to risk something only to know what they can do and what may be too hard for them. My physician who "cured" me after my heart attack - this means I recovered IN SPITE of the poison he had to give me, because he didn't know better - was wondering how I could look so fine after I put away the medicine entirely to recover with the help of some friends and our wonderful diet. As I then in spring 1966 bought another tool for exercises - my first bicycle since I am in Arizona, he didn't know what to say. Maybe he thought to see me pretty quick back in the hospital, but no more with me! All people, friends and relatives tried to talk me out of my bicycling, but I didn't listen to them; I trained slowly and pretty soon I took rides from 1, 2 or even 3 miles, back and forth, uphill pushing and pretty quick I have known what I could do and what might be too much.

I changed to vegetarian during World War II partially and fully in 1954 and I feel much healthier and stronger than ever. The article for pregnant women was a special joy to me, having done this work for many years, but there are still only few physicians who have known how healthy this exercise is for a mother-to-be and how easy the birth of the child is going to be.

Elaine Newton, Arizona

After reading all about the importance of weight lifting for the second time in the EDUCATOR, I am finally convinced that this is for me. Please send me a list of books I can purchase.

Just to let you know that I am enjoying the new news. Answering questions are very informative and I do enjoy the exercises.

Emma Wingler, Oregon

I am greatly in accord with what the EDUCATOR has offered in its publications so far. I find all the articles very beneficial and the most important is weight lifting. I have 18 pounds of weights (9 lbs. each) and since I have retired I take the exercises (as seen on

a television program) and apply the weights, wherever possible. Also there is yoga exercise on television and I apply the weights also and it feels great and I am becoming quite flexible. These weight lifting exercises as well as other exercises should be adhered to in order to get results. So by all means this should be first on the list for self improvement coupled with proper hygienic diet and not overdo on eating; eat the minimum is what I find most helpful.

Again I want you to know how much I appreciate the first article on weight lifting and am applying it every day.

Dorothy Gould, Washington, DC

ED. NOTE: Weight lifting should not be done every day because muscles need more than 24 hours time to recover. The maximum use according to all experts is 3 times a week, with at least a day in between workouts. Weight lifting is not for the purpose of building flexibility, but of strength. The member who writes above is not using weights correctly when she does it while watching yoga instruction or any other but weight instruction. We are making available for a price of \$1.00 a booklet giving specific instructions on how to use weights, accompanied by illustrations.

I am very interested in weight lifting. I have a set of weights I can get by with as a starter. I feel I am lacking something in my physical fitness program. I have a slant board, head stand pedestal and many other apparatus I use. I've been a natural hygienist for a number of years. So please send me any literature of information you can.

Angelo Russo, Missouri

I am interested in learning the sources for instruction for progressive weight training, as set forth in the recent issues of the EDUCATOR. I had done some weight exercises in gyms in the past, but not regularly. I'd like to know what equipment to buy and what books to read.

Ann Smagaj, California

RESEARCH PROJECT

I am doing some research and would appreciate hearing from individuals who were BALD, and re-grew hair on the head, and in knowing how they did it. Will gladly compensate for postage and other expenses.

David Stry, Director of Education
Villa Vegetariana Health Resort
Cuernavaca, Mexico

AN INVITATION

We should like to extend an invitation to any and all of you if your travels happen to find you in our area. With the coming summer we hopefully look forward to being able to raise some of our own vegetables. We've increased our garden so that it is now approximately 30x80 feet. Also the 21 dwarf fruit trees and 5 standard trees we planted last year all lived--and a few apple trees had buds this year, so we hope to have some fruit. We were pleased with our efforts last year, in fact so much so that we have picked up an acre of land a few months ago with the hopes of increasing our harvest this year.

The Leo M. Schwaigers
Champaign, Ill.

SOME NOTES ON THE PLANNED BOOK OF CASE HISTORIES

BY JACK TROP

The letters on Case histories are coming in very slowly. I am not disappointed as I planned this as a long-range project.

I have learned something startling as a result of this work, and I would like to point it out to our people. It is this. It is astonishing how many of them have absolutely wrong concepts of what natural hygiene is all about.

For example, I received a Case History from a person who advises that he is now in excellent health as a result of what he thinks was a hygienic routine. Let me give you an example of what his diet has been.

1/2 cup orange juice, 1/3 cup Kelloggs concentrate, 1/2 cup Kelloggs bran buds, 2 tablespoons brewers yeast, 1 cup nonfat (skim milk, 1 cup buttermilk, 2 eggs boiled, 3 oz. lean meat or fish, 1 cup buttermilk, 1 potato, two large lettuce leaves, 1 pat butter, 1 slice corn bread, 4 oz. everready carrot juice, 1 cup yogurt, 1 cup nonfat milk, 2 tablespoons dry gelatin, 2 tablespoons safflower oil, 1 tspn. wheat germ oil, 1 tspn avocado oil, 1 tspn bone meal, 1 tablespoon buckwheat honey, (the last eight items blended into a drink).

More than astonishing has been the fact that several people have written to me indicating that they take bone meal as a regular staple of their diet and they think they are on a hygienic routine. (We must bear in mind and acknowledge that people can improve their health if they change over from a conventional routine to a somewhat better program. What I want to point out is that they should know whether or not they are on the best program - natural hygiene.)



Jack Trop

A very significant and beneficial result for anyone who will send me their Case History is that I promise that I will write to them personally if I believe they are doing things which are not hygienic. This is a plus they will gain from their cooperation.

Another plus for natural hygiene on the whole is that it appears to me to be a very good idea

for people to write out a program on which they have been living and submit it for comment and criticism.

I would like to urge everybody to send in their Case Histories. Of course, I will not use them unless I am given special permission, but many of our people may derive great benefit by learning that what they have been doing is either wrong or below the standards of our natural hygienic goals.

MORE COMMENTS ON THE EDUCATOR

"Please send the list of books on weight lifting mentioned in 'Round Robin for Youth'. I was very pleased to see an article on this subject in our paper. My son is intensely interested in sports, especially baseball; it is mainly for him that I am writing. We have been using weights in our home for quite some time now, but not on a scientific basis. Would like to see more articles directed toward our youth."

WHY WE ARE LOCATED IN CHICAGO

Member Elwood Pope of New Jersey made the comment just as we were going to press: "I keep seeing in our publications and books, the statement that we believe that man's natural habitat is a TROPICAL or SUB-TROPICAL climate. Yet our main chapter is still in Chicago of all places, why is this???"

We assume Mr. Pope means by "main chapter" the ANHS office. He's got a good point and the simple answer unfortunately is that those who will put in the most volunteer time in the organization happen to be living in Chicago. The Society could never have progressed as much as it has were it not for a lot of unpaid for services. If we were to pay people salaries commensurate with the work they do, we would be in a bad financial situation.

We have one volunteer who comes into the office four and five nights a week after she is through with her income producing job; another puts in about forty volunteer hours of work every week of the year; and still another comes to work at the Natural Hygiene Press office after putting in a ten hour day on a paid job. He does invoicing, shipping, corresponding, packing of books, etc. If he were to be paid, the Press would be completely bankrupt. What's the answer?

Perhaps one day the ANHS will be affluent enough to locate their office in a more appropriate climate. We might leave the members with this thought. Help us to arrive at that state by increasing your membership dues. Even a \$100 yearly Century Club membership on a weekly basis is only \$2; a \$50 Sustaining Membership is only a dollar a week and a \$25 Contributing membership is about \$2 a month.

MISCELLANY

.Canadian members should add \$1 to their membership dues to cover cost of postage, as we cannot send mail by bulk rates to Canada.

.If you have hygienic books or magazines you wish to dispose of, please send them to us for our Hygiene Library.

.Prompt payment of dues will greatly aid the clerical work of our office. Our gratitude to all those who contributed to our appeal in March.

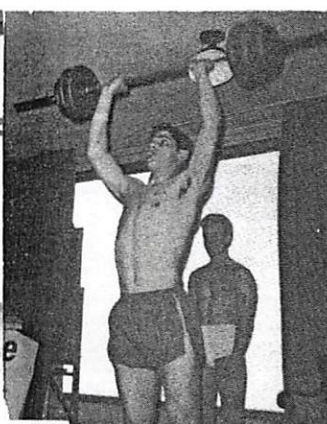
.A limited number of copies are available of an anti-fluoridation opinion by a Kentucky judge. Send requests to our office.

.Member Simon Bloom of the New Jersey chapter is an editor and publisher of a newspaper. He chides himself by saying, "I could have been giving more full reports of the Hygiene groups than I have. I am going to attempt to do so. The deprivations which sickness causes and brings to one, an individual or a family, are without doubt among the most harrowing in life. That is why I feel the work of the Hygiene society is so vital and needful." It is suggested that other members who are in a position to publicize Hygiene in their work should also give some thought to this matter.

.Board Member Joseph Aaron of Toronto entered the Boston Marathon of 895 entrants. The distance was 26 miles, 365 yards. He made it in 4 hours and 15 minutes.

.REMEMBER THE SOCIETY IN YOUR WILL. FOR PROPER LANGUAGE REFER TO THE LAST HYGIENEWS.

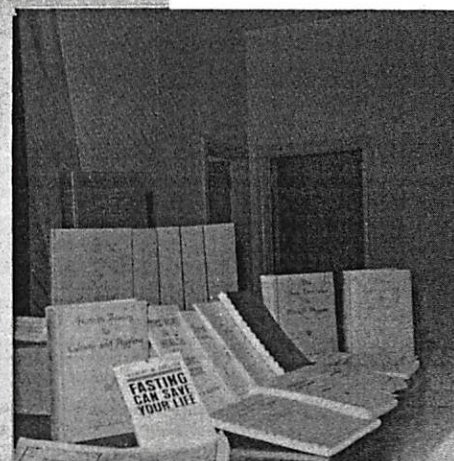
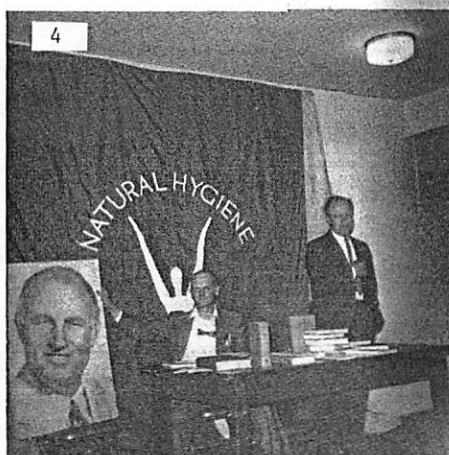
CHICAGO CHAPTER ACTIVITIES - NEW CENTER STARTS OPERATIONS



(1) L-R: Hans Jerosch, 22, and Cliff, 16, demonstrate body development using weights at a Mar. 17 meeting

(2) Mar. 29 Board of Directors meeting in the new hygiene center

(3) Membership open house Apr. 27 was a housewarming and nomination of officers.



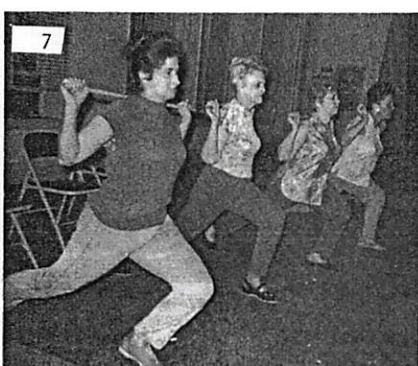
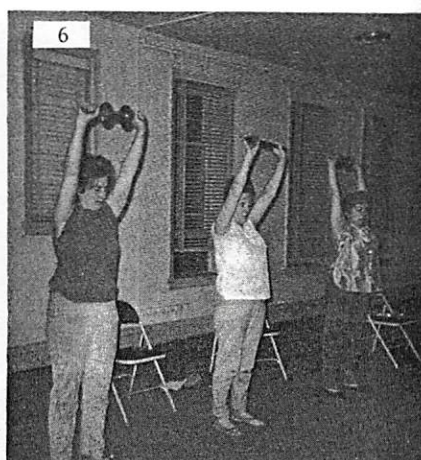
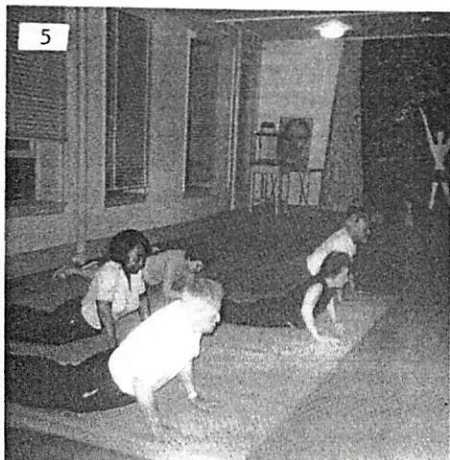
(4) A tribute to the work of Dr. Shelton May 2 was appropriately the first public educational program at the new Center. All available books and literature were put on display (right), including his first great masterpiece "Human Life, Its Philosophy and Laws"

NATURAL HYGIENE INSTITUTE

(5) Calisthenics class workout (6 & 7) Women's classes in body development concentrates on form for using weights; probably the only one of its kind in the city; after five weeks one student said "For the first time in my life that I can remember I don't have pain in my back and I can walk straight"; said another, "I can do work around the house that I couldn't do before without getting tired." And a fourth rejoices that she can now lift up her garage door!

Both classes are part of a 12 week course by the Institute, the chapter's educational branch

(8) The first students to graduate from a basic course in anatomy, physiology and natural hygiene display diplomas after completing a 12 week course.



Reading List

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

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

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. 5-10 copies	30%
. 10-24 copies	35%
. 25-99 copies	40%
. 100 copies & over	50%

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