Report of the Second Annual Convention of the A.N.H.S.

By SYMON GOULD

At first it looked as if Jupiter Pluvius, the god of rain, was in league with the American Medical Association, to make a failure of the Second Annual Convention of the American Natural Hygiene Society. It literally poured for the first three days, but the crowds, though small, kept coming, afternoons and evenings, and then on the fourth day when the weather was cleared, over 500 *Natural Hygiene*-minded individuals showed up to make the final session a gala climax of talk, music, food and general good fellowship that sent everyone away at 2 A.M. looking forward to the 1951 Third Annual Convention which will take place next June in Cleveland, Ohio.

Dr. Shelton, the principal lecturer and speaker, in the opinion of all those who attended, outdid himself in this series. He provided a wealth of material, factual and inspirational which made new converts to *Natural Hygiene* and reinforced the appreciation and understanding of *Hygienic* principles in his followers of long standing. His afternoon series dealt with specific subjects relating to the fundamental practices of *Natural Hygiene* and each of the lectures contained priceless information. Some day it will be possible to reproduce these lectures on long-playing records so that the words of this savant can be played by his readers in every home and before small groups. Imagine having Dr. Shelton lecturing for you at your will and command! How many converts would be added to the growing roster of *Natural Hygienists!* Imagine turning your parlor into a *Natural Hygiene* Lecture Forum!

J. D. Trop, one of the foremost lay-lecturers on *Natural Hygiene*, delivered the address of welcome on the opening night. He was introduced by Symon Gould, who, briefly explained the purposes of the convention, and paid tribute to Mr. Trop for his cooperation in perfecting the arrangements for this year's convention, particularly with regard to the *Hygienic* dinner, of which he took full charge. In his talk, Mr. Trop indicated the vital significance which *Natural Hygiene* held for the individual as regards his health, as well as spiritual and mental well-being. He spoke of the benefits which he and his family had derived from the principles and practice of *Natural Hygiene* and he paid tribute to Dr. Shelton as the acknowledged leader of the movement.

Dr. Shelton was most eloquent in his lecture in which he exhaustively depicted the values of the new and expanding ideals of life and living and the great contribution which *Natural Hygiene* could make not only to the life of the individual but through him to the community and nation at large. He demonstrated how simple it was to appreciate the logic of the *Hygienists's* position as contrasted with the complicated and confused interpretation taken by the routine medical man. He called for greater cooperation on the part of *Hygienists* in making the ideas of natural living better known to the public.

The second evening had the unusual setting of a night club hall for lectures by Dr. Anderson, Dr. Warmbrand and Dr. Shelton. The management had to transfer the scene of activities to this immense room with a stage and the chairman, Irving Davidson, the amiable quipster, was right at home, keeping the audience, which included Fred Allen, the radio celebrity and a *Natural Hygienist,* in high good humor with his witty remarks which always concealed a pointed allusion to right living. Accompanying Mr. Allen were Mrs. Allen, and Jack Haley, celebrated comedian of stage and screen, and Mrs. Haley.

Dr. Anderson presented an irrefutable case for the success of the vegetarian diet based on *Hygienic* principles. Dr. Warmbrand added his support for natural ways to health.

Dr. Shelton was in superb form and delivered, what was considered by all who heard him, the finest and most convincing lecture on the why and wherefore of vigorous, *Hygienic* health. In telling point after point, he built up the case for *Natural Hygiene,* literally taking his audience into the cells and tissues of the body and showing how the correct functioning of each was the only route to true health.

On Friday, Christopher Gian-Cursio, the crusader who is again in the toils of the law because of his indomitable decision to defy the illegal restrictions which prevent him from helping an ailing humanity, journeyed down from Rochester, to deliver a most illuminating talk on the "Destructiveness of Eating In Sickness." He quoted a particularly impressive case to support his contention in the person of the attorney who defended him during one of his trials and who recently suffered death through the anti-natural methods of treatment of the medical profession. He also presented physiological fact after fact proving that the giving of food to a person in a sick state was tantamount to his execution in many instances.

A surprise addition to the night's program was the appearance of Gerald Benesh, recently convicted of practicing *Natural Hygiene* in the state of Ohio. Dr. Benesh was given a rousing reception and his modest talk on his experiences as well as explanation of the virtues of *Natural Hygiene* in helping the ailing, won for him the attention and appreciation of the audience.

Dr. Shelton concluded the evening's talks with a highly informative lecture, delivered in his

accustomed eloquently emphatic style, in which he drove home the preventative ideas relating to chronic diseases. He showed the necessity of curbing all diseases in their inception and checking all abuses, especially in the young, so that the foundations for the degenerative diseases of later life would not sink their roots and get the firm hold which makes it difficult and almost impossible to remedy in later years. He showed how wrong living inevitably results in cancer, diabetes, heart disease and other chronic diseases.

The last evening featured the guest speaker, Scott Nearing, the eminent economist, radical thinker and ardent Tolstoyan vegetarian. His lecture was an inspiring appeal for *Hygienists* to leave the city, return to the soil and live their principles in reality close to nature. Like Rousseau, of the 18th century, he sounded a call for a renaissance of the natural man away from the dirt and nerve-destructive life of the urban dweller. He also uncovered the defects of the present social economy which operates in an anti-*hygienic* manner against the best interests of the individual.

A feature of the evening was the selection of Mr. Larry Denton, as *Mr. Natural Hygiene* of 1950. Larry won in competition with several other young *Hygienists* who exhibited muscular torsos for the selection by the judges. Miss Jeanie Campbell of Alberta, Canada, was selected as *Miss Natural Hygiene* of 1950 and her beauty and well-proportioned figure won the plaudits of the audience. Mrs. Woodland Kahler was selected as *Mrs. Natural Hygiene* of 1950.

An Open Forum was initiated by Dr. Shelton who lauded the address of Dr. Nearing. He was followed by short addresses delivered by different members of the audience and included Judah Bleiman, J. Waterman Rose, Miss Tania Weiss, Frank Sauchelli, Herman Wittauer and several others, who were permitted to speak their minds on various topics, associated with the week's lectures.

The musical program featured several piano compositions performed with fine technical perfection by Harold Rose, of Brooklyn and Miss Olga Fields, a metropolitan opera aspirant, who rendered selections in a splendid coloratura voice which won encores.

The Spring Health Festival concluded with a munificent buffet dinner, prepared in a truly *Hygienic* manner, by J. D. Trop, assisted by Dr. Anderson and several men and women volunteers. The tables were set in a manner which was both a feast for the eye and the palate. The heaps of fruit formed mounds of color. The tables were piled with nuts and dried fruits of all kinds. No bread was served. Those who desired cheese and yoghurt were directed to a side table.

Under the organization and chairman-direction of Symon Gould, the evening was voted a superb manifestation of the *Hygienic* spirit in every respect.

Two publicity events of note occurred during the week. Mr. Gould, as publicity director, in preparing the circular announcing the 4th Annual Convention, had used on the front cover an excerpt from an announcement by Dr. Norman Jolliffe, head of the Nutrition Bureau of the New York Health Department. This excerpt which claimed that two-thirds of the people of New York City were undernourished and susceptible to disease was an exact quotation from Dr. Jolliffe's statement which had been previously reported in the *New York Times*.

Dr. Jolliffe took exception to the use of his name and statement and through his attorneys, served notice on Mr. Gould to cease and desist in the distribution of the circulars. Mr. Gould, in a letter, challenged him to a court duel, and at the same time, served notice on Dr. Jolliffe that if he were really sincere in his desire to elevate the health-standards of New Yorkers, he would do well to attend Dr. Shelton's lectures on nutrition.

Mr. Gould was also helpful to Dr. Shelton in arranging for an article entitled "The Case for Natural Hygiene" to appear in the August issue of the *American Mercury*. This article which will be the first to appear in a magazine of general circulation outside the health-periodical field was written by Dr. Shelton in collaboration with Mr. Gould. It will reach an estimated half-million readers.

Several business meetings of the *American Natural Hygiene Society* were held. Dr. Shelton was re-elected President of the Society for the next year. Dr. Christopher Gian-Cursio was elected Vice-President and Irving Davidson, of New York, was elected Secretary-Treasurer. The Board of Directors will be announced later. The *American Natural Hygiene Society* will be incorporated under the laws of the State of Texas. Over 80 new members joined the organization during the convention period.

The 1951 Convention in Cleveland, should prove a milstone in the *Natural Hygiene* movement and plans for its success have started already.

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