

Sights and sounds of the 31st convention

- **"Planting Seeds of Health"**
- **A media event — Hygienists attract TV crews**
- **The first Hygienist in the Miss America Pageant**
- **Youthful convention veterans have their say**
- **The Nearings — sane voices for the troubled 80s**

Health Science

Journal of the American Natural Hygiene Society, Inc.



Helen and Scott Nearing
170 combined years of zest



The American Natural Hygiene Society, Inc.

"Dedicated to Natural Hygiene...the Science of Health"

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PRESIDENT'S MESSAGE

Excerpted from an address at the 31st annual convention

Dear Friends,

This past year has been a time of profound change within both our world and our Society.

It has been a time of profound change in public consciousness around the world in terms of the issues that Hygienists have been concerned about for more than 150 years.

Vegetarianism today, I'm sure all of you know, is commonplace. People are vegetarians for many reasons—some for ethical reasons, some because they just don't like the preservatives in meat and some want to avoid cholesterol.

We know the true reasons and that's where we come in. And that's where we guide them even further in sophistication.

The public consciousness is turning in the direction of Hygienic principles and Hygienic logic. We see more care and concern for our environment. Environment has become a household word.

We see a movement away from nuclear power and its risk of radiation. We see a movement toward solar power and other alternatives that respect our environment. We see interest in biological gardening, concern for purity of food and we see a growth of preventive medicine.

At least the focus is in the right direction. The sensitivity, the awareness in the country and around the world has never been so strong in Hygienic directions.

It is making a change, not just in public consciousness, but a change in the American Natural Hygiene Society.

In the last year alone our membership has doubled. We are turning outward. We are getting inquiries from the medical profession; we're getting inquiries at all levels, from all parts of this country.

We're on the move.



Yours in truth and service,

Mark A. Huberman
ANHS President

COVER STORY



Helen and Scott Nearing, vegetarians, pacifists, free spirits, who have shown us the way back to healthful simplicity for more than 50 years, were the most talked-about participants in the 31st Annual Natural Living Conference, Charlotte, NC, July 29-August 4, 1979.

Health Science



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WHAT IS NATURAL HYGIENE?

Hygiene is the science of health. *Natural Hygiene* is the system 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 — health is assured, the natural immunity against illness is most fully manifested, and the self-healing powers resident with the body are given full reign.

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CONTENTS

<i>31st ANNUAL CONVENTION REVIEW</i>	
A TV event	154
Dr. Esser's keynote address	156
B-12 project initiated	158
The press coverage	159
How to take action against compulsory immunization	160
Exercise sessions	162
The dining experience	163
An education potpourri	165
A research program to confirm Hygiene concepts	166
Hygienic professional association growing	167
The first Hygienist in the <i>Miss America Pageant</i>	168
Photo miscellany	172
A dialogue with Scott and Helen Nearing	174
Nearings tell Hygienists their story	180

CONVENTION PICTURES

Want your own prints of convention photographs? You'll find a number at the upper left of each picture. Indicate your choice by number and send \$2 for each print you want to: Photo Department, American Natural Hygiene Society, 1920 W. Irving Park Rd., Chicago, IL 60613.

"Planting Seeds of Health" in the Television Medium

A First in ANHS History

All Major TV Stations in Charlotte Cover the 31st Annual Natural Living Conference

15-79



On CBS Evening News at 6:00 Opening Day

The Charlotte CBS outlet aired an interview with Jack Trop at 6 p.m. Sunday July 29—prime time. A few choice excerpts: "People who are acting sanely and living in accordance with the laws of their being are looked upon as damned peculiar . . . look inside the average medicine cabinet. You'll find a remedy for everything and a cure for nothing. In our movement we don't have any cures. ANHS is really a vast university. We're a teaching organization. . . .

As you observe [our fellow primates, such as gorillas and orang-utangs] you will see that they're frugivorous. They eat fresh fruits and vegetables, they're out in the open air; they are gregarious, they live peacefully with each other. They are not warlike and that's what man is supposed to be. . . .

Natural Hygiene is trying to take us back to our pristine beginning—to

take us back to the realism that man is really a beautiful animal. He's not meant to regulate the whole world but he's meant to live in harmony with the whole world. . . .

. . . our influence is far greater than our 5,000-plus membership because . . . the Natural Hygiene Press in the past 10 years has sold about 3/4 million of our books. So there must be quite a few who are reading and especially among the young people.

. . . If you study history you find that the Romans, when they marched over the Alps, were 50, 60, 65, 70 years old and they carried big packs on their backs . . . in sports today people are thru at 30 and 35. In baseball we have three or four playing over 35. In football just one man: George Blanda. If they followed the Natural Hygiene routine they could be going at 50."



15A



TV camera roams the book tables and focuses on *Vaccination, The Silent Killer*—a statement of our position against compulsory immunization.

14-79



On ABC Late News

On Monday night the local ABC station sent camera crews to film some of the action when cancer and Laetrile were the subject of a panel discussion by Doctors Scott, Vetrano, Chapman, Sidhwa and Esser. On the 11 o'clock news that evening the reporter said: "The true effects of Laetrile treatment were the topic of discussion tonight at UNCC. Hundreds attended this evening's session, part of the week-long 31st Annual Natural Living Conference. The advocates of the Natural Hygiene philosophy believe that by supplying the body with only the basic requirements of nature that health is assured . . . Hygienists believe that a 'getting back to basics' approach will encourage natural immunity and stimulate the body's self-healing powers."

In the photograph, the reporter interviews Dr. Cinque while Dr. Sabatino (left) and Dr. Chapman (right of Dr. Cinque) await their turn.

REVIEW/"PLANTING SEEDS OF HEALTH" CONVENTION (1979)

On NBC Late News

Can you tell us briefly what Natural Hygienists believe?

Mark Huberman: We are environmentalists, we are consumer advocates, we are "back to nature" people in this organization. In fact, we can be labelled scientific vegetarians. We are the organic gardening movement . . . we are for freedom to be free from compulsory immunization—freedom of choice in medical care . . . we look at a totality of the building of health, at the totality of recognizing what causes disease . . . all of the life habits and all of the factors in environmental pollution certainly have an influence

on human life and human physiology.

What is the purpose of your organization?

Jo Willard: To bring the basic laws of life to the American people and to the whole world—to be in a state of health for as long as the body wants to live.

. Cancer is the seventh stage in the chain of pathology. When the body starts breaking down it starts with getting tired—enervation. If you don't do something about the enervation—stop overfeeding, overworking, then it goes into inflammation and the next stage and the next stage until it reaches the seventh stage. We teach

how to stop violating your body . . . The healing process of the body should not be interfered with by drugs or manipulations, or stimulation of any kind . . . the body has a tremendous intelligence all its own and reconstructs, and self-heals.

. I think it would be wonderful if the media would help bring some of the people in. You're a very important person to us because you're in the media and it would be great if you could attend some of the lecture sessions. I think you would be inspired to make one little change in your life and become even more beautiful than you are. ☀

33-79



Dr. Virginia Vetrano is televised as she lectures on the hazards of radiation. "If a pregnant woman sits in front of a

TV set, her child is being radiated," warned the practitioner from Texas, who is considered an expert on radiation.



Dr. Esser's Keynote Address

An Inspiring Journey To our Hygienic Roots

The keynote address that preceded all keynote addresses was a Hygienic address. It was delivered when God said, "Let there be man," and created him in his own image and likeness. This grouping of cells, tubes, muscles, bones and nerves were all put together wonderfully and fearfully. The basis of this putting together was the fact that this organism was self-renewing, self-repairing, self-maintaining.

And this is the thing that has brought us, mankind, through the millenia up to the present. Our bodies were built tough, durable and flexible. Otherwise they would not have existed through the many ordeals, the fire, the famine, the volcanos, and all the other cataclysms of nature. Plus the final assault—man against himself.

There's a book, *Profound Simplicity*, that has nothing to do with health, but this is exactly what Natural Hygiene is—profound simplicity. It is profound in that it holds the truth in all its splendor within itself and still it is so simple that unfortunately most people are unimpressed by the truth. Now through the ages, for the most part, man has followed an agrarian life; he lived simply, he lived on the land. It was only in the large cities that man deteriorated. But on the land, man did not deteriorate. And it is from this strong heritage that we have come.

In 1788 Isaac Jennings, the great luminary of the Hygienic system, was born. Isaac Jennings was a medical doctor. He practiced for 20 years in a conventional manner, using medications of all kinds, following his patients and seeing the results. And he observed, from time to time, that patients who did not take his medication seemed to recover and improve more rapidly than those who did. So he finally came to the decision that he would give them bread pills and colored waters in place of conventional medications.

He did this for a period of 20 years and he was astonished in the remarkable change that took place in the quality of his patients' health. And when he was thoroughly convinced that this was the correct way, he made a public announcement to his contemporaries of what he had done to persuade them to follow his pattern.

As a result, most of them scoffed at him. Those who didn't simply lacked the courage to follow his steps. His patients had mixed emotions about his report. Many of

them were indignant that they had been fooled into a state of health and resented it. Others were content with the fact that they had gotten well.

But nevertheless, Dr. Jennings carried on his practice for the remaining years of his life. For more than 20 years he practiced straight Natural Hygiene without benefit of bread pills and colored waters. His influence is brought to us in the form of three priceless volumes: *The Philosophy of Human Life*, *Medical Reform* and *The Tree of Life*.

In these three books we have the essence of Natural Hygiene distilled by a man at a time when there was little knowledge of his subject. So he deserves tremendous credit for his work.

I might mention, as an aside, that I was playing tennis about three or four years ago with a chap who said to me after we were finished, "My mother-in-law picked up a brochure from your place and I noticed there was a quotation from Isaac Jennings, MD. Is he a contemporary of yours, or did he live some time back?"

I said, "Why do you ask?"

He said, "Well, I had a great-grandfather by the name of Issac Jennings, a medical man, and I was wondering whether it was the same man."

When he said this I almost dropped on the court. I asked him about further particulars and he told me that, yes, he knew a little about his great-grandfather. Well, the little he knew was that Jennings was an eccentric, had some odd ideas and that he had the three books at home but had never read them.

And they had a large family portrait and would I like to make a copy of it. Of course I was delighted because we had no photographs of Dr. Jennings. So he sent this along with some letters that Dr. Jennings had written and other small memorabilia. I sent a copy of the photograph to Dr. Shelton so now you can see Dr. Jennings' picture in *Natural Hygiene*, *Man's Pristine Way of Life*.

About the same time as Isaac Jennings lived, there was another man who had a great influence on the Natural Hygiene system. That was Sylvester Graham, of graham cracker fame. This is the way his name has come down to most people.

But Sylvester Graham wrote an advanced volume on physiology, and it was recognized as a fine work, not only by men of the Hygienic movement but also by the medical profession. There was nothing at the time that was equal to this book. It was called *The Science of Health*. Sylvester Graham had a tremendous influence on the public at the time. As a result of his influence, there were eating places called Graham Houses.

Many Graham Hotels sprang up in various parts of the country. More people were able to eat a natural, simple diet of whole foods, natural grains and so on which was not possible before. Of course they served no meats; all vegetarian food. Sylvester Graham was so prominently known as a result of his lectures that he had crowds as large as 2,000 to 2,500 at some of his lectures.

That was tremendous in those years, in the 1830s. Of course he had picketing against him too, which was understandable since he denounced many of the accustomed beloved habits that people had. He urged women to wear

looser garments, to get rid of their corsets and tight shoes. This was possibly the beginning of the women's movement.

As we went on into 1860 another medical man, Russell Trall, had a tremendous influence on our movement. He wrote quite a few books—at least 10 or 12. He also had a school he called "Hygeio-Therapeutics." And as a result he graduated practitioners of Hygiene. Among these was Robert Walter. Russell Trall was noted for his great lecture on "Hygiene, the True Science of Healing," which he gave at the Smithsonian Institution.

We're indebted to the works of these and others who followed them—Susanna Dodds, Taylor and Jackson. The home the MacFadden took on later, in the hills of Dansville, NY was owned by James C. Jackson. It was a large institution and he had tremendous impact in spreading the gospel of Hygiene.

After these pioneers came Felix Oswald in the early part of the 20th Century. Health proponents such as Bernarr MacFadden were greatly inspired by the works of the early Hygienists. They in turn influenced much of the public's awareness of the simple life of freedom of clothing, sleeping in fresh air, removing stale air from bedrooms where previously windows wouldn't be opened, especially during illness.

And night air was considered an evil thing in those days. But finally the windows were opened. The people exposed themselves to the sunlight and they got out and exercised. People had exercised before but it was through labor, not for health's sake. So the doors of enlightenment were opened, the cobwebs were removed and a great movement was begun.

And then came Dr. Shelton, the great pillar of our Society. He worked arduously, so much so that he injured his health doing so, worked incessantly 'till 3 in the morning, devoted his life to the Hygienic movement and we owe him a tremendous debt.

In 1848 Graham and Trall had organized the American Physiological Society and the work that these men did had carried on. However, the Society was discontinued for lack of interest. But we renewed it in 1948 and it flourishes today as you can see.

I have a quotation from Napoleon, of all people, and it's almost as if he had been reading Isaac Jennings' book. Napoleon once said, "Doctor, no medicine. We are machines made to live, organized expressly for that purpose. Such is our nature. Do not counteract the living principle. Leave it at liberty to defend itself and it will do better than with your drugs." Now this shows a great deal of understanding. This is what Natural Hygiene is all about.

This body of yours has a tremendous capacity and ability. It is resilient, elastic, tough. And no matter how much we beat it down, how much we assault it, how much we abuse it, and believe me we do, knowingly or unknowingly, it seems to have the capacity to spring back. And this is the living force that is within it. It is this living force that gives impetus to everything we say. It is this living force that makes it possible for people to recover their health providing they haven't driven themselves into the ground, providing they haven't damaged a vital organ to the point of no return.

I have another quotation: "... preservation of health is a duty. Few men seem conscious that there is such a thing as

"Natural Hygiene is a jewel too great to disregard."

physical morality. Men's habitual words and acts imply the idea that they are at liberty to treat their bodies as they please." This is fundamentally at the base of the reasoning of most people today. They like to treat their bodies as they please.

They want to have the freedom to abuse themselves. They don't like restrictions. They don't like rules telling them they're not allowed to do this, they're not allowed to do that. And I can understand it. I don't like to be told what I should do, either. And still there is such a thing as natural law. Everything in nature is governed by law, is governed by controls.

Tolstoi asked, "Why do men stultify themselves?" in an essay he wrote about alcohol, tobacco and other abuses. Why do men stultify themselves? Today we find all kinds of excuses. People bury themselves under the influence of alcohol, drugs and medication, simply to get away from life because they are afraid to look it in the face. They are afraid to stand on their own two feet, afraid to be human beings as they were meant to be.

Here is where Natural Hygiene comes in. Its principles are as old as the beginning of life although they may be new to you so Natural Hygiene is here to teach you the new way, the new rules, the new avenues for you to establish a new state of health for yourself, a vibrant, vigorous state of health which you have never, ever experienced before and for which you will ever be grateful.

Natural Hygiene is a jewel too great to disregard. Natural Hygiene is something you can treasure the rest of your lives and disseminate among your friends and relatives and your family, particularly if you're young people. The glorious opportunity to have children and to bring them up in a natural way is something indescribable. I've had children, I've had grandchildren, and I relish every moment I can spend with them because it is something altogether different than bringing up children under conventional circumstances.

Dr. John H. Tilden frequently in his writings asked, "Does education educate?" And of course the reply came back vigorously that no, education did not educate. At least 90 per cent of education didn't educate. It didn't give man the basic principles upon which to live. And if it didn't do that it was a failure. Because after all, what was more important to him than to have good health? Because without good health nothing else is worthwhile in life.

Everything else that man does is only a modicum of what it might be if he had good health. Everything we do requires good health. We can't think as well if we aren't in good health. We can't cope with life as readily if we aren't in good health. We are caught up in our society which drains us, which takes everything away from us.

We are assaulted from all sides. And because of this alone we need good health, we need strength, we need vigor to meet the trying times facing us. And nothing else will give that vigor to you as much as good health. And with that good health will come happiness, a peace, a contentment that can not be gained in any other way. ☀

21-79



Jo Willard, in her welcoming address, said, "Welcome to 31 years of devotion, loyalty to teaching the basic principles of the laws of life. . . Hygiene condenses life into a facsimile that is simpler, clearer . . . Each year our annual conference becomes a renewal of mind, body and spirit . . . I welcome you with deep love and affection and I know you will be happier and more secure and understanding in how to live right because of this sharing."

10-79



At the Farewell Banquet, President Mark Huberman received the Second Annual Oscar Floyd Memorial Award for service to the Society. Huberman said Oscar Floyd had been the greatest worker, the greatest leader the Society ever had, and gave him credit for the existence of the Natural Hygiene Press and the national headquarters.

President Huberman noted the emergence of the International Association of Professional Natural Hygienists, and pointed out that the leaders during the week had quietly put together standards of practice and a code of ethics for professional Natural Hygienists.

B-12 Project Initiated

On the first night of the convention Jo Willard announced:

"A very important research project to study the Vitamin B-12 and iron level of Hygienists and vegetarians will be conducted at the Convention. Currently there is a lack of scientific research on the B-12 level of hygienic vegetarians. While some Hygienists have maintained that we make B-12 within our body, others have disagreed saying that this is not absorbed, that the B-12 must be in our diet. Some researchers have claimed that a lack of B-12 over a period of 5 to 10 years results in degeneration of the spinal cord and the central nervous system.

"Only a scientific research project can discover whether we create enough B-12 and our body is receiving enough in our diet. For this research we need 100 volunteers who are willing to fill out a detailed questionnaire, and give a

small sample of blood. The testing is done by a company called Diagnostic Laboratories of Charlotte. The test is free—sponsored by the American Natural Hygiene Society.

"All information will be kept strictly confidential."

"All volunteers receive a unique identification number and all information will be known only by this number. Results will be mailed within a week. Dr. Shelton has written, and you see it continually at the top of all his literature: 'Let us seek the truth, though the heavens fall.' To seek the truth we need your support."

"We need 100 persons of the following categories: 1) Non-vegetarians, or those who have been vegetarians or Hygienists under two years; 2) vegetarians and Hygienists who have been on the Hygienic diet for two to five years; 3) 40 Hygienists who have been on a vegetarian-hygienic diet for more than five years. Anyone—men, women, young, old are all welcome to participate. Steven Scott and Dr. Cinque have been working on this

project. Steve Scott is the coordinator of vegetarian research, has designed the project, and is coordinating it."

Reflections

We expected to see a campus with spacious lawns and interesting architecture but we didn't expect the delightful rustic environment: the hiking trails, the tranquil ponds and the wood cabins.

Florida Golden Agers Brighten the Conference

J. L. Young, at 85, is a vigorous man whose name is an apt description of his physical and mental outlook on life. "I'm very limber," he said. "The limber part is the exercise. The name is Young, you see."

Nathan Recht is also 85 and vigorous. He has the distinction of being the oldest working waiter in the country. ☀

The Press Participates in "Planting Seeds of Health"

Charlotte, NC citizens had a chance to read something about Natural Hygiene when ANHS held its 31st Annual Natural Living Conference at the University of North Carolina.

On page 1 of the *Charlotte Observer* appeared a photograph of the university cafeteria menu board. It showed 9 kinds of cooked vegetables, 12 kinds of raw vegetables and 15 kinds of fruits. Hygienists can appreciate and understand the irony of the advertising that appeared in the middle of the menu board—apparently a gift from a soft drink bottler. The word "Pepsi" was displayed larger than the names of the foods.

The front page mention led the readers to the inside—page 8A of a 52-page paper—where almost the entire page was devoted to a history of the Hygiene movement and interviews with prominent Hygienists.

At the top of the page a woodcut of Sylvester Graham appeared alongside a candid photo of Dr. Keki Sidhwa (as seen below). This was followed by the headline: "Did Nature Have it Right All Along?" and the following quote from "*The Greatest Health Discovery*" (Natural Hygiene Press \$2.25): "For well nigh 3,000 years,

the medical system has been trying to redeem man from disease by medicating him. It has totally failed."

The reporter interviewed Jack Dunn Trop, Jo Willard, Dr. Dennis Bressack and Wendy Cheatham, and the editors used head photographs of each with the coverage.

Another Charlotte paper, the *News*, ran a shorter piece, a news story announcing the conference nine days before it was to begin. It mentioned the purposes of the conference and of the Hygiene movement, the speakers, and seven of the more controversial topics. The *News* article lead: "A natural living conference at the University of North Carolina at Charlotte this week could make Mr. Clean seem like a dirty old man."

Reporter From New Jersey

Member Simon Bloom, publisher of The American Jewish Ledger in New Jersey, sent one of his reporters to cover the convention. He wrote critically, humorously and pungently of his observations during his three-day sojourn.

"Charlotte, North Carolina, one of the cities of the old South, sacked and burned by William Tecumseh Sherman

in his mad march through the Carolinas to Virginia, was the right spot for the American Natural Hygiene Society to run up the banner of revolt against one of America's most powerful unions: the union of bad eating habits and bad medicine," was the way Joseph Ricciardi began the four-page spread on the convention.

Of Wendy Cheatham, the only Hygienist to enter the famed Miss America pageant after winning a state competition, he wrote: "If her beauty is any indication, the Hygiene way doesn't affect whatever mysterious embryonic glands produce a beautiful face and figure. Nor do raw fruits, nuts and vegetables and sprouts injure the vocal cords. Miss Florida sang a tuneful song by Joni Mitchell, 'I've Looked at Life from Both Sides Now,' and I've heard many beef-and-ale fed female vocalists sing that song much to its injury."

The reporter labeled Dr. Burton "the Hygienist's resident toxin specialist" and questioned his interpretation of toxins in commenting on Dr. Burton's statement that too much exercise resulted in exhaustion, not because of any depletion of blood glucose levels, but because of toxins. "Only it was never made entirely clear just what a toxin is. Your reporter studied organic chemistry for a year and doesn't remember a particular group of organic compounds labeled toxins."



8A THE CHARLOTTE OBSERVER Wed., Aug. 1, 1979 ..

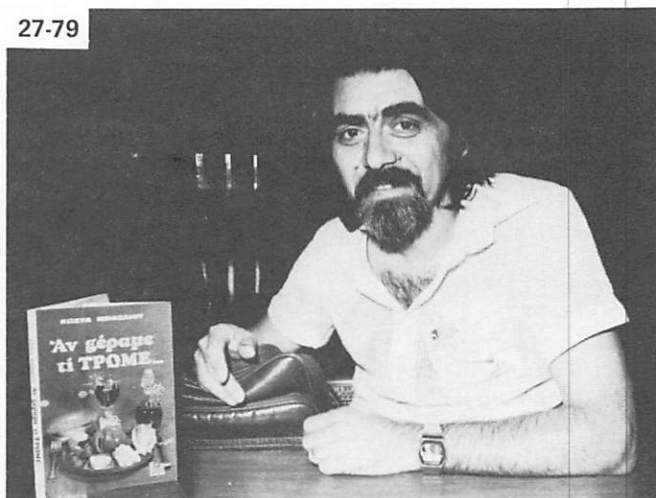


Presbyterian minister Sylvester Graham (above) advocated sexual restraint, fresh air, dietary reform and led the Natural Hygienists. Author Dr. Keki Sidhwa (right) follows Graham's beliefs and enjoys an apple for lunch.



Hygienic history gets news coverage

27-79



Reporter from Greece

Costas Bazeos, Hygienist from Athens who writes a nutrition column, covered the convention for his newspaper. He authored the book shown. Translation of the title: *If We Know, What Do We Eat?*

"Planting Seeds of Health" in Child Rearing

20-79



Henry Rothblatt and ANHS President Mark Huberman, both attorneys, conducting panel on avoiding compulsory immunization. They outlined in detail seven steps: 1) Look at the state statutes. See what you can find in the nearest law library, or do it the easy way and ask your state department of health, or state representative, for the information. 2) Use intimidation. Prepare a legal exemption letter citing HEW regulations. ANHS headquarters can provide immunization counseling service for a \$2 fee. 3) Religious exemption. Membership in a Christian Scientist or a liberal religion congregation—with evidence of that membership—together with your determination to defend your First Amendment rights should scare off the inoculators. 4) Physicians' exemption certificate. In most states you need not look beyond this. In New York a letter from an M.D. saying it would be contrary to the health interests of a child is often a recognized exemption from immunization. 5) Move out of your present juris-

Contd. Next Col.

35-79



Tosca Haag, a lifelong Hygienist, was only 2½ when she first started attending conventions with her mother, Dr. V. V. Vetrano. Now Tosca's daughter, Raven Rose, is 2½. Tosca and husband, Greg, are training to become Hygienic practitioners.

Greg participated in Talent Nite, singing popular ballads. The Tuesday night feature following the evening's lectures was a showcase for a classical pianist who has been playing for decades, a 9-year old who did ragtime, a folk singer, a story teller and a magician.

diction. Laws and officials' inclination to enforce them vary. 6) If you are forced to submit, do this: Get in touch with a Hygienic practitioner for advice on the best way to care for the child and minimize the impact of the foreign substances. 7) File a lawsuit. There are times when you've got to show them, stand up, fight . . . you'd better be a staunch . . . member of ANHS.

18-79



Marsha Bressack spoke from in-depth experience in her workshop, on "Rearing Children Hygienically," as leader of a rap session for nursing mothers and as narrator of a film showing a hospital birth and a home birth. Here, Marsha and her children, Dovee, 2 (born at home), and Blue, 6 (born in a hospital) prepare to enjoy the festive Century Club luncheon. The many toddlers attending the convention had their own playroom. (A transcript of "Rearing Children Hygienically" will appear in a future issue of *Health Science*.)

17-79



In the cafeteria line with Joseph Brenner, venerable life member and ex-officio director, are the eldest and the youngest children of Lois and Bernard Epstein. Lois, hygienically raised in her childhood, brought up her five children the hygienic way. She had these wise words to say about how to avoid putting pressure on children which can be so disastrous to them in their growing years: "I'm not forcing them . . . you plant seeds, you set foundations and you give them the knowledge and you wait to see what happens. Hygiene is a program of balance—not just what you eat but how you live."

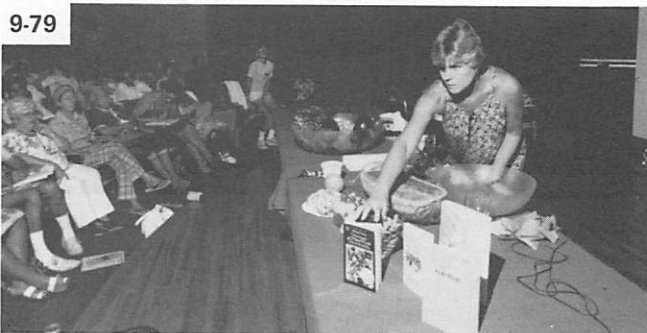
Instructors "Planting seeds of Health"

22-79



Nejla Burton of Australia led off at the Wednesday afternoon session with "Happiness: Your Key to Health." Mrs. Burton says unhappiness is a learned reaction.

9-79



Joy Gross, author of *The 30-Day Way to a Born-Again Body*, demonstrates attractive ways to serve guests tempting food in accordance with Natural Hygiene concepts: whole, natural, ripe and good tasting. She urged sprouting seeds as an excellent source of protein. Early Tuesday morning, Joy, a 35-year Natural Hygiene veteran, was a guest on the popular "Good Morning Carolina" show.

7-79



Dorothy Brosious of Florida shared the expertise she has gained in her 30 years in Natural Hygiene by telling the audience how to prepare healthful meals.

28-79



Hannah Allen with copies of her course outline "Fundamentals of Natural Hygiene," tells a class on how to teach Natural Hygiene that it will enable prospective teachers to qualify themselves and to function more quickly than would ordinarily be possible, especially since it includes questions and answers on most of the controversial subjects that you will encounter . . . a teacher is the sculptor of souls and minds. A dedicated individual could develop many of these qualities and be a qualified teacher of Natural Hygiene." Mrs. Allen is the author of several Hygiene books.

16-79



Young Michael McConkey (seated, right), a new director, has a way of teaching that attracts young and old. Here he instructs an early morning class on the patio in grafting fruit and nut trees. He also conducted nature walks—one looking for wild plants and another through steep paths, morning dew, gulley and hills with a watermelon feast at the end.

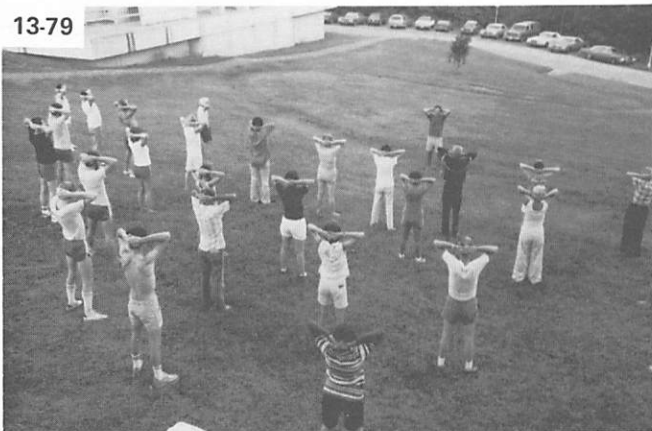
"Planting Seeds of Health" at exercise sessions

6-79



Ron Weston of Canada, who has been teaching Hygiene since 1964, showed his vigorous conditioning class how pushups could be fun—do them with a partner. Weston described his programs and gave the reasons for them. He alternates running, which flushes away cholesterol and promotes liver action, with weight lifting, which affects hormone output, strengthens joints, and does several things besides build muscle size.

13-79



Dr. Philip Chapman, conducting one of his morning aerobic exercise classes, described four types of exercises:

1. Isometric—put a load on a muscle and make it stronger, but don't do anything to increase cardiovascular and respiratory efficiency.
2. Isotonic—also build muscle and move the blood around a little bit, so they're more popular with Hygienists. Example—weight lifting.
3. Anaerobic—they hurt, burn up available energy quickly. Example—50-yard dash.
4. Aerobic—most useful, make us capable of dealing with our day-to-day circumstances. Example—distance running.

2-79



Eye exercises, conducted by Ruth Schoenfeld, Miami Beach, showed participants how they might eventually exercise their way out of the need for glasses, as Ms. Schoenfeld did. The only time to wear sunglasses is in glare, the instructor said. She recommends two books, *Sight Without Glasses*, by Harold Peppard, and *Help Yourself to Better Sight*, by Margaret Corbett.

26-79



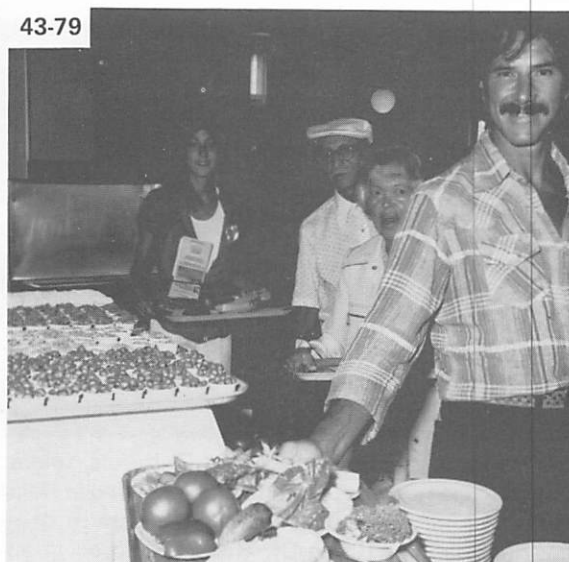
During his workshop on "Vigor-Strength-Confidence" for both men and women, teacher Ron Weston of Canada prepares for a weight lifting demonstration with the assistance of his 105-pound student, Bonnie Young.

By 6:30 every morning the tennis courts were in active use, and the runners and joggers were out in full swing. The indoor swimming pool was the scene of much activity.

40-79



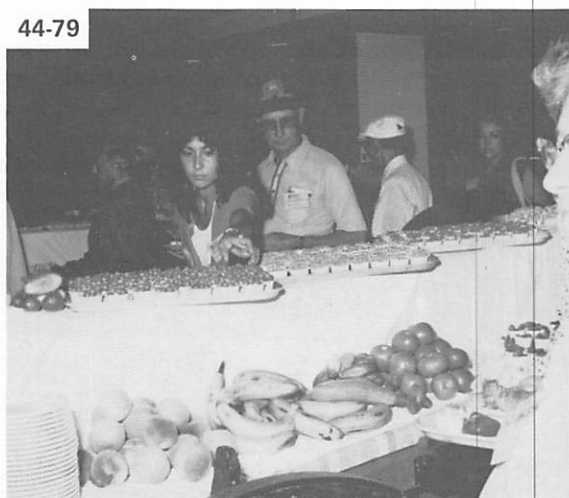
43-79



41-79



44-79



42-79



45-79



"Planting Seeds of Health" at mealtimes

Breakfasts were not the usual heavy fare of the American diet, but luscious melons, grapes, peaches, plums, cherries and other succulent fruits of the season. Hearty salads, unroasted nuts, avocados, corn, potatoes and root vegetables were among the varieties for lunch and dinner. The

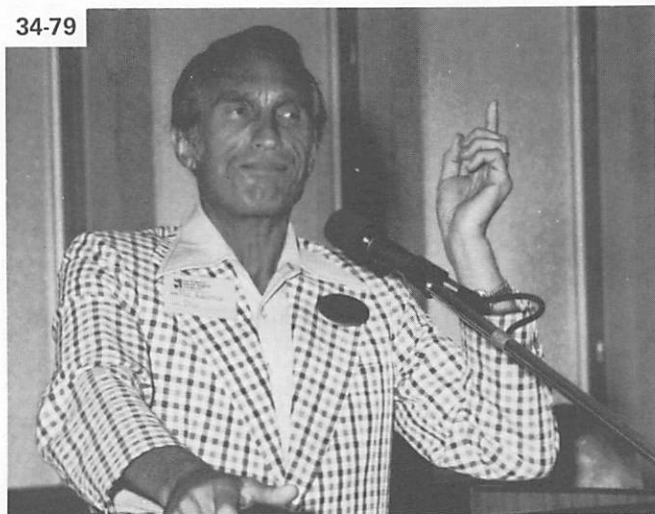
traditional Century Club luncheon was even more special with the addition of delicious tropical fruits. The grand finale was the farewell banquet, a bountiful spread of nature's summer treats.

12-79



Ida Honorof, consumer activist of California, told about her visit to Japan and the radiation still existing in Nagasaki and Hiroshima. She also talked about the hazards of pesticides and inoculations. Citing Dr. Robert Simpson in an address to a 1976 American Cancer Society seminar, she said that immunization programs against flu, measles, mumps and polio may actually be seeding humans with an RNA to form pro-viruses which will then become latent cells throughout the body, some of which "could be molecules in search of diseases which under proper conditions become activated and cause a variety of diseases including rheumatoid arthritis, multiple sclerosis, Parkinson's disease and even cancer."

34-79



As Master of Ceremonies at the Century Club luncheon, Max Huberman said, "It takes more than dimes and nickels to alert ourselves and learn about the poisons not only in the food we eat but the water we drink and the air we breathe, and the general pollution from radiation and other sources. The latest report of the Surgeon General of the U.S. says we're spending almost \$200 billion a year looking for health . . . and the point about the report we understand as Hygienists is their admission that it's diet and lifestyle that constitute most of the reasons why people are spending money and not getting any benefit. They're not making these changes, which means that most of these diseases, as the report says, are preventable. We, the American Natural Hygiene Society, are prepared to tell them how it can be prevented. We have an obligation to tell the public what's necessary."

1-79



Frieda Kabelac, program chairperson, displays a news article, "Cancer of prostate linked to smoking," as part of the source material for her talk on harmful habits which constitute "a tragic American pastime."

25-79



Dennis Bressack, DDS, spoke on "Natural Care of the Teeth," and described dental procedures he performs and how he avoids anesthetics. He does root canal therapy without medication.

32-79



Joseph Aaron, newly elected member of the board of directors, is the chief organizer of Natural Hygiene in the Toronto, Canada area.

30-79



31-79



REVIEW/"PLANTING SEEDS OF HEALTH" CONVENTION (1979)

Dr. Alec Burton, Hygienic practitioner from Australia, is a semi-professional cyclist. He was scheduled to lead a bicycle tour one morning, but machines could not be rented for the group. Instead, with everyone gathered around the one bicycle at his disposal, he gave a stationary demonstration of the proper use and care of the vehicle and talked of biking's benefits for recreation, travel and exercise.

Dr. Robert Gross, Hygienic practitioner and expert on solving obesity problems, told the audience "in Natural Hygiene we have no diets; we have a living regimen to overcome the cause of fat accumulation. Under medical diets the patient has learned nothing, has not changed the chemistry, has not cleansed the taste buds, has not normalized the gastrointestinal tract, has not cleansed the liver."

"Planting Seeds of Health" at Education Sessions

Try to find the form of exercise that is personally satisfying, was the advice given in a panel discussion of "Exercise Techniques: Training or Straining?" Aim for flexibility, speed, and coordination, have two or three different exercises and don't hold any posture for a long period of time were some other valuable points mentioned.

Dr. William Esser, practitioner of Florida, detailed how chronic disease is caused when too much energy is constantly expended in daily activities without a sufficient balance of rest to offset such energy use. He felt that if we could see through time lapse photography how the body deteriorates over a period of time after the age of 20 from such enervation that we would quickly correct the way we lead our lives.

Acute disease is actually a healing process, said Dr. Burton in one of his talks, and if not interfered with will prevent chronic disease from occurring. By stopping excesses in all activities, and resting, the body will have an opportunity to start healing and chronic disease will never have an

opportunity to gain a foothold. Dr. Burton also added his voice to those who spoke on the dangers of inoculations to prevent disease. "Health and the Remedial Process of Disease" was another talk emphasizing that disease and health are two interrelated activities in the body's constant efforts to keep functioning well.

Food is not the whole of nutrition, but only one part of it, explained Dr. Ralph Cinque in "Nutrition: A Hygienic Perspective"; nutrition relates to all of life's processes, he said.

"The Importance of Philosophy in Natural Hygiene" gave Dr. Keki Sidhwa an opportunity to poetically voice the inspiration of the concepts underlying our system of health, as developed by the 19th century pioneers.

You can live sanely in this world even though it seems that people around you are insanely working toward their own destruction by the way they are living, said Jack Trop. He told the audience how to start practicing some sane living through natural hygiene habits. His *Greatest Adventure*

film visually brought home the impact of this message.

In "The Evils of Drug Medication," Dr. Virginia V. Vetrano showed how drugs only alleviate symptoms but do not get at the cause and thus give the sick individual a false sense of security.

Astonishing case histories of health recoveries given by the practitioners covered seemingly hopeless cases such as ulcerative colitis and arthritis.

The deeply moving story of her recovery from crippling arthritis by Natural Hygiene care was related by Jo Willard. How the experience completely changed her life was an engrossing case history of the body's power to heal itself when given the proper conditions for recovery.

The physical and psychological needs of the sick person to bring about recovery from ill health were related by Dr. Keki Sidhwa. In another talk on psychological aspects of health the doctor said that "happy people, well integrated people, people with harmony in their lives, seldom get cancer." ☀

19-79



Medical Literature Confirms Hygiene Concepts

A Report by
Alan Immerman
ANHS Research Director

A wonderful thing is happening in our Society. One of the most heartening in all my years of attending conventions, is that last evening I took a walk into the future. When I walked out of the lecture hall I saw a group of young people sitting over on the left side. I didn't know them. But I came over and introduced myself. And lo and behold I found that these young people are all incipient professional Natural Hygiene practitioners. One of them is here today and I want him to say a few words to you. This young man is doing a remarkable job. For a long time now he has been doing professional research which he is going to tell you about. He is deeply involved with finding scientific evidence to support fasting, raw food diet, low fat, low protein and high carbohydrate diet.

*—from remarks by Jack Trop
at the Century Club luncheon*

The time has come for me to share with the general membership of the ANHS the details of a project which I began almost two years ago and am continuing with the support of the Society. While a student at the National College of Chiropractic (from where I will graduate in April 1980), many questions have come to my mind which I have been unable to satisfactorily answer either by asking my teachers or reading in textbooks. Most of these questions have related to Hygienic concepts of health and disease. For this reason, I have spent much time at a local medical library looking for answers in the primary medical and scientific literature, the source of all textbooks and of all my teachers' statements.

I began my investigation in the area of intestinal toxemia, also called autointoxication. I found research to support the theory that eating excess protein results in toxemia, by way of intestinal bacteria. A wide gamut of diseases has been associated with the presence of these toxins in the body: from skin diseases to hyperthyroidism to arthritis to heart problems and many others. I had an article on this subject published in the *Journal of the American Chiropractic Association* in April 1979, with 165 references cited as evidence. You will not be surprised to know that the hygienic diet, being low in protein, presents no danger of development of intestinal toxemia.

The next area I investigated was fasting. I found studies detailing the biochemistry, physiology, and metabolism of fasting which show that a person can go long periods of time without food with no damage to the body. Other studies indicate that there are benefits from fasting in cases of schizophrenia, hypertension, hyperthyroidism, diabetes, infections or heart attacks. In the next few months I will have another

article published in the *Journal of the American Chiropractic Association* on the use of fasting in cardiovascular disorders; it explains the physiology of fasting and shows why fasting is a reasonable procedure to use in such cases. This paper includes instructions for fasting under a doctor's supervision plus case histories from Dr. Scott's institute in Cleveland, Ohio.

Another area I have looked into is aging and diet. There is extensive support for the idea that the less one eats, the longer one lives. Some of the most recent work in this area is from the National Institutes of Aging. It has been found that not only the amount of calories, but also the amount of protein in the diet must be restricted in order to slow down the rate of aging.

The relation of cancer to diet has also been of interest to me. Many experiments have been done on groups of animals with a high risk of getting cancer and researchers have found that restricting the amount of calories these animals consume, and specifically the amount of fat in the diet, greatly decreases the incidence of cancer. And why haven't you heard this before? Well, the scientists don't think food restriction is a practical recommendation since, supposedly, no one will do it. Apparently, they have never met a Hygienist.

The next, and most recent area that I have studied is vitamin B12 and vegetarian diet. I have just written an article reviewing everything ever written on this subject, and I am now submitting it for publication. Those of you who have been strict vegetarians for many years will not be surprised to find that, despite the scare tactics of the medical establishment and mass media, studies show that vegetarians usually have no symptoms of B12 deficiency. Furthermore, some of the studies that show the opposite finding are

Contd. on next page

11-79



At the Century Club Luncheon Jack Trop called Eugene Cayer, Alan Immerman and Thomas Reese to the platform and presented them to the audience as students and future professional Natural Hygienists.

In a moving, though extemporaneous, ceremony Trop called upon the spirits of Graham, Jennings, Trall, Oswald, Lewis, Tilden, Jackson, Rabagliati, Dewey and Hazzard to be present with them. He asked for a moment of silence and communion to reach the leaders of the past and to show them the leaders of the future.

replete with technical errors.

I could go on for many pages discussing the articles I have found. At the present time I have more than 500 articles in my collection. You will be pleased to know that the ANHS has a full set of these articles, and that they are being made available to the Hygienic doctors.

But, instead of considering only the content of these articles, I would like to share with you another reason why I have collected this information: to help protect the future of the professional practice of Natural Hygiene. For the past 150 years, the practice and tenets of the Natural Hygiene concept have been based on empirical knowledge. This was adequate for many years. However, with the tremendous advance of science since World War II, empirical knowledge is no longer sufficient. Science has come to be an extremely important part of our lives, and this is reflected in the fact that our government officials, courts, legislators, newspapers, physicians, lawyers and others, are likely to demand a scientific explanation for the issues with which they are confronted. When health issues are considered by our society, scientific evidence is presented to support all sides of the arguments.

The lack of scientific data to support our concepts has caused problems in the past. As you all know too well, our hygienic doctors have been and are, being harassed by the

legal-scientific-medical community from France to Texas. As Dr. Brosious said in the May 1979, *Health Science*, "everyone who is into Natural Hygiene as a practitioner has experienced harassment, persecution and prosecution to a lesser or greater degree." We state our belief in fasting and then a medical doctor tells the judge how harmful it is. And whom does the judge believe? Since he has been brainwashed by the makers of Tums, Roloids, aspirin and Tylenol just like everyone else in this society, quite often the legal decisions go against us.

Our best defense for this kind of attack is to fight fire with fire and this we can now do with scientific data. When the doctors and legal institutions attack us, we will be able to defend ourselves successfully. It is fortunate that we do not have to spend millions of dollars which we do not have to fund extensive experimentation. The answers we need are available in the scientific literature and in foreign countries.

With the aid of science, we will be able to fight off the attack of the medical and legal systems; we will be able to survive and even expand and prosper. And there is no one who understands the importance of this better than members of ANHS. You all know we must keep fasting alive as a viable alternative to medical-surgical procedures.

It has been my pleasure to share with you the details of my two-year-old project. ☀

3-79



REPORT ON THE I.A.P.N.H.
by Ralph C. Cinque, Secretary-Treasurer

The International Association of Professional Natural Hygienists held its second annual convention July 30–August 6 in conjunction with the 31st Annual Natural Living Conference of the American Natural Hygiene Society at the University of North Carolina in Charlotte. Dr. David J. Scott, president, and Dr. Alec Burton, vice president, conducted the meetings.

Many important decisions were made, the most important of which was the acceptance of five new members into the organization. These were (in alphabetical order) Dr. Stanley Bass, Brooklyn, NY; Dr. Philip Chapman, Blue Point, NY; Dr. Christopher Gian-Cursio, Lido Beach, NY; Dr. Frank Sabatino, Bronx, NY; and Dr. Marvin Telmar, Santa Monica, CA. Total membership in the IAPNH stands now at 15.

Long hours were spent in defining the scope and practice of Natural Hygiene and in formulating a code of ethics and a constitution. Tentative plans were made for educational seminars at future conventions, and a monthly newsletter

was approved as a vehicle for intra-professional communication throughout the year.

Great concern was displayed by all members to make provisions that would preserve and safeguard the principles of Natural Hygiene within the organization, now and in the future.

A session was held with the esteemed health freedoms attorney, Henry Rothblatt, to discuss the legal ramifications of conducting a Hygienic practice. There were also discussions regarding vitamin B12 and infant feeding. Alan Immerman, a chiropractic student from Lombard, Illinois presented the members with a scientific paper he had written on fasting in cardiovascular diseases. Alan will soon graduate from National College of Chiropractic in Lombard and plans to practice Hygiene in Arizona.

**INTERNATIONAL ASSOCIATION OF
PROFESSIONAL NATURAL HYGIENISTS
STANDARDS OF PRACTICE**

1. *Concern for the individual for meeting the biological needs and capacities of the individual at the time of care.*
2. *Removal of the causes of disease and provision of the conditions of health.*
3. *Use of only those materials and influences which have a normal relationship to the body. Such materials and influences include: food, fasting, rest, exercise, fresh air and sunshine, and exclude: the prescription of remedial agents such as the general use of fragmented foods, medicinal herbs; vitamin concentrates, mineral supplements, hypnosis and other forms of mind control, the general use of enemas, colonics and laxatives, general hydrotherapy, any type of mysticism, spiritualism and the occult, any and all other practices and procedures which might be excluded from basic Natural Hygiene practice as established by the Board of Governors of the IAPNH.* ☀



Miss Florida of 1978

The First Hygienist in the Miss America Pageant

Wendy Cheatham is the co-director of Shangri La, Bonita Springs, FL. She shares that responsibility with her mother, Frances Cheatham. Her father, R. J. Cheatham, was the first lay president of ANHS and he set into motion a new modern era within our organization. In the early days only a professional could be president according to our constitution at that time. R. J. broke that precedent and his good work will live on in the historic annals of our Society.

At Charlotte, Wendy came on stage sprightly, beautiful and talented as she sang and accompanied herself on her guitar. Wendy speaks up on page 170. Jack Trop

Hygienic Perspective

By Jack Dunn Trop

The Second Generation Speaks Up

When I was asked to comment on our last convention in Charlotte, NC, I thought: "How many conventions have I attended?" I answered myself, "Thirty." How many reports have I made? I would guess about twenty.

Pondering on how I might come up with a fresh approach, the germ of an idea flashed into my mind. I had observed that there were several young friends of mine attending this convention who were "second generation Natural Hygienists." Why not ask them for their reactions? Okay, I did.

Four of them have responded in time to reach this convention issue. They are Janet, Wendy, Debbie and Betsy.

I have known Janet (and Wendy, Debbie and Betsy) since the day they were born, and I am at least 50 years older than they are; however as there are no age barriers in "right living," we are all dear friends. ☀

The Eating Adventures of a Hygienist on the Beauty Pageant Circuit

As a state title holder in the world's foremost beauty pageant Wendy Cheatham encountered some unique dining experiences. When she was interviewed by the *Charlotte Observer* during the convention week she told about attending a banquet for 900 people in Dolton, Alabama, during the national peanut festival. To insure she wouldn't go hungry she carried a banana with her and no one seeing her beautiful evening bag would have guessed it contained her dinner. While *Miss USA* on one side of her and *Miss Alabama* on the other were "daintily eating" their quail, Wendy "pulled out my banana and commenced eating it monkey style like you should. I know I was getting some comments from the commissioners. I saw this shadow coming up behind me, but I didn't really pay any attention because everybody was talking to me. Finally one of the commissioners said, 'Miss Florida,' and I turned around. 'I'd like you to meet Governor George Wallace,' and with that my banana was practically in the governor's face because he's in a wheel chair. I was so embarrassed."

At the pageant for the festival queen, which was televised, the M.C. asked Wendy to come up for an impromptu type interview and remarked that she must eat nuts and peanuts for protein since she didn't eat meat. "Absolutely," said Wendy. "What about boiled peanuts?" she was asked. Some 25,000 people at the festival heard her respond, "I've never had boiled peanuts." That opened the floodgates for boiled peanuts. "People in Dolton are very hospitable. Anything you've never had, they want to give you, especially to a Miss Florida. I rode in a convertible in the parade the next day and it was a good thing it was open, because everybody who lives in Alabama wanted to give Miss Florida a bag of boiled peanuts. I was really in a jam. We did find an elephant who was mascot of the parade. And I kept the elephant happy."



Debbie Gross is the daughter of Dr. Robert Gross and Joy Gross. Both of these people have rendered yeoman service to Natural Hygiene and to our society.

During our formative years Joy was our first national secretary. In fact, before the establishment of our own central headquarters she did all of the administrative work free, gratis, and we cannot ever repay the debt we owe her. Presently she is the executive director of Pawling Health Manor, Hyde Park, NY.

Dr. Gross is one of our leaders and a distinguished professional. I have no closer friend anywhere in the world. He has been a bulwark of ANHS almost from the day of its birth.

Still in her teens, Debbie has already served temporarily on our board of directors, and I have no doubt her good work will continue and will do honor to the "second generation." Debbie speaks up on page 171.

Those of you who have seen the movie, The Greatest Adventure, may recall seeing 5-year-old Betsy Jacaruso, doing dumbbell exercises. Now she's a married lady. Sylvia and I attended her wedding a couple of years ago to Brian Hamill, a top level movie photographer and producer. The wedding was a gorgeous affair in a tremendous tent on the grounds of the Gross home in Hyde Park, NY. Betsy is Debbie's sister. Betsy speaks up on page 171.



Janet Davidson is the daughter of Irving and Adele Davidson. Irving is a past president and one of the six founders of our Society. Both Irving and Adele have served faithfully and with distinction as members of our board of directors, and for many years have been the guiding lights of the Natural Hygiene Society of New York.

—Janet Davidson Speaks Up—

Hygiene has always been such a personal, accepted way of life for me that I've never really synthesized my thoughts in writing. I was extremely sensitive, as a child, to the fact that I was different, though my special awareness and understanding made me feel somewhat "chosen." My inner harmony and perspective of myself in relation to the balance of nature compensated for the disharmony experienced all around me.

I ate fruit while everybody devoured unnatural sweets. I delighted in freshly grown vegetables while others subsisted on devitalized canned versions of the same. I enjoyed the vivid colors and contrasting textures of things that grow and have life as opposed to food obtained through violence and pain.

My home was a haven based on love, sharing and an intimacy created by the bond of vegetarian "light."

Through the years I have incorporated this knowledge in my teaching of elementary school children and it permeates every facet of my being. I am a music specialist, an avid runner, a writer in the making and a student of natural methods of healing. Awareness has a snowball effect in that each door leads to another and life has become a smorgasbord of tastes and sights and sounds that are limitless.

Sharing is an important aspect of hygienic growth and I always look forward to conventions so I can meet old and new friends. I try to bring along a friend from home who is willing to expand in his/her understanding, thus helping me to enlarge my circle as well.

Each year I hope to cement my knowledge by going to

(The second generation speaks up)

lectures, engaging in small group discussions, sharing tapes, exchanging numbers and then *following through*. I've gotten to see a scenic sample of the United States, played student by living on college campuses and met countless people and fellow enlightened members of our fine society.

Charlotte was a worthy successor to Redlands, CA; Windsor, Ontario; Fairfield, CT; Miami, FL; and many more of pleasant memory.

I urge those of us who wish to feel the joy of growth to come and experience a convention. You'll never be the same, will feel the wonders of learning and will take home a gift that will forever bring you more peace and serenity.

Wendy Cheatham Speaks Up

Sprouting seeds is probably the most important way in which we can eat hygienically in this day when it is almost impossible to get organically grown fruits and vegetables. It was on this subject that I was honored to speak at the Natural Hygiene Convention last summer at Charlotte, NC. It was great to see the big turnout, especially of young people; more than I have ever seen before at a convention of the Society.

5-79



Wendy instructs on sprouting

I would like to inspire more of them to not only attend conventions, but to study and get into the Natural Hygiene movement. I feel that the strength is going to come from the youth and it is going to mold the Society. It was good to see old friends, especially Mark Huberman. We used to throw water balloons at each other.

This being my first convention without my father, the late R. J. Cheatham, I especially felt his presence at the Century Club luncheon, where I entertained and dedicated his favorite song, "Blowin' in the Wind," in his memory. It was my father's dream to establish a school where everyone could come and learn Natural Hygiene. I intend to carry on this work. Each day I understand better "the more you know, the more you realize what you don't know."

I have been groomed for this important task since I was a small child. My father, former president and active member of the Natural Hygiene Society, created the Shangri-La Natural Hygiene Institute in Bonita Springs, FL in 1964.

5-79A



Wendy sings with her guitar

Our family of seven children lived on the premises and all participated in the work involved. I have worked virtually every phase of the facility during my growing up years under my father's guidance, and quickly learned the benefits of self-awareness.

He encouraged me to enter beauty pageants in order to develop poise and I won top honors in district contests, finally becoming Miss Florida 1978-79. The most positive aspect of becoming Miss Florida is realizing and learning to appreciate what I have at home in Shangri-La. Being Miss Florida has also helped me to set my own goals for the near future. I felt that this came at just the right time—timing is everything.

I am convinced that our individual negative thinking does a great deal more harm to our health than we realize. To counteract this problem we must continuously discipline our minds, never allowing our thoughts to dwell on negative ideas.

I would like to share with you a poem my father used to read to me as a child, and which I memorized when I was 6 years old. It was written by Walter D. Wintle.

IT'S ALL IN THE STATE OF MIND

If you think you are beaten, you are,
If you think that you dare not, you don't
If you'd like to win, but you think you can't

It's almost certain you won't

If you think you'll lose, you've lost
For out in the world you'll find
Success begins with a fellow's will

It's all in the state of mind.

Full many a race is lost

Ere even a step is run.

And many a coward falls

Ere even his work's begun

Think big, and your deeds will grow

Think small, and you'll fall behind

Think that you can, and you will

It's all in the state of mind.

If you think you are outclassed, you are

You've got to think high to rise

You've got to be sure of yourself before

You ever can win a prize

Life's battles don't always go

To the stronger or faster man

But soon or late the man who wins

Is the man who thinks he can.

——Debbie Gross Speaks Up——

I was born of healthy parents who had lived by natural health principles for many years and still do. As a result, I was gifted with a vigorous constitution and I enjoy good health. Over the years, I've learned a good deal about health, Natural Hygiene, and eating habits. Quite honestly, when I was younger, it used to bore me to constantly hear about food and fasting.

But times have changed. Charlotte was just great and I now look forward eagerly to each convention.

I wanted to be like all my friends and eat ringdings and potato chips for lunch. I wanted to hide the fact that I was different as much as possible, so I would eat my lunch out of a paper bag so no one would see what I was eating. But as the years went by, I began to see that it was O.K. to be different. If you stick to your guns long enough, people will begin to respect you for your beliefs, especially if they see it works—you're actually alive, normal, and even healthy looking—and you don't eat meat!

I now have four good friends who have become vegetarians over the past few years, which isn't bad considering they all come from typical conventional families.

Although I have been raised in a fairly strict environment, there were times when I strayed from our principles, just enough to find out that I felt much better when I stuck to it. (Don't worry, I never ate meat, fish, or chicken.)

As a matter of fact, I just came back from traveling in Europe for two months and I had no problem eating at all. In just about all 10 countries I visited, luscious fresh fruits and vegetables were abundant.

Being a vegetarian and a Natural Hygienist has definitely had a big impact on my life, mostly positive. Now I'm glad for the way I was brought up. I think it's something to be proud of. I'm just delighted that I wasn't born into a steak, mashed potato and gravy family!

——Betsy Hamill Speaks Up——

As a lifelong hygienist, I can remember talk and ideals of the American Natural Hygiene Society surrounding me at the age of 5 or 6. We often went to the annual conventions. I loved the excitement of travel and meeting other children who shared our unconventional living habits. In those days a vegetarian was considered quite strange, ignorant, and even underprivileged. Other parents would feel sorry for me. Even though I felt embarrassed and was often teased as a youngster, I was lucky and I knew it.

My parents had instilled in me a strength to be different, and an understanding not only of why I was a Natural Hygienist, but an understanding of the less fortunate and why they react negatively to my thinking and eating habits.

As I've grown older I've learned that life is never easy. Depending on what career and goals we choose, we may find ourselves in a stressful environment. These are the times when our self discipline is most important and Natural Hygiene can help.

When I was 18 I had chosen languages as my career, studied French and Spanish abroad and then at community

college. I took more and more art courses as a minor and eventually studied fine art at Pratt Institute in Brooklyn. I graduated this past June and am putting a portfolio together for illustration. I also teach acrobatics to children part time.

The past few years I have started participating in Natural Hygiene conventions once again. Many of us have found the opportunity to share the times of difficulty when we stray into bad habits. I'm thinking mainly of children and teenagers. I'm delighted to see more and more young people at the conventions, especially at the last one in Charlotte, speak up.

Our conventions are a wonderful inspiration. They have been like a family to me. I hope it will help more and more young people feel not only different, but that they are something special. They will one day pass on the knowledge and inspiration.

Both Debbie and Betsy used the word "family" in their memos. In sober truth the members of the American Natural Hygiene Society are a large, growing, and closely knit family.

The best way to feel this brotherly and sisterly affection and the bonds of common interest and our love for each other—and for humanity—is to attend our conventions.

Come, all you young people, and all who are young in heart and you'll meet Janet, Wendy, Debbie, Betsy and many others.

See you all at our next convention July 20-26, 1980, in Bowling Green, OH.
Jack Trop



The younger generation at the convention

49-79



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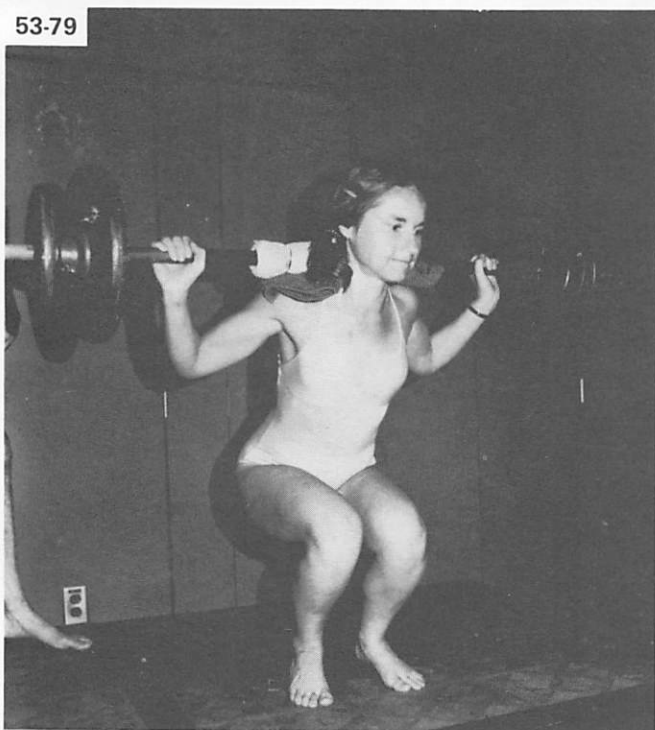
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Coming in the next issue of Health Science:

- Dr. Robert Gross on some little known and important facts on obesity.
- Alan Immerman on fasting and diet restriction for recovery in cardiovascular diseases.
- Dr. Alec Burton on how disease helps to bring about recovery.

55-79



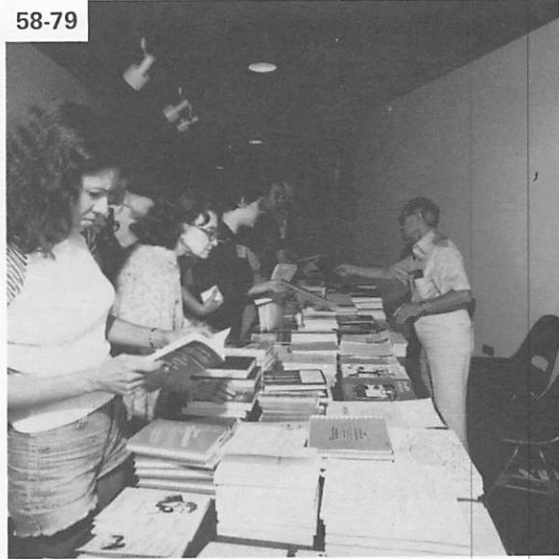
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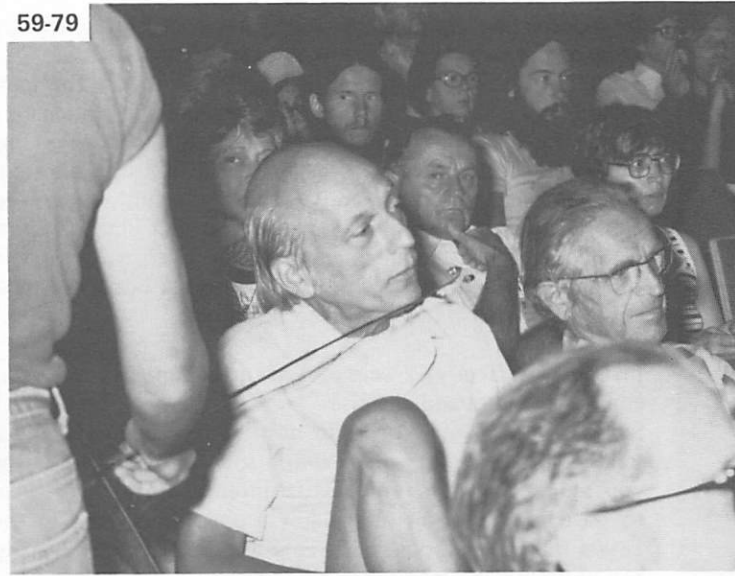
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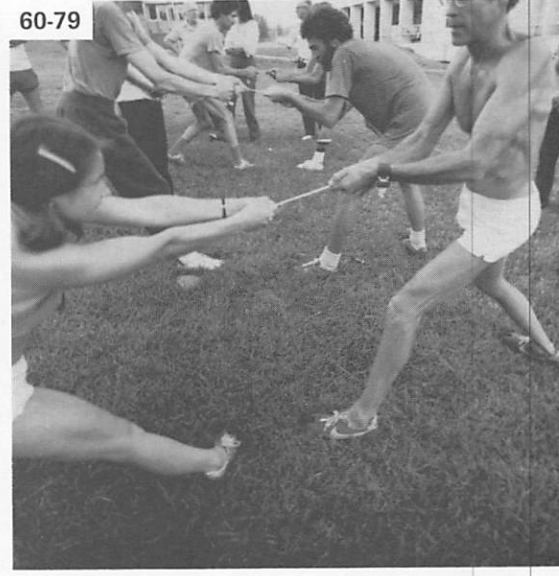
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38-79



A Dialogue With Scott and Helen Nearing

The original back-to- the-landers



Health Science interviewed Scott and Helen Nearing during the 31st Annual Natural Living Conference at the University of North Carolina in Charlotte.

Health Science Interviewer: When did you first become interested in health?

Scott Nearing: When I was in high school. I was the eldest of six, and my mother was always interested in health when she was a girl. She was born in 1866. Then when she got married and had a family she continued her interest in health. And at the same time there were quite a number of health organizations in Chicago, San Francisco and New York.

Interviewer: So your mother might have been influenced by some of the early Hygienists of the 19th Century.

Scott: She wasn't interested in Hygiene as we use the term today. But she was interested in staying healthy, eating proper food, exercising and breathing fresh air. So we youngsters were brought up with a good deal of fresh air, fresh food out of the garden and a rather carefully supervised diet. We didn't have a lot of sweets and that kind of thing. We had a breakfast, a lunch and a supper. Everybody came in and sat down and ate. We didn't have to eat but if we took anything on our plates we had to finish it.

Int: Did you feel you were part of the community, with this emphasis on diet and exercise?

S: This was a small town in northeastern Pennsylvania—a small coal and lumber town and in such a town at that time you didn't find much intellectual interest. People were glad to have jobs and get along. I was born in '83 and in the 1890s there were some bad years. In 1892 and 1893 many had not work and many others had to work for low pay.

37-79



I: How about you, Mrs. Nearing?

Helen Nearing: We were brought up in a lacto-vegetarian way with a lot of raw things from our own garden. My family later started to eat chicken and meat. I didn't. But the answer is, I had a good start.

I: Why do you think you have such an abundance of health, energy and stamina at an age most persons do not even reach, much less arrive at in a healthy state?

H: I think it's our living out in the country. It would be hard for us to keep well living in New York City or the middle of Los Angeles. It's country living plus lack of tension which is also the country living—lack of tension between us, congenialness.

If we bickered and fought and worried all the time, if I longed for city life and concerts and movies and theaters and shops it wouldn't be the same. But we both are of the same mind and both infinitely prefer the country to the city, and we both like hard work. We both can do it and continue to do it even at these advanced ages.

And we're interested in what we do; we're not bored. We enjoy what we are doing. If it's weeding it's very interesting. If it's cutting down some trees, clearing some land for a good purpose such as building a house—that's interesting. And then I have my music and Scott has his writing and reading and studying.

I: Is this something that grew on you or were you always interested in gardening?

H: No, I think gardening is an adult sport. You see results. Our family had a large garden at home. I think we had temporary gardeners. At the times we did not have a gardener I certainly wouldn't have wanted to be sent out to the strawberry patch or the asparagus bed to weed. Now I enjoy it. And it's *our* patch.

I: What is the formula—your formula for health and how did it evolve?

S: Raw food, whole food. Fresh food and the absence of alcohol, tobacco, coffee and other habit-forming drugs. Life in the open air.

H: Exercise, not necessarily calisthenics but activity in getting something done—working, building, sawing, chopping but not jogging, which seems sort of artificial. We don't have to do anything like that to keep fit. What we do is productive work and that exercises us.

I: Are there other factors?

H: Deep breathing, swimming in the ocean.

I: Deep breathing naturally?

H: Naturally. Not standing and doing exercises but being aware of the fine air and taking it in and breathing it out. We have very clean air up there. We get no smog. We get a little fog because we're on the Atlantic Ocean but it's droplets of pure water. We have clean spring water too.

I: In Vermont you wouldn't have been on the ocean, is that correct?

H: Right, but we had high mountain air there so that was equally good.

"Some of my best friends are meat eaters, but I don't understand it."

I: Do you notice a difference at all, being on the ocean? Some people speak of the ocean air as having some special attributes.

H: It has but it also brings fog and mist. And I think, on the whole, we would prefer mountain weather. We get more sun. Sometimes the sun doesn't appear for half a day or so because the fog is coming in from the ocean. It's not perfect. But we appreciate the benefits of both.

I: Is fasting part of your formula for good health?

H: Once a week, on Sundays, we don't eat. And if we ever feel a little cold coming or something like that, we stop eating for a couple of days. And if we really become ill we would certainly take a good long fast. The longest fast we've ever done is 10 days at Shangri-La. We've done that a couple of times. But there was nothing wrong with us. We just did it. But if there ever was anything wrong with us we would go on a good long fast. We believe in fasting. And we enjoy our days off. Sometimes we go on a 10 day apple [diet] at home. We haven't done it lately. We did it quite a few times in Vermont but we haven't felt the need but if we ever felt the need fasting is the thing we would resort to, just as animals do if they feel the need.

I: Why are you vegetarians?

H: First, ethical. I don't believe in taking life. I don't even like to pick a flower or a radish or bite into an apple because I realize it's a perfect living thing of itself and who am I to pick it like this? I'm very aware of what's going on in life outside of our own little sphere of responsibility. So my first reason would be ethical and then hygienic. Also, I think a vegetable diet is cheaper.

You have to have some way of storing meat and then you would have to have a refrigerator. We pick from the garden what we plan to eat. Within a half an hour we're eating it. It's the only way for decent, kindly people to live. We know a lot of nice people. Some of my best friends are meat eaters but I don't understand it.

I: Many people don't know what health can be. How does it feel to be healthy as you have experienced it?

S: We've never been any other way so we don't know. We know that we look at the residents in old people's homes or someone in a hospital and think "why don't they snap out of it; why don't they do something about it?"

But some of our friends are so far gone they will never recover and they simply wouldn't live our way. We've had people come to our place and say, "Fine, you live nicely but we couldn't stand it." We don't go around propagandizing but if anybody comes to our house they eat our way or else. We don't put on anything else for them and we don't bring on anything extra.

I: What kind of variety do you have at any one time of the

year? Do you grow apples, for example?

H: Yes. We think apples are one of the best fruits and we always have them except right at this period when apple season is finished. So we miss apples. We buy citrus by the box. There's a wholesale place 50 miles from us.

We buy bananas dead green. We buy wholesale bananas, oranges and wholesale grapefruit. Now that bing cherries are in we bought a box of them before we came here. We do buy some outside fruits like that to amplify what we have. We don't really need them because we have our own strawberries, raspberries, blueberries, and apples. We ripen green bananas in the cellar, wrap them in newspapers, bring them up bunch by bunch as we need them and they are all dead ripe by the time we eat them.

I: They don't ripen in the cellar? They ripen only when you bring them up?

H: That's right. It's like keeping them in cold storage. It's a cold cellar.

S: The ripening temperature for bananas is between 65 and 75F. Our cellar is between 45 and 55 and as long as the bananas stay in the cellar they don't ripen very fast.

H: We know they haven't been gassed if we buy them green.

I: You mention a lot of fruits. So what other things that you grow yourself would you include in your diet?

H: Our breakfast is herb tea—mint, alfalfa, comfrey, marjoram, sage or chamomile.

S: Our own herbs.

"Supper is a big salad—of anything from the garden—maybe just lettuce."

H: Yes, we raise our own. Just any kind of six or seven different things. Then we put in a teaspoon or so of honey and that's practically it. It's really no breakfast. Sometimes we might have a handful of sunflower seeds or some raisins or a prune or two but usually it's just the herb tea.

I: Now the sunflower seeds, is that something you grow yourself?

H: No. We have to buy them.

S: Sometimes, sometimes. It depends on the season.

I: And grapes. Do the grapes grow up there?

H: It's too cold. At noon we have a big vegetable soup which I may have made that morning or the night before. Every day it's different. We use some grains which is different from the Hygienists here.

I: Can you grow your grains?

H: No, but we get them from organic food people, the things we buy. Sometimes we eat wheat soaked overnight and cooked slowly on the stove, or kasha, that's buckwheat. We also have millet.

I: Do you use sprouts?

H: In the winter. In the spring and summer we have so much

green stuff coming along that we don't need sprouts. I throw sprouts into the soup just before we eat it—right into the bowl—green, uncooked. We'll have vegetable soup and some of these grains with oil and sea salt maybe or with peanut butter and honey or whatever we want to eat with the grains, an apple or two and some lettuce leaves—not a salad made of these—as lunch.

Supper is a big salad—of anything grown in the garden—maybe just lettuce. Or in the winter it would be cabbage and apples and nuts, but a big salad first and then a few cooked vegetables. We like peas raw if they're young. But baby peas grow up; if they're getting old and more mature we cook them.

"... the tension of modern life is terrific ... we're out of that."

The same way with corn; the same way with most of the vegetables. If they're young and succulent then we would eat them raw. If they're getting older, then we cook them. If we still have room for anything else, we might have some fruit for dessert. So we're not on the combination line. We don't observe that too well.

There are various ways we're not as pure as the purists, but this diet has worked out easily and simply for us and we continue it. Sometimes at supper we might have some cottage cheese, though we don't drink milk and we don't eat eggs.

I: What can you tell people about the aging process when they live as you have?

S: It's like a reduction of the amount of surplus energy. A little slowing down of digestion, eyesight and hearing and other sensations. And a little less "get up and go." A little less drive.

H: Scott started to exhibit what you might call these symptoms only when he was 90. Most people experience those at 60. And I'm 75 and I haven't begun to experience them yet. But it wasn't until after he was 90 that he began to walk a bit slower. I wouldn't say he takes it easy but he is not up to what he was at 45. So, who is at 90?

I: What do you feel are the greatest obstacles to succeeding and maintaining a healthful lifestyle?

H: One is having to be in a noisy, tense atmosphere. When we eat in the dining room here it's very noisy and I find that that beats on you. If I stayed around here I'd take my meals out and eat them in my room. I think the noise and the stress and the tension of modern life is terrific and it's because we're out of that that I think we've avoided a good bit of the aging process. I think we've just gone ahead with the way we think is right and I haven't noticed any obstacles.

I: Is homesteading a necessary part of the good life?

H: No. It's the easiest. We lived in downtown New York in a cluttered, poor district. We could have gone on that way. We enjoyed our work in the New York Library. We were

doing creative work; we were writing. We could have done it in the city but why? If you're going to be poor, be poor in the country.

I: What are the essentials of the good life?

S: Good health; an optimistic, cheerful outlook; an occupation that is interesting and keeps you busy and out of mischief; knowing people who are doing things that are interesting—exchanging ideas with them and attending Hygienist conventions.

We've made our own atmosphere and our own living conditions. That's the place where we're happiest and probably the most effective.

I: Why did you decide to homestead?

H: Well, we had to. Scott was out of work. We were poor, as I said, in the city and it seemed a way whereby we could be self sufficient. Grow our own foods, take care of ourselves, and continue our reading and writing and studying.

If Scott had not been ousted from the university he would probably have kept on in teaching until he was of retirement age. He would have always had a garden in the country. It would have been semi-country living—but it would not have been homesteading. So in a sense we were forced into it. He could not get a job any longer as a teacher because of his radical opinions and expressions. All that's in his autobiography, *The Making of a Radical*. I didn't bring it here because it has the word "radical" in the title and it scares people.

I: What were some of the hidden advantages of homesteading that you discovered after you tried it for awhile?

H: The joys of hard work. I certainly never worked hard before—never did any work at all.

S: Hard physical work, you mean.

H: Yes, though I've done hard work practicing the violin. I'd never swept a floor or cooked an egg or done anything at all of any physical labor. The hardest work we ever did was in Vermont making maple syrup and sugar and building houses—those are the two things I like best to do and it's the hardest work.

It's difficult to keep Scott indoors if there's something to be done outside—even if it's bad weather. He'll be outside instead of sitting by the fire reading a book or snoozing.

I: Did you find anything about homesteading that you didn't expect from it—that was sort of like a hidden advantage, Dr. Nearing?

S: No, I had an idea what was coming.

H: He pretty well knew what he was into—he'd lived in the country before.

S: I was born and brought up in the country.

H: I think what was unexpected was the number of young people that came up to see us. It was during the Korean War that they were up there first and these young conscientious objectors who came up liked what they saw. They would have liked to stay.

S: It's impossible for people in this generation to realize that only a few years ago the state of Massachusetts had a land policy. For any farmer in Massachusetts who would put up

\$500, the state would provide \$500 and take 100 acres of land and either reforest it or resell it. We bought land at that time as cheaply as \$2.75 an acre. An ax was worth about \$1.50 or \$2.

H: Land is now worth about \$2,000 an acre.

S: Land all over the country was more or less a drug on the market and of course since the wars, especially the second war, this situation has changed entirely.

H: The point I was making was the young people aren't disciplined enough to stick to it and to work at it and to realize what is implied. They would have liked to lie in hammocks and have seminars on the good life but not to apply themselves.

"I doubt if they knocked on Pearl Buck's door or John Steinbeck's, but they come to our door."

Now there's a new generation coming up in the last 10 or 12 years I'd say who realize more what's implied—they've been reading a lot—there's a flood of books on the subject—and they are anxious and eager to get land. If we were in Vermont now with the hundreds of acres that we had we would easily have a flock of young people doing it, but we no longer have the land—Scott gave it away to the town.

So we can only advise them. They have to find the land for themselves. About the only thing they can do is to get together in groups and each one contribute maybe a couple of thousand dollars to buy a place, but to buy a place of their own now is difficult.

I: What is the toughest part about the kind of life you live?

H: I don't think there's anything tough about it. Certainly not the isolation. We love the isolation. We could be even more isolated. I'd like to go farther up—if we ever moved again—which I doubt that we would now do, I'd move farther away from civilization. So it's not the isolation. Now floods of people come up—we're constantly interrupted when people knock at the door and they're starry-eyed, saying they've read the book—and Scott has written 50 books, but I know which book they mean.

It isn't economics books. We put a sign out asking for privacy, otherwise we'd never get any writing done or anything like that. The sign reads "Our mornings are our own—visitors 3:00 to 5:00—help us 'live the good life.'" People sometimes come in anyway saying, "Look, I'm from Indiana and I've got to go back this afternoon," and we try to see them.

But I think the worst part of it is the notoriety. During our first years in Vermont we were ignored—nobody knew what we were doing. The first few years in Maine also—and they were the years we really got the most done and had the most harmonious, quiet time. Now at any time of the day or night someone will knock at the door. I doubt if they went and knocked on Pearl Buck's door or John Steinbeck's, but they come to our door.

I guess that's the worst part. And yet, on the other hand, that's part of our job—that's why we wrote the book. It's not in the sense why we did it, but it's why we made it known and public and therefore I feel it's like being a minis-

ter's wife—you take it along with the job. But it's not something you would ask for. We don't need to meet more people—we don't have to explain it to more people.

We'd rather just do it ourselves. We'd rather be home cutting the wood or picking the peas or something, than *talking* about cutting the wood or picking the peas.

I: What are the common causes of failing to make it at homesteading?

H: Lack of application, persistence and knowledge, that's what. Some of them have no background.

S: Their lack of zeal.

H: Lack of zeal, yes. Grit, determination, stick-to-it-iveness.

I: Where does that come from?

H: It's part of your character. That's why I believe in reincarnation. Some people are still in kindergarten. Some people are in high school and others are post-graduates. Then there are teachers—Jesus, Buddha, and the rest. We're all at different stages. There are many below us and many above us at each stage. Some kids come up with most unlikely backgrounds—a girl with a finishing school background—a freckled nose, yellow hair and a canary-colored car came up and we thought she wouldn't last long.

But she was Scott's best helper in the garden—she just *had it*—and she's going into professional gardening. She came from an upper-class home that had nothing of that at all. I think my sister, who had the same background I had, would never have stuck to it.

I: Well, what advice would you give to someone who was planning to start homesteading?

S: Be prepared to support yourself for three years. Have enough surplus, enough working capital so you can spend three years looking around before you finally decide where to settle down and what to do.

H: I would advise apprenticing yourself to a farmer—somebody who knows—and work for nothing if necessary. Pay your own way. Pay your own board. But learn from that person. Do it for a year or two. Then in the meantime be looking around for cheap land.

Read all you can—there's a flood of books on the market about homesteading and gardening. Subscribe to gardening magazines or read them in libraries. Read all you can, practice all you can, and then strike out on your own—but don't strike out on your own without going into the subject in some practical way.

I: Do you think a single person could survive at homesteading?

H: Pretty difficult. One could, but it would be difficult even for Scott or me. If something happened to Scott it would be difficult to carry on the place alone, even with my knowledge, and it would be difficult for him without me. So I'd advise at least a couple to pitch in.

I: What about a family situation? Is that easier or more difficult?

H: That's better. The children can help in other ways and the country life is good for them. I wouldn't wish the city life on any child. But if the children start out anywhere after

13 or 14 they're already polluted by where they lived before.

It would be difficult to hold those little boys and girls down on the farm, but if they start with them at birth or before age five or six then the child can acclimatize to what's happening. But if the kids come in from a TV and movie environment and a Coca-Cola and McDonald's environment, then it's difficult.

I: In your experience have you noticed that farm children tend to leave the farm and city children tend to leave the city?

H: Yes. And in Scott's family it would skip a generation. He had two sons and they did not live this way, but his great-grandchildren are interested. So probably the young people veer away from what the father and mother believe in—although we know many young families up there who have children who have perfectly adapted to it.

"... as civilization disintegrates the young people are leaving. . ."

But I think there is a tendency to strike out against parental values. And among the native farming families in Vermont and Maine—their children tended to go to towns and cities. And maybe *their* children came back again to the farm.

I: How does one know if one is a good candidate for succeeding at homesteading?

H: Again, by apprenticing and seeing how you like the hard work, country living, peace and quiet and being away from the excitement of city life. But apprenticing to someone is a rather costly way of finding out.

I: Is civilization weakening or eliminating the qualities of the human race that are necessary for succeeding at "the good life?"

H: They are more content as civilization has gone along. In my youth, there was no television or radio, so if you had some free time you read good books. You didn't sit down and watch television as the children do nowadays. I can think of civilization as weakening the possibilities of doing this sort of thing. On the other hand, it's turning people against civilization, the people who are aware of what's happening are getting sour on it and these young people who come to us are mostly well-to-do.

They come from homes where they've had everything. And now they want to get rid of that. The worse civilization becomes, the more likely that these young people will become aware of it and leave. So in a sense as the civilization is disintegrating the young people are leaving; rats leaving a sinking ship.

I: Dr. Nearing, do you think civilization is reaching a state where the good life will be impossible?

S: Not as long as people can get a place to live—a bit of land or an opportunity. As long as they can get a place to live the possibilities of homesteading will continue to attract a

certain type of individual.

I: You haven't been discouraged by this ski atmosphere that developed in Vermont or the nuclear power plant in Maine nearby?

H: No.

I: What are some of the products of civilization that you feel are most inconsistent with the good life?

H: Television, automobiles, alcohol, cigarettes, McDonald's, Coca-Cola. Have I missed any, Scott?

S: That's all right.

I: Why television? Why automobiles?

H: Scott, you answer that, Why automobiles?

S: They give people something to do.

H: They chase from pillar to post instead of staying quietly at home getting something done. For instance, Charlotte

"We're in a crisis—a minor economic crisis and a major social crisis."

Bronte had probably 12 books in the library. They really went into those books there. Their lives were more concentrated and more serene. Here you watch TV or you pick up the funny paper or you learn how to jog.

The whole civilization has become more jerky, more diversified. There are more possibilities of scattering your energies and your interests than there were. I think a quiet life 100 years ago was preferable, more conducive to what we would now call homesteading, than it is now.

There's too much entertainment—too much "have fun" psychology which was not the case 100 years ago. Maybe 100 years from now we'll have quieted down a bit. Maybe all the color TV sets will be blasted out of existence and more people will be living better lives.

I: Do you have any advice for people who cannot or will not live anywhere but the city yet want to have some of the benefits of the good life?

H: They could grow a little patch on the roof of the building. They could grow something in the garden in back. They could eat better food than they do—even buying it in supermarkets. When we travel, we have to buy it in supermarkets too.

If we had had to stay in New York, we could have continued. It's more difficult, but it can be done. I wouldn't like to live in the South. I wouldn't like to live in warm climates. I like a zippy cool climate. So, we would have left for that reason. What advice have you for city dwellers, Scott?

S: Move out as soon as you can. Move out at the first opportunity, unless you have some family or job ties or something of the kind.

I: And then what would you suggest for a person like that to live the good life in the city?

S: Look for the first opportunity to get out!

H: No alleviating the situation, you see, in the city.

I: How do you manage to get fresh food the year 'round in Vermont and Maine?

H: Solar heated greenhouse.

I: Health is just one of the areas in which you have radical ideas; you have radical political, economic and other ideas. Is there a relationship between the ideas that you hold in these different areas? Is there an underlying principle or a connection?

H: I think that few people we know are interested in all the aspects we are. We have our vegetarian friends, our Hygienic friends. We have our farmer friends. We have our political friends. We have artistic friends. And with only a few of them are we at one on all spheres. And we have friends who are interested in psychic things, as we are.

Our political friends think that's nuts. Friends who are interested in psychic things may be reactionary politically. One leads right around the circle to the other. If I meet a flutist or a violinist or somebody who plays the recorder, I immediately have something in common with them.

Or another person who is interested in rare books or another person who is interested in palmistry or is interested in organic gardening—all those I would respond to immediately and it's all a real part of my life. But again I don't know any who have the same interests that we have.

Because Scott's and my interests are pretty much the same except I can't go into a lot of his economic theories; I don't have the brain for it and he's not artistic in the musical sense as I am. So in those things, he excels in one line, I excel in another, but we both respect each other's interests.

I: Do you see a relationship between your radical ideas and your health ideas?

S: Not necessarily.

H: You could be just as strong in one without being strong in the other. But you happen to be strong in both. I mean to feel strongly in both.

I: As persons interested in the economy and in the social sciences, what is your analysis of the state of the world today and your prediction of what we can expect in the future, particularly as it bears on our ability to practice a healthful lifestyle? Are you expecting a crisis?

S: We're in a crisis—a minor economic crisis and a major social crisis. The minor economic crisis is due to inflation and unemployment and other factors of that kind and the major social crisis is due to the proximity of war and the failure of countries like Great Britain and the other countries to recover from the losses they suffered during two wars.

I: What will it take to survive in the coming years?

S: A good deal of determination and some courage.

H: Some knowledge.

S: Knowledge of how to get along under adverse conditions.

H: We think people who are homesteading will be better equipped to carry on. ☀

Nearings tell Hygienists their story

Jo Willard, ANHS first vice president and a contributing editor of *Health Science*, introduced the Nearings at the Wednesday evening session of the 31st Annual Natural Living Conference.

Scott and Helen Nearing represent 170 combined years of continual accomplishments, achievements, new goals, growth, exploration and innovation. Just a couple of days ago I was privileged to hear of the new and vibrant changes coming about in the lives of Helen and Scott Nearing. They always have new goals. It's a constant process—the dynamics of life.

Perhaps their greatest secret of health and longevity is their sharing, particularly with the young. Sharing how to become autonomous, relatively autonomous, in this society not geared to our health. About 45 years ago, Helen and Scott Nearing quit city life, moved to Vermont and then to Maine. He was a brilliant economics professor; she a concert violinist.

Today their homestead has become a model throughout the world. They are visited by scores each year. They are healthy, self-sufficient, always involved. They grow their own food, cut firewood for fuel and have built their own large stone house by hand. Through their prolific articles, books and public appearances, they remain effective critics of our society and our economy, but their greatest contribution lies in the example of their day-to-day living.

We are indeed privileged to have them here to our convention but before they come up I have a little secret to share with you. I learned that in just a few days, on August 6, Scott Nearing will reach 96 years—96 fantastic years!



"You can imagine the distress to my family when I linked up with him."

Helen

In my search for the good life I started eons ago. I think you all started eons ago. I believe in reincarnation. It's an interesting theory and I think that what life is about is growing and learning and experiencing and evolving and testing and living and dying and being born again and utilizing it all for some really good big purpose for each one of us. I think that's what we're here for and I think that's what life is about.

In the course of my journeying through this particular

life, I started out well. I picked a vegetarian family to be born in—a nice family of intellectuals with a houseful of books and a houseful of interesting people coming to visit. They had a big garden and brought their family up healthfully, sensibly and simply. Incidentally, Dr. Burton, if you're still here, we were not vaccinated. My parents were against it that long ago—75 years ago. (Applause).

I think aside from Scott Nearing, who lived in the same town in New Jersey, my father was one of the seven radicals in town. It was a Republican town and he was a Democrat and that was going pretty far. So my parents were radicals in a sense. At that early time my mother knew the difference between white sugar and brown sugar and between white flour and whole wheat flour. We were well but simply fed, had a simple life in the country and as Dr. Alec Burton is grateful to his mother here on this platform, I am grateful to my mother and father who brought me up so well and gave me so many opportunities in life.

I had a brother and sister who were given a chance at good educations as was I. I chose music and went to Europe in my teens and studied the violin in Amsterdam and Vienna, lived in vegetarian families, stuck to my vegetarianism. Then from Europe I went to India with Krishnamurti and lived in Madras along with Mrs. Annie Besant also for a while. Then I went to Australia and lived for 2½ years in Sydney on the bay.

When I came back to the U.S. in my mid-20s I had the good sense and the good luck to meet Scott. He was a vegetarian, self-convinced from reading Bernarr Macfadden, Tolstoi and Ghandi. He had stuck to his vegetarianism since he was 35. We had that and other things in common. He was 21 years older, married but long separated from his wife. She wouldn't give him a divorce. He was a socialist and he was a communist.

You can imagine the distress to my family when I linked up with him. What could be worse than those three things for their beloved daughter? He was at a low period in his life. He had been expelled from universities for his radical stand and finally when he became a socialist and a communist he was expelled from those parties because he was unorthodox in his thinking.

So he was in no situation. He could not lecture. He could not have his books published. And he had nothing until I came along. (Laughter and applause). I didn't think of that before. We had very little money between us. He had next to nothing. He had a little second-hand Ford and I had a few hundred dollars.

Between us, we decided with that little bit of money to earn our livelihood growing our own food and being self-sufficient in the country. So we went to Vermont, which was a wilderness then, not a ski resort. The license plates in Vermont say, "Unspoiled Vermont" but it isn't unspoiled any more. When we went there it was unspoiled. We went to a wilderness section in the southern part of Vermont and bought a farm for \$300 down and an \$800 mortgage.

It was a 65 acre farm, so you can see that must have been a long time ago. Scott had been born and brought up in the country. He knew how to garden and work in the woods and

how to build. All this was new to me and I started wearing canvas gloves to keep by violinist's hands clean and clear. And I still put on canvas gloves when I go out to work although I don't play the violin so much any more. I have a sister who puts on lipstick when she goes out. I put on work gloves when I go out.

We left New York and developed the land; made a farmstead blossom like the rose. We grew all the food we needed and wanted and ate. We built our own buildings and cut our own wood to heat our house. We repaired the old farmhouse we lived in, then started to build with stone. All this was a thriving success. We earned our living by making maple syrup and maple sugar.

And then the ski business came along and the whole tempo of Vermont was changed, its whole living conditions. We said, "Let's start anew somewhere else." So we picked up our bags and practically gave the place away, moved to Maine, found another old neglected farm, made *that* blossom like the rose and we've been living there for 25 years, also gardening, also building, and also making our own living, generally, on the place.

So this just shows that people with an intellectual background, a soft city or suburban background, can make a go of it, can live a healthy and simple life, can live a good life. Scott's interests are economic and political as well as the farm. Mine are still musical. One can still practice those. We still give about half of our time to our, what you might call, intellectual pursuits and we're still moving ahead, even at our ages, Scott being 96 and I being 75.

And we will go back tomorrow and we'll get back to work in the garden, we'll get back to work in the woods. We're finishing a greenhouse. All this we'll be doing up until I hope Scott is 100 or more. We intend to go on. That is my particular search for the good life and his particular search for the good life. And he'll now talk to us.



"They told us you can't farm in New England without animal slaves."

Scott

I would like to say a few words about two or three matters which are of great concern to me and should be of concern to a number of the younger people who are coming on. It is not necessary, and I emphasize this point, it is not necessary

to accept the leadership and direction of your elders—and I say this particularly to the younger people.

It is not necessary that you be bossed by your elders, nor is it necessary that you follow the traditions of the community in which you happen to live. You have your own life. Live it. And do it in such a way that not only do you yourself get something out of the life, but your friends and relatives and neighbors are equally blessed.

Now this is a sort of a sermon in two dozen words and I hasten on to say that among the people that I met in New England, first in Vermont, then in Maine, there was a number who thought they knew better than I did. I'm sure they did know better than I did. But when we went to Vermont and to Maine later, they told us you can't farm in New England without animal slaves. I use the word "slaves" advisedly.

Domestic animals are the slaves of human beings. If you're living in New England, you can live without domestic slaves. When we went to Vermont, we lived there for 18 years without farm animals and in Maine we have lived for 27 years without animals.

We took a piece of land in Maine, in this case, which had a heavy yellow clay subsoil. Clay is inimical to plant growth; plant roots have great difficulty penetrating clay. And people generally believe that if you have a clay subsoil you'd better go somewhere else to carry on your agriculture.

In Vermont we gardened a patch of yellow clay. In Maine we chose to garden a patch of yellow clay. In both cases we were advised by the local people, by the neighbors, that it can't be done. In both cases we succeeded in building up and maintaining effective, successful, and from the point of view of health and well-being, profitable gardens and farms.

When we went to Maine, we picked out a piece of land and looked it over and found an excellent sandy loam soil. Now a sandy loam soil for gardening in general is a successful soil. And we said we'll try the sand loam. But under it the sand was at least 6 feet deep and a sandy loam without a subsoil in a dry period makes a desert. And so we turned from this attractive piece of sandy loam soil and went across to the other side of the farm and made a garden on the yellow clay.

That was in 1951 when we started in Maine. And from 1951 on we have been gardening a piece of yellow clay soil, mixing sand with it, mixing sawdust with it, mixing compost with it, working autumn leaves into the soil and gradually converting a yellow clay soil into a very nice open pliable soil. If you didn't know the history of the place you would think it was really a sandy loam soil being cultivated.

I go into this detail because those of you, who are going to try homesteading, try living off the land, mainly from the produce of your own land, should beware of this particular problem.

Now we happen to be vegetarians. Helen was born in a vegetarian family. I became a vegetarian about 50 years ago. We are against the use of animal slaves and (applause) when we went to Vermont, and again when we went to Maine, particularly in Maine, our neighbors told us that without animal manures and animal residues such as dried blood and bonemeal and the like you can't garden or farm.

This was in 1951—a quarter of a century ago. From that time we have never had any animal residues on the farm in

Maine—no manures, no tankage, no dried blood, no bone meal, no animal residues. If you want to know whether that kind of farm can be made to yield a living all you have to do is to join the merry throng that occasionally invades our farm and look over its production. We've had a successful homestead for a quarter of a century without any animal residues.

If people tell you it can't be done, try it. Maybe they're right, but if you have tried it for a number of years, you know whether they're right or whether they're wrong.

Now, when we went to Maine and set up our garden, we decided that we would have a cash crop of blueberries. If you're homesteading—trying to live off a piece of land—you must have a source of cash income. And in general, for those of you who are younger people, if you're homesteading or thinking of homesteading, you need a minimum of cash income. And so in Maine we decided on blueberries as a source of cash income.

Two Maine counties have wild blueberries as principal crops. The county in which we lived, Hancock County, was one of those two counties. And so we went to see the county agent and told him we wanted to set up a homestead and that we wanted to raise blueberries as a cash crop. He said, "Don't waste your money and don't waste your time. Hybrid blueberries, domestic cultivated blueberries will not grow here in Maine. It's too cold."

Well, we'd been growing hybrid blueberries in Vermont for a number of years where the temperatures go down to 45 below zero in the wintertime and we were then in Maine where the temperature seldom gets below -20°. And so we laid out an acre of land, cleared it and sold the timber. For the first year we put a heavy mulch of hay, weeds, anything we could get, on the blueberry ground.

We planted a blueberry plant every 7 feet in each direction—228 plants if I remember correctly. And all we did was to put more hay and more trash around the 228 blueberry plants. We didn't dig out the stumps, we didn't plow, we didn't harrow, we just dug a hole, filled it with soil and put in a two year blueberry plant.

That was in 1933. This is 1979. The blueberries are still doing nicely and at the peak of their production. About four or five years ago, we picked 1,296 quarts of blueberries from a quarter acre.

If you are interested in homesteading, and I know that some of you are, you must have a cash crop which will yield at least enough cash to pay your taxes, to pay your insurance or other overhead costs and to provide yourself with cash for capital goods.

If you are seriously concerned with making a homestead pay for itself—food, clothing, fuel, the other basic necessities—be sure that you know what is ahead for at least three years. Don't go into a situation where you get stuck because you run out of cash the second year. Go in with at least three years ahead, either that you can earn as you go or that you have saved up.

If you are looking for the good life, homestead fashion, be prepared to do hard work. As you get older, not so much work and not such heavy work. But at the moment, we heat and cook with wood. This means that we have to cut on our place or buy about 10 or 12 cords of wood a year. A cord of

wood is 4 feet wide, 4 feet high and 8 feet long—128 cubic feet.

Now it is my job at the present time, and I'm past retirement age, to see that we have kindling (small pieces of wood to light fires), to see that the ashes are removed from the stoves, to see that the wood which we cut on the place or buy is fitted, as they say in Vermont—cut to proper lengths. In Vermont this meant 16 to 19 inches long. In Maine we have two stoves, both of which take 24-inch wood.

It's my responsibility to see that those cords of wood are assembled, fitted and piled away for one year and used the second year after they are thoroughly seasoned. I do this mostly myself with what we call a bow saw or a pulpwood saw, mostly with a 30-inch bow saw. I also have a 36- and a 42-inch saw and a pruning saw 22 inches long.

When I can no longer handle that amount of wood per year I have a very simple remedy for the situation—stop

*"Be prepared to work as hard as necessary
to achieve the result."*

eating. I said be prepared to work hard but don't work too hard and do only the kind of work that interests you and makes you feel good when you do it. I like to garden, I like to saw wood, I like to pile wood and do other things of that kind.

Helen is the master mason in the family; she directs stone construction. I help her with the stone construction, mix the mortar and do other secondary jobs.

Be prepared to work as hard as necessary to achieve the results you want. Now this means that from day to day and from week to week you stay well enough to do the work. Thus far Helen has done her job, which is the house and I have done my job, which is the wood pile and the garden quite successfully, quite happily and with a great deal of satisfaction all around.

I'd like to say one other thing. Where we live it is customary for people to retire at about 62 or 65, somewhere along there. Retire means that you turn up your toes and die 33 1/3 per cent of your time. If you're working 8 hours a day that's a third of the day and if you retire and don't work 8 hours a day you're dead for those 8 hours unless you have a hobby or something else to which you can turn.

Be prepared to live the kind of life which enables you to earn your food, clothing and shelter and which enables you to carry on your profession. My profession happens to be an economist and a teacher. And to spend another part of every day or certainly every week doing your responsible duty as a citizen of the local, the county, the state, the national and the world society. (Applause).

Our day consists of four hours of bread labor, four hours of professional work and four hours of political or social activity. We've worked this out as the years went by. It's essential in all of its aspects and I expect to go right on cutting wood, taking it into the woodshed, getting it into the house and lighting the fires in the morning as long as I'm able. I'd like to answer any questions—and I'm sure Helen would—that you may care to ask. ☀

The Nearings answered questions

Question: How do you preserve the food?

Answer—Helen: We preserve it as little as possible. I'm not interested in housework and I stay outdoors as much as possible. Therefore, if the tomatoes or celery or something are going by I will make a sort of a soup stock or I'll put up some fruit but on the whole we eat things in season. When asparagus is in season we eat asparagus—with other things—for about two and a half months. And then along comes peas, and right now we're in the peak of the pea season. We'll eat a lot of peas.

And then will come the potatoes and in the wintertime we eat a lot of cabbage salad and potatoes and turnips—things that keep. Therefore, our cellar is full of root vegetables all winter and in the spring we start eating the green things in the garden. But to cook and preserve is not my idea of the good life. That's why we're more or less raw-fooders. (Applause).

Q: Do you feel that eating foods in season prepares the body for the weather to come?

A—Helen: Yes. That's interesting. Eating the foods in their season, is that what the body really wants, and is that right for the body, and does that prepare it for the winter to come? I think it's a healthy thing to eat indigenous food, food that's grown on the spot and to eat it on the spot when it grows and try to preserve it and carry it over as little as possible.

But of course, we in Maine can not grow all year 'round although we have a sun-heated greenhouse in which we can grow hardy things like kale and brussels sprouts and some lettuces, so we can eat pretty well all year 'round but we eat what is in season. Out of season we eat the sturdy things that keep in the cellar.

Q: How do you get rid of cabbage worms?

A—Scott: Have a high level of productivity in your soil, so the cabbages grow vigorously and even if a few worms get at them they won't damage the crop. If you're unsuccessful in this, then make a dust consisting of dust from the road, tobacco dust, pulverized limestone and granite dust. Make a mixture of those things, put it through a coarse cloth so it's finely sifted and either put it in a duster or sprinkle it on the cabbages with your hands. Cabbage worm, incidentally, is one of the few parasites with which we have trouble. A—Helen: He's so pedantic. I mean he gives answers in detail. I would say that healthy people who are working even in hospitals do not get sick and that healthy plants and healthy soil rarely get diseases. And we do get some cabbage butterflies flying around. On the whole, we have little of that to deal with.

Q: How do you fertilize?

A—Scott: C-O-M-P-O-S-T. Compost, compost, compost. Compost is organic matter which has sufficiently broken down so it makes an ideal bed for seeds and plants. And it's also an ideal source of nourishment for those seeds and plants. We make our compost, we happen to make it in rectangular piles, you can make it any way you like. We make

our compost with hay, straw, seaweed, autumn leaves, garbage, house waste and garden waste. We build these piles 6 feet square of poles made log cabin fashion about 5½ feet high.

Each of these piles contains from 2½ to 4 tons of compost. Each pile is turned over once with a shovel and a fork. We have 11 of those compost piles regularly. About 8 or 9 are put on the garden each year and each time a crop is taken out of the soil. For instance, when we go home the peas will be pretty well over and the pea vines will be taken out. We will then put on some more compost and some protein meal and we will work this all over and put in the second or the third crop as the case may be.

Q: Do you grow comfrey?

A—Helen: We have about 60 comfrey plants. Comfrey is a medieval herb, very important in the case of wounds or sores and enormously productive of green material. It's a plant that grows about 2½ feet high. We set it 3 feet each way in the garden, cultivate it and cut a good crop about every 2 or 2½ weeks. So from a good patch of comfrey in the course of a year you can get 60 or 70 tons per acre of green material for making compost.

Q: Both locations were in New England. Why did you go back to New England every time?

A—Scott: We've been all over the world several times. We've lived in many countries in other parts of the world, we've been all over the United States, in every state in the Union. We came back to New England because we like it there, because we have the sequence of the seasons, because it doesn't get too hot in the summer nor too cold in the winter and because it's a lively climate, not a deadening climate. In New England you either step around or perish.

A—Helen: We like the winter best of all the year. We could rent our place summers, go away and come back winters.

Q: Do you plant by the moon?

A—Scott: We plant when it's handy. And it seems to work.

Q: Do you grow any nut trees? How do you get your protein?

A—Helen: Nuts don't grow up our way in Maine at all and they didn't in Vermont. Apparently you have to have a different climate. We never grew nuts anywhere. We are low protein eaters. We don't believe in a lot of protein. We think the American people are highly proteinized (applause).

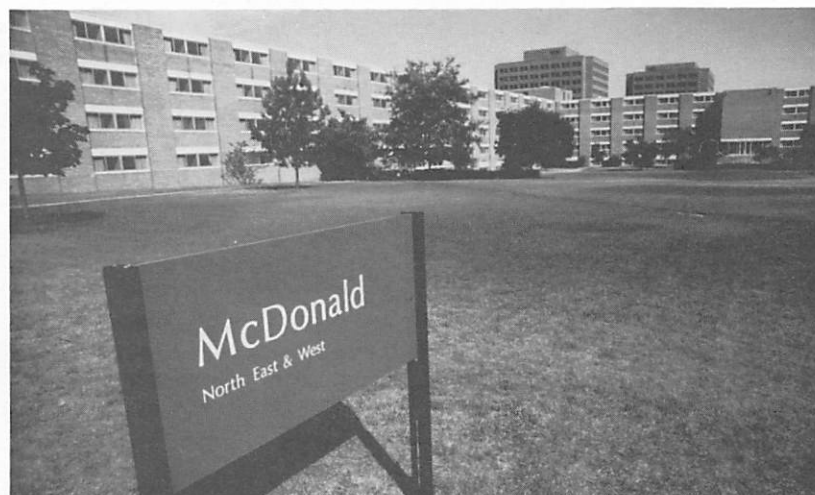
We get our protein from every vegetable we eat. Spinach has protein, all the vegetables have a small amount and we eat some sunflower seeds. We do eat some cashews and other imported nuts. We don't import much food. When I do go to a shop I might buy some citrus, avocados, nuts and olive oil, but on the whole we eat 85 per cent out of our garden and don't have to buy a thing in the supermarket. 

Convention-goers saw the film of the Nearings' homesteading, cinema so outstanding it has won five international awards.

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