

THE REVELATION OF HEALTH

INTRODUCING A TOTALLY EFFECTIVE HOME HEALTH SYSTEM THAT:

1. Keeps you in vibrant sickness-free health?
2. Supercharges you with energy?
3. Makes diseases a nightmare of the past. It enables you to overcome ailments, even "incurable" ones of long standing.
4. Enables you to have increased brainpower and mental alertness; newfound strength, stamina, vigor and energy; a radiant new complexion and skin tone; and an improved figure and appearance.
5. Enables you to look and feel up to 20 years younger within 30 days!
6. Frees you of the curse of sickness and the fear of disease.



You need not worry about cancer or anything else.

7. Enables you to overcome most digestive problems within 24 hours.
8. Makes health and medical insurance passe.
9. Reduces your medical, hospital, drug and related expenses to zero. You have no need for hospitals, physicians and medications. You'll also be spared the discomforts, aches, pains, agonies and lost time due to illness.
10. Enables you to have thousands of extra dollars for yourself and family every year.
11. Enables you to help others realize the same benefits you realize for yourself.

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A LETTER FROM T.C. FRY

"Not to volunteer aid when unintentional suicide is going on seems nothing less than criminal."

Dr. Edward Hooker Dewey

Dear Friend of Health and Happiness,

That you are giving this presentation your attention is praiseworthy. Your open-mindedness is admirable.

Would you believe me if I told you that unintentional suicide is going on in America? At this time?

After reading the pages that follow I'm sure you'll be convinced this is the case. The fact that nearly 99% of Americans suffer from some debilitating physical derangement, impairment or disease is indicative of the nature of this type of slow suicide.

This year Americans will spend over \$300 billion *on disease*. Almost nothing is being spent or done *constructively* to bring Americans to the state of health which is easily possible.

Why is this so?

America is dominated by commercial interests that have a vested interest in disease and suffering! In effect, they control the media *and our governments!*

Need this continue to be so?

Not in your case! You can be your own liberator.

Would you believe me if I stated that vigorous robust health, *completely disease-free*, is the normal and natural state of human existence through a happy rewarding life *greatly in excess of 100 years?*

Would you believe me if I assured you that ailments, illnesses, discomforts and suffering are not nature's norm? That, in fact, they are abnormal, unnatural and unnecessary?

Would you believe me if I say that *we can* create a condition of general health in America that would relegate aches, pains, maladies and ailments to the ashcan of history?

Would you believe that, through the health plan of Life Science, nearly everyone can have newfound strength and endurance? Bounding new energy, vim and vigor? Increased mental alertness and brainpower? More zest and enthusiasm for life and its keener joys?

Would you believe that you can so improve your health that you can leave behind as an unpleasant memory all physical suffering due to ailments? That you can say goodbye to medical, drug and hospital bills? Wouldn't you like to look forward in life *knowing* that you'll never again face such suffering or expenses?

Would you like to lead a life *free* of such common complaints as colds, headaches, indigestion, heartburn, allergies, lower back pains, constipation, dental cavities, skin problems, in fact, free of all ailments and illnesses?

Would you like to live in the gloriously satisfying *knowledge* that you need never face heart troubles, cancer, high blood pressure, diabetes or even so much as the discomforts of another cold, flu, upset stomach or headache?

Wouldn't you like that kind of certainty in your life?

Would you believe that it's quite possible? And soon?

I know this sounds so incredible that you are given to skepticism. This is understandable. Under the pernicious notions fostered about health and disease by profit-motivated **interests**, we simply cannot persuade ourselves that exuberant good health, *completely disease-free*, is possible for all or even for ourselves!

You now have within your grasp the answer to the mysteries of disease and suffering—you have within your reach the open sesame to a life of joyous fulfillment and wonderful well-being.

I invite you—I urge you—to conscientiously consider the Life Science full life spectrum plan for great health—for your sake—for America's sake!

Yours for health and happiness,

T.C. Fry

T.C. FRY
For Life Science



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THE REVELATION OF HEALTH

by T.C. Fry

If you lived as much as possible in accord with your biological mandate, you'd be vigorous from infancy until a natural death at around 140 to 160 years of age. You'd never suffer sickness or disease. Bounding health is nature's norm for all her creatures.

You can confirm this by observing deer in nature. They live their full life span without a day of sickness. A deer only days before natural death is as active and athletic as the younger members of its herd. Health is as natural as birth. Death is as natural as life. Suffering does not normally attend creatures in nature in life or death.



mark, for diseases are not inevitable. In view that diseases will not occur unless caused, all we need do is discontinue the causes and adopt healthful practices.

Equipped with countless thousands of physiological faculties and mechanisms for maintaining perfect health, there is no reason why the human body should ever suffer a single day of sickness through a long euphoric life of about 150 years. Only when the body is overwhelmed by pathogenic influences and substances beyond its multitudinous abilities to cope does disease and impairment result.

For you this brochure reveals possibilities of health that are fully in accord with our biological mandate. With our thousands of innate guardian angels—control and defensive mechanisms that adjust to cope with every conceivable condition in nature, there is no reason why anyone cannot realize their full life potential of 140 to 160 disease-free years.

When we assault our bodies with unnatural influences and substances—when we subject our bodies to abnormal conditions, then our bodies are stressed and distressed. The result is failure of the body to meet its normal eliminative tasks in face of the extraordinary impositions upon it. Accumulations of uneliminated endogenous wastes and toxic substances taken in from outside impair function and threaten life itself. When these conditions reach a critical point, the body will institute an emergency purification and repair crisis. Energies normally available for digestion and activities are redirected to "housecleaning" chores and restoration of cells and tissues that have been damaged or destroyed by the toxic accumulation. These crises constitute our illnesses, diseases or ailments.

Disease results when the body is burdened with pathogenic substances. Disease results, not because of some supposed entities referred to as viruses nor are they caused by bacteria which are our symbiotic partners in nature, but because we have indulged or subjected ourselves to pathogenic influences and substances.

The idea of preventing diseases is thus wide of the

One of the grand plans of self-preservation in nature is self-healing. All organisms are self-restorative if impaired. Under the condition of a body-initiated emergency—a healing crisis—a condition we label as sickness, malady, ailment or disease, the body will purge itself of accumulated toxic materials which are the sole basic causes of sickness. Put upon a healthful regime sufferers of such affections as asthma, acne, arthritis, epilepsy, tumors, allergies, diabetes and a multitude of other "incurable" conditions disappear in a few days to a few months. When the causes of disease are discontinued and the conditions of health established, the body will restore itself to normalcy to the extent irremedial organic damage has not been sustained.

No matter what your age, you can realize renewed health to the extent of potential which is quite great in most of us. As long as there is residual vitality left the body will restore itself. The marvelous power within that developed our bodies and brains from a fertilized ovum is all the power needed to rebuild us. This great power remains resident as long as life is within. Nothing else can substitute for the powers of life.

As long as we have life there is the possibility for wonderful health and well-being. This is the great revelation! Health is normal and natural. When impairing influences and practices have caused illnesses and chronic suffering, the discontinuance of their causes and the concomitant establishment of the conditions of health will result in greatly improved health and even euphoric well-being. □

SOME URGENT HUMANITARIAN REASONS WHY YOU SHOULD ADOPT THE LIFE SCIENCE HOME HEALTH PLAN AND HIGHLIGHT IT TO OTHERS

America is a terribly sick country! Nearly 99% of its inhabitants suffer in some manner. Untold millions endure excruciating pains. Each year millions of people will for the first time suffer the throes of cancer, arthritis, asthma, and other debilitating maladies. Yet our medical fraternity, into whose laps we must lay a great deal of the responsibility for this tragedy, has the temerity to boast that America is the best-fed and among the healthiest nations and that our "health-care" is unexcelled anywhere in the world.

THE MYTH OF HEALTH IN AMERICA

That the medical pretense of a healthy America is patently false is attested by the statistics that follow. The much publicized ballyhoo of good health is a downright myth! Contrary to what the medical profession, the press, radio and TV—in short, the involved commercial interests would have us believe, health in America is in a woeful state. Americans are among the least fit peoples on Earth! Americans are the creatures of an all-pervading, life-sapping drug culture. We Americans realize less than half our life potential and much of our shortened life is plagued with economic insecurity, tormenting chronic diseases, general suffering and vain hopes of surcease.

In imploring you to consider membership in the Life Science Home Health Plan—in asking you to consider learning the health system of Life Science so that you can help others and even pursue a career in the health field, we appeal to your innate humaneness as well as your wish to be of meaningful service to others.

Lest you underestimate the gravity of the problem or the extent of suffering amongst Americans because of deadly life practices, please consider these distressing facts:

1. The U.S. Public Health Service recognizes a mere 3,400,000 of our over 230,000,000 people as being healthy! This is only one and one-half percent.
2. Nearly 50 percent of Americans die of heart disease or cardiovascular problems. Over 50,000,000 Americans suffer from severe heart disease. Autopsies have indicated that

almost every child over the age of four already has incipient to severe cardiac problems—heart specialists say everyone over thirty has some form of heart disease.

Autopsies of our most fit young men who died on the Korean battlefields showed that 77 percent of them already had heart disease! Biologists state that a healthy heart should serve the organism for at least 300 years.

You will see as a Life Scientist those who have diseased hearts and circulatory systems restored to functional levels as high as their potentials will permit. Many hearts are so scarred that really high-level function cannot again be attained but most can be restored to near normal.

3. About 1,000,000,000 visits are made to physicians annually in the U.S.A.! Another 250,000,000 are made to hospital emergency rooms and clinics.
4. About 5,000,000 people each year are so seriously poisoned by their physicians as to be hospitalized! Tens of thousands die! The so-called side effects or adverse reactions of drugs are perfumed language for POISON EFFECTS! All drugs or "medicines" are inherently poisonous and dangerous. Breaking your clientele of all drug habits will be one of your most commendable services.
5. An estimated 20,000,000 Americans suffer from genital herpes, formerly called syphilis. As this disease is nothing more than a body conducted form of eliminating extraordinary wastes through the genital area, the condition can be cleared up in a few days to a week or two upon the adoption of healthful practices. You can help others overcome the disease and the stigma that accompanies it.
6. Three out of every ten Americans will have cancer! Eighty percent of these people will die and their death will be attributed to cancer.
7. Cancer is the number one cause of death among our children. Why? In many countries

almost no cancer exists. For you as a health oriented individual, rescuing people from the scourge of cancer and the medically pronounced sentence of cancer (when actually it is not) will be one of your most salutary services. Ninety-five percent of cancer/medical victims can be restored to a fairly livable level of health.

8. Arthritis and rheumatic complaints will affect 77 percent of our adult population! Currently there are approximately 24,000,000 sufferers from arthritis. However, arthritis is reversible where irreparable organic damage has not occurred. Helping arthritics restore themselves to unimpaired function will be significant in your role as a health aware person.
9. About 80,000,000 Americans suffer from so-called allergies. Most allergies can be overcome in a week or two.
10. Over 60 percent of the American population suffer defective vision. Glasses are the usual "remedy" which, in reality, worsen the problem. You, as a health practitioner, can be instrumental in helping hundreds, even thousands, in regaining normal or near normal vision.
11. Over 80,000,000 Americans are obese. Yet nearly all Americans are malnourished in one way or another despite gross overeating.
12. 114,000,000 Americans (49%) suffer from AT LEAST one chronic disease.
13. Over 40,000,000 Americans will spend some time in a hospital each year! Hospitals are health-destroying ordeals for most who must undergo their rigors. Needless to say, hospitalization is a horrendous financial experience as well.
14. About 10,000,000 Americans suffer from the dread and ugly skin disease, psoriasis. Another estimated 150,000,000 suffer less severe forms of skin disease such as acne, eczema, warts, moles, rashes, blotches, etc. With proper health guidance most of these sufferers can be restored to radiant health with glowing skin! You'll be instrumental in helping those sufferers around you to overcome these conditions.
15. Over 50 percent of Americans suffer from chronic digestive disorders. You can overcome these once and for all within a day or two of undertaking the Life Science/Natural Hygiene regimen. Digestive problems arise out of wrong diet and poor dietary practices.
16. Constipation is the national disease. Nine out of ten Americans, about 200,000,000 suffer from clogged colons. Many times in our experiences with the application of Hygienic measures, we've seen many with constipation of long standing, up to 30 years, again have natural bowel movements.
17. Americans will suffer about 800,000,000 colds this year! The average child under four will suffer eight colds a year! Why? You'll learn the cause of this enigmatic respiratory ailment. Your clients will reach such fine health under your guidance that they will suffer few if any colds. Colds will be one more nightmare of bygone days.
18. About a billion dollars is spent annually on deodorants, not to mention what will be wasted on perfumes, colognes, breath sweeteners, etc. Body odors and foul smells are evidence of foul body conditions. What terrible stench Americans try to hide and camouflage. You can guide your patrons to such internally clean bodies that they will be pleasant smelling without any chemicals whatever, not even soap!
19. Some 320 billion dollars will be spent in 1982 on health care (that's what they call it—actually it's what Americans will spend on diseases)! The average American has an annual disease bill of over \$1400! Health is cheap. Disease is expensive. You'll enable your patrons to eliminate the bugaboo of disease from their lives and save them thousands of dollars.
20. There are about 10,000,000 asthmatics in this country. Most can be freed of their suffering in from five to fifteen days. Their health will be completely restored within three to four weeks. Only asthmatics with emotional disorders require recovery periods longer than this. You can assist many asthmatics in recovering normal health.
21. There are some 15,000,000 diabetics or near-diabetics in America. Most diabetics can recover in 15 to 20 days. Except where severe atrophy of pancreatic faculties has occurred, almost all diabetes can be restored to fairly normal lives without insulin or drugs.
22. There are about 50,000,000 insomniacs in America. Most sleeplessness is caused by our myriad of drug and condiment habits.

23. Over 100,000,000 Americans drink alcohol, a narcotic drug, and over 15,000,000 are chronic alcoholics.
24. Approximately 60,000,000 Americans narcotize themselves with tobacco. Nicotine is a deadly narcotic, being but one of some 18 poisons taken into the system by smokers. Over 600 billion cigarettes are smoked annually in the U.S.A. That is roughly 2,700 cigarettes for every man, woman and child.
25. There are over 215,000,000 sugar addicts in America. This is about 95 percent of our populace. While we naturally have a sweet tooth, refined sugar is a very pernicious product. Americans eat an average of 125 pounds each year. Sugar has been indicted as one of the chief culprits in heart disease, indigestion, bad teeth and a host of other serious complaints.
26. Americans consume 250 billion cups of coffee a year. Caffeine is another deadly drug to which most Americans are addicted.
27. Hardly an American alive has not at some time been subjected to narcotic drugs by their physicians or commonly sold nostrums they've bought themselves, notably the analgesics, opium based drugs (cough medicines), amphetamines, barbituates, tranquilizers, aspirins, etc.
28. Almost every baby born in America has already been drugged before birth, either by physicians or by drugs in the mother's bloodstream when she is drugged (which is often!) But, at birth, drugging of children is routine.
29. One out of five Americans under the age of 17 already has a permanent (chronic) disabling disease. While most of these are reversible with a change to healthful habits, the great majority of the victims will never know what healthful habits are. Our tasks as Life Scientists is to correct this disastrous situation.
30. Surveys, tests, and health evaluation programs reveal that America's medical professionals (physicians) are sicker and more diseased than the average American! Is it not revealing to find "heart specialists" succumbing to so-called heart attacks in their relative youth, that is, in their forties and fifties? You as a practicing Life Scientist, will first make yourself a superb example of health. We take seriously the admonishment: "Physician, heal thyself."
31. America's worst drug offenders are physicians! The number of physicians on so-called hard drugs (heroin, opium, cocaine, etc.) is about 19 times *greater* than the number addicted to the same drugs among the general population, according to a series of articles printed in the *New York Times* in mid-1975.
32. An estimated 42,000,000 Americans suffer high blood pressure (hypertension). Under the Life Science regimen, you'll learn how to guide people with high blood pressure to a normal blood pressure within a few weeks to a few months.
33. Over 8,000,000 children are "mentally retarded," disturbed, defective or otherwise seriously handicapped because of brain problems. Most mental deficiencies result from the child being drugged via the mother during pregnancy.
34. Most of our population (98.5%) have bad teeth! Thirty-one million have no teeth of their own. Fillings, dental cavities, decayed and deformed teeth are so prevalent that they are considered normal. The *Washington Post* has stated that despite thousands of tons of toothpaste, mouthwashes, fluoridated water, etc., the American mouth is a disaster area. The average American child has six cavities by school age. Bad teeth are symptomatic of bad health. Good teeth can possibly serve the human organism for several centuries if properly nourished by a healthy body.
35. Over 22,000,000 Americans suffer from "mental illness." If we Life Scientists had charge of the mentally disturbed, we could have most of them back to mental health in a few months! What an opportunity for service exists!
36. Life expectancy of a one-year-old is no more today than it was in 1900! Life expectancy is actually declining in the U.S.A. today when this is taken into consideration. Healthy people live happy lives far longer than 100 years.
37. Today 86 percent of America's children cannot pass a minimum physical fitness test! That compares with 58.6 percent in 1954. This is a tragedy that we Life Scientists must strive to change.
38. About 90,000,000 aspirins are taken *daily* in the U.S.A. This amounts to about 72,000,000 pounds (36,000 tons) of aspirin yearly. What

a king-sized headache America suffers. You'll learn how to free yourself and others of headaches once and for all by healthful living.

39. Nearly all Americans (almost 100 percent) suffer from digestive leukocytosis and a pathologically high heartbeat. These conditions are largely the result of a pathogenic diet of cooked, processed, preserved and improper foods, drug habits and lack of healthful practices. Life Science adherents do not suffer from this forerunner of serious bodily crises.
40. Over 200,000,000 Americans are hooked on one or more drug habits! The most frequently used drugs are caffeine, (in coffee and soft drinks), salt, and other condiments, nicotine, alcohol, aspirin, theine (in tea), theobromine (in cocoa and chocolate) and vinegar.
41. Nearly 100 percent of American women of child-bearing age suffer with bloodletting concomitant with sloughing off of the menses. Unfortunately, this is regarded as normal. This disease, incorrectly called menstruation, is not to be confused with ovulation, a normal healthy process. Nature did not institute a scheme of bloodletting or pain for either women, men or other creatures.
42. Some 16,000,000 Americans suffer from ulcers. Ulcers heal quickly under Hygienic care.
43. An estimated 36,000,000 Americans suffer from tinnitus or "ringing in the ears." This problem disappears when Hygienic measures are employed.
44. Over 5 billion sleeping pills are consumed annually.
45. An estimated 13 billion barbituate and amphetamine pills are taken annually by Americans.
46. Tranquilizers are a way of life for tens of millions of Americans.
47. Nearly 25,000,000 Americans submit to the surgeon's knife each year. Surgery removes the results of wrong living but it cannot correct our unhealthful habits.
48. In 1975, 705,000 women submitted to hysterectomies.
49. Murders, suicides, juvenile delinquency, narcotic addiction and other forms of crime

are rife and increasing. Truly, sick people make a sick nation.

Tell me, does this describe a healthy or a happy nation?

I could go on with a seemingly endless resume of such statistics, but why do so? The National Center for Health Statistics of the U.S. Public Health Service publishes volumes that reflect the widespread pathology of Americans. Almost daily we see such statistics published in newspapers, magazines and periodicals.

I hope that you're convinced that good health in America is a myth, that matters are in a terrible state and getting worse. I hope that you will undertake to do something constructive about the situation. Life Science is an aggressive crusading organization that wants you to learn about healthful ways of living. We want you to master them so that you can effectively pass them on to others.

So ominous are the problems that beset America that I urge you to adopt and practice the sane program of Life Science (Natural Hygiene) forthwith *for your own sake!* It is with a deep sense of purpose and commitment that I ask you to do what you can to help spread and perpetuate the message of good health in America. ☐



HELP US SPREAD THE TRUTH

Those who do not know the truth form a body of stagnant minds that brings about human degeneration.

Progress demands that the truth be recognized and observed.

Truth has never come from the masses. It has come from one or a few who were willing to be ostracized or martyred for their steadfast devotion to it. The masses ever remain fixed in the ruts their forebearers have fashioned. They remain so until an army of dissenters, revolutionists and brave men and women gradually move them off dead center.

To think and act constructively is man's highest function. To remain contented in the ruts of accepted thinking is a herd characteristic that will leave humanity mired in the miseries of its errors.

Humankind is presently being engulfed in suffering because of unawareness of life's sterling truths.

Once you have the glimmer of truth it is your duty to invest it in your life and to make it known to those around you in inoffensive and unobnoxious ways.

You should help spread truth with every resource at your command. Do what you can. ☐

INTRODUCING LIFE SCIENCE

WHAT DOES LIFE SCIENCE (OR NATURAL HYGIENE) MEAN?

Both terms mean the same thing—the science that pertains to healthful living. Anything that pertains to healthful living. Anything that bears upon health—physical, mental, social, ecological, etc.—is properly within the domain of the science of life or Life Science.

Basically Life Science professionals apply themselves where guidance is most needed—where violations of the human norm are striking. Upon your

mastery of Life Science (or the science of health) you will be qualified to guide others to a healthful regime in most spheres of their lives.

Living scientifically is simple. It means right living, living as healthfully and happily as possible under the conditions to which we are subjected. Our training befits you to guide others to make the most of their lives. You'll free yourself and your clientele from the morass of disease and suffering. ☐

WHAT IS NATURAL HYGIENE?

Hygiene signifies the science of health. Hygienists (those who advocate and practice the healthful tenets of our biological heritage decree) have prefixed the descriptive term, *Hygiene*, with *Natural* to delineate it

from the popular notion of hygiene as pertaining to antiseptic measures.

Natural Hygiene and Life Science are identical terms in meaning, outlook, principles and practices. ☐

HISTORY OF LIFE SCIENCE

Life Science began as *Hygiene* in 1820 with Dr. Isaac Jennings of Derby, Connecticut. It was slowly elaborated as a philosophy of life by Dr. Jennings and Sylvester Graham. In the 1850's and 60's, Dr. Russell Thacker Trall, a brilliant man, did much deep and original research and thinking that further developed Hygiene.

With the coming of the Pasteur theory of disease causation by germs, Hygiene took a back seat and lost support as a health movement. Though it never died, its decline continued despite such champions as Bernarr McFadden and other proponents. Modern medicine found a powerful ally in the drug trades and with their growth, medicine used the drug trade's power to develop what was, in effect, a monopoly on all the avenues of information and learning.

In the 1920's, Dr. Herbert M. Shelton came on the scene as a giant in the movement. His genius and

insight stamped him at once as greater than any of his forebearers in the Hygienic movement. In 1948, Hygiene received an impetus with the founding of the American Natural Hygiene Society. The word *natural* was prefixed before Hygiene to demarcate it from popular misconceptions of the word hygiene.

In the mid-1970's, the term Life Science was used by T.C. Fry as a result of a survey in which a weighted voting system was employed to determine name preferences of people with health interests. Life Science headed the list of names that were surveyed. Among them were Natural Hygiene, Health Science, Science Humana, Natural Living, Scientific Living, Naturianism and several more.

You'll learn more about the history of this health movement called Natural Hygiene or Life Science in the course of your studies. ☐

LIFE SCIENCE PHILOSOPHY, PRINCIPLES, AND PRACTICES

THE ESSENCE OF LIFE SCIENCE

LIFE SCIENCE holds that life should be meaningful and filled with beauty, goodness and happiness.

LIFE SCIENCE holds that humans are inherently good, righteous, and virtuous, and that their exalted character will be realized under ideal life conditions.

LIFE SCIENCE holds that superlative well-being is normal to human existence and necessary to the realization of the highest human ideals.

LIFE SCIENCE holds that supreme human excellence can be realized only in those who embrace those precepts and practices which are productive of well-being.

LIFE SCIENCE, which encompasses all that bears upon human well-being, constitutes the only way to realize the highest possible order of human existence.

LIFE SCIENCE, alone, is in harmony with nature, in accord with the principles of vital organic existence, correct in science, sound in philosophy and ethics, in agreement with common sense, successful in practice and a blessing to humankind.

LIFE SCIENCE recognizes that the human body is fully self-constructing, self-preserving and self-healing, and that it is capable of maintaining itself in superb functioning order, *completely free of disease*, if its needs are met.

Foremost among these needs are fresh air, pure water, rest and sleep, wholesome foods, cleanliness, comfortable temperature, sunshine, exercise, constructive work, emotional poise, self-mastery, recreation and pleasant environment.

LIFE SCIENCE recognizes that humans are constitutionally adapted to a diet of fruits, vegetables, nuts and seeds eaten in compatible combinations

while in the fresh raw natural state.

LIFE SCIENCE recognizes that diseases are caused by improper life practices, especially dietary indiscretions. Illness proceeds from reduced nerve energy and consequent toxicosis. Insufficient nerve energy arises from dissipation, stress, overindulgence, *excess or deficiency* or the normal essentials of life, or pollution of the body with substances not normal to it. Accordingly, recovery from sickness can be achieved only by discontinuing its causes and supplying conditions favorable to healing.

LIFE SCIENCE recognizes that a thorough going rest, which includes fasting, is the most favorable condition under which an ailing body can purify and repair itself.

LIFE SCIENCE, which teaches that exalted well-being can be attained and maintained only through biologically correct living practices, is not in any sense a healing art or a curing cult. It regards as mistaken and productive of much grief the idea that diseases can be prevented or overcome by agencies abnormal to our natural being. Consequently, LIFE SCIENCE emphatically rejects all drugs, medications, vaccinations and treatments because they undermine health by interfering with or destroying vital body processes, cells and tissues.

Therefore, LIFE SCIENCE regards the body and mind as the inviolable sanctuary of an individual's being. LIFE SCIENCE holds that everyone has an inalienable right to have a pure and uncontaminated body, to be free of abnormal compulsions and restraints, and to be free to meet his/her needs as a responsible member of society. □





WHAT IS LIFE SCIENCE?

Understanding and applying the forces of everything that is good and wonderful in life so that we can live blissfully and gloriously is LIFE SCIENCE.

Science is not necessarily the cold and unfeeling pursuit many of us have been led to believe. Rather it is very warm, very personal and very relevant to all that we are involved in. When we turn our studies upon ourselves so that we may have a very personal science, we begin to arrive at the essence of LIFE SCIENCE.

Science that we can't use and benefit by is hardly science. LIFE SCIENCE is the search for a study of those elements and influences we can use to exalt our lives.

Certain truths are revelant to us. Studying and systemizing these truths so that we can be guided by them is the purpose of LIFE SCIENCE.

That which brings correct results is scientific. That which causes wrong results is unscientific.

LIFE SCIENCE concerns itself with those truths and principles applicable to human life so that we may observe and use them. We are of the firm conviction that only by scientific living can we realize the loftiest joys and the destiny which is our birthright.

Animals in nature are creatures of instinct. Their instincts direct them to correctly meet their needs so that they thrive optimally in accord with their environmental possibilities. Inborn guidance is, in effect,

LIFE SCIENCE for nature's creatures.

Humans have infinitely more potential for happiness and goodness than nature's simpler life forms because we have much more sophisticated faculties. These can keep us in a state of euphoria throughout our lives.

LIFE SCIENCE must be, for humans, what inborn direction is for animals. While we, too, have instincts, we have far more than these basic impulses. Unfortunately we do not follow our instincts. Most of our perversions, and there are many, are contrary to our instincts. *This is unscientific!*

Obeying our natural instincts is part and parcel of LIFE SCIENCE. We are of the persuasion that nature did not make a mistake in giving guiding instincts. We are of the persuasion that humans, with their as yet fledgling intellects, make the mistake.

LIFE SCIENCE is an intellectual endeavor, yes. But we are far enough along that we can determine what is good and what is bad for us. We have enough knowledge to construct a science of life that will guide us to realize the happiness and the destiny that should be ours.

LIFE SCIENCE rightfully concerns itself with every aspect of human well-being. It is a true science of life. □

THE GREAT POWER WITHIN YOU

Based on statements by the great Natural Hygienist, health educator and true LIFE SCIENTIST, Dr. Herbert M. Shelton.

Living organisms are fully self-sufficient and self-governing. Supplied appropriately with the needs of life, they thrive in perfect health, completely free of disease. From conception they are endowed with a built-in program for a full, fruitful and joyous life.

All living organisms are programmed to meet all life's needs within the environments to which they are adapted. They are self-directing, self-constructing, self-defending, self-preserving, self-maintaining and, in the event of injury or illness, self-repairing or self-healing.

The healing principle is always in the living system itself. The only power that can heal is the power that repairs; the only power that can repair is the power that produces; the power that now produces is the power that originally and always produced. The power that constructs a full-grown individual from a fertilized ovum is the only healing power!

Healing is, therefore, an unceasing power of every organism. The power that produces an organism and keeps it alive and functioning is the only power capable of governing, maintaining and healing it.

Understanding and relying upon this great power within will yield a life of bliss and goodness *with complete freedom from ailments and suffering.* □

ARE YOU FOOLED BY NAMES?

Is it true there is nothing in a name? Quite untrue! Names are the words we live by. We lead our lives in accord with the ideas they express, even if the ideas are wrong and cause suffering.

"A rose by any other name would still smell as sweet," seems obviously true. Likewise. . .

"A poison by any other name would still be as dangerous," is equally true.

Because we've been brainwashed into certain beliefs, we are fooled by the names that stand for them. And no better example of this can be offered than the case with drugs.

We've been brainwashed into believing in *curing*. Therefore, we believe in *curative* substances—*medicines*. That the very concept of *medicine* is absurd and totally false is another matter. Here we're concerned with the power of deceptive labels.

We humans are manipulated by the concepts we believe in and the names used to get us to accept these concepts.

Take drugs. Is there a reader among you who does not know all drugs to be poisons? Is there one among you who would deliberately poison your body? Or let anyone else do it?

Yet when the poisons of the drug trade are called medicines, we readily assent! Children know better and refuse them. They must be forced.

We Americans send trainloads of poisons down our throats and permit them to be injected into us. We permit this simply because we're sold on the idea of *curing* and on *medicines* as *curing* substances.

In the drugstore these substances are contained in bottles, boxes and flasks bearing a skull and crossbones. But in the sickroom they are introduced as medicines. Iodine, potassium, mercury, arsenic, quinine, prussic acid, strychnine, aspirin, sulfonamides, antibiotics, cortisone, etc. are labelled poison in the drugstore, but when put up in ampules or draughts, pills, powders and boxes to be given to the sick they are no longer labeled as poisons—they are now called medicines and are administered to "cure" disease. The term "medicine" helps to blind the patient as to the true character of the poison being administered as a "cure." By the physician's hocus pocus and tomfoolery deadly drugs "magically" become lifesaving elixirs.

Suppose physicians were required to be honest and say, "I am going to give you a dose of this poison three times a day. If that doesn't work I'm going to switch you to a more powerful poison." Would you or anyone else continue to patronize physicians?

Indeed, you would not! Only by the deception of words, of names, do we accept poisons prescribed for us.

No wonder then that "medicines" have so many "side effects" or "adverse reactions." Actually these are the regular effects of these drugs called *medicines*. About 4,500,000 people each year are poisoned so seriously by their physicians as to be hospitalized! An estimated 200,000 die. The so-called side effects are perfumed language for poison effects!

People cannot be poisoned into health. Poisons add problems instead of solving them. To regain health the ill must be furnished with the materials and influences that enable the body to purify and repair itself.

The idea that health can be restored by poisons, even if called *medicines*, is pure nonsense. The idea that diseases can be prevented or overcome by agencies that are poisonous to the body is mistaken and produces untold grief. Such an idea is unworthy of thinking men and women. Nevertheless, this absurdity highlights medical practice today as it has in the past.

WAKE UP HUMANITY! You're being bamboozled by a craft that is practicing voodooism upon you. □

THE ILLUSION OF MEDICAL PROGRESS

There can be no such thing as medical progress. Change in itself is not progress—it can be retrogression. But that which is wrong in essence from beginning to end is not susceptible to progress. True progress means improvement. Changing from one poisonous medication to another cannot be regarded as improvement in any sense.

The human body hasn't changed perceptibly in untold thousands of years—its needs have not changed; neither has its anatomy or physiology changed. It is today as it was eons ago. It will be the same tomorrow and will undergo little if any constructive change in the thousands of years to come. You can't improve upon perfection. The human body is the most sophisticated organism in all creation and it is perfect as it is. It requires no progress. It behooves us all to leave this marvelous organism strictly alone. All it requires for perfect operation is its natural needs—nothing else. □

SOME SALIENT TRUTHS ABOUT HEALTH AND DISEASE

- Vigorous vibrant health is natural and normal.
- Disease, discomforts and suffering are not nature's norm. Therefore, sickness is abnormal, unnatural and unnecessary.
- Healing is exclusively and totally a body function.
- Acute illnesses and all nondegenerative disease processes are body initiated and conducted. These crises are for the purpose of redirecting energies to extraordinary purification and repair.
- The basic cause of disease is toxicosis (a body saturated with its own uneliminated wastes and/or with drugs and/or toxic substances taken in with unphysiological foods).
- Humans cannot be drugged (poisoned or medicated) into health.
- Health is produced *only* by healthful practices.

AN UNFORTUNATE ERROR

The medical profession candidly admits that its past practices were wrong, that they were "unfortunate errors." The medical profession no longer advocates bloodletting, leeching, purging, puking, mercury treatments, tobacco and alcohol treatments, or a long list of other injurious and deadly practices of the past. But they continue to defend drugging, vaccination, blood transfusions and a whole host of other injurious and deadly practices.

That the medical profession admits it has been in error in the past is disturbing. One must wonder why treatments of the past were "unfortunate errors" and the ones currently administered are not. Is it not wrong, immoral and unjust to expect people to accept their beliefs and practices of today while admitting beliefs and practices of the past were "unfortunate errors."

Are not the profession's current practices subject to being "unfortunate errors?" Has not, indeed, the whole history of the medical profession been a massive "unfortunate error?" Would not the massive failure of medical practice today and the rampant pathology that exists indicate that medicine still is an "unfortunate error?"

The real issue, however, is not one of "unfortunate errors." The real issue is: why does the medical profession avoid and, through the powers of state, suppress free inquiry and enforce submission to its practices?

Cases of persecution and coercion are a significant indicator of the extent to which medical practitioners are aware of the conflict between their beliefs and practices and the better senses of humans.

If reason supports the practices of the medical profession, why have they displayed such eagerness to enforce its dogmas, whatever they may be at the moment, and to eliminate dissent through the power of the state? Why has the medical profession refused to allow its beliefs and practices to compete in a free marketplace of ideas?

The answer is obvious and revealing: the medical profession is peddling a fraudulent product, one that cannot stand up to critical investigation. Unable to compete favorably with other theories and practices, it has sought to gain a monopoly through a state franchise. This means, of course, the repression of reason and inquiry and the destruction and elimination of competing and superior ideas and practices through the use of the mighty forces of the state. □



"Medical researchers are searching feverishly today under huge research grants for specific cures for every disease from colds to cancer. This is self-evidence that 'medical science' has no cures."

Dr. Herbert M. Shelton



DO MEDICINES ACT?

Medicines are inert substances with no more power to act on a living organism than they have to act on a dead organism. They are passive substances with no wisdom, intelligence or purpose. They are capable of only chemical and mechanical actions under certain conditions.

Only the living organism possesses the instruments of action, the intelligence for purposeful action and the energy for effecting the action. What are mistakenly called the actions of medicines are, in reality, the actions of the living organism.

It must be recognized as fundamental and unalterable truth that it is only within the domain of a living organism to receive and utilize useful substances and, likewise, to reject and expel useless and injurious substances.

It is a fundamental power of an intelligent purposeful organism to select and reject. Either process is employed by the organism to serve its life-sustaining objectives.

Thus we must learn that vomiting is a body action

aimed at getting rid of injurious substances, not the action of an *emetic* the physician has administered.

Likewise, *diuretics* do not act. The kidneys are the organs the body selects to eliminate drugs called *diuretics*. *Laxatives* and *cathartics* do not move the bowels. The bowels move the *laxatives* and *cathartics*. Constipated bowels, tired, rundown and nearly functionless like a tired near-dead horse, are whipped into action to rid the body of something injurious, that is the *laxative* or *cathartic*. This is how it is with all so-called medicines. The body acts to expel them and the body's actions are mistaken for the drug's actions.

In expelling drugs the body expends so much energy that its disease symptoms, evidence of internal vitality employed for purification and repair, disappear. For the energy that was used for housecleaning through the disease process has been diverted to an emergency, the expulsion of the drugs. What appears to be a "cure" is actually a condition that is worse! The body now suffers the added toxicity of the poisonous drugs! □

SHOULD WE PRACTICE PREVENTION?

There's a whole school built upon the idea that health is achieved as a result of successful "prevention." There are some 20,000 diseases catalogued and these must be prevented by various vitamins, minerals, enzymes, herbs, massages, cold and hot baths, special foods, etc. We find people taking Vitamin E to prevent heart and cardiovascular troubles, nitrilosides (as in apricot pits) to prevent cancer, Vitamin C to prevent colds, iodine to prevent goiter, ginseng to prevent impotency, and so forth.

The trouble is that those who practice preventing disease have so many diseases to prevent they don't get around to preventing them all. Rather, most of the prevention-minded people only get concerned with preventing a handful of the some 20,000 diseases.

Exuberant, disease-free health is normal to the organism that is supplied with the proper needs of

life. So diseases do not have to be prevented. The truth is that *all diseases must be caused!* If we do not indulge the causes of diseases we will not have diseases; they are not bound to happen! Diseases are not normal to any living organism. They are remedial steps to restore the body to health.

If you want to be disease-free, *do not cause disease!* Concern yourself with the needs of health! Refrain from subjecting yourself to the causes of disease and you will not have disease.

Those who try to prevent disease live in fear of dread maladies; those who indulge those practices that build health know no fears, only the confidence that they'll enjoy health to the fullest for their full life potential.

You need involve yourself in only one pursuit in matters of health—to achieve and maintain health itself. □

CAN WE BE MADE IMMUNE?

By admission of the most learned of medical practitioners they cannot say for sure there is such a thing as immunity. They will tell you it has always been *assumed*. They have no proof.

So it is particularly distressing to read and hear on every hand in every type of publication and media, *including so-called health media*, about our immune systems, our acquired immunities, our immune factors, our conferred immunities, about immunotherapy, anti-bodies, etc. These terms are spoken of quite knowingly by all even though they will admit it's all mere supposition.

First, it seems that the medicos do not seem to understand what the word immunity really means. My dictionary defines immunity as "being able to indulge in an act and not be subject to consequences." Hence, when we say an individual has diplomatic immunity, that person can violate the laws of the land and not be prosecuted for the violations. Or it is like dispensation in religious matters. With dispensation an individual may commit sin without punishment or accountability.

Is there such immunity in the realm of physiology? Can we poison ourselves and not suffer any consequences? Can we be made immune to the effects of physiological wrongdoing?

Immunity, in matters of physiology, must mean being exempt from the results expected of certain acts, acts that normally beget illness or disease. Establishing physical immunity is like slashing yourself with a razor and not expecting to suffer cuts.

The misguided and miseducated medical practitioners now subscribe to the germ and virus theories of disease causation. They really mean that we can be immune to these little "beasties." And that they can make us immune to them.

But we don't have to be made immune to them. We live with bacteria symbiotically in partnership. In fact, humans cannot live without them! So when we are inoculated and vaccinated *against* disease and they still happen, the medics are quick to say that germs and viruses have developed an immunity to our immunizers!

The celebrated scientist and logician, Koch, gave us some self-evident postulates which are named after him. They state that if an agency causes a disease *it must always be present* if that disease is present and, likewise, its *presence* must always cause the disease for which it is responsible.

Such is not the case with the germ theory of disease. Many viruses and bacteria said to be

responsible for diseases are almost always present in all organisms, even the healthiest of us who never suffered a day of sickness in our lives. And many suffer diseases without a trace of the bacteria or viruses said to cause them.

That some of the worst smallpox, flu, diphtheria, polio and other epidemics *followed* mass vaccinations does not make the kind of news the establishment wants to print. So it is ignored or, if not, buried. The swine flu fiasco is a most notable exception.

Keep this in mind. Your life will be as you make it. You cannot indulge the causes of disease and expect to be made free of its consequences. Physiology does not work that way. We cannot be made exempt from violations of Nature's laws. There is no dispensation or forgiveness. If we drink alcohol, we can expect to suffer drunkenness. If we foul up our bodies with unwholesome substances, we can expect to suffer toxemia or intoxication, and we will suffer from loss of ability to perform as we could if our bodies had been kept pure.

Immunity, I repeat, is a downright myth. Only death or loss of vitality brings "immunity." Think this matter through for yourself. We think you'll see that this is hardly a step removed from the "magic potion" practices of yesteryear that supposedly gave mystical powers to the taker. □

THE MEDICAL RACKET

Mastectomies Done As Cancer Preventive

Surgeons go all out for business by mutilating and disfiguring healthy women!

You'd think business is good enough for the medics—most surgeons earn over \$100,000 per year these days, some even a half million or more—without persuading unwary women to undergo defeminization by perhaps the most disfiguring of all operations.

Now the profession has sunk to new lows, if that is possible, in persuading women to have mastectomies even on breasts that are in apparent good health. The new twist is to convince a prospect to undergo "preventive surgery." The idea is to cut off women's

breasts so that breast cancer will not occur.

Doctors have stated that the trend to have both breasts removed during a mastectomy is increasing. There are two benefits of this, doctors explain. It eliminates the risk of developing cancer in the second breast and also allows plastic surgeons to rebuild both breasts to look the same. A reconstructed breast is supposed to retain its youthful looking appearance longer.

This is on the same order as removing the appendix to prevent appendicitis, removing the tonsils to prevent tonsillitis, removing the lungs to prevent emphysema, removing the kidneys to prevent nephritis and kidney stones, removing the liver to prevent hepatitis or removing the head to prevent headaches and brain tumors.

It is absolutely criminal to remove women's breasts even when they are diseased—but it is even more

criminal to remove breasts under the phony pretext of "preventing cancer" or even worse, "cosmetic reasons." The profession has no humanity or compassion whatsoever, it would seem—they succumb to unbridled greed.

Surgeons are really butchers albeit a different kind. About 97% of surgery is destructive—very little of it is constructive. Over 22 million Americans go under the surgeon's knife each year, attesting to the gullibility of Americans and the criminal rapacity of our medical practitioners.

I suggest that any surgeon, as a precondition to removing anything from anybody, have his prostate removed to prevent cancer of the prostate. It is obvious they have had their ability to reason and think removed in medical school and what conscience they may have had has been effectively removed to make way for the pursuit of the almighty dollar. □

SCIENTIFIC CARE OF THE SICK

All healing power is inherent in the living organism. There is no *curative* "virtue" in drugs nor in anything outside the living organism.

Nature has not provided remedies for disease. There is no such thing as a "law of cure." The only condition of recovery is obedience to physiological law. So-called remedial agents do not act on the living system, as is taught, but are acted on by the vital organism.

Disease is not, as is commonly supposed, an enemy at war with the powers of the living organism. It is a remedial effort, a process of purification and repair. It is not something to be destroyed, subdued, suppressed, killed or cured, but an action to be cooperated with.

Nature's *materia hygienica* consists of sunshine, air, pure water, food, temperature maintenance, exercise, rest, sleep, fasting, cleanliness and positive environmental influences.

The true hygienic art consists of applying to the living system whatever of the above-listed materials and conditions it can use under the circumstances, and not the administration of poisons which it must resist and expel.

Drugs are themselves causes of disease and produce disease whenever given. They *cure* nothing. The drug system endeavors to make the sick well by administering poisons which make well persons sick. Hygiene, on the other hand, restores the sick to health by means that preserve health in well persons.

Disease is caused by violations of the laws and conditions of life. The hygienic system stops the

violations and supplies healthful conditions. Drug medication adds to the causes of destruction and gradually changes acute disease into chronic disease (where it does not kill outright). To attempt to *cure* disease by adding to its causes, is irrational and absurd.

Hygienic care involves the proper use of all hygienic materials and influences of nature, but rejects all poisons. There is, therefore, between the hygienic system and the drug system, an irrepressible conflict. If one is true, the other is false. □

A statement appearing in "The Herald of Health" by Dr. R.T. Trall (October, 1862) as revised by Dr. Herbert M. Shelton.



"Economy alone should cause people to adopt the HYGIENIC SYSTEM. Its universal adoption by the people of the United States would save in physicians' bills, nursing bills, hospital bills, etc. alone, billions of dollars a year. An equal sum would be saved by avoiding loss of time from work or business. The enormous tax burden that the people bear to maintain public health organizations would be lifted from their shoulders. This enormous saving of money is small compared to the saving from suffering its adoption would assure."

Dr. Herbert M. Shelton

THE ODDS ARE STACKED AGAINST YOU! YOU CAN BEAT THEM IF YOU WISH!

As you'll see from the saddening statistics that follow, almost everyone is a loser in the game of life. The odds are stacked against you, too.

1. The odds are some 90% that you'll develop cardiovascular problems and 45% that you'll exit this life because of it.
2. The odds are 28% that you'll suffer the agony of cancer and 21% that you'll die of it.
3. Odds are you'll suffer flu in a two-year period.
4. Odds are you'll suffer two colds in a three-year period.
5. Odds are 49% you'll suffer from some chronic and debilitating impairment. Twenty percent of our youth have a chronic ailment by the age of sixteen!

6. Odds are 100% that you'll spend some time in the hospital in the next six years. Odds are 62% that surgery will be performed upon you during that stay.

These are but a fraction of the odds against you. But why go on. Any suffering at all is abnormal, unnatural and unnecessary!

You can beat the odds.

Life Science will show very simply how you can enjoy sickness-free, happy, vigorous and rewarding living, for well over 100 years! Of course, it points out the booby traps you must avoid.

Why not try it today? The odds are 100% you will benefit immensely. ☐

HOW TO REPROGRAM YOURSELF FOR SUPERLATIVE WELL-BEING

These are the steps necessary for the ordinary person to become a LIFE SCIENTIST, that is, to become an individual who conducts his or her life activities in accord with the dictates of the human biological heritage:

1. You must come to an awareness or knowledge that all is not right in this world of ours, or even with yourself. While almost everyone is self-satisfied that he or she has the answers to life's and society's great vexations, the generally deteriorating condition of almost everyone seems to be self-evidence against such smugness. Therefore, you must be willing to admit to holding many erroneous notions. *We do not perceive our errors and often reject the truth when faced with it, but we must, first, cultivate an open, receptive mind.*
2. You must seek knowledge and understanding with open arms. That you are reading this is in your favor. In seeking knowledge with the perspective of understanding, that is, wisdom, you'll be dependent upon your ability to master ideas and concepts. But you must seek knowledge nonetheless if you would better your life situation. It is essential for correct reorientation. We of Life Science are confident that we

have found the fundamental principles which, if applied on an individual and social scale, will salvage humanity from its depravity.

3. You must master an insight and understanding of what you learn—in your cosmogony you must fit all the parts and pieces of your knowledge such that you have perspective; it all must make good sense.

You must become the absolute master of your personal activities and circumstances. You must be willing, to the extent need dictates, to snap all ties with existing habits, intellectual stances and practices, no matter how deeply embedded or how dear to you they may be.

4. You must be willing to end all allegiance to anything that you *believe*, if need be. Keep in mind that the use of the word believe is a confession of ignorance for it is not necessary to believe that which you know and to insist upon what you merely believe may be insisting upon ignorance and misconception. Face up that many of your beliefs may be nothing more than myths and popularly accepted superstitions that hamstring you.

You must be willing to change your circumstances, if necessary, to effect self-reprogram-

- ming and to follow a correct life style.
5. You must undertake and study the conditions of health and well-being. Your greatest task is not the one of learning, I must repeat, so much as

- unburdening yourself of a lot of erroneous intellectual baggage.
6. You must undertake to observe in your practices that which the truths you learn dictate. ☐

THE GREATEST HEALTH DISCOVERY: NATURAL HYGIENE

A brief statement of Hygienic philosophy, principles and practice.

HYGIENE is simple of principle, easily understood and readily applied to life.

Keep in mind that a little understanding goes a long way and a steadfast grasp of the important principles is of more benefit than the mastery of the intricate data that appertain.

Early in the 19th Century a remarkable health discovery was made! It is now called NATURAL HYGIENE, after nature upon which it was based and Hygiene, the Science of Health.

This new philosophy of health has as its basic tenets the following:

1. Vigorous robust health is the **NORMAL STATE** of human existence and, therefore, is realizable without interruption throughout life.
2. That humans should be a race of Apollos and Venuses—every man, woman and child should be splendidly developed and function as well as the deer of the fields and forests. All humans should be of a standard of beauty and physical excellence that is almost everywhere idolized.
3. All physical maladies represent an **ABNORMAL BODILY STATE** and, as such are unnecessary and avoidable.
4. Only through nature which developed human beings to such a high state can be found the solutions to the mysteries of disease, suffering and early death.
5. Therefore, only by living life **NATURALLY** in accord with the human biological heritage can humans hope to achieve their high health potential.

NATURAL HYGIENE, the only true health science today, emphasizes as the **ESSENTIAL FACTORS** of life and well-being those influences and elements which millions of years of development as a creature of nature made mankind dependent upon. That is:

1. **PURE AIR**
2. **PURE WATER.** This means distilled water, quite literally, as man cannot make use of anything that might be in water in chemical or mineral form.
3. **CLEANLINESS.** This means both external AND INTERNAL cleanliness. Proper internal bodily cleansing through thorough elimination of waste matters and extraneous substances introduced into the system that are non-usable is requisite to optimum health.
4. **WARMTH.** Body temperature must be maintained.
5. **SOUND AND EFFICIENT SLEEP.**
6. **WHOLESOME FOOD.** (To which humans are constitutionally adapted.)
7. **EXERCISE.**
8. **SUNSHINE.**
9. **REST AND RELAXATION.**
10. **CONSTRUCTIVE PLAY AND RECREATION.**
11. **EMOTIONAL WELL-BEING.** This is born of the foregoing and the following:
12. **PLEASING ENVIRONMENT** (socially, domestically and geographically).
13. **SECURITY OF LIFE AND ITS MEANS.**
14. **SELF-MASTERY.**
15. **MOTIVATION.** Having interests to pursue.
16. **CREATIVE USEFUL WORK.**
17. **BELONGING TO A CIRCLE-GROUP SUCH THAT OUR GREGARIOUS INSTINCT IS SATIATED.**
18. **EXPRESSION OF REPRODUCTIVE INSTINCTS.**
19. **INDULGENCE OF AESTHETIC SENSES.**

Hygienists hold that deprivation of these factors and influences or any interference with them are necessarily detrimental to human well-being.

This great new health discovery, NATURAL HYGIENE, recognizes these fundamental natural principles:

- A. The human body, supplied with its needs, is a self-sufficient organism with inherent powers capable of maintaining itself in good functioning order for the duration of its life potential, that is, about 140 to 150 years.
- B. That all diseases, afflictions or bodily malfunc-

tions are caused by bodily abuse or incorrect living, that is, failure to live in accord with biological adaptations.

- C. That, in the event of sickness or disease, the body needs only the removal of cause or causes of malfunction to restore itself to health. **THAT IS, THE BODY IS SELF-CORRECTING or SELF-HEALING.**
- D. That the body requirements in illness are the same as those when in a state of health except that a malfunctioning body requires complete physiological rest so that the body's restorative capabilities, that is, its regenerative and healing powers, may function fully and unhampered.

The greatest health discovery, **NATURAL HYGIENE**, finds that diseases are systemic malfunctions begotten by incorrect living that involves one or more of these detrimental physiological factors:

1. Improper eating, that is, eating the wrong foods, the correct foods in an unnatural state, that is, cooked or processed, or eating correct foods in wrong combinations even if in a natural state or over-eating.
2. Insufficient sleep or rest.
3. Lack of fresh air.
4. Ingestion of toxic substances.
5. Lack of exercise.
6. Lack of sunshine.
7. Overindulgence in normally harmless pursuits.
8. Indulgence of injurious habits, notably drug habits.
9. Subjection to situations of great stress.

All malfunction involves, first, **NERVOUS EXHAUSTION**, that is the exhaustion of nerve energy or vital force. When the body's fund of nerve energy is overdrawn or under supplied the body can no longer properly conduct vital functional power efficiently or effectively.

When functional power is lowered the body's ability to eliminate metabolic wastes and unwelcome extraneous materials is hampered. To illustrate graphically, we might say these morbid materials become dammed up in the system. The body is no longer equal to the task of expulsion of normal or abnormal toxic matters.

When unwelcome substances remain in the body the integrity of the system is threatened. The toxic load of unexpelled morbid wastes causes the body to resort to an emergency crisis to rid itself of a condition called toxemia, that is, toxic overload.

Disease Is An Emergency Cleansing Crisis

The emergency crisis to preserve bodily integrity through extraordinary cleansing efforts is known variously as sickness, disease, illness, ailment or malady. In this abnormal state the small fund of remaining nerve energy is mustered to the task of body cleansing. Normal and emergency outlets for elimination of toxic overload are utilized. The form these crises of elimination take is labelled by their location

and characteristics. They may be called colds, fevers, inflammations, catarrhs or a long list of maladies *ad nauseam*.

When the body has completed the task of cleansing, that is, when the body has healed itself, the subject is said to be well again. Hygienists have formulated a system of health recognizing man's complete dependence upon nature, its role in keeping us in a state of health and its agency in speedily restoring it if lost through failure to live properly.

We can aid nature best in restoring health to an impaired body by regeneration of our nerve energy through physiological rest or fasting, that is, the abstinence from all food except pure water, fresh air and sunshine, and abstaining from all save necessary activities.

NATURAL HYGIENE implores us to recognize our natural requirements for well-being as heretofore set forth as the essential factors and influences of life and to indulge them optimally. This science is the subject of the elaboration of **THE HYGIENIC SYSTEM**.

Science is the study and orderly systematization of the facts and working principles that relate to a field or subject.

We maintain that **NATURAL HYGIENE**, by virtue of fulfilling these fundamentals, is the **TRUE HEALTH SCIENCE**. I bid that you do not take my contention as truth. I implore you to *study* and *think* for yourself. □

AUTHORITY VERSUS TRUTH

"Mistake not authority for truth, but make truth your authority."

Every field has had its authorities; every wrong concept and false system of the past had its "authorities." We readily acknowledge the errors of the past and that their "authorities" were misguided.

What we do not readily perceive is that many concepts, systems and practices of today are not only equally erroneous, but that they also have many apologists and "authorities."

Believing an "authority" on faith is an attempt to escape from our duty to investigate and get down to the real labor of thinking things out ourselves. Self-reliance must be cultivated; for it is truly only ourselves upon whom we can rely. If we rely on others to do our thinking we become servants to them, for authorities almost always think in their own favor.

Not only that, authorities do not agree among themselves—they contradict each other. This is self-evidence they are wrong. Truth is never contradictory to itself.

To appeal to authority and to rely on it as proof for our beliefs and opinions is mental laziness. Truth makes authority. If truth is there, authority is not needed. If truth is not there, then authority fails. Either way, reliance upon "authority" is not called for. □

THE CONDITIONS FOR HEALTH

by Dr. Herbert M. Shelton

The belief in the preservative and restorative power of drugs has served, for ages, as man's greatest barrier to health. All drugs are evil and evil only, when taken into or applied upon the living organism. They neither prevent nor remedy any so-called disease, but cause much suffering and many symptoms, often causing death. We must look beyond the beliefs and sanctions of our forefathers for truth, reliable principles and dependable practices.

We must learn that there is no health, there is no help in drugs. Health is not to be found in the prescriptions of physicians; it is not contained in any of the boxes and bottles to be purchased at the drug store; it is not to be obtained nor preserved through vaccines and serums. Health may be had on nature's own terms and no other.

Health, happiness, beauty and long life are not commodities to be bought and sold like bread and shoes. They are built from within and are products of a well-ordered life and a strict conformity with the laws of being. We cannot know real happiness so long as we expect it to be handed to us; it must be developed within. We cannot have real health so long as we expect to receive it from a hypodermic needle or a box of pills; it must be evolved by the individual. We cannot have any high order of beauty so long as we expect to derive it from a cosmetic or a compact; it must be developed from within. We cannot have long life handed to us on a silver platter; it is of our own making and comes from a mode of living that conforms with the laws of life.

Health depends upon a few simple natural conditions as follows.

1. A sound, harmoniously constructed physical organism.
2. A constant and adequate supply and right use of all the elements essential to the substance of the body—air, water, food, sunlight.
3. Physical exercise or activity.
4. Rest and sleep.
5. Temperature.
6. Cleanliness.
7. Harmonious social relations and adequate satisfaction of the affections.

Let us consider the factors of health. You have a beautiful plant in a box in your window. It is healthy and of a rich green; its flowers of delicate pastel tints. You have seen to it that the soil in the box meets all of its needs; that it receives adequate water at proper intervals; that it receives an adequate supply of

sunshine; that it is not denied the needed air; that it is warm and not destroyed by cold. Were you to neglect to water it for two weeks it would die; were it deprived of sunshine, it would wither and lose its green coloring and ultimately die; were the soil deficient, it would fail and die. Its need for air is equally as urgent as yours.

Your own needs are practically identical with those of the plant; you need fresh air, pure water, sunshine, adequate food, and warmth, else you will weaken, sicken and die. These are the absolute essentials of life and should you restrict yourself to the use of any one of them and shut yourself off from the others you will also wither.

You are healthy or not, depending primarily upon how you use or abuse these basic requisites of life. You require, in addition to these elemental needs of life, activity or exercise, rest and sleep, cleanliness and emotional poise. How you supply these needs of your existence also depends, to a great extent, upon your health or lack of it.

Natural Hygiene is concerned with the whole of life and each factor of living must be recognized as contributing its share of influence and substance to the whole. If we confine ourselves to diet or to physical culture or to cleanliness, we solve only one problem of living and not all of this problem; for all of the factors of living are so correlated and interdependent that none of them is complete without the others. □



"Prosperity may shower its brightest gifts on man; wealth and art may combine to beautify and embellish his home; science and good literature may elevate his understanding and refine his tastes; the good and the wise may court his society; he may be exalted to the highest position to which his countrymen may elevate him; but of what avail are all the advantages, if his body is weakly and wracked with pain, and his home a scene of corroding anxiety and humiliating mortification caused by feeble, sickly or defective children? Health, next to life, is man's most precious possession and without it his life is not likely to amount to much."



SELF-HEALING POWER

The body is self-healing. This is self-evident even to a child. We see it in many ways. Bruises, cuts, abrasions, colds and numerous other affections heal themselves without any help or interference from us or anyone else. We see broken bones knit and become strong again, requiring only setting.

But most of us, willing to accept that which we readily see, do not realize that the body has sufficient power within to also overcome ailments not involving injury.

The vital healing force within us works at all times. It heals all reparable body injuries and maladies. If the body cannot repair itself, no repair is possible. A tremendous amount of abuse must be heaped upon the body for it to fall to such a poor state that it cannot heal itself.

The body works at all times to keep itself in a high functioning state. It continually works to keep itself pure and as free as possible of toxic wastes. It has defensive methods for ejecting toxic material from the vital domain.

A body full of uneliminated toxic matters and polluted with unwelcome substances from without cannot function at a high level. If the body becomes overburdened with toxins, it cleans itself through what are called *acute diseases*. It gathers its resources for internal purification and repair of damaged tissue.

All this takes place of the body's own choice. The best we can do is cooperate. We should take a complete rest so that the body may not be hampered in its effort to purify itself. We should cease all activity, even that of eating. Bed rest in a sunny and airy room with only pure water will greatly aid the body's work. Any other course is a mistake and will add to our suffering.

We must learn to respect the great power within us and use it to our best advantage at all times. In sickness we must learn:

1. *Nothing inside or outside of nature can substitute for body wisdom.*
2. *Nothing inside or outside of nature can assume body functions and perform our cleansing and repair jobs.*

While an ailing body is an abused body, it will nevertheless, restore itself to health if the causes of its illnesses are stopped and the conditions needed for restorative activities are instituted.

If you can see the obvious, that is, that the body is in all cases self-healing, you'll:

1. *Never abuse the temple of your being.*
2. *Not in any way interfere with your body (if you*

suffer from past abuses (but, under a condition of complete rest, give it the opportunity to hold full sway in its efforts to purify and repair itself.

□

A LIVING MIRACLE?

Have you sometimes seen articles and statements wherein recoveries are said to be miraculous? Undoubtedly you have as they appear frequently in the press.

Recently, *Family Weekly* carried a short article about Janne Grau of Germany who had been consigned to a certain death from her dread cancer disease, leukemia. They characterized her photo as "a Living Miracle," implying that divine intervention was involved.

In this sense of the word there are no miracles. Nothing happens without sufficient cause. The fact that we refer to an occurrence as a miracle means we do not understand it. The use of the words miracle and mystery appear often. When anyone uses these words, he or she is confessing ignorance as to the true cause.

In the case of Janne Grau, physicians are still unable to explain why cancer disappeared. The reason is actually given in the article but "cure-minded" medicos are bound to overlook it.

The article relates that about two years ago physicians gave up on her case. There was nothing more they could do for her though they continued to give her "medicine". Little Janne continued to grow worse and death seemed only a short while away.

Little Janne's parents grew desperate and finally sought out a "nature curist" who stopped her "medicines" and put her on a diet of natural foods.

The medical fraternity disapproved of this procedure and refused to have anything further to do with Janne or her parents. But, lo and behold, Little Janne began to improve! Today Little Janne is free of leukemia and is described as being healthy.

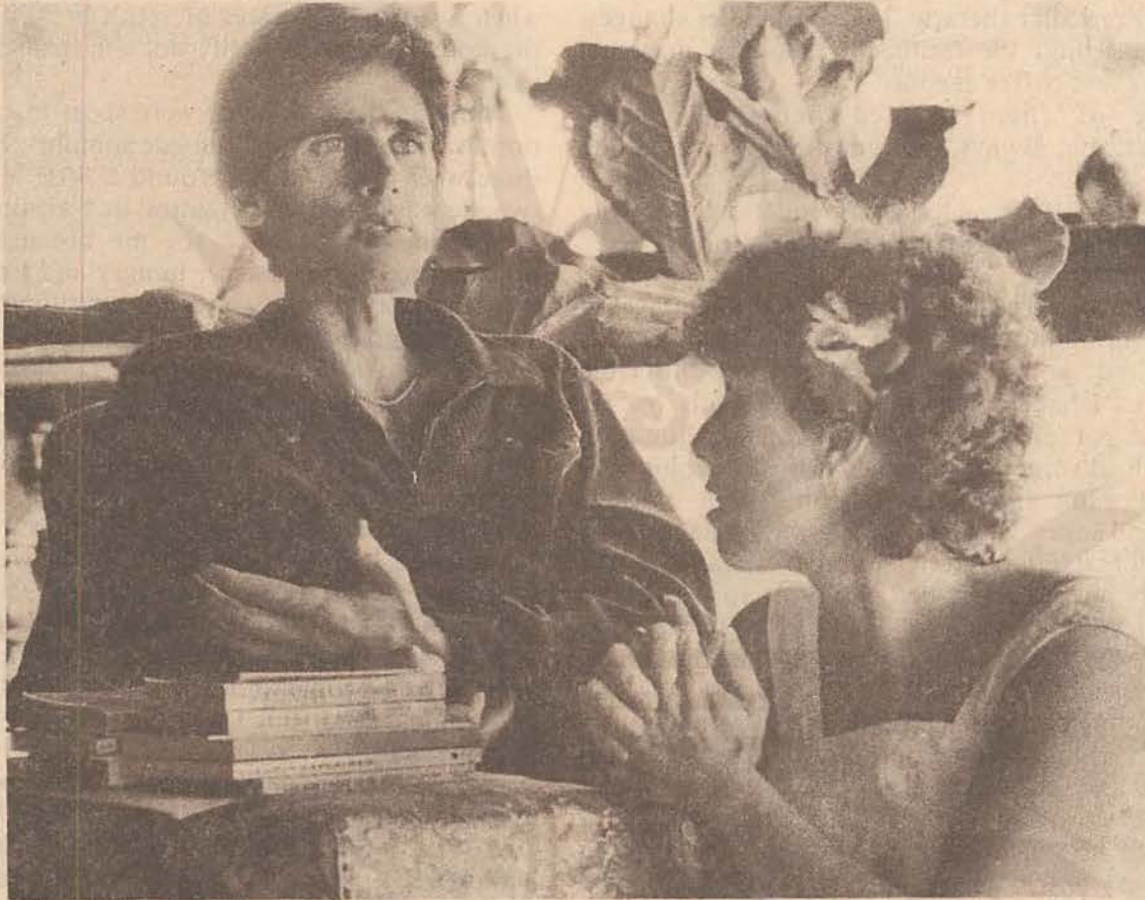
A German leukemia specialist calls her recovery a miracle! Obviously it is beyond the understanding of the medicos that they were killing Janne with their drugs and, once these poisons were discontinued and the needs of her body supplied, recovery began through the inherent healing powers of the body. It is as simple as that.

□

JOYOUS AND HEALED AFTER 35 DAYS OF FASTING



by Jennifer Bard



Imagine fasting for 35 days on nothing but distilled water. Steven Dolowitz, handsome and 31, and about to be a father, was confronted with the choice of fasting, or having his colon surgically removed, to be replaced by a special bag attached to an artificial hole in his body for collection and removal of waste matter.

After suffering from ulcerative colitis for 10 years and undergoing every drug treatment known to medicine without success, he chose the fast. In 35 days, he was cured.

"I want to scream it to the world. To be healthy and normal after all these years is so amazing I have to let people know. Maybe this could save someone else," he said.

Colitis is an inflammation of the mucus membrane of the large intestine. It can cause diarrhea and loss of weight because the intestinal walls become so scarred they cannot absorb nutrients. In extreme cases, it causes tumors and cancer. In the past, colitis led to death. Now, victims of the condition can be saved by a colectomy.

For the first time in 10 years, Steven has normal bowel movements. To a person with colitis, this is tantamount to a paraplegic learning to walk.

"It's not something you can share with someone because our culture is not tied up in our bathroom habits. But colitis is devastating to a person's self-image," he said. "After several years, it got to the point I was constantly running to the bathroom and losing more and more weight. I was always afraid of being too far away from the toilet. In fact, my whole life evolved around the toilet. I could never spend the night anywhere because I had to take oil retention enemas and hydrocortisone or other sulfa drugs. I had to sneak around with my enema syringe, off and on for nine years."

At one point, Dolowitz reached a crucial state of illness. He was hospitalized, put on intravenous feeding and told by the doctor he would have to think seriously about major surgery—a total colectomy.

"For some reason, probably due to my age, he decided to put me back on drugs and food—a diet where everything was cooked and refined and with no

roughage," the native Californian said. "After another year and a half of ups and downs though, the specialist saw me for the last time and told me how great my chances were for developing tumors and cancer of the colon," he said.

Through the next three years, he underwent chiropractic, applied kinesiology, vitamin and mineral supplements, mega-vitamin therapy, acupuncture, acupressure, psychic healing, herbs, homeopathic remedies, auricular therapy, juice fasts, diet changes, more counseling, bio-feedback, colonics, massage, body work and coffee enemas.

"Some of them seemed beneficial, some detrimental, but always, the symptoms returned," he recalled.

In the fall of 1980, on a recommendation, Dolowitz read "Triumph Over Disease and Natural Diet," written by Dr. Jack Goldstein.

"I sat down and read it in one afternoon and was in a mild state of shock for two days afterwards. This doctor had gone through the same horrible experiences I had. He had ulcerative colitis for six years and got progressively worse. His ultimatum came: radical surgery or death. At this time, his wife began slipping him information about natural hygiene and supervised fasting as a way of helping the body heal itself. After much resistance, and practically on his death bed, he went to a hygienic institution and went through a long fast. He wrote the book 12 years later and still is in great health with no colon problems."

Natural hygiene, the diet Dolowitz now religiously adheres to, is made up of nothing but raw fruits and vegetables and seeds and nuts.

When Dolowitz approached his physicians about the idea of fasting, they were scornful. "I had been seeing a very liberal and progressive chiropractor and I thought he would be open to it. But all he could say was, 'I've heard of people dying doing that.'"

Dolowitz believes traditional physicians don't want to hear anything about natural hygiene or fasting. "It's totally against everything they and the American Medical Association believe in. But the drugs they prescribe mask the symptoms—they don't heal the body," he said. "I've been a guinea pig for ten years."

Finally, in May of this year, weak and weighing 125 pounds, Dolowitz drove to Hollister, California and enrolled in the California Health Sanctuary. He spent the next 35 days fasting on distilled water under the guidance of a medically trained supervisor.

"I had to go to the end, to the limits of this condition to be open to do what I did. Most people would gasp at fasting for one day, let alone 35. But I was so ready for it, both emotionally, physically and spiritually, that it wasn't hard for me."

From the first day, Dolowitz said, he knew that fasting was right. "My body was screaming for a rest, and I knew instantly in my heart that this is what I needed. For those 35 days, by not eating anything, all

my body's energy was used to heal my colitis, which is what happened."

Dolowitz pointed out that normally, 75 percent of the body's energy goes toward chewing, digesting and eliminating food. "That leaves only 25 percent for healing purposes. Fasting frees the body's energy for other jobs like healing."

Healing, he stresses is a normal activity of the body. "When you burn, bruise or cut yourself, or when a surgeon operates or sets a broken bone, it is the body that heals itself, not the medicines or the cast."

Those 35 days, he said, were spent in quiet reflection, without activity or outside stimulus. For the first three weeks, he walked around a little. For the last two, he was in bed. At all times, he was supervised.

"Fasting wasn't hard for me because I was so prepared to do it. I wasn't hungry and I didn't want to eat. I prayed a lot, and that spirituality gave me strength to go through the fast and get well."

Dolowitz warns against anyone fasting without the supervision of a medically-trained person. "There are many things that can happen to you, such as when certain toxins in your body get released from the cells. For me, my fast went perfectly with no side effects, but you have to be careful."

Dolowitz, five foot nine inches tall, went into the facility at 125 pounds. He left weighing 92.

"I think the hardest thing about the fast was going through everybody's reaction seeing me so thin. I really scared people to death. They thought I was the walking dead. But I was the healthiest I had ever been in my life."

"When people are overweight, people don't think of that as odd. But if you're skinny, they think you're sick. What's the difference when your extra weight is all sick weight, which it was for me," he pointed out.

"I'm now eating the very foods I was told to stay away from all those 10 years of pain and suffering. I now digest everything with no problems and my bowel movements are perfect for the first time in 10 years. I'm feeling great," he laughed.

Dolowitz now weighs 120 pounds, works full-time, and is renovating the former family restaurant "The Eggery" into a home for himself, his wife Letha, and the baby who will arrive in two months.

"It's taken three months for our friends to feel comfortable inviting us over for dinner. They always said, 'What are we going to do about Steven? He doesn't eat anything,' but I just bring my own food and it's fine. People really think that if you don't eat, you can't be sociable. But our friends have learned to relate to us on a different level, with less attachment to food and going out to eat."

Dolowitz says people are always asking him how he can possibly live without cooked foods.

"Before I stopped eating cooked foods I couldn't hold a full-time job because I was constantly having to go to the bathroom. I would have to get up 20 times during a movie, I held myself back from being

with friends, and I couldn't stay up past 9 p.m. because I was so weak. That's my answer. When it's a choice of surgery or being sick, that's my choice."

Dolowitz would like any person interested in natural hygiene or fasting to call him at (707) 778-8588. □

SKIN PROBLEMS? TELL ME ABOUT THEM!

by Richard Hill

Perhaps I was vain, but having my face covered with red, or red and yellow oozing lumps made me a little self-conscious and depressed. The old platitude, "Beauty comes from the inside" sounded nice, but talking with people and FEELING their eyes on the big "honker" on my nose or that "headlight" on my chin didn't do much for my self-confidence, especially if I was talking to a girl I was hoping to impress. All this may sound like teenage trauma. But I was almost 27 years old and things were worse than ever. This wasn't my only problem. I was plagued with hay fever, migraine headaches, prostate trouble, poor vision and several other complaints. But my pizza-like complexion was my main concern and secret shame.

After 14 years of this "teenage" malady I was depressed and baffled. There was nothing I (or anyone else) could do for me. The slow but sure disfigurement I was stuck with was something I couldn't accept. Only fellow acne sufferers will understand my desperation and secret anguish. I've talked with many grossly fat people, asking if they would trade their excess weight for a chronic skin condition. So far not any would even consider it. And many of these people had contemplated suicide over their weight.

I really had given it my best shot. I had applied gallons of Clearasil, Oxy 5, 10 and 15, washed with Stridex, alcohol, witch hazel, distilled water and special skin soaps and cleansers. I washed many times a day. I was a voracious reader and tried every method and treatment I could find in those 14 long years. I was given various prescription drugs by dermatologists. The labels warned of dangerous side effects. Sometimes I would get temporary relief, usually not.

Next I tried health food store "cures." I developed a library and gathered glib knowledge from all the "experts" and their methods. I hunted down all the herbs (red clover, goldenseal, cayenne, etc.) supposed to cleanse the system. I drank them from morning 'til night. I drank a half-gallon of carrot



juice each day. It turned my palms orange, but did nothing for my skin. I did various other juice combinations. They did nothing. I stopped eating chocolate, nuts, fried foods, white sugar, white flour. I even gave up all fruits for a year.

I graduated from Clearasil and smeared my face with green, red and yellow clays, separately and in combinations. I took activated yeast every morning just before my vitamin ritual. I was assured my problem was a vitamin/mineral deficiency as well as an unclean system. I took megadoses of A, B complex, C (with bio-flavonoids and Rutin), D, E, folic acid, K, multi-minerals, chlorophyll, wheat germ oil, brewer's yeast, lecithin and protein powders, using my handy vitamin pocket pack. The few times I forgot caused me as much anxiety as the heat patient who forgets his nitro-glycerine.

Then I began to "fast." I took so called "juice fasts," ones with products designed to clean out my colon. I took enemas of warm water, cold water, herb water and distilled water. I drank gallons of water to flush out my system. I tried "organic blood salts" and several other surefire cures. I was getting plenty of fresh, Los Angeles air and sunshine.

Next I got serious. I had said I'd pay a million dollars to solve my problem. Now I began to pay it on the installment plan to a young chiropractor into "natural healing." I got adjusted, x-rayed, diagnosed as having adrenal stress, given new vitamin/diet combinations. I took the glucose tolerance test and was diagnosed a hypoglycemic. (Since then I've never met anyone who took the test that was not so diagnosed!) This was the time I went on my no-sugar, no-nuts, and no-fruit diet for a year.

I was as bad off as ever and switched to an older naturopath/chiropractor. He put me back on fruit, different vitamins and juices. When this didn't work he hit the problem with everything he had—more adjustments, x-rays, ultrasound, cold packs, hot packs, and finally, colonic irrigations with and without oxygen! I took these three times a week. It

was expensive and embarrassing. But I was determined to get well or die trying. I was that desperate. After all the discomfort and expense, my complexion was worse than ever.

I didn't give up hope. I returned to my library and came across a little book I hadn't paid too much attention to. It had seemed technical and too different. It was called *Food Combining Made Easy* by Dr. Herbert M. Shelton. Having nothing to lose, I tried this silly thing. Within a week my face started to clear up. It continued to get better. I stopped the colonics, adjustments, ultrasound and all the other things. Looking for more books by Dr. Shelton, I found *Fasting Can Save Your Life* at a health food store. I ordered more Shelton books from Natural Hygiene Press. I began to understand the basic ideas of Natural Hygiene and dove in with both feet. It was working where nothing else had. I gave away my vitamins and herbs, got back to two or three meals a day (from five and six). I washed only with warm water.

I knew I had stumbled onto a new way of life and found people with no cures to sell. They had an understanding of the laws of life. They had a system where one can return to harmony with these laws and achieve total health. I made arrangements to fast under the supervision of Dr. Virginia Vetrano. I fasted at the Chateau Des Sages for 14 days. I listened to lectures and tapes and I learned more about Natural Hygiene. I wanted what these people had. I returned home with my skin more clear than it

had been in 14 years. My hay fever and migraine headaches also were gone. At last my search was over and I reached the happy ending.

I wish I could stop here saying everything was fine. But, I had more learning to do! I stayed with the Hygienic program for three months with never a pimple or sniffle. I thought I was "cured." I began to stay up late and "just this once" eat wrong food combinations. Within five months I was living worse than before I had discovered Natural Hygiene, junk foods and all. "Clear Skin! Anything Goes!" I was headed for a fall and I fell hard. It wasn't easy to start back. But after some bad acne days, I was able to get back on the Hygienic Path. This was, in part, with the help of a certain anonymous group of overeaters. They gave me the tools to deal with the mental blank spot that precedes that first compulsive bite. Thanks to them I found my way back and everything cleared up again. I learned that I'm never "cured," but only healthy so long as I obey those Unbending Laws of Life.

I hope anyone with a similar, or any, health problem will take time to look into Natural Hygiene. I had to try everything else first. Maybe someone out there, who reads this will be able to skip some disappointments and start in on a new, healthy life. I'll be glad to talk and write and answer questions for anyone who asks for help. This way, by passing the word along, I hope to pay back a little of the joy I have received through Natural Hygiene.

HOW MY WIFE AND I WERE RESTORED TO HEALTH

by Bruce Meservey

As a child I was raised on the conventional diet: meat, cereals, milk, bread, and refined-packaged foods. As a result of this, by age 12, I had had operations to remove diseased tonsils, adenoids, and appendix. And, like everyone else I put up with the usual colds, flu, coughs, etc., that constantly plague society. My wife also had similar experiences, which continued into our adulthood.

Eventually I was affected by more serious problems; hypoglycemia—a blood sugar problem. Plus Tachycardis—a very rapid heartbeat that would come on periodically. Also Meniere's disease: a toxicity of the inner ear that causes dizziness.

All these problems caused me to finally start looking for a better way of life. I had an engineering degree. But I had never been taught anything about health—and *how* to maintain it. This is a tragic failing in society today—lack of any education in the basic needs of the body and how to care for it.

In my early 50's, I started researching several "health" programs. But they gave me no relief: vitamin-mineral supplements; special "diets" of various kinds; herbs, juices, etc. They were all very specialized, promising quick "cures." But they did not produce any lasting health. They were mostly very *unnatural*, not catering to nature's specific needs.

I even started a regular exercise program. But finally concluded that exercise should include a correct diet for best results.

So I started looking for this correct diet. I finally found a Natural Hygiene book. It had much sound reasoning and common sense. It was based on a study of nature's needs, something the other programs seemed to lack. It was very basic, I concluded.

I also read several other Natural Hygiene books. And was very impressed with their sound logic. My wife and I finally made our decision. We removed from our kitchen and our life all the refined foods:

milk, sugar, bread, canned-packaged foods, etc.

We started using only fresh fruits, vegetables, nuts, seeds and sprouts. We started doing our shopping in the produce section of the markets, *not* the grocery section.

We also continued to read the very informative Natural Hygiene books and periodicals. This broadened our understanding considerably.

We also took occasional fasts, supervised by Dr. Gerald Benesh.

My wife had a serious breast problem—a tumor. She took two fasts under Dr. Benesh. And, she gradually eliminated the serious tumor.

That was 16 years ago. Since then we have had *no*

sickness of any kind! No colds, coughs, flu, etc. It was remarkable! And my more serious problems—tachycardis, hypoglycemia, etc.—gradually faded.

It took patience and dedication. Nature removes problems slowly but surely, as you cooperate with her. We did. It was the total Natural Hygiene program; elimination of cooked and refined foods, and eating only natural foods; regular exercise, abundant rest and sleep; and the occasional fasts mentioned above.

Natural Hygiene teaches you, first, *why* you are sick—the causes. And what to *do* about it. It is absolutely the *perfect* program! □

CONFESSIONS OF A LADY EXECUTIVE (TURNED HYGIENIST)

by Jane Hill

I was blessed with a strong constitution and lots of drive. These qualities enabled me to rise to the top of my field and become that rarity in the corporate



world, the lady executive. I started as a clerk typist, back to work after 15 years as a mother and homemaker, and became executive vice president of a nationwide concern.

Unfortunately, getting to the top required me to not only burn the candle at both ends but to hold a blowtorch to the middle as well. At 50 years of age I was about done for physically, in spite of my "success" in business. I had an ulcer that caused me intense pain daily. I had pneumonia twice in the past six months and I coughed almost constantly. I had an anginal condition and was extremely short of breath. I was 50 pounds overweight. (My husband had begun to call me "Big Louie!") I smoked three packs of cigarettes per day and was also a daily drinker. I lived on candy bars, junk food, and restaurant fare. I suffered constant headaches, backaches, hemorrhoids, and high blood pressure. My pulse rate at rest was close to one hundred. I wasn't getting much rest, though. I had to get up at 4 a.m., drive 75 miles to work, and function under extreme pressure 12 to 16 hours a day, six to seven days a week. I then drove 75 miles home to fall in bed for three or four hours of stuporous sleep.

Needless to say, I was always tired and prone to depression. I felt that I was missing out on the good things in life, in spite of my success. I was surviving (I couldn't really call it living) on stimulants (coffee, alcohol, tobacco, sugar) and sheer willpower. My husband and family would beg me to slow down, but I was driven. I felt that if I relaxed or let up for a moment, my shaky world would collapse. My family has since told me that they expected any minute to hear I'd dropped dead from a heart attack, stroke, or sheer exhaustion.

I had always had a good self-image, but I was getting to the point where I hated to look at myself in the mirror. I looked so old, tired, and fat. I was doing well financially, but I never had time to enjoy it. I was being driven to distraction by the constant pressure I was under and the constant pain I was in.

My son is a Natural Hygienist, studying to be a Hygienic practitioner while working at the California Health Sanctuary. He had told me many times about the wonderful health benefits that could be derived from the practice of Natural Hygienic principles, and it sounded nice—for people who had time. I had no time for my husband, family, vacations, or hobbies—no time for anything but work, much less health. I was trapped.

Then, in February of this year, my company went bankrupt. We were another victim of the recession and shaky economy. I couldn't imagine a worse tragedy at the time, but it proved to be a blessing in disguise, and a blessing that probably saved my life.

My work was gone, and suddenly I DID have time on my hands. I was unable to relax, however. There was no way I could feel confident about securing a new position at my age and in my physical condition, for I was close to 200 pounds and had never felt worse in my life.

In a rare quiet moment, something told me that it was now or never. This was my chance; I might never have another. I called my son and he arranged for me to come to Hollister, California, right away, before I could change my mind. I took the first available flight. From the airport we drove to the beautiful farm country of the California Health Sanctuary to begin what was to be the greatest adventure of my life.

I started my fast the first day I arrived. Mr. Andrews, the director of the Sanctuary, warned me that I could expect anything. Fasters run the gamut from no adverse reactions to extreme nausea, and even convulsions. In as bad a shape as I was in, I knew I should expect to start convulsing any minute! I was determined that I would go through whatever it took to get well and try to be as relaxed as possible in the process.

The first day I lost five pounds and slept like a baby. This was an encouraging start. Not only did I not feel hunger, but the intense withdrawals from cigarettes I had expected to suffer from never appeared either. The sudden inactivity was hard to get used to, and I did find myself reaching automatically for a cigarette from time to time, but it was nothing I couldn't handle. I actually lived through a whole day of no food, cigarettes, coffee, or work!

•The second day I lost three more pounds. Unlike some of my fellow fasters at the Sanctuary, who felt weaker and worse as the days went on, I felt better and better! I was one of the lucky ones who have few or no physical symptoms during a fast.

My first week breezed by. I was taking relaxing walks daily. I was cautioned to take it easy, to avoid

pushing myself, and I did. I just seemed to get more energy and feel better and better.

My long walks around the beautiful rural countryside gave me a wonderfully serene feeling. I appreciated all the natural beauty of a world I'd not had time to notice in many years.

I listened to all the tapes on Natural Hygiene in the library, read several books, and attended all the lectures. The atmosphere was so peaceful and conducive to contemplation and relaxation. I began to perceive that I had stumbled onto something more than just a method of losing weight. I COULD be happy and healthy, IF I wanted to.

During my 21-day fast my hemorrhoids cleared up. I lost 38 pounds and felt tremendous increase in my energy level and feeling of well-being. My voice had become so low and hoarse after years of smoking that I had been mistaken for a man on several occasions on the phone. After my fast it changed back to the timbre it had 30 years before. I felt no ulcer pains, no headaches, no backaches. I had no angina pains or high blood pressure. My (previously) alarming high pulse rate reduced to 72.

For ten days after my fast I feasted on the delicious raw food meals that are so lovingly prepared by the Sanctuary staff. I paid close attention to their guidelines for Hygienic meals, for I wanted to stay with the proper diet when I had to go "back out into the world."

When I returned home, my husband was amazed and very pleased. The first thing he said was: "I can't call YOU 'Big Louie' anymore!" He says I no longer snore, for the first time in 20 years. We take long walks together and HE'S the one who tires out first now! It's a relief to him and my family to not have to live in dread of me dropping dead at any moment. We fixed up a gym in our garage and I work out regularly. Sometimes my husband even joins me!

I found an excellent job closer to home. Though I still work hard, I don't ever have to put in 16 hours a day. I come home and fix dinner often and have the time and energy to socialize with my family instead of heading straight for the bed and dropping into a practically comatose stupor.

My attitude is so different! I realize that I'm not immortal and will never be a sixteen-year-old again, but I DO know the way and have the means to be the healthiest person it is possible for me to be. I have to be responsible for my own health and well-being, and I know I can trust myself.

I have a small garden in our back yard and I'm beginning to enjoy my first home-grown organic vegetables. It's so nice to work with the plants out in the sunshine and so wonderful to be able to walk up and down stairs without wheezing. And what a joy to play with my grandchildren for more than a few minutes without getting tired!

At the business lunches, cocktail parties, and dinners I attend, people are surprisingly supportive of my new lifestyle. Rather than being ostracized, I'm

sought after and asked how I made such a remarkable change. I've given out a lot of information on Natural Hygiene to very interested people who previously thought fasting and a vegetarian diet were only for "nuts." It seems to even be chic these days to be into health. It's a nice feeling to have people look up to me for the stand I've taken.

The idea that there is any magic pill or treatment that can "fix" us is beginning to be accepted for what it is: a fantasy. It's up to each one of us to be our own "nutritionist" and doctor. Destructive lifestyles are now considered self-inflicted wounds by insurance

companies, and people are beginning to get the message.

If my story sounds like a testimonial for Natural Hygiene, I've accomplished what I set out to do in this writing. I know, however, that I could never express, even in a thousand pages, the feelings of peace, joy, and hope I have been blessed with since adopting this way of life. I hope anyone who can relate to my story will give Natural Hygiene a try. You won't be sorry, and it's *not* too late. It sure wasn't too late for this grandma. It's never too late for anyone to become the best person they can be, with the best health it is possible for them to have. □

HOW I WON MY FIGHT FOR LIFE

by Vernon Lee Jenkins

For more than twenty years I was afflicted with diabetes. At the age of 55 distressing symptoms appeared. I could hardly breathe or work a full day on my job. My eyes blurred. I was in constant pain. I went to doctors for help, but they told me there is no known cure for diabetes. They tried to relieve my pain by prescribing various drugs which helped little. There were days when I didn't suffer so much, but pain *never* left my body.

I had laser surgery on both my eyes. I could hardly see. It was like walking in a dense fog. Then pains started in my right foot and, in a matter of days, in the joints of my knees, elbows, wrists and fingers. I developed inflammatory arthritis, diabetes and chest pains that often left me feeling that this was the end for me. The pains were unbearable.

As time passed more symptoms occurred. Dizziness set in and my heart would beat so fast it would take my breath away. I was fighting for my life.

Then a wonderful thing happened. I heard about raw fruits and vegetables and their juices. I had tried so many doctors over the years that I was a bit skeptical that such simple measures could work. I saw no harm, however, in grasping at this "last straw" so I decided to give raw fruits, vegetables and juices a try.

When I began to take fruit and vegetable juices, as advised by a friend, I also gave up cooked foods. I ate no meat. I drank no water. I also gave up sugar, salt, flour, and all condiments.

This change in my dietary habits and my periods of fasting brought on unusual reactions. My body began a massive cleansing process. I suffered from gas, diarrhea and other unpleasant symptoms. In spite of all this, however, I continued with the Hygienic diet and soon began to feel better.

I started to lose weight. I am 5'3" tall and weighed as much as 201 pounds. My waist size was 38 inches. Now I weigh from 118 to 120 and feel like a new

person. I lost over 80 pounds at the end of eight months. All the pain had left my body.

I went from using 55 units of NPH 100 insulin daily to 5 units. The crippling pain and swelling that accompany arthritis disappeared. My chest pains were also gone. My blood pressure dropped from 200/97 to 120/80.

For the first time in over 20 years I am free from suffering. I discovered the wonderful fact that only the Hygienic diet and fasting enable the body to regenerate as it should. I drink only distilled water on the rare occasion I experience thirst. Fresh fruits,



vegetables and salads supply all my water needs.

I have learned to make proper food combinations. I do not eat starch foods and acid foods at the same meal. I also do not eat starches and proteins together.

The first step to regaining health is fasting. You must give your body a complete physiological rest, so your vital energy can get to work and do some internal housecleaning. When I fast for three days I take nothing but pure distilled water. Doing this I am on nature's operating schedule. I allow all my vital energy to eject the toxic poisons. Fasting should be observed when we feel bad. Nothing a person can do to bring the body back to par is equal to fasting.

Your daily intake of food should be composed of fresh raw fruits and vegetables. These are the natural foods of man. They form no toxic poisons—they are exactly as nature made them for us.

I have studied natural living for over twenty years, but it was the truth of Life Science that turned on the lights of my new life. I not only have higher health

and a more pleasant life, but such problems as boils on my back are gone. Skin disorders on my legs are gone. My diabetes is vanished.

Time is our greatest wealth. Every second, every hour, every day, every year we can add to our life and health by living the Hygienic way is worth it.

I know I was deathly sick until I discovered the Hygienic/Life Science way of life. I had given up, yet I did not want to die. I learned the choice could still be mine and I had to become health conscious. I started learning how to build *real* health the Life Science way. That is the reason I am on top of the earth and not under it now.

There are no supernatural powers to prevent or cure disease—that power is in our body. In Life Science we have the method; it is up to us to apply its teachings. I found a treasure in my new way of life—the treasure of healthful living. I hope you do not have to suffer as I did to know how great a treasure wonderful health is. □

NOW I CAN BREATHE!

by Brenda Turcotte

A small town in New Hampshire was where I grew up. We always had dogs and cats at home. There were horses down the street. When I was about 12 years old I developed allergies. My eyes got red. My nose ran, and I coughed and sneezed a lot. Scratch tests showed I was allergic to cats, dogs, sheep, dust and especially horses. I was given no medicines for my symptoms, just told to stay away from these things, which I did as much as possible, including hayrides and other fun things. In high school I tried playing basketball. I wheezed and coughed so much during practices that I only got to play in regular games for only very short periods of time. At home my brothers and sisters always were upset with me because we could have no pets.

By my early 20's, my condition had become very bad. I often had difficulty breathing and I lost my sense of smell for two years. Once during that time it came back for one hour. I was showering and realized I could smell the soap. I ate an apple during that hour. It was great, but then my smell shut down again. One doctor gave me a nasal spray, Decadron Turbinaire. It didn't help much, only cut up the inside of my nose. Another physician told me I had "a touch of asthma," but did nothing to help



me or hurt me. The story from here on out becomes an almost endless tale, ridiculous beyond belief! Dull reading for you; a nightmare for me, one that was to last for the next decade!

At 25, I was sent to the eye, ear, nose and throat clinic of Massachusetts General Hospital to be told I had nasal polyps which would have to be surgically removed. I was told there was a 50/50 chance they would grow back. They did, but that puts me ahead of my story. After the operation I could breathe a little more easily but still had no sense of smell. My case was transferred to the allergy clinic of the same hospital and I was

introduced to what I thought (at that time) to be a miracle drug—prednisone. In two days I could breathe and even smell! I felt great! Then, from various doctors and others I began getting warnings about the possible side effects. However, I kept taking it for over a year.

My husband and I moved to Arizona to try out the "change of climate" approach. I was not on medication at this time. Perhaps some get better in Arizona but I got worse. Walking a few feet would exhaust me and the wheezing and coughing would begin. A physician there gave me antihistamines which didn't help. We soured on Arizona and moved

to San Diego where I tried acupuncture—another failure.

South of the Border

We heard about a doctor in Mexicali. Supposedly he had great success dealing with allergy victims. At least we'd get to see a bit of Mexico. He gave me some medication but wouldn't reveal its name. The medicine looked like prednisone and worked like prednisone. I cleared up in less than a week, breathing and smelling again. It was prednisone. We made the trip every three months for a year. The drive was long and I was getting leary about the medicine. We stopped.

At the beginning of 1976, I was in bad shape with shallow breathing and lots of wheezing. The right side of my face became numb one day. I checked in at the Alhambra Medical Clinic and learned the polyps were back in force. My sinuses and lungs were well x-rayed. There was considerable congestion. Surgery was done in May. The polyps were removed and a couple of extra holes were made in certain sinus areas. They called the procedures a *bilateral nasal polypectomy* and an *ethmoidectomy antrotomy*. For two weeks afterwards I felt good and could smell at times. Then my breathing became shallow even though my nose was clear. I still wheezed all the time and was exhausted most of the time. I developed an awful cough day and night. The doctor was at a loss as to what to do and gave me cough syrup and pills.

Two side excursions from conventional medicine came next including a trip to a homeopath, who, I thought at the time, was trying to kill me. I never got so sick as when taking his medicines. And, I made one visit to an oriental chiropractor and herbalist. He gave me an adjustment and some foul smelling herbs. I never used the herbs and I never went back.

Whit Memorial Medical Center was my next stop. I was hospitalized for bronchitis, bronchial asthma and pneumonia, for a week of I.V. fluids, IPPB treatments, percussion and various medications. I cleared up and left for several months.

Late in 1976, I began with a new allergist. Good old scratch tests were the first order of business, and what they revealed! Animals and dust were the culprits. Desensitizing shots were to be the answer, once weekly into spring of 1977. However, instead of getting better I was getting worse. This particular doctor paid me little attention. He was deep into the politics of medical freedom, which, though noble, wasn't helping me.

So, back to the doctor who had given me the most relief for the longest period with I.V. fluids, IPPB treatments and percussion. He wanted me back in the hospital but couldn't enter me because he hadn't paid his charges at the hospital! He got me on as an outpatient, however, and I would go in about five times weekly for IPPB's. This was real relief but lasted just a few hours each time.

Next, another allergist, another series of tests

(showing the same things), another series of shots plus prednisone, tetracycline and theophylline. In October I stopped them all and sought out another clinic where I was given an inhalant spray that helped immensely. I became dependent upon it and had to keep increasing the dosage to get the same effect. My nasal polyps had returned.

Balloon Blowing and Vitamins

Next came a chiropractor and adjustments three times weekly plus inserting a balloon in various nasal passages and inflating the balloon. It was painful but I kept it up until polyps interfered too much. One side of my breathing apparatus did seem to break open and life was better. Also this man had me on vitamins and other supplements—lots of them! (It might be mentioned that during the whole of my illness I had tried a lot of herbs and vitamin treatments on my own and read tons of health books on asthma and self treatments. None worked and I would return to conventional medical treatment simply to survive.)

After this brief respite I found myself falling apart again and returned for the third operation to remove the ever-returning polyps. Then in May 1980 I heard of another nutritionist, a nice person. I was put on a diet made up almost entirely of cooked carrots and potatoes. After a while I was supposed to switch to another diet. Only, I never got past the carrot and potato part. I really got sick of them!

By August of 1980, I was back to hospital emergency room treatment every other night just to keep alive. I was a drag and it was frustrating to say the least. All those years and after so much pain, tears, abuse, miles of travel, shattered hopes and thousands of personal and insurance dollars spent, where was I? Not even back at Square One, I was worse off than ever with no hope in sight!

Help At Last!

Then, through an ad in the old *Health Crusader*, we learned of the California Health Sanctuary in Hollister, California. My husband made a phone call and a reservation. He and my sister drove me there. I was hardly able to make it into the office. I was near exhaustion and collapse. I was put in a clean bed in an attractive room. I was given loving attention and a pitcher of water but no food, teas, juices or supplements of any kind. I was fasting under experienced, careful supervision.

Jumping ahead, I'll tell you that my nightmare was over, ENDED. All those years spent and in the short period of two months I was going to be really well! I didn't know at the beginning how long it was going to take. It turned out to be two months.

The fasting was not especially pleasant. But what made it all quite bearable was that I could breathe! After the first week I was able to breathe more freely than I had been able to breathe in years. And without

medication or treatment of any kind. It seemed like a miracle. To me it was.

I ended up fasting 31 days, distilled water only. I was one of the fortunate fasters in that I was able to sleep a lot during my fast. I was one of the unfortunate ones in that I vomited a lot during my fast. I passed out from time to time when I would sit up or stand up or walk too quickly. But I could breathe!

After the fasting was over I was brought back on to raw foods very carefully and slowly—fruits, nuts, seeds, vegetables. As energy and strength returned I was given exercises. I was even taught how to skip again like a child. I had forgotten how to skip. I had forgotten a lot of things that go along with feeling healthy and vital! In time I could walk forever, run and ride bicycles. I was taught to use weights. That was a lot of fun. A great side benefit of the whole thing was that I dropped a lot of pounds and could fit into clothes again that I really liked.

In time, and sadly, I went home. I really loved life at the Sanctuary. Also, I was afraid I would fall back into old eating and living practices that were against

my newfound health. I did. Not altogether, but to some extent. Then I had the real proof of what had caused my problems over the years. When I would live the life of a Natural Hygienist I would feel great. When I would return to the conventional life and conventional foods I would begin to show old signs and symptoms. I saw quite clearly that it was my choice—to be well or to be sick. There was no one else to blame but Brenda. There was no way to have health except through Natural Hygiene. And I knew that I couldn't handle it without help from others, without support. Also, I knew I wanted to be around other Natural Hygienists. I had more in common with them than with other people. So, I made a decision that really has changed my whole life for the better. I returned to the Sanctuary to live and be part of *the Community of the Religious School of Natural Hygiene*. Where my life is going I do not know. But where it is right now pleases me very much. I'm happy, healthy, have friends and feel good about myself and what I can do. And most of all, I CAN BREATHE. Not only that, I can hold cats! □

SICK SO YOUNG, BUT WELL AT LAST!

THE JULIET GROLL STORY

by Paulette Groll

Juliet was born December 7, 1979. She came into this world drug free (but within her first year of life this would drastically change), a beautiful, 7 lbs. 1 oz., full-term baby girl. We were thrilled! After nine years of marriage we finally had our baby girl.

Three days after her birth we were told we would have to leave Juliet in the hospital nursery because of a high bilirubin count. Reluctantly, but obediently, we agreed. Mother and daughter were separated long enough so that it took days to reestablish breast feeding.

After this episode I believed we were off to a great healthy beginning. This was until Juliet's "well baby" checkups came along. Each one was more disturbing than before. "Her weight is still down." "She's so far off the (weight) graph she isn't even in the running." For months her legs did not rotate properly in the hip sockets. (This later corrected itself.) Her skin was pale and looked transparent. She was losing some gross motor movement. At six months the test for cystic fibrosis was just around the corner. Fortunately, this never happened. Our temporary "solution" to our daughter's weight problem was the magical "formula." Yes, her weight increased, but at the same time, another more serious problem was on the horizon.

Juliet had an ear infection. The usual treatment was given—antibiotics. We thought nothing of it at

the time. But what was to follow brought much thought and change into our lives.

From this first ear infection our journey down the long road of one ear infection after another began. Constant probing, ear "floodings," lab tests, hearing tests, along with ear drops and more antibiotics. A few months later came the ear "specialist" with more "specialized" equipment which terrorized our little girl. On one visit it took her mother, two nurses and the doctor to hold a baby still so the doctor could get a better look. As Juliet worsened, the medical visits out of town increased. A week without antibiotics and she had a roaring infection. Constant pain, illness and exhausting examinations filled Juliet's little life. For months we dumped antibiotic after antibiotic into her precious body. We ran the antibiotic gamut, then repeated them over and over.

At this point I was just learning about Natural Hygiene. Having followed the diet, along with weekly 24-hour fasts for eight months, we were considering (very cautiously) Natural Hygiene for Juliet. A Christian counselor friend had introduced me to Natural Hygiene. After years of therapy for depression, counseling, along with the principles of Hygienic living, brought me tremendous freedom and health. So, when he suggested trying mashed banana instead of formula, we decided to give it a try. Thus was the beginning of Juliet's introduction to the

world of Natural Hygiene.

Now we found ourselves torn between the world of medicine and Natural Hygiene. A natural diet of raw fruits and vegetables, with nut butters was being topped off with antibiotics for dessert! We were told this long road of ear infections hopefully would come to an end—after surgery. Self-dissolving plastic tubes were to be placed through both ear drums. I asked to read the medical textbooks about this procedure but was put off. By this time Juliet's ears were bad and her hearing was minimal. We had no encouragement to resist. So, out of ignorance and desperation we allowed our 13-month-old to be hospitalized in January of 1981, and surgery was performed.

The surgeon told me, "We really like to feel justified in doing surgery on such a small child. In her case it was justified. The liquid behind her ear drums was like glue. If this doesn't work, there's nothing more we can do."

We really were hopeful. We wanted an end to all this misery for our daughter. And we thought that end had come until another ear infection came along. Then another. We were on the same journey down the same long road again! Juliet was given "antibiotic row" until she developed a reaction to a common drug. Her body was covered in red blotches from her toes up to her chin. She was given adrenalin. When still another antibiotic was prescribed, I declined. My only thought, "There just has to be another way."

Out With the Old, In With the New

My Christian counselor friend had recently told me about a place in Hollister, CA., the California Health Sanctuary. He was going there to fast under the supervision of a Hygienic practitioner. I had been interested in going for myself. By now, my thoughts were in Juliet's immediate need. Could a one-year-old be fasted? We had many questions and concerns. With a feeling of nowhere else to turn, my husband and I made an appointment with the Hygienic practitioner at the California Health Sanctuary. Everything he said about the body's being able to heal itself, and that fasting provided the best environment, made perfect sense. He explained that healing is a normal body process which goes on all the time in relation to the amount of energy available. During a fast the body can save all the energy usually used in eating and other activities and use it to cleanse, repair and restore itself. Juliet's body needed repair and restoration for sure. So, a week later, April 27, 1981, we arrived at the California Health Sanctuary to embark on a totally new experience.

I knew this would be a unique experience and began keeping a journal the first day. Mother and daughter would stay at the Sanctuary while father and son returned home. We did not know how long this separation would be.

Juliet walked and played outside all afternoon. The

Sanctuary is beautiful and perfect for a toddler to explore. We began getting to know the staff and other fasters. All around us was a spirit of love and sensitive caring. Juliet was given a bottle of distilled water. She always had her bottle close by whether for thirst or comfort. She quickly entered her fasting experience by vomiting a little on the second day. Her breath smelled of anesthesia, so did her body and diapers. As the fast progressed, her nose and ears drained and she had upper respiratory congestion. All this was her body's way of eliminating the poisons within.

While fasting, Juliet enjoyed being outside in her crib or going for long walks in her stroller. She would look up and give me her special smile as if to say, "I understand I'm getting well." It was a special time for both of us. We were totally together. I held her much and slept with her cuddled in my arms.

On day eleven of her fast I knew Juliet was on the road to recovery. Her symptoms were slowly lessening. Still, I was anxious. How much longer would she fast?

The most difficult part of Juliet's fast was not the fast itself, but others' reactions to us, as parents, fasting our child. Some of our dear friends (who knew and us and trusted us) thought we had lost our minds. Many could not understand our new approach to health, and a few would not even respect our right to choose what we thought best for Juliet. But none had walked in our shoes. None of these people had been forced to seek a health alternative as we had been. How could they understand?

Yes, there were days I was tired and ready to go home, but the strength always came. God used all those at the Sanctuary in a beautiful way to give Juliet and me all that we needed to go on and see that her body was restored to health. My husband's support was invaluable. He didn't have the benefit of seeing firsthand Juliet's body healing itself. He had to rely on my secondhand information. Also, he did not have the fellowship of the Sanctuary people, those who already knew the healing that was and would continue to be taking place in our daughter. We were trusting the principles of Natural Hygiene through faith, not experience.

A Good Sign Appears!

Day twelve the drainage from Juliet's ears became "Runny." This was a good sign! When it became like water and then stopped altogether the fast would be nearing a close. Day thirteen Juliet's ears drained liquid but she was congested. This would have to clear before she was ready to break her fast. Day fifteen the director gave his first and only prediction as to approximately when Juliet would be ready to break her fast—two or three more days! I was excited until the next day when Juliet showed a lot of mucus, ear drainage, and congestion. As the fast came to a close (day eighteen) her breath was sweet, her body and

diapers had no odor, her chest was clear with no drainage from her nose or ears. Her ears were healthy for the first time in nearly a year! Her eyes were bright; her face, alert. Day nineteen came and Juliet was ready to break her fast. She really ENJOYED her first fluid ounces of diluted, fresh-squeezed orange juice. It was a JOY for me to give it to her.

We stayed on at the Sanctuary while Juliet was gradually placed on a diet of raw fruits, vegetables,

and nut butters in proper combinations and in modest amounts. Now, seventeen months old, she was also given bottles with freshly prepared juices (apple, green leafy vegetables and orange).

It was time to bring our daughter home. This was just the beginning of health for Juliet. She is twenty-six months now and doing fine.

Try Natural Hygiene for yourself and your children. It's a great way to live! □

TEENAGER TAKES HEALTH INTO HER OWN HANDS

I have a daughter of 16 years that has been menstruating for 2 years or more. Formerly up to two months ago she ate all kinds of junk food plus lots of refined sugar. She was irritable and cross with my wife and sick half the time. She missed days of school and made barely average grades. Her menstruation was very painful and emissions colored bloody. Two months ago she began reading my lessons from College of Life Science, and all by herself started on a raw food regimen of fruits, vegetables, nuts and seeds. What has happened to her is hard to believe in such a short time.

She is now much more alive and very alert. She made honor roll with just a few students attaining the same out of a school of about 700. She has taken on a new interest in life, and it really bothers her to see others living against their biological adaptations. This is a miracle to many but we of Life Science know it is natural.

The only thing my daughter is concerned about now is the fact she did not have her period as she always did before. I tried to reassure her by explaining that in a natural diet such as Life Science advocates it is not necessary to have painful and colored emissions. She has great faith in my instructions for her well-being, however, in view of her dogged devotion to Life Science teachings it would become one of the highlights in her young life to be reassured by one of my instructors.

James Nixon
St. Francisville, IL

RESPONSE: Your experience with your daughter is most unusual in that she undertook the application of Natural Hygiene on her own. The results, however, are standard. Nearly everyone who employs Hygienic measures realizes dramatic improvements.

Your daughter may not have periods for the rest of her life. On the other hand she may have them in a year or two or may have "spotting" sometimes.

I'd like to impress upon you this thought: pain and bloodletting are not normal and natural. All creatures developed in harmony with their environment for happiness, not for suffering. Nature has no scheme of

suffering. Only a transgression of the principles under which we developed and live bring suffering. Observance in practice of our biological mandate brings only bounding health, exuberant well-being and happiness.

When the body's conditions are bettered, the body initiates improvements to the extent of the betterment.

In your daughter's case be assured that the absence of bloody sloughing off of the endometrium represents a vast improvement in her condition. Menstruation and ovulation should not be confused. Bloody menstruation results from a highly toxic condition which causes the rupturing of the capillaries anterior to the endometrium. The body monthly makes a mighty effort at purification preparatory to receiving a new ovum. The environment is made as pure as possible for a potential fetus. Thus new epithelial tissue is created monthly in the uterus.

Menstruation and ovulation should not be confused. Bloody expulsion of the endometrium is abnormal and bespeaks a highly toxic body condition—in short, it evidences internal pathology. Ovulation is the release of an egg on a monthly basis, a natural function that is part of the reproductive pattern.

Because menstruation (bloodletting) is absent does not mean that ovulation ceases to occur. Most women whose healthful practices are at or near ideal cease to lose blood but continue to bear children. The norm for humans is evidenced by animals in nature. They do not menstruate. Capture them and feed them the "foods of civilization" and menstruation occurs as in domesticated cats and dogs.

Some young women who embrace the practices of healthful living so totally experience a suspension of the ovulatory cycles, sometimes for up to two years. The body goes through a catalytic phase upon experiencing improved conditions. This may involve complete suspension of ovulation until a radiacally improved uterine environment is created.

Your daughter's experience is not unique. Assure her that she has much to be happy about, not to be worried about. □



FUNNY FYSIOLOGY

When one tries to improve his health and starts reading these so-called health experts, he becomes very confused because one contradicts the other. Then it's up to the individual to try to pick the proper health teacher. That's why I am writing to you. Your philosophy makes more sense to me than all the others. But there is one question that is puzzling me!

About six months ago I went to an ophthalmologist to have my eyes checked. They had been bothering me for some time. He said that I had a cataract in the left eye but it wasn't ripe enough to operate on. He asked me to come back again later on and he would check it again.

In the meantime one of my friends recommended Dr. Christopher's Eyebright Herbal Formula. I went out and bought some and used it for a couple of months. Then I recently went back for another checkup and the doctor was very surprised to see such remarkable improvement—he said there was no more cataract. Now being that you don't think very much as far as herbs are concerned, how do you account for this remarkable turnaround? Could it be a coincidence? I will be patiently waiting for your answer.

Jack. J. Rosen
Cherry Hill, NJ

RESPONSE: I agree that so-called health experts differ in outlook and opinions among themselves. But, as you know, the truth is always the same—it never diverges or changes. It never contradicts itself. You as a consumer must select what you will consume and you'll thrive or suffer according to your choice.

I'm flattered that you regard our outlook more sensible than the others. We'd like to think that Life Science is entirely true as it is. If what we teach fails of truth it is not Life Science. All that is relative to human well-being which is true is Life Science and I hope I can give you some glimpse of its rationale in the matter that puzzles you.

The clouding of the lens of the eye in cataracts may be caused in two ways: (1) direct injury from without and (2) injury from pathogenic matters within or toxemia. The great preponderance of cataracts occur due to toxic matters fouling the eye and causing pathological changes in the aqueous protoplasm of the lens.

The primary components of the lens are protein and water. Toxic materials collecting in the lens will themselves befoul vision and "floaters" may be noticed. But the constant bath in toxic matters destroys the cells of the lens and the protein

components coagulate and become opaque. The morbid matters collected in the lens and eye parts usually interfere with eye function to the extent that cell function and division is inhibited or destroyed.

Correction of the condition may be accomplished in two ways: (1) by discontinuing the pathological practices that caused the condition in the first place and (2) by surgical removal of the lens and the use of a manufactured lens. Let's explore the first and preferred course.

Sufferers of cataract can usually overcome the toxic condition of their bodies, including the eyes, by fasting. Cataracts may be corrected strictly by physiological processes. During a fast the body removes toxic materials from all areas not walled off beyond the power of body enzymes (lysosomes) to autolyze. Removal of opaque matters from the lens and restoration may occur in a few days to a few weeks. Improvement always results from fasting. All body faculties are immensely benefitted.

Much slower but also productive of positive results is a change in lifestyles which discontinues much if not all the pathogenic practices that caused toxemia and which institutes a regime of healthful living. When body conditions are improved it will begin a general housecleaning, either slowly or very pronounced, in accord with vitality. A fast is the fastest way to restore health. A change from a pathogenic lifestyle to a healthful one will enable the body to effect a change. It will be much slower than fasting—usually several times longer in producing results. What a fast accomplishes in days takes a non-faster, as a rule, as many weeks no matter how ideal the health regime adopted.

Among the changes that will reverse pathological conditions such as asthma, cataract, sinusitis, etc. are the following:

- a. fasting
- b. adopting a biologically-correct diet of mostly fruits with some vegetables, nuts and seeds—all eaten raw or uncooked.
- c. undertaking a program of vigorous exercise
- d. adequate sleep and rest
- e. getting adequate sunshine and natural light
- f. emotional tranquility or freeing oneself of stresses
- g. correct observance of the other life essentials as outlined in our book, *Program For Perfect Health*

Could not your discovery and adoption of a much improved health regime several months ago had anything to do with the reversal of your eye condition?

Isn't it just possible that your lifestyle improvements contributed substantially or wholly to the correction of the pathological effects in the eye?

In any event, let's explore what can happen when toxic materials are imposed upon the body. Most so-called herbs have toxic factors that make them a bane to the body. They can be the basis for somatic diseases, if not death, in themselves. The toxicity or poisonous nature of all herbs used as "medicines" is well-established. Originally all drugs were derived from what we now call herbs. In bygone days they were called "magic weeds" or *pharmakon*.

When a drug is administered to the body, either internally or externally, the body reacts intensely if not violently to expel the offending and obnoxious substance.

Body defensive mechanisms are manifold but some of the primary ones are vomiting, diarrhea, diuresis, diaphoresis, buffering (forming swellings or edemas to buffer against toxic materials), mucus secretion (either watery or sticky to envelop and expel offending materials) and yet a multitude of others.

Let us say you have a leg ulcer of long standing. An herbologist may suggest a poultice over the affected area. A Hygienist will suggest fasting and a change in lifestyle. Both courses of action usually cause the leg ulcer to heal! How is this?

First, it must be understood that most ulcers are caused by the body as a point for eliminating toxic substances. Witness mouth sores as an example. If the mouth is not injured and the lesion not utilized as an outlet for extraordinary morbid materials, then the body causes the ulcer (canker sore) itself. When the ulcer has served its purposes either days or weeks down the road, it is then healed by the body.

A leg ulcer will heal when the causes of body toxicity are discontinued and the need for an extraordinary outlet ceases. A fast will enable the body to speedily eject its toxic load and heal cells and tissues. Improvements in the life regime sets off the same process but usually require much longer. There is yet another process by which the body may heal leg ulcers and other conditions begotten of toxemia.

Let us say that a poultice of comfrey, aloe, mustard oil or other drug is placed over the ulcer. The body then begins to absorb the toxic material and undertakes violent resistive and expulsive actions. The leg ulcer may have persisted and been formed because the body used it as an outlet through which to eject its extraordinary load of toxic materials. The ulcer will heal spontaneously, as do canker sores of the mouth when its purposes have been served. Should the need arise another leg ulcer may be experienced. Thus when toxic materials are juxtaposed on the outlet the ulcer becomes a source of ingress for poisons. To protect itself, the body speedily seals and heals the ulcer to protect against the toxic aloin (as in comfrey), mustard oil or other drug. The toxic matters that were eliminated through the ulcer are now either dammed up in the system or must be expelled through yet another channel. A fast

enables the body to correct the condition altogether whereas an herbal or drug poultice precipitate body healing as an act of self-defense. The latter course only causes a change in the site of the fire and leaves "volatile" materials to ignite a new "conflagration" somewhere else in the body.

The formula which you used on your eyes is heavy on cayenne pepper. Cayenne pepper contains capsaicin, a poisonous alkaloid. In medicine it is known as an irritant (the body objects to it violently) and a carminative (wherein the body cleanses and revitalizes an area to better equip it for defense). Dr. Christopher's concoction contains more toxic materials than cayenne pepper, however.

When this herbal concoction is administered to the eye, leg ulcers, or whatever, the material remains as inert as it was in its container. It does nothing. However, the toxic compounds are dissolved by liquids and are absorbed by open sores (ulcers) or irritate surface areas. The body defends itself by expulsive efforts. Sealing off an area by healing and revitalization is a defensive measure.

It must be understood that the presence of the obnoxious substances of herbal poultices or application occasion body defensive actions. The poisons themselves do not act. They have no power or intelligence for acting. Devitalizing chemical unions are their only capability.

Your affected left eye was healed by body actions. The results you experienced may have been occasioned by body improvement due to your improved lifestyle, or body defensive mechanisms activated by the irritants applied to it or *it may have been due to both courses*.

In any event, I hope this has given you a glimpse at the physiological basis for body improvement. □



YES, INDEED, LIFE SCIENCE REALLY WORKS!

Let me take this opportunity to commend you on your work. Your writings have been a great influence in my life. Over the years I have been influenced by the work of various so-called authorities, but never has anyone made such an impact on my thinking and my life as you have.

My mother suffered for 20 years with chronic bronchitis. She is now 80 years old and was rapidly becoming so incapacitated she would have to stop and gasp for breath after walking a short distance. She loved milk, cheese, bread, etc. I took her off all dairy products; taught her how to grow sprouts and put her on a 90% raw food regime. Within six months she underwent an amazing transition. She formerly could be heard coughing and struggling to expectorate as I approached her house. No more! She never

coughs or expectorates anymore. She works out in the garden with a hoe and even a shovel. She can walk many blocks right along with me. She used to buy Preparation H every time I took her to the store. She does not use that anymore. Neither does she stew prunes for constipation.

She is not yet 100% well. Her hypertension is much less but not licked. I am confident it is only a matter of time before she is rejuvenated and normal. She continues to improve.

I can't praise your work enough. I believe you and all those converted to Natural Hygiene are the true apostles of the future.

**Dr. Harold Elder, D.C.
Miami, FL**

A REMARKABLE CLAIM

I received some information from you, claiming cures in a 100% effective health system for all ills.

This is a remarkable claim and yet I see no mention of one of the leading causes of death in the U.S.A.—heart failure, caused mostly by arteriosclerosis.

If you have a cure for this dreaded condition that is new and has been uncovered by Life Science as claimed, then I am interested.

I am sure the large cancer organizations will be glad to hear about it also, as they won't need all the hundreds of millions of dollars they play with any more.

**Stan Inglis
Sherman Oaks, CA**

RESPONSE: I'm happy our offer caught your eye. I'm sorry if you got the impression that all ills can be overcome—they cannot. A 100% effective health system is that way of life that is thoroughly in accord with our biological heritage. Life Science is that. After you've killed someone you can't bring him back to life no matter what you do. After you've lost a leg no system can undo organic derangement or irreparable injury though a condition of vibrant health can otherwise be created.

There are two types of illness, constructive and destructive. Constructive illnesses are body instituted crises of cleansing/healing. Destructive illness is organic derangement that occurs due to deterioration of organs, tissue, bones, etc. Cavities of the teeth would be an example of biologically irreparable damage to adult teeth.

Heart disease is, indeed, the number one cause of death. Fortunately it is mostly reparable biologically. Fasting, correct diet, exercise, fresh air, sunshine and adequate sleep are among the essentials that will return ailing hearts and plaque-filled arteries to near pristine condition except for cases where too

much scarring has occurred. Even far-gone cases will be improved by the regime. Of course this presumes the discontinuance of all practices that caused the conditions (such as pathological diet).

As for the last part of your letter, I seriously doubt if the large "cancer fighting" organizations would be remotely interested.

Are you not familiar with the all-out campaigns of the drug industry, medical profession and the government agencies (FDA, CDC, etc.) against the substance laetrile as a cancer cure? To be sure, laetrile cures nothing. It is slightly toxic. But the proponents of this substance give it in conjunction with a diet so improved over conventional feeding that many people overcome what is called cancer. This is possible only because physicians have a penchant for diagnosing cancer. About 95% of their diagnoses are of a tumorous or precancerous stage. Fasting, natural diet and other healthful steps readily enable the body to autolyze the tumors and restore health. It's not laetrile that does the trick; instead it is the discontinuance of cancer's causes and the adoption of a diet and program that enables the body to rebuild health.

Yes, Life Science/Natural Hygiene is a 100% effective health system. Mothers who live by this life regime and rear children by the program have children in perfect health—no usual childhood diseases, not even so much as a cold. And these children live disease-free so long as they live in accord with our natural mandate. □

HOW THE MEDICAL PROFESSION HELPED ME LIVE LONG

I am now 80. Had it not been for my doctors I would not be here today—I wouldn't be writing this letter to you.

At 52, I was a dying man. I was in a hospital and getting worse. Three medical experts came to me and told me they could no longer help me and sent me home. Looking back I'm happy they gave up on me for I'm sure I'd be dead now if they hadn't sent me home.

When I got home I started searching for answers on my own. God helped me find Natural Hygiene. I started following it immediately and I improved so much that no one could believe it. I still wear glasses sometimes but I haven't found it necessary to get stronger lens for the last twenty years. I use them only for reading.

Please don't go away, Mr. Fry. I admire all you're doing. You have great courage in teaching us the truth that has been kept from us.

**Louis Neuburger
Goodson, MO**

A DREADFUL SUPERSTITION GRIPS AMERICA

by B. Lytton-Bernard, D.Sc., D.O.

A terrible superstition holds America in its grips. It holds millions in its destructive thrall. Ministers of religion, lawyers, architects, men renowned as brilliant scientists, physicians, (particularly physicians), university professors, middle class people, working people, people of all nationalities, are its victims.

Many of these boast of not being victims of superstition, and it never occurs to them how deeply they are enmeshed in the most devastating superstition of all.

Americans Are Victims of the Medical Superstition

This superstition is that health may be obtained and maintained and diseases "cured" by drugs, medicines and remedies. They have not taken the pains to investigate, in an unprejudiced manner, this absurd and dreadful belief.

This Is a Tremendously Costly Superstition

The consequence is that we have thousands of diseases, thousands of physicians, thousands of nurses, thousands of drug stores, thousands of specialists, all entailing a tremendous waste. Thousands of millions of dollars are spent engaging these false hopes. Frightful suffering and bereavement are the common lot of mankind, except for the few who have released themselves from this superstition.

To us as Natural Hygienists it seems simply amazing that the simple facts of which we have possession can be ignored so generally, and that people offer themselves as sacrifices to this great superstition.

The Truth is Grand

If a theory of health is propounded with a saturation of this superstition it is heralded as a great triumph of "science." Yet the first principles of science are violated right in the beginning and in the entirety of such a theory. If, however, an article is written which lays down in simple words the rules of health, means by which diseases can be obviated and recovery from disease can take place, very few orthodox journals of high circulation will print it.

So it is left mainly to us in Natural Hygiene to be the voice crying in the wilderness, until finally that cry

will become a shout that will be heard the world over; and not only heard but considered and acted upon.

We may be feeling despondent at times at the paucity of true health information and education that the general public is permitted to have, but eventually the truth must prevail. Right will triumph over might. Common sense and decency will oust this superstition and health will be the common lot of all.

Good Health Practices Simple

To us it is all so amazingly simple. We eat truly good food, we breathe good air, we drink pure water, we exercise, we maintain optimistic and pleasant thoughts, and as a consequence we enjoy good health. But when the victims of this superstition observe the way we live they are apt to refer to us as crazy. When one of their loved ones sees the light and begins to live the healthy way, these superstitious ones are filled with sorrow and they try their best to persuade the healthy against healthful ways.

Medical Superstition Imposes Itself by Force

Worse than this, there are some so steeped in this superstition that they will sue the law of the land to suppress those who would teach the truth and a healthy way of life. They impose their superstitious practices upon children as well as adults and then wonder at the increasing prevalence of disease and even at the appearance of what they consider new diseases.

One has to be constantly vigilant against the practices that are used to enforce the evils of this superstition upon us. Some fight by making a great noise using harsh words in their condemnation of those who spread this superstition, but my view is that the simple educational message of Natural Hygiene will be more successful. It is so easy to understand, it is so logical, it is so easy to demonstrate, it costs so little, that it must inevitably become the factor that will overcome the superstition.

This does not mean that we can just sit back and live Natural Hygiene lives ourselves and hope that mankind will become enlightened. We must utilize every moment we can to spread the message that health is to be obtained and retained by the simple laws which have been laid down by Natural Hygiene: the laws which utilize simple, natural habits of life.

Medical Profession Offers No Real Hope

There are millions who are beginning to rebel against what we might almost call the atrocities suffered as a consequence of this superstition. Many who are ill and are being subjected to the remedies and poisons that are administered to them in the superstitious belief that in that way lies health, know instinctively or intuitively that they are being led astray. In spite of the great show being made to "cure" them of their troubles, while they may get immediate relief, they feel and know that their disease is becoming more and more serious.

These are the ones who can profit by coming into contact with exponents of Natural Hygiene—people who have triumphed over the superstition, who abide by the laws of life, and who as a result enjoy good health. If these people also have the ability to expound the means whereby they accomplish such a desirable condition, the victims of superstition can gain confidence enough to start improving their

condition.

It is Our Duty to Become Apostles of Health

We must all feel ourselves apostles; it is our duty to spread this wonderful, simple knowledge which we possess. We must never be disturbed by being considered cranks or faddists or even crazy. "He who laughs last, laughs longest." And certainly we are the ones to have the longest laugh. Let us not, however, be smug and satisfied that we have this wonderful knowledge of Natural Hygiene. Let us spare no effort to eradicate this superstition from mankind, and to put in its place the good common sense that tells us that conforming to the laws of health and life is a way of ending the miseries, sufferings, bereavements, expense and dread that are the lot of those who embrace the superstition. Long live our health teachings; long live Natural Hygiene!

PATIENT'S DILEMMA: WHO'S TAKING CARE OF THEM?

by Elizabeth McCarter

Current articles and editorials on medical malpractice suits and the physician's dilemma are most interesting, but one aspect of the situation has escaped attention—the patient's dilemma.

Not many doctors are aware that many of their patients, particularly the elderly, live in a state of quiet desperation and fear, afraid of the very persons on whom they must rely for healing.

Older people, for various socio-economic reasons, tend to live in communities with their peers and they are acutely aware of what occurs daily among their neighbors.

Mrs. X has an eye infection. Her trusted doctor informs her she has a severe condition and that he will use a new drug. Two days later her pain is intense, her face swollen.

Now her doctor informs her she is allergic to this new drug and takes her off all medication. The condition heals itself.

However, damage has been done and she will never see quite so well again. Now Mrs. X has a dilemma for sure. She has impaired vision.

Mrs. Y has been seeing her doctor regularly for 25 years having a thorough examination every six months. She has been a good wife, mother, never smoked or drank or indulged in any degenerative practice. "Suddenly" she has a heart attack.

After several weeks she recovers sufficiently to return home from the hospital. Three weeks later, in self-examination, she discovers a lump in her breast, whereupon a massive mastectomy is performed.

Discharged after what is termed "successful" surgery, she has another heart attack, more hospitalization, followed by two years of semi-invalidism with many angina attacks.

Perhaps rightfully, she wonders "why?" Why hasn't she, in all these years, received some counsel from her physician in preventive methods?

Mr. Z goes to the hospital, a victim of drug overdose. He was taking a prescribed heart medication in the prescribed dosage.

He almost joins the "up to 140,000" who die each year in hospitals as a result of drug overdose under the "care" of licensed nurses and physicians, a fact reported by a spokesman for the American Medical Association (AMA) last year before a Senate committee. The committee also heard testimony that 80% of the deaths were preventable.

Even more shocking was the article in the Washington Post on May 24, 1974, which cited evidence indicating that 30 to 40 percent of all hospital patients suffer from adverse drug reactions.

In Los Angeles County a study showed that, of 50,000 prescriptions written, 13 percent were in amounts in excess of the maximum amount needed for ordinary therapy. The computer revealed that one patient had been given 54 prescription drugs in 112 days!

I have before me a copy of the Merck Index of drugs and it is a formidable volume containing more than 10,000 drug formulations to choose from.

The thought occurs to me that no one person could

conceivably know all there is to know about these drugs. Furthermore, as a graduate chemist, I wonder how it would be possible even to predict what certain combinations of drugs would do within the human body.

And yet, I know of a patient who received 26 different drugs in a single day! The potential in this chemical madhouse would confound the most learned bio-chemist to say nothing of the human body thus dosed this way.

The indiscriminate giving of drugs and combinations of drugs by anyone is tragic in the light of the accepted fact that the bio-chemical knowledge at our disposal today is rudimentary. The stupidity, thus, of giving numerous drugs in unproven combinations is enormous.

Is it any wonder so many elderly and less elderly succumb in a hospital? Such a situation poses an interesting problem for the legal mind. Are such deaths murder or manslaughter?

When and at what point does ignorance cease and responsibility begin? Should the physician be required by law to inform his patients that a particular drug has been known to cause death in other patients under similar circumstances?

When one adds to the drugged victims the startling reports published recently in the San Diego Union that as much as 20 percent of the surgery performed in this country is done by incompetent doctors, the tragedy mounts in its implications as does the fear among patients.

Dr. Jean Mayer of Harvard cites figures from the World Health Organization which shows that the U.S. has dropped from 11th place—just 25 years ago—to 37th place in health care standards among the civilized nations in the world. Roger Rappaport in his article, "It's Enough To Make You Sick," states that our vaunted medical know-how has "failed to keep our male life expectancy rate equal to that of nations that have considerably lower per capita incomes."

Other evidence shows we have more heart trouble, more cancer, more diabetes and other so-called degenerative diseases than any other country where statistics are available. Cancer is the number one killer of our children. As a nation we cannot afford this tragedy.

The facts suggest that the medical fraternity may have failed in its sacred trust. It may be that this period in time will become known as the Dark Age of Medicine.



"If we leave nature alone, she recovers gently from disorder into which she has fallen. It is our anxiety, our impatience, which spoils all; and nearly all men die of their remedies, not of their diseases."

Moliere



MEDICAL PRACTICE IS MALPRACTICE

One of the great scourges of today is cancer. The suffering it entails makes it the most feared of pathologies. Its "deadliness" is attested by statistics that show over 1,000 Americans die of it daily.

We know from experiences of those who try to improve the lot of cancer sufferers that the medical profession and its allies fight them with tooth and nail. And no wonder! Each new cancer sufferer is estimated to be worth about \$50,000 to the medical fraternity and to allied trades.

No matter how much money is spent, the end result is almost certain death for the cancer sufferer.

Of course Life Scientists should never have cancer. Life Scientists will not have cancer simply because they will not indulge in the causes of cancer.

But the fact is that over one-fourth of our population will have cancer and nearly all will die of it.

Now comes the question: Is cancer necessarily deadly? New evidence suggests that cancer is not so deadly after all!

Comes forth a medical researcher, Dr. Hardin B. Jones of the University of California Department of Medical Physics, with this startling and revealing finding after two years of study: People who develop cancer and refuse treatment live an average of 12.5 more years. People with cancer who submit to medical treatment live an average of only three more years.

Does this not attest to the deadliness, not of cancer so much as of medical practice? Is not this a damning indictment of medical conduct? Does not this prove the Life Scientist's contention that health would improve if the medical fraternity disappeared from the scene?

Life Scientists have always contended that all treatments are unneeded and harmful. Findings like this are the bases for such statements.

How many remember the physicians' strikes? It is noteworthy that, during those strikes, the undertakers were nearly idle! The death rate dropped over 50%.

Is there anything in the world to suggest more emphatically that medical practitioners are to be avoided rather than patronized?

Other than rare cases where they can mechanically aid the injured, the whole profession is a hazard to health!

If you patronize the medical practitioners you're taking your life into your hands! Literally, they have a license to kill. All the evidence indicates they're many times more deadly than the diseases they treat. □

PHARMACIST SAYS "MEDICINES" ARE POISONS

... a drug is indiscriminate; it is more like a bull in a china shop than an arrow from the bow of Robin Hood.

The above quote illustrates that: *"Drugs affect multiple systems of the body. No drug is specific for a particular target area in the body to the exclusion of any other physiological system."*

The above quotations are representative of the tenor of an article by John Oliver, a pharmacist in La Mesa, California, in the May 1978, issue of *Emergency* magazine. "The Mechanism of Drug Action" is the first part of a series that tells many heretofore unpublicized truths about drugs or "medicines."

By way of introduction of several premises which *"are based on natural, observable and proven fact,"* Mr. Oliver says, *"There are more than 15,000 deaths annually from drug misuse, and an estimated 500,000 nonfatal accidents involving drugs . . . The public seems to regard drugs as they would a piece of hardware: a simple tool to do a simple job. Unfortunately, they are wrong, as the statistics quoted above indicate . . . drugs are taken too much for granted; they are not accorded the skepticism they deserve."*

Following are a series of quotations that embody Mr. Oliver's revelations about drugs used as medicines:

"A drug is any foreign material introduced into the body . . ." As you know, a drug is anything ingested that is not normal to the organism's life-sustaining activities.

"... coffee and tea exert pharmacological effects." That is to say, they give rise to poisonous or drug effects.

"The human body is not designed to take drugs. Whenever a drug is introduced into the body the defensive mechanisms immediately begin to protect the system by neutralizing or eliminating the invader . . . the body does try to protect itself from unwanted intrusion."

What we may consciously want (coffee, cigarettes, salt, etc.) is actually unwanted intrusion, for our minds are perverted such that they have wants contrary to our physiological wants.

"Drugs are poison. Of course they are! Why else would the body neutralize and eliminate them? . . . there is no such thing as an absolutely safe drug . . ."

"A drug will not cause the body to do anything it cannot, of itself, do. It will do one of two things: it will stimulate or depress a physiological function. It cannot create a new function."

Mr. Oliver is astute but he fails to understand that drugs do nothing beyond making life-sapping

chemical unions. The body asserts its vitality in stepping up function (stimulation) to eliminate drugs. The body is injured when function is depressed because vital functions have been interfered with much as if an addling blow had been struck to the head.

"Drugs act according to strict chemical and physical laws, and while the conditions surrounding drug use may vary, the laws do not."

Again, drugs do not act. The organism does the acting, for only the organism has life and the intelligence for purposeful action.

"... a drug circulates in the body, and as it circulates it impacts specific sites." This is to say that drugs affect the whole body but particular parts of the body deal with particular kinds of drugs. Emesis (vomiting), diarrhea (frequent bowel evacuation), diaphoresis (sweating) and diuresis (frequent "forced" urination) are specific body responses for eliminating certain types of poisons. Drugs do not act on the stomach, the kidneys, the skin or the bowels, per se, but, rather, these particular organs act to expel the drugs.

When a pharmacist (a person who deals in magic weeds—the name is derived from the Greek word *pharmakon* which means magic weeds) admits medical wares are all poisonous, isn't it time we sat up and took notice? □

WHAT ACTS UPON WHAT? DRUGS AND THE BODY

by Marti Fry

In our conversations with individuals we often hear people say that drugs "alter the body's functions" or that drugs "act upon the body" in specific ways. One man said that different drugs have specific actions on certain parts or systems of the body.

We explained that drugs have no power to act. They are dead, lifeless substances that are incapable of *doing* anything (other than to make chemical unions). The body does all the doing; the living body acts upon the drug to get rid of it and to try to keep it from doing damage to the body.

In other words, what people call drug actions are really body activities to expel or neutralize the poison. So remember this well: Drugs never act; they are *acted upon*. Drugs possess no power; all healing power is the body's own. Drugs are poisonous substances and can only interfere, never help the body in healing. □



REMEDIES HURT US TWO WAYS

by Marti Fry

A remedy is "a medicine, application, or treatment that relieves or cures a disease" (*Webster's New Collegiate Dictionary*). Herbs fit into the classification of a remedy, as do vitamins and other food supplements and substances used in the attempt to "cure" diseases. While it is true that some remedies can and do relieve symptoms such as pain, discharge, etc., diseases cannot be "cured" by remedies because acute disease is a body-instituted process to rid itself of toxins. (Chronic disease is a result of a usually long-standing accumulation of toxic matters). Does the idea of "curing" a body-created process seem valid?

Suppose we simply want relief from our symptoms, from our suffering, while this purifying process called disease is taking place. What's so bad about controlling the symptoms and easing the suffering? There are two basic reasons why we should not alleviate or suppress the symptoms of diseases. One is because most of the substances used as remedies contain one or more harmful substances which add to the toxic load the body is trying to get rid of. They add to the reasons for the need for the disease. Hence, they often prolong the illness or make another acute disease necessary at a later time.

Even foods cannot be effectively used as remedies because our bodies are only partially capable of digesting and assimilating the values from foods during an illness. Most of the body's energy is being directed toward conducting the eliminative crisis, the disease. Therefore, little energy, (if at all) is available for digestive activities. If you feel better when you eat, it's because you have forced your body to redirect some of its energy away from the reparative process and toward digestion. This is not helpful.

The second reason we shouldn't alleviate or suppress the symptoms of disease is when a remedy is used, the body's energy is redirected toward dealing with the new problem, the remedy, and away from the original problem, the toxins that prompted the body to institute the disease process. If our bodies have accumulated toxins that must be gotten rid of, we often must suffer to some extent while the body purifies itself.

Of course, we can lessen our suffering during an illness by fasting and resting, or at least resting and eating small amounts of juicy fruits. Also, the body will rid itself of much accumulated toxic material during a fast of any length, even if you're not ill. The longer the fast, the more toxins that can be eliminated—up to a point, of course.

In summary, the point being made here is that it is unhealthful to use remedies during illness because they add toxins (the reason for disease) and they sap body vitality so that the body cannot continue, in many instances, to carry on the constructive disease process. □

IS MEDICINE SYNONYMOUS WITH HEALTH?

We are all conditioned to look to "medicine" as the answer to our health problems. While most of our peoples do just this, down deep they very much disrespect medicine.

The dictionary defines medicine as "any substance or substances used in treating disease," "a remedy," "the art or science of treating disease with drugs or curative substances," "the medical profession," and several more entries but with this very revealing definition that characterizes the original meaning: "practices of primitive peoples regarded as having magical powers."

Among those other entries as meanings of the word are those that, in reality, spell out the real attitude toward medicine as being poisonous and unwelcome; "give someone a taste of his own medicine" and "take one's own medicine."

The real attitude is that no one wants to take medicine. It's something that is obnoxious and objectionable.

Actually nothing in this world has the power to restore health but the affected organism itself.

A deadly chemical administered under the guise of "medicine" does not endear itself to humans. It's still the same vile stuff. Remember always that anything that should enter your body will be demanded by the body. And it will be received by the body in pleasure and delight! □



What is fairly called 'modern scientific medicine' contents itself with experimental toying with a never ending succession of drugs and with symptoms, while utterly neglecting the laws of life."

Dr. Herbert M. Shelton

IS THERE SUCH A THING AS IMMUNITY?

Immunity is defined as "exemption from liability," "privileged," "freedom from consequences," "dispensation" and so on in this vein. On the political plane there is *granted immunity* such as diplomatic immunity. At the church level there is *dispensation*. But, in nature, there is no immunity. Every injurious act has injurious consequences.

The idea that we can be made exempt from the consequences of our acts and practices is completely at odds with the facts. All acts have definite effects in accord with fixed physiological/physical principles. We cannot reasonably expect to be immune to bullets or poisons or anything else that is by nature injurious. We can't be given dispensation from junk foods, tobacco, alcohol, condiments, cooked foods, soft drinks and so on. All unwholesome acts beget unhealthful results.

Does the Body Have An Immune System?

If there is no immunity, there is no "immune system." The medical community tries to foist off the idea of "immunity" on the public in place of "body defensive mechanisms." This just will not do! If the body does not conduct a particular type of disease, this does not mean it is "immune." Healthy people suffer no diseases at all. Is "immunity" equable with the word health? Dead bodies conduct no diseases either. Is "immunity" equable with death? The use of the word *immunity* by the medical profession, pharmaceutical companies and their lackeys is employed in order to win our acceptance and patronage of devitalizing and deadly vaccinal practices.

Body defensive faculties do not constitute immunity. That the body defends itself against baneful factors does not mean it is "immune" any more than an army that defends itself against attackers is "immune." The whole concept of physiological immunity is pure myth. We can't be made exempt from consequences of any act or influence. That we can successfully defend does not justify the use of the word *immunity*.

What Are Antibodies?

Antibody is defined by *Dorland's Medical Dictionary* as: "an immunoglobulin molecule that has a specific amino acid sequence by virtue of which it interacts only with the antigen that induced its synthesis in lymphoid tissue." Immunoglobulin means the same as antibody and antigen means the

"invading material" that induced the creation of the antibody. This is strictly a medical viewpoint. It is meant to explain the rationale for vaccinations.

Certain false assumptions and myths are connected with "immunization." One is the assumption that the body creates specific antibodies to specific diseases when "immunized" against those diseases. Even were this so, the additional defensive response would not constitute immunity. But this is not so and does not happen. You might as well say the body creates antibodies against alcohol, its own metabolic wastes, etc. Specific antibodies are a figment of the medical imagination.

Changes that occur in the human body by the administration of any toxic matter are all changes away from the ideal. Any abnormal substance occasions abnormal or anti-vital effects. That the body often fails to conduct a given disease or to repeat it in a lifetime is not proof of "immunity" or of newly developed "antibodies." The body always defends against toxic life-sapping substances with the same defensive faculties that it has developed over eons of time.

The medical claim that the administration of vaccines prevents the disease for which it is administered is not true in practice. Most of those who have been vaccinated for measles, flu, polio, and other diseases suffer a higher rate of these diseases than the unvaccinated. The claim of "immunity" reminds me of the story about a dwarf who was constantly poking upwards at "air bubbles." Upon being asked why, he stated that this kept man-eating lions away. Upon being informed there weren't any man-eating lions around, he rejoined: "You see, it works!"

The only "antibodies" the body has are the defensive mechanisms it has had for untold eons of time.

The Body's Defense System

The primary means of defense against toxic materials are the white blood cells. The liver is a primary organ of detoxification. Certain lymphoid tissues are detoxification faculties, notably the adenoids, tonsils, lymph nodes, appendix, spleen, etc. The kidneys detoxify the blood and pass the toxic materials to the bladder for voiding. The lungs detoxify the blood and pass the toxic materials out aerially.

The body has a whole host of guardian angels. One of its secretions is interferon which we hear so much

about from the medical press of late. The body developed its defensive faculties over great periods of time, not as the medics would have you believe—in response to specific assaults with a vaccine. They misinterpret devitalization, accommodation and failure to defend because of devitalization as “immunity.” *Immunity* means that we do not suffer consequences. *Defense* means that the body mechanisms for warding off baneful factors are adequate to the need. Failure to defend means the body is that much less vital—that much more toxic and that much nearer to death. Defense is vigorous in a child—note the violence and vigor of resistance of a two-year-old to a jigger of alcohol. In an alcoholic there is no vigor or resistive acts—the alcoholic’s body has lost most of its ability to defend.

What Does the Body Defend Against?

Alien to the body’s bloodstream, lymph and cells are any and all substances other than nutrients, body secretions, fluids, cells, etc. Any waste product or unusable substance must be expelled. It is defended against with all the vigor the organism has—very vigorous and violent in the case of a highly-vital child and very weakly in a devitalized older person.

The body may absorb inorganic minerals from hard water or from cooked food. The white blood cell count doubles and triples as a result, an evidence of toxicity in the blood. In crises where much tissue is destroyed, the body will absorb and transport bacteria to the scene to help in decomposition and elimination. At other times, if bacteria gain entrance into the bloodstream, the white blood cells surround or capture the bacteria, decompose it with lysozymes and lysosomes and eject it from the vital domain. Viruses, so-called, are nothing more than the DNA or RNA debris from the breakup of our own spent cells. These, too, are eliminated.

Should the body fail to eliminate its regular wastes and ingested toxins sufficiently, they accumulate. When a point is reached that the body’s vitality is sufficient and the life-sapping effects of the morbid accumulation so great, the body initiates and conducts an eliminative crises which we may call a cold, the flu, the measles, whooping cough and so on. The body starts the crisis by withdrawing its energies from regular pursuits and redirecting them to the emergency it has started. This redirection of energies and faculties persists until the purposes of the crisis have been accomplished. Then the body ends the cold, the flu, or other crisis it has created. Suppressing the body’s ability to further conduct the crisis through drugs or other antivital administrations does not solve the problem but really makes it worse.

When the body is vaccinated, it does not develop antibodies. Instead it begins a war against the injected toxin in accord with its ability to do so. Instead of helping the body, vaccines always hurt the body. The body expels the vaccines with the same vigor that it

reacts to snake venom, bee venom or other substances.

When and Why The Body Conducts Diseases

Inasmuch as all disease not involving organic derangement are crises that the body starts and carries out for purification and restoration, there are only two occasions when the body *will not* conduct defensive crises.

1. When there is no need for disease—healthy people do not have polluted bodies that require detoxification or cleansing.
2. When the body needs detoxification or cleansing but cannot, due to lack of vitality, muster the energies and resources to initiate and conduct purification/healing processes.

Those who suffer sicknesses have the following two conditions.

1. A body polluted with uneliminated metabolic wastes and, usually, ingested or injected toxins as well.
2. A body with sufficient residual vitality to enter into and conduct a healing crisis.

Vaccines are said to be about 85% to 95% effective in preventing a given disease. This, of course, is a copout. Health is 100% effective in not developing any disease at all! Unvaccinated individuals develop less of a given disease than those vaccinated against it. The whole idea of “prevention” is fallacious. Diseases do not have to be prevented for they will not happen unless they are caused—unless there is occasion for the body to initiate and conduct them.

Vaccines Are Poisons

The medical idea that vaccinations confer immunity upon us is a hoax, a fraudulent farce handed down from the days of primitive voodooism. Even most medical practitioners know better than to vaccinate. They do not vaccinate their families. They know that vaccines are obtained by putrefying or rotting eggs, horses’ blood, calves’ and cows’ blood and tissue, fecal matter from animals and so on. They know these substances to be very toxic. The *Physicians’ Desk Reference* warns of the toxic effects of vaccines page after page. For instance, DPT is a must vaccine across our country—it’s compulsory in most states. The *Reference* says that DPT (Diphtheria, Pertussis and Tetanus) has the following side effects or adverse reactions: (1) Severe temperature elevations, (2) Collapse with rapid recovery, (3) Collapse followed by prostration and shock, (4) Screaming episodes, (5) Convulsions, (6) Encephalopathy, and (7) Thrombocytopenic purpura.

Health Does Not Proceed From Poisons

The medical idea that we can be drugged into health is productive of grievous harm to our

populace. Lowered vitality is always the result of drugging. Diseases are body initiated and conducted eliminative processes that require considerable vitality. If the body has been devitalized by toxic substances, of which vaccines are some, it cannot conduct the eliminative processes necessary to rid itself of these toxins. Poisoning to prevent disease is like hitting a fence repairman over the head. Repairs stop

immediately. Is intoxicating the body so that it retains morbid matters instead of conducting or continuing healing crises "immunity" or stupidity?

Suppressing the body's ability to conduct diseases by drugging or vaccinating should not be mistaken for "immunity," or "exemption from liabilities" of wrong living practices. □

"SCIENTISTS" DISCOVER "DISEASE-FIGHTING SYSTEM"

The newspapers of February 3rd, 1982, have released an Associated Press report about a "new" discovery. It seems that scientists have found a clue to the working of the body's "disease-fighting system." "Cures" for allergies, arthritis, lupus and other ills are promised.

A new body disease-fighting system would intrigue most students of the health scene. This student, for one, was curious to learn what the medical minds are up to. The "disease-fighting" mechanisms of the body are not new—they were developed eons of time ago before there were such things as shamen, herbalists, medical practitioners, etc.

So what was discovered?

After reading the article these "scientists" have, in effect, "discovered" lymphocytes, which means, in a word, cells that are created by lymphoid tissue. Lymphocytes have been chronicled in human physiology for more than a hundred years. In short they have discovered "leukocytes" or white blood corpuscles.

The researchers of the Johns Hopkins School of Medicine make some very erudite sounding statements about their "discovery." They state that, when the body is invaded by bacteria and viruses, the "immune" (they really mean *body defensive mechanisms*) system sends lymphocytes to the scene to capture the "invaders." When I was a high school boy in the early 1940's, I learned about white corpuscles and how they surrounded alien organisms and substances and carried it to the liver for detoxification and expulsion. Here, in the 1980's we're being told the same thing. So why should these "scholars" be representing this as a new discovery? What are their motives?

They speak of the "immune" system malfunctioning and attacking the body itself! Of course this is not new either for we've read dozens of articles about the body attacking itself with its own defensive mechanisms in the past thirty years. So what gives? Does the body really attack itself? Have these researchers uncovered any useful information?

What are they really up to?

It seems that drugs are the thrust of their endeavors. They're preparing the public for drugs that will "control" the body's lymphocytes so they will not "attack the body" and thus beget disease.

Thus we may dismiss this touted "discovery" as being propaganda preparing the grounds for the introduction of new drugs that will suppress the body's efforts to defend itself and maintain homeostasis or body balance.

Let us look at some of the specious grounds upon which this article is based. First, the body does not fight disease. Disease is a crisis the body institutes and conducts to effect body-cleansing and healing. The disease is terminated when the objectives are achieved. If bacteria carried on the process of disease, they would not stop their doings, obviously. Bacteria are symbiotic partners in this effort and, at worst, complicate matters with their own toxic excreta. Viruses, so-called, are nothing more than the uneliminated debris from spent cells. It is dead matter and incapable of any malevolent actions whatsoever. However, it is toxic in the body until eliminated.

The body never, never, never attacks itself. The body always acts in its own behalf. To blame lupus, arthritis and allergies upon "misfunction" of lymphocytes is to exhibit lack of knowledge of their true causes. A proposal to "control" lymphocytes with drugs is on this order: Obviously drugs haven't the intelligence to control or direct anything. What really happens when drugs are administered is that the body's defensive mechanisms are paralyzed or destroyed, inhibited or suppressed. For lack of action of the body's first lines of defense due to drug suppression, the body cannot conduct disease. When the body cannot conduct a needed cleansing and healing crisis, it becomes more laden with internal filth and is that much less vital.

To call the body's defensive mechanisms the "immune system" is wide of the mark. The word immune means to be exempt from consequences of acts. The body is never exempt from toxic materials.

It always suffers from their introduction into it and it always defends against them as vigorously as its vitality permits. Each bout with drugs lowers vitality. What is termed "immunity" is not really our defensive mechanisms but the failure of the body to act when assaulted by alien substances—failure to act is interpreted as being exempt from consequences. A child reacts violently whereas an older person has

little or no reaction. A dead person is immune to everything! Drugging amounts to the destruction of the body's ability to defend itself.

Destroying the body's ability to initiate and conduct specific diseases only hastens degenerative diseases and premature death. Drugs are not the solution. We cannot be drugged into health. *Health is produced only by healthful living.* □

HERPES: IS IT A RUNAWAY VIRUS OR A BUSINESS TOOL OF THE MEDICAL ESTABLISHMENT?

"It attacks more than 75 million Americans every year. And the more we learn about it, the more frightening it becomes."

—Reader's Digest, Feb. 1982

You couldn't make *Reader's Digest* fall for any propaganda line that involved tobacco or alcohol no matter how hard you tried—they are against it on all counts. But they sure swallow the medical line with hook and sinker included.

They have sung the medical/drug establishment's latest commercial with gusto in their February 1982 issue. Under the title "Herpes: Taming a Runaway Virus," *Reader's Digest* prints a real medical "scare 'em to death" article that should stampede droves of people into the physician's offices.

How many people will tell their physicians: "Doc, I think I got herpes virus," with all the dread implications this article conjures up? Incidentally, the famed medical heretic, Dr. Robert S. Mendelsohn, calls those "dread implications" a medical sales tool, a coercive weapon or "the voodoo curse." Medical practitioners and propagandists invoke the curse to scare the daylights out of recalcitrant patients and doubting Thomases. That's the tactic they successfully employed in selling people and legislatures on compulsory measles vaccination.

This *Digest* article describes how a tiny blister felt as big as a cannonball and oozed to the accompaniment of swollen glands and malaise. The cold sore is popularly regarded as the aftermath of a cold. But this article tells us not to take herpes simplex so lightly as it "is neither as innocuous nor as transitory" as we might believe. A professor at the University of North Carolina is quoted as saying, after working with herpes viruses for years "we found nothing but bad news."

The article states that about 70 million people annually experience one or more attacks by the herpes virus, and two to three million more suffer from herpes virus II or venereal disease. Mononucleosis, shingles and chicken pox are cited as other herpes

afflictions. Then comes the invocation of the "voodoo curse" in the quotation from Dr. Richard Hamilton: "an increasing number of people are suffering from herpes outbreaks, and a small number die as a result." Then the curse is made more ominous by saying that herpes virus causes eye disease, brain disease and encephalitis that is often fatal. Moreover, herpes virus is said to produce lesions in the stomach and intestinal tract. Most duodenal ulcers are implicated as being caused by herpes viruses or "misplaced cold sores."

The "increasing menace" of herpes genitalis has reached pandemic proportions according to the article. Of course, students of the health scene are aware that changing medical fashions have decreed that more monetary mileage can be wrung from herpes genitalis than from trite old diseases like gonorrhea and syphilis, so they've made venereal affections more frightening with new terminology. The diseases are the same ones that have been around for hundreds, even thousands of years. And, of course, the medical profession has not solved these simple problems in all this time.

Another voodoo curse delivered in this article is the threat to infants being born to mothers "infected" with herpes virus. The infant can be damaged or killed. There! That's enough to give any mother-to-be who may be harboring dormant herpes viruses a case of heebie-jeebies.

Couched in highly emotional language designed to instill readers with fear, this article seems to present the latest findings of medical science. Yes, that is how the average American reader will view it. They'll take it seriously and with concern to the extent the exigencies of life permit them to dwell upon it.

But you don't have to worry or concern yourself about it. You need concern yourself no more about this than did our ancestors; no more than do healthy Hunzas and Abkhasians who routinely live to ages over the century mark. The reason you don't have to worry is that the terrible herpes viruses is just one more medical sham employed to drun up business for the

medical and drug industries. Herpes viruses as depicted are as real as hobgoblins.

Yes, there are millions of bits of debris in all people *at all times* that are identifiable as herpes virus. There are billions of other "viruses," too. But these viruses, so-called, have no life. It's not dormant—it's dead stuff. The bits of RNA and DNA labelled viruses are nothing more than the debris from spent cells of which the average body replaces well over a trillion daily. The body constantly eliminates this cellular debris through the kidneys, bowels, and, in the even of extraordinary accumulations, through the nose, mucous membranes, sinuses, bronchioles, lungs, ulcers, genital sores, cold sores, skin and through "infections."

Herpes viruses are identifiable types of cellular remains that the body constantly eliminates ordinarily and extraordinarily if the eliminative faculties are impaired or clogged. The crises of extraordinary elimination are instituted and carried out by the body.

Physicians label these body-conducted healing crises as dangerous and try to suppress them with drugs. What they succeed in doing is depleting the body's vitality to the point that it can no longer conduct the extraordinary eliminative process. Hence, the accumulated wastes remain in the body, along with much of the drugs administered "to cure the disease." Sufferers may not be aware of it but now they are more toxic than ever.

Notice the language employed in presenting this medical propaganda. Herpes viruses are said to "attack" more than 75 million people annually. Dead material attacks nothing. It is incapable of action. Viruses have not one sign of life or action. They have no metabolism, no means of locomotion, no reproduction, no means of eating. The only sure fact about viruses is that they are dead matter.

The specter of dormant and lingering viruses waiting to strike us is another conjuration of the voodoo curse. In venereal disease the body has elected to eliminate its toxic overload through lesions and blisters (papules, boils, or whatever you'd like to call them) in the genital area. These conditions can be readily terminated by a short fast. And, if the subject's lifestyle embraces healthful living practices, the condition will never recur.

Pregnant mothers don't have to worry about their babies getting the herpes virus. If the mother's bloodstream is laden with toxic materials which includes cellular debris, then you can bet your britches that the fetus is getting some of that same debris from a common bloodstream. This terrible demon, herpes, is trotted out by gynecologists as an excuse for a high-fee Caesarian section. It becomes the voodoo curse that puts money in their pockets. Today nearly 20% of births are by "cutting open the mother's belly."

The title of this *Reader's Digest* article is "Taming the Runaway Virus." But in no instance does the article show that the virus is being tamed. In fact, a picture is portrayed of an ever-more rampant promise

of drugs that will "cure" the condition. Medical research continues to look for a cure for this virus, just as it continues the search for everything else under the sun. In thousands of years of existence they haven't cured anything except by renaming it something else.

"Outbreaks" of herpes virus are myths fostered by the *Reader's Digest* article. While the debris labelled herpes is with everyone all the time, these "outbreaks" are the creatures of medical diagnosis. In the winter when we are less active and more inclined to overeat, we get more "viral diseases" than in the summer. Dead stuff isn't contagious and dead material can't break out of anything.

Again, I reassure you that there's no need to worry. No matter what apparitions of disease and tragedy the medical propagandists haunt you with, fasting and healthful living will overcome all and leave it forever behind. Healthful living always produces health—ample testimony that viruses and assorted microbes are medically-created ghosts. □

SHOULD YOU TRUST YOUR DOCTOR?

Thus goes the headline in a consumer-oriented publication in Kenosha, Wisconsin. And the advice is, "Don't blindly trust your health to a doctor. . . Doctors make unnecessary 'cures' and mistakes . . . Doctor abuses are running rampant."

To back up their charges they cite that many popular operations don't help the patient but *do* produce hefty fees. They bring out the statistic that one of every 13 patients is injured by the treatment received in a hospital. One of every 20 patients is a malpractice victim. One of every twenty admissions to a hospital will be removed by a hearse.

Doctors prescribe expensive drugs as if they owned stock in the drug companies (and some do)! When doctors go on strike the death rate plummets. Death rates vary widely from one hospital to another, self-evidence that the course of human life in hospitals is determined by the kind of treatment (really abuse) received.

Malpractice suits rarely recover as much as was spent on medical bills and in lost paychecks.

The famous Dr. George Crile, Jr., one of the tiny number of surgeons who admits that unnecessary surgery is widespread, suggested putting controls on physicians, that they be put on salary and that the statistics of their patient failures be published.

You may find it necessary to use the services of a physician. But this should be only in case of accident where mechanical repairs are needed. Be wary of physicians. You can trust them in this way: almost everything they do is wrong! You can rely on that. □

CANCER—THE MOST LUCRATIVE MEDICAL RACKET

The single biggest quantum of income for the medical trades is derived from those diagnosed as cancerous. Among the most common victims of medical rapacity are women. The most oft performed cancer operations are hysterectomies and mastectomies.

I have employed the word rapacity deliberately. It would be nice to say that medical practitioners are sincere but mistaken. But to say that would not be honest. At best a large percentage of medical practitioners are confidence men (and women) who operate for business gain rather than humanitarian service.

Among the many medical heretics who have turned honest and released their salvos upon their profession and colleagues are Dr. Robert S. Mendelsohn, M.D., Dr. Thomas Szasz and Dr. John H. Tilden.

Dr. Mendelsohn deserves particular attention for he has been the most damning and vocal in his indictment of medical practitioners. A brief reading of his *Confessions of a Medical Heretic* and/or *Malepractice* demonstrates that medical practitioners assume godlike airs. They are authoritarian "priests," especially if their conning doesn't prove effective. One of their favorite ploys of stampeding reluctant surgical/medical candidates into dangerous operations and procedures is to place upon them what he calls "the voodoo curse." That well characterizes it, too. Medical men are fond of invoking apparitions of death or living hell if their prognostications are not submitted to. And under that invocation they proceed to create, for their victims, living hell or death. This is demonstrable and palpably evident when physicians go on strike—the death rate plummets as much as 60%!

Cancer sufferers alone are bilked for some 50 billion dollars per year, about 17% of the disease industry's total take. Statistics irrefutably show that those who seek medical attention for what is diagnosed as cancer can expect to live only an average of three more years. If they do nothing they can expect to live an average of 12½ years. We can see just how deadly medical practice is.

The occasion for this article is based on a newsletter for consumers published by *The People's Doctor*, Dr. Robert S. Mendelsohn.

In Issue No. 4/4 of this newsletter is a discussion

and scathing indictment of medical malfeasance in cancer cases, especially breast cancer.

Dr. Mendelsohn discussed many points that were most condemnatory of medical practices, but perhaps the most damning of all were the findings of Dr. Maurice S. Fox whose researches found, among other things, that:

- 1) Radical mastectomy was no better than simple lump removal.
- 2) Breast cancer was diagnosed twice as frequently in 1975 as in 1935. The death rate was also double, showing just how much progress the profession has made.
- 3) Those who refused medical procedures had a lower mortality rate than those who submitted.
- 4) Early detection meant accelerated treatment and earlier death.
- 5) Women would be wise to forego medical treatment for breast problems.

Dr. Fox wondered why physicians were so quick to operate and to operate so radically and extensively on women with lumps in the breast. Dr. Mendelsohn observed that breasts are easily accessible to the surgeon's knife which means "easier bucks" for the surgeon.

Dr. Mendelsohn also observed that one of the many causes of breast cancer in women is the medical predilection for using X rays on the breasts. Why should the causes of breast cancer be used on the breast? Why, to detect breast cancer, of course!

As a wrap-up to his discussion of breast cancer, Dr. Mendelsohn cites *Current Trends in the Management of Breast Cancer*, a book recently published by Johns Hopkins University Press. Dr. Robinson Baker, Director of the Breast Clinic of the Johns Hopkins Hospital writes therein; "Current methods of treatment of the typical patient with breast cancer are relatively ineffective, and approximately 50% of these women will eventually die of the disease."

I make the observation that he is wrong! Treatment for breast cancer is very effective—for the medical practitioners. They operate businesses and their procedures squeeze maximum revenues from those who have been conned into the deadly medical game.

"Cancers" of all types evolve rather slowly from chronic provocation by carcinogens. Carcinogens are nothing more than toxic substances ingested into the body or incomplete elimination of the body's endogenous metabolic wastes.

About 95% of medical diagnoses of cancer are

nothing more than a pre-cancerous stage where tumor formation is the only condition. Fasting for a few days to a few weeks usually autolyzes all such tumors. If the lifestyle thereafter is healthful, the condition does not recur. Under medical treatment half will die. This, in effect, constitutes murder. And the survivors are mutilated and disfigured women who also suffer severe mental crises as a result.

Cancer must be caused. It will not happen in the absence of cause. Cooked foods, condiments, alcohol, tobacco, drugs, pathological medical procedures, insufficient sleep and rest, pollutants, etc., constitute the carcinogens that most Americans succumb to.

In this article it was observed that nuns and single women were most affected by breast cancer whereas women who nursed several children were least likely to have it. The "scientific" community are in a quandry as to why this is so, especially when habits of both groups are so similar in diet and other practices. So it has been concluded that breast-feeding prevents cancer. Of course this is not true. These "scientists" or medical researchers have learned biology, physiology, biochemistry and cytology in depth. Yet they proceed to ignore its simplest pronouncements in practice. Why should nuns and single spinsters get so much breast cancer and nursing mothers have so much less? The answer is simple, of course.

When we use a faculty, it is in relatively good health. Most athletes are on diets little better than the fatties and our sick. But they are in rather good condition because of exercise. They are sick less than their counterparts because of this exercise. Unused faculties atrophy and regress. I had a son with a leg that necessitated the use of crutches for six weeks. The unused leg had "infections" and other problems. The one in use did not. At the end of the six weeks, after the cast was off, the two legs had noticeable differences. The used leg had well-developed muscles. It was longer than the unused leg. The unused leg looked puffy and had poor tone. Why? Faculties not used tend to atrophy. The body uses them as a dumping ground for its excess garbage. The law of *vital economy* applies in these cases—unused breasts become the dumping ground where the body shunts aside highly toxic materials. When the body encapsulates these toxic accumulations in indurated tissue (that's what a tumor is), a hard lump is formed and that's what is diagnosed a breast cancer. The quarantining of harmful accumulations in the body in tumors can be quickly reversed by fasting—I've seen lemon-sized lumps totally disappear in breasts within five to ten days under the fasting condition. The body autolyzes and eliminates the tumor and its toxic contents.

Other forms of cancer are not different in nature. Hysterectomy operations are performed over 700,000 times each year in America. More than 95% of this defeminization and crippling is unnecessary. It's time Americans learned healthful living! □

DOES TONSILLECTOMY SOLVE ANY PROBLEMS?

In this country there are still over 750,000 tonsillectomies each year, many just routine removals.

That this never benefits anyone other than the physician (butcher) seeking a fee is demonstrable.

Statistics show that the greatest danger from tonsils is having them removed, and removal itself results in a predictable number of deaths. Being aware of this as they are, physicians must be regarded as common criminals—mutilating people for personal gain.

The tonsils are organs of purification. They become inflamed because they're doing their job! To remove them is tantamount to cutting off your head because you get a headache. The rest of the body must assume the additional burden of detoxification which the absence of the tonsils places upon it, often with disastrous results.

Dr. Shelton compiled a list of reasons why tonsils (adenoids) should never be removed. Consider them.

- The tonsils are functioning organs of the body and their removal cripples the body.
- To remove diseased organs is simply the removal of the most seriously involved depurating organ and by no means removes the input of toxic materials. It would be just as logical to remove the kidneys if they became overwhelmed in their purification tasks.
- There is a danger in anesthetization as a part of the operation.
- There is a danger of thrombosis.
- Tonsillar operations are always immediately followed by shock and depression.
- There is always surgical shock and its effects are severe and long lasting.
- There is danger of lung infection. Lung abscesses are not an uncommon result.
- Ear abscess frequently results.
- There is often damage done to the other structures of the throat.
- Disease occurs more frequently in those who have had tonsillectomies.
- Throat problems proliferate in those without tonsils.
- Most tuberculosis occurs in those who have had tonsillectomies even though only one third of our population have had their tonsils removed.
- Over eighty percent who have had tonsils removed have deformed throats as a result.

HOW THE MEDICAL PROFESSION WIPED OUT POLIO

Or how to turn a tragic fiasco into a resounding success story.

In 1955, the drug industry released the Salk vaccine (on April 12th of that year). Until then no other drug had so much advance notice, so much media coverage or so much promising raves. The ballyhoo was tremendous! At last the scourge of our children would be wiped out! But the fiasco that ensued made the later swine flu fiasco of 1975 pale by comparison.

In view of the Salk vaccine fiasco, why does the world regard Dr. Jonas Salk as a hero, his vaccine a success and give him credit for wiping out polio? The reasons are manifold. Looming foremost among the reasons was the orchestrated manipulation of the news by the drug industry, medical spokesmen, the U.S. Public Health Service and the news media.

Had the swine flu debacle enjoyed the same controlled coverage as the Salk vaccine, today we'd regard the swine flu program a great success. It would be credited with having wiped out an impending swine flu epidemic with the resultant sparing of many lives. That one didn't come off.

The hoopla and propaganda (outright fabricated stories) was such an outstanding success (but not the Salk vaccine—it didn't survive very long), that the National Foundation for Infantile Paralysis and the March of Dimes were obliged to go out of business. Actually the Salk vaccine was such a disaster that it was quietly withdrawn from the market and the Sabin vaccine ushered in.

Let's look at some hard facts.

In 1954, the Massachusetts Department of Health reported 1,015 cases of polio. In 1955, after the introduction of the Salk vaccine, the number of cases rose to 3,863!

In Wisconsin, 326 cases were reported in 1954. In 1955, 1,655 cases were reported after the administration of the Salk vaccine.

In New York City, there were 205 cases of polio in 1954 and 804 in 1955.

In nearly every state where the Salk vaccine had been administered, the polio rate leaped by about 400%. Almost all of the polio sufferers had received the Salk vaccine. The Salk vaccine was quickly indicted as causing polio rather than preventing it.

How was this fiasco handled? You can't take back public statements that polio will be wiped out, build a vaccine developer into a hero and then, red-faced, take it all back and admit it was a medical/drug promotion to create a tremendous trade and profit in

the new vaccine. The multibillion dollar drug industry could not afford to have a tarnished image. So what did they do?

Well, first the disturbing news was suppressed. But that didn't work very well. So the publicity releases were of contrived statistics. Then, because of the great and undeniable surge in the incidence of polio, the drug companies chose one of their members as a scapegoat. Cutter Laboratories was blamed for flooding the market with a below standard product. But the Salk vaccine was removed from the marketplace completely. A spate of lawsuits charging such side effects as crippling paralysis (polio) and death resulted. Quietly and without fanfare the Sabin vaccine was substituted and the vaccinating went on and continues to this day. The world hardly noticed the switch. To this day, Jonas Salk is credited with wiping out polio. In fact his vaccine resulted in more polio than ever. And there are more cases of polio today than ever. But no one believes that. Here's what happened.

The U.S. Public Health Service of that time and its statistical reporting section (today it's the CENTER FOR DISEASE CONTROL) finally extricated the drug and medical industries from the whole mess and saved a lot of red faces by issuing new guidelines for the diagnosis of polio!

One of the first guidelines for the diagnosis of polio was that the symptoms had to persist for 60 days! This wiped out most diagnosis of polio for the symptoms rarely persisted this long. Moreover, unless paralytic polio occurred, even then polio could not be diagnosed! Symptoms which had formerly been diagnosed as polio during the "polio epidemic" years had to be diagnosed as something else. So it was called aseptic or viral meningitis, spinal meningitis, multiple sclerosis and similar diseases. These diagnoses hold to this day. Hence, polio was simply diagnosed out of existence.

From statistics furnished we note that, after the advent of the the new guidelines, polio ceased to exist while some other diseases suddenly became unheralded epidemics.

Of course there were many other aspects to the great polio hoax. Today the drug companies make their tremendous profits from the sale of Sabin vaccine, which, taken orally, is relatively innocuous. The illusion is that the vaccine has wiped out polio whereas, in fact, under today's diagnosis guidelines, there wouldn't be any polio to speak of even if there were a million cases a year of what was diagnosed as polio prior to 1955. Of course the drug companies

have us believing that we must continue their vaccine for an eternity lest polio once again goes on a rampage.

The medical/drug professions have wiped out a number of diseases by changing fashions or new diagnostic guidelines. What is happening to syphilis? This long time scourge is making a quiet exit. It served the medical/drug profession for billions of dollars worth of business for many years. Today the business vehicle is a new fashion called herpes genitalis. With the advent of the new herpes fashion, spirochete bacteria have been retired from service, and no longer are scapegoats with umpteen research teams looking for a way to wipe them out.

Thinking people would do well to take a critical and thoughtful look at the machinations of the medical/drug/hospital industries. Further, they should investigate the simple bases upon which health is attained and maintained. The conclusions are obvious and inescapable: these industries are the biggest rackets ever perpetrated upon a population. Their activities have absolutely nothing to do with health or disease. They are a deadly fraud upon our people that stands athwart our quest for health and happiness.

Why not investigate nature's touchstones for perfect health—health that is completely free of sickness and suffering? □

ADDITIONAL FACTS ABOUT THE GREAT POLIO HOAX

by Susan Hazzard and Barry Mesh

Polio declined by almost 20,000 cases between 1952-54 before the Salk vaccine was introduced.

In 1958, paralytic polio (the type of polio the Salk vaccine was designed to prevent) actually increased about 50% from 1957, and in 1959, increased about 80% from 1958. By comparison the rate of paralytic polio in 1959 was 170% higher than 1957. This was after five years of intense, systematic vaccination.

After compulsory shots began in 1959, the North Carolina health records show that there was an increase of more than 600% of paralytic polio during that year because of the Salk shots.

Salk Vaccine Rejected

Great Britain canceled the Salk vaccine programs in July 1955, because it was "too dangerous" and all European countries, with the exception of Denmark, also discontinued their programs during the same year. Canada also discontinued its Salk vaccine program on July 29, 1955.

By January 1, 1957, 17 states had rejected their supplies of the Salk vaccine after putting it to the test.

An article in the *Journal of The American Medical Association* (February 25, 1961) finally admitted that, "It is now generally recognized that much of the Salk vaccine used in the United States has been worthless."

A New "Disease"

In 1960, the Center for Disease Control stated reporting a "new disease—Aseptic Meningitis, which entered the national statistics with a case number of

1,593. This was the same year that nonparalytic polio dropped off by 1,319 cases and practically "disappeared."

The Morbidity and Mortality Weekly Report, reported only 19 cases of nonparalytic polio for the nine-year period covering 1966 to 1975; for aseptic meningitis—42,014. Thus, nonparalytic polio became aseptic meningitis.

The Sabin Oral Vaccine

Since the Salk vaccine was a failure, the Sabin oral vaccine was introduced and considered to be "superior." This vaccine was taken by mouth and since it passed through the digestive system, it is "less lethal" than the injectable Salk vaccine. During the digestive process, some of the poison may be eliminated by the body and so less harm is done. It kills and cripples fewer, and therefore is said to be more "effective." But the Sabin oral vaccine is still a deadly poison. □



"How is a person who is already sick to be made less sick by swallowing or receiving a drug, medicine or pharmaceutical concoction which would make ill a person in good health? A sick person must not only overcome his affliction but also the drug poisons administered to him. This is, indeed, double jeopardy. What a healthy individual requires to maintain health, a sick person needs to regain it!"

Dr. V.V. Vetrano



WHY PHYSICIANS TRY TO HANG THE RAP FOR DISEASE ON MICROBES OR HEREDITY

Medicine had its origins in the practice of magic and exorcism. In the beginning, as shamen, medical practitioners were what we'd label as witch-doctors. They exorcised demons and evil spirits by mumbo-jumbo, elaborate rituals, and the use of concoctions (brews) of pharmakon (magic weeds). These practices evolved over thousands of years but the theme is always the same: the ailing are possessed by some little devil or beastly taking up residence inside their bodies. The medical intermediary has some magical power or potion that dispatches the offenders and leaves the sufferer in peace.

The birth of medicine ignored the nature of health and disease. Modern medicine continues to exhibit a fundamental ignorance of the nature and purpose of disease and the requisites of health. The medical premise is built upon a basic flaw which destroys the whole medical fabric underlying their system of therapeutics. While the medical stance appears sophisticated, it is really thoroughgoing nonsense under the guise of science. In reality, the whole medical system, is nothing more than a voodooistic hoax perpetuated upon the same premise of thousands of years ago; disease is a result of invading entities that have taken up residence in the body.

Having been a student of the medical scene for so long now—after having read their texts and plethora of publications, I can attest that the most erudite medical practitioners, despite their stilted gobbledegook, are basically unaware of the body's objectives in initiating and conducting disease. While being overtly ignorant, as evidenced through their inhumane and often fatal practices, covertly they're not as ignorant as their acts imply. Many doctors know that their therapies are unwholesome and deadly. They are very deliberate in perpetrating lethal acts against their clientele. This makes a physician's hoax fraudulent and criminal. Most medical practitioners are calloused, indifferent, and mercenary these days. That they have the airs of con men is to their credit—they give most of their victims the benefit of feeling confident that they are being helped.

Money-oriented rather than health-oriented, the medical profession officially endorses unhealthful and pathogenic practices and outlooks. Its stand is calculated and commercial—they know what is good for their business. Sick people are good for business. Making money is the name of the game, and a populace that lives under the medical delusion will

patronize the medics in the belief that their problems are caused by invaders and can be licked by medical intervention.

If people knew that all diseases (other than organic injury) are body instituted and body conducted as self-purification and self-healing processes, they might not be so willing to go to medical practitioners. If people knew that all diseases are caused by body toxicity above its toleration point, they might not be so willing to patronize medical offices. If people knew that their own practices cause their wastes to accumulate inside and intoxicate them, they might choose more wholesome ways of living that would leave medical practice alone. If people knew their eating practices involve a lot of toxic ingesta, they might pay attention to their dietary regime rather than their medical practitioner.

As long as the medical profession can succeed in directing the populace's attention away from their lifestyle as a cause of their problems and pin the responsibility on extraneous factors which foster the belief they can help, so long can they succeed in bamboozling the public.

Today the medics are blaming our problems more and more on heredity and viruses. Bacteria still catch the blame in some maladies, but have largely ceased to be in fashion as causative factors. We witness this most dramatically in the change of fashion from syphilis to genital herpes. Syphilis was supposedly caused by spirochetes. Today the same symptoms are called genital herpes and herpes simplex II virus is blamed.

Why should the medical profession fix blame for health problems on factors outside human control? Again, because they can interpose themselves as scientific heroes (at a price, of course) who can deal with the situation. They need scapegoats to exorcise.

If people were blamed for their diseases because of their poor living practices, they might wake up and correct their practices. They might find that health and well-being proceed only from healthful living rather than from a needle, pill, dose, etc.

Hence you can continue to expect the medical fraternity to try to fix blame for diseases on viruses, heredity, and bacteria so that responsibility for keeping you healthy will be in their hands, not yours.

□



HOW OUR HEALTH IS SABOTAGED BY OUR BELIEFS

Most Americans have swallowed the propaganda lines of medical practitioners and junk food industries. An elaborate belief system has arisen around the rackets that drain Americans financially and undermine their health.

Americans believe in eating all the basic four food groups even though they have been demonstrably responsible for widespread suffering and most of our cancer.

Americans defend their old beliefs against newly discovered truth even if their old beliefs destroy them utterly while the truth can salvage them for a much longer, healthier and happier life.

Take fasting! Fasting can be the quick road to health, happiness and long life. That is a fact. But facts that build health are ignored, suppressed, criticized and lied about by those vested interests that control the disease industries. America is dominated by disease and disease-producing industries that control its media, broadcast, publishing and most other avenues for information and propaganda.

The meat and animal products industries have us believing that we must eat their products to get adequate protein. Nothing has proven more deadly than this absurd belief! The human biological disposition as frugivores has been known for more than two centuries, yet this fact is ignored, suppressed and condemned. Even encyclopedias and dictionaries have been stripped of this word.

These same industries have us believing we must eat animal products for vitamin B-12. They fail to tell us that humans obtain their supplies in the same manner that other creatures do, i.e., from our intestinal bacterial flora. They lie for their profit! We believe it and follow it and slowly destroy ourselves.

While damning fasting as a deadly practice, just the opposite of what it really is, medical "science" praises the drugging system which is the deadliest practice of humans.

Should you be offended with and inconsiderate of outlooks that are contrary to your own? Are you truly fair-minded?

In the health field it's your welfare that is at stake. You defend and follow beliefs only to your detriment and suffering. The facts are really easy. When knowledge and understanding are so simple and easy, why should you defend what you've been erroneously taught? When the teachings of Life Science/Natural Hygiene are so easily put to the test on a personal basis, why should you condemn it as a lot of faddism?

Why should you continue to submit to the deadly

practices of the medical system? Why should you submit to surgical mutilation and crippling when it destroys you bit by bit and builds your health not at all? Why should you submit to poisonous "medicines" under the delusion that it will by some magic restore health to your body when, in fact, our death rate drops instantly by about 50% when physicians go on strike and stop drugging people?

In this world of bountiful knowledge, why should you believe anything at all?

Superstitions Die Hard

Beliefs are just that—beliefs! Neither hoary age nor billions of believers make them true.

Long practice does not transform error into truth.

Truth does not require belief. We do not use the word *believe* in setting forth what we know.

For untold eons of time humans believed the earth to be flat and millions proceeded on this belief—false though it was.

Neither age nor numerous believers flattened the earth.

Truth is not something that is verified by popular vote.

Acknowledged superstitions of today were science yesteryear. Much of today's "science" will be found to be superstitious folly in the years to come.

Despite the continuing widespread belief in evil spirits, the enlightened among us know these beliefs to be humbug.

But many superstitions and fallacious beliefs persist among us, even among *enlightened* and *scientific* communities.

The drug superstition has been with us for over 2500 years. The belief in curative substances and cures is even older.

Truths exist today that could salvage the whole human race from the mire of disease and suffering. The educated and the ignorant alike reject these truths, clinging steadfastly to traditional superstitions.

Instead of being moved to learn and practice the simple ways of health, they proceed as if health is automatic, no matter what we do and that disease is accidental, something that has beset us unfairly; a bit of unfortunate bad luck.

Our populace does not seem to realize that health is normal and is assured to those who indulge its causes and that disease is abnormal and is bound to happen if we indulge its causes. □

HOW A CALF STARTED A CITY

ON THINKING FOR YOURSELF OR FOLLOWING OTHERS

*One day, through the primeval wood,
Wandered a calf, exploring the neighborhood.
It made a trail all bent and askew.
A crooked trail as all calves do.*

*Later the trail was carefully traversed
By a concerned mother with many a moo
interspersed.
That same afternoon came the rest of the herd,
Following the same trail cow and calf preferred.*

*Then did the milkhand on horse pursue,
Those cattle tracks so fresh and new.
Thus began an oft used trail
And thereby hangs the moral of this tale.*

*And from that day, o'er hill and glade,
Through those old woods a path was made;
and many men wound in and out,
And dodged and turned and bent about.
Some uttered words of righteous wrath,
Cause 'twas such a crooked path.
But most, either on foot or horse,
Unquestioningly followed the tedious course.*

*For many a year they followed—do not laugh—
The tortured meandering of that curious calf.
And on this winding woodland path was later built
A human abode that started a city full tilt.*

*For this first home changed the path to a lane,
That bent and turned and turned again.
This crooked lane became a road,
Where many a horse with burdensome load
Trod beneath the blazing sun,
Travelling some three miles merely to achieve one.
And for nearly a century and a half,
All followed the footsteps of that wandering calf.*

*As the years passed many more homes appeared,
And the road became a street by most endeared.
This, without planning or people aware,
Was destined to become a city's crowded thoroughfare.*

*The years passed on for the growing melange,
Till it became a metropolis some deemed strange.
Indeed it was for it came on behalf,
Of human fealty to the footsteps of an errant calf!*

*When the city became a hundred thousand strong,
Blindly following the bewildered calf along,
Over his zigzag journey went
The traffic of a continent.*

*And that's how millions were led,
By a meandering calf many centuries dead.
For ages people followed the calf's winding way,
And still do so even today.
For thus such reverence is lent,
To well-established precedent!*

*A fine lesson this would teach,
If ever I was called to preach;
For humans are likely to go it blind,
Along the calf-paths of the mind.*

*Humans continue to work from sun to sun,
Doing over and over what others have done.
They follow the beaten track,
Out and in, and forth and back,
And they still are to a wrong course true,
To remain faithful to the original path askew.*

*In the straitjacket of tradition our minds are en-
snared,
Because questioning old beliefs and customs is not
dared.
But how the wise old gods of the wood must laugh,
Seeing humans still following that long lost calf.*





A CHALLENGE TO THE MEDICAL PROFESSION

The truth is paramount above all things for all goodness and virtue flow therefrom.

Practitioners of the Hygienic System have perpetually challenged the medical fraternity to come forth and defend their "science" in debate. None have come forth, disdaining such an intellectual test as being "beneath their dignity." It is our contention that the people of this country have long enough suffered and died for medical "dignity." Since when does truth have anything to fear for, as John Milton has observed, "Let truth and falsehood grapple; who ever knew the truth put to the worse in a free and open encounter?"

"Dignity" may be utilized as a shield if you're in the social ascendancy. Medical practitioners have everything to lose and nothing to gain by being put to the test of truth. "Dignity" of station in no way establishes truth. It in no way absolves or justifies the fraudulent and criminal practice of drugging for personal gain.

THIS IS THE CHALLENGE HYGIENISTS MAKE TO THE ALLOPATHIC MEDICAL PRACTITIONERS:

1. That the medical system is ENTIRELY FALSE. That it is untrue in philosophy, absurd in science, in opposition to natural principles, contrary to common sense, disastrous in results and a curse to humanity.
2. That the Hygienic system is TRUE. That it is in harmony with nature, in accord with the principles of vital organic existence, correct in science, sound in philosophy and ethics, in agreement with common sense, successful in results and a blessing to mankind.

DOES ANY PHYSICIAN CARE TO ACCEPT THIS CHALLENGE?

PROGRAM FOR PERFECT HEALTH

Humans are endowed with a health and functional potential that is simply incredible.

We witness various aspects of this potential in acrobats, athletes, mental giants of science, art and literature and in individuals who seem to represent every beauty and virtue to which we aspire.

The basis for everything that we deem beautiful and worthy in life is perfect health!

It must be recognized that there is such a condition as perfect health, a condition wherein the individual achieves a level of health fully in accord with the human potential.

It must likewise be recognized that perfect health is such a rare phenomenon that not one of us has probably ever witnessed it. We have witnessed only various aspects of it in certain individuals.

Perversions are so many and so subtle in present society that it is the rare individual who has not been

subjected to and in some manner vitiated by them.

This book is charged with bringing home to you dramatically not only the possibility of a long happy rewarding life imbued with perfect health—full function completely free of sicknesses and ailments—but of outlining to you the essential factors and elements to be observed in realizing it.

The needs of life for perfect health are extremely simple, so much so that many are impelled to say, "I knew this already." Well, so they did. But what did they do about it? The wild animals of field and forest know nothing abstract about health or the happy life, yet they enjoy it abundantly. We humans who know so much suffer so much and appreciate so very little.

The Revelation of Health is intended to supply you with the inspiration, the motivation and the knowhow to undertake a program that will build health of the highest order. □



HOW YOU CAN ENJOY SUPERB HEALTH

Natural Hygiene (the healthful way of living) consists of many practices. All practices must become involved in your daily life. This tells you what these practices are—how to use each practice—what not to do that is commonly done and is harmful.

FOOD

DO

- Eat only fruits, nuts and vegetables.
- Eat uncooked food. A living food diet is ideal.
- Learn the proper rules of food combining for easy digestion.
- Eat foods at room temperature.
- Chew thoroughly! Digestion begins in the mouth.
- Eat foods in their whole form, with skins on when edible, such as apples and pears, if organically grown.
- Make your meals look attractive.
- Avoid produce that is wilted.
- Eat only when relaxed.
- Eat only when hungry.

DON'T

- Cook your food in any way. (If you can't eat a food as nature delivers it, you shouldn't be eating it!)
- Overeat!
- Eat when in pain, emotionally upset, tired, or immediately after hard work.
- Season your foods.
- Eat foods that are strong-tasting, such as onions, garlic, radishes, watercress, leeks, mustard, hot peppers, etc.

POSTURE

DO

- Sit erect at all times.
- Keep head straight up while standing, sitting or walking.
- Keep work or reading material toward you, instead of moving toward it, when engaged in sedentary activity.

PHYSICAL ACTIVITY

DO

- Involve all parts of the body when exercising.
- Exercise vigorously enough to cause heavy breath-

ing, unless contraindicated.

- Make vigorous use of muscles, preferably against resistance.
- Exercise in fresh air, or with windows open, when indoors.

DON'T

- Exercise to the point of exhaustion.
- Deep breathe, without being active at the same time.
- Exercise immediately following a meal.
- Prolong muscular contractions beyond a few seconds.

REST

DO

- Cease activity sometime during day by sitting or preferably lying down.
- Close the eyes.
- Shut out light in the room as well as sound, if possible.
- Rest when tired.

DON'T

- Read or watch television while resting.

SLEEP

DO

- Go to bed early.
- Select a dark, quiet and well-ventilated room.
- Maintain a comfortable temperature.
- Practice a few moments of mental and physical quiet before retiring.

DON'T

- Eat an extra meal before retiring.

AIR

DO

- Get as much fresh air as possible.
- Allow ventilation to maximum extent, when indoors.
- Walk on streets which have less vehicular traffic.
- Insure that indoor air is free from contaminants, such as sprays of all kinds and circulated dust that sometimes occurs when vacuuming.

DON'T

- Breathe through your mouth.

- Breathe excessively cold air, if at all possible.
- Breathe tobacco smoke.
- Permit smoking in your home, or in a private of fice, if you have one.

TEMPERATURE

DO

- Maintain a comfortable temperature at all times.
- Dress for comfort and not for fashion.

DON'T

- Take hot or cold baths.

LIGHT AND SUNSHINE

DO

- Expose as much of your skin to light as possible. (Before dressing in the morning is a good time.)
- Use natural and not artificial light.
- Get the sun directly on your skin. (The rays penetrate only white, porous clothing.)
- Use an enclosure to cut off the wind, in inclement weather.
- Get your sun in cold climates through an open window while indoors with artificial heat turned on to avoid undue chilling.
- Get all the sun possible daily up to an hour maximum. (Preferably in morning or afternoon.)
- Get sun on the closed eyelids.

DON'T

- Remain in the sun for long periods. (It wrinkles and dries the skin excessively.)
- Expose yourself to the noonday sun.
- Use suntan lotion.
- Wear sunglasses.

WATER

DO

- Drink only when thirsty.
- Drink only enough to quench your thirst and no more.
- Drink distilled or soft water.

DON'T

- Drink with your meals.

CLOTHING

DO

- Buy clothes of porous material, such as cotton.
- Wear light-colored clothing.

DON'T

- Wear constricting clothing, such as girdles, tight belts, etc. •
- Clothing made of synthetics.

EXPRESSION OF EMOTIONS

DO

- Find something to be happy about every day.
- Feed your emotions daily with good thoughts, pleasant sights and sounds, kind words, kindly touch, good deeds.
- Couple negative emotions such as fear, grief, or anger with physical activity.
- Keep negative emotions at a minimum.

ZEST FOR LIVING

DO

- Pursue some constructive objective.
- Engage in some activity which gives you fulfillment. ☐

THE LIFE SCIENTISTS PLEDGE

I vow to so live and conduct myself as to be exemplary of supreme goodness and thoroughgoing excellence. Therefore, I will observe in practice those life principles productive of superlative well-being.

I will learn and practice self-reliance.

I love my fellow beings and will concern myself with their welfare as well as my own. I will perform worthy deeds and services in their behalf.

In my affairs and relationships I will always be sincere, faithful and honest, and I will be warm, friendly and cheerful.

I will be of staunch moral character and meet my responsibilities to myself and society.

I will uphold and defend individual liberty.

I will hold a deep reverence for all life and will respect it symbiotically.

I will ever seek knowledge and understanding with a receptive and open mind.

I will cultivate wisdom, enthrone truth and exalt reason.

I will embrace wholeheartedly those courses of conduct which the eternal verities ordain. ☐

FUNDAMENTAL PRINCIPLES OF THE HYGIENIC SYSTEM

AS DISTINCT FROM OTHER HEALTH SYSTEMS AND PHILOSOPHIES

Natural Hygiene is a unique health system based on demonstrable health principles, not on trial and error. We must do more than just follow instructions—we must understand these principles.

Natural Hygiene can be viewed as a study of the following relationships:

- 1) The cause and effect relationship between health and disease;
- 2) The relationship between the human organism and the environment; and
- 3) The relationship between health and disease.

It's easy to make mistakes when it comes to cause and effect. Just because *b* follows *a* doesn't mean that *b* was caused by *a*. Concerning the relationship between the human organism and the environment, it is well to remember that many substances in the environment are not usable by the body—some substances are noxious or lethal. We must distinguish between what the body can and can't use.

Substances are either usable or nonusable to the human body. Many nonusable substances are poisons. Take arsenic and carbon tetrachloride, for example. These substances are poisonous no matter how or when they're taken; how much is taken; or what the age, sex, etc. of the person taking them is. It makes no difference whether a person is healthy or sick or what the intentions are of a person taking a poison; a poison is always a poison.

The Hygienic system recognizes that we don't need special remedies when we're ill. Most health and medical systems make a fundamental error when they employ remedies. They think a substance which is to some degree poisonous to a healthy person will magically become beneficial when given to an ill person. The fact is that what is poisonous to a healthy person is also poisonous to a sick person.

Likewise, wholesome materials and influences continue to be wholesome when a person is sick. In the past people were not allowed ventilation or water during a fever, even if they were extremely thirsty and begging for water. (Of course the supply of wholesome substances to the body must be in keeping with the body's capacity to utilize them. For example, a sick person is not able to effectively digest food and so should fast.)

Hygienic (health-giving) factors (natural food, pure water, sunlight) must be capable of being converted into living tissue (food, water) or be able to

participate in body processes (sunlight). The whole concept of applying a remedy when a person is sick is fundamentally wrong—and this includes substances such as herbs.

In Natural Hygiene the needs of life (food, water, exercise, sunlight, etc.) are not employed as remedies. There are no cures; Hygienists/Life Scientists reject the concept of "cure" altogether. Even rest is not used as a specific as a cure or remedy because rest is normal whether we're sick or well. Rest is the *condition* under which the body restores its functions.

Concerning the relationship between health and disease, the common notion is that they're opposites. But Hygienists know that acute sickness is the body "going to war" against the invasion of the *causes* of disease (poisonous toxins in the body).

A healthy body responds defensively to toxins by becoming sick but an unhealthy body does not respond due to its lower vitality. Chronically sick people often fail to develop illnesses because they don't have the nerve energy (health) to expel the toxins they're subjecting themselves to. These toxins result from many factors, including stresses (noise, traffic, jobs, lifestyle), pollution and unhealthful foods.

Perhaps you've noticed that children get sicker than adults. This is because *children have more vitality*. Their stronger systems are unwilling to tolerate poisons (conditions and influences that impair the quality of life).

Please remember this important fact: *We resist NOT disease—we resist the CAUSES of disease*. Disease is a process used by the body to get rid of toxins and maintain health. Disease is a blessing in disguise. It is a reparative body process, so we don't try to suppress it. That's the worst thing we can do, for suppression of symptoms builds chronic diseases.

We cannot thwart the body in its intentions. Relapses often occur when drugs are used to suppress symptoms. *Suppressing symptoms is the WORST thing that can be done*. Disease is a beneficent influence and we must not interfere with the body's work. Then we won't have complications and chronic problems.

Even fever is *not* dangerous. Brain damage *does not* occur without the application of drugs. There are never complications or problems as a result of treating fevers hygienically (using no drugs to lower the fever).

Unlike other "health" systems that use drugs, herbs, vitamins and other treatments in an effort to "heal the body," Hygienists recognize the inherent healing power of the organism as the only force capable of restoring health. We know that all

treatments only interfere with the body's own self-healing ability and often cause much harm and suffering. In fact, iatrogenic diseases (diseases caused by treatments) are a greater problem than body-created diseases. They mask the original disease. □

WHAT IS HEALTH?

by Dr. Herbert M. Shelton

Health does not consist merely of the absence of symptoms of illness. It is a state of positive well-being that is evidenced by a constant state of *euphoria* that is rarely, if ever, experienced by humans today.

We could well divide the people we meet into the following categories.

- 1) People who are definitely sick.
- 2) People who are on the borderline of sickness.
- 3) People who are apparently healthy.
- 4) People who enjoy *high-level* health.

The first three groups constitute the vast majority of our population. Perhaps only a mere handful of our youth could fall within the last category. Great vigor and the buoyant feeling of well-being are extremely rare in our populace.

Health is a state of soundness and integrity of organism, vigor and efficiency of function, and excellence of mental faculties. Much of this well-being springs from antecedent heredity, but that is merely the base requisite to building and maintaining health.

Health manifests itself by such a feeling of tone in the entire organism that the body fairly glows with it and bespeaks it at every turn. There is clearness and sparkle to the eyes, clearness and fine color to the

skin, vigor of activity and bounce to the step, and an evident feeling of joy of living that is infectious.

We witness traces of pristine vigor and well-being in our youngest children. Rarely do we observe exuberant physiological excellence beyond the age of six. If we really want to see vigor, we must watch the young of animals.

This vigor is possible for humans throughout most of their lives!

When we see children who are clear of eye, with fair radiant skin, full of life, ever active and cheery, never complaining of aches and pains but full of the sheer joy of living, we begin to get a glimpse of what is possible to us, an inkling of what our pristine ancestors knew until well along in years.

The buoyancy of life, the infectious enthusiasm, the joy and insatiableness of play, the exuberance of energy and the ecstasy of living characterize health. These can be ours if we work for them.

Health is a fountain that flows over in its possessor. It must be admired. And we must strive for it.

When someone has been through a period of suffering and chronic illness, and has regained health and vigor through *Hygienic* care and means, the expression is likely to be heard, "I feel like a child again." □



THE ONLY WAY



There is only one way to do things: the right way. In health this way is nature's way. Mother Nature long since solved the problems of human development. This means that health and wonderful well-being are normal, that is, natural.

The problem with humans is not one with nature but with ourselves. We are incapable of seeing the simplicity of nature and how utterly easy it is to be in

great health all the time—uneducated animals in field and forest do it naturally. Miseducated humans are worse in this respect than the untutored who do things naturally. It is better to be ignorant than to know so much that isn't so!

The only way is the correct way—nature's way. That's what Life Science is all about—a true science of life based squarely upon our biological heritage. □

WHERE DO YOU GET YOUR PROTEIN?

When people learn that I'm a fruitarian, invariably the first question they ask is: "Where do you get your protein?" This reflects that the average person believes proteins are to be found only in meat and other animal products instead of being a component of every cell of all living things, plant or animal.

The question is really wrong. It should be: "Where do you get your amino acids?" The body does not use protein as such: it uses only amino acids. About two-thirds of the body's need for amino acids are met from recycling its own wastes (through pinocytosis and phagocytosis). The other third must be met from outside sources.

Oddly enough, the conventionally endorsed "basic four" food categories of 1) meat, 2) dairy, 3) cereal and, almost incidentally, 4) fruits and vegetables has legumes, nuts, and seeds classified as protein foods in the meat group! But let's look at a startling comparison of an admitted protein food to fruit.

Pecans are a nut that have about 9% protein. How does that compare with watermelon, for instance? Watermelon without water content is over 7% protein according to books on food composition. And that is all the protein contained in a mother's milk for a growing baby! Can we argue about the adequacy of the protein content of watermelon?

Or take the common orange. By dry weight it is 7% protein. Honeydew is nearly 9%! And the fabled papaw, a native American fruit delight, is about 22%! One of our favorite foods, the banana, is about 5%.

As there are fruitarian groups the world over that do not suffer protein deficiencies—in fact they appreciate superior health and freedom from diseases—it is obvious that the protein content of fruits is fully adequate.

If fruits are sufficient in protein for humans, then a most stubborn question arises that demands resolution. Protein foods enter the stomach and undergo digestion for a considerable length of time, requiring up to four hours in the stomach to be broken down into polypeptides. Then they require further reduction to amino acids before they can be absorbed into the portal blood.

Fruits are in the stomach only 15 minutes to an hour at most and are readily absorbed from the small intestine with their complement of nutrients! Does this not mean that fruits have, rather than a protein complement, a complement of amino acids instead? How else can we account for the ready utilization of fruit's "protein" complement without involved digestion?

Fruits are created specifically by plant, vine and tree as food for frugivores—fruit-eating animals. Fruits represent food in a state that best serves the needs of those creatures that are naturally adapted to it. Is it not reasonable to ask this question? If fruits have formed simple sugars that require no digestion as contrasted with complex starches in most seeds, then may not fruits have also created an amino acids complement that does not require digestion?

Fruits contain fructose and glucose, the simplest forms of sugar. Humans and other fruit eaters absorb them readily with few digestive processes other than breaking down into a chyme through chewing and stomach action. My thinking tells me that fruits, created specifically as food, have all their nutrients in the simplest most easily appropriated form. Perhaps the protein complement in fruits is as amino acids and not as complex proteins.

Let's think about that! We ought to get our research laboratories involved in meaningful research such as this! □

THE VITAMIN B-12 HOAX

The meat, dairy and poultry industries have tried to saddle many myths upon vegetarians and meat eaters alike. One of these myths is that we must get Vitamin B-12 from animal sources. The question of how non-meat-eating animals come by their Vitamin B-12 we are supposed to ignore!

Anyway, some new experiments with baboons give the lie to the meat/dairy/poultry myth makers.

Baboons, primates who live almost exclusively on fruits with some vegetable fare, were fed diets totally devoid of Vitamin B-12. Tests showed that their Vitamin B-12 uptake was just as much as if it were in the diet. It was demonstrated that just about all types of bacterial flora in the stomach and intestines create Vitamin B-12 in plentitude.

It is very instructive to note that most of our sufferers from Vitamin B-12 shortage are not vegetarians, vegans or fruitarians. They're meat eaters!

It is also instructive that those suffering from anemia supposedly due to a Vitamin B-12 shortage have plenty of Vitamin B-12! Moreover, fasting anemics where no new Vitamin B-12 is taken corrects the anemia. □

ARE FRUITS CLEANSING FOODS?

by Marti Fry

There are no cleansing foods. The human organism is self-cleansing, self-purifying. The organism uses foods as raw materials to nourish itself and provide energy. Some foods such as fresh fruits, especially the juiciest ones such as melons, citrus fruits and grapes, are considered to be "cleansing foods."

Fruits aren't cleansing foods, though. The body is the only entity capable of cleansing itself. People who eat juicy fruits "to cleanse" their internal bodies are not really doing that. They are really providing themselves nourishment from foods which require relatively little bodily energy expenditure for digestion and assimilation and simultaneously eschewing heavier foods that require more body energy in their digestion.

The same is true for juices and for water. Even fasting, the superior way to become internally purified, does not cleanse. Rather, it's the condition which allows the body to devote most of its energies to "housecleaning."

This is not just a matter of semantics—it's a matter of understanding that the human organism is active and foods are passive and cannot act. Only the body acts. It has been said, "As we thinketh, so we are." Our thoughts shape our actions and we think with words. Do not underestimate their power or their value.

As an adjunct to the above observations, it is well to note that frequent urination or bowel movements do not denote cleansing taking place. Body detoxification happens at a cellular level and we can't observe it except in noting how we feel.

Drinking a lot of water or eating a lot of melons or other juicy fruits do not assist the body in elimination. The body accepts no assistance in its functions. It only needs to be left alone so that its energies don't become dissipated in non-vital activities.

Therefore, not eating at all is better than eating melons, fruits, or drinking juices in helping the body to carry on its eliminative functions. Urine secreted during a fast, while not great in amount, contains a high concentration of wastes. The actual elimination of the wastes from body cells took place before urination.

On the other hand, there is almost always a much lower concentration of waste materials and a larger amount of water in the urine of a fruit or juice eater. (Juice is really food.) It's what happening on a cellular level that counts, not the quantity of wastes excreted.

So remember: Fruits are not cleansing foods, nor are juices. Water does not cleanse the body and fasting is not a cleansing method but just the *condition* under which the body can best cleanse itself. Detoxification and purification happen at a cellular level and wastes excreted at the toilet don't signify how effectively or quickly the body is doing its "housecleaning." □

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VIGOROUS ACTIVITY: THE UNIVERSAL PANACEA

In addition to getting on our biologically correct diet most Americans can realize superb health by indulging in vigorous physical activity four to six days each week. Time spent exercising should add up to two to six hours weekly.

Research done at Yale University shows that diabetics improved their insulin absorption 30 percent within six weeks merely by exercising for four one hour periods weekly. This is scientific confirmation of what Life Science has been teaching all the time.

If diabetics go on an all raw food diet of fruits, vegetables, nuts, seeds and sprouts; partake of vigorous activity; and observe the other requisites of health, their well-being would be restored to such a highly vital level that this would, indeed, be a true panacea. □



"The body is self-correcting. Give the body a prolonged rest (fast) and it will perform a general house-cleaning. It will expel accumulated toxic wastes and morbid matters. It will free burdened organs so they can function normally again. The body heals itself when the causes of its problems are removed."

Dr. Herbert M. Shelton



ARE YOU POSSESSED OF COURAGE?

Perhaps you'll recall the refrain:

*"Dare to be a Daniel;
Dare to stand alone;
Dare to have a purpose clear;
Dare to make it known."*

If within you resides even a modicum of courage, you'll rededicate yourself to being a modern Daniel. And you need not stand alone! Mutually we can create thousands, yea, millions of Daniels.

In you I'm sure is the spark of courage that will impel you to learn what is right for yourself and, with conviction and resolve, to do what you should do.

You will set as your goal personal excellence in all matters. You will strive to help your fellow beings open their eyes to the beacon light of Life Science that

they too may lead their lives in the ways of righteousness.

As a modern Daniel you will not yield to injurious temptation and importunity. You will set an example for your fellow beings. You will become a living testimonial to the joys of living life on the plane our biological heritage decrees.

Dare you to be a Daniel? Do you dare to stand alone if need be? Do you have a purpose clear? Do you dare to make it known?

Become a Life Scientist in all that this implies. You'll grow in courage and dare to master yourself. And you'll win from your fellow beings the respect that being a Daniel deserves. ☐

YOUR DUTY TO YOURSELF AND FELLOW BEINGS

If you would make the world right, you must first right yourself!

Your first duty is to yourself. If you're doing right by yourself you'll be doing right by others.

It is your duty to so inform yourself, to so invest your life with goodness generating practices and to so live that you'll not only experience life for the great joy that it can be, but become a shining example of the highest human virtues.

Americans must be made aware that they are the architects of their miseries and that, more easily, they could build for themselves a virtual paradise.

They must be made to realize that erroneous concepts and practices beget errant results.

Equally they must be made to realize that only if life is led in harmony with truth will they appreciate the highest rewards.

For it is a truism that junky foods and practices beget junky bodies and minds. And that great foods and practices develop great people.

Fortunately those are in the minority who cling to bad habits knowingly and deliberately with self-inflicted injurious results. A radical restructuring of those for whom there is hope will rescue the wayward also.

Presently America is plunging headlong to self-

destruction through suicidal and people-destroying pursuits and practices.

This debasement and perversion of human resources must be reversed.

It is the duty of those of us who know, to do what we can.

Your duty, as an aware individual, is to first put your house in order. Become exemplary. Devote some of your resources and energies to prudently and wisely bringing the Life Science program to the attention of others. ☐

PARADISE IS POSSIBLE!

If America were to go Fruitarian/Vegetarian, that is, if it lived by the diet Life Science advocates, dramatic changes would occur.

Eighty-five percent of the nation's farm lands could be retired—put into nut-bearing and other useful trees. Rather than spreading, our deserts would retreat, for droughts and disappearing water tables would pass.

America could add from \$50 to \$100 billion annually in exports of forestry products.

On the other hand, our energy requirements would fall by 25-35% in an ecologically-oriented economy. This would reduce our import needs for oil by more than 50%. The increased exports would overtake the annual trade deficits.

Diseases and illnesses would drop so much that the demand for medical services would practically disappear—some \$250 billion of our annual \$300 billion disease bill would no longer be necessary. This decreased need for medical services would free an

army of nurses, physicians and other support personnel to help produce the goods and services we need as *healthy* people. Our standard of living would then accelerate to new heights.

The results of this revolutionary change in our mode of living could cut our working hours in half, and more than triple our incomes! Think what that would mean to you!

Why not investigate the way of living our biological heritage decrees? Why not consider imbuing your life with wholesome living practices? Do it today. You can start the ball rolling toward paradise for all! □

HOW YOU CAN CHANGE THE WORLD!

Let us presume that you adopted the most healthful practices your circumstances permitted. Let's presume you achieved vibrant health—really euphoric well-being. Further, let's presume that the rest of our population did likewise—that all of us lived according to our natural disposition.

Ailments, diseases and their agonies would become a nightmare of history. Everyone would become naturally healthy as do our fellow creatures in nature.

The products consumed by healthy people are drastically different than those consumed by ailing people. For example, healthy people do not take drugs for drugs under no circumstances produce health—instead they destroy it. Healthy people do not frequent physicians and hospitals. They do not patronize the junk food industry. Nor do they use tobacco or alcohol.

Thus, should we all follow the practices healthful living mandates, there would be enormous ecological benefits. The drug industry would cease to exist. The five million people involved in catering to the sick would be released to productive work that creates the things we really need. Another army of people would be available for producing the really good things of life upon the total dissolution of the junk food and allied chemical industries. The foods to which we are biologically adapted require less than a tenth of the labor, energy and resources to produce as do our present pathological fare.

Moreover, millions upon millions of people in our society are disabled and unable to help create the good things of life. When these people and millions of others join the work force or a reoriented economy, our immensely productive efforts will yield us more than we presently enjoy for just a few hours work each week, perhaps as little as eight hours! Incredible but that's reality.

Another benefit is that our precious energy resources would be preserved—energy usage would

plummet by more than 50% because ecological living requires less transport, no processing, very little tilling of fields and so on. This would give us an energy reprieve until solar and other ecologically-ideal forms of energy came on line.

Our over-exploited and massively-eroded lands would undergo a radical transformation. The disastrous depletion and destruction of our soils would be reversed. Our lands would be returned to soil-building tree culture. Trees produce most of our biologically-correct foods 900% more munificently than present day agri—excuse me—exploitaculture. restoring our soils for ourselves and posterity is a simple technological matter.

You can start this revolution! You can help us bring it about.

Your dollars represent your economic muscle in the marketplace. You can vote for the kind of world you want with your dollars. The way you spend your money will help create the ideal world.

If you buy grains, tobacco, alcoholic beverages and junk foods, you'll be voting with your dollars for these health-sapping and ecologically-destructive products. If you buy melons, apples, grapes and other fruits, you'll be voting for great health and environmental enhancement.

You can do this! Why not become a true citizen of nature and the world by turning ecological in accord with our biological adaptations? You'll benefit most of all! □



"With health, everything is a source of pleasure; without it, nothing else is enjoyable . . . the greatest of all follies is to sacrifice health for any other kind of happiness, whether it be for gain, advancement, learning, or fame; everything should be made secondary to health."
Schopenhauer

LIFE SCIENCE

THE WAY TO A HEALTHIER, HAPPIER AND MORE FULFILLING LIFE FOR YOU

Life Science is a non-profit humanitarian and scientific organization founded and dedicated "to advocate, teach, advance and promote the ideal life through a comprehensive life program."

Life Science's philosophy, principles and practices are based on the fundamental truth that both health and disease are the result of indulging and being subject to their respective causes, that well-being will result if we live healthfully and that miseries and suffering will be the unhappy result if we live unhealthfully.

Life Science is of the firm conviction that we are the architects of our destinies within the context of limitations imposed by environment and society but that, in any event, we can realize our highest possible state of well-being by observing correct living practices.

Life Science, so nobly dedicated, deserves your consideration. The following people did—read what **Life Science** has done for them.

TRUTH HITS DEAD CENTER

I am happy that I have found some real truth. This really hit me dead center.

I didn't know what I was getting into as I have tried so many things, most being ripoffs. Your books were difficult to absorb because of all my previous learning. But it suddenly dawned on me that you were talking in this vein: Nature had things right in the first place!

I have radically changed my life around. So astonishing have been the results I wonder if this is really me. I have lost 20 pounds of bloat and fat in such a short time. My stomach doesn't hurt anymore, and my food costs are way down, especially since I now go in heavily for scrumptious bananas.

I wish you could hit everyone dead center. With hopes of continued progress for Life Science.

A.C.V., Elkhart, IND

LIFE SCIENCE OPEN SESAME TO GLOWING HEALTH

For the secret of glowing health I have never come upon anything so simple, so beautiful, and so persuasive with its sheer logic as your Life Science books.

R.W.H., Newberry, SC

DARING TO STAND ALONE

I thank my lucky stars that I have found Natural Hygiene. All these "health" people I have associated with for twenty years have complaints of all kinds and some are downright sick. Why are they so blind? I am well! Life is great!

D.P., Sun City, PA

INSTANT ENLIGHTENMENT!

Your books taught me more about health in one day than a lifetime of education. I started losing weight immediately and feel better now than I did 20 years ago.

LAP North Wilkesboro, NC

REGISTERED NURSE SHOCKED

The books you sent me are a revelation. Especially "The Myth of Medicine" shocked me so that I left my work. I am a Registered Nurse and after reading this book, felt I had to quit my job.

C.S., Lockport, NY

ACID INDIGESTION STOPPED COLD

I have read every word of the eleven books. And you have changed my life. My acid indigestion stopped the first day.

B.B., New York, NY

LIFE SCIENCE BOOKS UNSURPASSED

Frankly I have waded through piles of health books for the past several years but yours top the list.

R.G.H., Hillsdale, MI

THE MIRACLE OF LIVING FOODS!

I had been a diabetic for 35 years until I switched to your diet. For the first time I am getting CONSISTENT NEGATIVE urine tests morning and night. This has never happened to me before. I feel better now than I can remember. And I am sleeping like a baby.

A.R., Glendale, CA