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# The Super Health System

Volume I

THE GREATEST  
HEALTH DISCOVERY

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THE  
SUPER HEALTH SYSTEM

Volume I

Introducing the  
GREATEST HEALTH DISCOVERY  
and the only

true health system

NATURAL HYGIENE

- A simple health program based squarely upon scientific principles.
- Employing strictly natural means for attaining and maintaining ideal health.
- A healthcare system that makes possible a long happy and rewarding life completely free of sicknesses and diseases.

PROVEN EFFECTIVE IN PRACTICE SINCE 1830

A compilation  
from  
various writers

Published by

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Route 2, Alamance  
Atlanta, Texas 75551

## DEDICATION

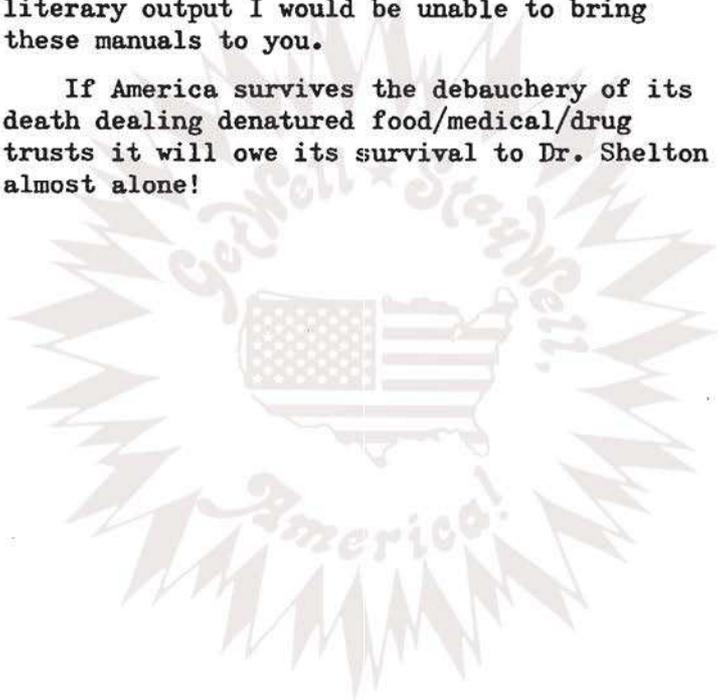
I dedicate these manuals to the world's misled millions who seek well-being but who know not how to find it. I humbly consecrate the collected knowledge of these tomes to a suffering people in the hope they will appropriate its essential message and thus free themselves of the shackles of disease foisted upon them by the errant and the profit-motivated traffickers in human misfortune.



## IN TRIBUTE

I owe a profound debt of gratitude to DR. HERBERT M. SHELTON, the greatest genius the health movement has ever known. These manuals draw heavily upon his writings. Without the inspiration and guidance of his vast literary output I would be unable to bring these manuals to you.

If America survives the debauchery of its death dealing denatured food/medical/drug trusts it will owe its survival to Dr. Shelton almost alone!



## PREFACE

In presenting these volumes in exposition of the SUPER HEALTH SYSTEM or the philosophy, principles and practice of NATURAL HYGIENE, I have drawn from many authors and sources. I have endeavored to unify the presentation into an understandable and cohesive series of manuals, each presenting lucidly an aspect of the COMPLETE HEALTH SYSTEM we call NATURAL HYGIENE.

As much as possible I have included material that is readily assimilable by laymen, not initiated into the language of physiology. I have tried to present these manuals in terms and conceptions that relate to those held by the general audience of Americans.

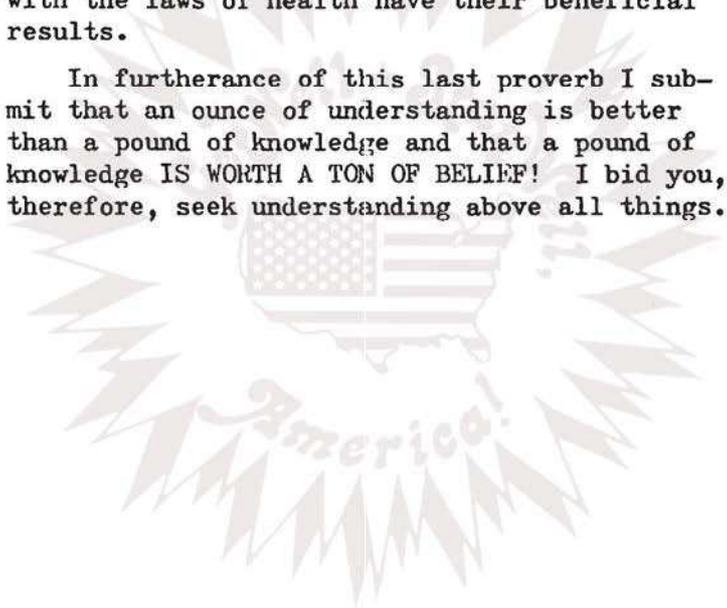
These manuals were prepared for the benefit of a suffering America whose misconceptions and ignorance seems to know no bounds in matters of health. To paraphrase an old adage it can be appropriately said that, in the health field, "You can fool all the people most of the time and some of the people all the time."

In these days America is becoming "health conscious". This does not mean that America will become healthy or even learn the ways of health. At this writing only a miniscule number of Americans are aware of NATURAL HYGIENE, THE ONLY VALID SYSTEM OF HEALTH PRACTICE WHEREBY AN OPTIMUM STATE OF HEALTH CAN BE ACHIEVED! I would estimate the total number of those who are knowledgeable to some extent in NATURAL HYGIENE at less than 20,000 and the total number who HAVE mastered it and NOW PRACTICE this simple program diligently at less than 2,000. In a country of more than 200,000,000 people this is only 1 out of 100,000! By such a thin thread does health truth survive in America!

I hope these manuals will be instrumental in bringing to America, indeed, the peoples of the world, a true health philosophy and practice that will enable them to realize the high health potential with which millions of years of development endowed the human creature.

It has been said that an ounce of prevention is worth a pound of cure. It could just as truly be said that it's worth a ton of cure for, in health, nature forgives no transgressions of her immutable principles. Every "sin" against the laws of health have their consequences and every constructive step in accord with the laws of health have their beneficial results.

In furtherance of this last proverb I submit that an ounce of understanding is better than a pound of knowledge and that a pound of knowledge IS WORTH A TON OF BELIEF! I bid you, therefore, seek understanding above all things.



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## INTRODUCTION

The medical system is an outright failure! For some 2,500 years it has been trying to give man dispensation for his health transgressions without success. It has been trying to salvage him from disease through medication while man continued to indulge the injurious practices that resulted in disease.

Today there is a veritable army of medical practitioners and a far larger corps of support personnel. They have an arsenal of drugs, poisons, pills, medicines, vaccines, serums, antibiotics and miracle treatments. They ever seek newer and "better" remedies for, in all this time, they have not succeeded in vanquishing A SINGLE DISEASE, though they take credit for many!

Despite all the miracle drugs and "scientific" discoveries, they are faced with a growing army of the diseased. Hospitals are built in proliferation. Doctors are being trained by the hundreds of thousands. Nurses are being assured employment even before their training begins. IS THIS TO BECOME A NATION OF SICK PEOPLE?

Why does the multitude of the suffering sick continue to grow? Why do their illnesses become ever more complicated? Why are such disabling diseases as cancer and arthritis on the upsurge? Why do more of our people die of cancer and heart disease?

IS THE DETERIORATING HEALTH OF AMERICA A TESTIMONIAL TO THE VALIDITY OR INVALIDITY OF THE MEDICAL SYSTEM?

Today, the health of the American people is floundering in a deeper depression than at

any time in the past. The crisis affects all sections of the country, all classes, all ages, and both sexes. Old-age pensioners clamor loudly for a plan of state medical care, because they are sunk in physical discomfort and weakness and unable to pay the mounting cost of medical care.

Numerous surveys made by leading medical men themselves have revealed that there is a definite danger involved in entering a hospital. The mayhem in the hospitals is matched by the fact that 15 to 20 percent of the inmates of these institutions are suffering with drug-induced diseases. Hospitalization itself is declared to have produced a noxious event for no less than twenty percent of all patients who enter these institutions, and one in ten of all hospital deaths is authoritatively declared to be, in whole or in part, the result of hospital care.

Many books have been published within recent years exposing the evils and shortcomings of present-day medical and surgical practices. Among these have been *Are These Our Doctors?* by Evelyn Barkins, *The Doctors' Dilemmas* by Louis Lesagna, M.D., *The Therapeutic Nightmare* by Morton Mintz, and *The Doctors* by Martin Gross.

Numerous magazine articles and newspaper columns have also been devoted to this subject. It is generally agreed both by the lay writers and the physicians who have written on the subject that physicians are poorly educated and poorly equipped for the work they pretend to be doing. In addition to these writings there have been Congressional investigations, such as those conducted by Kefauver and Humphrey, which have shown the inadequacies and evils of present-day practice.

The writers of the aforementioned books and similar volumes, whether laymen or reputed

scientists, professing to take a hard look at the prevailing medical system, manage to ignore the long-evident symptoms of its fatal illness. Nothing in the harsh realities of the past half century shakes their faith that medicine remains basically a sound system, which can be reformed into a beneficial system of practice by sufficient tinkering with the surface phenomena. They see these effects as mere technical problems and think that they can be handled without radical change in the methods of practice, or in the fundamentals upon which the practice rests.

For 2,500 years, the highest powers of the human mind have been devoted to the invention or discovery of cures for the diseases of man. Many of the brightest minds of earth have engaged in this search. Untold mountains of wealth have been poured into the effort to find cures.

For the past fifty years, scientists have devoted so much time, energy, talent and technical knowledge to this search that it makes all preceding efforts in this direction pale into significance. The whole field of nature has been ransacked to discover antidotes for the many diseases with which man suffers.

The chemist has analyzed every substance of nature, both organic and inorganic. He has created combinations as varied and numberless as the leaves of the forest. Not a mineral or a vegetable poison, however malignant, but has been added to the truly frightful load of medicines to be used to cure man's diseases. The poisons of insects, of spiders, of snakes, as well as the excretions of animals have been added to the materia medica.

In the hope of discovering some panacea or

some specific for the ills of man, ambitious men have added numberless drugs, or poisons, to the armamentarium of physicians.

Fortunes of tremendous magnitude have been acquired by the compounders of elixirs and cordials. Specifics galore have been announced and tried. But the results of all this searching and experimenting have not been fruitful. Diseases have increased; their malignancy and fatality have been fearful. Chronic diseases, in particular, have enormously increased in modern times.

There is in this country more than 325,000 physicians; there are thousands of hospitals, clinics, sanatoria; there are several giant chemical industries turning out drugs and vaccines; there are thousands of wholesale and retail drug companies, employing an army of pharmacists; there is a great army of nurses, technicians and others who depend on the drug trade for their livelihood. In addition to all these, there are the manufacturers of bottles, pill boxes, cartons and plastics, and there are the newspapers, magazines, radio and television, that derive millions out of advertising of these products. The drug industry, directly and indirectly, accounts for incomes and profits that run into many billions of dollars a year in this country alone. Yet, we are poverty stricken when it comes to good health.

Pitted against the bleak picture of disease that afflicts humanity, is the greatest health discovery of all time - NATURAL HYGIENE - a way of living based on natural law, that enables human beings to remain in good health throughout life, and to evolve into good health in all remediable cases, if they are sick.

The great, simple and most sublime truth

which NATURAL HYGIENE reveals is that incorporated in every living organism itself is a great vital recuperative capacity as part and parcel of its very life, identical with, and inseparable from, its very existence, by which and through which the organism is evolved. Its wastes recuperated, its injuries repaired, its infirmities removed, and its impairments healed.

The foes of NATURAL HYGIENE have been unable to demolish a single one of its basic principles and to destroy a single one of its essential practices, but these have been strengthened by all genuine discoveries made by its very foes.

Every advance in knowledge in biology and physiology has served to add strength to NATURAL HYGIENE and to remove the foundation from under the ancient system of the medicine man.

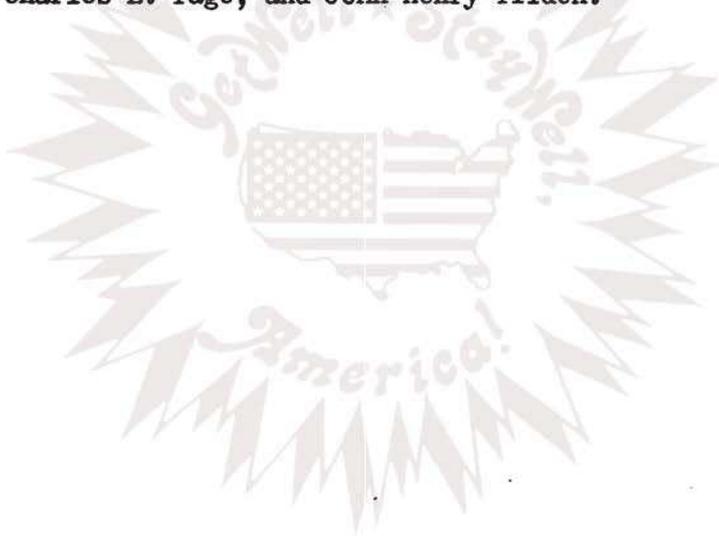
Considering the vast importance of this now extensively recognized body of truths and practices and its importance as a means of both preserving and restoring health, and also the increased light its principles shed upon many other related phenomena, it would seem, at first view, somewhat strange that it has not been more extensively cultivated and its resources more fully developed and more generally applied to their appropriate uses.

The facts of NATURAL HYGIENE are so incontrovertible, however, that eventually the most incredulous will be compelled to accept them. Prejudices are like mercury in the bones, they cling to one despite one's better judgment. But even the strongest prejudice must ultimately give way before the bombardment of HYGIENIC truth.

Truths are not accepted all at once. Man changes by inches. Any change that requires

the growth of an idea will be slow, the slowness being the cosmic surety for the validity of the truth. There is need for a previous preparation for acceptance of an idea that would bring radical change. In the history of the NATURAL HYGIENE movement and the evolution of its philosophy, there is this period of questioning, inquiry and discovery.

The development of the philosophy of NATURAL HYGIENE was pioneered in the 19th century mostly by medical doctors, and includes such names as Sylvester Graham, Mary Gove, Isaac Jennings, Russell Thacker Trall, Robert Walter, Thomas Low Nichols, Susanna Way Dodds, James Caleb Jackson, Charles E. Page, and John Henry Tilden.



## WHY THESE MANUALS HAD TO BE WRITTEN

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

Only the intellectually incompetent can have read this far and still be less than convinced that America is a very sick country, that its populace is committing slow suicide, that is, achieving only about half the life span their natural endowment makes possible! Even gorillas and apes facing the "hazards" of nature outlive us by forty to fifty years! These are our first cousins in nature. They are not better fitted than humans to survive though they do! There are areas where the average age of death for humans is past 100! This should give us some fodder for thought as to possibilities.

Not only must Americans be made aware of the suffering and early death they unknowingly bring upon themselves but they must be taught how to achieve a state of ideal health. These manuals are intended to supply the understanding, the knowledge and the practical methods whereby this can be achieved.

As you are undoubtedly aware people are stubborn and cling to their erroneous concepts, their bad habits and the injurious practices born of them. Some even hold tenaciously to killing habits with the knowledge they are doing so!

This speaks not of spineless creatures so much as it speaks of humans so perverted, so depraved and so degenerated that there is no hope for them. However, individuals beyond hope are not in the majority and, in fact, if the majority WOULD EMBRACE WHOLEHEARTEDLY THE VALID

HEALTH PRACTICES OF NATURAL HYGIENE, THEIR  
EXAMPLE WOULD SERVE TO CORRECT MOST OF THE  
"INCORRIGIBLES" TOO!

The problem is gigantic but you're going to help! Every conscientious individual who sees grievous wrong will devote some of his energies to helping right it.



**MORE URGENT REASONS WHY THESE  
MANUALS HAD TO BE WRITTEN**

**THE SAD STATE OF HEALTH IN THE U.S.A. TODAY**

America is a sick country! Nearly 99% of its inhabitants suffer in some manner of varying degrees of severity. Yet our medical fraternity into whose laps we can lay a great deal of the responsibility for the mess has the temerity to boast that this is one of the healthiest nations in the world! The magazines and newspapers perpetuate this myth.

I reproduce below some salient facts about the state of America's health or, really, its diseased condition:

1. The U.S. Public Health Service recognizes a mere 3,000,000 of our over 200,000,000 population as being healthy! This is only  $1\frac{1}{2}\%$ !
2. 50% of all American men over 40 die of heart disease and a high proportion of the women also. Over 50 million Americans suffer heart disease, 1 out of 4!
3. Nearly one billion visits are made to physicians annually in the U.S.A.!
4. The U.S.A. ranks 89th among nations in death rate!
5. One out of every three Americans will have cancer! WHY? There are some countries where almost no cancer exists!
6. Arthritis affects 77% of our adult population!
7. Over 20,000,000 Americans suffer allergies!
8. 60% of the population suffers defective vision!

9. Over 34,000,000 Americans are obese, far more than half of all Americans are overweight, yet nearly all Americans are malnourished in one way or another despite gross overeating!
10. 96,000,000 Americans suffer from AT LEAST ONE chronic disease or disability!
11. Over 30,000,000 Americans will spend some time in a hospital each year.
12. Over 6,000,000 children are mentally retarded and disturbed!
13. Decayed, deformed teeth and dental cavities are so prevalent they are considered normal!
14. Over 20,000,000 Americans suffer from mental illness.
15. Life expectancy of a one-year-old is no more today than it was in 1900. Scientific studies indicate that a one-year-old can expect to live no longer than our ancestors did 10,000 years ago!
16. Over 20,000,000 pounds of aspirins are taken yearly in the U.S.A.!
17. Over 3,000,000,000 (thats three billion) sleeping pills are consumed annually!
18. Tranquilizers are a way of life!
19. Nearly 20,000,000 Americans submit to the surgeon's knife each year!
20. Murders, suicides, juvenile delinquency, narcotic addiction and other forms of crime are rife and INCREASING! (A sick people makes a sick nation!)

TELL ME DEAR READER, DOES THIS DESCRIBE A HEALTHY AND HAPPY NATION?

I could bore you with pages and pages of such statistics on the various debilities and diseases of Americans. For instance I have not mentioned that there are between three and four million diabetics in the U.S.A.

Or that one person in five is physically handicapped in some disabling manner.

Or that 77% of our young men in their early twenties are already suffering from heart disease.

Or that the greatest killer of our children between the ages of two and fourteen is, of all things, cancer.

Or that over 200,000,000 Americans eat a diet deficient in one way or another of the essential factors of health!

But to bore you with the extent of the morbidity of our people is not my purpose.

My objective is to show you that health in America is a myth! My purpose is to demonstrate the importance of doing something about health in America, SOMETHING CONSTRUCTIVE! And the best way to do that is to become a living example of this scientific health program and to spread its message in every way that you can.