

Naturally,

Vol. I, No. 1 (July 1981)

The Hygienic Way

The Betty Jahn Letter

Increasing numbers of people are showing signs of truly understanding that Natural Hygiene is, as Dr. Herbert M. Shelton always has described it, a complete way of life. This new kind of Natural Hygienist no longer will settle for Natural Hygiene's being viewed and used simply as a better way for dealing with hemorrhoids and gallstones. This new kind sees Natural Hygiene as a complete way of life that heals more than physical ills, that does more than maintain physical well-being. They see, quite clearly and accurately, that Natural Hygiene is essential to the healing of all illnesses and the maintenance of mental, emotional, social and spiritual health.

The evidence of all this is seen clearly in a most special letter written to the Religious School of Natural Hygiene by a most special young woman named Betty Jahn. As Natural Hygienists, reading her letter should make us all both proud and humble.

Oneonta, N.Y.
October 31, 1980

Dear Mr. Andrews:

I noticed your ad in the **HEALTH CRUSADER*** for someone to live and work at the California Health Sanctuary, and would like to apply for the job.

I've always been interested in health (originally, I wanted to be a veterinarian) but became disillusioned with hospitals, both human and animal, after doing volunteer work in them. I gave up all ideas of a career in any health-related field and became an artist instead. Although I feel there is value in this work (I try to use my art as a means of awakening compassion in people for other forms of life), ever since I stumbled on Natural Hygiene and began applying its principles to my life, I've wanted to work in this field more than any other.

I didn't just jump right into Natural Hygiene—I tried it for awhile, picked up Natural Hygiene again for a longer time, dropped it again, etc. This way I had



Betty Jahn, ready for her regular afternoon bike ride to the hills and hinterlands surrounding the California Health Sanctuary near Hollister.

a chance to compare the effects of the two different lifestyles. I discovered something that amazed me—when I was living according to Natural Hygiene, I not only felt physical improvements, but all of a sudden it was easier to follow the morals I believed in but had a hard time practicing. It was easier to forgive, to be generous, to have compassion, to avoid anger, resentment, and envy, to control rather than be controlled by the various urges that are part of being human. It makes me believe that a higher plane of living is possible on Earth and that, if everyone lived according to Natural Hygiene, we wouldn't have wars, crime, or any of the other horrible things we're capable of. So I view Natural Hygiene as the ultimate gift to mankind, and there's nothing I'd rather do than help spread the word.

I wrote to many "hygienic" institutions around the country. I want to work in one that practices the most unadulterated form of Natural Hygiene. I want to

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ANHS to hold 33rd Conference

The American Natural Hygiene Society, using as its slogan, "Health Care Is Self Care," will hold its 33rd annual, international, natural living conference the week of August 2-8, 1981. The location is to be the lovely, rural campus of the University of Hartford, Hartford, Connecticut.

Outstanding professional and lay Natural Hygienists will be featured: Doctors Ralph Cinque, William Esser, Robert Gross, Frank Sabatino, D.J. Scott and Virginia Vetrano from the United States; Doctors Alec Burton from Australia and Keki Sidwa from England. Authors Hannah Allen (*Homemakers' Guide To Foods For Pleasure And Health*), Joy Gross (*30-Day Way To A Born-Again Body*) and Jack Dunn Trop (*You Don't Have To Be Sick*) will speak. Jo Willard, Executive Director of the ANHS, also will be a featured lecturer.

A wide assortment of classes, workshops, demonstrations and lectures will be offered. Topics will include detrimental effects of drugs, immunizations and transfusions, emotional health, fasting, childbirth and child rearing.

Recreational, as well as scholarly, activities will include folk and social dancing, tennis, swimming and banqueting. Supervised children's activities and day care for wee ones also will be available.

For more information contact the American Natural Hygiene Society (698 Brooklawn Ave., Bridgeport, CT 06604; Phone: (203) 366-6229.

Editor's Note: As an attender to many of these conferences over many years I urge all readers to attend also. They provide the magic moments one never forgets and that one treasures for a lifetime.

Subscribe Today

Naturally, **THE HYGIENIC WAY** is a publication of the Religious School of Natural Hygiene, offering ten issues each year. May / June and November / December are single issues. Subscription is included with membership and also available to non-members for \$12.00 per year. Single issues can be had for \$1.25 plus 1st class postage. Case histories, appropriate articles, photos and suggestions are welcomed for consideration. Unused materials will be returned if SASE is included. Mail memberships, subscriptions and all correspondence to: 6344 Pacheco Pass Highway, Hollister, CA 95023.

Herbert M. Shelton Active Pacifist



Herbert Shelton

People who are into Natural Hygiene, even those who have been part of the movement for a long time, when they think and speak of Dr. Shelton, tend to do so in terms of food and food combining, and fasting for relief from physical ailments.

However, Dr. Shelton understood, and did his best to teach, that Natural

Hygiene is a complete way of life. And (except for giving too much of himself in the service of others at the expense of his own body's needs for sleep and rest) he practiced his Natural Hygiene as a complete way of life in his own life.

Dr. Shelton had and continues to have what most of us lack—an overview, the ability to see the "big picture" of Natural Hygiene, the completeness of its promise for humanity.

What follows is an editorial that appeared in the October and November 1940 issues of the **HYGIENIC REVIEW**.

War and the Review

The editor of the **Review** is opposed to war— **all war**. He does not believe in **holy wars** any more than he believes in **wicked wars**.

The editor does not believe in war to **save democracy**.

He knows that war destroys democracy.

The last "war to make the world safe for democracy" succeeded only in making it safe for totalitarianism.

The editor does not believe in war to **save civilization**.

He knows that war destroys real civilization.

He is not fooled by the cry—**save civilization**.

He knows it really means **save capitalism**; save our system of exploitation; save our imperialism.

The editor does not believe in **hemisphere defense**.

He knows that **hemisphere defense** means defense of Wall Street's investments in Mexico and Central and South America.

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Diet for a Smart Planet

The proper foods for humans are fruits, nuts and seeds, and above-ground vegetables. These should be eaten raw, whole, in modest amounts, in simple combinations, and organically grown (when possible). These should be eaten under conditions of non-stress and non-fatigue.

No Fasting in Ireland



Arthur Andrews

by Arthur Andrews

A hunger strike is not the same as a fast undertaken for the restoration and maintenance of total health. The two might *seem* to be the same. They certainly get lumped together in the spewings of our sensation seeking radio, T-V, magazine and newspaper reporters.

But, they are as different as day and night. A glutton may be thin because of poor absorption and assimilation. A modest eater will be thin because of well developed control of self. Apparancies are the same in both cases. But, the states are opposites. One is ill, the other, well.

It is a tribute to the stamina and endurance of the human body that the imprisoned, IRA hunger strikers manage to live as long as they do. They are engaged in violent acts for violent purposes. Acts of violence got them into prison, put there by equally violent people acting in violence. The hunger strikers are angry persons. The environment in which they are existing is an angry one. Everything about their circumstance is harsh and hurtful, destructive and degenerative. The purpose of their hunger strikes is not to bring peace and harmony to a discordant social, political situation. Their purpose is to best their enemies, to bend their enemies to their will as surely as that enemy seeks to bend them to theirs. They are not acting out of love nor seeking after peace any more than their adverseries who imprison them and allow them to die. Their hunger strikes add even heavier stress to an already stress saturated situation. This additional stress produces further disease, degeneration and discord, not just in North Ireland, but in all situations. Finally, for wrong reasons, known only to themselves, these hunger strikers opt to drink salt water (according to news reports). How deadly a practice!

All this is **not** fasting. The only (deceptive and misunderstood) similarity between the two is that no food is consumed during the hunger strikes and no food is consumed during a fast. The abstinence from food by IRA prisoners is, at best, "quiet violence". It is not fasting.

Gandhi

Mohandas K. Gandhi, famous political and spiritual figure of India (now deceased through an act of violence), used the practice of not eating for long periods of time as a political weapon. His actions were

referred to as "fasting", but they were not. He is said to have brought the British Empire to its knees *non-violently*. What he did was use intentionally a tool that invoked fear in his adversaries and at the same time, bring his followers to a controlled state of readiness to do tremendous violence IF he had died (which death was not in the script). Gandhi did not *fast* as an act to bring about harmony nor to achieve individual and collective health. This was not an act to bring about an expanded consciousness nor heightened spiritually. His hunger strikes *against* an imperialistic, British government were calculated, political gambits. It was simply another mis-use of a potentially beneficent gift—fasting. It may have seemed to have been "non-violent. But it did not bring lasting peace and harmony to India as fasting, properly employed, will to almost all circumstances. It was another case of confusing symptoms with causes and curing with healing which always lead nowhere.

India is no more peaceful nor Indians more freed today then before. All the hate and anger and corruption and violence exist in India today tht existed then. The Indian government even has managed to detonate a nuclear devise made from materials supplied to them with the agreement that they would not be used to make nuclear bombs! Whatever it was that Gandhi wanted for his beloved India and his beloved Indian people has not come to pass.

Real Fasting

Fasting, undertaken for the restoration and maintenance of total health, truly allows those things to occur. One finds or creates an environment of external harmony...becomes part of that harmonious environment...and the body begins to create a harmonious environment within itself as an adaptive process.

To fast for health, for wholeness, is to do a lot more than not eat and not drink anything but pure water. This is but one condition of true fasting in the hygienic sense of the word. To fast is to place oneself in an environment as free of stress as possible. In hygienic fasting one will abstain not only from food, but, as nearly as possible, from noise, excitement, distractions, duties, business and busy-ness. It ought be a near-total rest for one's body, emotions and mind. In these conditons total balance will be restored in a steady and orderly manner. A physical, mental and emotional harmony will re-establish itself. Senses

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Editorial

Happy Birthday to us & a New Beginning!

It seems appropriate July should be the birthmonth of the first publication of the Religious School of Natural Hygiene. Great things seem to start in July. Americans struck a blow for freedom early one July. The French dealt oppression a telling blow, also in July. Two years ago July 6th marked the founding of the Religious School of Natural Hygiene, certainly an event of significance. And now, the birth of that Organization's first publication occurs fittingly in July!

The reason for **Naturally, THE HYGIENIC WAY** is plain - there is a need, and so, we fill it. Like all newborn, healthy organisms, we grow. With growth such as ours all our various cells and parts need a communications system, a means of knowing we are part of something larger than ourselves and vital, and a knowing that there are other parts as well. A personal, functional publication, frequently received, helps establish a sense of community, satisfy a sense of belonging and offer opportunities for recognition of individuals who are worthy parts of the whole.

With this first issue we already can see the need to add more pages as quickly as time and funds allow.

There is much more we wanted to include—letters received to be shared, answers to questions, simple exercises anyone can do in small spaces with no special equipment, menus served at our California Health Sanctuary; the list seems endless. There is a great need. Another thing is clear: Natural Hygiene, in total, needs a more scholarly publication than presently exists. We expect to fill a particular need with **Naturally, THE HYGIENIC WAY**.

The American Natural Hygiene Society's **HEALTH SCIENCE** is an excellent bi-monthly offering. It warrants the support of every natural hygienist. Life Science's **BETTER LIFE JOURNAL** does an outstanding job of reaching a quite large audience, bringing our special health message to many who have never heard of Natural Hygiene before. It, too, deserves support.

But the movement does need, perhaps quarterly, a journal presenting longer and more in-depth articles of substance than usually can be included comfortably in the existing publications. In time we expect to fill that need. If the pattern holds, the first issue will appear some future July.

Editorial

The many benefits to membership

Members get membership cards—Regular, Gold Card and M-O-S-T Club. Membership cards, themselves, mean little. But, they do several nice things: They allow us fleeting return to childhood joys of belonging to clubs with secret passwords, Orphan Annie secret de-coder pins, hidden compartment rings and membership cards. Childlike but warming. Then, membership cards give material connection between the member and the organization. They serve to remind what the organization stands for and why you joined in the first place. They help satisfy our sense of belonging. They refreshen hope and commitment.

Subscription of **Naturally, THE HYGIENIC WAY** is included with membership. This, in itself, covers almost half of regular membership. Gold Card members get double subscriptions, one for friend. Subscriptions to future publications also will be included.

Members will have prepaid \$25.00 required of all who attend our California Health Sanctuary. Gold Card and M-O-S-T Club members save another \$25.00

when coming to the Sanctuary since membership includes a registration fee charged others.

Members are entitled to seminars, classes and meetings where admission is charged at half price, and Gold Card and M-O-S-T Club members attend free. Regular members are entitled to consultations at half the anticipated contribution for consultations, per year with no contributions, and half for any beyond four.

And though the benefits of membership are many and varied, the most important is one's *opportunity* to contribute to a worthy cause and be part of a vital organization.

JOIN TODAY AND GAIN! This, our third year, will be the final year for charter memberships. Regular membership is \$25.00, (Families—\$40.00). Gold Card Membership is \$100.00, (Families—\$150.00). (M-O-S-T Club requirements are presented only to those serious persons interested enough to inquire.) Send your membership checks today to:

The Religious School of Natural Hygiene
6344 Pacheco Pass Highway, Hollister, CA 95023

On Love of Mankind

by Keith Andrews



Keith Andrews

The ultimate life aim is love of mankind. It is the guiding focus of all true religious seekers. There can be no question, though, that it is the most difficult and demanding life aim that we can adopt. No task is harder.

Love pre-supposes understanding, acceptance and compassion. It requires an openness and giving.

There can be no judgement—only fullness of love and forgiveness. Can we, in sincerity, make such a claim? Of course not. To do so would be presumptuous to the point of dishonesty. It would be an act of utter ignorance, a burden that we must set aside. Only when we sincerely accept that we “aren’t” can we begin a striving “TO BE”.

The aim of loving mankind is large. Taken all at once it is almost overpowering. If we look at the task sincerely we see at once that we don’t even love or understand or accept ourselves. How can we hope to love mankind—a mankind that includes not only the righteous but the sinner; not only the friend but the foe?

I have three children, ages 11, 6 and 4. They all play checkers at different levels according to their understanding. The 4 year old is just grasping that the game is played on the black squares. There is also an on-and-off again knowing that the pieces move in only one direction. (I haven’t introduced the concept of kings yet). The 6 year old has mastered how to jump over opposing pieces, getting kings and trying to wipe out the opponent. My 11 year old girl is even more advanced. With her I have to really play all out. In fact, to preserve my honor I think that we are going to learn another game very soon! She’s getting that good.

The point is that the aim is full blown and we are like little children in our understanding of it. We must grow into it by degrees. We must grow into it by practicing and doing. My 11 year old started where my 4 year old now is—not knowing that you play the game on the black squares. By practice she aspired to and achieved the understanding of the whole game that she now holds.

By degrees. Little steps. Two tasks that I hold out for those who seek after love of mankind. First, strive, to accept one bothersome trait that you feel infects a friend. A friend, mind you, not a foe. Don’t try more than one trait, either. Learn to accept and understand

that one trait only. Find out what it is about the trait that bothers *your* sensitivities. Don’t mention the activity to the friend. It’s not for the friend to change. It’s for you to learn to not only live with but *to accept* that friend’s trait.

The second exercise is to watch how judgemental we are. “I like him, but I don’t like her.” “That’s a sin!” “He’s an evil person.” “She’s a good person.” Listen as these remarks flow like water from our fountains of wisdom! Listen to them and know that as long as these judgements exist that there can be no room in our hearts for love. There’s no harm in trying to avoid saying these things, in fact, it’s a darn good exercise not to say them. However, don’t feel extra holy since, expressed or not, the judgement is still in your heart. Watch your judgements, though. It will serve you well.

We must strive by steady degrees toward our aim. We must truly learn “to do”. It’s time to begin. It’s time to start learning how to move only upon the black squares.

Keith Marlow Andrews is a major advisor to the Religious School of Natural Hygiene. He was co-founder of the (San Francisco) Bay Area Chapter of the American Natural Hygiene Society and chapter president from 1965 through 1970.

Presently Keith is an officer of a major insurance company. He lives in Cincinnati, Ohio with his wife and three young children.

No Fasting in Ireland (Cont’d)

will be sharpened, thinking will become clear, emotions will become pure. Activity will become efficient, consciousness will be expanded and spirituality will be heightened and made substantive through right action.

The heavyweights of fasting, Moses, Isaiah and Jesus, made this quite clear. They did not go on, nor sanction hunger strikes. In the real sense of the word, they fasted. They did not stay in the city. They sought out the quiet peaceful wilderness. They abstained from food, noise, distractions, social engagements, busyness. They rested, they fasted, they prayed, that is, they attempted to reconnect themselves with the peaceful, harmonious orderly Universe and with the Source of their very creation and on-going existence. They fasted—really fasted. They fasted for long periods of time. They didn’t do this as a remedy for their aches and pains, nor to lose weight, nor as a protest against something they didn’t like or agree with. They did it for physical, mental, emotional, social and spiritual purification. They did it for true, total health. They did it for wholeness.

Should not our fasting always be for those same reasons?

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 & 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, golden seal, 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 heart patient who forgets his nitro-glycerine.

Then I began to "fast." So call "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.



Pat, Aura Hazel Louella, & Rick Hill

Skin Problems (Continued from page 6)

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 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 2 or 3 meals a day (from 5 and 6). 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 3 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 5 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 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.

Richard Hill is part of the staff of the California Health Sanctuary where he lives with his wife Pat and their infant daughter Aura Hazel Louella Hill.

Dr. Keki Sidwa to speak in S.F. Bay Area

Dr. Keki Sidwa, N.D., D.O. internationally recognized practitioner of Natural Hygiene, will deliver two lectures for the health minded populace of the San Francisco Bay area. These occur between August 10th and 14th. The exact dates, times and locations are yet to be announced. One meeting will be in San Francisco, the other in San Jose.

Dr. Sidwa is the founder and director of "Shalimar," a health school teaching and practicing Natural Hygiene as a complete way of life. "Shalimar" is located at Frinton-On-Sea, Essex, England.

Dr. Sidwa is the author of *Medical Drugs on Trial - Verdict Guilty!*, *Fit For anything* and others. His monthly publication, *The Hygienist*, is in its 22nd year of publication.

Prior to his West Coast visit, Dr. Sidwa will have been a featured speaker at the American Natural Hygiene Society's Annual Conference in Connecticut.

For more information about these important events call the Religious School of Natural Hygiene (408) 637-1920. Watch and listen for further announcements.

New RSNH Mutual Support Group

Dr. Frank Kimper and Steven Dolowitz will be working together to form the third and newest *Meeting for Mutual Support* for people serious in their pursuit of Natural Hygiene as a complete way of life. This Meeting will provide support for Natural Hygienists in the Sonoma and Napa Counties area of California. For information about this noble effort contact Dr. Frank Kimper, 5438 Alta Monte Drive, Santa Rosa, CA 95404. The phone number is Area Code (707) 584-5202.

The mutual support group concept and format was developed by the Religious School of Natural Hygiene from a pilot meeting in San Jose, California. It has proved so effective in helping Natural Hygienists be true to Natural Hygiene's principles that a second Meeting for MUTUAL Support recently was begun in San Francisco. And now, a third!

The San Jose Meeting gathers on the 1st and 3rd Fridays of each month at 6:45 p.m., at 1041 Morse St., San Jose, CA. For details call (408) 637-1920. For information regarding the San Francisco Mutual Support Group, which meets the 1st Wednesday after the 1st Friday of each month, call David and Roberta Pressman, (415) 776-3960.

If you would like to have a Meeting for Mutual Support in your area of the world, call Arthur Andrews, (408) 637-1920, or write: 6344 Pacheco Pass Highway, Hollister, CA 95023 (Attn: Arthur Andrews).

Betty Jahn Letter (Continued from page 1)

work in one that tends not to be "commercial." I liked it that your response included a booklet to the prospective student just what Natural Hygiene is.

There is one more reason I'd like to work at your school more than any of the others—the fact that you bring religion into the picture. I'm not a church-goer, or a member of any organized religion, but I don't see how it would be possible to separate Natural Hygiene from God. (How can you appreciate the gift without appreciating the giver?)

Here is my resume. I'll send other information if you need it. Here's hoping you'll write back!

Sincerely,
Betty Jahn

We did write back, of course. And Betty Jahn did join the staff of the Religious School of Natural Hygiene, working with the California Health Sanctuary. She has proved herself to be in person as genuine as she presents herself in her letter.

***HEALTH CRUSADER: NOW BETTER LIFE JOURNAL**, a Life Science Publication, P.O. Box 17128, Austin, TX 78760. \$12.00 per year. (Life Science was founded by T.C. Fry)

In Next Month's Issue

The Joanne Jaffe Story: A seemingly miraculous recovery of health by an acutely chemically sensitive, young woman who almost gave up on life.

Dr. Ralph Cinque, Director of Utopia Health Center, Yorktown, TX, writes meaningfully on *Understanding Your Emotions*.

Arthur Andrews Writes on *Fasting - An essential ingredient for health; what fasting is, what fasting does, fasting in health*.

Herbert Shelton (Continued from page 2)

He does not believe that all these investments are worth one human life.

Benjamin Franklin, it was, who said: "There was never a good war nor a bad peace."

The editor agrees with this.

War is man's highest stupidity.

Only fools indulge in war.

The editor is not at war.

He is not going to war.

He has not authorized Congress to declare war for him.

He does not recognize the authority of Congress to confiscate his life, nor his property for war or any other purpose.

The signers of the **Declaration of Independence** declared that all governments derive their just powers from the consent of the governed.

The editor has never given his consent to any government or to one else to govern him in any way.

The **Review** will continue its efforts to enlighten the people. It will continue to expose medical fads, frauds, freaks, fake and foolish foibles.

The **Review** will not lose its head in the panic that has been created by the politicians and munitions makers. It will continue to work for health and sanity.

And that's not about food nor fasting, friends and readers. That's Herbert Shelton and Natural Hygiene at their best!

The Religious School of Natural Hygiene
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Naturally, The Hygienic Way

Vol. I, No. 2 (Aug. 1981)

"TOTAL ALLERGY SYNDROME" aka "ENVIRONMENTAL ILLNESS"

LETTER BY FORMER VICTIM
TELLS HOW NATURAL HYGIENE
GAVE HER FREEDOM FROM
SEVERE CHEMICAL SENSITIVITIES

Fifty years ago about the only "allergy" afflicting anyone was "hay fever" and the only cause was goldenrod. In fact, the word "allergy" was a new word on the sickness scene. Not so today. More and more people find their immune systems breaking down and their lives made miserable by a growing number of (often seemingly innocent) irritants, sometimes identifiable, sometimes not.

An alarming and rapidly increasing number of people have reached the place where they react to everything. It's not just pollen, dust and animal hair, and it's not just sneezing, coughing, rashes, itching, red eyes and runny noses. It's EVERYTHING. They cannot read newspapers. (The ink gives off minute amounts of fumes.) They cannot be around formica and other plastics. They cannot wear synthetic fabrics, use perfumes, cosmetics, be in homes with gas heat, go shopping, drive cars. You name it; they can't do it or eat it! It's no joke. It's total allergy syndrome. It manifests as pain, paralysis, depression, personality change, loss of speech, motor coordination. You name it; they get it!

And YOU may be next! People who have had no hint of it turn up with it. Those who have had mild allergies to a few things drift into it. Their numbers are growing. The name given to the affliction is "environmental illness." That means it is recognized that our man-made, technological, chemical, plastic, artificial, "advanced," "modern," "scientific" civilization is making these people (and the rest of us) more sick and more helpless than humans have been at any other time in the known history of humankind!

Great crippling, killing, mass illnesses of the past simply came and went. In most cases we never really learned why, from where, to where or what to do about them while they were here. They just came and went. But this one is here and will not go away. It's here to stay and certain to get worse, certain to afflict greater



Joanne Jaffe, after 50 days of fasting.

and greater numbers of people. We won't be building immunity to it because that's the very thing that's breaking down — our immune systems. And every time we make a so-called "improvement," invent a new gadget, create a new "convenience," we strike a blow against our own well-being and add another nail to our collective coffin.

But there is a way out for those who care enough to be well and dare enough to be different. A special and beautiful young woman named Joanne Jaffe was one of that brave breed. She had had enough of environmental illness, and when she learned of Natural Hygiene she jumped in with both feet. Her body healed. And, quite naturally, she wanted to share with others of her kind in need of help. Joanne wrote a letter that was published in the March 1981 newsletter of the Environmental Illness Association. Here it is:

Dear EIA Members:

I'm writing you this letter to share with you some valuable news that will free you of your chemical sen-

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UNDERSTANDING YOUR EMOTIONS

We should not think that emotions are essentially destructive. On the contrary, they were developed biologically to be life sustaining, that is, to encourage actions that would preserve and secure vital needs. Two important characteristics of emotions are (1) they are automatic; we do not decide consciously how to respond emotionally to an event or situation; and (2) every emotion entails a subconscious, almost instantaneous judgement of how a set of circumstances affects whatever value is at stake. This implies we program our emotions in the process of assigning our values.



Dr. Ralph Cinque

Everyone must establish values because life depends upon purposeful action. Just as organisms on a biological level, must continue to sustain themselves by self-generated activity in appropriating materials, excreting waste, etc., individuals must continually act to secure their needs through self-generated and self-directed activities.

The rudiments of one's needs are largely objective. One needs food, clothing, shelter, companionship, etc. Values are largely subjective. One has the option of valuing whatever one chooses, that which sustains and enhances one's life or that which detracts from and endangers it.

The repetition of an emotional response reinforces the tendency to respond in that manner on future occasions. A given precept may serve as an impetus to activate a combination of cerebral and automatic responses that constitutes a learned emotional pattern. A good example of this is the fear of dogs. Once bitten, some people remain always in fear of dogs and become apprehensive at the sight of one.

On the emotional level we are like robots; we respond in accordance with the ways we have been programmed both biologically (via pleasure and pain) and experientially. Emotions can be our bane or boon depending on how we program them and whether or not we consciously and rationally control our own actions.

Emotional suppression and repression have received almost universal indictment as causes of mental illness in general, and depression in particular. Yet, we must distinguish between suppressing an emotion and suppressing the action dictated by an emotion. Real as they are, emotions may be appropriate or inappropriate calls for action. Experiencing fear in response to a genuine

danger is not a sign of mental illness; experiencing fear when no external danger is present is. Falling in love with someone is a good sign when based on a genuine understanding of and appreciation for the person's qualities, attributes and values; falling in love whimsically with any attentive prospect is a sign of neurosis.

An emotion may direct us to perform an action entirely within our best interests; an emotion could also lead us to take actions that are harmful to us. It all depends upon whether the value judgement we make is rational or irrational. Emotions tell us about ourselves. They tell us what we want (but not whether it is possible or impossible to obtain). They tell us what we fear (but not whether what we fear is a genuine threat). They tell us what we cherish (but not whether what we cherish is genuinely worth cherishing). Emotions, in and of themselves, are unreliable guides to action. Experience them fully and try to understand them as much as possible, but let reason be the final judge of which action you take (if any).

Many of us regard reasoning as a largely technical matter. We have to reason to accomplish tasks, perform jobs and solve problems. But, we rely upon our feelings to determine the course of our personal lives. If we feel a desire for something, we take whatever action is necessary to acquire it without asking ourselves, "at what cost?" In our relationships with people, our feelings lead us to like or dislike, to admire or despise, to pursue or evade, to love or hate. We act on these feelings but often fail to ask ourselves why we feel as we do. How often do we try to evaluate our emotions?

The issue of morality often is an obstacle to looking at our emotional selves objectively. We experience guilt for feeling a certain way, not recognizing that a person is morally responsible only for one's actions, not one's feelings. Emotions occur automatically. They are neither moral or immoral. They are amoral. Nevertheless, the actions they dictate can be either constructive or destructive.

The physiological components of our emotions entail vast expenditure of nervous and caloric energy, increased hormonal secretion, cardiovascular modification and alterations in other physiological processes. Emotional arousal (positive or negative) represents a state of emergency within the organism. In life emergencies are the exception and not the rule. The body cannot sustain and preserve itself in the myriad of functions relating to nutrition and drainage all the way down to the cellular level when emotional upheaval becomes a way of life. The body can stand the strain of shifting into emotional overdrive for only brief periods. The body's built-in

means for survival and self-regulation require a balance and rhythm and orderly flow of influences in order to maintain a steady state. The body can adjust to occasional emotional extremes, but when emotional outbursts become a regular part of one's life, it becomes progressively difficult for the body to adjust. Excessive emotionalism, if prolonged, surely will impair and undermine health.

How does one control one's emotions without suppressing them consciously, or repressing them subconsciously? The answers may be found by trying to understand our values. What do you value? Why do you value it? How can this value best be achieved? What obstacles exist and what other values would have to be sacrificed in order to achieve it? Is it worth it?

There are things we should value more than anything else: our lives, our happiness, and the preservation of our physical and psychological well being. It is necessary for our survival that we seek to fulfill our own needs and work to satisfy our wants. We should not apologize nor experience guilt over self-interest. The nature of existence for all living organisms demands that this be so. It is not selfless to befriend others; one still is pursuing one's own values. The more one values one's own life and proclaims one's own right to happiness, the more one will aspire to do for others. To achieve one's own values is one's greatest moral purpose.

Our physical and mental well being should be our greatest value because the achievement of all lesser values depends upon our being of sound mind and body. Don't hesitate to admit that the preservation of your life, sanity and happiness is the ultimate objective of every action you take. This should be the standard upon which the actions dictated by our emotions are judged. What do you require in order to preserve or gain your physical and psychological well being? This question must be answered to establish the hierarchy of your values. Consciously discern your values. Periodically evaluate your life. Are you leading it in the most effective manner to achieve your plans?

We expend enormous amounts of energy in emoting. Is there really enough at stake to make a large energy investment worthwhile? What value is at stake? Will the action dictated by the emotion serve the value? Is the subconscious assessment underlying the emotion rational? Were the subconscious conclusions drawn beforehand valid? Attaining emotional control requires one make conscious calculations which heretofore have been made subconsciously. Only this way can one rationally determine whether an emotion is guiding one correctly. Then one can decide to flow with the dictates of the emotion or refrain from acting hastily. Either way, one is not suppressing or repressing one's feelings. One is seeking to unravel and understand them and resolve internal conflicts present. Only by inserting an interval of conscious rationality between feeling and action can one gain conscious control of self.

Your ability to reason is your most valuable, indispensable tool for achieving happiness and survival. But, remember, it doesn't happen automatically. You can choose to think or not think. Be firm in your conviction. Be certain there is no deception so vile and more destructive than self-deception.

Ralph C. Cinque, D.C., is the founder & Director of Utopia Health Center, 439 E. Main Street, Yorktown, TX. 78164, Phone: (512)564-3670.

Dr. Cinque is a well-known writer, lecturer and respected practitioner in the world of Natural Hygiene.

DO YOU REALLY NEED GLASSES?

by **Richard Hill**

Optometrists and ophthalmologists call the lenses they prescribe "medicine for the eyes." They claim glasses to be the only way to "cure" an organic defect or permanent visual impairment (refractive error).

There is another school of thought pioneered by the late W.H. Bates, M.D. It takes an opposing view. Dr. Bates practiced and taught ophthalmology for over thirty years. He found that myopia, hyperopia, astigmatism, etc. are conditions brought on by (1) constant strain on muscles which control the eyes, (2) unneeded strain on the total body musculature and (3) poor habits of vision which aggravate this strain. He discovered that glasses only mask the symptoms of this destructive process. They hold the eyes to permanent error of refraction, never giving them a chance to improve. Vision steadily worsens. Glasses must be made stronger until no more can be done. Then the patient must grow accustomed to failing vision even though wearing the thickest lenses available.

According to Dr. Bates and his disciples, the vision problems, now in epidemic proportions in our society, can be corrected by getting rid of, or minimizing the use of these "glass crutches." People who are very short sighted are encouraged to switch to a weaker prescription that allows them to drive legally and still have room to improve their sight.

It is best to get rid of glasses altogether; but, if this is not possible, to gradually lessen the prescription or go back to weaker glasses is the next best thing.

A program of exercises, drills and relaxation techniques are used to relax eyes back to normalcy. Then, a proper *method of seeing* to replace the poor habits that strained the eyes in the first place.

If your eyes continue to get worse and your prescriptions for glasses get stronger, I recommend you read Dr. Bates' book **BETTER SIGHT WITHOUT GLASSES**. Author Aldous Huxley (**BRAVE NEW WORLD**) improved his vision so much using the Bates method he wrote a book of his own, **THE ART OF SEEING**. Margaret Corbett, an assistant to Dr. Bates wrote

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