

HANDBOOK

of

The American
Natural Hygiene
Society, Inc.

(Incorporated in the District of Columbia)

DEFINITION
OF
NATURAL HYGIENE

FOREWORD

This handbook has been prepared for the use of sponsors, organizers and chairmen to guide them in the formation, organization and conduct of local Natural Hygiene Societies. It does not attempt to provide all the details of organization but it does provide a framework which may be filled in as the needs and local conditions dictate. The local Society should mesh its gears with the machinery of the *American Natural Hygiene Society* to the end that we may build a powerful national instrument for the propagation of the principles and practices of Natural Hygiene.

DEFINITION OF NATURAL HYGIENE

NATURAL HYGIENE is that branch of biology which investigates the conditions upon which health depends and the means by which it is sustained in all its virtue and purity while we have it, and restored when it is impaired.

NATURAL HYGIENE is a complete way of life, comprising a system of mind-body care, in sickness and in health, based upon the demonstrable principle that the same elements of living that are requisite to maintain the body in a state of vigorous health, are essential and all that are essential (all that can be of use in fact) in a state of disease, modifying these only insofar as the altered needs and capacities of the sick organism require, but superimposing no added and anti-vital elements upon the normal elements of living. Only those things that have a constitutional relation to the living organism are of use to the body in health and in disease.

WHAT HYGIENE IS NOT

Natural Hygiene is not a system of therapeutics nor a collection of therapeutic modalities and alleged cures for so-called diseases. It does not have a single so-called cure and its practitioners are not engaged in the curing business. It does not endorse, nor approve the therapeutic methods and modalities of any school of alleged healing.

Recognizing that surgery has a legitimate place in the care of wounds and accidental injuries, in deformities and a limited application in pathology, the *American Natural Hygiene Society* also recognizes that surgery, as a profession, has been thoroughly commercialized and that, as a direct consequence of the necessity of the surgeon to make money by surgery, by reason of the fee-splitting practice and other evils of modern economics, many thousands of unnecessary operations are performed, declares that most of the surgery performed today is needlessly performed and that it results in much crippling and killing of patients. Surgery, being always an evil, is justifiable only when it is the lesser of two evils.

Natural Hygiene is a plan of living based on the laws of nature. It is not a religion. It is

not opposed in principle to the religion of any group or sect. It is a way of life that is open to the adherents of all religious beliefs and doctrines, as well as to those who have no religious beliefs and doctrines.

The American Natural Hygiene Society is not a political organization. Its membership is made up of adherents of all shades and varieties of political belief and of those who have no political beliefs. The Society, although non-political in character, will not hesitate to make use of political force and action to secure the repeal of all laws that are opposed to the rights, privileges and welfare of our citizens in the field in which the Society is active . . . that is, in the field of health, disease and living.

OBJECTS

The general designs and objects of this Society are intended to promote the diffusion of those physiological and biological principles, and the practices that stem from them, that are usually comprehended under the term Hygiene, and a knowledge of the laws of life and the conditions of health to the end that health may be preserved and sickness prevented or lessened; to teach a safe, sane, effective and economical method of restoring health in all remediable conditions; and to develop and promote an eugenic ethic predicated in the laws of heredity and the principles of symbiosis, to the end that the biological status of the race shall be raised. These objects shall be accomplished by:

1. Acquiring and diffusing a knowledge of the laws of life and the means of promoting human health and longevity.
2. The establishment of schools and colleges to train Hygienist practitioners and nurses and to educate laymen and children in the ways of Natural Hygiene.
3. The publication, sale, and distribution of books, pamphlets, leaflets, magazines and other periodicals.
4. Means of lectures, free clinics, moving pictures, radio programs and other means of education.
5. Promoting saner, more wholesome methods of agriculture.
6. Fostering legislation to protect the people in their rights and opposing all legislation

designed to force the theories and practices of any school of so-called healing upon the people.

7. Securing and receiving donations, subscriptions, grants, legacies, foundations and other moneys with which to carry on the work of the Society.

ELIGIBILITY FOR MEMBERSHIP

The aims and objects of the *American Natural Hygiene Society* contemplate the education and improvement of the whole human race and its membership is open to all races, colors, classes, and creeds, and all ages from before birth to death.

Any human being of sound mind and good moral character who is sufficiently interested in Natural Hygiene to seek membership in the *American Natural Hygiene Society* and wishes to acquire increasing knowledge of its principles and practices, and who is desirous of carrying these out in his or her own daily life, is eligible for membership upon proper application and payment of the annual fee — \$5.00 for one or \$7.00 for husband and wife.

If he or she is dissatisfied with his state of health and with the regular and irregular medical approaches to a solution of his health problem; if he feels uneasy because he cannot make the traditional teachings about health, disease and healing fit in with the discoveries of science; if he has lost interest in the various systems of medicine, because science and his own intelligence have made these things appear unsound, illogical and damaging, he is ready to acquire a working knowledge of the sound principles and practices of Natural Hygiene. If he has sensed that the statistical juggling and ever-changing interpretations of traditional medical dogmas and the ceaseless change in modes and methods of treatment, indicate a complete lack of knowledge of fundamentals in the various schools of so-called healing, he has reached a point in his intellectual evolution, where he is ready to advance out of past darkness into the bright light of present day science. He is one of us.

ADVANTAGES OF BELONGING TO THE AMERICAN NATURAL HYGIENE SOCIETY

1. The member is part of a great and vitally important movement in which he has opportunity to take an active part and assist his fellowman out of the slough of disease and despair.
2. The member has the association and moral support of others like himself who are seeking a better and higher way of life. Hygienic fellowship proves a strong support in his effort to break with conventional ways of life.
3. Attendance upon its meetings, reading its literature, listening to its lectures and acquiring a knowledge of the experiences of others provide him with an education in Hygienic ways of life, to the end that he becomes a freer man and is better able to chart his own course in life according to fixed principles and need no longer live the conventionally haphazard life.
4. He receives monthly, the official organ of the *American Natural Hygiene Society* which keeps him abreast of Hygienic advancement, provides him with a liberal education in Hygiene, and informs him of the recurring and ever-changing medical evils that abound on every side. He is thus enabled to avoid the pitfalls that are laid for the unwary and uninformed.
5. The younger members of the family are provided with wholesome associations and enabled to grow up among and with companions that are free of the popular vices and to escape the indoctrination through propaganda and otherwise, with current fallacies fostered by commercial interests for private profit.
6. The member has the privilege of taking part in the hikes, picnics, social activities, and other healthful pastimes of the Society, thus enabling him to have a social life and not be isolated in a sea of unhygienic ways of life.
7. The advantage of being part of the national organization is that which derives from the strength that comes from unity. There is need to coordinate, integrate and amalgamate all local organizations into a powerful na-

tional agent or working force to give the Society power, influence and prestige, to the end that the larger aims of the Society may be achieved, as these cannot be accomplished by small local forces working alone.

8. Only one dollar of the annual membership fee goes into the treasury of the American Natural Hygiene Society and this is a very small sum to pay for the national strength this provides.

INITIAL ORGANIZATIONAL MEETING

1. The individual Hygienist desirous of forming a local Hygiene organization should call together as many people who are interested in Hygiene as he can get for a first meeting. Contacts with other Hygienists may be made in person, through others who know Hygienists. They may be reached by mail through local mailing lists of health publications; by making use of mailing lists that may be available through health food stores, lecture bureaus, and other sources and they may be reached by ads in the local press and by contacting prospective members of the local organization. Do not confine yourself to individuals who are already confirmed Hygienists but reach people who manifest an interest in Hygiene either in whole or in part that we may make Hygienists of them.
2. Explain the aims and objects of the organization.
3. Secure as many members among the group as possible at the first meeting.
4. Have them fill out membership blanks which will be provided by the *American Natural Hygiene Society*.
5. Collect the annual fee of \$5, \$2 of which remains with the local treasury, the balance to be sent to the national treasury which retains \$1 in the national treasury and uses \$2 as payment for the official journal of the Society. In the event the prospective member is already a subscriber his subscription will be extended one year from the expiration of his current subscription. If the subscription has just commenced he may be given credit for the \$2 paid therefor.

6. Elect a pro-tem president, vice-president, and secretary-treasurer at the first meeting.
7. Arrangements should be made at this time for the time and place of the second meeting and each member should be urged to bring as many people to the second meeting as possible.
8. After the organization has been formed permanent officers should be elected in conformity with the provisions of the Constitution.
9. Various local committees may then be appointed to provide for the various activities of the organization.
10. \$3.00 of the yearly fee of \$5.00 should be sent to the sec.-treasurer of the *American Natural Hygiene Society* along with the names and addresses of the members. The sec.-treasurer of the *American Natural Hygiene Society* will then provide each member with a membership card and this will entitle the member to full participation in all rights and privileges, and in all activities of both the local and national organizations, and the official journal. A receipt should be issued to each member by the local sec.-treasurer for all money received.

SUGGESTED OUTLINE FOR FIRST MEETING

1. The meeting should be called to order at the announced time by the sponsor or organizer, who acts as chairman.
2. The presiding officer should welcome the group and ask each person to introduce himself or herself, giving his name and address; and state whether he is or is not interested in Natural Hygiene and in the formation of a Natural Hygiene Society.
3. The chairman should then appoint a sec.-treasurer pro-tem who will take the minutes of the meeting and receive the annual dues from those who become members, having each member fill out in full the application or membership form, and will provide the member with a receipt for his or her money.
4. The chairman or some delegated person should then explain the purpose of the meeting and outline the aims and objects of the *American Natural Hygiene Society*, making

it clear that the local group is being formed or organized to affiliate with and become an integral part of the *American Natural Hygiene Society* and he should make sure that those who are received as members should understand and subscribe to the objects and policies of the *American Natural Hygiene Society*.

5. If there are to be other speakers and a demonstration program they may be introduced at this time.
6. At the completion of each lecture delivered by an outside speaker upon any subject, the chairman should take a few minutes to relate the subject to Hygiene.
6. The chairman should then conduct an election of temporary officers, after which the newly elected officers will immediately assume their duties.
7. The temporary president should appoint the necessary chairman to handle the membership, arrangements for subsequent meetings, place of meeting, program, publicity, etc.
8. The membership chairman will distribute cards to all present in order to obtain their names, addresses, phone numbers and additional information which may be desired.
9. After calling for and answering any questions and stating the time and place of the next meeting, the meeting may be adjourned.

COMMITTEES

To have a vigorous Hygiene Society, every member must be active. To this end, every member should have work assigned to him. Give each member an opportunity to share in the Society's activities; make him or her feel that he or she belongs. The following Committees are important:

1.—EDUCATIONAL COMMITTEE . . . to spearhead the work of spreading news of Natural Hygiene. This Committee should send literature, letters, protests, etc., to School Boards, Local Parent-Teachers Associations, Local and State governments, newspapers and magazines, local Women's Clubs, Civic organizations, radio and TV Stations, etc. Especially should the Public Opinion columns of the newspapers be made use of.

2.—LEGISLATIVE COMMITTEE . . . This Committee should spearhead the fight against all forms of compulsory medication—vaccination, inoculation, compulsory examinations, compulsory hospitalization and treatment, compulsory operations and blood transfusions. It should direct the fights against all local bills and ordinances designed to create any form of compulsory medication and to spend tax funds at the local, state or national level for such purposes. The Committee should also spearhead the fight against fluoridation of the water supply and all other forms of poisoning the water supply.

3.—THE PROGRAM COMMITTEE . . . should arrange for speakers, for books and subjects to be discussed, and should guard against permitting the studies and speakers from straying away from Natural Hygiene into the high-powered field of *cures* and enervating palliatives. It should zealously guard the principles of Natural Hygiene to prevent contamination.

4.—MEMBERSHIP COMMITTEE . . . It shall be the duty of the Membership Committee to invite prospective non-members to the meetings and otherwise build the membership.

5.—PUBLICITY COMMITTEE . . . It shall be the duty of the publicity committee to prepare and arrange for all publicity, announce meetings, report to newspapers and other publications on the proceedings of meetings, speakers, etc. Local radio and TV stations should also be given the publicity.

SUBSEQUENT MEETINGS

The second and all subsequent meetings should follow the regular order of business such as reading the minutes of the previous meeting, old unfinished business, new business, matters for the good of the organization, class work, lectures, etc.

REGULAR ORDER OF BUSINESS

1. Meeting called to order by the president.
2. Introduction of guests and new members.
3. Reading of minutes of previous meeting.
4. Reading of correspondence not requiring action.
5. Treasurer's report.
6. Reports of special and standing committees.
7. Unfinished business.

8. New business and communications requiring action.
9. Introduction of speaker of the evening.
10. Program
 - a. Opening of program
 - b. Introduction of speakers
 - c. Banquet, dance, classes, etc.
11. Announcement and last minute business . . . president presiding.
12. Adjournment.

Note: All meetings should be conducted in conformity with the Constitution and by-laws of the *American Natural Hygiene Society*.

PLURAL LOCAL ORGANIZATIONS

In all large cities where distances are great, more than one local *Hygiene Society* may be formed, holding their meetings at convenient places and at times decided upon by each local group. Such organizations should have a co-ordinating committee that will enable the two or more locals to correlate their activities and work together on all activities involving more than strictly local matters.

It is suggested that each organization call itself after the name of the city in which it is organized, e.g. . . . the Los Angeles Natural Hygiene Society, the Miami Natural Hygiene Society, etc. Where there are two Natural Hygiene Societies in a city other appropriate names may be chosen such as the New York Natural Hygiene Society, the Metropolitan Natural Hygiene Society, etc.

EXTRA FINANCES

The organizer, officers, and committees, of the local group should be guided in all of their activities in the conduct of the affairs of the local Hygiene Society by the provisions of the Constitution of the *American Natural Hygiene Society*. Local dues, where need arises, may, upon a majority vote of the membership present and voting at any meeting, be raised above that provided by the Constitution to enable the local Society to defray local expenses which may exceed funds provided by the annual fee.

Where considerable expense has been incurred in arranging public meetings, and a large number of non-members are present, it is permissible to ask for donations to assist in defraying the expenses of the meeting. The appeal for

donations should be done in a dignified manner and the public should not be made to feel that they have been invited to the meeting merely for the sake of revenue.

PROMOTING ATTENDANCE

1. An effort should be made to schedule worth while and diversified programs to the end that personal interest in the activities of the Society may be kept up. Enthusiastic and business-like Society meetings can be the result of advanced planning alone, and to this end careful thought and attention to all parts of the program, and to the co-ordination and integration of the program, should be given by those delegated to do the work.
2. Personal interest in the activities of the Society revolves around individual participation in the activities of the group. Efforts should be made to provide every member with an opportunity to participate in the work of the Society.
3. All meetings should be opened punctually and closed at reasonable hours.
4. Ample opportunity for fellowship should be provided. New members should be introduced and given opportunities to get acquainted with their fellow members; visitors should receive courteous attention and cordial introductions and be made to feel welcome.
5. A registration guest book should be on hand at every meeting to get the names of all non-members attending the meetings. Efforts should be made to ascertain the needs and desires of both the members and visitors to the end that these may be adequately met and satisfied.
6. Achievement reports should be encouraged on the part of the members to the end that all members may be encouraged by the progress made by each member. These achievement reports should include such matters as gains and losses of weight, gains or losses of strength, improvement in health, disappearance of symptoms, increases of vigor and feeling of well-being, improvements in vision or hearing, improved mental outlook, increased happiness, progress in abandonment of unhygienic living, and ac-

quirement of hygienic habits, etc. It is suggested that ten to fifteen minutes of each meeting be devoted to reading these reports or to oral testimonies for the benefit of all present.

7. Frequent opportunities should be given and provided for keeping the membership informed of all the activities and achievements of the Society, and its work and its co-operation with other organizations or individuals in the correction of social or political rules that relate to the health of the individual and the community.
8. All work well done, whether by individual or committee, should be publicly recognized and commended at the meetings of the Society.
9. Any member who has been absent for an extended period and who is present at the current meeting should be publicly recognized and welcomed back into the activities of the Society. Absent members should be contacted and made to feel that their presence is welcome and needed.
10. At each meeting of the Society a brief talk of 3 to 5 minutes by the chairman or other qualified or capable speaker, briefly explaining Hygiene and its advantages, should be given. Current developments as carried in the newspapers may be related to Hygiene in these talks, thus showing the wide correlation of Hygiene with life.
11. Fitting recognition should be given to members on special occasions pertaining to achievements by any member of the family.
12. Periodical recognition of all new members following their admittance into Society membership and commendation of whatever achievements they have made in their personal lives and a recognition of their individual contributions to the good and welfare of the Society should be especially stressed.
13. Efforts should be made to publicize in the local press and by any other means open to the Society, the good work of the Society, and to promulgate its principles, thus bringing them to the attention of people outside the Society.

14. It is advisable that the Society keep a scrap-book in which will be preserved all of the announcements, press notices, circulars, newspaper clippings, etc. of the Society's activities. These will prove valuable as guides and sources of suggestion for further publicity in future.
15. The Society should at all times be on the alert to protect itself against exploitation from within or without, either directly or indirectly, and any member who is found guilty of using the Society to further his own personal ends and financial gain should first be warned or ordered to cease and desist, and upon failure to comply with this should be expelled forthwith from the organization.
17. Opportunity for members and visitors to ask questions and to discuss statements made by the speaker, should be provided, following each lecture.

EDUCATIONAL PROGRAM

1. The educational program of the local organization of the *American Natural Hygiene Society* should consist of lectures by qualified hygienist practitioners and laymen. Non-Hygienists may profitably be invited to lecture on many subjects.
2. Each lecture should be followed by a question and answer period in which every member and any visitor present should be permitted to take part. It is suggested, that in order to avoid outsiders taking advantage of the question period, as a means of sowing confusion and discord, or as a means for getting in a plug for their wares, and at the same time to make it easy for those who may be too timid to ask questions from the floor, that all questions be put in writing. This will also enable the organization to preserve the questions and to seek an answer to any question for which they have not been provided a satisfactory one.
3. The study programs should involve actual study of text books and class work at the weekly or semi-monthly meetings of the local organization. These study classes should be led by those members who are best informed in each subject and study. It is suggested that in addition to the book used as the text,

- supplementary reading which will provide additional information and supporting evidence, be done by the members.
4. Each member should possess a copy of the text being studied and to avoid all outside exploitation of the organization and its members, the local Society itself should handle the books, and all profits derived from the sale of books should go into the local treasury.
 5. Tape, wire, or disk recordings of lectures delivered by Hygiene authorities—lay, or professional—should be purchased or rented by the local organizations and played on a machine provided for this purpose by the Society or some of its members, to the end that members who live a great distance from the places where such addresses are delivered may have the advantage of these.
 6. Excellent educational movies on 8 MM and 16 MM films may be rented or purchased at a small cost. Some of these movies which give vivid and graphic picturization of physiological processes such as the beating of the heart, motions of digestive tract in digesting food and other pictures of this type, will help the membership to acquire a better knowledge of the workings of the human body. Try your public library, the school system, colleges, and film rental library, and consult your camera dealer. Unfortunately at the present no pictures of this type are available which treat these subjects from the Hygienic standpoint and all of them contain several misleading statements concerning medical theories and practices which will have to be discounted and their fallacies made clear to the membership.

LIBRARY

The local chapter should maintain a lending library of Hygienic works covering all phases and branches of Natural Hygiene such as diet, exercise, bathing, sunbathing, fasting, sex, diseases, care of patients, care of children, childbirth, fresh air, etc., for the enlightenment and instruction of members and non-members.

LITERATURE

Each local Hygiene Society should keep on hand a supply of Hygienic literature for sale and distribution. All books and magazines that are sold should be ordered directly from the publish-

ers so that the Society will get the advantage of the wholesale price. All profits derived from the sale of such books and magazines should go into the treasury of the local Society.

OTHER ACTIVITIES

In keeping with two cardinal requirements of the Hygienic life, outdoor activity on the one hand and joy and happiness on the other, social activities of the organization should include such things as: dancing, banquets, hikes, swimming parties, picnics in the country or forest, mountain climbing, sports meets, etc.

CONVENTIONS

Local Societies existing in the same region should arrange for state or regional conventions each year which should be attended by as many members as possible from each local Society. These conventions should be of short duration, probably not over two days each. Special state or regional conferences should be arranged when any vital matter should come up that requires concerted action of the various local Societies e.g. when a state seeks to pass a law requiring vaccination of school children as a precedent to school attendance and similar matters that are not purely local.

Local Societies should send official delegates to the national convention each year and as many members of the local Society as may be able to attend the national convention should do so, although not in an official capacity.

SPEAKERS

The American Natural Hygiene Society was organized for no other purpose than the propagation and promulgation of Natural Hygiene and its meetings should be devoted to the achievement of this purpose. Speakers who are invited to address the organization upon any subject included in the broad range of Natural Hygiene should always be men and women who are sufficiently well informed in Natural Hygiene and sufficiently convinced of its truth and importance to be able to present this subject upon the basis of Hygienic principles. Hundreds of speakers are available who might discuss the subject of diet, but they would have no knowledge of the Hygienic principles underlying nutritional science and they may advocate and even offer for sale synthetic vitamins, min-

eral concentrates, chlorophyll preparations, and various food extracts; or they may extol the alleged therapeutic virtues of some particular article of diet, i.e. the grape diet, the papaya diet, or some other trick diet of this nature and thus greatly mislead the neophytes in the organization and the visitors who may be present at the meeting and the public in general as to what Natural Hygiene is.

The American Natural Hygiene Society does not exist for the purpose of promoting commercial programs, products and speakers who are invited to address the organization. The speakers should be educators, not salesmen or vendors. Doctors of the various schools, psychiatrists, psychologists, so-called mental or metaphysical healers, whose primary aim in lecturing before the Society would be to lure as many patients to their offices as possible, and whose lectures would be certain to confuse many of the membership, (especially new members who are not well grounded in the principles of Hygiene), should not be invited to address its meetings.

As Natural Hygiene can be presented only by those who fully understand its principles and practices and who are in full sympathy therewith, only Hygienists of known standing, whether lay or professional, should be invited to present Hygiene to the Society members and visitors. Outside speakers who will present the evils of vaccination, serumization, fluoridation, vivisection, or other evils of the contemporary practice of medicine, who may present the case for organic fertilization, remineralization of the soil, the evils of poison sprays, and subjects of these natures should be welcomed by the Society, care being taken not to over emphasize these subjects to the neglect of Hygiene.

The local Society should encourage and develop the speaking abilities of its members, and should prepare them to speak upon Hygiene before the memberships of other organizations such as Vegetarian groups, Anti-vivisection groups, Anti-vaccination groups, Anti-fluoridation groups, nudist groups, hiking clubs and similar organizations to the end that Hygiene may become better known.

WHERE SHALL WE MEET

Meeting halls should be selected at some easily accessible, and as far as possible, centrally

located place i.e. private homes, hotels, halls, YWCA, YMCA, YMHA, school buildings, churches, etc. Many of these halls may be obtained gratuitously and others at very low cost.

The local organization is at liberty to decide upon its own times for meetings and whether it shall meet weekly, bi-monthly, or monthly. It is pointed out however that if meetings are too far apart there is a strong tendency to lose interest.

All meetings should be held in halls, residences or elsewhere that do not associate or identify the Natural Hygiene Society with any commercial institution or retail firm that may give the appearance that the Society is being used as an instrument to further the financial interest of said commercial enterprise. It should be well understood that thousands of loyal and enthusiastic Hygienists will not attend meetings being held in health food stores, health and vegetarian restaurants, etc., because they feel or think that said stores and restaurants are using the meetings to further their own gain.

PUBLICITY FOR MEETINGS

A publicity director should be appointed and it shall be his duty to secure notices and announcements of all meetings in the local press, and to supply the press with reports of the various activities of the local organization. These reports and announcements should be taken in person to the city editor of each local newspaper, whether daily or weekly; other sources of publicity that may be available such as radio, T.V., etc. should be taken advantage of. Circulars or hand bills may be printed at small cost when special events are to take place and these may be distributed by the members among their friends and neighbors and through the medium of the health food stores, the fruit and vegetable markets, athletic supply stores, and other stores that may be willing to hand them out. On special occasions that are of sufficient importance to justify the expenditure, posters may be printed to put in store windows, barbershop windows, health food stores, and elsewhere where they will be seen by the passing public.

RELATION TO OTHER ORGANIZATIONS

Natural Hygiene is a complete system in itself and is not to be confused with any single-

branch system such as physical culture, nudism, vegetarianism, etc., and while it is pledged to co-operate with such systems in spreading knowledge of nutritional science, physical culture, mental hygiene, the value of sunshine, etc., and with individuals who are engaged in furthering such knowledge, the organization will not support nor endorse any organization or individual whose principles and policies are in conflict with the principles of Natural Hygiene. We will give our full co-operation to organizations promoting better systems of agriculture, including organic gardening, soil remineralization and conservation, and means of eliminating sprays from fruits and vegetables. *The American Natural Hygiene Society* is opposed to vivisection, both animal and human, and will co-operate with all anti-vivisection societies in the effort to put an end to the needless, futile, and sadistic cruelties practiced under this head. *The American Natural Hygiene Society* is strongly opposed to all forms of compulsory medicine whether the compulsion takes the form of law and legal procedure or is achieved by means of fright and coercion on the job-level, and will co-operate with all the individuals and organizations who are opposed to compulsory vaccination, whether of school children, adults, men and women in the armed forces of the country, or individuals going abroad; compulsory inoculations, compulsory operations, compulsory blood transfusions, compulsory testing and examinations for syphilis or T.B. and other allegedly communicable diseases; and compulsory treatment and hospitalization of patients or of individuals giving positive reactions to serologic and other tests which are admittedly inaccurate.

The American Natural Hygiene Society is opposed to all wholesale and indiscriminate drugging of populations as represented by chlorination, fluoridation, iodization, and other drugging of municipal water supplies and will lend its support and co-operation to individuals and organizations actively opposing practices of these kinds.

Each local Society should appoint a committee to work on local levels either alone or in co-ordination with other organizations in efforts to combat such evils as fluoridation of water supply compulsory vaccination, vivisection, etc.

RECOGNITION OF INSTITUTIONS

The local organization should endorse no institution for the care of the sick that has not been investigated and approved by the *American Natural Hygiene Society*. The *American Natural Hygiene Society* will not approve any institution for the care of the sick that is conducted under the supervision of an untrained man or woman.

It will endorse and approve only such institutions for the care of the sick, conducted by doctors of any school, who conduct a genuinely and unmixed Hygienic practice. The employment of therapeutic methods and modalities will be sufficient to cause the Society to withhold its approval.

The American Natural Hygiene Society will approve as guest homes, resorts and diet and rest homes, hygienically conducted institutions controlled and supervised by intelligent and informed laymen.

CONSTITUTION
Of The
AMERICAN NATURAL HYGIENE
SOCIETY, INC.
PREAMBLE

WHEREAS we, the members of the American Natural Hygiene Society, assembled in the Hotel Diplomat, New York City, this 25th day of April A.D., 1949, fully believe that the popular systems of medical practice and, indeed, all systems or plans of drug medication and all systems of palliation that enervate the patient, are founded on error, in opposition to nature, untrue in philosophy, absurd in science, contrary to common sense, disastrous in results, a curse to the human race and the greatest obstacles to health among men; and

WHEREAS, we are as fully assured by reason, experience, and all the data of science applicable to the subject, that the system of Natural Hygiene, or, in other words the employment of materials, agencies and influences which have a normal relation to the living organism, constitute the true plan of caring for the sick and of preserving health; and

WHEREAS, Natural Hygiene only requires to be investigated to be understood, and only requires to be thoroughly understood to be thoroughly believed and adopted by the whole human race; and

WHEREAS, the time seems to have arrived when it becomes the imperative duty of all who have realized these great and important truths, and have experienced the advantages of their recognition, or who can appreciate the manifold blessings which their widespread diffusion is designed to confer upon the human family, to unite ourselves into an organization for the more effectual promulgation of these principles, now, therefore we do unite ourselves into a Society for cooperative and unified effort.

ARTICLE 1 — *Name*

This Society shall be called the American Natural Hygiene Society, and it shall be a non-profit Society.

ARTICLE 2 – *Objects*

The general designs and objects of this Society are intended to promote the diffusion of those physiological and biological principles, and the practices that stem from them, that are usually comprehended under the term Hygiene, and a knowledge of the laws of life and the conditions of health to the end that health may be preserved and sickness prevented or lessened; to teach a safe, sane, effective and economical method of restoring health in all remediable conditions; and to develop and promote an eugenic ethic predicated on the laws of heredity and the principles of symbiosis, to the end that the biological status of the race shall be raised. These objects shall be accomplished by:

1. Acquiring and diffusing a knowledge of the laws of life and the means of promoting human health and longevity.

2. The establishment of schools and colleges to train Hygienist practitioners and nurses and to educate laymen and children in the ways of Natural Hygiene.

3. The publication sale, and distribution of books, pamphlets, leaflets, magazines and other periodicals.

4. Means of lectures, free clinics, moving pictures, radio programs and other means of education.

5. Promoting saner, more wholesome methods of agriculture.

6. Fostering legislation to protect the people in their rights and opposing all legislation designed to force the theories and practices of any school of so-called healing upon the people.

7. Securing and receiving donations, subscriptions, grants, legacies, foundations and other monies with which to carry on the work of the Society.

ARTICLE 3 – *Membership*

There shall be three types of membership, as follows:

1. Professional membership: Professional members shall be qualified practitioners who conform to the principles of Natural Hygiene in all of their practices. Any graduate of any school of so-called healing or of any college of Hygiene residing in the United States or its territories, or who possesses a license to practice

any of the healing arts, and who shall exhibit satisfactory proofs of his competence to practice Hygienically, and who does, indeed, so practice, to the exclusion of all therapeutic modes and methods, may be accepted as a member of this Society by a vote of a majority of the Council, after his qualifications have been passed upon by the membership committee, and by paying the regular fees. No practitioner who employs therapeutic measures in the care of the sick shall be a professional member.

2. Student Fellowship: After the completion of one year of study, students of Natural Hygiene who are preparing themselves for the profession of Natural Hygiene, may become fellow members, after approval by the membership committee, and upon payment of the regular dues.

3. Lay Membership: Any person, male or female, of good moral character, who accepts the principles of Natural Hygiene and desires to aid in the work of the Society, may become a member of this Society and be entitled to all its benefits and privileges, by paying the regular fees.

ARTICLE 4 – *Membership and Dues*

Professional members shall pay an initiation fee of fifty dollars (\$50.00), and an annual fee, thereafter, of twenty-five dollars (\$25.00).

Student Fellows shall pay a fee of five dollars (\$5.00) a year.

Lay members shall pay a fee of five dollars (\$5.00) a year; or for both man and wife, seven dollars (\$7.00) a year.

All membership fees entitle the member to the official journal of the Society for the life of the membership. Husband and wife shall receive but one journal.

The lay membership fee shall be distributed as follows: One dollar (\$1.00) to the National Treasury; two dollars (\$2.00) to the local treasury; and two dollars (\$2.00) to the official journal. The portion of membership fees that is for the subscription of the official Journal of the Natural Hygiene Society shall conform to the changing costs of the Journal. In lieu of the lack of a local organization, the national treasurer shall reserve all funds from this district until such a time as a local organization is formed, whereupon he shall pay the accrued funds into the local treasury.

ARTICLE 5 — *Officers*

The officers of this Society shall consist of a President, a First Vice-President, a Secretary and a Treasurer, who shall be chosen annually in April, and a second Vice-President for each state, who shall be the president of the state Society and an Executive Committee of seven members, who shall serve for ten years. The President and First Vice-President shall be practicing Hygienists. The officers and members of the Executive Committee shall constitute the Council. All officers except the Treasurer shall serve without salary.

ARTICLE 6 — *Executive Committee*

The Executive Committee shall consist of four professional Hygienists and three lay Hygienists. The first Committee shall be selected one for four years, one for five years, one for six years, one for seven years, one for eight years, one for nine years, and one for ten years. Thereafter, as each Committee member's office expires, the President shall propose to the Society the names of five persons from among which the Society shall elect by ballot a new member to fill the vacancy. It is provided that lay candidates shall be proposed to fill the vacancy left by the expiring term of a lay member and professional candidates shall be proposed to fill the vacancy left by the expiring term of a professional member. A Committee member may succeed himself.

ARTICLE 7 — *Election of Officers*

The officers shall be elected at the annual meeting of the Society by a majority vote of those present and voting. They shall serve for one year, or until their successors are chosen. The President shall not succeed himself.

ARTICLE 8 — *Duties of Officers*

Sec. A. The President shall preside at all meetings when present, and give casting vote in case of ties.

Sec. B. The Vice-Presidents shall perform the duties of the President in his absence, in the order they are chosen.

Sec. C. The Secretary shall keep a true record of the proceedings of each meeting, notify all regular and called meetings, and carefully preserve all books and papers belonging to his department.

Sec. D. The Treasurer shall keep all financial accounts of the Society, receive and treasure all moneys, and pay all demands upon direction of the Council, taking proper vouchers therefor, and report the same to the annual meeting.

Sec. E. The Council shall collect historical, statistical, and scientific data on the subjects and objects contemplated by the Society, and lay the same before the membership from time to time; prepare articles for publication; establish or adopt officially, a weekly or a monthly periodical as a medium of communication with the public; supervise the publication of books, pamphlets, tracts and advertising copy, hold public clinics to demonstrate Hygienic work, arrange for public lectures, devise plans for carrying Hygienic services to the poor, and raise money with which to conduct the work of the Society.

Sec. F. The members shall strive to put into practice the principles of Natural Hygiene and by so doing exemplify in themselves the great value of constructive living.

ARTICLE 9 — *Committees*

Sec. A. Two standing committees shall be appointed by the President at each annual meeting; one on Hygiene, and the other on Public Relations. Each Committee shall consist of three members; and it shall be the duty of each Committee, at the close of its official year, to present a report at the annual meeting of such facts and principles as its members may have compiled.

Sec. B. A Committee on Credentials and Qualifications, or a Membership Committee, composed of three members, shall be appointed at each annual meeting, to serve for one year, or until their successors are appointed, for the purpose of examining the credentials and qualifications of candidates for professional and fellow membership. All nominations of candidates shall be first submitted by this committee, and the action of the Society upon all such nominations shall be based upon their report.

Sec. C. Special Committees may be appointed by the President at any time the Council or a majority of the membership present at a meeting may deem it necessary.

ARTICLE 10 — *Funds*

Sec. A. All funds of the Society, whether raised by membership fees, subscriptions, donations, bequests, grants, or otherwise, shall be held by the Treasurer, who shall be bonded, and said funds shall be paid out only upon order of the Council. All checks shall be signed both by the President and the Treasurer.

Sec. B. All grants, bequests, donations and other moneys earmarked for college, clinic, or other special fund shall be used only for the work specified by the grantor.

ARTICLE 11 — *Suspension of Members*

Sec. A. This Society shall not legislate respecting the practices of its professional members; but it shall have the right to suspend any member who, after having gained entrance into the Society, shall depart from its principles in his practices and in his social and moral conduct. The Society shall also have the right to suspend any professional or lay member who shall be found guilty of exploiting the membership of the Society for private gain. It shall be the duty of the Membership Committee to investigate all reports of practices and conduct that are contrary to the principles of the Society, and to suspend members found to have departed from these principles.

Sec. B. Appeal: Suspended members shall have the right of appeal to the Council. Such a member shall be given due hearing and upon proof that the Membership Committee erred in suspending him, shall be reinstated without prejudice.

ARTICLE 12 — *Meetings*

Sec. A. There shall be a meeting of the Society annually at such time and place as shall be determined by the Executive Committee, and due notice given to each member beforehand by the Secretary of the Society.

Sec. B. Special Meetings: The President and any two members of the Council or of the Executive Committee, or any five members, may call a special meeting at any time such meeting becomes necessary.

Sec. C. Local Meetings: Local groups shall hold local meetings weekly or monthly, or at whatever times the group shall decide.

ARTICLE 13 – *Quorum*

Five of the Executive Officers and Executive Committees shall constitute a quorum for the transaction of business.

ARTICLE 14 – *Voting*

Sec. A. Only members of the Society in good standing shall be permitted to vote upon any matter before it. Voting may be done by ballot, by a show of hands or by voice. In emergencies, or when there is need to decide an important matter between the annual meetings of the Society, the Executive Committee may present all relevant matters to the membership and these may cast a vote by mail. In presenting the matter to the membership, the Executive Committee shall be bound to present the opposition, also. The Executive Committee may also vote by mail upon matters before it. It is provided that absentee voting shall not be done while a national meeting is in progress.

ARTICLE 15 – *Auxiliaries*

Auxiliary associations may be formed in any state, county or city, or in any territorial possession of the United States and they shall be chartered by the American Natural Hygiene Society when they have provided satisfactory evidence that they subscribe to and conform with the principles which the Society was established to promulgate.

ARTICLE 16 – *Amendments*

This Constitution may be amended by a vote of two thirds of the members present at the annual meeting; due notice of such amendment having been given at the previous meeting.

The Following Rules and Order of Business
Shall Govern the Conduct of All
Meetings of the Society:

1. The President, or if he is absent, the Vice-President, shall take the Chair at the time appointed for the meeting to start and shall preside until the meeting shall stand adjourned, and upon the appearance of a quorum shall direct the minutes of the preceding session to be read.
2. The President shall preserve order and decorum, shall decide questions of order, subject to an appeal to the membership present, and shall appoint all committees not otherwise ordered by the membership.
3. All motions and addresses shall be made to the President.
4. No motion shall be debated or put unless the same shall be seconded; it shall then be stated by the President, and every motion shall be reduced to writing on the request of the President or any member.
5. If two or more members rise at once, the President shall decide which shall have the floor.
6. No member shall be referred to by name in debate and no abusive language shall be tolerated at any time.
7. No member shall be interrupted while speaking, except by a call to order by the President, or some member through the President, when the member called to order shall resume his seat until permitted by the President to proceed.
8. Any person making a motion may withdraw the same before the question is taken or an amendment made.
9. All questions shall be put in the order in which they are moved, except in cases of amendment and filling up blanks, when the amendment last proposed, the highest number and the longest time shall be put first.
10. The previous questions shall always be in order, and until decided, shall preclude all amendment and debate on the main question, and shall be in this form — "Shall the main question now be put?"

11. A motion to adjourn shall always be in order, and shall be decided without debate.
12. No member shall speak more than twice on the same question without permission.
13. No motion for reconsideration shall be in order, unless moved by a member who voted in the majority.

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