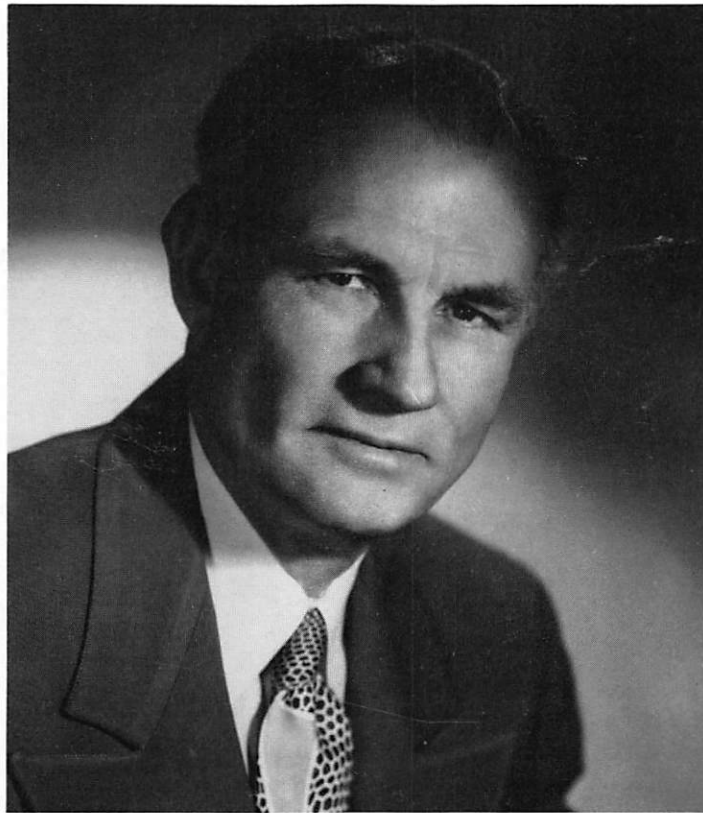


—Special Issue—

\$1.50  
Foreign \$2.50  
Vol. 8 No. 3  
May/June 1985

# Health Science

Living in Harmony with Nature



1895-1985

**Herbert M. Shelton**  
*A Remembrance*



## Herbert M. Shelton

**T**his issue of *Health Science* celebrates the life and spirit of Herbert M. Shelton. It does not pretend to be a biography. To tell the complete story of his 89 years, from his early studies, the founding and directorship of Dr. Shelton's Health School, the editorship of *Dr. Shelton's Hygienic Review*, the authorship of more than 40 books, his public speaking and his role in the organization of the American Natural Hygiene Society, would require an epic work. This then is only a fragment, a selection of fond remembrances by a few of his colleagues, friends and admirers. The contributors, including those whose stories could not appear here, have one thing in common. Their lives were transformed by this great and beloved man who offered health to the millions; who guided the sick back to health; who spoke ceaselessly for health freedom—confident enough in his belief that health and happiness could be universally acquired only through healthful living; the tireless teacher who boldly proclaimed "Let us have the truth though the heavens fall."

**I**n a 1982 interview for *Health Science*, Mark Huberman asked Herbert Shelton how he would like to be remembered. He replied, "As the man who brought order out of chaos and as the man who revived a dying movement."

A teacher and pioneer in the modern natural hygiene movement, Shelton was called "too radical" by some, and revered by others as responsible for the rebirth of the modern natural hygiene movement. To both labels, Shelton had an answer.

He called the criticism "the highest tribute." In a 1941 article he explained: "The word radical comes from the Latin, *radix*, meaning root. The dictionary defines the word to mean: 'proceeding from the root or foundation; essential; fundamental. Thoroughgoing, unsparing, extreme, as radical measures.' It lists the following synonyms of the word radical—'complete, native, natural, organic, original, perfect, positive...'

"'Shelton is too radical!' They pay me highest tribute who say this. ...Can a thing be too essential, too basic, too natural..."

And to the accolades of those who revered him, Shelton, too, had an answer. He wrote:

"Lest I appear to give myself more credit than is due me, let me hasten to add that I had the assistance, since 1936, of a number of men and women who have devoted their lives to the promulgation of Natural Hygiene. No man can constitute a movement. He may give it the initial shove, but unless others join in the work, it dies at birth."

And so Herbert M. Shelton lived and died a man dedicated to his beliefs. During his 89 years Shelton worked to share these beliefs with those who would—and some who would not—listen. He was recognized worldwide for his teachings. His works have been translated into Swedish, French, Spanish, Greek, Hindu, Hebrew, Turkish and German. In the 1930s India's great Mahatma Gandhi admired Shelton's works on fasting and nutrition and invited him to teach natural living in India. However, World War II intervened and the trip was canceled.

**B**y his own recollections, Shelton, a native of Wylie, Texas, first came in contact with natural hygiene writings in 1911 while in high school in Greenville, Texas, north of Dallas. He calls his early readings his "texts." His teachers were their authors: Mary Gove, Russell Thacker Trall, M.D., Sylvester Graham, Robert Walter, M.D., Charles E. Page, M.D., Felix Oswald, M.D. and John H. Tilden, M.D.

Then came World War I and the Army for the young Shelton. After his discharge following the war, Shelton returned to his fascination with health and entered the International College of Drugless Physicians in Chicago, at the time known as Macfadden College of Physcultopathy. "I was looking forward to learning more about Natural Hygiene. At this point I must confess that at that time, I had confused Natural Hygiene with what was called Nature Cure. I did receive some natural hygienic work at this college, but I was dissatisfied. I took a postgraduate course at the Lindlahr College only to be again disappointed. Then I went to the American School of Naturopathy in New York City...I studied chiropractic and found this unsatisfying."

Unsatisfied, but undaunted, Shelton continued. "In 1920 I struck my first blow in my effort to revive the Natural Hygiene movement." He

referred to the publishing of his first book, *Fundamentals of Nature Cure*.

"I thought I was trying to lead the drugless men back to 'genuine' Nature Cure...It was not until a few years later that I realized that the Natural Hygiene movement...was a separate and distinct system and that it was not a part of any of the systems of cure that existed when I began my studies..."

Shelton founded his famous Dr. Shelton's Health School in San Antonio in 1928, which served as a landmark until its official closing in April 1981.

"In 1934, the first volume of my seven-volume series published under the collective title, *The Hygienic System*, came from the press and signaled my maturity." That series, the final volume published in 1941, still serves as the foundation of the 20th century library of natural hygiene. A tireless writer, Shelton wrote more than 40 books and booklets.

In 1948, Shelton, along with attorney Irving Davidson, Drs. William Esser, Christopher Gian-Cursio and Gerald Benesh, and film producer Jack Dunn Trop founded the American Natural Hygiene Society and was elected its first president.

A year later, Shelton launched his *Dr. Shelton's Hygienic Review* as part of, he said, "my effort to revive a movement that had been allowed to all but die, there was a genuine need for it..." In 1977, nearly 40 years and innumerable issues of the magazine later, he reported that the message of natural hygiene was again heard around the world. "Thanks to its monthly message, there are groups in Canada, Mexico, England, France, Egypt, Israel, Turkey, India, Australia and elsewhere."

Perhaps Shelton described his efforts best in an early piece he wrote in *Dr. Shelton's Hygienic Review*. Signing a make-believe letter to the 19th century natural hygienist Sylvester Graham, he wrote:

"With best wishes for your welfare, I am Yours for Health, Truth and Medical Liberty."

—Herbert M. Shelton.

Shelton is survived by his wife Ida, a daughter Willowdeen and two sons, Walden and Bernarr.

—Compiled by *Health Science Staff*

# Freedom Fighter

**K**eki R. Sidhwa, N.D., D.O., a renowned Natural Hygiene educator and philosopher, wrote of Dr. Herbert M. Shelton in an article that appeared in the Jan./Feb. 1984 issue of *Health Science*. The article, "Two Fighters for Freedom—Mahatma Gandhi and Herbert Shelton," paralleled the lives of India's Gandhi and Shelton. The following are excerpts from Sidhwa's thoughts on Shelton.

"Herbert M. Shelton...[was] involved in fighting for the correction of injustice in health freedom; against bureaucratic monopolies which insist that only the medical profession has the legal right to advise the public on health care; against chemical cartels and food technologists; [against] the church as a henchman for the medical bureaucrats; and for the right of every individual to choose the kind of health care he or she believes will do them the most good.

"...a man of courage...Shelton defied the prejudices of [his] time and stood out courageously, although at times, [his] was the lone voice. It took physical courage and mental and moral courage...when he was manhandled and prosecuted dozens of times for practicing what he believed in.

"...Shelton's quarrel with the establishment [was] for nourishing prejudice by legalizing it. At least the laws must be just...Shelton constantly harangued the establishment to allow professional natural hygienists a fair crack of the whip in health care and not to allow the orthodox healing systems to monopolize the care of the sick.

"He called his new thinking 'Rational Asceticism' and his treatise on this subject (found in Volume IV of *The Hygienic System*) is a masterpiece...

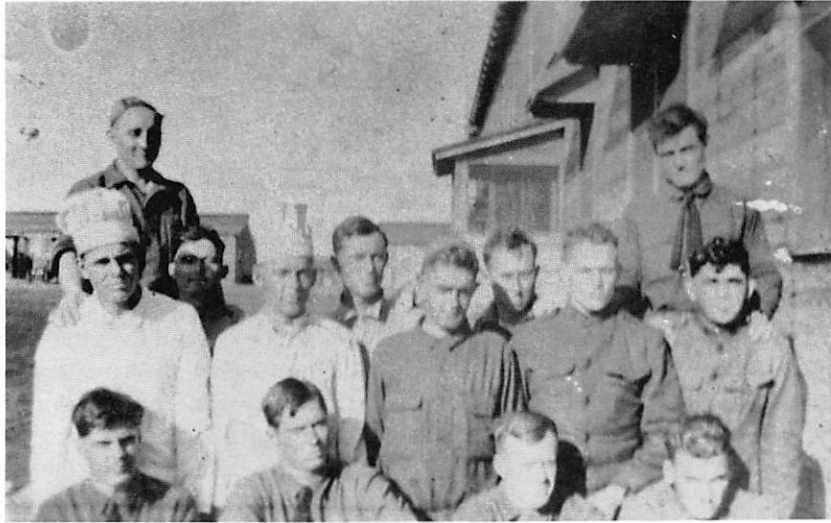
"He defined 'Asceticism is such self-discipline as may better enable us to meet the responsibilities of life and accomplish our chosen aims. In its original sense, asceticism was not a Buddhistic denial of the senses and desires, but an Aristotelian moderation in indulgence in the normal. It was not self-denial, but self-discipline; not suppression, but control.'

"...Shelton...always felt that we live not in order to feed, clothe, shelter and pamper the body; but we provide for the body in order to live. Life begins after the needs of the body have been met, yet how many people ruin life for the sake of rich living.

"...Many do not realize that Shelton...[was] a pacifist and detested war and violence. He wrote extensively on all aspects of life. 'Beauty and goodness' to Shelton were bound together. In urging people to their pristine health, he exalted them to a kind of 'holiness' and 'wholesomeness.'...Shelton urged people to gain once again their inherent goodness by being healthy.

"Shelton's religion, instead of being based on dogmas and doctrines, was rooted in the saying 'there is no religion higher than truth.' Instead of being saved, he sought first to deserve to be saved. By doing what he thought right and not what he deemed expedient or comfortable, or profitable, popular, safe or impressive, Shelton eliminated the conflicts in his personality and thereby acquired the power to engage in patient, peaceful conflicts with those whom he regarded as wrong."

—Compiled by *Health Science* staff.



*Herbert Shelton (standing rear right) during his Army days, sometime between 1917 and 1919 at Camp Travis—now part of Fort Sam Houston—in San Antonio. A conscientious objector, he was assigned to the kitchen.*

**I**t is over 35 years since I first appreciated the ideas of Herbert M. Shelton. Whilst a third-year medical student, an unusual series of events led to an understanding of hygiene and the work of Dr. Shelton. It was not until the mid-60s that we met although we had corresponded for many years. I owe him an enormous intellectual debt.

I have vivid memories of our first meeting and the exchange of ideas that took place over the days together. The initial greeting was followed by "Burt, today the patients receive a lecture, I'd like you to give it." I thought, "Well, he must have confidence in me to let me loose on his patients." So I gave the lecture, one of several at Dr. Shelton's.

Dr. Shelton was not only my teacher, he was my friend. He was generous and hospitable, I spent days in his library and our talks together often went late into the night. We had a natural affection for one another together with respect, our ideas sometimes disagreed, occasionally vigorously, but we both recognized that the last word has not been written on hygiene. Nevertheless, one is never in doubt about Dr. Shelton's opinions, he states them openly, unequivocally with lucidity and vigor.

He has performed a major task in his lifetime, an historical and philosophical synthesis of a system which previously existed, not as a movement, but as the disjointed, incoherent, miscellaneous contributions of outstanding doctors; geniuses who presented radical ideas far ahead of their time.

The sad, but inevitable death of Dr. Shelton marks the end of an era of development and consolidation. Hygiene's time has come. Let us unite to further the revolutionary work instigated and inspired by one of the greatest men I have ever been fortunate enough to meet—Dr. Herbert MacGolphin Shelton.

—Alec Burton, M.Sc., D.O., D.C.  
President, International Association  
of Professional Natural Hygienists

**I**t was an honor and a privilege to know Dr. Shelton. In person, he displayed a tremendous warmth and compassion, and heartfelt goodness that equaled the magnitude of his intellectual greatness. More than anything else, he loved people, and he glorified the human potential for health, strength and vitality. He retained the sparkle in his eyes, the quick wit, and the readiness to crack a broad smile and appreciate the lighter side of life until his last moment. And, despite a lifetime of adversity, he never lost his will to live and his faith that the truth would win out. Perhaps one day he will receive the recognition he deserves as the greatest health educator of all time. However, those who read and study his works also will come to realize that he was one of the keenest minds who ever lived.

—Ralph C. Cinque, D.C.  
Professional Natural Hygienist  
Yorktown, Texas

# Philosopher

## on Symbiosis...

“**S**ymbiosis is partnership. Internal symbiosis is the reciprocal differentiation and cooperation seen in the evolution of organs and the physiological division of labor in organisms. Concord and mutual aid are essential between the organs of the body.

“...The body is a sociophysiological organism in which the good of the whole community of life takes precedence over that of the individual organ, and in which the vital spare products of the work of each organ contribute to the integrity and function of all the other organs. Not the expedient profit of one organ, but the well-being of the whole organism is the aim of all physiological activity.

“...Just as in society, anti-social behavior and anti-social principles tend to pervert the whole social, economic and moral life of society, so in the body the correlations of organo-socially bad conduct tend to weaken and pervert the whole of organic life, the resulting evils extending to the mind, emotions and instincts.”

—The Hygienic System  
(Vol. I, Orthobionomics, 1934)

## on Living...

“**S**hall I grow or decay?...is a question . . . that every reader...may well ask himself. Shall I go forward in mental, physical, moral and social development, or shall I slip backward? Since I cannot stand still, which way shall I go? The choice is mine, what choice shall I make?”

“Natural Hygiene offers you an opportunity to grow better as you grow older; to fulfill the requirements and aims of human life. It offers you the opportunity to be useful in a great cause and aid in assisting others to the achievement of a fuller life.”

Dr. Shelton's Hygienic Review  
(Vol. XII, No. 4, December 1950)

## on Attaining Our Goals...

“**L**ife offers us treasures that are more to be desired than the trivialities upon which so many lives are now wasted. These more desirable treasures may be ours only if we are willing to plan and work for a more abundant life rather than, as now, planlessly groping in the waste places of life.

“The Natural Hygienic life offers us much more than the older ways of life ever dreamed of... Too many of us tend to see in natural hygiene a complex series of restraints and denials.

“...We must get our thinking past a natural hygiene of mere restrictions; we must lift it to a plane where it will challenge us to realize that there is such a thing as an abundant life—a life that causes us to accept the restrictions gladly and willingly, not because they are restrictions, but because they are part of the means by which the higher and more abundant life is achieved.

“...Sacrifices are no longer sacrifices when they help us to achieve a worthy goal...”

—Dr. Shelton's Hygienic Review  
(Vol. XIII, No. 7, March 1952)

## on Children...

“**W**e are more successful with our . . . cabbage, flowers and dogs because we care for these more intelligently. As soon as we learn to care for our children as intelligently as the gardener cares for his roses, they will surpass his finest roses in loveliness and in health.

“We can have a nation of healthy, happy, well-developed, lovely children when we become sufficiently interested in them to place their interest first and commercial interests last.”

The Hygienic System  
(Vol. I, Orthobionomics, 1934)

## on Faith...

“...Faith cannot annul the laws of the universe. He is foolish who expects it to do so...

“...As healing is a strictly natural process, hence subject to natural laws, it is [as] foolish to expect to heal by faith as it is to expect to heal with poisons...

“Whatever else we have faith in, and we all place our faith in something, we must have faith in ourselves, in our own strength and abilities, in our own powers of recuperation, in our own way of life, in what we are doing. We must also have faith in the orderly and regular working of the forces and processes of life, in the laws or uniformities of nature, in the ultimate goodness of things. But let us not attempt to substitute faith for obedience to the laws of life nor for the normal conditions of life...”

—Dr. Shelton's *Hygienic Review*  
(Vol. XII, No. 12, August 1951)

## on War...

“The editor of the *Hygienic 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 the children.

“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.

“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 anyone 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.”

—Dr. Shelton's *Hygienic Review*  
(Vol. II, No. 2, October 1940)

# Dr. Shelton's Hygienic Review



During its more than 40 years of publication *Dr. Shelton's Hygienic Review* was a beacon of truth. On its cover was often pictured Hygeia, the goddess who was the guardian of health in ancient Athens and a symbol of the belief that men could remain well if they lived according to reason. Uncompromising in its dedication to fundamental principles, the *Review's* motto, "Let Us Have The Truth Though The Heavens Fall" describes well the fearless, hard-hitting approach it used to keep its readers informed.

When the *Review* was started in 1939, the natural hygiene movement was just beginning to be revived from a state of near suspended animation. The first issue of 2,000 copies was mailed free to names on Dr. Shelton's mailing list. The response was encouraging. From the first two issues came 400 subscriptions. Slowly, the subscription list increased until it was necessary to put out 1,500 copies each month.

During World War II, when help was scarce and paper rationed, the *Review* still managed to publish each month; not a single issue was omitted. More than once, Dr. Shelton was

without any help at his health school, which made the job of publishing doubly difficult.

He once humorously related, "I would make beds, sweep floors, serve meals, wash dishes, etc. Often after getting through with the noon day dishes, I would dry my dishpan hands, hop into my car and give my printer a hand..."

*Dr. Shelton's Hygienic Review* was much more than a health magazine. It offered advice on all aspects of human life. Neither Dr. Shelton nor, later, Dr. Vetrano were afraid to address the major issues of the day, no matter how sensitive the topic.

Herbert Shelton was not afraid to use words and, especially in his books, often used great numbers of them to illustrate an idea. But in his *Review*, Dr. Shelton got right to the point, speaking directly, succinctly, leaving no doubt about his position. The demand of monthly publications did not allow for extensive editing and thus the *Review* offers us a look at the spontaneous Shelton, his immediate responses to issues that sparked his interest.

—Compiled by *Health Science Staff*



# Teacher

**I**t is a great privilege for me to honor in writing my mentor, the great Herbert M. Shelton, with whom I studied and worked for 32 years.

Dr. Shelton was well known when I met him. He had already resurrected the near-dead Natural Hygiene movement and weeded it of all the "cures," therapies and modalities that had surreptitiously sneaked in. In so doing, he separated it from all the "curing" professions. Now Natural Hygiene stands alone as the only school of health really cognizant of, and based on, the principle that the living organism is self-renewing and self-healing.

Much of Dr. Shelton's time was dedicated to developing a vocabulary that accurately expressed his new physiological thinking. He never ceased to seek a terminology of health and disease that could express the principles of natural hygiene correctly, and in a way that all would understand that healing is a biological process and cease attributing the recovery of health to anything extraneous to the body.

When I think of Dr. Shelton, I think of the days when he used to hurdle fences at the age of 65 and of him pounding the typewriter 90 miles an hour with only his two index fingers. Then I reminisce of the time I found some very old handwritten scripts of his, and it amused him that I wanted to keep them for posterity. He found humor in almost everything and had a knack for turning everything upside down and inside out and sometimes only the twinkling of his eyes let me know he was being facetious.

Neither legal nor family problems seemed to bother him too much, but I do remember well the tears that came to his eyes every time he envisioned his dream of a happy, healthy world about to come true.

How pleased I was in 1949 when he asked me to go to the first Hygienic Convention in New York and participate in the Miss Natural Hygiene contest. He said he would sponsor me in this



*Dr. Shelton's writings are preserved in the ANHS Herbert Shelton Library, Tampa, Florida.*

contest. How proud he was of the American Natural Hygiene Society and of his role in launching it. He loved all the wonderful people who came to the conventions every year and often talked fondly of them.

I shudder when I remember the time he was handcuffed once when he was lecturing in New York City and taken to jail like a common criminal just for delivering a health lecture. Texas also was hard on Dr. Shelton.

Early in his career, he was threatened with violence for stating his profound principles at a San Antonio health meeting. A group of men were huddled together heckling and yelling threats at him while he was lecturing. He politely reminded them this was America and he had freedom of speech. They still continued their heckling. When he finished his lecture he walked down from the stage, puffed out his chest and

# A Man of Courage

squared his shoulders and walked right through the middle of the fuming and astounded group, even pushing some aside to get through. His shoulders were so powerful, his arms so big from weight training and his courage so great, he intimidated a dozen big strong men!

During the depression, when Dr. Shelton was about to lose his Health School from lack of funds, a very prominent company wanted to buy his golden voice, his dynamism, his knowledge of health and make him a star of the health field by sponsoring a Herbert Shelton radio program. He asked many times before committing himself if he'd have to advertise and they always assured him he would not. So he agreed to go to New York for tests.

His voice was just right. They liked his lecture material. He was dynamic and all in all they thought he was magnificent and told him so. He was just what they were looking for.

Throughout the tests, he continued asking if he had to sell something and if so, what. They began hedging and he became suspicious. They kept down-playing the advertising, lauding him to the skies and offering him an enormous salary.

But, when he read the contract he discovered a clause that would have required him to say a "few words" about a famous laxative. He declined the offer. Morally, he simply could not advertise a laxative. He did not believe in taking any type of laxative whatsoever. How could he stand up and lie?

"Just one or two little words," they begged. They cajoled. They offered to increase his salary. But he staunchly refused to do violence to his conscience. As much as it hurt him, he chose to lose his Health School rather than "hoodwink"

the public. Wiser, sadder, disheartened, but still courageous, he took the next train back to San Antonio. There are few men or women with principle enough to turn down such a golden opportunity.

Dr. Shelton was a courageous man. He could stand alone when he needed to. He was a man who gave up riches and fame for truth. He was a man of strong principles and he adhered strictly to natural laws in his practice as well as in his own life.

—V. V. Vetrano, D.C., M.D.  
Professional Natural Hygienist  
San Antonio, Texas

**I**t is indeed a privilege to add a few words of praise for Dr. Herbert Shelton, for his monumental accomplishments in guiding patients back to health, at his Health School in San Antonio, Texas. It also was my privilege to work for him during 1951 and 1952.

Many, many were the really miraculous recoveries that I observed and assisted with. Their case histories would make a most interesting book. One of the outstanding recoveries, that I shall never forget, was of Mr. S., who was carried in on a stretcher. He had gangrene in a badly swollen leg. It was so advanced that pus was discharging and running down from three places. He had been told in the hospital that to save his life, his leg must be amputated. He had heard of Shelton, so he left the hospital and came to the Health School.

He was put on a fast immediately. And for the first two or three weeks he was put into a warm

*continued on p. 12*

# Dr. Shelton's Health School

## Where Health Was Built—Not Bought!



*The first Health School Dr. Shelton owned and operated. In all, he operated his Dr. Shelton's Health School for 28 years, at seven different locations.*

**D**r. Shelton's Health School was the ideal institution in which to recover health. Located in the hills north of San Antonio, Texas, where one could rest, relax and sleep amid the quiet and peace of beautiful country surroundings, Dr. Shelton's Health School was a delight to the eye. The air was fresh and pure. The sun shone brightly and warm, making sunbaths possible at all seasons of the year. There one could fast under the experienced guidance of Drs. Herbert M. Shelton and Vivian V. Vetrano and afterwards eat the finest fruits and vegetables that the gardens and orchards of the world afford.

The Health School was established in 1928, first opening its doors in the fall of that year in San Antonio, Texas, where it was in continuous operation until April 1981 and where more than 40,000 people were cared for. They came from all parts of the world, from all walks of life, and with all kinds of conditions of impaired health. Besides the United States, Hawaii and Alaska, guests came from such distant places as Cuba,

Ireland, Scotland, Finland, France, Egypt, Israel, South Africa, India, Hong Kong, Japan, China and Australia.

Dr. Shelton's Health School was not engaged in the business of "curing" disease. Drs. Shelton and Vetrano placed the emphasis on the work of building health, on the two vitally important processes of finding and removing the cause of the impairment of health and that of supplying the body with all of the primordial requisites of organic existence.

It was more than a fasting institute. Guests were required to put into practice all aspects of healthful living. A stay at the school was a priceless education in the art of intelligent living. An early advertisement said it well: *Dr. Shelton's Health School* is unique among the institutions of Earth: where the sick get well, where the well get better, where all gain the priceless knowledge needed to stay well.

—Compiled by *Health Science Staff*

# A Man of Principle

*continued from p. 10*

tub bath up to his waist daily for 20 minutes or so. It took two nurses, Eleanor Kittredge and myself, to help him in and out of the tub.

He fasted for 44 days. Most of the time he was in bed, though he did write many letters to all his friends, praising Dr. Shelton and urging them to come to the Health School. I remember the letters because almost every time I went to town, I had to buy writing paper and stamps for him.

On the 44th day of his fast his tongue partially had cleared and his leg had healed, so his fast was broken. Ten days later, he walked out on two perfect legs. And was he happy. This should be remembered to Shelton's eternal credit, that he received not a nickel for the eight weeks care given Mr. S., who was a charity patient, and had no money.

At Shelton's the patients got exactly the same care, whether they had 5 cents or \$5 million. His aim in life was to restore to people abundant health and to teach them how to maintain that health.

—Myrtle E. Matera  
Lundrum, South Carolina

**H**e was always on the go. He typed hunt-and-peck style, but his two fingers went faster than most typists using two hands.

He proofread his magazine and book articles while driving the car. (He also read his mail this way.)

Whenever it was time to move to the next place he would say "I've got to run." Daddy never walked.

—Willowdeen Rossner  
Dr. Shelton's daughter  
San Antonio, Texas

**G**oethe once said, "The world cannot do without great men, but great men are very troublesome to the world."

Dr. Herbert M. Shelton was such a great man. He was an iconoclast who pricked the pseudo-scientific bubbles of medical judgements and saved countless lives which otherwise would have been crippled or lost. He opened the windows of stale and stagnant medical philosophy to thrust fresh principles of life into medical thinking and supplant superstition with truth.

This was troublesome indeed to the conventional medical world, but it was not without its great price for Dr. Shelton, who worked unceasingly to disseminate the compelling wisdom of his fertile brain. His ceaseless work as a doctor, lecturer and writer contributed in no small way in bringing his life to a close, long before his patients, students and colleagues were willing to accept.

For me, as a privileged student and colleague of 55 years, my appreciation for this steadfast man of principle and truth, of wit and satire, of genuine humanity, was never altered. Particularly, I shall remember him as a stalwart, enduring and faithful friend whose luster will never diminish.

—William L. Esser  
Professional Natural Hygienist  
Lake Worth, Florida

**D**r. Shelton's teachings are the luminous beacons in a world filled with misunderstandings and ignorance. He was the most cogent and powerful influence in changing the lives of hundreds of thousands of people. We shall never see his likes again.

—Robert Gross  
Professional Natural Hygienist  
Hyde Park, New York

## A Man for the Ages

**I**t was January 1, 1985, somewhat late in the day, when I received a phone call notifying me that Dr. Herbert M. Shelton passed away that morning. I was relieved to hear that his death was peaceful, without complications and I recalled the last time I visited him, eight months ago in San Antonio.

I had not seen Herbert for several years and frankly, it was deeply disturbing to me to see him lying in bed, almost helpless, not able to communicate audibly, but apparently understanding, and otherwise in full possession of his mental faculties. During the course of the visit, he held my hand, I felt some pressure and he looked at me with an expression which recalled the many times we had seen each other during the past 40 years.

I could write thousands of words about Herbert. But for the present, I will limit myself to a few more or less personal highlights which revealed to me his kindness, his quick perception, his fairness, his understanding, his capacity for leadership and above all, the great love which he exuded.

I first learned of Herbert Shelton in the early 1930s. By 1937, in addition to my work in Radio City, I was operating a health food store in New York called Vitamaster, that I believe, was at that time, the only health food store in the United States that sold his books. In 1940, Irving Davidson and I formed the New York Natural Hygiene Society. These activities set the stage for what became a long friendship with Dr. Shelton.

In 1946, after talking it over with Irving, I wrote a letter to Dr. Shelton in which I said that I thought the time had come when the American Physiological and Natural Hygiene Society, which was in existence in about 1840, should be reactivated. Like a flash, I received a reply, stating simply: "If you are willing to undertake the work of getting this organization started, I will finance it."

In 1948, we held the first convention of the American Natural Hygiene Society at the

Diplomat Hotel in New York. Herbert led us every step of the way and was elected president.

In 1956, during the annual convention, the suggestion was brought up that we change our constitution with respect to electing a president. Until that time, only a professional Natural Hygiene practitioner could be elected president. The professionals spoke against the resolution and left the conference. I remember specifically that Shelton said: "If you lay people, you hod-carriers, think that you can keep the society running on the high level that it deserves to attain, then you are out of your mind. I, for one, am not going to stay here at this convention and see you make this fearful mistake."

When I returned home after the convention, the telephone rang and it was Herbert. He had reconsidered his thoughts about having a lay person elected as president. "If you elect someone like Irving Davidson or R. J. Cheatham, it will be okay with me. I'll see you at the next convention."

**A** few years later, while being interviewed on the radio, I was asked why, while there were numerous medical doctors who helped establish the Natural Hygiene movement in the 1830s, there are none among the ranks now? I replied, "As time rolls on, I am sure that just as they were with us in the past, medical doctors will become an important part of our movement and our society, in the future."

Well did that ever explode a bombshell. In the next issue of his *Hygienic Review*, Shelton wrote an article castigating me for having the audacity to say that medical doctors would one day be coming back into our movement. He clearly stated that he didn't think any such thing was going to happen.

I wrote to him explaining my views and my firm belief that the time would come when there would be some medical doctors who would understand our thinking. It is an indication of the stature of this outstanding human being that he



*Dr. Shelton (seated left of the podium) at the 15th Annual International Convention of the A*

printed my letter in its entirety. When we next met and talked about it, he laughed and said, "Well maybe you're right. Anyway, I hope so."

It is understandable why Shelton took a harsh view towards medical men in most of his writings and lectures. After all, he was virtually the single-handed resurrector of the Natural Hygiene movement in the 20th century. He did not enjoy the luxury of the later workers who came after him, who, like the farmers of our day, are able to plow through a field already cleaned. He had to swing his profound ideas like a sledgehammer because during most of his active life, very few members of the medical profession saw

any virtue in the fundamental precepts he taught. Today, due mainly to Shelton's scholarly work, the climate of acceptability from some medical people is slowly, but surely, spreading.

Herbert M. Shelton will one day be regarded as one of the greatest human beings who ever lived. We, who continue his work, must be guided always by his proclamation, "*Let us have the truth though the heavens fall.*" Let us appreciate and build upon the incredible foundation he prepared for us. We should expand our horizons and look forward to the future. As a tribute to him and to the work which he so notably advanced, we should go beyond our goal of



*American Natural Hygiene Society in 1963 at the U.S. Grant Hotel in San Diego, California.*

improving the health of mankind. Let our goal be to REFORM THE WORLD.

—Jack Dunn Trop  
 Founder  
 American Natural Hygiene Society

**F**or all of us who were privileged to know him, Dr. Shelton will always be remembered not just for his brilliant writings but for his inspiring lectures, tireless efforts, fierce determination, eternal optimism, brilliant wit, and most of all, his uncompromising principles.

There is a quotation that my father has often repeated to me during my life that I think provides a final perspective on the life of Dr. Shelton. The words were those of a great educator, Horace Mann, who wrote, "Be ashamed to die until you have won some victory for humanity." If that is the true measure of a human being's passage on this earth, Dr. Shelton not only leaves this life without shame, but rather with enormous victories the world will remember for generations to come.

—ANHS President Mark A. Huberman  
 excerpted from his eulogy to  
 Dr. Shelton, Jan. 3, 1985  
 San Antonio, Texas

# Uncompromising Individualist

**H**erbert M. Shelton, the uncompromising individualist, has beyond question of doubt, almost single-handedly changed the history and destiny of health care. Very few crusaders for change ever live long enough for their efforts to be realized. In Dr. Shelton's lifetime of single-minded dedication to health-care reform, he has effectively rattled the cages of the entrenched system.

His genius of insight into the need for reform in this field was only exceeded by his power with words and his courage to use those words with power.

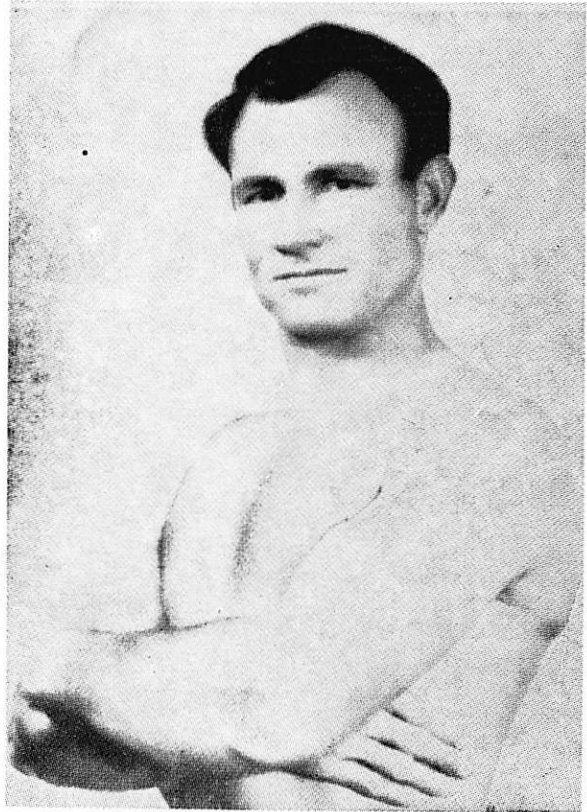
His ability to expose the entrenched system of exploiting the masses, with both expensive poisons called medicines and dangerously unnecessary surgery, was only exceeded by his ability to expose "modern, scientific medicine" as an extension of ancient superstition.

He gave inspiration and courage to thousands who in turn dared to challenge the high priests of the modern medical religion, and who dared to ask searching questions, and who, furthermore, accepted only those answers based on facts.

His challenging spirit of courage inspired thousands of writers, researchers and even a few scientists to look at the age-old medical superstitions and challenge these with reforms. Thus was born an avalanche of new thought in health care based on physiological and biological support.

His singular genius for seeing disease as a normal response of life to abnormal conditions of life clearly defined the need for escape from the pursuit and belief in a system of "cures" to a system of care based on physiological orientation, consistent with biological design.

Of necessity, he alone envisioned the need for total and uncompromising lifestyle changes for all the people. He realized that only through teaching could he hope to convince "thinkers" to



*The young Shelton.*

escape from sensualistic enslavement which is used to bring the masses into conformity and exploitability.

His accomplishments in his chosen field are clearly attested to by history and demonstrate that one man, with spirit and courage, can inspire change and reform within his own lifetime. More than any other single quality he gave inspiration—the great human need.

May the spirit of Dr. Herbert M. Shelton live on.

—Dr. D. J. Scott  
Professional Natural Hygienist  
Strongsville, Ohio



# Pioneer

**H**erbert Shelton gave generously to all his wisdom, his knowledge, his time, his energy and his love. Above all else, his love for his fellowman prompted him to expound the truths of right-living in spite of the fact that he trod on many toes. Beginning in 1919, he took up the cudgel against all those who would dilute the truths of right-living to suit their purpose. I can only say that he was a gentle giant at heart. His vitriolic pen and caustic humor were the means he used to transform his adversaries into respectful friends.

## The Measure of a Man

Not — “How did he die?” But — “How did he live?”

Not — “What did he gain?” But — “What did he give?”

These are the units to measure the worth  
Of a man as a man, regardless of birth.

Not — “What was his station?” But — “Had he a heart?”

And — “How did he play his God-given part?”  
Was he ever ready with a word of good cheer  
To bring back a smile, to banish a tear?

Not — “What was his church?” Nor — “What was his creed?”

But — “Had he befriended those really in need?”

Not — “What did the sketch in the newspaper say?”

But — “How many were sorry, when he passed away?”

**T**he path of the pioneer is rarely easy or the burdens light, especially when opposing some of the most profitable and deeply entrenched follies and failings of humanity. Few have ever given so much to so many, for so long, as Dr. Herbert M. Shelton. Knowledge and wisdom are progressively and continuously acquired; no one has a monopoly on them in any field of human effort, nor is the last word on a subject ever spoken. But in centuries to come, as the world at large awakens to the quality and scope of the magnificent contributions Shelton bestowed upon it for the benefit of all, his work will shine as a brilliant beacon light by which other flashes of inspiration may be compared.

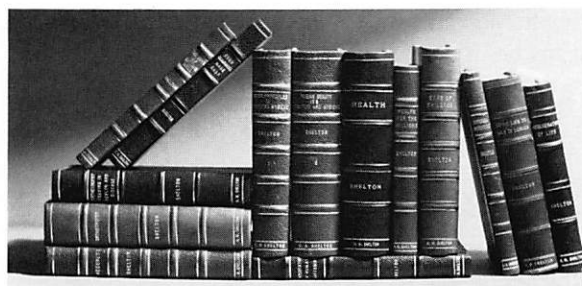
—H. Jay Dinshah,  
writing in *Ahimsa*, the journal  
of the American Vegan Society  
Jan./Mar. 1985

—Keki Sidhwa  
President, British Natural Hygiene Society  
Frinton-on-Sea, England

## Author

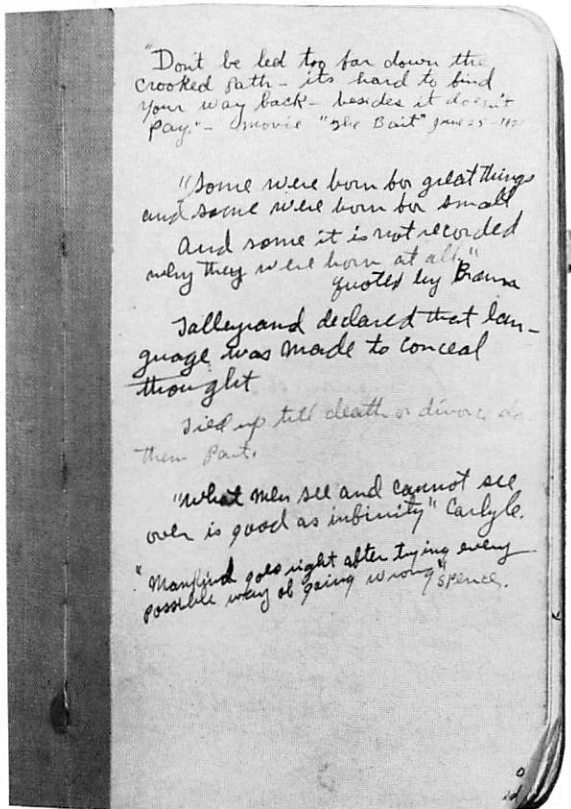
**H**erbert Shelton wrote more than 40 books. Those listed below are preserved in the ANHS Herbert Shelton Library.

The Fundamentals of Nature Cure, 1920  
An Introduction to Natural Hygiene, 1922  
Food and Feeding, 1926  
Living Life to Live It Longer, 1926  
The Vaccine and Serum Menace, 1927  
Human Life Its Philosophy and Laws, 1928  
Serum Poisoning: A Medical Crime, 1928  
Orthotrophy: The Natural Diet of Man, 1930  
The Regeneration of Life, 1930  
The Natural Cure of Tonsillar and Adenoid Affections, 1930  
The Hygienic Care of Children, 1931  
The Hygienic System  
Volume I Orthobionomics, 1934  
The Hygienic System  
Volume II Orthotrophy, 1935  
The Hygienic System  
Volume III Fasting and Sun-Bathing, 1934  
The Hygienic System  
Volume IV Orthokinesiology, 1935  
The Hygienic System  
Volume V Orthogenetics, 1937  
The Hygienic System  
Volume VI Orthopathy, 1939



*Some of the many books written by Herbert Shelton. The matched leather bindings mark these as part of his personal collection.*

The Hygienic System  
Volume VII Orthopathy, 1941  
The Exploitation of Suffering, 1938  
Syphilis, 1938  
Health For All, 1942  
Getting Well, 1946  
Basic Principles of Natural Hygiene, 1949  
Food Combining Made Easy, 1951  
Superior Nutrition, 1951  
Recovery, 1953  
The Joys of Getting Well, 1957  
Human Beauty: Its Culture and Hygiene, 1958  
Rubies in the Sand, 1961  
The History of Natural Hygiene and Principles of Natural Hygiene, 1964



A page from Dr. Shelton's journal.

- Fasting Can Save Your Life, 1964
- Vaccine and Serum Evils, 1966
- Health for the Millions, 1968
- Natural Hygiene: Man's Pristine Way of Life, 1968
- A Month of Menus, 1968
- Exercise, 1971
- Fasting For Renewal of Life, 1974
- Fasting For the Health Of It, 1983
- The Science and Fine Art of Food and Nutrition, 1984
- Orthotrophy: Feeding in Health and Disease, [19\_\_]

In March or April 1982, I received a copy of a letter from Dr. Shelton's daughter, Willowdeen, telling about his loneliness and financial problems. It included a list of books available directly from Dr. Shelton. On April 6, 1982, I ordered *Human Life: Its Philosophy and Laws* and I wrote to him, as follows:

**Dr. Shelton, you have not been forgotten by your friends. You have helped thousands of people—how could they ever forget you? Please know that I mention your dedication and your genius almost every time I speak to a class in Natural Hygiene or other groups of people at symposiums, meetings or conventions. And please know that you are in my thoughts and my prayers.**

Subsequently, I received a card from him, postmarked April 14, 1982, with the following message:

**Thank you for your valued order. A copy of *Human Life: Its Philosophy & Laws* is on its way to you.**

**A letter from you is a rare treat. It is always heart-warming to receive letters like yours.**

It may be that I owe a greater debt to Shelton than anyone else because it was he who inspired me to produce my many writings and provided me with the basic material. Thank you Dr. Shelton.

—Hannah Allen  
Bayonet Point, Florida

# For All People

**A** doctor is a clinician, a man who is a judge of the physical condition of the sick. And once he has a basic idea of the affliction and general vitality of the patient, he teaches him what needs to be done, and prescribes a given course of restoring measures. If we accept this general concept, then Shelton ranked among the best doctors of the world. When patients came under his care he asked about their physical background and clinical history, took their pulses while carefully scrutinizing face, eyes, expression and movements, all without any dramatic attitude. In 95 percent of the cases, according to those of us who had the privilege of working under his supervision, he came to the right diagnosis, prognosis, and of course most important of all, established the right care of the ill person.

In his intimate life Herbert Shelton was playful, boyish, and loved jokes, laughing often in a hearty way. He visited Nicaragua and I had the privilege of accommodating him in my home in Managua. In those days, in addition to a fasting institution, an athletic club was under my care. Here Shelton competed in weight lifting and jumping, against the well-trained athletes of the Armendi Institute and in some events surpassed the marks of the local boys. That was in 1954 when he was no longer a youngster.

—Dr. Rosendo Arguello R., N.D., D.O., Ph.D  
Managua, Nicaragua

**I** was very sad to learn about the death of Dr. Shelton. I have been his disciple since 1950 and I have propagated Natural Hygiene in Western Europe, Egypt and Canada. Shelton always will be here to guide me. The fight still is going on on behalf of those people who want health by natural means.

—Dr. A. Mosséri  
10290 Rigny la Nonneuse (Aube) France



*Dr. Shelton's books have been translated into a number of different languages.*

**T**he news of Dr. Shelton's death leaves a deep sense of loss to those of us who have followed his work and teachings over the years. At conventions from 1959 until 1964, I enjoyed many personal conversations with Dr. Shelton, his concise and clear thinking being portrayed at all times.

The late L. O. Bailey and I were certainly much inspired by Dr. Shelton's example when we set up the Hopewood Natural Hygiene Centre at Wallacia N.S.W., Australia, in 1960. Across the seas we send tribute in memory of a great American, Dr. Herbert Shelton.

—Madge Cockburn  
Hopewood Health Centre  
Australia

# For All Time

Δ<sup>ος</sup> ΠΑΝΑΓΙΩΤΗ ΕΜΜ. ΚΟΥΜΕΝΤΑΚΗ

## ΕΠΑΝΑΣΤΑΣΗ ΣΤΑ ΠΡΟΒΛΗΜΑΤΑ ΤΗΣ ΥΓΕΙΑΣ ΑΡΡΩΣΤΙΑΣ ΚΑΙ ΙΑΣΗΣ

ΦΥΣΙΚΗ ΥΓΙΕΙΝΗ - ΟΡΘΟΒΙΟΝΟΜΙΚΗ:

Ο ΑΡΧΑΙΟΤΗΣ ΤΡΟΠΟΣ ΖΩΗΣ ΤΟΥ ΑΝΘΡΩΠΟΥ

Μετα-επιστημονική έμπνευση της υγείας, αρρώστιας και ίασης, που βασίζεται στη φυσιολογία και βιολογία.

Ένα συνολικό σύστημα φυσιολογικής φροντίδας πνεύματος - σώματος στην υγεία και στην αρρώστια.

To  
Dr. Herbert M. Shelton  
the great modern  
Hygienist  
With my gratitude  
and best wishes  
Panayotis Coumentakis

Athens Sept. 1974.

*Dr. Shelton's writings have inspired authors around the world. Here is a dedication to him by author Panayotis Coumentakis, N.D.*

**I**n the name of the Canadian Natural Hygiene Society, I would like to extend our sympathy to family members for Dr. Shelton's passing from this world. He gave the best part of his life to writing and teaching the most important principles about life and how it should be lived. At an enormous cost in physical strength, he worked untiringly and selflessly to provide the world with the science of Natural Hygiene. Never did he compromise his truths, nor did he ever look for personal gain in his endeavors to promote these truths. His name will live forever.

—Joe Aaron  
President: Canadian Natural Hygiene Society  
Toronto, Ontario, Canada

**I** was lucky enough to spend several months in Dr. Shelton's Health School and had the privilege of joining him daily when he went out for a walk. During those wonderful walks I admired his genius, his sense of humor, his broad range of knowledge about everything under the sun. He was quite aware of ancient Greek civilization and of everything else pertaining to human culture. He used to ask me many questions about Greece and its people and culture. I can now recall a time he was interested in knowing something about the ancient Greek explorer and traveler, Pausanias, who traveled throughout Greece and other ancient countries and wrote descriptions in detail about the customs of the people, the monuments, the institutions of that time. Shelton got very enthusiastic when I began talking to him about the various books Pausanias wrote. Dr. Shelton readily decided to buy his books in an effort to learn something new about the natural methods ancient Greeks used. Very few people in the world have such a broad knowledge in matters concerning man, human nature and culture, social issues, and about health, disease and healing.

—Panayotis Coumentakis, N.D.  
Professional Natural Hygienist  
Glyfada, Attici Greece

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I would like to take this opportunity to thank everyone who has helped make the ANHS Herbert Shelton Library a reality, especially the *Friends of the Library* listed below. These individuals have made a commitment to preserving the priceless literature of Natural Hygiene by contributing generously to the Herbert Shelton Library Fund.

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Names that have been inadvertently omitted and contributions received after March 16, 1985 will receive notice in the July/August issue of *Health Science*.





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Health Education in Harmony with Nature

12816 Race Track Road • Tampa, Florida 33625

1984-1985

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*Health Science* is the official membership journal of the American Natural Hygiene Society, Inc., a tax-exempt not-for-profit organization, incorporated in the State of Florida. Annual dues are \$20 Regular; \$25 outside North America. A limited number of back issues are available at \$2.00 each postpaid.

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## How Then Should We Live?

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**H**erbert M. Shelton posed this question in his monumental work *Human Life Its Philosophy and Laws* (1928). The following are excerpts from his answer.

**1. Cultivate poise and cheer.** Do not attempt to see the world through rose-colored glasses...but learn to take joy and sorrow, good fortune and misfortune with the same calmness and equitableness.

**2. Exercise daily.** Exercise daily in the fresh air and sunshine, and as often as possible in the form of play.

**3. Secure plenty of rest and sleep each day.** Learn to retire early.

**4. Keep clean.** This refers to both body and mind.

**5. Breathe fresh pure air.** Keep your windows open. Get out of doors as much as possible.

**6. Secure as much sunshine as possible.** Your nude body, or as much of it as circumstances will permit, should be exposed to the direct rays of the sun in the

morning or evening when it is not excessively hot.

**7. Eat moderately of wholesome foods.**

**8. Be moderate in wearing clothes.** The fewer clothes one wears, the healthier he will be.

**9. Have an interest in life.** A purposeless life is marked for early dissolution.

**10. Get married.** Build a home. Rear a family.

**11. Avoid all poison habits.**

**12. Avoid all sexual excess.**

**13. Avoid all excesses.** Build your life on the conservation of energy, not upon its dissipation. Don't waste your forces in useless and needless expenditures.

**14. Do not become one-sided in your manner of living.**

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**“**You cannot remain or become strong through exercise alone, or diet alone, or rest and sleep alone. Fresh air and sunshine alone are not enough. Do not imagine that by [correct] breathing alone you can reach the heights. All these things are good, but life is more than exercise, or food and drink; more than thought, or rest and sleep. It is all these and more. Life must be lived as a whole.

**“Don't get the idea that you are an exception to the laws of life. There are no exceptions.”**

—Herbert M. Shelton