

In exchange for graciously allowing the Soil and Health Library to include this product of considerable effort on her part, Victoria Bidwell requires that the following paragraph precede it:

*This "TIMELINE FOR THE LIFE & HARD TIMES OF DR. SHELTON" was prepared by Victoria Bidwell at GetWell\*StayWell, America! Victoria carries the largest selection of books and live-lectures on audio cassette of any outlet in the world. Visit Victoria's website at: [www.getwellstaywellamerica.com](http://www.getwellstaywellamerica.com) and enjoy hundreds of pages of FREE INFORMATION ON "NATURAL HYGIENE AS THE SUPERLATIVE, ALTERNATIVE HEALTH CARE SYSTEM."*

*Jean Oswald has also contacted this library and strongly requests that this item also state that Victoria Bidwell's own website also states: "I have taken much of this timeline from Jean Oswald's biography of Dr. Shelton, Yours For Health, etc."*

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October 6th, 1895 Herbert Macgolfin Shelton, son of Thomas Mitchell Shelton and Mary Frances Gutherie Shelton, is born during a wild Texas thunderstorm in Wylie. He is 2 months premature, weighs less than 3 pounds, and is kept warm in a wooden cigar box, near an iron stove, in a ramshackle farm house. Young Herbert grows up with devoted Christian parents who will raise him with much church attending, much Bible study, and much attention to Scripture at home. In his youth, others tell me, Herbert holds a love for The Lord. And he takes a keen interest in animals, especially their habits when sick as compared to when well. He was especially intrigued by their fasting when the farm animals took sick.

1901 The family moves to Greenville, Texas: these family patterns and Young Shelton interests continue.

1911 Young Herbert begins his health seeking career when he is attracted to Bernarr Mcfadden's Physical Culture magazine, sitting on a newsstand. He is introduced to articles on fasting for rejuvenation, weight training, and raw food. He begins eating less cooked and more raw, fresh fruits, vegetables, and nuts. At 5'8" and 145 pounds, he is a robust boy and begins lifting weights. His father chides him for these interests; and for many years to come, he discourages Young Shelton in his health seeking studies. Only much later, when his asthma is debilitating him does Shelton's father take an interest in his son's passion for natural healing. His mother is supportive, however. From Macfadden's teachings, Young Herbert soon seeks out Dr. Russell Trall's work and finds his landmark treatise, The True Healing Art, which clearly outlines the stance of The 19th Century Pioneering Hygienists. Then Young Herbert moves on to study Presbyterian Minister Sylvester Graham, The Father of Physiology and Temperance Lecturer.

1913 Young Herbert's last year of high school, he thoroughly

introduces himself to The 19th Century Medical and Hygiene-minded Doctors and teachers of "drugless healing": Doctors Robert Walker, Felix Oswald, Charles Page, Issac Jennings, and Thomas Low. Young Herbert experiments with a 3 day fast and reports, when finished, feeling "energetic and rejuvenated!" He graduates from high school in Greenville, a shy and somewhat bashful boy when it comes to the girls.

1917 Herbert is put in jail for the very first time for making an anti-draft statement in public. He is anti-war, anti-violence, and decidedly pro-pacifistic. He is drafted and serves 10 months on KP duty or as a mechanic. He sends his \$20.00 a month home to Mary for safekeeping. He continues his self-study of Hygiene during this time and comes to a conclusion: "The medical system is the most dangerous of all." He further studies Medical Doctors William Alcott, James Jackson, Mary Gove, Harriet Austin, and John Tilden. And he deeply studies all the instances of fasting in The Bible.

1919 Herbert attends Bernarr Macfadden's College of Physcultopathy in Chicago and interns at Crane's Sanitarium in Elmhurst, Illinois, where he receives clinical experience in fasting. Crane's is 1 of 8 fasting institutes in The Nation, none of which are doing "Pure Hygiene" and most of which are doing "The Nature Cure," complete with many therapies. Then Herbert goes on to the Lindlahr College of Natural Therapeutics for post-graduate work and serves at 2 more institutes: Dr. Lindlahr's and Sahler's Sanitariums.

1921 Herbert, at age 25, marries Ida Pape, who is 21. They move to New York City, where he attends the American School of Chiropractic. He graduates from the American School of Naturopathy with a Doctor of Naturopath (N.D.) and a Doctor of Naturopathic Literature (N.D. Litt.) He then takes various teaching and interning and doctoring positions.

1922 Dr. Shelton, N.D., N.D. Litt., also takes another degree D.C. from the American School of Chiropractic. Dr. Herbert M. Shelton self-publishes his first book, Fundamentals of Nature Cure. The Nature Curists do not accept the book, as it had too much Hygiene in it. Dr. Shelton then decides against the term, "nature cure," for 2 reasons: "Nature is not engaged in curing disease. And the term 'nature cure' has been so badly abused that it no longer had any settled meaning. Anything and everything was included under the phrase." At this point, only 27 years old, Dr. Herbert M. Shelton realizes that The Hygienic Movement, launched in 1832 by Dr. Issac Jennings and Sylvester Graham is a separate and distinct health care system that must be purified and then kept separate from all the alternative health care systems. He is quoted as declaring: will bring clarity out of chaos! I will resuscitate a dying movement. I will rebuild and synthesize the system of Hygiene. Principles that are forgotten will be refurbished. A whole literature will be salvaged! I will fan its glowing embers into a fierce flame!" He changed the title of this first book to An Introduction to Natural Hygiene. Dr. Shelton continues post-graduate work at Peerless College of Chiropractic in Illinois and an internship at Crandall Health School in Pennsylvania.

1924 Bernarr, a son, is born to Herbert and Ida.

1925 Dr. Shelton becomes a staff member of Macfadden's Physical Culture magazine, a periodical with 1,000,000 circulation. Shelton ghost writes for Macfadden. He co-founds a magazine, How to Live, with G.R. Clements, N.D.; but it folds. And he writes a daily column for the New York Evening Graphic: his writing criticizes medical treatment and arouses public controversy.

1927 Dr. Shelton has become, in past years, an avid student of Emerson and Thoreau, The Transcendentalists. During this time, his studies of religion, philosophy, and ethics and reason lead him away from Biblical, Scriptural wisdom; and he declares himself an "agnostic." When asked if he believes in God, he simply says: "Nobody knows!" Dr. Vetrano reports that he loved The Lord when he was young and at home with his parents. And that he really knew his Scripture is evident when you read all the Biblical allusions in his articles for Dr. Shelton's Hygiene Review. Sometimes whole articles are centered around Scripture. And at times, he would use Scripture to prove his point, to support his stance. Yet at other times, he would quote Scripture and then twist it around in a sarcastic way to show how ridiculous it was. Dr. Vetrano reports that when Shelton studied all the other schools of thought on religion, his strong, Christian roots were pulled up by the voices of reason and logic in these other schools. His second son was named "Walden," in honor of Thoreau's pond of inspiration in the woods.

At this time in 1927, Dr. Shelton is already being harassed in his Hygienic practice by advocates of The Medical Mentality and by the police. In 1927, Dr. Shelton is jailed for the first time for "practicing medicine without a license" and is fined \$100.00. This same year of 1927, a second arrest takes place, under similar circumstances and with charges of \$300.00. His money is so tight this second time, he has to borrow to be released. Also, in 1927, the New York Evening Graphic lets Dr. Shelton go because he will not co-operate with their advertisement policies and insists on running an anti-smoking article. Still, during this time, Dr. Shelton's Hygienic practice grows; he is respected and admired for his efforts. The third arrest also occurs, all in New York, for "practicing medicine without a licence." The great irony is that Dr. Shelton would never "practice medicine"! Still, that is what the authorities call it when someone tells people how to live, how to sleep, how to eat, and how not to take medicines!

1928 Herbert, Ida, Bernarr, and Walden move to San Antonio, Texas, where they will open and close 7 schools, all named, "Dr. Shelton's Health School." The first, holds 12 guests. Eight others are operating in The United States, but none offer Pure Hygiene. In 1928, Dr. Shelton publishes Human Life Its Philosophy & Laws, wherein he gives special credit to Sylvester Graham and Doctors Graham, Trall, Jennings, Walker, and Page, and to the other Pioneering Hygienists.

1929 Daughter Willodeen is born to Herbert and Ida Shelton. The Great Depression hits, and The Sheltons struggle to make ends meet. It is a struggle that will be with them always.

1931 Dr. Shelton's 9th book is published: The Hygienic Care of Children. For the last several years, Dr. Shelton has been active lecturing at colleges in Texas and in Texas hotels. The general public is enthusiastic, sympathetic, and appreciative to hear Dr. Shelton's

Health Message. Dr. Shelton is developing a following.

1932 Dr. Shelton is offered 8 times the salary he will make that year by a radio station if he will just promote a laxative at the end of his program. Of course, he refuses. His wife has turned into a worker of all trades: child sitter and housekeeper, School custodian and groundskeeper for the School. And Dr. Shelton, himself, is often found changing beds and scrubbing floors. By 1932, Dr. Shelton is lecturing internationally with hundreds attending his events. He undertakes wide tours, across The Nation, speaking nightly throughout the week, sometimes for as many as 7 hours of teaching in one stint. These lecture circuits will continue for the next 20 years in full force and then taper off as the effects of Dr. Shelton's workaholicism take their toll on his nervous system and finally incapacitate his entire body. In 1932, Dr. Shelton is jailed repeatedly, always for "practicing medicine without a license" or for "lecturing and prescribing medicine," always with a fine imposed, and always released. Finally, he is found guilty and given 30 days in Rycker's Prison for violating the Medical Practice Act. Young Dr. Esser takes over Dr. Shelton's practice. And Shelton uses the time for fasting and continued work on his manuscripts.

1934 The 7 Volume Set known as "The Hygienic System," is put into print, from 1934 onward: The titles focus on the following: Orthobionomics (Economics of Correct Living), Orthotrophy (Nutrition and Food Combining), Fasting, Orthokinesiology (Corrective Exercise), Orthogenetics (Sexual Correctness), Diseases, and Orthopathy (Correction of Specific Diseases).

1935 More books are put into print by Dr. Shelton: Syphilis: Werewolf of Medicine and The Exploitation of Human Suffering.

1939 After 2 previous attempts to publish a magazine, both of which fold within a year, Dr. Shelton's Hygienic Review, is published. This particular magazine is inspired by Dr. Tilden's little periodical. The Review is intended to continually teach The People about The 7 Stages of Disease, to remind them of the health hazards of taking any medications, to warn them about the dangerous practices of The Medicine Men, to thoroughly expose them to "The Basic Requisites of Life", and to initiate them into the strange and new world of... "Health by Healthful Living!" with such a fervor that they are excited to spread the revolutionary word! Yearly subscriptions for the 24 to 32 pages a month are \$1.00. Most of The Hygienic Review is written exclusively by Dr. Shelton, although in later years, he did bring in more authors, all of whom he carefully edited. A strict advertising policy of Pure Hygiene is instituted, but few advertisements are taken in the first place. At its height, Dr. Shelton's Hygienic Review went out to 1,900 Health Seekers. And the little magazine never turned a profit. Following is Dr. Shelton's own statement about his Review: "The monthly visit of the Review to one's home should serve as a strong support. Wherever you are, you should not fail to acquaint the people with whom you come into contact, with the better and more healthful way of life. Let your light shine into all dark corners and do so without fear. All the progress that has ever been made has been made by breaking with tradition and branching out into new and untrodden fields. Humankind is subject to the law of inertia. Men and women do not progress: they are pulled along. The few drive the

many along behind The Chariot of Progress. Every Hygienist should get into The Chariot as a driver!" Dr. Shelton continually made essay statements on the inside of the front cover of each Review for subscriptions, participations, and donations to fan the fires of The Health Revolution. In answering the calling of picking up Dr. Shelton's Torch, I have added "Great American" to the term you so often see in the rhetoric of GetWellHStayWell, America!: "The Great American Health Revolution!"

1940 Dr. J.H. Tilden, who is best known for "The 7 Stages of Disease" paradigm presented in his most famous book, Toxemia Explained, dies at age 89. He is the last, living link with The 19 Century Pioneers of Hygiene. The work of the resuscitation and promulgation of Hygiene now falls entirely on the shoulders of Doctors Shelton, Claunch, Esser, and Gian-Cursio. Claunch dies in 1946 and Gian-Cursio in the last few years. In 1941, Dr. Benesh moves from Chiropractic to Hygienic Doctor. Today, only a few seasoned Hygienic Doctors of the last century remain in practice: Dr. Vetrano, Dr. Benesh, Dr. Esser, and Dr. Scott, among a few others. And many young doctors have stepped forward, some more Pure Hygienic than others.

1942 An amazing and inspirational book by Dr. Shelton is published: Health for All. Like so many of his books, this book was out of print for many, many years. It has just made available once again! In 1942, Dr. Shelton is brought to trial on a charge of "negligent homicide" for starving a patient to death at Dr. Shelton's Health School and for "treating and offering to treat a human being without a state medical license." Mrs. John Gillis dies while under Dr. Shelton's care at his school. The case, however, is never tried. The charges are dropped.

1943 Ghandi had long been inspired by Dr. Shelton's work, especially his treatises on fasting. Ghandi, accordingly, invites Dr. Shelton to work and study with him in India for a 6 year sabbatical. Dr. Shelton was giving the Ghandi invitation serious consideration when World War II forever interrupts their plans. Ghandi had referred to Volume III of The Hygienic System throughout his fasting career: more than half of his 17 fasts were political in nature, protesting The British occupation of what should have been a free India.

It was in 1943, also, that Dr. Shelton adopted the banner: "Let Us Have The Truth though The Heavens Fall!" At first glance, this may look like a delightful enough stance for all Truth Seekers! It is dramatic! It is emphatic! But I do see it another way. This statement, of which Dr. Shelton became so fond that he slapped it across his magazine front covers, is a subtle reflection of The Agnostic Shelton. "The Heavens," throughout Scripture, are known as that place wherein God resides. And God always stands for "The Truth." "The Heavens" could not harbor lies, deceit, exploitation, murder, poison, or any material or spiritual darkness! And "The Heavens" will never "fall," just because "The Truth" has been revealed! "The Heavens" are the home of "The Truth." No doubt, Dr. Shelton liked this iconoclastic and subtly blasphemous statement for the hyperbole involved. (A "hyperbole" is a literary term that means "an exaggeration, a bigger than life comparison used to make a shockingly dramatic, or amusing or sarcastic effect.") I believe this is

why T.C. Fry picked up this Shelton banner and waved it with so much mocking bravado til the day he died: it was a way of slapping Christians and their beliefs right in the face and getting away with it, because they never stopped to realize what the statement was implying. God cannot lie, and The Heavens will not fall, and God will not fall one day with The Heavens when all Truth is revealed. When The Agnostic or The Atheist starts promoting Natural Hygiene to The Christian Health Seeker, this is the kind of statement that makes them leery of the promoter's total message. Who wants to listen to a promoter with a lot of knowledge but who is seeing through a dark glass and without wisdom? A better banner could have been chosen to declare: "Let Us Have The Truth So that The Heavens May Rejoice!"

1945 Dr. Shelton is kicked in the mouth by his stallion, and this marks the beginning of his slowing down. His teeth are badly jarred, and he begins to lose them, one at a time, over the years. This impairs some of his nutritional well-being.

1946 Dr. Shelton has taken on a number of nicknames over the years, including the following: "Sandbur of the Rio Grande," "The Diamond in the Rough," "The Quack", and "The Workaholic."

1947 By this time, Dr. Shelton's Health School has moved into its 6th location. Ida and Herbert have grown apart to a great degree. Both are becoming weary of the mountains of work and pile of responsibilities.

During the 1940s & 1950s More Hygienic doctors arrive on the scene and are arrested as was Dr. Shelton. Many arrests and incarcerations take place. Dr. Shelton speculates that the leaders of the 20th century Hygienic movement were being oppressed and harassed with a greater ferocity and tenacity than had The 19th Century Pioneers. Opposition in the 19th century had not been so fully organized or relentless. The American Medical Association had not grown into an octopus, with tentacles reaching into so many government institutions, drug companies and cartels, and minds and hearts of The People. Shelton had been seeing a need for The Hygienists to unite for a long time.

1948 Vivian Virginia Vetrano, a young and beautiful woman who has successfully pursued dancing as a career, discovers Natural Hygiene through Dr. Shelton's book, Health for All. She fasts at Dr. Shelton's Health School and is photographed many times for Dr. Shelton's upcoming masterpiece on beauty, in which she is pictured repeatedly and to whom the book, Human Beauty, is dedicated. In 1948 A national society is formed by 8 men in New York City. It is called the "American Physiological and Hygienic Society" In 1949 The new organization is renamed: the "American Natural Hygiene Society." 400 members join. Local chapters across The Nation are set up. Dr. Shelton is made the first President. In 1949 Dr. Shelton publishes Basic Principles of Natural Hygiene.

1956 Dr. Shelton is nominated on a 3rd party ticket at the Vegetarian Party Convention in New York. I would like to quote from Jean Oswald's biography of Dr. Shelton at this point: "Although Shelton thought his nomination was comical, his followers who nominated him were sincere. Both men and women continuously

sought out Shelton's leadership. He did not have to court the people. Those who knew him, respected him. Many adored and idolized him. And why not? Shelton attracted men and women to him for a number of reasons. People sought his friendship because of his intellect, his revolutionary work, his magnetic presentations at his lectures, his handsome and athletic condition, and his wise counseling and guidance. A person could not have picked a better associate. Those close to Shelton considered themselves honored." Dr. Vetrano adds to this portrait in a recent phone call. She describes Dr. Shelton as "humorous, joking, playful, loving, and delightful to be around because of the twinkle in his eye." I was very glad to hear this. But I am still a bit puzzled. For when I read Shelton and listen to him on tape, he sounds so angry so bitter so sarcastic almost all the time. When I questioned Dr. Vetrano about this, she explained that early in Dr. Shelton's lecturing, his wife told him to "Get mad!" She and others convinced him that he would have to show strong emotion to be a good speaker. Thus, Dr. Shelton's adopted and polished his "persona." Here is another literary term coming from the former English teacher that I am! A "persona" is the character one takes in writing or speaking to make the most dramatic and most powerful effect possible on readers and listeners. "Mark Twain," for instance, was Samuel Clemens "persona." In effect, a "persona" is "a false front" or "an act" one puts on for dramatic or comic or endearing or teaching purposes. I was relieved to hear that this man was not always going around angry as a mad billy goat! He surely had me fooled! And over the years, I know he had many of the GetWell Friends fooled, too, to the point that some just could not read his works or listen to his tapes. Still, there is no doubt he was passionate and that much of that front was real, righteous indignation towards The Disease Industrialists and toward the somnambulating masses, to boot!

From the mid-1950s onward Vivian Virginia Vetrano joins The Hygienic Cause, lecturing with Dr. Shelton, studying intensively, and writing articles.

1958 Dr. Shelton publishes *The Road to Health Via Natural Hygiene and Human Beauty: Its Culture & Hygiene*.

1959 A \$50,000 grant from the originator of the Frito corn chip is used to build a new school, so impressed was he with the benefits of his 30 day fast there. The 7th Dr. Shelton's Health School opens on a hill that Shelton names "Mount Hygeia," after the Greek goddess of Health. (It is Hygeia, herself, that is pictured repeatedly on so many covers of Dr. Shelton's Hygienic Review, with upturned breasts and wearing a completely see-through toga or gown. Although this may seem uplifting and certainly harmless to the casual observer, on a subtle level, this imagery is giving homage and worship to lesser gods and is making a statement that is decidedly New Age or Old Age or anti-Christ! In any event, such a cover does not glorify God. T.C. picked up Shelton's penchant for Hygeia and used her to his dying day to promote the paper Shelton College. There she is to be found alive and well one breast bared from her gown, smiling, and stepping daintily toward all who care to give her attention.) The new and forever final Dr. Shelton's Health School is equipped to take 40 fasters and has separate sun solariums for nude sunbathing. By Dr. Shelton's 64th birthday, he had supervised 30,000 fasts and published

over 30 books and booklets. Among Health Seekers of the alternative bent, he is known around the world for his Health Revolution efforts.

1961 Dr. Shelton publishes Rubies in the Sand.

1964 is "the 25th ANNIVERSARY" of Dr. Shelton's Hygienic Review . Pages xx - xx bring you the actual anniversary copy of that review, almost in its entirety and enlarged by 17% so that you may have a souvenir copy of Dr. Shelton's actual Reviews.

1965 Vivian Virginia Vetrano is now Dr. Vivian Virginia Vetrano D.C., and she chooses to work full time at Dr. Shelton's Health School. In time, she will study in Mexico and also become recognized as an M.D.

1968 Dr. Shelton publishes Man's Pristine Way of Life.

1970 T.C. Fry discovers Natural Hygiene, as told in Common Health Sense Issue #3. At a time when Dr. Shelton's health is failing and his Health Torch is fading, T.C. enters the picture to do that which Dr. Shelton never tried: play "The Bulk Mail Game!" Once T.C. is up and running with his magazines and as long as Dr. Shelton is putting out The Review and has the School, Shelton advertises The Review and School in T.C.'s literature. Shelton's articles and ads, thus, frequently appear in Fry's publications. For reasons I have never pursued to discover, however, Fry articles and advertisements are never seen in Dr. Shelton's literature!

By 1972 Dr. Shelton is bedridden for the rest of his life. The symptoms of what the medical world term "Parkinson's disease" have claimed the strong motor skills of Dr. Shelton's once muscular and vibrant body. The workaholism of his lifetime finally takes its toll. The myelin sheath that surrounds and protects the nerves of the body can wear out. The subjective experience is lack of motor control. Muscles atrophy, waste away. Strength is lost. Movement is difficult. Uncontrollable shakes appear, especially in the hands. Dr. Shelton's drive to help The People with every ounce of Nerve Energy he had, his love for Hygiene and his contempt for The Disease Industrialists combined, worked for you and me and The People and against him. What must he have been thinking? Surely, he knew where all that lack of "Energy Enhancers #4: Rest & Sleep" over the decades was going to take him! Why would he drive himself like that when he knew, better than all The Health Seekers in the world, where it would take him?!?!? Only if you have a compulsive/addictive personality yourself, can you begin to understand a drive like this! Like T.C. Fry, Dr. Shelton certainly was not practicing "Proverbial Wisdom." Sweet sleep, in big doses, could have saved Dr. Shelton from riding out his life from his bed another 13 years. Back in his 30s and 40s and 50s and 60s, Dr. Shelton would have had to take another 4 to 6 hours a day for rest and sleep. How many books would not have been written? How many lectures not given? How many phone calls not made? How many Hygienic Reviews not published? How many patients not supervised? The tangled web he weaved for himself when he deceived himself all those years ended up making him a deathbed cocoon from which he could not rise. Dr. Shelton was left with legs that could not walk, left with hands that could not write, and left with vocal cords that could not speak. All for the sake of The Cause.

Where, pray tell, Dear GetWell Friends, is the wisdom in that?

1974 Dr. Shelton publishes *Fasting for Renewal of Life*. This marks the end of Dr. Shelton's handwriting career. He moves into a "dictation only" mode.

1975 Dr. Shelton, Dr. Vetrano, and many others set up 1,660 acres in Pearsall, Texas, chartered to become "Sheltrano," an Hygienic Community and College. It is a long story of intrigue and dark happenstance that takes place. And the project finally folds with much loss to many.

1976 Vickey Bidwell, age 29, takes a 17 day fast at Dr. Shelton's Health School. She never formally meets Dr. Shelton. But she does see 2 attendants take him on walks, one on each side, holding him up, while he drags himself along. He is extremely emaciated. He certainly does not look like he could hold onto life another 19 years! During these 17 days, Vickey studies Natural Hygiene. She meets Dr. Vetrano. She studies Dr. Shelton's Hygienic System. And she receives her calling to create Hygienic literature that it is absolutely inviting, lively, and fun! She further receives her vision for The GetWellHGrassRoots Victory Wagon. She feels a deep affinity with Dr. Shelton's writing style and his rhetoric. See pages xx and xx.

1978 According to Jean Oswald in *Yours for Health*, "The biggest scandal in the history of the practice of Natural Hygiene takes place." Dr. Shelton's Health School takes in 49 year old Hal Conrad. He is suffering with ulcerative colitis. The medical doctor orders a colostomy and ileostomy, the cutting out of the large intestine, and a cutting in the stomach area, and the wearing of a sack to collect fecal matter for the remainder of life. The details are long and many. He dies of a heart attack when rushed to the hospital, and the wife sues for \$890,000 on a charge of "negligence." For the next 2 years, while in litigation, business at Dr. Shelton's Health School booms! The School is filled to overflowing, and trailers are brought into to fill the need. This is, no doubt, partly due to "T.C. Fry's Heydey" and his millions of leaflets and publications going out across America. Dr. Shelton's advertising in them pays off. By 1980, after running Dr. Shelton's Health School single-handedly for 17 years, Dr. Vetrano decides to go her own way and opens a health school in Brownsville, Texas. Dr. Shelton's Health School goes under new management that does not last long. The last issue of Dr. Shelton's *Hygienic Review* goes out in 1980. In 1983, the courts rule against Dr. Shelton and Dr. Vetrano, with no appeal privileges. They are to pay the full \$890,000 to the wife of the former Hal Conrad. Both parties are completely bankrupted. Shelton even has to sell off his mighty library of collected and cherished works of all The Hygiene Pioneers, whose teaching he had drawn from so steadily and so heavily his entire life. They go to the American Natural Hygiene Society library for safekeeping and are open to members for in-house viewing.

A Summary of the activities of the American Natural Hygiene Society, begun by The Prime Mover Dr. Herbert M. Shelton, from 1948 to 2000... A yearly convention becomes the main event for the ANHS through the years, and some 30 local chapters throughout the United States and the world are established. By 1979, Dr. Shelton is quoted as saying, "The growth of the Society has been

disappointingly slow." In the 1980s, the 30 local, self-supporting chapters throughout the United States are dissolved. From 1978 to the 1990s, The ANHS establishes and then dissolves the Natural Hygiene Press. During these early years, Shelton urges the Society to continue publishing and marketing books. But most importantly, he also urges them to create an ever-expanding army of Natural Hygienists who focus on making movies and tapes and writing books to supplement the ANHS activities so that The People could become more fully educated. The ANHS prints a bimonthly, high-quality magazine, Health Science. Its circulation, and thus membership, reaches approximately 9,000. It serves well to announce ANHS yearly conventions and to market a limited number of Hygiene classic books and numerous tapes, as well as to offer articles and contacts from Hygienic practitioners and paraprofessionals. The ANHS also sponsors several seminars yearly, and it is involved in many other activities to promote Hygiene for The People. Its affairs are handled responsibly and expeditiously. By the 1990s, the ANHS serves more as a life-support system for Natural Hygiene, rather than as the vehicle through which "The Great American Health

Revolution" is successfully launched. During the years that mark the turn of the 20th century, the ANHS begins making changes that seasoned and devoted Natural Hygienists find disappointing: many more are angered by the new stances, whereby the importance of food combining for Superlative Nutrition is played down, as is the role of raw food. One GetWell Friends even wrote a humorous statement that Dr. Shelton would roll over in his grave if he saw what changes were being made in the organization he founded: The GetWell Friend then added that if did not know better, he would suspect that the AMA was subsidizing the ANHS, from the tone and content of some of their articles! GetWell friends over these years have come to me for an explanation of "What is up with these people?" And for the few years prior to the turn of the century, I just say that I call them "The Florida People" and not Purely Hygienic in their stances, and leave it at that. Interestingly enough, the very organization that had at one time urged me repeatedly me to drop "Natural Hygiene" from the name of what I was promoteing decides to drop "Natural Hygiene" from the name of what they are promoting, instead! I was delighted! Today, "The Florida People" go by the name "The Natural Health Society." I have not kept up with what they are doing, so I cannot report. I do know that many of their Dr. Shelton publications are still available, an act of service for which I am very, very grateful.

From 1980 until Dr. Herbert M. Shelton's death in 1985 Dr. Shelton continues to dictate in a whisper, Hygienic teachings for The People, his vocal cords no longer producing full power. It should be noted that Dr. Shelton grew totally feeble in body but not in mind. He worked with Jean Oswald to consult for her and Dr. Scott's upcoming book, Fasting for the Health of It. He worked with Jo Willard and Jean Oswald to write The Original Natural Hygiene Weight-Loss Diet Book, published posthumously in 1986. He worked on various other projects to the end.

1986 & onward The all-time best seller in diet and nutrition in history Fit for Life by Harvey and Marilyn Diamond, is put into print. After years of self-study and study with the Life Science Institute and T.C. Fry's Big Course, these 2 Hygienic authors make "Natural

Hygiene" a household term in many millions of Health Seeker homes across America and around the world! Dr. Shelton deserves monumental accolades for this 1986 event, for resuscitating The 19th Century Pioneers and for adding to their many works and for getting "The Message & Promise of Natural Hygiene" out to The People! As Ron and Elaine Harrington allude in their eulogy to T.C. Fry, without Dr. Shelton, there would have been no T.C. Fry to read Superior Nutrition and then to go on and create The Big Course for The Diamonds.

Because of Dr. Herbert M. Shelton's DETERMINATION and PERSISTENCE, his inspiration has spurred countless Health Seekers, with a calling to help The People, to create an endless stream of books, tapes, videos, and other teaching materials to bring Natural Hygiene to the world's eyes. There are problems with this proliferation of so-called "Hygienic materials," however. #1 Unfortunately, not all of it is in a form that is true to the basic, physiologically correct, "Laws of Life" imbedded in Natural Hygiene. ( I just picked up a book this week by an enthusiastic author of Hygiene who states that "The 1st Stage of Tilden's 7 Stages of Disease is constipation or diarrhea!") #2 Unfortunately, most of it would receive a "C-" for used of Standard English Grammar and Punctuation! #3 And unfortunately, a goodly portion of this proliferation glorifies lesser gods, The New Age, Eastern Philosophies. Some of it is leading The People straight to hell! But in America, freedom of the press belongs to those who can afford to rent one and crank out their own literature or who can find a publisher to do it for them.

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