

Doctor and his family eat 'naturally'

By LINDA BAUGH

Food guides the lives of members of the American Natural Hygiene Society.

"One lives in harmony with natural laws so that the end result is good physical and emotional health," said Dr. Jack Goldstein. Dr. Goldstein is a board member of the national American Natural Hygiene Society and has lectured throughout the country.

Natural hygiene provides the maximum amount of nutrition for the maximum amount of health throughout life, he said. It incorporates pure air, pure water, proper exercise, emotional poise, a vegetarian diet and fasting.

The hygienist's diet includes basic raw vegetables, fruit, nuts and seeds. It is not intended to please the taste buds, he explained.

"AMERICAN producers are out to please the taste buds. They forget everything from the neck down," Goldstein said.

Natural hygiene is a family affair for the Goldsteins. Mrs. Goldstein's interest has grown as she has seen an improvement in her husband's health. She is an active member of the Detroit Natural Hygiene Chapter which operates out of the Goldstein's home.

"WE ATTEMPT to set an example for the children without becoming too strict," said Mrs. Goldstein.

Sweets are restricted and replaced by seeds, nuts and fruit. A family favorite at dinner time is eggplant parmesan. Husband and wife share cooking duties.

Natural hygiene is based on physiology and biology. Food preparation is vital. For example, heating may harm vegetable enzymes. A strict hygienic diet will not include cooked food.

Special attention is given to food combinations as well. This assures better and more efficient digestion

of foods, Dr. Goldstein said. That may mean no more Ex-Lax, Rolaids or Alka-Seltzer.

"There can be no such thing as good nutrition without good digestion," Goldstein said. The hygienic system makes an attempt to give the body the best food material available for its complicated digesting job.

"OUTSIDE ELEMENTS other than the proper natural foods are harmful," explained Goldstein. "Foreign substances strain the body's functions."

These body poisons include tobacco, alcohol, medicine, drugs, coffee, tea and chocolate. The processed and canned convenience foods are a disadvantage for the hygienist. "The accumulative effect of the chemicals found in these represent a danger to our bodies," Goldstein said.

Fasting is an important part of natural living. This involves abstinence from all food except water. "Fasting differs from starving," said Goldstein. "The body lives off of its stored reserves."

Fasting can be the first step to the hygienist's diet. "Ideally, fasting is the best way to cleanse the body and allow it to adjust biochemically," Goldstein said. He chose fasting to improve his health.

Dr. Goldstein does not have an athlete's physique. He is slim and of

medium stature. But, he may well be healthier than most muscle bound jocks.

FOURTEEN years ago, Dr. Goldstein discovered he was suffering from a disorder of the large intestine. He had an unsuccessful treatment from several medical doctors for four years. Finally, he said he was given two choices, re-

moval of his large intestine or death.

So, Dr. Goldstein visited an institution in Hyde Park, N.Y., that introduced him to natural living. In New York, he fasted for six weeks. He broke the fast and started a new diet.

"This new system of living steadily restored me to a healthy life. The natural hygiene way of life

offers no treatment, no cure. It is just a way of life."

The Detroit chapter of ANHS meets monthly for lectures and discussion. The 26th Annual Public Educational Conference on Natural Living will be July 21-27 at the University of Windsor.

For information regarding either event, write the Detroit chapter address, 23171 Radcliff, Oak Park, 48237.



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Migrants' Walk gets turn down

By ROBERT KIPPER

BIRMINGHAM — Commissioners unanimously rejected a request that a charity walk be held in the city to aid the migrant farmworkers' cause.

As explained by two high school students who planned the walk, it would have been held June 1 along a 20-mile route stretching from Southfield to Birmingham. Proceeds would have gone to various clinics and schools that aid the migrant workers.

The walk, called Miles for Migrants, was sponsored by the Interfaith Committee to Aid Farmworkers, a group made up of religious leaders throughout the Metropolitan Detroit area.

"This is a chance to create some awareness about the farmworkers," argued Don Share, a student from Bloomfield Township. "It is important for the youth involved and could only be a healthy thing for the community."

ALTHOUGH commissioners offered no arguments against the worthiness of the cause, they didn't like the idea of permitting a second local walk that might detract from the walk sponsored by the Community Action Council (CAC) each fall.

Commissioner Ruth E. McNamee, who helps organize the CAC walk, says that it is difficult to work up the necessary amounts of community support to make such walks successful. If the community were asked to support more than one walk a year, she said, the effectiveness of such fund-raisers could diminish.

Other commissioners discredited the request because the students planning it come from areas other than Birmingham. They also argued that the CAC walk, which directly benefits local youth groups, should be protected in place of charity drives with less local impact.

MSGR. CLEMENT H. Kern, chairperson of the Interfaith Committee to Aid Farmworkers, believes commissioners may have rejected the request because they see the farmworkers' cause as too controversial.

"It's too bad," he said. "The farmworkers cause has been absolutely nonviolent. They organize splendidly."

Magr. Kern praised the work of the students involved. Besides Share, Patricia R. Reedy of Madison Heights was instrumental in bringing the walk to the attention of the Interfaith Committee and convincing that group the walk would be worthwhile.

"Students teach us a lot of

things about caring for each other," Msgr. Kern said.

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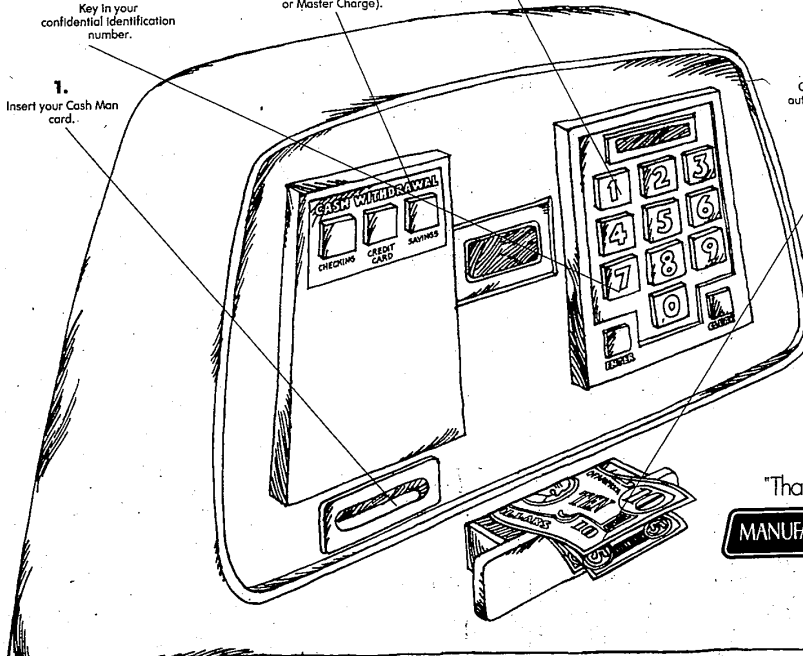
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Student wins scholarship

Yvette M. Barksdale of Detroit, a student at Roper City and Country School in Bloomfield Hills, has been named the recipient of a \$1,000 scholarship in the National Achievement Scholarship Program for Outstanding Negro Students.

Miss Barksdale was chosen in open competition for the award, which is sponsored by the United States Steel Foundation of Pittsburgh, Pa. She will study music and piano.

The achievement program seeks to identify, honor and encourage academically able black students throughout the United States and to make awards to as many as possible.