

## **PRESENTING EVIDENCE PROVING THAT:**

1. The herpes virus, so-called, is nothing more than the genetic debris from disintegrated cells that die by the hundreds of billions each day in all of us. More particularly, "herpes" virus is the genetic debris from the thousands of organelles (mitochondria) that inhabit each cell. All humans thus have some of these wastes within their bodies at all times.
2. The blisters, sores, lesions, etc. of herpes are nothing more than body instituted, conducted and terminated detoxification steps wherein morbid materials are expelled through the skin in the genital area.
3. Diseases are not contagious.
4. Those symptoms diagnosed as syphilis until a few years ago are now diagnosed as herpes by new medical fashions orchestrated by the Center for Disease Control.
5. Herpes and other acute diseases can be quickly overcome (in days) by simple detoxification measures and never again experienced unless the body is again polluted by unphysiological practices.
6. Medical procedures are not healthful and, in fact, are dangerous, and totally irrelevant to health. Humans cannot be poisoned into health via drugs called medicines. Only healthful measures produce health.
7. Herpes sufferers unjustly wear "the badge of iniquity" for supposed transgressions. Most herpes sufferers have been faithful to their marital bond and a substantial number are children, spinsters and bachelors.
8. The criteria which constitute "susceptibility" and not germs or viruses are responsible for all diseases. This book shows that "susceptibility" is nothing more than a toxic-laden body (called toxemia or toxicosis) that elects to start an eliminative crisis and eject these extraordinary materials, uneliminated through regular organs of purification, directly through the skin or mucous membranes.

# **THE CRUEL HOAX CALLED HERPES GENITALIS**

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Based upon the sciences of:

Biology  
Physiology  
Biochemistry  
Microbiology

Published by:

**LIFE SCIENCE**  
6600-D Burseson Road  
Austin, Texas 78744

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## FORWARD

by T.C. Fry

Americans victimize themselves by subscribing to many absurd beliefs. Industries and professions exploit believers pitilessly. In fact, they aggressively perpetrate the myths from which they profit just as vigorously as the alcoholic beverage, tobacco and coffee industries promote the use of their pernicious products.

One of these absurd beliefs is of herpes genitalis as a transmissible disease that is communicated during the sexual act. The absurdity of this belief is easily demonstrated by the fact that most sufferers have never transgressed, that many are innocent children, spinsters and bachelors and that the partners of most sufferers remain symptom-free.

In electing to publish this book we hope to counteract and negate the dehumanizing and depressing guilt trip hung on sufferers by those who regard the disease as a badge of iniquity; a punishment for transgression of the moral code.

Further, we hope to enlighten you as to the causes of herpes genitalis and how you can recognize and discontinue these causes, thus freeing yourself forever of this and other ailments.

To set the tone of this book I wish to acquaint you up front with a typical letter and my response. Other letters and responses appear inside.

**INQUIRY:** *We are faced with an epidemic of social diseases reaching into the lives of many families.*

*Specifically I refer to herpes genitalis. Would you please advise how your method deals with this? Is there a cure? Would fasting of the type recommended for other maladies rid the body of the virus? Would the method of cure be identical for both male and female sufferers?*

—Reader requests anonymity

**RESPONSE:** The medical world has rid the country of syphilis and, in its stead, it has given us herpes genitalis! The epidemic has been created, quite literally, by the Center for Disease Control, the press and church groups all too pleased to play up the bitter harvest for those who fornicate.

In point of fact, about ten percent of the American population has always had venereal infections regardless of medical fashions in labelling.

Herpes genitalis is not in the least bit contagious. Herpes in the genital area is no more contagious than it is in the mouth/lip area. That is to say that it isn't contagious in any area.

The sores and lesions of herpes are body created avenues for disposal of uneliminated body wastes including certain cellular debris called herpes. If it were contagious, everyone who made sexual contact with an "infected" person would get it, but, in fact, healthy people do not get it from the "infected." This leads the medical people to say that most people are not susceptible. This statement proves that it is not contagious and relegates the problem to one of what constitutes susceptibility.

If something is contagious, it will affect everyone, not just "susceptible" individuals. Lead poisons all. Alcohol drunks all. Arsenic and mercury affect everyone they touch. Flies, mosquitos, ticks, amoeba, and other parasites are not respecters of "susceptibility." If something is contagious, it is just that—it doesn't affect one to ten percent. What appears to be so, just isn't.

The fact that fasting with subsequent healthful living practices eradicates this "incurable" condition forever, even if exposed to other sufferers, shows the fallacy of the belief in contagion.

Life Science advises that you discontinue the causes of your problem. They are the same causes that result in asthma, allergy, tinnitus, or other diseases. We advise fasting, a thoroughgoing physiological rest, so that the body may catch up on its eliminative work and healing. Life Science advises correct living practices following the fast, especially in the area of diet where we transgress our biological needs most flagrantly.

There is no "virus" behind the disease. What is involved is an accumulation of toxic materials that the body has elected to eliminate through lesions and sores in the genital area. These materials, including the so-called herpes virus, are the same as those that may be eliminated in psoriasis, cold sores, mouth ulcers, etc. As the condition is the same in women and men, there is no difference in procedure: discontinue pathogenic practices and adopt healthful ones.

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## **THE CRUEL HOAX CALLED HERPES GENITALIS**

*How and Why a body cleansing effort effected  
through the genital area is blown up into  
a demoralizing and dehumanizing guilt trip*

### ***THE HERPES PICTURE IN A NUTSHELL***

#### **SYMPTOMS**

Blisters and lesions appearing in the genital area, mouth, lips and breasts. Subsequent rashes and other affections.

#### **DIAGNOSIS**

1976: Syphilis  
1983: Herpes Simplex I (lips, mouth, and breast)  
Herpes Simplex II (genital area)

#### **CAUSE TO WHICH ATTRIBUTED**

1976: Spirochete (bacterium called treponema pallidum) even though not present in about 30% of cases  
1983: Herpes Simplex Virus (always present). Spirochete has been exonerated.

#### **CHARACTER AND PROGNOSIS**

1976: Syphilis is a "contagious disease for which there is no known cure.  
1983: Herpes genitalis is a contagious disease for which there is no known cure. (Herpes Simplex I is not bruited about as a contagious disease though there is not an identifiable difference between types I and II.

#### **THE TRUTH**

Whether called syphilis, herpes, blisters, lesions, ulcers,

chancres or otherwise, these are but a few of the symptoms of a body detoxifying itself through certain areas of the skin and/or mucous membrane. The body performs all the acts of transport, autolysis and other physiological phenomena that create the blister or lesion. When the body has achieved its purposes of dumping extraordinary garbage through the outlet, it then heals the sore and life goes on as before. All humans have billions of herpes viruses in their blood and lymph at all times. This is so because the identifiable DNA molecules called herpes virus are the normal components of mitochondria, residents of every body cell. Every cell has from a few hundred to a few thousand mitochondria, the organelles that create most of our energies. Upon death of the cell, and there are about 300 billion cells dying each day, the cell is self-destructed by self-contained lysosomes. These powerful enzymes disintegrate cell components into countless pieces of cellular debris including mitochondria. The most protected part of the mitochondrion is its DNA template encased in a protein sheath and membrane. Up to several thousand of these are released from each dead cell. The body normally eliminates the wastes resulting from its life processes through the lungs, kidneys, bowels and skin. Failing of normal elimination through regular body channels, these metabolic wastes accumulate in the body until they threaten body integrity. The body, as a response to vitality-sapping accumulations of wastes, initiates an emergency crisis of purification. Most crises involve irritation, inflammation and then ulceration. The body causes each condition and conducts each process. When the eliminative task is complete, the body heals the ulcer and restores normalcy to the area which it selected for the extraordinary elimination.

Bacteria are living entities. They are neither plant nor animal. They have a symbiotic function in the human organism. Without them human life would cease to be—we have billions of them as part of our normal intestinal flora. They do not cause disease—they help us eliminate the toxic materials that could clog and slowly destroy us. Blaming bacteria for disease is like blaming fence repairmen for the gaping holes in the fences they're working on. Bacteria are not capable of communication, conspiracy or concerted action. They proliferate or die relative to the amount of soil (food) available to them. To blame bacteria for disease as a malevolent association that has picked a victim is the rankest sort of voodooism, a hangover of demons and evil spirits.

To characterize disease as an attack by viruses is even wider of the mark. Viruses are incapable of any action whatsoever. They aren't living in any sense. To attribute to dead material the capability of any action, much less concerted action is utterly absurd. It does not become the intelligence of a layman, much less one supposedly trained in science. •

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## THE TRUTH ABOUT HERPES

by Susan Hazard, Ph.D.

Contained within our cells are thousands of mitochondria. Each mitochondrion has the genetic codes needed for reproduction and protein synthesis. This information is located within the DNA (Deoxyribonucleic acid) and RNA (Ribonucleic acid) molecules. These molecules make protein synthesis possible from amino acids. RNA and DNA provide the genetic information for the cells to replicate in exact form and structure. Mitochondria are an intricate and most necessary part of our healthy cells. When the cell's life comes to an end, it dies and disintegrates. The thousands of DNA molecules are liberated along with the other spent cellular debris. After cell death it is inert and without function. It is usually discharged from the body with other metabolic wastes. It is these cellular waste materials (DNA particles) that are termed "viruses." Scientists attribute many diseases to these inert particles of cellular debris as though they were little demons ready to attack a helpless victim. Researchers admit that the so-called viruses are inert but persist in their claims that they do, indeed, cause disease. Their presence as uneliminated toxic wastes can occasion disease but they do not cause it in any other manner. Dead matter does nothing!

It becomes clear that disease cannot be caused by viruses, bacteria or any so-called "infectious agent." Disease is, in itself, a purification and healing process initiated by the body to expel accumulated toxins that have resulted from improper living habits. If one were to live healthfully, there would be no need for the body

to start and conduct healing crises called disease.

Herpes is a disease that is attributed to one of these inert "viruses." It is easy to blame objects or mystical entities for our suffering rather than to look within ourselves. The need for disease can only be eliminated when we remove the cause of our illnesses. What is the cause? Not viruses but incorrect eating habits, lack of exercise, lack of fresh air, insufficient sleep, lack of sunshine, stress, etc.

Now let us take a look at this dread disease that physicians call "herpes."

### *The History of Herpes*

The ancient Greeks studied the disease now known as herpes and it is they who gave it its name. The word herpes comes from the Greek word meaning "to creep," describing what the Greeks observed—sores that seemed to creep over the surface of the skin.

The ancient Romans also observed this disease process. It is said that nearly two thousand years ago, Roman Emperor Tiberius vainly attempted to curb herpes labialis by outlawing kissing at public ceremonies and rituals.

In 1886, two French physicians, Diday and Doyon, published a medical review of the genital form of the disease. Ten years later, in 1896, a German physician named Unnal published a review that covered herpes labialis as well. In 1921, Dr. B. Lipshutz of Germany, wrote a complete medical review of herpes. Dr. Lipshutz attributed herpes labialis and herpes genitalis to different viruses, although, of course, he could not prove his hypothesis.

The earliest claims about viruses were made in the last decade of the nineteenth century as a result of studying a well-described disease of tobacco plants, tobacco mosaic disease. In 1892, scientists claimed that this disease was caused by an infectious agent that was different from any bacteria. They said that extracts of diseased leaves applied to healthy plants caused the healthy plants to become sick and develop lesions; however, when the extracts were viewed under the microscopes, no organisms were visible. From this they concluded that the so-called infectious agent had to be smaller than 1/125,000 of an inch.

This "agent" was found to be inert (without life) outside of the living organism but caused cellular death in the living organism's host, the tobacco plant.

Not knowing what else to call it, they used the term "virus," from the Latin word for "poison." The term was applied to all agents that seemed to share the properties not only of extreme smallness but, even more important, of being evidenced only in living organisms.

With the invention of the electron microscope in the 1930's great numbers of these so-called "viruses" became visible and were studied regarding their size, shape, and structure. On the basis of these physical characteristics, groupings were made and families of viruses were identified. Herpes viruses, for instance, were found to be large in relation to other viruses and highly complex in structure.

By themselves, viruses were found to be inert, displaying none of the attributes of bacteria or other micro-organisms: they possessed no mobility of their own; they didn't require nourishment, they had no metabolism; they didn't eliminate waste; they didn't even reproduce. They were detected only within an organism or its exudates.

These facts puzzled investigators but are no mystery to any rational-thinking individual. So-called "viruses" are actually cellular debris. The protein-coated DNA result from mitochondrial disintegration and are now ready to be eliminated from the body. This debris differs in size, shape and structure because the individual cells and mitochondria also differ in size shape and structure according to function and location. While inside the cell, the "viruses" (particles of DNA protein) are a part of the mitochondria. When the cell dies and is self-disintegrated by its own lysosomes, the DNA particles are discharged as dead matter. These DNA particles are inert and incapable of acting in any way.

By 1960, the herpes simplex virus and herpes simplex viruses disease had been well characterized and closely examined by the scientific community. A number of "complications" affecting the brain, eyes, and newborn babies had also been extensively studied.

Today this "disease" (which is nothing more than the body's attempt to discharge unwanted cellular debris and toxins in its efforts to maintain homeostasis) is feared and superstitiously attributed to the attack of an inert particle called a "virus."

### *Symptoms*

The first sign of herpes that most people notice is a tingling,

itching, or burning sensation. The surface sometimes appears lightly discolored and is almost invariably sensitive to touch. Usually within hours of the first tingling sensation, one or more small red marks will appear on the affected surface. These marks may resemble a measles rash. Soon, the small red marks develop into fluid-filled blisterlike sores that appear watery and grayish at the center and red around the edges.

At this point, people will experience more general symptoms, the most common are swollen lymph glands, muscle aches, malaise and fever. These are all signs of toxicosis. It clearly indicates that there is not a local "infection" but an over-all state of ill health. When the body is in a state of toxicosis, it often selects one or more particular sites where much of the toxins will be eliminated. Elimination may be in the form of a boil on the skin surface or sores as identified in the "disease" called herpes.

Over the next two to ten days the fluid-filled sores will gradually perforate and begin to "weep." Before a scab forms, the weeping sores may appear to be punched-out or ulcerlike. The weeping will continue until the body has eliminated its excess toxins. Scab formation indicates the termination of this elimination as healing is taking place.

The scab formation generally marks a turning point in both the way the sores look and the way the affected person feels. Local swelling, inflammation, and pain begin to subside, and general symptoms start to diminish. The scabbed-over sores now look more like a healing wound. As new mucous membrane or skin develops, the scabs fall off and, generally, by the end of the second week most people are completely without symptoms. It is a "self-limiting disease." It will run its course and terminate itself when the body has accomplished its task of eliminating toxins.

### *Herpes Simplex Virus*

After only a short time outside the human body the so-called "herpes virus" is decomposed by bacteria. Herpes simplex viruses differ from all other microscopic agents in a most important way; they are not alive. In fact, all of this cellular debris called viruses are nonliving matter. Unlike bacteria and protozoa, which take in and metabolize food, give off waste products, move about and reproduce—all essential aspects of the definition of life—viruses do none of these.

Dr. Richard Hamilton says, "Although lacking the ability to carry on life processes by themselves, all viruses, including herpes, are endowed with special chemical properties that enable them to move into a living cell and take over."

He goes on to say, "Viruses are almost pure genetic information and little else. These genes contain sets of instructions that, when activated in a living cell, subvert the normal genes of that cell and cause it to come under the total domination of the virus."

The so-called viruses are the DNA portion of the cell that has to do with genetic information. They are a useful and important part of the healthy cell. They do not subvert normal cells and once outside the cell they cannot reenter another healthy cell and resume function. Cells are proof against invasion though they do reabsorb and digest and thus recycle a lot of body wastes.

According to the medical theory, this "disease" process begins when a person with herpes transmits the virus to someone who is not infected. Since the virus depends on living cells to sustain itself, it is claimed that only this direct skin-to-skin contact allows the virus to enter the cells of a new host. One might ask then, how did the first person contract herpes?

It is claimed that after gaining entry into the cell, takeover by the virus is swift and straightforward. Dr. Hamilton says, "Orders are issued to the cell to terminate its own normal life functions and it is then transformed into a virus factory. For the next twenty hours, the cell will expend its energy and use its resources to produce over twenty thousand exact copies of the herpes simplex virus, each as powerful and determined to survive as the original."

How can an agent that is proven to be inert and lifeless exert such power after entering a cell? It cannot, As stated, once dead, viruses or cellular debris ceases to function and is eliminated as any other waste product if not recycled. Outside of the body or the cell, it cannot function in any disease process.

If medical theory were true, then after the emergence of blisters and ulcers, the sores would spread over an ever larger area. This process of tissue destruction would continue unabated. In a matter of days blisters and sores would become gaping ulcerations, and in a matter of weeks so much destruction would occur that the person's life would be threatened. But this does not happen. Why? Because the process of extraordinary elimination which these blisters, ulcers, lesions, etc. represent are always under body control. This is why we have the healing crisis. The body is

eliminating toxic debris to preserve health. As long as we do not interfere with this healing process, there will be no danger and an improved state of health will result.

### *Recurrences*

Of the 50 to 150 million Americans said to be harboring "herpes virus" most don't even know it. They may get sores periodically as mouth sores, fever blisters, etc., but generally they don't exhibit any outward signs. Why? A healthful individual will expel toxins and cellular debris through normal channels of elimination, (kidneys, bowels, etc.) and no extraordinary crisis or disease will be necessary.

Dr. Lawrence Corey of the University of Washington School of Medicine says: "The clinical manifestations of recurrent genital herpes are milder and of shorter duration than initial genital disease. Episodes of recurrent disease are associated with few lesions. Recurrent genital herpes has a shorter duration of symptoms (mean 4.5 days), a shorter duration of viral shedding (mean 4.4 days—viral shedding is the medical term for how long the virus still remains in lesions), and a shorter time until complete healing of lesions (mean 10.1 days) than that of initial disease. Constitutional symptoms are found only rarely in recurrent cases."

Why would this be so? During the initial phase of the "disease" (healing) much of the toxins were eliminated. The same symptoms may reappear again at a later time in a milder form because there are still some toxins accumulating to eliminate. If, during the initial phase, symptoms were suppressed by drugs, recurrent symptoms may be less severe due to less body vitality. It has nothing to do with latent viruses as claimed by the medical community.

Differences in the efficiency, power and effectiveness of the body's natural defenses—miscalled immune status—is claimed to be the most important factor in explaining why some people experience recurrences and others do not. Childhood through middle age is regarded as our period of peak immune status, when we generally resist "infection" and bounce back from illness quickly. Actually, it is during this period that our body is most vital and toxins are eliminated more quickly and efficiently. We cannot be made "immune" to disease or "resist" illnesses because "disease" is the healing process. This process would not be necessary if we lived a healthful lifestyle. Therefore, we cannot be

"immune" to unhealthful living.

As we get older, our vitality wanes if we are not living correctly. Toxins accumulate up to a certain point and then the body initiates a healing crisis (disease).

Physicians cite two theories to explain the triggering of recurrent episodes of herpes simplex. One of them, the nerve-trigger theory, suggests that some form of nervous stimulation causes the latent virus to travel along nerve pathways back to the original site of infection, where it reinvades the skin cells. The other theory, the skin-trigger theory, explains recurrence in a slightly different way.

According to this theory, viral particles are constantly moving from nerve tissue back to skin surfaces in a nearly continuous flow. Most of the time the body's "immune" defenses are able to eliminate the arriving viruses rapidly and effectively, preventing the recurrence of sores. Sometimes, however, our "immune" status is not quite up to par, according to this theory, and the virus is able to carry its cellular attack forward and invade enough cells to produce the lesions characteristic of recurrent herpes simplex disease.

When we fully realize that we are not "attacked" by disease but it is developed from within due to unhealthful living practices, we can see how little sense the above theories make.

### *Transmission*

Herpes genitalis is known as a human-contact disease. The so-called "infectious agent," the virus, is said to be transmitted from person to person by direct contact. It is said that nearly 100 percent of all cases of herpes are spread directly from person to person. From the above information, we know that this is not possible.

Physicians claim that transmission cannot occur while the virus is dormant or during the period of latency. Reactivation begins with a syndrome of symptoms they call a prodrome. The following symptoms constitute a prodrome:

- A tingling sensation
- An itch
- An intermittent prickly pain
- A creeping, crawling feeling
- The very end of the pins-and-needles feeling
- A dull, pulslike throb

A droning ache  
A feeling of pressure  
A feeling of movement beneath the surface  
A ticlike, "spasmodic" feeling  
The touch-sensitive feeling you get before a pimple develops

In some cases, the prodrome is accompanied by mild tenderness and slight swelling in nearby lymph glands. In conjunction with labial herpes, the glands beneath the jaw are affected; in cases of genital herpes, it's usually the glands in the lower abdomen. This simply indicates systemic involvement as is true of all "diseases" (healing crises).

Right after the prodrome, the typical lesions of herpes begin to form. They start out as a concentrated, reddish-appearing sore or cluster of sores at the affected site and gradually take on a grayish, moist, blisterlike appearance. They are mildly painful when left alone and may be sharply painful if inadvertently rubbed or touched. These sores are said to be loaded with virus and are, therefore, highly infectious. It is true that the sores will contain cellular debris. This is the purpose of this elimination. The body has become so encumbered by these toxins that it has chosen this route for elimination. It is uneliminated debris that the scientists have labeled "virus."

#### *Newborn Babies*

Transmission of herpes to newborn babies is said to happen in one of two ways. Most commonly, it is claimed, the infant contracts the virus during birth. Physicians attest that if the mother has an active outbreak of genital herpes at or near the time of delivery, any viruses present in sores or vaginal secretions may enter the baby as it passes the birth canal.

If the mother was toxic during her pregnancy, the infant will be toxic also. The fact that the mother, at the time of birth, was demonstrating symptoms of herpes shows that she was toxic and her body had initiated a healing crisis. The infant may also initiate a healing crisis to eliminate these same toxins inasmuch as the placental barrier does transmit toxic debris in mothers' blood.

#### *Herpes Keratitis*

Herpes Keratitis, also called ocular herpes, is said to be a herpes simplex virus infection in the eye. The parts of the eye involved are

the conjunctival membranes which line the inner surface of the eyelids and extend over the surface of the eye, and the cornea, the transparent external part of the eyeball behind which are the iris (which opens and closes in response to changes in light) and the pupil, this is simply another route for elimination that the body has chosen to release its accumulated toxins.

In its 1979 Task Force Report on Viral Infections, the National Institute of Allergy and Infectious Diseases of the National Institute of Health estimated 500,000 cases of herpes keratitis each year. This is not an indication of the virulence of a virus but of the general unhealthy condition of the American people.

It is claimed that autoinoculation (self-transfer of the virus into the eye) is the direct result of touching an active sore and then inadvertently rubbing or touching one or both eyes. The secretions emitted from the sores around the mouth are of a very acid nature and it is possible that if any of these acid secretions should be rubbed into or near the eye, irritation and inflammation would result. This would be a chemical irritation and not induced by any so-called virus.

In addition to self-transfer, the virus is said to gain entry into the eye neurogenically. During the so-called latent phase of lip herpes, the virus is said to lie dormant in a nerve cluster called the trigeminal ganglia. Reactivation is claimed to result when viruses track from this cluster along nerve pathways back to the lips, its reported customary course. Infrequently, however, instead of following its usual path along nerves leading to the lips, the virus is said to migrate along nerve fibers that lead into the eye and its surrounding tissue. Marked irritation, photophobia, and pain become evident, and an inflammation reminiscent of pink-eye may be noticed. In addition, visible herpes lesions appear on the surface of the eyeball in some individuals.

This theory not only defies reason and common sense, it is scientifically impossible for an inert particle—such as this minute molecule of DNA—to follow up this nerve pathway and "attack" its victim. Toxicosis is the only reason behind such symptoms.

According to Dr. Deborah Pavan-Langston, a professor of ophthalmology at Harvard Medical School and a clinician at the Massachusetts Eye and Ear Infirmary, once the virus attacks the eye it can recur there repeatedly, just as in other parts of the body. She estimates that 50 percent of the cases recur. Why would they recur? They recur for the same reason that they occurred in the

first place. Unhealthful living practices result in toxicosis.

### *Herpes Encephalitis*

A second possible "complication" that is claimed to occur by the medical profession is herpes encephalitis—a so-called "infection" of the brain. Estimates made by the National Institute of Allergy and Infectious Disease, Dr. Andre J. Nahmias of the Emory University School of Medicine, and Dr. Bernard Roizman of the University of Chicago Pritzker School of Medicine range from a low of 100 cases to a high of 4,000 cases annually. It is claimed that the only way herpes encephalitis can occur is neurogenically, when the virus moves from the trigeminal ganglia along nerve pathways leading into the brain. Its earliest symptoms are diffuse, including fever, headaches, changes in personality, speech problems, perceptual difficulties, muscle aches, and general weakness. If the cause of the "disease" is not eliminated and correct living habits instated, the symptoms will progress leading to seizures and, eventually, coma. This is not a situation to be taken lightly. It is very serious. It indicates a severe degree of toxicosis and could actually prove fatal. The most rational approach would be to fast at the first sign of illness. Recovery, at that point would be assured. Of course, this must be followed by a correct diet and healthful lifestyle. When this is accomplished, there will be no recurrences.

### *Herpes and Latency*

According to C.H. Andrewes (*The Natural History of Viruses*) "Various stimuli activate the infection in those who are susceptible. It may be a common cold or a fever, or the eruption may be brought on by eating cheese, taking certain drugs. . ."

The truth is, when a person is experiencing a cold or a fever, the body is in the eliminative phase of a healing crisis. Toxins, which also include cellular debris called herpes, are eliminated through the mucous membranes and through the skin and manifested as "cold sores." The body is the only agency capable of causing the sores. They are the result of unhealthful living practices that created the conditions for this eliminative crisis which the body has resorted to.

When a person eats cheese or takes drugs, he is adding toxins to the body. If the body is already enervated and toxic, it may be enough to set off a "disease" (healing) crisis.

Andrewes goes on to say, "The initial infection in children is usually a silent one, but may take the form of stomatitis, an infection involving all the mouth; with this there is commonly fever. When the infection subsides, the virus apparently manages to persist in the odd corner, waiting to be awakened by the cold, cheese or other stimulus. A curious fact is that young children rarely get their first attack before the age of one."

It takes awhile before toxins accumulate to the point where they cannot be eliminated through ordinary means and the body must take extraordinary measures to restore a condition of internal cleanliness. That is why children rarely demonstrate these "cold sores" before the age of one. As with adults, toxic substances such as cheese will burden the body with poisons that must be eliminated.

It is said that the herpes virus can damage the nervous system of man. Scientists came to this conclusion after experimenting with rabbits, mice and other animal species. They took herpes viruses (cellular debris) and injected it into the nervous systems of certain animals. Many of the animals died of encephalitis.

Any foreign material injected into the nervous system of an animal almost invariably produces damage. These experiments prove that conclusively.

### *Herpes Zoster*

Herpes zoster or "shingles" is considered primarily a disease of middle and old age. This is true as it takes years of bodily abuse to bring about this disease state. Shingles is characterized by extreme pain in a limited area of the upper body or face and an outbreak of small pimply blisters in the same area. It is said to be caused by the Chicken Pox virus, which is claimed to remain dormant after a childhood infection and emerges years later.

Shingles was well known to the ancient Greeks, who considered it and herpes a single disease. In time the two came to be distinguished as simple herpes, herpes simplex, and herpes zoster ("zoster" from a Greek word for girdle, describing the pattern of blisters on the body).

Often shingles follows a few days after an emotional upset, X-ray therapy, or treatment with certain drugs. After being

inundated with toxins the body must create a quick outlet in order to preserve its integrity. The skin is a common site for such elimination.

The first symptom is a localized itching or burning, or an intense pain, usually on one side of the trunk or head. The skin in the area of elimination becomes very sore and tender. Soon a rash appears in the vicinity of the pain which quickly develops into raised sores, exactly like those of chicken pox. Scabs form rapidly and, within a week or two, drop off, leaving no scars. After the body has accomplished all of its toxic elimination, complete healing will ensue.

#### *What To do If You Have Symptoms Of Herpes*

With the first signs of bodily discomfort or skin eruptions, the best thing to do is to leave the body intelligently alone. Total rest is the main requirement and this can be best achieved through fasting. Stay in bed and abstain from all food. Drink only distilled water as thirst demands. Continue to fast and rest until all symptoms of elimination are gone. This will usually take only a few days, depending on the general toxicity of the individual. Not only will your herpes lesions clear but your general health will be greatly improved.

Following the fast, continue on an all raw foods diet of mainly fruits with some vegetables, nuts or seeds and sprouts. If you also follow the other conditions for health (sunshine, fresh air, rest and sleep, pure water, vigorous activity, emotional poise) you will retain vibrant health. ©1983 •

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## HOW CAN I OVERCOME HERPES GENITALIS?

Can the problem of herpes be overcome?

Yes, all sicknesses can be overcome and never again be experienced. It doesn't matter whether it is acne, asthma, herpes or whatever!

When you understand that the body initiates and conducts these diseases as eliminative measures to cope with body pollution, then you'll seek out the practices in your life which intoxicate your body and discontinue them. Without unwholesome practices you will have a pure body. A pure body is a healthy body and has no need of the disease process. The body will not start a sickness without the need for it.

To overcome toxicity in a hurry I suggest that you fast, i.e., withdraw from all food for a period of time. When you withdraw from foods and get as much rest as possible (it is advisable to stay in bed during the fast) the body redirects its energies to housecleaning. It will free itself of the pollutants that it may not otherwise eliminate and it will free itself rather quickly.

Once you've detoxified I suggest that you consider a completely nonpolluting diet of fruits—only fruits! Of course you're free to eat anything, but ANYTHING AT ALL other than fruits are polluting. Even vegetables are somewhat polluting and, certainly, they do not sustain the body for stalks, stems and leaves do not furnish the body with its most needed nutrient, glucose and/or fructose.

In a nutshell you're in nearly total control of your life, especially as it relates to your health. All you need do is observe in practice the few requisite needs of life which may be thusly listed:

1. Pure air
2. Pure water
3. Purity of the body or internal cleanliness
4. Temperature maintenance, shelter and comfort
5. Sleep

6. Food to which we are biologically adapted, namely fruits
7. Vigorous activity
8. Rest and relaxation
9. Sunshine and natural light
10. Recreation and play
11. Emotional and mental well-being
12. Assurance of life and its means
13. Pleasant environment
14. Creative useful work
15. Self-mastery
16. Gregariousness, belonging, or companionship
17. Motivation—have purposes or causes in life
18. Expression of natural instincts: the survival mechanisms
19. Aesthetic well-being
20. Love and appreciation

Your life regime should appropriately embrace these requisites of life. If you fail of this—if some elements are inappropriately supplied or wrongly supplied, you may suffer in some manner.

Your body is an aggregation of about 125 trillion cells. Each cell has several hundred to several thousand residents. The intelligence that exists internally in just one human body dwarfs all the intellects of the world combined. Your cells are united to form the organism called YOU. As an entity your needs are simple and you're rather well-equipped to meet them. Learn what your needs are and meet them correctly. You'll appreciate a level of energy and health you may not believe possible!

If you play the game of life according to our simple natural mandate, you'll never suffer herpes or any other disease. •



## **HERPES: A CATCHALL NAME, NOT A VIRAL IDENTITY**

If medical personnel were biologically oriented rather than treatment oriented, there would be no virus called herpes. Herpes is a Greek word that means crawling or expanding. It is applied to a body instituted activity of elimination through vesicles, pustules, blisters, lesions, sores, ulcers, etc. These spread or regress as the body has need for additional outlets or less outlets for its hitherto uneliminated waste materials.

If genetic material were properly named, it would apply to identifiable genetic characteristics of the debris named, not after the manner in which it may manifest.

Papules and other lesions have scads of toxic debris being exuded other than the genetic material also being expelled. Medical researchers have singled them out simply because diseases must have a scapegoat outside the lifestyle of the sufferer—if the sufferer were made responsible for his own condition, then the medical practitioner would be out of business.

The so-called herpes virus is at all times in the fluids of every human upon this earth for it is a normal part of the debris from body metabolism. Medical nomenclature is designed to give them the most financial mileage. The more dread a term conjures up in the population, the more favor the term finds with the medical community.

Medical personnel are fond of diagnosing cancer. They diagnose it about 20 times for each time it really exists. What they diagnose as cancer is really only tumors wherein the body has indurated tissues in an effort to capsule and quarantine extremely toxic materials. Each diagnosis of cancer is worth about \$50,000 to the profession, hence their eagerness. Their treatments of this diagnosed condition are so deadly that even healthy people succumb! •





## WHAT ARE VIRUSES?

Those particles identified under electron microscopes as viruses are the DNA particles that were once part of the multitude of mitochondria within the human cell. All else is pure myth conjured up by the medical profession and laymen who have a commercial interest to serve or a cudgel to wield.

A biology book, taking a look at viruses, commented: "Biologists and nonbiologists alike tend to think of viruses as living, using such expressions as 'live virus vaccine' and 'killed virus vaccine'—curious phrases to apply to objects without life. The ambivalence is excusable."

When is ignorance and deception ever excusable in scientists?

*Biological Science*, a college textbook by William T. Keeton, cites the three most prevalent hypothesis relating to viruses.

1. Viruses are intracellular parasites that have lost everything but their nucleus.
2. Viruses were predecessors to cell life that has survived as parasites upon living cells.
3. "The third hypothesis suggests that viruses are neither primitive nor specialized organisms but fragments of genetic material detached from the chromosomes of cellular organisms (mitochondria)."

To any thinking person dead material cannot parasitize or feed upon anything. The first two hypotheses are thus inherently erroneous conjectures. The third hypothesis is the only one that accords with the facts.



## DEFINITION OF VIRUS

My Random House Collegiate Dictionary gives these definitions of virus:

1. an infectious agent, esp, any of a group of ultra-microscopic infectious agents that reproduce only in living cells.
2. the venom of a poisonous animal.

Synonym: poison.

Here we see that viruses have been endowed with abilities to "infect" or invade and, further, to reproduce in cells. Last a definition is given that has been the definition of virus from the beginning: a poison.

## DO VIRUSES REALLY EXIST?

As the malevolent creature conjured up in the minds of the average person, viruses are a myth. Medical personnel, many of whom know better, help perpetuate the myth. There's money to be made out of it.

The word virus merely means poison. But the word has been expanded in its usage to mean a disease-causing entity. Viruses do not cause disease. As festering putrefying waste material uneliminated from the body it accumulates until the body enters a state of toxicosis. When morbid matters have accumulated to a critical point the body institutes an emergency step to eject the offending matters. It may eliminate these materials through the sinuses (sinusitis), facial pustules (acne), bronchioles (asthma),

respiratory tract (cold or flu), mouth (canker sores or mouth ulcers), rashes, lesions, ulcers, psoriasis or any number of other affections over body-selected sites.

Viruses that have been photographed and identified are merely the DNA particles remaining from mitochondria from spent body cells. They are toxic and will impair systemic performance if not eliminated. The body normally eliminates about a plateful of dead cells daily that contains trillions, even quadrillions of these little DNA particles which are the remnants of the organelles of cells that the body is replacing.

As entities that perform beastly acts in their hosts, viruses are being endowed with entitative qualities they do not have—such malevolent entities exist in the figments of the human imagination only. Viruses as conventionally portrayed simply do not exist. •

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## HOW DO VIRUSES COME INTO EXISTENCE?

Laboratories cannot reproduce what they call viruses in vitro as they do a bacterial culture. All viruses are obtained from dead cells and, of course, all material obtained from dead cells are dead also.

The living cell is tantamount to a small city. The body is a multicellular organism with some 75 trillion cells (per Dr. Arthur C. Guyton's definitive book. *Textbook of Medical Physiology*). Each cell contains several hundred to several thousand organelles or mitochondria. Each mitochondrion has a sheltered existence with an ideal environment within the cell. It is an independent existence having its own metabolism and all requisite life functions. It has its own DNA (genetic material). When the cell dies it is self-destructed by its own powerful enzyme, lysosome. This self-destruction is tantamount to blowing an iceberg into smithereens for the cell is billions of times larger than each bit of debris that results from the disintegration. Among this debris are thousands of bits of genetic material (DNA) that were part of the mitochondrial population.

The bits of genetic material that float as debris in the body's fluid until recycled or eliminated are identified as viruses. Their identity varies with the type of cell they came from.

Yes, the body recycles its waste materials. Substantial of the usable waste materials resulting from cellular disintegration are reabsorbed by remaining cells through the processes of pinocytosis and phagocytosis. The cell using nutrients from the waste material invaginates, thus creating an impromptu stomach, pours in digestive enzymes and then absorbs for reuse the elaborated nutrients thus derived.

Viruses come to be as observed under electron microscopes as obtained from body waste materials, eliminative points (as in genital or other sores—as in colds, flu, etc.) or body fluids. Viruses are always wastes, either being recycled or ejected. The body does unto this dead material. It never does unto the body. •

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## DO BODY CELLS REPLICATE VIRUSES?

The prevailing view is that a piece of dead genetic material somehow gains entrance to a cell through a cellular membrane and then commands the cell to replicate it thousands of times until the cell explodes, spreading these thousands of "new" bits of genetic material into the lymph fluid from where it proceeds to other cells and causes the same debacle.

If this process were true, then the process of replication and destruction would continue, ever accelerating with the immense multiplication, until the entire body was disintegrated and thus dead.

This absurd explanation exists simply because the medical profession and religious apologists need a plausible scapegoat to account for disease. They need the myth of contagion thrown in so that people will be under duress to follow their admonishments and strictures.

The replication theory simply will not do. Primarily the

explanation ignores the thousands of bits of genetic material that result from regular cell disintegration and attributes the debris to replication of invading genetic material that have caused the cell to explode.

Cells resist everything but their own self-serving and organism-serving activities. The cell selects and dictates what it will ingest and egest. When it dies it has a built-in program for breaking up so as to facilitate its elimination from the organism. •

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## ARE VIRUSES DEADLY AND BENT ON OUR DESTRUCTION?

What are called viruses are bits of dead genetic material that have no power to do anything, much less cause either good or bad effects.

The diseases that we attribute to viruses are actually body created eliminative crises to eject forcibly toxic matters that have accumulated. Uneliminated wastes are life-sapping and deadly. •

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## THE DEMISE OF THE GERM THEORY OF DISEASE CAUSATION!

As more and more bacteria are exonerated as causative agents of disease, viruses or dead genetic material found at the site of the disease manifestation are blamed.

This has happened in so many cases that the germ theory is no longer serviceable or defensible. Herpes virus replacement of spirochetes as the culprits in certain types of venereal disease is an illustrative case.

The germ theory is really dead for practical purposes.

For thinking persons the viral theory of disease causation is also dead.

The real causes of disease are those practices over which all humans have nearly total control that pollute and intoxicate their bodies with morbid materials, either those generated from within that have not been eliminated or those from without that the body could not cope with.

Health invariably is restored in all remedial cases (almost everyone where life yet remains) when healthful living is instituted and pathogenic factors and influences are removed. •

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## FROM THE PEN OF AN ASTUTE OBSERVER IN 1943!

*Herewith we are happy to reproduce an article that detects the medical trend to blame viruses for diseases more and more and to blame diseases less and less on bacteria. While we may consider these views dated, their thoughts, observations and principles seem foresighted and are just as valid today as in 1943!*

## VIRUS DISEASES

by Dr. Herbert M. Shelton

Virus is a very old word with an ancient and established meaning. It is traceable, through the Latin and Greek, to ancient **Sanscrit**, and through the whole of its career it has always meant *poison*. The latins meant by it a slimy liquid, slime, a poisonous liquid, poison, pungency. In English, also, until within the last few years, virus has meant *poison*.

The dictionary now defines it as "the active organic element or poison which infects with and produces contagious disease: the virus of scarlet fever; *of rabies; of anthrax*, etc." Also, as a connotative meaning the dictionary gives: "any influence which causes moral corruption, which affects adversely the mind or the spirit; *the virus of revolution, of sedition, heresy, etc.*"

There are those of us who do not consider revolution and heresy as moral corruption and we object to the expressions "virus of

diseases."

"Virus pneumonia" is much talked about just now. It came into existence, not to save the germ theory, but to save the sulfa drugs. If you have pneumonia and the sulfa drugs "cure" you, it is bacterial pneumonia; if the sulfa-drugs kill you, it is viral pneumonia. The recognition and identification of this new type of pneumonia was followed by the discovery that it is seen all over the country. How convenient! Sulfa's reputation is saved!

The writer of a recently published article on the subject tells us that "viruses have been found to be responsible for rabies." Why? Because all the germs that have ever been suspected of causing rabies (there is no such disease) proved they were not guilty.

The unexpressed medical rule is: *If a germ doesn't cause it, a virus must.*

Besides the above "virus diseases," the following are now classified in this group: measles, German measles, mumps, fever blisters, herpes zoster, varicella, smallpox, vaccinia, encephalitis, poliomyelitis, foot and mouth diseases, yellow fever, and warts. Some medical big wigs have thought that cancer is due to a virus. Chicken cancers are claimed definitely to be "virus diseases."

This is a formidable list of "diseases" and gives the "viruses" a very black record. The list will grow as time goes on. As there is a feeling of certainty about the diphtheria bacillus and a few others, diphtheria and a few other disease now attributed to germs, perhaps, even, tuberculosis, will go over into the camp of the "virus diseases."

What is a virus? It was recently announced that viruses are "neither living nor dead." This is a perfect description of nothing and fits well with their sizes. Medical authorities tell us that "the nature of the viruses is not definitely known." They offer three groups of ideas that, they think, cover the possibilities. These are:

1. They may be inanimate excitants of disease transmissible in series. This is especially thought to be true of "the smallest viruses," those *causing* foot and mouth disease and infantile paralysis.
2. The "medium sized viruses," such as those *causing* yellow fever and fever blisters, may represent unfamiliar forms of life.
3. The virus of vaccinia may be a midget microbe.

Regardless of the nature of the "viruses" we are told, it is "accepted" that they are smaller than all known bacteria and that

none of them has been cultivated in the absence of living cells. For this latter reason, dead or alive, they "may be considered as obligate parasites." Of course, we could consider them as imaginary parasites or as medically conjured hobgoblins.

Nobody has ever seen a "virus." There is much learned discussion of these hypothetical things and they are used as starting points for other elaborate hypotheses. For instance, we are told, that as a result of "virus" research, "the border line between the living and the non-living is no longer absolute." More than one biologist of a speculative turn of mind has used these hypothetical beings in an effort to solve the problem of what they call the "origin of life."

"Science" has never been willing to accept the results of the "scientific method" in this matter of the "origin of life." No matter how many thousands of experiments were performed or how completely the results of these experiments negated the ancient notion of *spontaneous generation* of life, they would not accept the results. All the observations they have ever been able to make prove that every living organism is the offspring of another living organism. There is no other known way for new organisms to come into existence.

They will not accept as final, the maxim—*all life from preexisting life*. Life had a beginning, they insist, and it must have originated out of the lifeless. This is equivalent to making something out of nothing, but they have tried it over and over again. They are not willing to admit that life is infinite, that it is "from everlasting to everlasting"—without beginning and without end.

If life did not arise by *spontaneous generation*, the only alternative, as they conceive it, is a creator and the very thought of a creator frightens them half to death. Perhaps they are afraid a creator might call them to account for their hypocrisy and rascality.

It is not to be wondered at, then, that the "biologists," who always have stayed close beside their voodoo mother and drew their pap from her teats, avidly grasped this virus hypothesis and began cultivating it feverishly.

Let my readers take courage. "Science" finds a remedy for every evil it conjures into existence. "Science" will save you from the big, bad viruses. Indeed, it found a way to save you from one virus before it ever dreamed of the existence of these evil spirits.

(Can't we call them evil spirits or demons. They answer all the requirements.) Jenner, that prince of charlatans, worshipped by all modern charlatans, found a way to protect us against the smallpox virus long, long ago.

The modern voodoo boys have discovered another method of "promoting artificial immunity." They take the "active virus" of the severe disease and mix it with the blood-serum of a person who has recovered from the disease. The virus now "brings on an attack of the disease," but the "immunized blood serum helps to keep the attack within bounds." Its the old toxin-antitoxin combination in a new dress, which proves again that, while medicine is always moving, it never moves. It changes but it does not progress. Did the fellow who made the remark that "the more things change the more they remain the same," have medicine in mind? •

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## DOES NATURE REALLY WORK LIKE THIS?

In medicine we are asked to believe that healthy people are attacked or infected by a few disease germs. These germs, bacteria, microbes, viruses or whatever you may choose to call them, gain the upper hand and lay their victim low, making him or her weak and unable to perform very well if at all.

The germs are multiplying by the millions and billions and overtaking their victim, but, by some unexplained miracle the germs are not able to continue the onslaught against a victim they have felled. The tables are turned upon them by the victim and they are vanquished. Instead of continuing the attack they successfully launched and won—instead of totally consuming the organism, they are somehow conquered and steal away from the scene.

Does not this sound like a piece of illogical fiction? How can a weakened and waning organism that could not turn the tide against a few germs when it was healthy turn the tide on its attackers from a much weakened condition when the germs have multiplied many million-fold?

The medical profession does not explain this nor do they try. No one questions this prize bit of absurdity. Medics continue to peddle this myth of germ invasion and ascendancy with a turn-around invariably occurring—most people swallow this concept whole without question or thought.

The truth is that what we call disease is a debility due to redirected body energies. Disease is a body-instituted cleansing crisis—an emergency instituted crisis to free the body of accumulated toxic materials which are endangering the organism—an emergency instituted crisis to eliminate waste resulting from body metabolism and toxic matters ingested. When the body has completed its processes of cleansing and repair it again makes its energies available to normal channels for activity.

What the medical profession foists off on us today as germs or viruses were, in previous times, called demons, evil spirits, humours and other malevolent entities.

Knowing that truly healthy people "never" become infected because they are not "susceptible" and that unhealthy people are always catching some germ or other because they are "susceptible" gives the whole lie to the germ theory of disease causation. Rather the causes of disease are thus relegated to the criterion of susceptibility or nonsusceptibility.

A little bit of thought and logical reflection destroys the whole medical fabric and makes absurd the shamanistic philosophy that has been bequeathed to us from beyond the dark ages. •



*"Through the years I have repeatedly emphasized the fact that cures may come and cures may go but the curing goes on forever. Although the profession has never met my challenge to provide us with acceptable evidence that there is now or ever has been in any part of the world in any age of the world a single case of a disease called "syphilis," they have continued to cure this fiction and to seek for newer and more effective cures."*

—Dr. Herbert M. Shelton



## THE DILEMMA OF CONTAGION

The most dreaded diseases of our age are not thought to be contagious. Among these are cancer, cardiovascular problems, diabetes, high blood pressure, allergy, asthma, arthritis, acne, backache, constipation, headache, etc.

Those sicknesses attributed to contagion don't amount to much, relatively but everybody makes the big fuss over them. This belies commercial games rather than genuine human well-being.

Colds are said to be contagious but no fuss is made over them other than the raft of nostrums offered for their relief. Colds are said to be self-limiting. That is a way that really says, in view of physiological reality, that the body initiates a housecleaning which is called a cold and ends the process when objectives have been achieved.

Herpes genitalis currently receives perhaps the most publicity of any supposedly contagious disease. It is said to affect about 23 million people permanently with perhaps a million new sufferers added to the rolls each year.

Polio was regarded as a contagious disease but it never affected more than about 50,000 children during its heyday and it was really a mild affair except for a few hundred paralytic cases. The hullabaloo over this to the exclusion of cardiovascular problems which adds about four million new sufferers a year is commercially inspired: For conditions like measles, polio, the poxes, and typhoid, vaccines have been developed which everyone has us believing will prevent them. For heart problems no drugs exist except certain palliatives like digitalis, mineral oil, etc.

As to contagion, do you really believe a four-year-old has genital herpes because of sexual intercourse? Millions of children have genital herpes. Obviously the contagion story won't hold water but the apologists have invented parental infection and "dormant" herpes viruses! For a medically bamboozled population that is not critical any wild explanation will do. For a thinking person all these representations are criminally preposterous! Humans who act on them not only experience increased suffering but they get taken to the cleaners, financially!

## WHY MOST PEOPLE EXPOSED TO A CONTAGIOUS DISEASE DON'T CATCH IT

Let us say that 100 young men are "infected" with herpes lesions, oozing sores, etc. Let them have relations with 100 young women of average health who do not have it. Within six months only two or three of the young women develop what is called herpes genitalis.

Why shouldn't all the young women develop the disease?

To explain away the fact that very few exposed to this highly contagious (infectious) disease catch it, the medical fraternity has invented the concept of susceptibility. The way they explain it an individual has a diathesis that disposes him to catch the disease or to be protected from it.

In dragging in their tall talk about susceptibility, immunity and diathesis, they have disproven the concept of contagion. Now the problem boils down to one of what constitutes susceptibility.

After World War I the U.S. Navy carried out some experiments with naval personnel to determine the conditions of contagion with several venereal diseases including what is today labelled as herpes genitalis. Their inability to infect the volunteers with the disease led to the rather unpublicized conclusion that venereal diseases were not transmittable. The famed Dr. Noguchi of the Rockefeller Institute in New York City arrived at the same conclusion. But the world is not looking for the truth. It is looking for those plausibilities that will serve its purposes.

The greatest evil in herpes is not in the disease—it is an emergency action of the body to get the garbage out—but in the social stigma that hits those who have unwittingly publicized their problem.

People develop the problems called herpes genitalis because their body elected to eliminate through the genital area. If the body had been cut on the arm the body might have "become infected" at the site of the wound. It would "fester" and "suppurate" and drain at that point. In point of fact, the body dumped its garbage including its uneliminated "herpes viruses" at

that point. That, of course, saves a round of lesions in the genital area.

On the other hand those who frequently indulge in sex expend extraordinarily of the body resources and frequently have problems with the prostate, testes, urethra, etc. They may develop an eliminative crisis that exhibits as gonorrhoea (NGU if no gonococcus are present, i.e., non-gonococcal urethritis), orchitis, prostatitis or as herpes genitalis! The body selected the site because it was the easiest vicarious outlet, not because of sex relations. When millions of our youngsters, spinsters, and bachelors develop the disease you can be sure that it was not due to contagion.

If nearly all intimately exposed to this disease fail to develop it, that puts the quietus on the myth of contagion.

We Hygienists admit herpes genitalis sufferers to our institutions all the time. After fasting, a new dietary, and with an improved living regimen, they overcome herpes genitalis forever as well as other affections including the "most contagious of all sicknesses," the common cold. Healthy people simply do not become sick no matter how much they are exposed. There are people who have worked with lepers all their lives who never have leprosy. In fact almost no people who work with leprosy become leprotic. This is supposed to be a very contagious disease.

If "infecting agents" had the power to infect people there would be no copout like susceptibility and, even if we accept susceptibility, the sufferer would not suddenly become free of his "infecting agent" after a few days of fasting.

I know it is hard for you to accept the fact that contagion is pure myth but remember that it just isn't true. The body is in total control of its environment. It has mechanisms for defense and life that science is still discovering. Because it is the master of its domain it readily apprehends and either expels or neutralizes all the life-sapping toxic materials that may be ingested and appropriated. If it cannot cope with eliminative tasks it will deny you of your normal energies, close down your appetat and redirect your energies to a general housecleaning. If it conducts the process without substantial redirection of energies (as in herpes genitalis), it nevertheless accomplishes the same thing—body purification and you're better for that. But the body effort was self-response to a domestic situation. No little beastly from any other source had anything to do with it. •

## THE IDEA OF CONTAGION— AN EASILY BELIEVABLE MEDICAL MYTH

*(EDITORS NOTE: This article has been reprinted from the Health Science Newsletter, Vol. 1, Issue 2, from the Nutritional and Health Science course of the College of Life Science.)*

This letter was received from Tom Williams of 1369 N. Washington St. Wilkes-Barre, PA 18705. It is as follows:

*There is only one thing that puzzles me, and that is discussed in Lesson Two on page 40 under "Diseases are not Contagious."*

*You state that "We cannot transfer our toxic load to someone else. That should be self-evident."*

*And here is what bothers me from my experience. At one time I insisted on kissing my girlfriend even though she was suffering from a strep throat and advised against it. I came down with strep throat.*

*Could it be that some of the toxin, plus the germ, was transferred and found fertile soil in which to grow in my throat? That would seem to refute that "we cannot transfer our toxic load to someone else." Or does it?*

*Can you help to clarify my thinking? Could this be an exception? I hope not.*

I responded to Tom briefly as follows:

Would it surprise you to learn that almost everyone has streptococcus bacteria in their throats? It is a common form of bacteria in the lactobacilli family, a round-shaped organism that breaks down or sours milk. It would be difficult to find a throat free of this form of bacteria.

A sore throat is an irritation of the tissues caused by either what went down it or by what's being eliminated there, usually a concentration of toxic materials. Streptococcus bacteria merely use the exudates as soil. Where the soil is available, their proliferation is tremendous!

Swallowing medical myths on appearances is easy, but the truth is that appearances can be deceiving, (end of letter) A few days later I received the following from Tom:

*Thank you for your reply. I do not want to belabor the point, but I am now more confused than ever.*

*Lesson Two states, "You cannot transfer toxic materials to another person unless you have them drawn out of you and injected into the person . . . a transfusion."*

*But when I became ill with strep throat, it was from kissing my girlfriend and not by transfusion. Therefore, does not this refute it, couldn't (or shouldn't an exception be made in the case by saying, "yes, it is possible to transmit disease from mouth to mouth (in rare instances), as well as by transfusion?" Or would that admission negate the whole system of Life Science? I wouldn't want that to happen.*

*Also, I cannot understand why "almost everyone has streptococcus bacteria in their throats." Why not everyone? And why have I never been bothered by the streptococcus in my throat except for that one time, especially since I broke every Life Science rule of health for most of my life—except for the last two years.*

*About your statement, "When the soil is available, their proliferation is tremendous," what causes the disease—toxin or bacteria? Or do the bacteria produce further toxin but have nothing to do with the disease directly? No matter what, the explanation is confusing in light of my own experience concerning strep throat. Maybe I can blame it on "swallowing medical myths on appearances" (as you suggest) even though the kissing and my suffering seemed very real at the time.*

*If it is "usually a concentration of toxic materials" that cause a sore throat, what causes sore throat at other times? Or is an irritation considered a sore throat? Perhaps it is a matter of degree (or is it)? At any rate, I am confused, for a sore throat to me is much more than an irritation.*

*Yes, I'm confused and any help you can give me would be greatly appreciated.*

I wrote back to Tom as follows:

The idea of contagion, a current medically-fostered misconception, has been around for thousands of years. It is one of the myths that is hardest for both laymen and newcomers to Hygiene to lay aside. It haunts despite the realities.

On appearances it would seem that your sore throat or strep

throat was from kissing your girlfriend. In reality it was not. Anyone who makes the statement of "infection" or "contagion" should be under the obligation of demonstrating the mechanisms of contagion. The medical profession has not offered a modus operandi for contagion that would withstand even elementary examination. There must be a modus operandi for contagion if it is to be a true explanation. The simple explanations advanced are so demonstrably absurd that they are intellectually insulting. Unless the physiological processes assumed to function in contagion can be clearly described, we are operating on presumptions.

In an article by Dr. Herbert M. Shelton on the subject of contagion, he wrote of laboratory-directed experiments that could not produce contagion. However, these experiments have not been effective in discrediting the medical myth of contagion.

Streptococci are not harmful bacteria, and some are present in most people most of the time (except in some of those using antibiotics or other life-destroying drugs). What keeps the bacteria under control? Would the bacteria be harmful if not kept under control? You can prepare a culture containing billions of strep bacteria as in yogurt. Any healthy person can eat the yogurt and will not develop strep throat. It bears repeating that streptococci refers to bacteria in the family of lactobacilli that almost invariably inhabit the human throat and intestinal flora. They proliferate when there is soil, but not otherwise. Put them in a milk culture and in hours they've multiplied into trillions. They do not create their food (soil) at all and certainly kissing does not create the soil.

Let's look at a passage on streptococci as it appeared in *Dorland's Illustrated Medical Dictionary*:

*A genus of microorganisms of the tribe Streptococceae, family Lactobacillales, order Eulacteriales. The genus is separable into the pyogenic group, the viridans group, the enterococcus group and a lactic group. The first group includes the B-hemolytic human and animal pathogens, the second and third include A-hemolytic human and forms occurring as normal flora in the upper respiratory tract and the intestinal tract, respectively, and the fourth is made up of saprophytic forms associated with the souring of milk.*

Dorland's prints a whole page of amplification upon these types of organisms. The gist of it is this: It is not easy to be free of

streptococci. Besides, being free of the bacteria is a liability, not an asset because they are normal in humans. These bacteria change their form and character in accord with a change in their soil. They do not cause disease, though they do play a role in it—that of "cleaning up" toxic matter.

Ever keep in mind that strep bacteria do not have to come from anyone else—they're always inside as a normal part of the body flora!

When you probe the modus operandi of bacteria, you find they proliferate because there is "food" (dead organic matter) for them not because they have suddenly become malevolent. In a sterile environment they die, and they also die in an environment of their own creation, namely, in the presence of their poisonous excreta such as acetic acid, alcohol, lactic acid, ammonia, and the numerous other protein decomposition by-products.

Undoubtedly you and your girlfriend had a cough and soreness. You both suffered swelling and inflammation. Fever and other symptoms are not caused by bacteria. These are caused by the body. The bacteria are "outside" the body. They are in a body cavity, the alimentary tract. They are separated by the mucous membranes from cells and cellular fluid which is the site of the inflammation, pain and swelling. It is what is under these mucous membranes, not on top, that is causing the physical discomforts. The bacteria do not penetrate the mucous membranes. They do not cause the swelling or fever. Bacteria are capable of only one action: processing of dead materials as their food or "soil." They no more cause the dead materials upon which they proliferate than flies cause the garbage they feast upon.

Anything that irritates the throat will make it sore if contact is continued. The body readily coughs up or expels irritants. The sore throat of "strep throat" does not come from brief irritation but from chronic irritation due to the prolonged presence of the toxic matters the body has concentrated in the area for elimination. The sore throat will last as long as the eliminative process continues. The bacteria will harmlessly proliferate as long as the soil for them is passed through the mucous membrane into their presence.

Elimination of toxic wastes and other morbid matters through the throat is not different, except in location, from elimination through the sinuses, the bronchioles as in asthma, the skin as in acne, eczema, psoriasis and so on.

I trust this is sufficient to allay your confusion.

Yours for truth,

T.C. Fry

Another student, Peggy McKenny, Box 6791, Charleston, West Virginia 25302, submitted the following:

*If it is not true that VD's contagious, why do people get the disease after being with someone who has it? Could you give me a better explanation than what's in the lesson?*

*It's hard to believe that measles are not contagious. How could an epidemic go around where people who eat differently and live in entirely different places get it at the same time?*

*I would like to believe you, but I have to have a better explanation and good solid truth to stand on.*

My response was as follows:

If you've been keeping up with the latest medical fashions, you know that VD is rarely called syphilis or gonorrhea anymore. Syphilis is no longer blamed on spirochetes, and gonococci have likewise been deserted. Viruses have been pressed into service as culprits. Today the fashions are herpes and non-gonococcal urethritis (NGU).

How long will it be before viruses will go the way that bacteria are now going and the way demons and evil spirits have long since passed? Science, truth and principles never change. Only error is subject to change.

The so-called herpes virus has not in the least changed the character of VD. The only thing changed are names and concepts. If you had read about syphilis 40 years ago during the Second World War you would have read the same language used today about the same symptomology as we witness in herpes.

I suggest that you read Dr. Herbert M. Shelton's book, *Syphilis: Werewolf of Medicine*. When he wrote the book, spirochetes were the culprits in VD. Dr. Noguchi of the Rockefeller Institute was the most celebrated researcher of the time; he researched syphilis in depth. His findings were not broadcast because they contradicted popularly accepted ideas.

Here are some of his findings:

1. Spirochetes are present in only about 75% of the cases of the disease they're supposed to cause.
2. Spirochetes did not cause the disease in any of the hundreds of subjects "infected" with them.

The U.S. Navy sponsored many experiments after the First World War, trying to determine what was behind VD and its "contagiousness." Attempt after attempt to "infect" volunteers by intercourse with existing cases failed. You'll find this research also discussed in Dr. Shelton's great debunking book.

What would you believe about VD if you found out that chronic cases of syphilis, non-gonococcal urethritis and herpes have been overcome in just a few days of fasting? What happened to such virulent and "infectious" germs or viruses? The fact that fasting has been effective contradicts the popular myths about VD.

Contagion is good business for the medical profession. When there's a flu scare, measles scare or VD scare, there is much business that flocks into their arms. If you studied the many deliberately fostered scares of the Center for Disease Control, and if you realized that the CDC is really an arm of the drug and medical industries with an official status, you'd lose all belief in the myths of contagion, infection, etc.

There are 700,000 hysterectomies performed on women annually, so you might think growths in the uterus are contagious. There are one million cases of cancer diagnosed annually, so you might think cancer is contagious. Why should these diseases occur on a scale which resembles mass contagion?

Actually, all diseases result from systemic poisoning known as toxemia. Because there is evidence that fasting and healthful living enable people to remain "immune" to the most virulent contagious diseases, you might examine the arguments supporting the belief in contagion.

Measles are not contagious. Hygienic children can be placed among "infected" children, and they will not exhibit measles. I have a five-year-old boy, raised as a Hygienist from birth, and he is yet to have one of the "usual childhood diseases." The only thing "infectious" or "contagious" about "contagious" diseases are the bad practices that lead to these diseases, which are body cleansing actions. You can't "catch" anyone else's body toxicity.

If you read medical history, you'll find that many diseases have been removed from the contagious list. We no longer think of

asthma, cancer, pneumonia or a long list of other formerly contagious diseases as being so. As medical superstitions retreat the knowledge that healthful living results in people who do not become sick—no matter how much they are "exposed" to so-called contagious diseases—and that unhealthful living results in diseases among millions, exposed or not, then you begin to understand that, although some ideas about disease are commonly accepted, acceptance does not mean they are true.

When we can take sufferers from "contagious" diseases and have them displaying remarkable recoveries in a few days of fasting, even if the condition has been of several years standing, as in venereal disease, then, clearly, further questioning as to causes is necessary.

Did you know that those who work among lepers don't become leprotic? Yet leprosy is supposed to be one of the most contagious diseases known to humans. Have you ever wondered why physicians, nurses and other hospital personnel work freely among patients "infected" with "contagious" diseases and are not affected by the diseases?

The truth is that the body conducts the disease processes, not bacteria or viruses. And, as any physician will tell you, contagious diseases only affect "susceptible" persons.

Virologists will state that there is no such thing as a "live" virus. So-called live viruses are said to exist only within body cells, and their "life" there is merely presumed, inasmuch as it is self-evident that what are called viruses once were living matter. All the "viruses" ever observed have been dead. Dead viruses can invade neither the body nor the cells. Nor can they incubate, reproduce or do anything else—dead is dead. So-called viruses do not have one attribute of living matter. This is attested by a key characteristic of life being absent: metabolic processes. What is called a virus is nothing more than the debris from spent cells.

Cells reingest this debris by pinocytosis and phagocytosis. "Viruses" represent protein that can be recycled. They are ingested as food, not for replication. The living cell controls what it ingests, not the other way around. It is a peculiar sort of voodooism that teaches how the cell operates and then makes an exception for "invasion" that has absolutely no basis in physiology. Living matter always controls dead matter. When the cells ingest "viruses" they incapsulate them in a sac or stomach.

Powerful enzymes (such as lysosomes) are secreted into the impromptu-formed stomach, and the nutrients of spent cells are thus recycled.

Neither bacteria nor dead materials called viruses conduct the disease process. If they did conduct the disease process: if they were powerful enough to lay a healthy person low, then once they had gained a foothold, it would be all downhill until death would ensue. For what a healthy person cannot resist, a sick person can resist even less. There would be no recovery because, once the beachhead had been established, they would spread like wildfire.

The fact is that so-called viruses and bacteria have nothing to do with cause. Toxemia or toxicosis constitutes cause, and the body responds by creating and conducting an eliminative crisis. The area the body selects for ejecting the toxic materials gives diseases their character and nomenclature.

When the body eliminates through the skin it may be called psoriasis, acne, eczema, rash, measles, etc., depending upon appearance and location. When elimination is in the genital area it is called VD or herpes; when through the bronchi it is called asthma; when through the sinuses it is called sinusitis. All diseases are temporary or chronic eliminative crises in accord with the pathogenic practices of the sufferer. When fasting and healthful living puts an end to it all—acute or chronic—within days or a few weeks, then we begin to realize that germs and "viruses" have nothing to do with diseases.

Measles are characterized by little red papules. Not all children have measles. It bears repeating that Hygienic children never "catch" measles, a cold or anything else, no matter how much they are exposed; and other children can "catch" measles, colds, and other "contagious" diseases in complete isolation from everyone if their living practices are unhealthful.

Colds are said to be "contagious" and caused by viruses. Colds are suffered by isolated people, as are all the other "contagious" diseases. Where do trappers in the wilderness catch their colds and contagious diseases? Have you ever heard of a trapper "catching" VD even though not exposed to a "carrier?"

When you recognize that the body initiates and conducts a disease in response to a toxic body condition that has reached an intolerable point—when you recognize that the body is master of itself and is not being mastered by some so-called infectious agent, then you'll begin to understand physiology.

Among most people a cold lasts from ten to fifteen days. If they begin fasting upon the first symptoms, cold sufferers will be over with it in two to three days. Under these conditions, what happens to all the contagious viruses? Does fasting cause them to lose their power? It would seem that a person who gave up eating "would lose his strength." If it be recognized that the body conducts a cold to eliminate accumulated toxic and waste materials, which include so-called viruses, and that under the condition of the fast the body better accomplishes the cleansing process, then you can see that contagion had nothing to do with the sickness.

If, under the condition of fasting, a case of VD of long standing disappears, what happened to those persistent agents of contagion? Did a fast suddenly vanquish them? Or did the body cease eliminating its extraordinary load of toxic materials in the genital area because, under the condition of the fast, it was able to do a thorough housecleaning?

If we follow the viral theory, we must accept that disease-causing agents will cause disease in all who are infected with the agents, the healthy as well as the unhealthy. There will be no such thing as a few "susceptible" persons. Fasters as well as feasters will be subject to contagion. After all, are viruses respecters of persons?

If we follow the bacterial theory of disease causation, we must lament that the viral theory is supplanting it. Of course that is the medical response to the fact that the bacterial theory won't hold water. It has never met Koch's simple postulates. Bacteria are a weak form of life that cannot proliferate at all unless the soil (food) for the propagation exists. They are incapable of penetrating living cells, either animal or vegetable. For example, you may put a cooked apple and a raw apple on a counter at room temperature. In 24 to 48 hours the cooked apple will ferment while the raw one may last for weeks or months before it deteriorates. This demonstrates that bacteria have no effect on living things.

In breath inhalations and ingestion of foodstuffs, we daily take in billions of bacteria. They have no effect upon us, for, if we're in a healthy condition, we are not "susceptible." Medical apologists who preach contagion will tell you that most people are not susceptible to contagious diseases at any given time. But they offer no criteria for susceptibility or nonsusceptibility. Is it bacteria or viruses, or those factors that determine susceptibility, that causes

disease?

While physicians leave unanswered what the factors of susceptibility are, medical research has long since uncovered the criteria, and Hygienists have not ignored these findings as have their progenitors. All these factors come back to this simple starting point: bacteria are a weak form of life that do nothing without soil (food). They do not generate or cause their food.

When a person has a crisis in toxemia and eliminates toxic materials at any point exposed to bacteria, as in the throat and the respiratory and intestinal tracts, the bacteria have soil in which to proliferate. If the body is not eliminating toxins, the bacteria do not have soil. When there is soil, the bacteria aren't the problem. The problem is the toxic matters being eliminated. The bacteria are scavengers that take advantage of a situation. They do not create the situation but are on the scene because of it.

The major deficiency of those who preach contagion is their failure to even hint at the physiology and modus operandi of infectious agents. They fail to establish or even give summary explanations of the mechanisms of contagion. We're supposed to give unquestioning credence to their statements because what is apparently so is unquestionably so.

Let's look at "jock itch." The skin in the genital area is irritated, thus giving rise to the urge to scratch. Physicians assume that it is irritated by fungi and prescribe fungicides, but the jock itch continues.

It should be evident that if fungi were the problem the administration of fungicides would solve the problem; yet sufferers of jock itch have been applying fungicides for years and still it persists. Why? Because the body continues to eliminate morbid matters in the area, thus depositing new soil for a new lot of ubiquitous fungi to exploit.

If fungi were the problem, then why do they restrict their presence only to the sexual area? They populate all the body equally except for the area of proliferation. Why is only the genital area afflicted? Should they not spread over the entire body with the same facility that they "infect" the genital area. Why do fungi pick out only one special spot?

Why do the fungi of athlete's foot only give problems to feet, when they can, with equal ease, infect the whole body, including the genital area? And why, when sufferers of athlete's foot and jock itch take fasts, do the conditions clear up as if by magic?

The arguments offered here may not satisfy a person subjected to a lifetime of medical misconceptions, but we can ask numerous questions that discredit the myth of contagion. For instance, what inhibits the incidence of "contagious" diseases such as influenza in the summer, that is, during the warm months when bacteria, etc. should be most active? What makes it contagious in the very cold months when microbes are most inactive? When you inquire deeply into the matter, you'll find that the condition of the human body, not contagious agents, determines the incidence of diseases.

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## GETTING MEDICAL BATS OUT OF OUR BELFRY

*(EDITORS NOTE: The following article has been reprinted from the Health Science Newsletter, Volume 1, No. 5, from the Nutritional and Health Science course of the College of Life Science.)*

*I have read and re-read the material on your concept of the nonexistence of contagion in the spread of disease as in epidemics or plagues. I want to believe in the concept, and, if I am to spend the next year studying the course, and the next 20 years or more promoting the concept, I MUST believe it. There are some aspects of the concept that are unclear to me, and I would like to clear them up.*

*During World War I, influenza was an epidemic. I was about eight years of age. Because my mother ran the local telephone office, and she and everyone connected with her except me became too sick to function. I was, for a time, the only person available to handle the switchboard. I became intimately and unforgettably acquainted with what was going on.*

*Within a radius of about 10 miles, there was our town, a community of Swedes, a community of Finlanders, and a community of Seventh Day Adventists. Our town followed the usual dietary practices of the country at large, but the other three places each followed different eating and living customs. There*

was no public water system, even in the towns. So almost everyone had their own well. The Adventists were, for the most part, vegetarians. There was no visible common demoninator, yet in every community people became ill with the same symptoms and died like flies. Included among the dying were many children too young to be affected by mass hysteria. Some people in almost every family seemed immune and remained perfectly healthy.

Now, according to your teaching, there was no epidemic per se, rather a community of poor living practices that caused people to become ill. Further, it seems to me that this same disease, or an illness with the same symptoms spread gradually all over the world, or most of it.

I cannot rationalize myself into believing there was not the spread of some external something that laid these people low. If all of them became ill because their bodies had become clogged with toxins from the same faulty living practices, but there was nothing contagious, no germ or bacteria, why did they not become ill with a type of disease that sprung from their individual weaknesses, and develop a variety of illnesses such as measles, mumps, diabetes, asthma, chicken pox or scarlet fever—or in those days, tuberculosis? There was only one doctor in our area, and he got too sick to treat them. Left on their own, the families relied on their own folk medicines or treatments, and everyone had a different idea.

This was a new disease, and there was no known vaccine or fixed treatment. My aunt, who was a nurse, came to care for the family when the elders could no longer get out of bed. Not knowing what to do, she had me and the other children in the neighborhood, who were not sick in bed, gargle salt water at intervals. We did not become ill, but who knows whether the salt water treatment had any effect. By the time she got there, if we had been subject to becoming ill, we likely would have already done so. There was no radio or television to advise anyone of erroneous cures.

If there was no contagion, no evil something spreading from hand to hand, through the air or water or through mass hysteria, what caused all the thousands of people to become ill unto death with the same disease, or at least the identical symptoms?

**Gifford L. Hash  
Lakeport, CA**

#### **RESPONSE from Mr. Fry:**

The above letter came to me in January. My schedule denied me

the opportunity to respond. In early March, I received from Mr. Hash the following:

*"On 1/8/82, I sent an inquiry on your theory of the non-existence of contagion, and it is important to me to have an answer. My inquiry has not been answered. Is it because you have no answer? That, perhaps, the noncontagion theory is faulty?"*

This inquiry fell victim to the same pressures that force me to a 100-hour plus workweek—more pressing affairs preempted my time.

On April 13, 1982, Mr. Hash addressed another missive to me from which I will quote:

*"This is the third time I have written to you on the subject of contagion. It is crucial to me to be able to answer this question in a truthful and logical way when I am questioned about it. I have read every word coming from you, and find there is one glaring question left unanswered.*

*"If there is no such thing as contagion, as you say in every one of your discussions on the subject, what caused more than one half million Americans to sicken and die of the same symptoms, and more than 21 million other persons worldwide to die exhibiting the same symptoms during the 1918-19 influenza epidemic? While that many died, there were at least as many more who were extremely ill, but recovered. Surely all those millions of persons did not have a commonality of wrongful living and nutritional habits that caused them to exhibit identical disease symptoms. WHAT CAUSED DISEASE TO SPREAD AS IT DID?"*

You go on at great length over your contention that germs or bacteria do not cause disease—only the body causes disease to rid itself of poisons and toxins, and that bacteria is only incidental to the disease as a result of the dead material or "soil" around the diseased tissues causing bacterial proliferation. Now, I can accept that last statement. It seems logical. SOMETHING caused all those people to get sick and die, or recover as the case may be. Perhaps not germs or bacteria, but SOMETHING that spreads the incidence of the disease—worldwide, in the case of the 1918 epidemic.

On page 2, Volume 1, Newsletter 2, you yourself say: "Rather the causes of disease are thus relegated to the criterion of susceptibility or nonsusceptibility." Susceptibility to WHAT? If there is not something evil spreading around, what is it some of us are susceptible to?

*You say, "The truth is that the body conducts the disease process, not bacteria or viruses, and, as any physician will tell you, contagious diseases only affect susceptible persons." In this paragraph, you slipped up in your oft-repeated insistence that "contagion is a myth." Let us grant that persons in the same family are either susceptible or not susceptible to whatever it is that causes the symptoms. Some catch it and die, or not die, and some don't. The dictionary indicates the contagion is something that causes a disease to be catchable or transmittable. Logic tells me, and any thinking person that SOMETHING other than sheer chance caused all those millions to institute the identical disease. You do not place a name to that something.*

*You also state that "anyone who makes the statement of "infection" or "contagion" should be under the obligation to demonstrate the mechanism of contagion." Since you have the college, and it is your thesis that there is non-contagion, I believe that it is incumbent upon you to explain the spread of worldwide disease, or identical symptoms of disease in absence of contagion.*

*Logic tells me that a person susceptible of catching something may catch or be afflicted with almost any disease that suits the susceptibility. If such susceptibility is brought on by that person's debilitated condition due to toxins and/or poisons collected in his body, he should be susceptible to tuberculosis, meningitis, measles or bubonic plague. However, all those diseases come in bunches, seeming to spread from one community to another, just as did the influenza epidemic I referred to.*

*Therefore, logic tells me that there is some insidious thing that comes along and preys on susceptible persons causing them to be afflicted with that particular disease. If that isn't contagion, what do you call it? You have never said.*

*Is it possible that you, and perhaps the far-famed Dr. Shelton and others have erred? Perhaps there is contagion for the susceptible, under whatever descriptive name?*

*I believe that you have received many letters on this subject, and failed to answer them, as you have failed to answer mine, except in your oft-repeated contention that there is no contagion. I also believe that, the 600 plus persons now on your student roster who have accepted your teachings have a right to a definitive answer."*

**I presume that, by this late date in May, Mr. Hash has concluded that I'm going to ignore him because of intellectual cowardice. I deeply regret that I could not respond sooner because this is the area in which I really thrive—exposing the fallacies that**

**victimize humans.**

First, Mr. Hash, I caution you against believing anything. Truth requires no belief. It exists with or without the benefit of human acceptance. Believing a thing neither renders it true or untrue. Beliefs are just that, beliefs, nothing more nor less, regardless of how few or how many facts may support them.

It is the theory of contagion that requires belief, not the failure to accept it. Belief in contagion will not make it true even though the theory seems to explain widespread simultaneous affliction with similar symptoms. Belief in the flatness of the earth did not flatten the earth even though the earth appears as flat today as the times when its flatness was debated.

Do not believe in noncontagion because you want to. Do not believe in contagion because that has been your lifelong orientation. Just refuse to believe either. Accept the facts as they are and believe nothing.

During World War I, influenza was an "epidemic." But it was not a new disease, just a new name. The average person in America suffers two incidences of this disease within three years. It is still an "epidemic." Influenza is not deadly. It is a body-instituted and conducted disease of the respiratory tract. It may be regarded as an ultra-severe cold. Actually it is a more intense eliminative effort of the body through the respiratory tract than is a cold which is the same thing but milder. In America, we suffer 800 million colds a year. I'm not one of those sufferers and neither need you be. I'd say that colds are a real "epidemic!"

In 1918, germs or bacteria were acclaimed to be the contagious agent that transmitted influenza. Today the medical profession proclaims that influenza is a virally caused disease. Bacteria have been exonerated. We don't have to beat the dead horse of "bacterial contagion" any more. Mind you, because the medical profession says influenza is a viral disease doesn't mean that I accept it any more than I accept their rationalization that contagion doesn't affect most people because they are not "susceptible." I don't buy either contagion or susceptibility which you seem to think that I did. I said that, by their own admission, the medical theory of contagion was negated by the modifying factor of "susceptibility." By their own admission the criteria was not one of contagion but one of "susceptibility." You and I know that "susceptibility" is nothing more than a body that initiates and conducts a crisis of toxicosis (often called toxemia)—a body purification/healing crisis. At any given time millions of our

people are having such a crisis, whether it be a cold, the flu, asthma, sinusitis or whatever, to suggest that widespread afflictions like appendicitis, asthma, gastritis, constipation, sinusitis, tinnitus, lower back pains, cancer, bronchitis, etc. are contagious is absurd. Only in relatively few diseases does the myth of contagion persist. These are diseases, usually, where there are "vaccines" for making the subject immune. In short, contagion has been upheld for commercial purposes and not because of any valid physiological basis.

Back to the firing line. Influenza existed worldwide during World War I just as it did before and as it has since. That they labelled it "the Spanish flu" is meaningless as are all the other appellations of Hong Kong flu, Port Chalmers flu, London flu, etc. These fashions change in accord with the treatment popular at the time. Flu hasn't changed an iota. Colds have not changed an iota. Asthma hasn't changed an iota. Medical fashions and treatments change.

The "Spanish flu epidemic" does not exist as a confirmation of the theory of contagion but as testimony of the grossest mass murder of humans in history! Dr. Shelton was in the U.S. Army at the time and, as an astute observer and health-concerned individual, showed that ONLY those who received the heroic drugging treatment than current were the only ones to die. Those who did not receive drug treatments did not die. Under no circumstances is influenza a deadly disease—no disease that is body-instituted and conducted is deadly. Only degenerative diseases of which cancer is the endpoint are life-threatening.

As I said, there are about 800 million colds suffered in this country annually. There are over 150 million cases of flu. Would you not say that flu is still very much an epidemic in this country? There are far more people suffering flu now than there were people in our country in 1918. The expression that people "died like flies" in 1918 is not accurate. The deaths took place over a period of more than a year and did not involve even half a percent of our people. That almost everyone had this affection is understandable—almost everyone indulges the same pathogenic practices and submits to the same deadly drug treatments, treatments.

If contagion is a fact, no one is "immune" to it. If you're familiar with Koch's postulates you know that, when "infected" with specific germs, the disease which the germs are held responsible for must occur and, if germs are responsible for particular disease, then these germs must always be present when

the disease they cause occurs.

If you're up on contagion, you know that influenza is no longer ascribed to germs but to viruses. You know that syphilis has been pretty much abandoned as a medical fashion, that the spirochete *treponema pallidum* has been exonerated and that "herpes virus" is today's fashion. I can tell you in advance that this medical infatuation with the herpes virus is also a passing fashion. If they were right in the first place, we would not have this new herpes contagion if the second place. Not that we really have it—don't mistake me on that—what we really have is what we had all the time—affections wherein the body elects to put its toxic overload out of the body through the genital area.

Yes, poor living practices in common contributed to the widespread occurrence of disease in 1918 just as it does today. Today we don't hear about "epidemics" because the medical profession doesn't want to beat this horse anymore—they took a real licking the last time the drug promoters tried to make some mileage out of a predicted flu epidemic.

You ask many searching questions in defense of the concept of contagion. Why not ask them from a neutral stance—nothing is so until it is evidentially so. Just because we did have so many cases of flu in 1918 as we have every year does not mean that disease like measles, mumps, diabetes, asthma, chicken pox or scarlet fever were absent. They were about as frequent then as today. But, as Dr. Shelton has pointed out—those who had these diseases usually did not suffer flu! What does your logic tell you here?

You keep insisting there must be something that is contagious. It bears repeating that the only thing that is contagious are those morbid practices that make it necessary for the body to have periodic crisis of elimination. To help people so live as not to cause almost incessant toxicosis is the thrust of your lessons. The only thing that is contagious is the human proclivity to run to physicians when they have these crises and get themselves heroically drugged. That is the real epidemic and the most deadly of all. Over half of all deaths have, as an immediate or precipitate cause, drugging. Not that years and years of incessant toxicosis isn't deadly in itself. But toxicosis usually results in death by way of heart problems and cancer—degenerative disease which, as you know, aren't considered contagious. But in these afflictions, too, heroic drugging precipitates death. We can confirm these claims merely by citing hospital strikes of physicians—the death rate goes down from 25% to 60% !

Inasmuch as even physicians no longer claim bacterial contagion in most "contagious" diseases, now claiming the agency of so-called viruses, it still behooves them to supply the modus operandi of viruses. Let's look at the character of this little "beastie."

1. Viruses are little templates consisting of RNA or DNA. Every cell in your body has these genetic materials and they're the most vital and most protected parts of each cell just as your brain is the most vital part of your body.
2. What are called viruses are dead material. They have no metabolism and no life activities at all. They have no means of locomotion. They are toxic in the body as are other decomposed and toxic materials, but they do nothing at all in the body for they are completely powerless to act.
3. So-called viruses cannot be replicated in the laboratory. They have never been produced or reproduced in any culture though so-called viruses have been obtained from culturing living tissue.
4. "Viruses" are said to enter a cell and command the cell to replicate them, causing the cell to "explode" and spill its load of viruses and to infect other cells thus causing a chain reaction. Pray tell, how is the destructive process stayed and then reversed? Going down hill is a cumulative and problematic process. The materials called viruses are, indeed, often absorbed by cells through pinocytosis or phagocytosis. But this is a process controlled by the cells, not the dead debris called viruses. And, indeed, cells do "explode" and release nuclear particles upon death. Billions upon billions of cells die each day in the body and are replaced by young cells through a process called mitosis. The old cells are disintegrated by their own lysosomes and this disintegration is called an "explosion." The particles of template material containing RNA and DNA are what are referred to as viruses. There are as many types of viruses as there are cell types. The presence of some 120 different "viruses" that have been identified as causative agents of colds does not mean they caused the colds, but, rather, that the body has initiated the crisis called a cold to eject through the respiratory system uneliminated cellular debris including "viruses" and other morbid materials. If specific viruses cause specific diseases, how come they all collectively or individually most often "cause" only a cold?

Only by medical purblindness can anyone believe that dead

material causes disease as an entitative existence capable of concerted action. Dead materials do not pass between people, much less proliferate. Each and every body has sufficient defensive mechanisms to defend against most alien substances and organisms. Anything not symbiotic in the intestinal tract is usually digested or passed on through. Despite this, the intestines still absorb a lot of toxic substances.

I admit that so-called viruses do, indeed, occasion disease; but not as contagious agents, rather as uneliminated debris and waste materials that clog the body and vitiate it. When the body can no longer tolerate the morbid materials at its level of vitality, it musters energies and initiates a crisis. It redirects those energies to elimination and repair.

You must realize that "viruses" are generated within, not from without. As medical spokesmen have scuttled the germ theory, we may direct out attention to their virus theory of contagion. On any inquiry and search you can make, the virus theory is found wanting.

In your third letter, you stated that half a million Americans sickened and died of the same symptoms. Again, flu affected most of our population in 1918-19 and it still affects about two out of three people every year. Those who died did so because of drugging and treatment. Most survived despite the treatment accorded them. Those who did not submit to physicians did not die "of the flu." Hygienists of the day did not suffer flu in the first place.

So "surely all those millions of persons did have a commonality of wrongful living and nutritional habits that caused them to exhibit identical disease symptoms" just as, today, almost everyone suffers the stereotyped and proverbial cold, flu, etc. The "spread" that you insist upon is not some demon flitting from person to person as believed in ancient times, nor bacteria as even the medical profession has abandoned this theory, nor is it "viruses" which are the current scapegoats. What is identical are human beings and their unhealthful habits as well as their widespread tendency to go and receive deadly drugs from physicians.

You have latched onto my citing of a medical explanation of why most people never "catch" a given disease as mine. I will admit that anyone who has an accumulation of uneliminated wastes and toxic ingesta are candidates for an eliminative crisis. Enervating influences from without may trigger a crisis or so

depress function as to suppress vital eliminative activities. But there's no little bit of "something" floating around that enters the body and proliferates. Should our bodies become burdened with toxic materials, our own symbiotic bacteria will assist in the cleanup during the crisis of disease the body starts and carries out.

"Susceptibility" is a medical excuse to explain why most people "infected" with germs or viruses in tests do not develop the disease they're supposed to cause. Thus I am not bound to respond to your question "susceptibility to what?" I have never said humans were susceptible to contagion under any circumstances.

I have not slipped. Reread the sentence in which I said "as any physician will tell you." I hope that you do not misconstrue what physicians will tell you with my or Hygiene's position.

At this point it might be in order to say this was not originally a medical concept. It was a concept of our voodooistic forebears who held that demons were responsible for contagion. Thus original medical treatment was to exorcise and expel demons. During all these millenia medical practitioners still subscribe to demonology, changing only the character of their demons or evil spirits.

Again, I have never claimed that sheer chance caused identical disease amongst millions of our people. At any given time, six to twenty million Americans are suffering from a cold—more in winter, less in summer. This has not happened by sheer chance. We have less disease in summer because we get more activity, fresh air, sunshine and more healthful foods. In the winter, when we are less active we are apt to eat more food. We gorge ourselves on richer and more toxic fare. Widespread errors in lifestyle beget massive numbers of sufferers. It's as simple as that.

Yes, the onus is on the theorist, not the one who refuses to accept the theory. Our position is clear. You cannot a priori place medical concepts on a pedestal. There's no logic in that. We have, *as* a civilization, been burdened with superstitions (misconceptions) long enough. As long as we cling to these old errors, we're going to suffer the old evils they beget in practice.

Hygienists totally negate the so-called theory of contagion. We never "catch" anything no matter whom we go among, even lepers. And we can take those who "caught" something and speedily exorcise their demons by fasting them. What do these phenomena do to the superstition called contagion?

A person is "susceptible" to tuberculosis, asthma, meningitis, measles or whatever in accord with the body's propensity,

predilection or diathesis for collecting and ejecting toxic accumulations not eliminated through normal channels.

The "insidious" thing you're searching for is toxicosis and the peculiar human responses to it. There's nothing else. We are not preyed upon except by those industries and professions that exploit human suffering. As Life Scientists we are dedicated to end this abominable practice by telling the truth about health—that health is natural and normal, that disease is unnatural and unnecessary. Disease will not happen unless we cause it. If we live healthfully, we have only health. Where does contagion come in when there are whole populations such as the Hunzas that are practically free of all disease that have never had an "epidemic?" Flu, cancer, heart conditions, asthma, etc. are unknown there.

I have never said there was anything involved in disease causation other than body-conducted crises of elimination/repair. Multiple simultaneous appearances of identical symptoms I have explained over and over. Widespread identical pathology does not prove or even indicate the traditional concept of contagion. I'm no intellectual coward. I can and do defend Hygienic perspectives. If they're wrong, they are not deserving of defense and if they're right, they should be taught as I'm attempting to do.

Upon reflection I think you'll find that Dr. Shelton and the Hygienists have not erred. You'll find that the concepts of our ancestors were wrong and that we're still victims of their erroneous beliefs.

Yes, I've received a few letters from students, anent contagion, but, after my last treatment of the subject, you're the only student that has remonstrated with me further.

I hope you regard this treatment as definitive. If not, why not submit further questions that may arise. I'll endeavor to respond to them, too. •



*"Since giving up drugs I have learned that all formidable symptoms known as constitutional syphilis are compounds of fear, wrong life and drugs, and are very easy to overcome when I can have the patient's help—when the patient is willing to give up bad habits and learn to live normally and naturally."*

—Dr. Tilden



## WHY DO NONCOPULATING CHILDREN GET VENERAL DISEASE?

Millions of children, bachelors and spinsters who have never had sexual union get venereal diseases including herpes genitalis. This has not fazed the apologists who insist that the disease is contagious and can only be caught from someone else.

They have invented birthing infection and dormancy of the herpes virus, migration of the herpes virus from the oral area (which affects about 75 million people annually) to the genital region, latency, and numerous other absurdities.

Children get venereal disease for the same reasons everyone else does: their bodies have selected the venereal region as the exit point for toxic matters among which can be found numerous bits of cellular debris called herpes virus. Among other things usually found along with herpes are spirochetes. These bacteria are there simply because their particular type of food is there.

Lesions, pus exudation, etc. of the urethral tract are no different to herpes lesions other than location. There are herpes viruses, so-called, being discharged from these too as, indeed, from pus and mucus exudation all over the body, acne and colds included. Yet eliminative efforts conducted through the urethra are called gonorrhea (if gonococcus are present) and NGU (if gonococcus are not present—Nongonococcal urethritis or inflammation is not one bit different from what is called gonorrhea).

The supposed latency of herpes viruses is pure nonsense. Inasmuch as the cellular debris called herpes virus is present from birth through death in every organism, this explanation as to why noncopulating children and adults get venereal disease is sheer invention—a fabrication of the ignorant or deceivers among us. •



## HERPES: IS IT A RUNAWAY VIRUS OR A BUSINESS TOOL OF THE MEDICAL ESTABLISHMENT?

*"It attacks more than 75 million Americans every year. And the more we learn about it, the more frightening it becomes."*

**Reader's Digest, Feb. 1982**

You couldn't make *Reader's Digest* fall for any propaganda line that involved tobacco or alcohol no matter how hard you tried—they are against it on all counts. But they sure swallow the medical line with hook and sinker included.

They have sung the medical/drug establishment's latest commercial with gusto in their February 1982 issue. Under the title Herpes: Taming a Runaway Virus," *Reader's Digest* prints a real medical "scare 'em to death" article that should stampede droves of people into the physician's offices.

How many people will tell their physicians: "Doc, I think I got herpes virus," with all the dread implications this article conjures up? Incidentally, the famed medical heretic, Dr. Robert S. Mendelsohn, calls those "dread implications" a medical sales tool, a coercive weapon or "the voodoo curse." Medical practitioners and propagandists invoke the curse to scare the daylights out of recalcitrant patients and doubting Thomases. That's the tactic they successfully employed in selling people and legislatures on compulsory measles vaccination.

This *Digest* article describes how a tiny blister felt as big as a cannonball and oozed to the accompaniment of swollen glands and malaise. The cold sore is popularly regarded as the aftermath of a cold. But this article tells us not to take herpes simplex so lightly as it "is neither as innocuous nor as transitory" as we might believe. A professor of the University of North Carolina is quoted as saying, after working with herpes viruses for years "we found nothing but bad news."

The article states that about 70 million people annually experience one or more attacks by the herpes virus, and two to

three million more suffer from herpes virus II or venereal disease. Mononucleosis, shingles, and chicken pox are cited as other herpes afflictions. Then comes the invocation of the "voodoo curse" in this quotation from Dr. Richard Hamilton: "an increasing number of people are suffering from herpes outbreaks, and a small number die as a result." Then the curse is made more ominous by saying that herpes virus causes eye disease, brain disease and encephalitis that is often fatal. Moreover, herpes virus is said to produce lesions in the stomach and intestinal tract. Most duodenal ulcers are implicated as being caused by herpes virus or "misplaced cold sores."

The "increasing menace" of herpes genitalis has reached pandemic proportions according to the article. Of course students of the health scene are aware that changing medical fashions have decreed that more monetary mileage can be wrung from herpes genitalis than from trite old diseases like gonorrhea and syphilis, so they've made venereal affections more frightening with new terminology. The diseases are the same ones that have been around for hundreds, even thousands of years. And, of course, the medical profession has not solved these simple problems in all this time.

Another voodoo curse delivered in this article is the threat to infants being born to mothers "infected" with herpes virus. The infant can be damaged or killed. There! That's enough to give any mother-to-be who may be harboring "dormant" herpes viruses a case of heebie-jeebies.

Couched in highly-emotional language designed to instill readers with fear, this article seems to present the latest findings of medical science. Yes, that is how the average American reader will view it. They'll take it seriously and with concern to the extent the exigencies of life permit them to dwell upon it.

But you don't have to worry or concern yourself about it. You need concern yourself no more about this than did our ancestors; no more than do healthy Hunzas and Abkhasians who routinely live to ages over the century mark. The reason you don't have to worry is that the terrible herpes virus is just one more medical sham employed to drum up business for the medical and drug industries. Herpes viruses as depicted are as real as hobgoblins.

Yes, there are millions of bits of debris in all people *at all times* that are identifiable as herpes virus. There are billions of other "viruses," too. But these viruses, so-called, have no life. It's not dormant—it's dead stuff. The bits of RNA and DNA labelled

viruses are nothing more than the debris from spent cells of which the average body replaces about a third of a trillion daily. The body constantly eliminates this cellular debris through kidneys, bowels, and, in the event of extraordinary accumulations, through the nose, mucous membranes, sinuses, bronchioles, lungs, ulcers, genital sores, cold sores, skin and through "infections."

Herpes viruses are identifiable types of cellular remains that the body constantly eliminates ordinarily and extraordinarily if the eliminative faculties are impaired or clogged. The crises of extraordinary elimination are instituted and carried out by the body.

Physicians label these body-conducted healing crises as dangerous and try to suppress them with drugs. What they succeed in doing is depleting the body's vitality to the point that it can no longer conduct the extraordinary eliminative process. Hence the accumulated wastes remain in the body, along with much of the drugs administered "to cure the disease." Sufferers may not be aware of it but now they are more toxic than ever.

Note the language employed in presenting this medical propaganda. Herpes viruses are said to "attack" more than 75 million people annually. Dead material attacks nothing. It is incapable of action. Viruses have not one sign of life or action. They have no metabolism, no means of locomotion, no reproduction, no means of eating. The only sure fact about viruses is that they are dead matter.

The specter of dormant and lingering viruses waiting to strike us is another conjuration of the voodoo curse. In venereal diseases the body has elected to eliminate its toxic overload through lesions and blisters (papules, boils or whatever you'd like to call them) in the genital area. These conditions can be readily terminated by a short fast. And, if the subject's lifestyle embraces healthful living practices, the condition will never recur.

Pregnant mothers don't have to worry about their babies getting the herpes virus. If the mother's bloodstream is laden with toxic materials which includes cellular debris, then you can bet your britches that the fetus is getting some of that same debris from a common bloodstream. This terrible demon, herpes, is trotted out by gynecologists as an excuse for a high-fee Caesarian section. It becomes the voodoo curse that puts money in their pockets. Today nearly 20% of births are by "cutting open the mother's belly."

The title of this *Reader's Digest* article is "Taming the Runaway Virus." But in no instance does the article show that the virus is being tamed. In fact, a picture is portrayed of an ever-more

rampant promise of drugs that will "cure" the condition. Medical research continues to look for a cure for this virus, just as it continues the search for a cure for everything else under the sun. In thousands of years of existence they haven't cured anything except by renaming it something else.

"Outbreaks" of herpes virus is a myth fostered by the *Reader's Digest* article. While the debris labelled herpes is with everyone all the time, these "outbreaks" are the creatures of medical diagnoses. In the winter when we are less active and more inclined to overeat, we get more "viral diseases" than in the summer. Dead stuff isn't contagious and dead material can't break out of anything.

Again, I reassure you that there's no need to worry. No matter what apparitions of disease and tragedy the medical propagandists haunt you with, fasting and healthful living always produces health—ample testimony that viruses and assorted microbes are medically-created ghosts.

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## DOCTOR SAYS HE HAS CURE FOR HERPES

*Total Health* magazine, Volume 4, Issue 5, has published a question and answer sequence between two doctors. To lay the groundwork for the message herein, I'll print the question and parts of the answer.

**Q:** *I am a medical doctor trying to learn about nutrition, preventive medicine, etc. I am constantly being frustrated in my treatment of patients with herpes simplex and zoster. Does nutrition play a role, and if so, what?*

**A:** "Herpes may involve the mouth where it produces multiple, painful ulcers. These ulcers will last between 2 and 3 weeks and are usually only treated symptomatically with local anesthetics and salves. The treatment I will describe will clear

acute herpes within three days in almost every case!

When herpes involves the genitals, it produces painful ulcers which may last a few days to two weeks. This condition also clears very rapidly with this treatment."

The medical doctor who asks the question is unnamed. Doctor David Steenblock makes the response and, after the above opening statements, goes on to describe the symptoms of herpes zoster and other areas in which the herpes "virus" puts in a painful and discomfiting appearance. "... numbness, prickly feelings last one to two days and then gradually become more and more painful as blisters of zoster begin to form on the skin. Often the person feels sick all over and has a fever at the same time that the zoster rash is beginning to appear. Within three to four days the blisters turn into pustules and clearing will usually occur in 10 to 14 days. Often chronic painful neuralgia is formed that may persist for years and years."

How does Dr. Steenblock make herpes disappear in three days? "... high dose vitamin C and injections of adenosine and vitamin B-12. Vitamin C must be given intravenously since taking it orally in high doses will irritate the gastrointestinal tract and this may weaken the immune system even more—thus preventing recovery. The dose of vitamin C usually has to be 20 grams and this has to have calcium added to prevent calcium from being taken out of the body by the vitamin C. If you don't add the calcium the person develops bone and joint pain as well as leg cramps."

We do not doubt for a minute that the affections labelled herpes disappear within three days as the doctor says. This treatment will also make colds and flus disappear. Introduced directly into the body intravenously along with other chemicals, it's a question of how much more would also make the sufferer disappear.

Let's examine critically what has been presented and what the physiological *modus operandi* really is.

That the medical doctor is attempting to learn nutrition is laudable. That he is not aware that nutrition is very much related to herpes and other affections bespeaks the depths of his ignorance about the subject—his quest for knowledge is honest. That he is seeking "preventive medicine" tells us that he is laboring under some delusions as well. He's chasing a ghost. There is no such thing as medicine (healing agent or substance) in the first place and, certainly, there is no prevention of disease. Diseases occur only when caused and no amount of "prevention" will stop disease when causes continue to be indulged or practiced. Of

course the physician is frustrated if he is genuinely concerned about the welfare of his clients. Most physicians care little about their clients' welfare as long as their bills are honored. They become calloused and indifferent to sufferers.

Dr. Steenblock's description of herpes is accurate. What he is really describing is an eliminative process whereby the body initiates and conducts a process of extraordinary expulsion of accumulated toxic materials (miscalled viruses) directly through the skin. "Viruses" do not form blisters nor do they form rashes, create ulcers, etc. The body selects the areas through which it will conduct the eliminative process. Body processes autolyze flesh so that outlets are formed as ulcers, lesions or pustules. What is called viruses is admittedly dead and incapable of any action at all other than the chemical characteristics of a toxic substance.

Dr. Steenblock describes Vitamin C ingestion or administration as an extremely hazardous process just as is the administration of any other drug. You can readily see that substances which irritate the gastrointestinal tract are also irritating to the vascular system. What weakens the "immune" system (destroys body defensive mechanisms) is poisonous. Synthetic Vitamin C is always toxic in any amount, and that is the key to Dr. Steenblock's "cure" even though he nowhere in his article names the modus operandi for his "cure."

The vitamin C injection acts as a drug. Under no circumstances does the body utilize the vitamin C—it is incapable of using synthetic Vitamin C even in small amounts—the body can't even use 20 grams of natural Vitamin C over a two year period of time! Hence we are talking about drug administration that by Dr. Steenblock's own description is dangerous and devitalizing. Hence, that Vitamin C is said to weaken the "immune" system (defensive faculties) really means that the body's vital actions are depressed or destroyed. Without this vitality the body's defensive actions in undertaking the expulsion of accumulated toxic materials in the form of herpes affections, colds, flus, etc. are no longer possible. Thus the symptoms of the herpes or other eliminative crisis disappear—they're said to be cured. Actually the body has been rendered incapable of further carrying on the extraordinary eliminative task. The body's problems thus increase, not decrease. Interfering with the body's work is fraught with dangers. The toxic materials remain uneliminated. What eliminative powers the body has left are directed to eliminating the massive amount of chemicals within.

Dr. Steenblock says he must add calcium to the vitamin C

because bone or joint pains and leg cramps develop. What really happens is that the body strives to "defuse" the toxic Vitamin C by neutralizing its acidity. To do so, the body will rob its bones of the necessary base minerals (primarily calcium) to neutralize the acid of ascorbic acid. The painful results are osteomalacia and osteoporosis.

Dr. Steenblock's whole procedure will, indeed, clear up herpes. But what we're seeing is a devitalizing drugging procedure that destroys and interferes with body processes. Dr. Steenblock should be ashamed rather than proud of what he is doing. But, in view of his ignorance of body physiology, "he understands not what he is doing."

Putting such tremendous amounts of chemicals into a body that is conducting emergency repairs may be likened to hitting a fence mender over the head. The assault will certainly stop him from mending the fence and turn his attention and energies to defending himself from the assault. •

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## ARE THERE ANY REMEDIES FOR HERPES GENITALIS?

If you go to a physician he'll prescribe acyclovir as a topical application. This demonstrably shortens the time the body will be afflicted with the blisters and lesions. While this drug is not said to cure herpes genitalis, it is said to be useful. The problem will manifest again, as a rule.

As recently announced in *The National Enquirer*, health food stores are offering an even more effective drug for treatment of herpes genitalis. It is a lithium cream—a cream imbued with ultra-fine particles of lithium. When characteristic itching and bumps put in an appearance, topical application of lithium cream are made, the appearance of the typical pustules and lesions may be prevented or, in almost all cases, cut by about half in duration.

Not bruted about is that the same results can be obtained by topical applications of aloe vera and comfrey extracts. In fact, there are some medicated salves that also shorten the duration of

the dreaded lesions.

If these substances do not prevent so-called attacks of herpes genitalis but suppress or shorten their duration, how do they work? If they prevent the onset of sores, then aren't they real remedies?

The remedy mentality pervades our population. If I can't get the message over that there are no remedies for any ailment, then I'm going to give you a remedy, a remedy that works in all cases, a remedy so consistently the same that it is a universal remedy—a panacea! Now if anything should shock your belief in remedies, that one should, for at heart, few believe there are any real remedies, much less a single remedy for all ills. I'm going to prove both points—that there is a panacea and that there are no remedies. If there are no remedies, then what effects healing—why do people get well? There is only one remedial means in all the universe and everyone can employ it easily, simply and freely.

Why should certain medicated or toxic substances shorten or suppress herpes genitalis? Do they destroy the little beasties that are supposedly causing the affliction? Just how are they effective in accomplishing the shortening of the suffering?

When it is understood that the disease is not an attack from without but a body initiated and conducted crisis of extraordinary elimination directly through the skin in the genital area, then we begin to make progress. When it is understood that topical application of toxic materials as in so-called medications or with poisonous metals as in lithium or with poisonous herbs as with aloe vera and comfrey, occasions body defensive actions, then we begin to make progress.

Only the body acts within its domain in a concerted and purposeful manner. The formation of pustules and blisters is strictly a body activity. It autolyzes cells and flesh to make the hole that carries the toxic material and the resulting pus to the skin surface. It self-digests the skin to let pus and toxic materials ooze freely from the lesion. The process is the same whether it be in the mouth, on the legs, in the genital region or other areas.

Perhaps you know that, if highly toxic substances are applied to the skin, it will redden and interpose a serous fluid to buffer the vital tissues from the poison. These are standard defensive steps the body takes to protect itself.

Likewise, when you apply toxic materials to openings made or about to be made in a given area, the body takes steps to defend

itself against the toxic materials. The body, in creating lesions, is creating an outlet for toxic materials, not a point of ingress. Thus, an application of toxic substances such as acyclovir, lithium cream, aloe vera, comfrey, medicated salves, etc. that can penetrate skin and tissues, occasions body defensive actions. The result is popularly called drug suppression but the actual action of the body is to terminate its eliminative processes, close up the ulcer it has made and, in effect, close up shop there because of a hostile intoxicating environment.

Thus we witness individuals with athlete's foot suppressing the elimination through the skin of the feet with application of toxic substances only to suffer later with leg ulcers, jock itch or something else equally irritating or worse—usually worse.

The only true remedy for any problem is the body itself. The body will not conduct eliminative processes that almost all Americans suffer from if it does not become polluted by unfit ingesta and body wastes it doesn't possess the vitality to get rid of normally. When causes of problems have been discontinued, the body will catch up on its housekeeping chores. With the cessation of body polluting practices it will have no further problems. It can maintain a pure environment for its cells and faculties.

The quickest and surest way to give the body reign in its domain is to stop polluting it, to stop giving it work to do, and to surrender to it all your energies so that it can devote them to housecleaning and repair. The best way to remedy an adverse body condition is to go on a fast. When you fast you withdraw from all food save water and air. You go to bed and stay there as much as possible, indulging only absolutely necessary activities like traipsing to the bathroom. In short, you refrain from using your energies as much as possible. When you do not use your energies the body redirects them to ejecting impairing pollutants and repairing damages that may have been sustained. After a requisite time the body will have freed itself significantly of impairing toxic matters and made many repairs. However, it is critical that the post-fasting period be attended with the utmost care. The body will have attained such great vitality that pollutants freely tolerated before will occasion distress. Thus the body must not again be polluted by ingesta or impairing influences that render it unable to cope with normal eliminative tasks.

Herpes genitalis does not occur because of some dread little beastie. It is the body's way of trying to cope with intolerable

pollution. Suppression of eliminative efforts, of which herpes is one, worsens the problem, both from the uneliminated toxic materials and the toxic substances administered.

Your wisest course is to detoxify your body and refrain from further acts that pollute it. •



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## HERPES: HOAX OR SCOURGE?

The January, 1983 issue of *Reader's Digest* has an article entitled: "HERPES, Scourge of the Sexual Revolution." The article is subtitled: "This highly contagious disease has irrevocably altered the lives of millions and may help bring to a close an era of mindless promiscuity."

With an opening like that it is easy to see American's turning chaste again! Fear of dire consequences has stayed the indulgences of many.

We were writing an article refuting this prize piece of voodooistic literature when lo and behold a copy of the January 4, 1983 *National Enquirer* came into our hands. In that issue is an article quoting the findings of Dr. John Modlin of the Harvard Medical School and Dr. Margaret Yonekura, Professor of Obstetrics and Gynecology at the University of Southern California. The article is headlined: DREADED HERPES IS NOTHING TO WORRY ABOUT.

Instead of building fear into readers this article removes it. It says; "Genital herpes—one of the most feared sexually transmissible diseases—is far less serious an affliction than people have been led to believe."

This article pinpoints the following as myths:

1. Victims of herpes can lead normal lives. There is nothing physically or mentally deranging about the lesions, blisters, or sores.
2. Victims can have sexual relations without fear of passing the disease on.
3. Pregnant women with herpes will not infect their babies.

4. Women with herpes are not great cancer risks.

Dr. Modlin declared that the greatest consequence of genital herpes is mental anguish caused to those who have it. Of course that is what the article in *Reader's Digest* is designed to foster: fear and mental anguish, guilt and suffering.

What must we believe when two prestigious publications publish articles viturally antipodal to each other?

Answer: Believe nothing. The truth does not require belief.

When you note that the *Reader's Digest* article is largely religious and medical propaganda combined, you fathom that truth has not been served. When you learn that the *National Enquirer* article is based on what actually is the case with the herpes situation by observation and analysis, you realize that the *National Enquirer* article is far closer to the truth.

What is the Hygienic viewpoint?

First, aside from our sexual mores, herpes is not contagious at all. It simply cannot be communicated. Genital herpes is nothing more than the expulsion of uneliminated body wastes, including cellular debris labeled herpes, through the genital area as lesions (canker sores), blisters, etc. When the same process takes place inside the mouth or on the lips it's no big deal—there's no religious or medical mileage in oral herpes.

The body selects a site through which it will eliminate toxic materials that have not been eliminated normally. Woe unto him or her whose body selects the genital region for the excretion of these extraordinary waste materials. Society is willing to point fingers at such sufferers and say "bad boy" or "bad girl" when in fact, many of the sufferers are children, spinsters and bachelors who have never had sexual contact in their lives.

All acute diseases are body initiated and body conducted for the purpose of ridding the vital domain of life-sapping toxic accumulations.

Yes, "victims" of herpes can lead lives just as normal as those with oral blisters and lesions, just as normal as fellow beings with colds, flus, boils, etc. The worst enemies of sufferers of genital herpes are in the absurd beliefs bandied about by certain vested interests that have something to gain by exploiting sufferers.

Those who adopt the Hygienic regime speedily rid themselves of all forms of herpes and never again suffer acute illnesses. •



## **WHY ARE HERPES SUFFERERS THE BUTT OF SO MUCH CONDEMNATION AND ODIUM WHEN SUFFERERS OF OTHER DISEASES ARE TREATED SO SOLICITOUSLY?**

Perhaps all sufferers of body problems should be castigated and condemned for all are losers at the game of life. But, since almost every American has some health problem, that would be mutual condemnation.

Genital herpes sufferers bear their disease as a badge of iniquity. They bear their symptoms as an open confession of having transgressed the professed moral code of society at large. Sufferers of genital herpes are today's lepers just as "syphilitics" of the past were moral lepers. They are untouchables.

Why does so much odium attach to herpes genitalis and other venereal diseases when, in most diseases, sufferers are attended with a certain air of heroism and martyrdom? When sufferers of other diseases are attended as fallen warriors in the game of life.

The accepted rationale for condemnation of sexually active people has its roots in hoary antiquity. These roots preceded by thousands of years the many religious codes and disciplines the world over that point their fingers at "sinners." The odium that surrounds those with venereal diseases did not originate with the medical profession. They have merely taken advantage of a lucrative situation.

In primitive times if a woman indulged in sexual acts a hundred times during her forty years of fertility, that was a lot. If a man was involved in copulation a hundred times during a lifetime that was a lot. In Nature we see animals living thirty years and not having had sex twenty times in all their lives. Most animals in Nature breed only in the breeding season or when the female is in heat. When pregnant or nursing the female is ignored by the male. In Nature males are totally indifferent to sex except when the female is fertile, i.e., in heat.

When humans so changed their mode of living that they were impelled to have sex a hundred or more times a year, wisdom condemned it even in those who indulged it. For, physiologically, the sex act is a tremendous drain upon body resources. Every time

the body goes through an episode of sexual union, the most precious nutrients are given unto the reproductive process—unto the potential offspring. Repeated expenditures of our most valuable substances eventually deplete and degenerate the organism.

In primitive times the prevailing moral code was constructed around the needs for leading a high quality life. The bases for high quality living were destroyed and we shall explore them. Moral codes were institutionalized. Practices that were believed to preserve humans at the highest level of health and well-being were exalted. Almost all moral codes of the primitives were incorporated into the fabric of religions that subsequently arose the world over. Some more came to be discarded and new ones adopted, but all were embraced because it was felt they served distinct human values.

Thus the present religious attitude had ancient beginnings. There are theories that say substantially what has just been presented—that the attitude toward sex was a defense against inordinate human expenditure of vital resources. But others hold that this attitude was born of the regard of females of a group as being primarily the property of its leader and other males were either denied or barely tolerated, thus giving a certain illicit character to sexual activity disapproved by the group leader. Perhaps both these explanations have some validity and perhaps there are many more root causes.

Physiologically, why did humans, contrary to the sexual practices of most other creatures, become "a maniac for sex?" We see our primate brethren in Nature rarely indulge sex whereas some primates in captivity indulge it little or not at all or inordinately in other cases? What gives?

What is the foremost instinct? The instinct of survival of course!

How would you categorize the reproductive act? Why, as an expression of a survival mechanism, of course!

Why should humans have a physiological urge to sex on a more or less continual basis? Why, as an expression of the survival mechanism?

Why should the survival mechanism exert itself so strongly upon humans? Because the organism's survival is threatened!

The whyfore of this will be a subject for further discussion. In passing it is well to observe that the exploitation of sex

commercially has arisen from the abnormal appetite for sex. Commercial interests have fostered a sex psychology for recreational purposes so that they may better exploit it, not better serve human survival needs.

Let's look at some phenomena that invoke survival mechanisms, particularly abnormal and excessive sexual indulgence.

There is an old saying among farmers that goes like this: "Plants that are sickly go to seed quickly." Anyone on the agriculture scene has witnessed that corn plants on poor soil will reach a short height, tassel and set a stunted ear of small and inferior grains. This all happens while plants in good soil are still growing giant stalks and luxuriant foliage.

I observe this for its obvious applicability to humans. How does the phenomena of human survival exhibit when its existence is threatened? And what poses the threat?

Just as poor growing conditions occasioned precocious and below par development in the corn, so, too, does poor growing conditions in humans beget precocious and intensified sexuality that procreates inferior offspring. Harsh? Let's look at the facts.

Just a mere 150 years ago females entered into menarche at the age of 15 to 17. Today the average female enters into menarche at ages 11 to 12 with some girls becoming mothers at ten years of age! It is no longer a rarity to see fourth and fifth grade girls become pregnant. A hundred years ago the average 14-year-old could not become pregnant for she had not yet begun ovulation. In olden societies young men were engaged in apprenticeship in the arts of producing the needs of life and likewise for young women. Young women did not have any pronounced interest in sex prior to menarche at an average age of well over 16.

We Hygienists have daughters who do not have menarche until 16 to 17. They are physically more active and intellectually superior to their peers. But they get impatient when their peers develop breasts at age 11 to 12 and their chests remain flat. It is hard to get across to such a daughter that unnatural precocious development of the sexual faculties evidence a pathological rather than a wholesome body. The body has acted early in the one case to insure survival of a threatened organism whereas it acted later or normally to insure that the superb human intellectual endowment to which we humans are heir is properly mastered before sexual engrossment occurs.

In antiquity our wiser ones observed that precocious sexual mania threatened the quality of life by consuming individuals at the expense of constructive life activities, hence condemned premature and frequent sexual indulgence. This condemnation was incorporated as a part of the moral code as a step to preserve the high physical and energy standards to which humans are heir. Little did these men and women realize that the early and more frequent sexual indulgence was born of fortuitous circumstances—that it was a response of a threatened organism to insure survival of the species. In short the individual given to early and frequent sexual indulgence was a victim rather than a progenitor. The culprit was those factors that caused sexual precocity and preoccupation.

The physiological modus operandi that leads to premature development of sexual faculties will be dealt with in another article. Here our purpose has been served: we have just learned why sufferers of venereal diseases are ostracized and condemned. Social mores condemn a practice that they feel lowers the real quality of life. Instead of lending themselves to creating the conditions that do not elicit great indulgence in sex, they verbalize in effect, to: "Don't mate, Sublimate." Few of us seem to be able to deny innate urges. If innate urges are unwholesome, then what unwholesome conditions gave rise to their abnormal existence? •

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## WHY MODERN ADOLESCENTS SUFFER PREMATURE MENARCHE

### *WHY MODERN HUMANS HAVE OVER WEENING SEX DRIVES AND LIFE-PENALIZING SEX PREOCCUPATIONS*

*"And ye shall know the truth and the truth shall make you free."*

Present day acculturation has adopted both the physiological disposition of humans as it is today and the economic practices

that prevail upon which to build. In short it has been woven of the raw materials, forces and influences that exist in present day humans, their economic patterns and their social mores.

On the one hand we see old values called the moral code in conflict with the acculturation. The power and prevalence of the old must be reckoned with by those who do not conform to it. On the one hand they tacitly accept it by feeling the ostracism and odium it heaps upon nonconformists while, on the other hand they reject it by acting contrary to its strictures.

Because sex has become such a powerful force in our lives due to exploitative interests and physiological prompting due to a very real threat to the survival of our species, its widespread indulgence exists despite the socially prevailing old moral codes.

Sufferers of venereal disease suffer anguish not so much from the disease as they do from their own acknowledgment and acceptance of the conflicting moral code. If they see the moral code on the one hand as but a reflection of ideals—as an attempt to institutionalize what is felt to be in the best interests of humanity—and, on the other hand, as being out of touch with the realities that appertain—if the sufferer can see and understand this, his suffering will be reduced to the framework in which all affections are placed.

Further, once the nature and purpose of disease are understood, the qualms of the sufferer cease altogether. In understanding the role of diseases, the sufferer finds himself/herself in control of the forces that cause disease. The sufferer can then discontinue causes totally and be free of all disease if he/she so elects.

Our sex acculturation, in being shaped by inner drives that have come to the fore due to threats to our physical survival and the economic forces that have seized upon them as proper vehicles for exploitation, most decidedly places the sexual act in the realm of entertainment, amusement and personal pleasure. Sexual gratification has been subtly elevated as one of the objectives of living. It becomes one of the pursuits of sensuous living rather than the mechanism for reproduction.

Why has this come to be so? What is the physiological basis for premature puberty amongst our youth?

In nature humans did not have puberty until about age 16 to 18. Youth spent their time learning and preparing for life unfettered by the sexual urge. Today humans are entering into puberty at ages 9 to 12 and the age levels are still dropping. Mere children are

being consumed by the drive to procreate. This phenomena truncates their intellectual and mental development—it aborts their grooming for a high station in life.

So what constitutes the life-threatening situation? What are the life-threatening forces that have taken our youth and thrust them into premature reproductive roles? What brings on early menarche and the avid pursuit of sexual union by our children? What has triggered the survival mechanism in those who should be leading a life of assurance?

Humans have been desecrated by dietary perversions! By flaunting the dietary normal to their physiology, they have distressed their organisms. They flounder in a sea of pathologies: asthma, acne, arthritis, heart problems, cancer, psoriasis, periodontal disease, venereal disease, diabetes, high blood pressure, obesity, tinnitus and numerous others—over 99% of Americans are in some state of pathology. This, of course, includes our children who suffer an average of eight colds a year and among whom cancer is the primary cause of death. We're really in a bad way!

To repeat, dietary perversions have been at the core of this biological decline in humans.

First and foremost it must be recognized that we are biological frugivores. And what should frugivores be eating besides fruits? Nothing—nothing at all! Frugivores should eat fruits and only fruits. While this raises an astronomical number of questions within the context of our current misconceptions given the stamp of "science," it remains that we are biological frugivores.

We are not in any sense any of the following: carnivores, herbivores, granivore, insectivore, omnivore, etc. Humans have a very specialized anatomy and physiology adapted ONLY to fruit eating. Everything else is poorly handled. The fact that more than 50% of the meals eaten in America end up in mild to severe indigestion is ample attest to the unsuitability of the fare consumed. A diet of fruits will occasion peace in the digestive tract with no more awareness than we have of our kidneys, liver, appendix, etc. Digestion and all mandatory functions of the body are pleasurable if sensed at all. Anything that is irritating, annoying or unpleasant is symptomatic of pathology—regardless of what it is!

For instance, childbirth is regarded in this country as painful. It certainly is to a sick body. Asiatics who are in better health than



## WHAT IS A NORMAL SEX LIFE?

Must I deny myself the pleasures of sex? May I continue to have sexual enjoyment in life without fear of disease?

First, sex is for the purpose of reproduction of kind. Nature has been extraordinarily lavish in endowing us with reproductive faculties.

In nature females tolerate the male at only one time: when she is in heat. In nature males are aroused only by a female in heat.

Obviously humans have been perverted for the sex act has been pressed into service as an entertainment medium, as an escapist device for the depressed and as a confirmation of appreciation and acceptance in a world that often seems to negate our gregarious nature, a world that alienates mates who need reassurance and find it in the sex act.

Generously endowed as we are with sex drives, we would not be penalized with sexual preoccupations if we were observing our correct life regimes. Those influences which destroy us as evidenced by widespread pathology invoke survival mechanisms that overemphasize sex inordinately.

These debilitating influences have rendered 25% of our populace of the productive age sterile (even if they are capable of the sexual union) and, of our people over 40, nearly 35% are impotent! They are incapable of a normal sex act.

A healthful lifestyle will usually normalize sex. Overwhelming sex drives are reduced and the sterile and the impotent are frequently restored to an active and meaningful sex life.

Young males are capable of a virile and impregnating sex act of high quality several times weekly whereas older males may do well to have two to three acts of this caliber in a month.

Sexual indulgence is a personal matter. Its frequency or extent is strictly the business of two consenting partners. Whether it is conducted within or outside of marriage is the business of no one outside the union. Sex can be indulged healthfully when conducted wisely and not over-frequently. On the other hand it can be unhealthful if too frequent or if one of the participants has been

coerced into the act without feeling commitment. It is estimated that more than two-thirds of sex acts indulged by women are joyless exercises to please a mate. Women have a physiological urge that is naturally based ONLY a few days each month—those days on which she is fertile (ovulating).

Thus when we consider what is a normal sex life, we must be cognizant of what is normal in nature and take into account that almost all of us have had our sexual faculties vitiated by life-damaging lifestyles.

Inasmuch as we are not creatures of denial we are bound to indulge sex whenever two desirous partners have occasion. On the other hand we must live our life in such a manner that our well-being is assured. In a healthy condition we'll have sex as often as we desire it—as often as a favorable occasion arises, but we'll be less impelled to create occasions without a natural basis.

Disease is not a penalty visited upon us for having had socially unacceptable sexual relationships. While disease can result in the genital region of the area becomes irritated due to too much sexual indulgence, this is rarely the reason that the body selects the area for expelling its extraordinary toxic load.

Disease is the condition we must suffer for having violated the laws of our being—for having improperly met our needs.

Sexual union must be prudently indulged in accord with the capacities and inclinations of the consenting partners. •



*"The syphilization that is destroying the race consists of a state of physical degeneracy, brought on by sensuality, onto which is grafted a state of mind that is worse than the physical degeneracy, and the destructive effects of the most powerful drugs known to an antiquated school of medicine. For the last two of these, the medical profession must shoulder the whole blame. For the first they have to share the blame with theologians, politicians, and pedagogues.*

*"I have nothing against the fish of the seas, but I do believe that if we follow the suggestion of Dr. Oliver Wendall Holmes and throw all the drugs into the sea, there would never be another case of "syphilis." "Let me repeat: "syphilis" is a medical creation. It is a disease and a state of mind that the medical profession has cursed the race with. It is a medical crime."*

—Dr. Herbert M. Shelton

# MEDICAL MISCONCEPTIONS

## RULE "SCIENCE"

The following article appears in *Science News* and is commented upon as the type of hype you can arm yourself against swallowing.

### Herpes—Inhibiting Drug Deployed

Herpes simplex *viruses* stayed walled up behind their *protective protein coats* and *are almost invulnerable to attack*. But gradually, researchers *are finding chinks* in the herpes armor. In 1977, for instance, a drug called ara-A was found to be *capable of reducing the incidence* of brain damage and death among victims of the rare *herpes encephalitis*. Now an experimental drug called acyclovir appears to be *able to suppress active herpes simplex infections* in patients who have undergone *bone marrow transplants* as treatment for cancer.

Acyclovir already has been *successful in inhibiting the replication of herpes simplex viruses in test-tube experiments* and *in fighting these viruses in animals*, so Rein Saral and colleagues at Johns Hopkins University School of Medicine in Baltimore tested it on 20 cancer patients. All patients were about to have bone marrow transplants, and *all had high blood levels of antibodies against herpes simplex viruses*—indicating that *they had latent herpes simplex infections* and were *at high risk of developing active infections*. Ten of the patients received acyclovir *for three days before the transplant and for 15 days afterward*. The others received placebos. In the July 9, NEW ENGLAND JOURNAL OF MEDICINE, Saral and colleagues report that *no active herpes infections developed in patients who had received acyclovir, but infections did develop in seven of the 10 who received the placebo treatment*.

This article is ballyhoo for introducing a new drug. During the course of the article many medical expressions are employed that you should not accept without question.

The first misconception says that herpes simplex viruses stay walled up behind their protective coats and are almost invulnerable to attack. This is very dramatic language that says, in effect, viruses are formidable dragons and real dragon-slaying heroes are called for. Viruses, as we have learned, are nothing more than cellular debris from spent cells, more particularly the RNA and DNA containing nuclei. These nuclei are part of the cell system and are contained in their own membrane package just as are other cell organelles. *Guyton's Textbook of Medical Physiology* says that the nuclear membrane is actually two "unit" membranes, one surrounding the other. Each unit membrane is almost identical to the cell membrane, having lipids in its center and protein on its surface.

That the lysosomes that disintegrate a spent cell failed to break up the nuclei is one thing. If this powerful enzyme failed it's no wonder that drugs fail to do that, too. The wonder is that such "erudite" researchers should fail to recognize these nuclei for what they are. They have acknowledged that all "viruses" are dead, have no reproductive system, no metabolism, no locomotion, in fact, no life at all and cannot be reproduced in vitro. The wonder is that these "men of science" refuse to acknowledge that the body will quickly and efficiently eliminate all "viruses" within days on a fast and thus make all their heroics much ado about nothing. Of course that wouldn't sell their marvelous drug and that's the name of the game—making money. Who cares about the health of Americans? They represent a huge market potential to be exploited. This attitude and pursuit make these "selfless scientific heroes" nothing more than commercial prostitutes.

This article is not devoted to "finding chinks" in the herpes armor so much as in penetrating the armor of the marketplace with a new drug.

While toxic materials can, indeed, collect in the brain and cause inflammation, the probability is that drugs were used in treatment and they contributed to the inflammatory cause. This is frequently the case in most disease complications. Those drugs which "reduce the incidence" of problems are probably more damaging as they cause the body to redirect energies and eliminative efforts. Drugs are capable of nothing but harmful chemical unions. They do not reduce anything but vitality and life support systems.

That which "suppresses active herpes simplex infections"

actually inhibits body eliminative activities. When it is understood that "infections" are body instituted and conducted eliminative efforts and that anything that interferes with body function such that it cannot conduct the process, then it can be seen the drugs are suppressing the body, not the toxic materials called viruses.

Bone marrow transplants are a double edged sword. Perhaps you know that the body rejects foreign tissue, that is, living materials not of its own synthesis. Bone marrow transplants, like blood transfusions, may be sensational medical heriocs but it is dangerous physiology. Foreign proteins cause liver damage. And the body treats them as "invaders" and begins their destruction. The so-called infection is body eliminative activities directed to destroying and ejecting the foreign proteins. That acyclovir has so interfered with body vitality that it cannot conduct a vital process of expulsion does not recommend acyclovir but condemns it.

In view of the fact that viruses cannot be replicated in the test tube in the first place it is phony to say that the replication of viruses has been inhibited. That which has no reproduction system cannot replicate under any conditions.

In saying that all patients who were about to have bone marrow transplants had high levels of antibodies in their blood only means that their leucocyte levels were heightened. Leucocytes are increased in the blood because of existing, not latent threats. Leucocytes increase when any kind of toxic or foreign substance enters the vital domain (the circulatory system). To say that the body prepares against "latent" threats is like saying a woman is latently pregnant.

The term "active infection" has been employed several times. I've never heard of an "inactive infection" and the distincion between an "infection" and an "active infection" has never been made. On the other hand all so-called infections are body activities to protect itself against devitalizing amounts of toxic wastes. It is the only thing active in the whole process for dead viruses do not act. Toxic materials do not act. Only the body collects the conglomeration of anti-vital materials and expels it. Nothing else has the power or the intelligence to "infect" the body.

The "high risk of developing active infections" means that candidates for bone marrow transplants are very likely to reject the foreign tissue and expel it in a manner that is called infection. That acyclovir suppresses this rejection means the drug is a so-called "immuno-suppressant" and not a "virus-fighter." Defensive

mechanisms that reject the foreign tissue are throttled.

Being able to analyze and see through the mumbo-jumbo by which our populace is enslaved to the medical monstrosity is important as a part of your health science training. •

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## PHARMACEUTICAL COMPANIES

### EXPECT TO MAKE KILLING

### WITH HERPES DRUGS!

On June 1, 1983 there appeared in many newspapers around the country an article written by Thomas J. Lueck of the *New York Times*, entitled "Herpes spells opportunity for drug companies." It spoke of the enormous financial and profit prospects drug companies expect in marketing drugs with which to treat herpes.

Stock market analysts are bullish on drug stocks because, as Donald Nordmann, an analyst for Oppenheimer & Company, a Wall Street securities firm, said "a drug that is effective in preventing recurrences of herpes virus infection would probably be the top-selling drug in America."

Hailed as the biggest potential new market for pharmaceutical companies, over 20 million herpes sufferers are, quite clearly, going to be taken to the cleaners. This market must be on the order of multi-billions to create the fervor that it has amongst drug companies, stock brokers and investors.

While articles like this are designed to stir up investor enthusiasm, herpes sufferers are being buttered up with publicity of hopes for a new miracle drug. Already they are being treated with the drug acyclovir.

So far vaccines, medications and therapeutic procedures "have shown little evidence of efficacy." Of course, this will continue to be the result unless they find a drug potent enough to so devitalize the sufferer that his/her body can no longer conduct the extraordinary eliminative crises needed to clean it of unexcreted toxic wastes and ingesta. "Cures" always turn out to be more

dangerous than the problem, suppressing vital body actions leaves the uneliminated toxins to further accumulate and thus injure the body even more. Cancer and other degenerative problems are more likely to result.

Our mission is to teach the truth that neither herpes nor other body initiated and conducted eliminative activities are death-dealing. Rather they are life-preserving detoxification efforts.

Likewise, all should heed the obvious truth: We cannot be poisoned into health with drugs called medicines. Health is restored and maintained ONLY by healthful living practices. •

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## MYTHS ABOUT HERPES PRESENTED AS FACTS

Apparently the truth is not a very profitable commodity. Not one of the disease foundations are eager to tell the truth about the diseases they have built upon. All, per se, have a vested interest in the disease their business is founded upon. If the simple truth were known, they'd be out of business, even the prestigious American Cancer Society.

Of course it must be frankly recognized that disease foundations are commercially inspired, largely drug supported, directly or indirectly, and are bulwarks of the medical/hospital/drug industries.

The psoriasis foundation doesn't want to know about healthful living as the answer to psoriasis and most other diseases. The arthritis associations spend a lot of money fighting those who have found answers to the crippling disease. And so it goes down the line.

The American Social Health Association of Palo Alto, California, is particularly involved with herpes genitalis and other venereal diseases secondarily. They print a tract entitled

*HERPES. . . Just the Facts.* What they print is anything but the facts. Let's examine some of their "facts."

- *Venereal herpes is incurable. If you get it, you will have it for the rest of your life. It will recur again and again without warning.*
- \* This statement of "fact" would appear to be true. No medical treatment will stop the symptoms of herpes genitalis from recurring though certain drugs such as acyclovir will suppress the symptoms such as to significantly shorten them, timewise. And, indeed, the body conducts the crisis called herpes genitalis repeatedly if the need for extraordinary body detoxification exists. The pathogenic practices that caused the body to select the genital area as an outlet for uneliminated body wastes and toxic ingesta will indeed beget the recurrences if they are continued.

The real fact is that herpes sufferers can fast for about two weeks, thus permitting their bodies to thoroughly detoxify themselves, and then go on a regime that:

1. Does not further intoxify their bodies;
2. does not cause body wastes to occur inasmuch as cells of healthy individuals live up to twice as long as those in unhealthy individuals and. . .
3. causes the body to fully eliminate its daily wastes without the need for an occasional extraordinary eliminative crisis through a body-created emergency outlet such as the ulcers of herpes.

- *Venereal Herpes is painful, irritating, ugly, and embarrassing. It marks you forever with telltale evidence.*
- \* Yes, it is painful and irritating. But no one need ever know about it unless you expose yourself or bleat it about. Also, no one need have it forever or even any further if they elect to follow the course outlined heretofore.
- *You get venereal herpes through sexual relations with someone who has the disease.*
- \* That is demonstrable baloney. That's the crux of the voodoo curse conjured up by those who disapprove of promiscuity. You'd think that sufferers are promiscuous people, mostly single ones. That isn't true at all. A survey of herpes sufferers revealed:

1. Many were youngsters, some only four or five years of age.
2. Many were spinsters and bachelors who'd never had a sexual episode.
3. Most sufferers are married men and women. Most have not been promiscuous.
4. The partners of nine sufferers in ten never "contract" the disease even though their sexual activities continued unabated. As one herpes sufferer said: "In four years my wife hasn't caught it and I can't give it to her. She loves me so much she doesn't care but she doesn't get it anyway."

When medical men are asked why there's an inability to "catch" the disease even though repeatedly exposed, they reply with the copout that the exposed aren't susceptible. But this totally negates the above statement that venereal herpes is "contracted" only with someone who has the disease. In all cases the conditions for exhibiting the disease are reduced to the criteria for susceptibility. And when individuals have herpes genitalis who have never had sex relations, that too, reveals the falsity of the statement. Medical rationale says these people have been "carriers" all their lives since birth, that the herpes "virus" has been dormant all those years and that it was passed to them by a parent even though the parent never had herpes!

- *If you engage in sex with a partner who has venereal herpes, you will probably get it too. It is highly contagious.*
- the falsity of this statement has already been dealt with. A herpes genitalis sufferer cannot under any circumstances "infect" a healthy person and, in fact, cannot "infect" an unhealthy person either. The disease is initiated and conducted as a body detoxification process in accord with the body diathesis.
- *The rise of homosexuality has greatly aggravated the epidemic of venereal herpes.*
- The voodoo scare of herpes has not scared homosexuals enough. Today we have the fabricated disease called AIDS to scare the daylight out of homosexuals and control their so-called unnatural aberrations.
- *If you engage in sex, your risk of getting venereal herpes is very high because 20 million Americans already have it, and the epidemic is spreading at the rate of 500,000 new cases every year.*

- These figures aren't very convincing. If the risk were very high, there'd be perhaps 20 to 50 million new cases a year! You see people with herpes genitalis are supposed to be our "sinners" and promiscuous people. Obviously they don't get around very much if that's all the people they reach. If they do get around a lot, and that's the picture that is painted of these wayward ones, then either they're patronizing fellow sufferers almost exclusively or the disease isn't very contagious, after all. But it is incredible that 20 million sufferers restrict their sexual adventures to about half a million nonsufferers annually. In truth the whole statistical fabric does not give support to the voodoo invocation of "high risk" and "highly contagious."
- *The best way to avoid getting venereal herpes is to avoid sexual relations. Remain a virgin until you marry and marry a virgin, and remain faithful to each other.*
- There! How is that for keeping people in line according to the most rigid religious strictures?
- *Many herpes sufferers say they will NOT admit that they have the disease to an intended partner. Why? Because herpes is so embarrassing and contagious, they are afraid of being rejected.*
- That's just one more reason that I don't accept the contagiousness of herpes. Don't try to convince me that 20 million infected swingers can't seduce more than a mere half million nonsufferers a year. In fact, the number of swingers in this country is reputed to number nearer to a hundred million than twenty million. They don't even succeed in infecting each other very much.

Also note a previous statement saying that a sufferer is marked forever with telltale evidence. This statement is directly contradictory. If an intended partner can't detect that telltale evidence, then just how evident is the disease to anyone else?

The above tract is much more extensive than this but continues along the same lines. It lays a heavy curse on people who have sexual relations outside the marital bond.

Why all this furor?

Up until syphilis lost most of its scare mileage, religious interests and drug/medical interests had a poor scare vehicle. When the Center for Disease Control laid down diagnosis guidelines that made syphilitics into herpes sufferers, religious interests were given a new weapon for cowering "sinners" and medical interests

had "a new field" for "conquering" with new miracle drugs. There's lots of religious hay to be reaped with instilling the fear of a badge of iniquity and there's lots of money to be made in "curing" this "epidemic" that has appeared quite literally out of nowhere in the last few years.

But herpes promoters had better watch out! Already the AIDS crowd is threatening to take over the show. •

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## SCIENCE NOT SO "SCIENTIFIC"

I read many magazines, among them being *New England Journal of Medicine*, *Medical World News*, *Journal of the American Medical Association*, *Science Digest*, *Science News*, and others. When I state that the pronouncements of these publications in health matters are almost totally irrelevant to the subject, I feel I know whereof I speak—in fact, this observation is readily evident as a rule from statements in the articles themselves.

For pointing out how far afield of the facts are medical conclusions, I really prefer widely circulating articles as appear in newspapers and other high-distribution media. Today the rage is AIDS. This is a "new" disease that, in the past three years, has taken about 450 people to their rewards according to the medical profession. Most of these people were said to be homosexuals. Now the disease is said to be "attacking" heterosexuals as well. So far AIDS has no good description—it is about anything and everything. This "raging epidemic" is really a media-created monster. Just how concerned are they about real epidemics that kill over 3,000 people daily? You don't hear much about cardiovascular problems which put over 2000 people in the grave daily. There's a reason why! And it all has to do with megabucks. The medical profession has heart and cancer business well in hand. It's when they go after more business by new harum scarum tactics as employed with AIDS and herpes that we notice rather inconsequential affections and tend to ignore, relatively, the big killers.

In the July 1983 issue of *Science Digest* an article that caught my attention referred to cells and their residents, mitochondria. Perhaps you are aware of my long-standing conviction that the

DNA particles called "viruses" are nothing more than the remnants of these mitochondria. I contend that, upon death of the cell, the enzyme sac within ruptures and self-destructs the cell and its residents with its lysosomes. The thousands of little corpses called mitochondria are thus disintegrated with the genetic material of each mitochondrion about a billionth the size of the cell, remaining rather intact.

When you catch a report that relates to something else, there may be a revealing slip, so to speak. This article is about molecular biologists Frances Farrelly and Ronald Butow of the University of Texas Health Science Center in Dallas. They have discovered that the cell nucleus has been created by the community of inhabitants called mitochondria. But much more than this becomes evident.

Each cell has hundreds, even thousands of organelles called mitochondria. About 300 billion cells die daily in the body. This means perhaps 600 trillion bits of mitochondrial DNA particles are released into the body fluids daily. The remnants of these protein-coated DNA particles are identical to what we refer to as "viruses."

This article precisely confirms the fact that viruses are mitochondrial debris. **P**

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## "VIRUSES WEREN'T ALWAYS DEAD!"

*In one of your articles on herpes you state that viruses are dead.*

*Viruses are not always dead. Until they were dead they had to have life. Is it not while they are living that they are transmitted from one person to another?*

*Do you deny that viruses and bacteria can be transmitted? I agree a clean healthy body will be a poor host and will deal with them effectively.*

*Your comments, please, regarding the transmission of viruses and bacteria.*

**V.G.  
Fargo, ND**

**RESPONSE:** So-called viruses are nothing more than the RNA or DNA components of cells that have been replaced by the body—cellular debris. Of course, what is called viruses was alive as part of the cell. But when the cell is decomposed by its own self-destruct enzyme called lysosome, the nuclear material that is called virus is very dead—it is lifeless. At no time is it capable of any action, much less of infecting someone. However, should our bodies become so devitalized that they are unable to eliminate their wastes normally, they may resort to other outlets for this waste called "viruses." The body may eliminate its dangerous accumulation of toxic debris through the genital region. In this case, it is called venereal disease and may be called nongonococcal urethritis (NGU), herpes simplex II or by other names depending upon the particular mode the body opts for elimination.

There is no entitative existence called viruses. Calling cellular debris viruses doesn't any more create such an existence than calling a sheet a ghost gives life to the sheet—nor any more than saying the earth is flat makes the earth that way.

I do indeed deny the transmission of "viruses" and bacteria, too! "Viruses" are self-generated by virtue of nonelimination of all our wastes by normal channels. And to think of transmission of bacteria when everyone is populated by countless billions of them within their own cavities is absurd. These bacteria proliferate and change their forms according to the soil available to them. It is not bacteria that is our enemy for it lives symbiotically with us. The abnormal conditions we develop by our pathogenic habits give rise to the soil and environment that cause proliferation of abnormal types of bacteria. For instance, fermentative bacteria predominate over putrefactive bacteria by many multiples in people who live naturally. Yet putrefactive bacteria predominate in meat-eating people and animals. The by-products of putrefaction are far more deadly than those of fermentation.

You grant that you would be a poor host for "viruses" and bacteria. Why so? You are not a host to "viruses" in pathogenic quantities because your body is equal to the task of elimination. You are always a host to bacteria. You'd die without them. Bacteria are not in themselves pathogenic for, if they were, life would be impossible.

What you really mean is that you do not suffer disease because a body eliminative crisis is not necessary—your body is not polluted to the point that illness is necessary. The idea of being a poor host is the same as not being "susceptible." No one is susceptible to disease from bacteria in the first place, and the conditions that

allow them to proliferate are an extraordinary amount of toxic materials that have accumulated in the body. The accumulation is the evil, not the bacteria that help us break up these materials for expulsion. The accumulation is the "susceptibility," not the bacteria.

## CAN LIFE SCIENCE CURE HERPES AND STAPH INFECTION?

*This year I suffered horribly from staph infection and herpes virus. Boils were breaking out almost everywhere, dozens and dozens of them. Some were so painful I couldn't move and had to lie still. I don't know how this happened since my hygiene habits are very good. The dermatologist I went to prescribed E-Mycin which cleared up the staph infection. Later on I had a recurrence and took more E-Mycin. Fortunately, I am fine now but I do worry about another recurrence. While the E-Mycin clears up the herpes, it does not cure it. I have been taking 2,000 mg. of Vitamin C. eight capsules of acidophilus, and four capsules of lysine daily to overcome the herpes problem on my chin. However, I am breaking out with herpes again since I stopped taking the E-Mycin.*

*Could you please tell me if fasting would end my skin problems. If so, how long will it take? Could I be lacking in certain vitamins? Last week I had to see the dermatologist for a fungus of the skin in the upper thigh and groin area.*

*I do stay away from sugars and white flour. I also take Shaklee vitamins and get exercise.*

*If there is a way to cure staph infection and herpes without the use of medication I certainly would appreciate your advice. Presently I am taking Fulvicin for the fungus problem.*

**SD  
Providence, RI**

**RESPONSE:** Of course you can be helped by the Life Science program. Everyone can benefit by it, whether in disease or in

health. If you adopt the full spectrum of Life Science practices you'll overcome all the problems you described including the fungus problem.

It might be in order to ask some questions. Why should you have a fungus problem around your upper thighs and groin area and not your feet where most fungal problems occur? Why should you have boils? What causes these little round holes in your tissues and then the pustules at their apex? Why should there be such a great number of staphylococci bacteria involved? Do the bacteria cause the problem or are they a concomitant to the problem? Why should there be such a great abundance of the "herpes virus" in your body coming out in the boils? Why did the boils cease when you took E-Mycin and resume after it was discontinued? Why has Fulvicin failed to clear up your fungal problem? Why have these problems beset you?

Let's get at the fungal problem, first. Obviously, fungi do not "invade" your body. This form of life exists only on the skin surface and then only in your groin area. Frequent baths and a fungicide do not solve the problem. What causes the fungi to be there then, despite all the chemical warfare?

The spores of fungi are universally present in our atmosphere. But they grow and reproduce only where there is food for them. Without food they thrive not. Hence it must be obvious they're finding food in your groin area that does not exist on any other part of your body. Why should there be food for them there and no where else?

Has it not occurred to you that the problem in the groin area could be coming from the inside and not from the fungi. That the poison that kills out the fungi does not prevent the new supply of food to come out from the inside to provide for a new lot of fungal spores that float in the air? Fungal spores that eat the new food supply and give off the toxic excreta which irritates you so much?

In the absence of dead organic matter, fungi do not feed or reproduce. So it must be obvious that you're furnishing them their fare in your groin area. Your body has selected your groin area as an extraordinary outlet for its toxic wastes. Had those wastes been exuded as boils or sores on your sexual organs you would be said to have venereal disease.

How do you cope with the problem? Obviously you must stop the skin exudations in the groin area. How do you do that? There's only one way—cut off the supply! And that supply can be cut off

only by removing the sources of the supply. What are the sources of these toxic wastes?

These wastes are normally generated within your body but not eliminated through the regular channels of elimination. The regular channels of elimination are probably overloaded excreting what you're putting into yourself such as vitamins, cooked food, dairy and animal products, condiments, drugs and other unphysiological substances. Rather than recite what these are it would be well for me to tell you what is right for you so that you can put that and only that into yourself—so that there will be no overload of toxic materials to put out through groin area exudations and through boils.

It is wonderful that you get exercise. You should also get sunshine as often as possible, at least an hour or two per week. You should let nothing pass your lips except a diet of mostly ripe raw fruits with some vegetable fare, pure water, some nuts, seeds and sprouts, if wanted. *Stop everything else!* Get all the fresh air you can. Get enough sleep and rest.

Yes, you should take a fast, a long one, perhaps as much as thirty days. That will have to be determined between you and a fasting supervisor. If you had that many boils it means your body was saturated with toxicity. That you still have recurrences of them means the body is still loaded. After an appropriate fast you'll have neither boils nor fungus problems. If your diet and health practices are proper you'll never again suffer those or any other affections. Of course that presumes you observe diligently every touchstone that your being requires.

Boils are created by the body. The holes are self-digested through tissue as outlets to the skin for abnormal quantities of toxic materials. Bacteria of whatever description are there for the same reason fungi are in the groin area—there's food to be had. Bacteria do not cultivate or create their food, they merely take it where they find it. Your practices have created it for them.

Those pustules are collected toxic materials the body has quarantined in the pustule and the well existing beneath it. That the contents of the pustule is called herpes virus means nothing in view that only people with poor health practices have it or any other kind of virus—in view that people who follow healthful regimes never have any of these affections. "Herpes virus" is just the terminology used for identifying cell wastes that are eliminated through pustules. Eliminate your cell wastes normally and no

vicarious elimination such as pustules will occur.

When you took E-Mycin the problem ceased because the drug so depressed your vitality that the energies required to effect the vicarious elimination was redirected to the worse enemy, namely the drug E-Mycin. When you stopped drugging yourself the body could then redirect its healing powers to once again eliminate toxic material through pustules.

I suggest that you read our book, *Program For Perfect Health*. It will guide you to a full regimen of healthful practices that will create vigor, stamina, vitality and euphoric feelings. Isn't that what you really want? •

## CAN FASTING STARVE THE HERPES VIRUS?

*My main problem at the present time, is the tenacious, burning, inflamed herpes simplex that has plagued me for over a year, giving me no peace day or night. The dermatologist told me there is no medication for this since it is a virus.*

*I did some fasting. I fasted 36 hours and then took some fruit and juices. Thereafter, I went into four days of fasting, taking nothing but water. Maybe I should have gone longer but I was trying to be cautious since I wasn't being supervised.*

*The herpes were gone for a while on the chin but presently have come back. To make things more miserable, they have spread above my upper lip. The pustules keep coming out with a burning sensation without let up. Some dry up but others pop up to replace the old sores. It is becoming more embarrassing for me to look at people because of these unsightly pustules. I also fear they may continue to spread.*

*Could you please tell me how many days of fasting would it take to starve out this virus that is living off me?*

**RESPONSE:** There is no such thing as a living virus. What is called a virus is portions of cell debris bearing RNA or DNA. But

viruses, so-called, have no life. They have no metabolism, therefore no capability of living off of you. Inasmuch as they are not alive they cannot be starved. You can't starve things that are dead for the word starve means "to die." Neither can "viruses" do anything either constructive or destructive. But, as toxic materials in the body, you can suffer many uncomfortable problems such as your plague of little pustules. The body creates these pustules as exit points for toxic accumulations of wastes.

Fasting will, indeed, enable the body to restore itself to normal. The amount of time this takes depends upon the vitality of your body and the amount of metabolic wastes you must eliminate. When you've fasted long enough to clean up your body there will no longer be any necessity for it to resort to vicarious elimination of morbid materials, via pustules unless, of course, you return to the way of living that caused them in the first place. •

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## THE HOW OF RECOVERY

by Dr. Herbert M. Shelton

In restoring health to those suffering with disease we must (1) remove or correct all causes of disease and (2) build positive health.

Causes may be divided into two groups, as follow:

1. *Immediate Causes*
  - a. Enervation
  - b. Toxemia
  - c. Nutritional Perversion
  - d. Mechanical Defects
2. *Remote Causes*
  - a. Excesses
  - b. Deficiencies
  - c. Unnatural Practices
  - d. Destructive Emotions
  - e. Trauma
  - f. Bad Environment

The immediate causes are produced by the remote causes and cannot be removed until the remote causes are corrected. After these are corrected rest and fasting will remove the immediate causes.

Toxemia cannot be eliminated so long as the organs of elimination are impaired by enervation. Enervation cannot be corrected so long as the habits of life that are responsible for the lowering of nerve energy are practiced. The habits that produced the enervation perpetrate and increase it.

Enervation is physiological fatigue and can be remedied only by rest. Rest must follow the correction of the causes of enervation.

The inactivity of sleep, not the excitement and increased activity of stimulation, is the great representative restorative process. Rest is Nature's great tonic. It is the tonic of recuperation and conservation; not the waste of stimulation and irritation.

Fasting should be done under the care of one experienced in conducting fasts. Every person is different, his condition is different and the fast must be fitted to his or her individual needs.

Positive health can be built only by things natural to life's plan. The causes of positive health may be classified as follows:

*Bio-chemical*—wholesome food, fresh air, pure water, sunshine.

*Physical*—exercise, work, play, rest, and sleep.

*Psychic*—emotional poise, love, peace, hope, faith, courage, cheer, joy, and happiness.

Are you still seeking to cure disease, when you should bend your efforts to build health? This is not a program of cure. It is not a series of methods and means of treating symptoms. It is not a plan of palliation. This plan does not remove your organs and leave the causes of your suffering uncorrected or unremoved. It does not make you worse, or leave you in worse condition than it found you.

Begin today to remove and correct the causes of your suffering and to build positive health and you will surely be rewarded for it.

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If you'd like to learn more about the health science behind the presentation in this book, we invite you to accept, entirely free, the book: **THE REVELATION OF HEALTH**. This, the most powerful document ever published on health, shatters the multitude of myths about health today—the ones that keep tens of millions of Americans suffering from everything from acne to zymosis (fermentative indigestion)—the ones that drain off over \$300 billion of our wealth annually into the disease industries. Just send a postcard or letter to: LIFE SCIENCE, Department HRH, 6600-D Burleson Road, Austin, Texas 78744. By return mail we'll dispatch this mind-liberating book.



# About the Authors



Dr. Herbert M. Shelton

Perhaps no other individual in history has contributed so much to the science of health as has Dr. Shelton. And that takes into account such pioneering giants as Dr. Isaac Jennings, Dr. Russell Trull, Florence Nightingale, and Sylvester Graham.

In his articles in this book you'll find his subtle genius amply demonstrated. Dr. Shelton was born in 1895 in Collin County, Texas. He is the author of many books, some of which have been best sellers, notably *Superior Nutrition*, *Fasting Can Save Your Life*, and *Food Combining Made Easy*.

Susan Hazard, Ph.D.

Born on October 2, 1948 in Derby, New York, Dr. Hazard has been a lifelong scholar of the health/medical field. She obtained a Degree in Veterinary Science and then worked for two years as a veterinary assistant. Disillusioned with the deadly drugging of pets, she continued her higher education that culminated in a Ph.D. in the Health Sciences. Dr. Hazard was employed as a nutritionist in Buffalo, New York. She is a prolific writer upon health and medical subjects, having the benefits of 15 years of specialized study and practice in the field.



T.C. Fry

Mr. Fry was born in 1926 in Bennington, Oklahoma. He is the founder and administrator of the College of Life Science. He is also co-director of the Life Science Health School in Yorktown, Texas where he has guided sufferers of so-called syphilis and herpes to permanent good health and freedom from these afflictions. Mr. Fry is the editor of *Healthful Living* and *The Health Reporter*. He is also the author of many books and tracts in the health field.



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Dr. Susan Hazard  
& T.C. Fry

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overcome and never again suffered.