



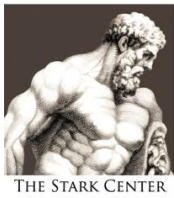
THE STARK CENTER

The H.J. Lutcher Stark Center for Physical Culture & Sports
The University of Texas at Austin

Beulah “Boo” Law Collection 1978 - 2016

Abstract

Beulah “Boo” Law (1922-2016) was a student and practitioner of natural hygiene from the early 1980s until her death in 2016. This collection contains materials collected by Law in her practice of natural hygiene. Organizations represented in the collection include Austin-based T.C. Fry’s Life Science Institute, various health retreats, and natural health organizations such as Victoria Bidwell’s Get Well ★ Stay Well, America! and the National Health Association (formerly the American Natural Hygiene Society). The materials document education and social communities focused on natural hygiene throughout the late twentieth and early twenty-first centuries.



SUMMARY INFORMATION

Size of Collection:	7 boxes (10.5 linear feet)
Creator:	Law, Beulah Enfield, 1922-2016
Acquisition Info:	Gift of Jeanne Law Hale, 2019.
Accruals:	Accruals are expected.
Language(s):	English.
Processed By:	Linna Dean and Natalia Kapacinskas, supervised by Christy Toms, 2019.
Conservation Notes:	Photocopies were made of the newspaper clippings.

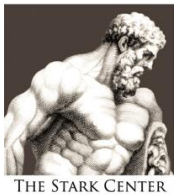
RIGHTS AND ACCESS

Access Restrictions

Collection is open for research. Though the Stark Center retains the right to limit the use of the Beulah “Boo” Law Collection under certain conditions. For any questions about the collection, you can contact the Stark Center by email at info@starkcenter.org or call (512) 471-4890.

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INFORMATION FOR RESEARCHERS

Preferred Citation

Beulah “Boo” Law Collection, The H.J. Lutcher Stark Center for Physical Culture & Sports, The University of Texas at Austin.

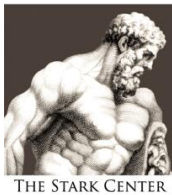
Separated Material

Eight books were separated from the collection and cataloged separately. You can search for books through University of Texas at Austin Library catalog at lib.utexas.edu.

Other Finding Aids

The National Health Association’s Herbert Shelton Collection.

The Christopher Gian-Cursio Collection, H.J. Lutcher Stark Center for Physical Culture & Sports, The University of Texas at Austin. <https://legacy.lib.utexas.edu/taro/utlsc/00015/lsc-00015.html>



BIOGRAPHICAL INFORMATION

Beulah “Boo” Enfield Law was born on September 15, 1922 in Arthur County, Nebraska to John H. and Minnie Jorgensen Enfield. Law was raised on “L♥” Ranch alongside four older brothers and a younger sister. While in high school, Law earned a teaching certificate at the Nebraska School of Agriculture. From 1941-1943, she was a schoolteacher in various rural communities in western Nebraska.¹ In 1943, Law left Nebraska for California, where she built B-17 bombers at a Lockheed factory in Burbank in support of the United States’ efforts in World War II.

After studying pre-nursing at Glendale College, Law received a degree in nursing from Los Angeles County General Hospital School of Nursing in 1945.² Law was a nurse for the rest of her professional career, practicing at Los Angeles County General Hospital, the National Institutes of Health and Holton Arms School, Trinity College and the Department of Labor, Johns Hopkins Hospital, and the Army Distaff Hall (Knollwood Military Retirement Residence), where she worked for twenty-five years.³

In the 1960s, Law became interested in holistic health after coming across informational materials on natural hygiene from Texan natural health practitioner and educator T.C. Fry.⁴ As a healthcare worker whose own family members faced a number of physical and mental illnesses, Law was intrigued by the natural hygiene movement, which combines naturopathic healing methods with the idea that one’s own thoughts have an influence on his or her physical health.⁵ In 1985 she and her daughter Jeanne became members of the American National Hygiene Society (now the National Health Association), which promotes holistic health through vegetarianism, prescribed patterns of activity and sleep, and occasional fasting.⁶

From 1983-1991, Law took the Life Science Health System Nutritional Science correspondence course through T.C. Fry’s Life Science Institute, a school that offered non-accredited formal training in the natural hygiene movement. Fry advertised that upon completion of the course students would be awarded a PhD, a distinction Law adopted. Through the course, Law connected with individuals and institutions involved in the hygiene movement, including Life

¹ Boo Law, "Boo Law, Ph.D.," *Health Science*, Spring 2015, 35.; Poul Pedersen, "Beulah Enfield 'Boo' Law (Sept.15, 1922-Dec. 5, 2016)," *Boo Law Memories* (blog), December 7, 2016, <https://boolaw.blogspot.com>.

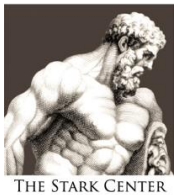
² Pedersen, "Beulah Enfield," *Boo Law Memories* (blog); Jenn Davis, "Delivering Hope to Hungry Families in Gaithersburg," *The Gazette* (MD), August 20, 2014, A10.

³ Pedersen, "Beulah Enfield," *Boo Law Memories* (blog); Davis, "Delivering Hope," A10.

⁴ Law, "Boo Law," 35.

⁵ Patricia Skinner and Teresa G. Odle. "Natural Hygiene Diet." In *The Gale Encyclopedia of Alternative Medicine*, 4th ed., edited by Laurie J. Fundukian, 1691-1694. Vol. 3. Farmington Hills, MI: Gale, 2014. Gale eBooks (accessed November 5, 2019). <https://link.gale.com/apps/doc/CX3189900598/GVRL?u=txshracd2598&sid=GVRL&xid=b34cc454>.

⁶ "The National Health Association," National Health Association, National Health Association, accessed November 5, 2019, <https://www.healthscience.org/about/about-nha>.



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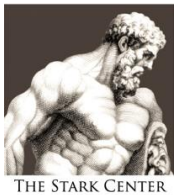
Science test grader Victoria Bidwell (of Get Well ★ Stay Well, America!) and Ralph Cinque (health retreat proprietor). Although legal troubles on the part of T.C. Fry ultimately caused the Life Science Institute to close, and its final materials distributed by Victoria Bidwell, Law remained connected with the network for years.

Law pursued further connections in the natural hygiene movement by attending conferences—including the American Natural Hygiene Society’s Natural Living Conference, the National Health Association’s Healthy Living Conference, and the North American Vegetarian Society’s Vegetarian Summerfest—and a number of fasting retreats, including Dr. Ralph Cinque’s Health Retreat and the Royl Retreat.

Law was married for 43 years to Melvin Law,⁷ with whom she had three children: John Law, Mona Law Pedersen, and Jeanne Hale. Law died on December 5, 2016 in Bethesda, Maryland.⁸

⁷ “Foreign Claims Lawyer Melvin J. Law Dies,” Washington Post, April 9, 1991, <https://www.washingtonpost.com/archive/local/1991/04/09/foreign-claims-lawyer-melvin-j-law-dies/c56f72f3-6b4d-4b4a-bc8e-40d540483f8e/>.

⁸ Pedersen, “Beulah Enfield,” *Boo Law Memories* (blog).



SCOPE AND CONTENT NOTE

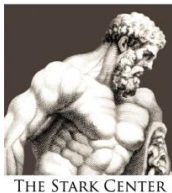
This collection contains materials created and collected by natural hygiene student and practitioner Beulah “Boo” Law, spanning 1978-2016. Materials include correspondence, journals, publications, pamphlets, newspaper clippings, lesson plans, tests and answer sheets, conference agendas, travel plans, and budget information.

Lessons and accompanying exams from the Life Science Health System course document Law’s education through T.C. Fry’s Life Science Institute (originally called the College of Life Science and then briefly the American College of Health Science). The twenty parts of the Nutritional Science course, each comprised of multiple lessons, depict the human body through the lens of natural hygiene and provide information about how the principles of natural health have been taught formally. Correspondence documents the administrative proceedings of the Institute during and subsequent to Law's time as a student.

Also included in the collection are materials from Victoria Bidwell’s natural health organization, Get Well ★ Stay Well, America!. Bidwell’s “Common Health Sense” newsletters promote natural hygiene values with a unique American patriotism. Other organizations are represented through conference materials from Law’s attendance at health and wellness conferences. Such organizations include the National Health Association (formerly American Natural Hygiene Society) and the North American Vegetarian Society. Additionally, Law’s membership materials from the DC-MD-VA (DC-Maryland-Virginia) Natural Hygienists document the activities and beliefs of the local natural hygiene organization.

Materials from health retreats and water fasting centers document Law’s visits to Dr. Ralph Cinque's Health Retreat and the Royle Retreat, as well as informational packets on the Lakemont Health Resort and the Center for Chiropractic and Conservative Therapy. Details about the operation and experience of water fasting at these natural hygiene retreats are found in correspondence between Law and the proprietors of these retreats, and in Law’s written accounts documenting water fasts undertaken at Dr. Ralph Cinque's Health Retreat and the Royle Retreat.

Numerous published materials, including magazines and pamphlets on health and wellness, demonstrate how discourses on matters pertinent to the natural hygiene community changed through time. The collection also contains some personal materials, including correspondence and a journal, which provide autobiographical and contextual information to Law’s practice of natural hygiene.



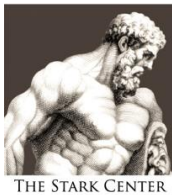
COLLECTION INVENTORY

Series 1: Life Science Institute, 1980 – 2002, undated

This series consists of 3 subseries: 1.1, Life Science Health System Nutritional Science Lessons; 1.2, Tests and Answer Sheets; and 1.3, Supplemental Materials

Subseries 1.1: Life Science Health System Nutritional Science Lessons, 1990, bulk undated

Folder Title	Box Number	Folder Number
Introduction; Part I: Foundations of Life Science, undated	1	1
Part II: The Nutritional Bases of Life, undated	1	2
Part III: Non-Dietary Factors in Nutrition; Part IV: Human Physiology and Anatomy and Our Dietary Nature, undated	1	3
Part V: Proper Handling, Serving and Eating of Foods, undated	1	4
Part VI: Foods not Suited to the Human Diet, undated	1	5
Part VII: What's Wrong with Junk Foods?; Part VIII: Foods Not Suited to the Human Diet/Harmful Practices to Avoid, undated	1	6
Part IX: Fasting; Part X: Ecological Factors and their Role in Nutrition, undated	1	7
Part XI: Healthy Infants and Children; Part XII: Natural Hygiene a Better Way of Living, undated	1	8

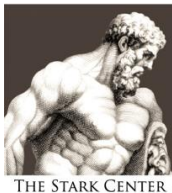


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Folder Title	Box Number	Folder Number
Part XIII: “Curing” and Medical Concepts, undated	1	9
Part XIV: Common Illnesses and Diseases and How Hygienic Living Can Help, undated	1	10
Lesson 79: The Laws of Life; Part XV: Social Ramifications of Hygienic Living; Part XVI: Getting to Know Other Dietary Schools, undated	1	11
Part XVII: Teaching Health-Building Practices; Part XVIII: Exercise and its Role in Healthful Living, undated	2	1
Part XIX: Taking Charge of Our Destiny; Part XX: How to Conduct Client Relationships, undated	2	2
Index A-K for Life Science Course in Nutritional Science, 1990	2	3
Index L-Z for Life Science Course in Nutritional Science, 1990	2	4

Subseries 1.2: Tests and Answer Sheets, 1983 – 1988, undated

Folder Title	Box Number	Folder Number
Law’s copies of Answer Sheets for Tests 1-19, 1983-1986, undated	2	5
Graded Answer Sheets, Official Answer Sheets, Tests 1-20, 1983-1988, undated	2	6 - 7



Subseries 1.3: Supplemental Materials, 1980 – 2002, undated

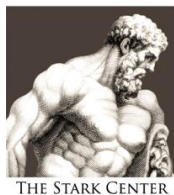
Folder Title	Box Number	Folder Number
Student Directory, 1986, 1987-1988	2	8
Life Science Institute Course Table of Contents; Natural Health Glossary, 2002	2	9
Correspondence to Law from Life Science Institute [photocopied letter from Fry], 1980 – 1996, undated	2	10

Series 2: Health Groups/Activities, 1980-2016, undated

This series consists of 4 subseries: 2.1, National Health Association (formerly American Natural Hygiene Society); 2.2, North American Vegetarian Society; 2.3, Various Health Organizations; 2.4, Health Retreats

Subseries 2.1: National Health Association (formerly American Natural Hygiene Society), 1985-2010, undated

Folder Title	Box Number	Folder Number
International Natural Living Conference [includes correspondence], 1991-1993, 1995	3	1 - 2
NHA Conference [includes correspondence], 2004, 2006, 2008-2010	3	3 - 5
Correspondence, 1985-1998, undated	3	6



Subseries 2.2: North American Vegetarian Society, 2010-2016

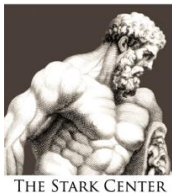
Folder Title	Box Number	Folder Number
Vegetarian Summerfest [includes correspondence], 2010-2011, 2013-2016	3	7 - 10

Subseries 2.3: Various Health Organizations, 1986-2012, undated

Folder Title	Box Number	Folder Number
Dr Vetrano's Health Information Service; DC-MD-VA Natural Hygienists [includes correspondence], 1986-1996, undated	4	1
Healthful Living [includes correspondence], 2002	4	2
McDougall Program [includes other health clippings and correspondence], 2000, 2009	4	3
Wise Traditions 2010 Conference; Fourfold Path to Healing 2012 Conference, [includes correspondence], 2010, 2012	4	4

Subseries 2.4: Health Retreats, 1980-2013, undated

Folder Title	Box Number	Folder Number
Dr. Ralph Cinque's various retreats [includes correspondence], 1980-1998, undated	4	5
Royle Retreat, 2002-2004, undated	4	6
Various Retreats, 1984-2013, undated	4	7



Series 3: Bidwell's Get Well ★ Stay Well, America!, 1989-2008, undated

Folder Title	Box Number	Folder Number
Blue Green Algae [includes correspondence], 1995-1996	5	1
Common Health Sense Newsletters, 1989 – 2008, undated	5	2 - 9

Series 4: Personal Papers, 1980-2004, undated

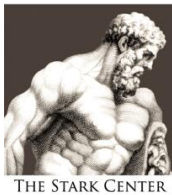
Folder Title	Box Number	Folder Number
Correspondence to and from Law, 1980-2004, undated	4	8 - 9
Elisabeth Kübler-Ross, 1985	4	10
Research, 1986, 2000	4	11
Journal, 1995-1996	4	12

Series 5: Publications, 1978-2013, undated

This series consists of 2 subseries: 5.1, Periodicals; and 5.2, Pamphlets, Clippings, Mail order forms

Subseries 5.1: Periodicals, 1980 – 2005, undated

Folder Title	Box Number	Folder Number
Back to the Garden, 1996-1998, 2000	6	1
Better Life Journal: A Natural Health Magazine, 1981 – 1982	6	2 - 4

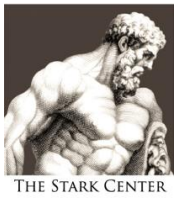


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Folder Title	Box Number	Folder Number
Health Crusader (Life Science Publication), 1980	6	5 - 6
The Health Messenger (Life Science); Health Reporter (Life Science), 1986, undated	6	7
Health Science [including Special Issue: Herbert Shelton <i>A Remembrance</i>], undated	6	8 - 10
Health Science Newsletter, undated	6	11
Healthful Living by Life Science Institute, 1982 - 1987	6	12 - 17
Healthful Living Newsletter; Healthful Living by Life Science Institute, 1988-1990	6	18
Various Periodicals A – H, 1982 – 2000	7	1
Various Periodicals O – T, 1997 – 2005	7	2

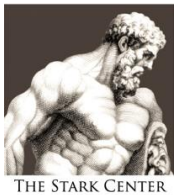
Subseries 5.2: Pamphlets, Clippings, Mail order forms, 1978-2013, undated

Folder Title	Box Number	Folder Number
Vision pamphlets, 1993, 1995, undated	7	3 – 4
Vegetarianism pamphlets, 2013, undated	7	5
William Campbell Douglass II, MD pamphlets, 1997-2000	7	6



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Folder Title	Box Number	Folder Number
Joints and Aging pamphlets, 1999-2000, undated	7	7
Health pamphlets, 1991-1999, undated	7	8 – 10
Financial pamphlets, undated	7	11
Clippings, 1978-2010, undated	7	12
Mail Order Forms, 1983-2000, undated	7	13 - 16



SUBJECT HEADINGS

Events

Fourfold Path to Healing Conference
Healthful Living Conference
Natural Living Conference
NHA Conference
Vegetarian Summerfest Conference
Wise Traditions Conference

Organizations

American Natural Hygiene Society
Cedar Oaks Resort
Center for Chiropractic and Conservative Therapy, Inc.
DC-MD-VA Natural Hygienists
Dr. Cinque's Health Retreat
Get Well ★ Stay Well, America!
Hygeia Health Retreat
Life Science Institute
National Health Association
North American Vegetarian Society
Utopia Health Center

People

Bidwell, Victoria
Cinque, Ralph
Fry, T. C.

Subjects

Fasting
Natural Hygiene
Naturopathy
Nutrition/Food/Fasting
Vegetarian