

National Health Federation



BULLETIN

Nutrition and Health

EDITORIAL	Page 3
HEALTH FREEDOM by Constitutional Amendment.....	Page 5
IF YOU APPROVE.....	Page 6
HEALTH OF AMERICAN PEOPLE.....	Page 7
AN OPEN LETTER.....	Page 9
FREEDOM OF CHOICE IN NUTRITIONAL AND HEALTH CARE	Page 11
N.H.F. WILL SUPPORT IN 1960	Page 13
N.H.F. FIFTH ANNUAL MEETING AND CONVENTION	Page 15
FEDERAL MENTAL HEALTH INVESTIGATION RESOLUTION	Page 21

AMERICANS CRUSADING FOR HEALTH LIBERTY

Volume V — Number 11-12

November - December, 1959

When Are Dues Due?

This is the last issue of the Bulletin for this year. So, may we remind our members that all dues are due and payable on January first for the year 1960, unless, following the address on this Bulletin, the numerals 60 appear in connection with the address.

May we also urge as many as possible to start sending their dues in immediately for two reasons; 1—it will spread the work load in the office and 2—and probably the most important, it will provide funds to pay the bills with from now until the bulk of the membership dues come in. It is the policy of the Federation to credit all new members who join after July of any one year with the balance of that year and for the complete year following. Those who pay prior to August first we credit for the year in which paid and send back issues of the Bulletin. It appears this is a little unfair but, most organizations have an initiation fee for first year's membership. The Federation does not have such a fee.

WHY DO WE WANT ALL MEMBERSHIPS TO COME DUE ON THE FIRST OF EACH YEAR? The answer is: — It saves about 75¢ per member in the collection of dues and it also gives the Board of Governors an idea of how to budget the funds for the year. This is your organization and we want to keep the expenses as low as possible to the end dues may not have to become too high and that all money paid for dues may go to carrying out the program of the Federation. We appreciate your cooperation to this end.

A son, hearing his father pray that the wants of the poor might be supplied, said: "Father, I wish I had all your corn." "Why?" asked the father. "Because then I would answer your prayer."

Each Member Get a Member

It has been suggested from time to time that each member get a new member and thus put the Federation on its feet financially. Many have done this, but many have said they are unable to do this, as those whom they know, do not seem to want to pay out the \$3.00. May we suggest the following: You believe in the work. You appreciate the work your officers are doing. So why not give to some friend, public official, or influential citizen a one year membership in National Health Federation or a one year subscription to the Bulletin as a Christmas Gift. Such an act will help the cause financially and will help acquaint the one to whom the gift is made with what is going on in the health field. It is imperative that we double our membership. If you do not want to do the above, then why not a Christmas gift to the Federation, earmarked to be used to hire a secretary for our President, to the end that his work burden may be lessened and also to enable him to give less time to small details and spend more time on important matters related to the work of the Federation.

Buy Liberty Stamps

One of our members has suggested that our members be urged to buy National Health Federation Liberty Stamps and put them on their Christmas cards and/or gifts. They are decorative and using them in this manner will help advertise the Federation and also help with the finances. We have a big, big program for next year and we must be able to finance it.

We urge our members to give this issue wide circulation.

STAMP OUT Opposition to Health Liberty with N.H.F. LIBERTY STAMPS!

National Health Federation Bulletin is published bi-monthly at 2454 Van Ness Ave., San Francisco 9, California, by National Health Federation, a non-profit corporation. Fred J. Hart, Editor-Publisher. Subscription rate \$3.00 per year, included in membership dues. Single copies 25¢. Application pending Second Class, San Francisco, Calif.

NATIONAL HEALTH FEDERATION BULLETIN

The NATIONAL HEALTH FEDERATION

VOLUME V

BULLETIN

Nov. - Dec.

NUMBER 11-12

Adventures on Health Frontiers

1959

Published Bi-monthly

Editorial

The Food and Drug Division of the Department of Public Health has united with those who profit from our being sick, to curtail the efforts of those who are attempting to teach the public that the body needs PURE NATURAL FOOD AND PURE WATER to maintain health. For those who doubt the above statement is true we reproduce the following news item:

CAMPAIGN ON FOOD FRAUD

(Service of the Chicago Tribute.)

Chicago, Aug. 28, 1957—Plans for a national campaign against a billion-dollar-a-year food fad racket in the United States were announced here today.

Joined in the fight are the American Medical Association, the Federal Food and Drug Administration, and the National Better Business bureau.

Report by A. M. A.

The roles these organizations will play in the battle were outlined at a public relations institute sponsored by the A. M. A. Approximately 500 representatives of state and county medical societies attended the conference.

The bulk of the campaign is being carried on by the Federal Food and Drug Administration, with your money and mine, not with the funds of those who profits from things as they are. Thousands and thousands of tax dollars are being spent to flood the country with expensive literature with some truth and many half truths. The introductory lit-

erature is headed with the following statement:

"The American Food Supply is unsurpassed in volume, variety, and nutritional value. By patronizing all departments of a modern food store we can easily supply all of our nutritional needs. In fact, Americans have to go out of their way, nutritionally speaking, to avoid being well nourished. Deficiency diseases which have plagued our nation in the past are now almost unknown. Overweight has become a more common problem than underweight."

Somewhere along the line the Food and Drug Officials ignore the following facts and many more like them.

THIS:

"According to a survey which was published by the Ellen H. Richards Institute at Pennsylvania State College, "Only one person in a thousand escapes malnutrition." The survey took approximately six years and is one of the most thorough ever made, and it included both males and females, including children. The report states, and I quote: Sixty per cent of the growing children were more than six months retarded in skeletal growth. The bones of a large majority of both adults and children were not satisfactorily mineralized (no vitamins or minerals in the foods consumed.)

In one city, one child out of every three examined, gave evidence of hav-

NOVEMBER - DECEMBER, 1959

ing had rickets, the malnutrition ben trouble, due to lack of calcium and vitamin D.

More than half of the people examined had iron and protein deficiencies which resulted in anemia.

Most of the people in the study group were not aware of any actual illness due to food deficiencies, but the borderline deficiencies build up to major disorders in later years."

AND THIS:

Physical Exams: Four out of five persons examined in spot check of 458 federal employees in New York City were found to have some ailment and three out of 10 were found to have "potentially pre-cancerous conditions." Robert A. Loberfield of N. Y. Cancer Committee said results "explode any theory that federal government does more for health of its employees than do employers in private industry."

If Food and Drug Officials would only tell you from whom the authorities they quote receive the funds to pay for the research they do, the public could better evaluate the findings they make. It is hard to believe that a researcher, who receives the money to pay for his research from a firm manufacturing foods to which have been added many chemicals, would be apt to publicize findings which proved said chemicals to be of no value or harmful to the consumer. We admit there are charlatans in the natural health food business, but we submit there are as many in proportion in the other phases of the health picture. We are opposed to all such, but we submit the campaign which is the subject of this editorial is one sided and evil in its true purpose.

The National Health Federation will work with government officials in all their endeavors to protect the health of the American people, but we shall oppose them in any effort they may make to use the elimination of charlatans as a front behind which to destroy the good being done by those who have the cour-

age, foresight and patriotism to proclaim a better way to health.

On other pages of this issue you will find ample authenticated facts with which to combat untruths put out by those who profit from doctoring your food, drink and beverages.

We Beg Our Chapters' Indulgence

In the last issue we stated that we would print in this issue reports from Chapters of the National Health Federation. These reports are just now reaching us, but we will have to hold them until the January issue. Due to the fact the enemy of the public's health has stepped up its campaign to discredit all natural approaches to health, we feel that this issue should be devoted to publishing articles which will equip our members with true proven facts with which to meet the half lies being given to the public, by those who profit from the ill health of the people, or from the sale of foods filled with chemical additives etc. Also in this issue we want to publish the entire program of the Annual Meeting and Convention of the Federation.

The Bazaar Will Be Held

In the last issue we announced that a bazaar would be held in connection with the Annual Meeting and Convention of National Health Federation on January 1 and 2. The response has been sufficient to justify our saying the bazaar will be held. We trust each woman (men may participate) will either crochet, knit, or find some item to send to be sold at the Annual meeting. Bonney Rainey will be in charge, but all items should be sent to 2454 Van Ness Avenue, San Francisco 9, California. Items should be in our hands, if possible, by December 20. This is one way many can help with the finances of National Health Federation.

Health Freedom by Constitutional Amendment

By RAY H. OVERAKER, Attorney-at-Law

At the time the American Bill of Rights was adopted, Dr. Benjamin Rush, one of the signers of the Declaration of Independence, proposed a clause guaranteeing "medical" freedom. But it was argued that since the church took the lead in treating disease medical freedom was implied with religious freedom, and the proposed provision was not included.

The term "medical" in Dr. Rush's day was used in its broad sense—meaning "to heal." As more and more drugs were developed and used the term became synonymous with drugs, and is used today to distinguish allopathic from the natural or drugless school.

Other schools of healing are homeopathic, osteopathic, naturopathic, chiropractic, natural hygiene, and spiritual or faith healers. Allopaths, through political activity, have almost complete legal control of health matters. Through legal and legislative actions allopaths are continuously seeking to limit, if not forbid, the practice of any science of healing other than their own. In New Jersey, Florida and Wisconsin attempts have been made to outlaw the practice of naturopathy. In California under the guise of an anti-cancer "quack" bill the allopaths are laying the groundwork to outlaw all competitive systems of healing. The bill as originally drafted provided for a commission of allopaths to approve cancer treatments and they could forbid those they did not approve. Thus a precedent would be set which could apply to all diseases and in time no treatment not approved by the allopaths could be given for any disease. This would result in a complete medical monopoly. Fortunately for the sufferers the bill was amended in several major particulars before it became law. But eternal vigilance must be used to keep monopolistic amendments from being made to this bill in the future.

The advocates of health freedom should now take the offensive with a positive program for health freedom. To that end the following amendment to the Federal Constitution is suggested:

"The right of the individual to select and use the treatment and therapy of his choice in the maintenance of health and the treatment of disease shall not be abridged. This amendment is self-executing and shall apply to the Federal Government and to the several states."

Such an amendment would permit the individual to freely select the type of treatment he desires. He would be free to select either drug or natural therapy. Free competition would be restored to the health field. Such a program is positive, simple, easy to understand and in keeping with the best traditions of our country. Health freedom should have universal appeal. Even the rulers of allopathic medicine are on record as favoring freedom to have the doctor of one's choice. At the same time they are trying to eliminate all competitive systems of healing. Freedom of choice would then become a mockery. All lovers of freedom should unite to restore health freedom to our nation.

It is suggested that all members of the National Health Federation give careful thought to this proposed amendment and write the editor any suggestions they may have. Will you work for and support such an amendment? It will cost money!

"Phew," sighed a relieved surgeon as he joined his colleague in the hospital's executive dining room. "I just got under the wire with that last emergency operation! Another hour and the patient would have recovered without it!"

IF YOU APPROVE

General Program

The 1960 General Program Policy of the National Health Federation shall be to work:

1. FOR—Pure food, water, air and beverages.
2. FOR—Honest, fair and efficient law enforcement in health matters
3. FOR—An amendment to the Federal Administrative Procedure Act in line with the recommendation of the Hoover Commission, which reads as follows: "Agency publicity found by a reviewing court to have been released for the purpose of discrediting any person under investigation or a party to an agency proceeding may be considered by the court as a prejudicial pre-judging of the issue, and the court may set aside any agency action against such a person or party or enter other appropriate order."
4. FOR—A thorough investigation of the Food and Drug Administration by the Senate Anti-Monopoly Committee on the ground its activities appear to be promoting a medical monopoly.
5. FOR—Legislation which will provide that where Federal money is involved in the building of hospitals, or in the operation thereof, or in the setting up of health services, there shall be no discrimination between the classification of licensed healers in the administration of such hospitals, or in the use of such hospitals, or of health services, and no discrimination between members and non-members of any association.
6. FOR—Legislation which will provide that when Federal money is involved in the training of individuals, or aiding institutions for the education of individuals in the art of healing, there shall be no discrimination as between the different schools of healing regardless of whether they are medical or drugless.
7. FOR—Legislation both State and

National, which will protect the constitutional rights of individuals in relation to mental health matters. Improperly handled, the mental health program, as now being pushed in the United States, could destroy the American way of life. The National Health Federation will be active in this matter, in the county, the state, and the nation.

The foregoing is submitted for the approval of the membership. Please note the squares after each proposition. We have presented them numerically, but we want you as members to number them in the order of importance as you see it from your vantage point. If you think number 7 should be number one, place the numeral 1 in the square after number 7. If you feel number 5 should be number 2, place the numeral 2 in the square after proposition number 5. This is your organization and we want to do your will.

If you do not care to remove these pages from your Bulletin, you can then advise us in this manner: On a plain sheet of paper, lists the numerals 1 to 7 on one line and directly under them put the number you think the proposition should have. Example: If you feel that number 6 should be number 1, place the numeral 1 under the numeral 6, etc., and mail at once to NHF, 2454 Van Ness Ave., San Francisco, California.

Physical Therapists Attention!

Colorado has a new Physical Therapy License law signed by the Governor on May 19, 1959.

Anyone practicing physiotherapy in Colorado on that date is eligible to be licensed under the grandfather clause.

Information may be obtained from the secretary of the licensing board:

ADELINE DOING

Physical Therapy Department
Colorado General Hospital
Denver, Colorado

NATIONAL HEALTH FEDERATION BULLETIN

Health of the American People

Speech of HON. DAVID S. KING, of Utah

In the House of Representatives, Wednesday, September 9, 1959

Mr. KING of Utah. Mr. Speaker, I am greatly concerned over America's health, and this concern now prompts me to take the floor of this great legislative body, to say what I think needs to be said. America's health is in danger, and if the warning signals apparent to all are not heeded, we risk physical and mental deterioration, and inevitable capitulation to the virile and more rugged peoples of the world.

Credit Where Credit is Due

It is true that life expectancy from birth in America has increased from a span of 47 years in 1900 to 65 years for males and 72 years for females, in 1959. In other words, if we could designate such a thing as an average boy baby, that baby could expect to live some 18 years longer if he were born in 1959 than he could have expected, had he been born in 1900. It is also true that this average boy baby will probably grow to be 2 or 3 inches taller than his grandfather, and perhaps a little heavier. These statistics, which are generally known, lead to the false impression that we are a more healthy, robust, and virile generation of people than were our ancestors. This increase in longevity, however, results from the impressive advances made in obstetrics and pediatrics, which have considerably reduced the rate of infant mortality. We have also made phenomenal progress in controlling the spread of contagious diseases, through a better understanding and elimination of their causes.

After 63 Chances Are Worse, Not Better

However, it should be noted that the set of statistics which shows that our life expectancy has jumped from 47 years to 65 years, also shows that once a man has reached the age of 63, the chances of his life being substantially prolonged are no better now than they

were 50 years ago, and the chance of his life's being cut short by one of the well-known chronic degenerative diseases is substantially higher than it was 50 years ago.

The World's Worst

In May 1955, Dr. Paul White and Dr. Norman Joliffe, eminent scholars in their field, reported to Congress that the United States was one of the most unhealthy countries in the world in regard to coronary heart disease. The incidence of heart disease among men from 54 to 65 years, they said, was two to three times higher in the United States than in England, France, Germany, Italy, or Spain.

In a paper in the New York State Medical Journal, dated September 15, 1955, Dr. Joliffe continued his report by stating that "although in America today, life expectancy at birth is near the best of any civilized country in the world, at the age of 40, life expectancy is near the bottom."

Incidence of Cancer Increases

On July 24, 1957, Dr. W. Coda Martin, president of the American Academy of Nutrition, appeared, and testified before the Subcommittee on Health and Science, of the House Committee on Interstate and Foreign Commerce. During the course of his testimony, Dr. Martin submitted a copy of his report on the "Health of the Nation," for incorporation into the record. This report showed that according to the Cancer Institute, the incidence of cancer in the United States is growing alarmingly every year. Today one person out of every three in this country will probably develop cancer in some form before he dies. In 1940, the estimate was only one out of four. It was noted that there has been a sharp upturn in the number of occurrences of cancer among children. In 1923, cancer

among children was a rarity. Today, cancer in children and babies, at birth, is a frequent occurrence. Recently, Boston opened the first hospital in the United States exclusively for the treatment of children with cancer. It is estimated that there are 500,000 new cases each year at all ages.

Only 23% Show Normal Health

The fact of the progressive deterioration of the condition of our health has been confirmed, according to the above report, by various scientifically conducted health surveys on groups of apparently healthy people. A checkup of 500 business executives, for example, whose average age was 48 years, at the University Hospital at Ann Arbor, Mich., revealed that 41 percent of them suffered from physical diseases of which they were not aware, and 77 percent of these healthy men had some form of physical abnormality. Only 23 percent were in good physical health.

Young Men 52% Unfit for Military Service

Dr. Martin, in his testimony before the above subcommittee, made the further statement:

"This health problem is not confined to the older age group. In 1953, Draft Director Lewis B. Hershey stated that the Nation may be 'out of manpower' in the next 2 to 3 years, if the present physical standards are not lowered.

"At that time, 1,700,000 men out of 4 million examined were rejected as unfit for service. Since then, rejections have reached to approximately 52 percent."

Statistics Suggest One-Half of All Americans Suffer from Chronic Diseases

If I were to continue to itemize and tabulate the dreary statistics covering allergic diseases, nervous disorders, arteriosclerosis and degenerative heart diseases, arthritis, epilepsy, and all of the other gloomy categories of human woes and ailments, I would come to the conclusion that well over half of our entire population is afflicted with some type of a chronic disease.

Chemical Additives in Food and Drink Probable Cause

I must acknowledge that I lay no claim to special insight into the answers to this frightening problem. There are many gifted scientists who have spent their entire adult lives in exploring the fields of pathology, and who avoid dogmatism on the matter of causation.

Nevertheless, from what study I have done, and basing my opinion solely upon the conclusions of dedicated men of science who do qualify as experts, I am convinced that the contaminatives, additives, and toxic chemical compounds taken into the human body in connection with our regular food and drink, are in large measure responsible for the deplorable deterioration of our national health.

Let the Record SPEAK

I have neither the ability, nor the space, to brief the abundance of technical literature available on this subject. Perhaps I may quote again, however, from the above-referred-to-report of Dr. Martin, as reported in the subcommittee hearings of July 4, 1957.

"There are many approaches to the prevention and treatment of such complex diseases, but there appears to be one common denominator as the basic cause of degenerative diseases. That one factor is malnutrition."

Referring specifically to the chemicals which are added to the foods we eat, Dr. Martin said:

"I also believe that the absorption of these toxic chemicals—and there are 704 different chemical compounds used in foods, and 150 of them have never been adequately checked for their toxic effects on humans—over a long period of time can cause serious tissue damage, which inevitably terminates in a degenerative disease. Many of these chemicals, although apparently nontoxic, have no nutritional value and do not serve a useful purpose for the consuming public. Their continued use, therefore, constitutes a calculated risk to human health,

(Continued on Page 29)

AN OPEN LETTER

By CHARLES FLAMMER
Box 155, Kentfield, California

"The preservation of Health is without doubt of all blessings in this life the first and fundamental one: for the mind is intimately dependent on the conditions and reactions of the body." Rene Descartes (1637).

July 14, 1959

Dr. Viola Bernard, Columbia University,
New York City

Dr. Judd Marmor, U. C. L. A.,
Los Angeles

Dr. Perry Ottenberg, University of
Pennsylvania, Philadelphia

Dear Madam and Dear Sirs:

A copy of this letter is being mailed separately to each of you at the foregoing addresses. With each one's letter is enclosed a clipping from the San Francisco Chronicle of March 31, 1959 with the article from which I quote the following: "Opposition by vocal, organized groups of MENTALLY UNSTABLE PERSONS is causing defeat of water fluoridation projects throughout the country, and is seriously delaying important mental health programs, three psychiatrists reported yesterday."

The Whole Should Not Be Judged by the Few

The clipping is enclosed so that I may not do you an injustice through unintentionally quoting you out of context. Your report as made to the meeting of the American Orthopsychiatric Association in San Francisco is based on your scientific findings, for which I have the highest respect. I, too, have met "unstable persons" who have vehemently opposed the fluoridation of public waters, and who also opposed some other health measures.

Opposition Based on Study, Observation and Common Sense

My views on fluoridation are based on an entirely different approach. I am a layman now in my 78th year; a retired vice president of a large San Francisco food manufacturer, and have been a student of health for more than 60 years.

In that time I have accumulated a library of over 3900 volumes, many of which are on the cultivation and preservation of health by distinguished physicians in various parts of the world. I have also gathered a large number of newspaper and magazine articles on the maintenance of health and the prevention of disease. Distinguished physicians in America have been my advisers on the maintenance of my own health for nearly 60 years, and despite the weakness of my will power through failure always to follow the wise instructions of my mentors, I have never had a headache, have never had an operation, have not lost a single day from work during the last 38 years of my 50 years business career, have never used a single aspirin tablet nor any other drug, nor had the need for either, in my entire life.

Nutrition, Emotion and Health

As a layman, I am not competent to pass judgment on the value of fluorine in water as a preventive of dental caries or cavities. But I do know that there are abroad the land numerous dentists and physicians, who, by correct nutrition and control of the emotions of the individual patient, have produced perfect teeth in their patients with no caries and no cavities. Correct nutrition and the control of the emotions of the individual have produced not only sound teeth free from caries and cavities, but sound, disease-free organs in all parts of the body. Health is the most wanted and the most desirable thing in life, but it must be earned.

Information Available

Some months ago, my own physician, Dr. Rasmus L. Alsaker, published in Health Culture Magazine, of which he has been editor for many years, the diet

and the living instructions that produced sound teeth, free from caries and cavities in his patients: the same instructions that he offered his patients for over 50 years.

Open Door to Health

Within the past few months a new book has appeared — "Open Door to Health" by Dr. Fred C. Miller, a dentist of 37 years' experience. The book is published by Devin-Adair Co., New York City. I commend the book to every dentist and physician in America, and to every Parent-Teacher organization, for here is incontrovertible evidence of sound health in body and mind.

Physicians and Dentists Should Teach Health

Dr. Victor G. Heiser, world-famous physician now in his 86th year, wrote in the introduction to this book: "There is still much to learn about nutrition, but there is enough unquestioned knowledge available which, if applied, would lead to robust health for the vast majority." Dr. Heiser recommends that a "greater part be taken by physicians and dentists to carry on educational campaigns to show the advantages of good nutrition." Dr. Miller in his book recommends unfluoridated water.

Your Child is What He Eats

In another recent book, "Your Child Is What He Eats" by Dr. Harold D. Lynch, "one of the nation's outstanding pediatricians," he cites, case history records for his private practice: "63 children, ages 7 to 17, were found who had never had a cavity in their temporary or permanent teeth; that none had had fluorine applied to their teeth or added to their diet, or to their water supply." I advocate, not fluoridation of our water supplies, but correct nutrition with control of the emotions and adequate exercise.

Our Body Governed by Natural Laws

Nature equips man with the human body which is governed by laws; when man lives in accordance with the laws of the body, he enjoys good health; when he violates the laws of the body,

he experiences ill health. To restore good health it is necessary to discontinue the violation of nature's laws. Aldous Huxley in Contact No. 2, (a new quarterly magazine) puts it this way: "If you want Nature to treat you well (good health), you must treat Nature well (obey Nature's laws). If you start destroying Nature (disobeying her laws) Nature will destroy you (sickness, disease, death)". "One can subdue Nature only by obeying her laws," said Roger Bacon, an English philosopher of the 13th century.

Ethics and Morality Involved

It is indeed a matter of ethics and morality. To rely on fluorine in water to prevent caries and cavities on teeth, instead of self discipline through correct nutrition, is to shift the responsibility from man's shoulders, and that to me is unethical, immoral, and should be discouraged by the medical and the dental professions. Strangely, modern orthodox medicine encourages man to relieve himself of the responsibility and to rely on palliation for the health of the body. A doctor of Harvard Medical School wrote in the Atlantic Magazine some months ago, and inferred that "the public expects us to produce drugs to cure all diseases."

Cure for Disease is Available

The cure for all diseases is available now. And who should pass on this information to the people of the community? The physicians and the dentists of the world are the appointed ones. But they must be given the information in the universities and medical schools of the land. Unfortunately, I know of no medical school nor dental college that now teaches the true cause of disease and the cultivation and preservation of health.

Medical Schools Failing the People

One of the medical profession's most distinguished historians, the late Dr. Henry E. Sigerist, in his book, "The University at the Crossroads," page 114, states: "We must now raise the question

(Continued on Page 23)

Freedom of Choice in Nutritional and Health Care

By CHARLES O. PRATT

NHF General Council, 1012 - 14th Street, N. W. Washington, D.C.

Several members have asked your Washington counsel if a citizen of the United States has the legal right to choose his own kind of nutritional and health care.

The answer is yes under the Constitution of the United States and the Constitutions of several states. This Constitutional right does not vary in the different states; and no state or federal court will restrict the individual's right to use the health care he chooses, provided the health care has not been found by competent governmental research and authority to be dangerous to the person or to others.

The Congress of the United States has the authority to legislate on health care and related problems. The several state legislatures have the same constitutional authority. This means that laws can be enacted to define the rights, privileges and limitations of the various professions engaged in the healing arts field. For example, the state law can set forth the legal requirements of an applicant for a license based upon education, training, experience and character. A person licensed as a doctor of medicine has his professional rights defined. A surgeon has his rights defined. A chiropractor, osteopath, homeopath or naturopath have their rights defined. The physiotherapist and the electro-therapist have their professional rights as well as the faith healers.

Anyone can seek and use any of the legally recognized professions for his health care and guidance.

The fact that the chiropractor cannot practice medicine or surgery or the doctor of osteopathy cannot practice chiropractic does not restrict the legal right of the patient to place himself under the care of any or all professions engaged in the recognized healing arts field.

The medical profession can never establish or maintain a monopoly in the healing arts field. The fact that the organizations representing the doctors of medicine or surgery assist in any legal way the state governmental agencies to restrict a person from practicing medicine as defined by laws and court decisions, does not mean, that the medical profession as such can control or limit the legalized professional rights of the other licensed professions.

The Cause of Trouble

It is one thing to give, without cost or charge, advice concerning health care. It is another thing to sell without a license, such advice based upon diagnosis and prescribing health cures, and selling products and devices for which therapeutic claims are made by the seller in the labeling and advertising thereof that the product or device will diagnose, prevent, mitigate or cure a specific disease. When the product such as a dietary food supplement is sold only to help to balance the patient's diet no medical prescription is required by law. When the same product is sold based upon therapeutic claims, then the product becomes a drug under federal and state laws, and the state could require a medical prescription. The use of modalities, when sold for what they are and without therapeutic claims, has not been restricted by the courts.

Know Your Legal Rights

The federal and state courts will protect anyone from malicious prosecution if he will seek legal counsel. If he can't pay a lawyer, the court will appoint a lawyer to defend the case. Everyone in court is entitled to legal counsel.

A Food With Therapeutic Claims Is a Drug Under the Law

An apple or a glass of water is a food; but if one sells the apple or the glass of

water based upon diagnosis of the patient and upon making therapeutic claims that the food, namely the apple or water, will cure, prevent or mitigate the illness or disease diagnosed, then that person is, under the laws in most states, diagnosing a disease, and prescribing a cure therefor, and thereby practicing medicine without a license. On the other hand, no law restricts the person or patient from eating apples or drinking water. The restriction goes only to the professional legal rights of the practitioner and not to the patient.

CALIFORNIA

Unlawful to Sell New Drug or Device Before Being Tested and Found Safe

The California Pure Drugs Act is amended to make it unlawful to sell a new drug or device which has not been tested and found safe.

California Food Additive Law

The California Pure Foods Act is amended to define the term "food additive," to provide that a food shall be adulterated if it bear or contains any unsafe food additive, and to authorize the State Board of Public Health to promulgate rules and regulations prescribing condition under which food additives may be safely used.

Food Additives Amendment to Federal Food, Drug and Cosmetic Act

The manufacturer's burden of determining the safety of food additives and submitting them for clearance for use by the Food and Drug Administration before the deadline of March 1960 has been aided and encouraged by the FDA, which has (a) set down procedural guides for industry; (b) provided competent review of scientific evidence of safety; (c) published proposals on substances considered safe; (a) expeditiously handled petitions for tolerances; and (e) informed industry of the requirements of the law, according to a statement by the Secretary of the U. S. Department of Health, Education and Welfare.

California — Dehydrated Foods

It is unlawful, under an amendment

to the California Pure Foods Act, to sell packaged dehydrated food sealed and labeled as "emergency food pack," "disaster pack," "civil defense pack" or the like, unless the label states the contents of the package, the number of items of food and the nutritional value. This amendment could apply to dietary food supplements, vitamins, minerals and foods for special dietary uses.

Label Statements Relating to Certain Food Used in Control of Body Weight or in Dietary Management With Respect to Disease

The Federal Regulations issued under the Federal Food, Drug and Cosmetic Act provides:

"If a food purports to be or is represented for special dietary use by man by reason of its use as a means of regulating the intake of protein fat, carbohydrate, or calories, for the purpose of dietary management with respect to disease, the label shall bear a statement of:

"(a) The per cent by weight of protein, fat, and available carbohydrates in such food; and

"(b) The number of available calories supplied by a specific quantity of such food."

Labeling on a dietary food supplement which refers to specific diseases would constitute the product a "drug" under the Federal Food and Drug laws and the effect would be that the product would have to comply with the law and regulations promulgated for "drugs." It could result in a false and misleading label. A food product should be sold and used only for dietary purposes to balance the patient's diet by overcoming the deficiency for which given in order to balance the patient's diet.

Protein Product Labeling

Restrict the statements on the label to the presence of protein and to the need in human nutrition of protein in the diet. If true, the product is a good source of protein and that the product supplements the ordinary or usual diet with protein, it can be pointed out that

(Continued on Page 22)

For 1960 NHF Will Support—

The National Health Federation, through its Washington office and with the cooperation of its members will give active support to the following:

1—**House Resolution 9150 by Representative King** of Utah, which would establish a commission to conduct an impartial and scientific study and investigation to determine the effects on the public health of the practice of adding various chemicals to water supplies and food. The Washington Office for the past six months has been working with Congressman King on the preparation of this legislation and we are satisfied it is a good bill and a step in the proper direction. The bill is now in the hands of the Committee on Interstate and Foreign Commerce, the chairman of which is Oren Harris.

2—**House Joint Resolution 523 by Representative King** of Utah the purpose of which would prohibit officers and employees of the United States from treating communal water supplies with fluoride compounds, until a final report from the Commission on Water and Food Contamination shall have been submitted to the Congress of the United States. This is the commission to be set up under House Resolution 9150 mentioned above. The National Health Federation Washington Office also worked on this legislation with Congressman King's office and in cooperation with Miss Adams of the Pure Water Association.

3—**House Concurrent Resolution 145 by Representative Hiestand** of California which provides "Resolved by the House of Representatives (the Senate concurring), That an investigation into mental health programs now being promoted be conducted by the Congress of the United States." Referred to Committee on Rules. In this matter also Mr. Edwards, Director of the National Health Federation Washington Office, worked

very closely with Congressman Hiestand. This resolution in full will be reprinted on another page of this issue. The passage of this resolution is vital to the well-being of yourself, your children and the United States of America. We ask the support of every citizen.

4—**Senate Bill 1427 by Senator Langer** of South Dakota, which provides chiropractic treatment when requested for veterans eligible for outpatient medical care. This bill is in conformity with the purpose of National Health Federation "Freedom of Choice."

5—**Senate Bill 1227 by Senator Magnuson** of Washington, to amend the Federal Employee's Compensation Act so as to permit injured employees entitled to receive medical services under such Act to utilize the services of chiropractors. (Freedom of Choice is involved in this bill also.)

6—**Senate Bill 1487 by Senator Cooper** has the same purpose as Senator Magnuson's bill listed above. This bill would accomplish its purpose by the adoption of the following amendment. "The term 'medical surgical, and hospital services and supplies' by osteopathic and chiropractic practitioners and hospitals as licensed by state law and within the scope of their practice as defined by State Law." This language would be incorporated into the sixth paragraph of section 40 of the Act (U.S.C. title 4, sec. 790) This also involves freedom of choice of physician, so National Health Federation is supporting it.

7—Support a bill, now ready to be introduced. This bill would deny tax benefits to any charity organization soliciting funds on a nationwide scale, or connected with a nationwide organizational drive for health purposes, unless previous to such solicitation a detailed budget, or financial report shall have been submitted to the Internal Revenue De-

STAMP OUT Opposition to Health Liberty with N.H.F. LIBERTY STAMPS!

partment, and unless such organization shall hold its books open to audit by the Federal Revenue Department, should such audit be deemed necessary. This is similar to the requirements of Community Chests and United Fund Drives. It is the feeling of your organization, the passage of such a law will 1—remove the present objection of such organizations taking part in Chest and United Fund drives, and 2—Will stop the apparent waste of funds collected from year to year. The only financial report such organizations now file is a very, very brief one, which does not answer any of the questions the public has a right to know the answers to. This bill should have the support of all right thinking men and women everywhere. And;

8—We shall actively support a bill now being drawn, which is designed to set Medical Doctors and Medical researchers free to care for the sick and to search for remedies to humanity's ills. This bill is simple in nature and long overdue. The bill will deny tax benefits to any medical facility in the United States, which discriminates in its service or the use of its facilities because a Medical Doctor, with a proper State Medical License and associated qualifications belongs to or does not belong to the County, State or National Medical Association, etc. There is no justifiable reason why your medical doctor cannot practice in, or use our medical hospitals and institutions if he holds a proper medical license in good standing. This bill is also in keeping with the purpose of National Health Federation to-wit; Medical Freedom.

We Shall Oppose

The Federation shall actively oppose all Legislation in the health field which is not in the best interests of the public.

Editor's Note

It is very important that each of our readers write at once to his or her Congressman or Senator for a copy of each of the bills listed in this article. If you do not know who your two Senators are or who your Congressman is, your local

newspaper can tell you. Each of you should have this information, because during the year you will need to write to one or all of them. You can control this country with your pen and pencil if you will only use them. The address of a Senator is Senate Office Bldg., and of a Congressman is House Office Bldg., Washington, D. C.

Chemotherapy Coming

BOSTON — A "magic bullet" for cancer—a drug that would kill or check the growth of cancerous cells—was foreseen today by a Philadelphia researcher.

Dr. Charles S. Cameron, dean of the Hahnemann Medical College, said a newly developed anti-cancer drug cured two hamsters who some months ago had "full-blown actively growing cancers."

In a speech prepared for a luncheon opening the 1959 crusade of the American Cancer Society in Massachusetts, Dr. Cameron said:

"The principle of the magic bullet for cancer, it seems to me, has been established as reasonable by this demonstration.

"And if science has been able to do it for one kind of cancer in one kind of animal with one kind of drug, I have every confidence that in the time to come science will develop other drugs effective against many cancers—probably all cancers—in the human species."

(EDITOR'S NOTE: There is no doubt but that the success of Krebiozen, Hoxey, Gerson, Muchoricin and other chemotherapy approaches to the cancer problem, has forced those in charge of cancer research funds to move into the field of chemotherapy. Please note the word chemotherapy is an all-inclusive word and includes herbs and diet as well as antibiotics and pure drugs.)

YOU CAN HELP BY . . .

1. Paying Your DUES
2. Making a DONATION.
3. Getting a NEW MEMBER.

NATIONAL HEALTH FEDERATION BULLETIN

NATIONAL HEALTH FEDERATION FIFTH ANNUAL MEETING AND CONVENTION

January 1 and 2 — Embassy Auditorium
Ninth and Grand Avenue, Los Angeles, California

On the first and second day of the year 1960, the National Health Federation will celebrate its fifth birthday with a gala two-day annual meeting and convention. The convention will be held at the Embassy Auditorium in Los Angeles, California, the address of which is noted in the heading of this page.

A Bazaar

In connection with the convention an annual bazaar will be held, both men and women have been asked to contribute some type of handiwork for the event. All contributions should be in the office of the Federation by December 20.

Speakers Authorities in Their

Respective Fields

It is our intention to make this convention outstanding from an educational as well as from a service and entertainment standpoint. We have chosen our speakers very carefully, to the end the facts they give may be accepted as fundamental and true.

Special Features

On the evening of the first day at 7:00 o'clock there will be presented a very famous colored motion picture dealing with man-made poisons and our vanishing wild life. This is an outstanding presentation and has received extraordinary favorable comment wherever it has been shown.

On January 2nd, which is the second day of the convention, at 9:30 A.M. you will be privileged to see a colored motion picture on the subject of natural childbirth. This picture will show the actual birth of several children born under this method. This picture has received wide acclaim in the east and we are very fortunate to be able to show it on the coast.

On the evening of the second day, at 7:00 o'clock, you will be entertained with a 45-minute colored motion picture showing an actual lung cancer operation. This film depicts a young couple and their life; the husband a newspaper reporter and a chain smoker. The film carries the audience along in their daily life and leads up to the discovery that the husband has developed a lung cancer. From there on the audience is given a graphic picture of what takes place in the operating room. This is not a gruesome picture but it is one everyone who is a smoker or one who is tempted to smoke should see.

THUMB-NAIL SKETCHES OF SPEAKERS

Attorney Charles Orlando Pratt is the Washington General Counsel of the National Health Federation. Mr. Pratt, in our opinion, is one of the few outstanding lawyers in Washington, D.C., in connection with health legislation and regulation. As a young attorney Mr. Pratt received his early training in the Food and Drug Division when it was a part of the Department of Agriculture. Since leaving government service he has devoted his time to representing institutions having business with the Federal Government in matters relating to health. The National Health Federation is indeed fortunate to have such an able general counsel and this convention is privileged to have him participating in its program.

* * * *

Chandler Phillips will speak on the subject of pure air. He is a Chemical
(Continued on Page 18)

JANUARY FIRST

- 8:30 to 5:00 P.M.—Registration of delegates and visitors
- 8:30 to 10:00 A.M.—Meeting of N.H.F. Board of Governors (annual meeting)
- 8:30 to 10:00 A.M.—Round-table discussion: "Health Food Stores, Their Problems and Legal Rights"—Attorney Charles Pratt, N.H.F. Washington General Counsel, Chairman
- 10:00 to 11:30 A.M.—Chiropractic Round-table: "Your Legislative and Professional Rights"—Attorney Charles Pratt, Chairman.
- 10:00 to 11:00 A.M.—Flouridation round-table—Roby Day, President, San Diego County Health Federation, and Walter Miller, Secretary, Pure Water Assn. of Calif., Co-chairmen
- 11:00 to 12:00 Noon—Round-table: "National Health Federation Organization"—Fred J. Hart and Charles Crecelius—Co-chairmen

RECESS FOR NOON AND VISIT TO EXHIBITORS

- 1:30 to 1:45 P.M.—Greetings—Tex Sanderson, President, Southern California Health Federation
- 1:45 to 2:15 P.M.—President's Report—Fred J. Hart, N.H.F. President
- 2:15 to 2:45 P.M.—Washington Report—Harold Edwards, N.H.F. Vice President and Director, Washington Office
- 2:45 to 3:00 P.M.—Questions and Answers
- 3:00 to 3:15 P.M.—INTERMISSION
- 3:15 to 3:45 P.M.—"A Positive Legislative and Legal Program in Health Matters"—Charles Pratt, Washington General Counsel
- 3:45 to 4:15 P.M.—"Pure Air"—Chandler Phillips, Chemical Engineer and outstanding authority on smog
- 4:15 to 4:30 P.M.—INTERMISSION
- 4:30 to 5:00 P.M.—"Care of the Heart"—Dr. Charles W. Hayes
- 5:00 to 5:30 P.M.—"Hydrochloric Acid and Its Place in Human Economy"—Dr. E. Hugh Tuckey
- 5:30 to 5:45 P.M.—Questions and Answers

RECESS

- 7:00 to 8:00 P.M.—"Man Made Poisons and Our Vanishing Wild Life." This will be a moving picture. Commentator, William Henry Allen.
- 8:00 to 9:45 P.M.—A scientific pictorial lecture on the need in human nutrition of organic soil—Dr. William A. Albrecht, Chairman of Soils Division, University of Missouri

JANUARY SECOND

- 8:00 to 9:30 A.M.—Round-tables and co-chairmen:
Mental Health—Marian Swanson and Jane Storm
Chemotherapy—Fred J. Hart and Herbert Bailey, Author of "Krebiozen—Key to Cancer" and "A Matter of Life or Death"
Organic Growers—Will Kinney and Lee Anderson
Smog—Chandler Phillips
- 9:30 to 10:15 A.M.—Colored motion picture on natural childbirth
- 10:15 to 10:30 A.M.—INTERMISSION
- 10:30 to 11:00 A.M.—"Organic Soil and How to Make It"—Lee Anderson
- 11:15 to 11:30 A.M.—Questions and Answers
- 11:15 to 11:45 A.M.—"Water Fluoridation"—Speaker yet to be selected
- 11:45 to 12:00 Noon—Questions and Answers

RECESS FOR NOON

- 1:00 to 1:30 P.M.—Visit with exhibitors
- 1:30 to 2:15 P.M.—N.H.F. Chapter Reports—Charles Crecelius, Chairman
- 2:15 to 2:45 P.M.—"Achieving and Maintaining the Proper Acid and Alkaline Balance"—Dr. Royal Lee
- 2:45 to 3:00 P.M.—Questions and Answers
- 3:00 to 3:15 P.M.—INTERMISSION
- 3:15 to 3:45 P.M.—"The Timebomb of Nutritional Deficiency"—Doctor Forrest C. Shaklee, Sr.
- 3:45 to 4:00 P.M.—Questions and Answers
- 4:00 to 4:30 P.M.—Mental Health Legislation—Marian Swanson
- 4:30 to 5:00 P.M.—N.H.F. Business Meeting and Resolutions

RECESS

- 7:00 to 7:45 P.M.—Colored film showing lung cancer operation
- 7:45 to 8:15 P.M.—"The Krebiozen Controversy"—Herbert Bailey
- 8:15 to 9:00 P.M.—"Pure Food and Water—America's Birthright"—Congressman David S. King of Utah
- 9:00 to 9:30 P.M.—Independent Cancer Research Foundation—Its Plans and Purposes

The speakers on the foregoing program are the best in their respective fields. Admittance to the convention sessions will require the showing of a registration badge. This badge will be given to each person when they register. The registration fee will be \$2.00 for the two days or \$1.00 for the one day. The two-day fee covers all the meetings of the convention during the two days. The one-day fee covers all the meetings of the convention held during the day for which the fee is paid. If a person elects to attend only one session or lecture, the minimum charge will still be \$1.00.

THUMB-NAIL SKETCHES

(Continued from Page 15)

Engineer who has devoted a large portion of his time in connection with the refining of gasoline. Mr. Phillips has been a leader in California in the crusade for the elimination of smog. He has the courage of his convictions and we know of no one better able to bring to this convention the truth about the smog situation.

* * * *

Dr. Charles W. Hayes is a doctor of chiropractic and president of the Chiropractic Heart Foundation. For the past 15 years Dr. Hayes has specialized in treating heart conditions without the use of drugs. He has been so successful in this work and has developed such a simple and effective technique that he is now devoting a large portion of his time to the teaching of other doctors that they in turn may be helpful to sufferers from heart conditions. We were therefore greatly pleased when Dr. Hayes agreed to speak to this convention. Both doctors and laymen can profit from his message on care of the heart.

* * * *

Dr. E. Hugh Tuckey, one of the founders of the National Health Federation and a member of the Board of Governors, has since the inception of the organization served in the capacity of Secretary-Treasurer without remuneration. Dr. Tuckey is a drugless physician of great ability. He is a man who never ceases to acquire knowledge and to put it to practical use. At the last Annual Meeting Dr. Tuckey spoke on the subject of "Hydrochloric Acid and its Place in Human Economy." Those in attendance got so much good from the lecture that we have been requested to have him discuss the same subject on this program. Dr. Tuckey speaks in a language the layman can easily understand.

* * * *

Dr. William A. Albrecht, Chairman of Soils Division, University of Missouri,

is one of the best known soil researchers and nutritionists in the world. Among Dr. Albrecht's many fine qualities we admire his courage and his insatiable appetite for the truth no matter where it lies. Because of his courage and true scientific desire to learn of nature's ways, he is probably the world's leader in proclaiming that true natural soil will produce healthy vegetables, animals, and human life. Dr. Albrecht illustrates his truths with pictures and graphs in such a manner as to establish the scientific verity of his theory beyond a shadow of a doubt. To attend one of Dr. Albrecht's lectures is a privilege no one should miss.

* * * *

Dr. Royal Lee, Founder of the Lee Foundation for Nutritional Research of Milwaukee, Wisconsin, is an inventor and as a result of his inventions is independently wealthy. Because of his interest in health he has been a pioneer in nutritional research and is today probably the best authority on the subject in America—that is, in true nutrition. His entire life and fortune is dedicated to helping Americans find the true road to health. The message Dr. Lee will bring to you on this program will be factual and scientifically true. Dr. Lee was one of the founders of the National Health Federation and has been a member of the Board of Governors since its inception.

* * * *

Dr. Forrest C. Shaklee, Sr. is exactly 20 years older than he appears to be. His start in life was as a consumptive baby and according to the medics of his day, hopeless, so Dr. Shaklee's parents turned to nature. Now, at an age when most men seek the rocking chair, Dr. Forrest C. Shaklee of Oakland, California, continues to reflect the physical benefits of natural nutritional elements for he has been a student of nutrition for over sixty years. The driving force behind his never-ending research is, as with many of us, a personal thing.

* * * *

Herbert Bailey is a writer of nation-

wide repute. Formerly a darling of the A.M.A. as a medical writer, he broke with them over the matter of Krebiozen. He could not in all good conscience stomach what was being done to Dr. Andrew C. Ivy, just because he dared to, through research, try to find a cure to cancer. Bailey's two books, "Krebiozen, a Key to Cancer" and "A Matter of Life and Death," have brought him international fame, but along with it persecution and a beating by hired thugs in New York which almost cost him his life. Bailey is a great writer and a man who is willing to sacrifice that the truth may be told. If you own either one or both of these books and bring it with you to the convention, we are sure Mr. Bailey will autograph it for you. If you do not have a copy you should have one. A supply will be on hand for the convention and your convenience. The price is \$4.95 plus tax—no discount.

* * * *

United States Congressman David S. King of Salt Lake City, Utah, who will speak on the subject of pure food and water, is a true American. He believes in the American way of life; he believes in the right of the individual to health and he has lived closed enough to the soil to believe that nature's way is best. Although Congressman King is practically a newcomer to Congress, he has made such a good impression that his influence is equal to that of the old-timers. The Washington Office of the National Health Federation has had the privilege of working with Congressman King on two bills which have to do with the purity of our food, water and beverages. These bills were introduced by Mr. King just before the summer adjournment of Congress. We are privileged and honored to have Mr. King as a guest speaker on this important subject.

The foregoing are but some of the outstanding speakers. The other speakers are of equal importance and experience in their respective fields but space does not allow going into detail.

Big Money in Medical Research

The total Federal expenditures for medical research in 1957 . . . came pretty close to \$400 million. . . . A nation-wide sample of medical research leaders (was asked) to identify and comment on the major problems that had arisen as a result of the recent dramatic increase in funds . . .

Among the specific findings:

The unprecedented amount of available money has made a real impact . . .

There is widespread suspicion that big sums are being wasted on projects that had no better excuse for existence than that they were invented to get a piece of that easy federal money. But there is also delight in many quarters that Congress is finally spending for the conquest of disease something in the neighborhood of the cost of the U.S.S. Forrestal.

There is some real concern, however, that the public is being misled into believing that we can buy discovery with money; that nine times as much money in medical research will cure nine times as many diseases or one disease in one-ninth the time. As one of those interviewed put it: "You can't produce a baby in one month simply by making nine women pregnant." That man was John T. Connor, president, Merck and Co., excerpted from a speech delivered in Oct. 1957 before the Association of Military Surgeons.

(EDITOR'S NOTE: What is needed is not more money—but better direction by men and women who want to find cures and who are not directly or indirectly financially connected with the business of healing the sick. Honestly, is it natural to expect those interested financially in people being sick, to look very hard for something which will, if found, wreck their business?)

Stamp out opposition to Health Liberty with N.H.F. Liberty Stamps!

Fircrest Fluoridation OK, High Court Rules

It is now 100 per cent legal for the town of Fircrest to fluoridate its water supply.

A copy of a decision by the U. S. Supreme Court was received by Town Atty. Creighton Flynn.

In the decision, the Supreme Court said there is no federal question involved and that the appeal taken from a Washington State court decision must be dismissed.

Thus ended the battle which started in 1958 when Patricia I. Birnel, then a Fircrest resident, filed suit in Superior Court here to stop Fircrest from adding fluorides to its water supply.

At that time, Judge Hardyn B. Soule, basing his decision on a Chehalis case, dismissed the suit, stating there was no cause of action.

Mrs. Birnel appealed to the State Supreme Court which sustained Judge Soule's ruling.

She then appealed to the U. S. Supreme Court, stating she and her children were being compelled against their will to consume a substance designed to effect their bodies, and thus the 14th Amendment to the U.S. Constitution was violated.

The U.S. Supreme Court didn't see it that way, and the suit, which now has gone as far as it can, is finished.

The people of Fircrest won't notice much difference in their water, however. The town has been using fluorides in its water supply since shortly after Judge Soule's decision, Flynn said.

Mrs. Birnel was represented in her case by a firm of Seattle attorneys.

"Medical Politicians" Criticized

WASHINGTON, D.C., June 17, 1959—Two attorneys today charged organized medicine "dominated by medical politi-

cians" has fought progress of group health programs.

"The group health program is the best answer yet devised to the problem of making modern medicine available to all the people," the attorneys said.

"Organized medicine should not damn this movement with faint praise, but should either bless it and speed it along its way, or present a constructive alternative.

"It has, however, fought the progress of this venture with all the tools at its command."

The views were expressed by Horace Hansen, St. Paul, Minn., and Walter H. Hamilton, Washington. Hansen is counsel for Group Health Federation of America.

Hamilton was chief consultant for the prosecution in an anti-trust suit of the United States against the American Medical Association in 1939.

Hansen and Hamilton presented their views in a booklet, "The Labor-Health Venture and the Law," at the closing session of the 20th national conference on labor health services.

Two Get Six Months in Jail

Municipal Judge Chas. Perry sentenced two convicted alleged cancer quacks to six months in the county jail and ordered them to pay \$250 fines apiece.

They are Emerson Hartman, San Bernardino chiropractor, and Webster Billington, Santa Ana manufacturer of the now-famous "Smoke Gets in Your Eyes" cancer "cure" machine.

Golda Franzen, alleged San Francisco go-between for the men, got off with a 6-month suspended sentence and a \$150 fine. In addition, all were placed on two years' probation. — S. F. News-Call Bulletin, Mon., Sept. 28, 1959.

(EDITOR'S NOTE: The case has been appealed, and if all that has been reported to this office concerning the conduct of the trial, took place, the case should be either set for a new trial, or the lower court decision overturned. This

case has nothing to do with Senate Bill 194—the so-called Cancer Anti-Quack bill. These people were arrested for violation of the section of the health code having to do with advertising a drug or device, and a violation of another section having to do with labeling. Our complaint with the authorities in this case, and others, is they made no effort to advise the parties involved they were breaking a section of the law and should cease and desist. Knowing both Mrs. Franzen and Mr. Billington personally, we are sure they had no knowledge they were breaking the law and if they had been so advised they would have ceased from such activities, or brought their activities within the law. Instead of following this procedure, the Department of Public Health set out to induce these folks to break the law in sible to not only destroy them, but to also send them to jail. In our humble opinion as a true American, we feel this is a wrong and evil conception of the duties of public officers. Ninety-five per cent of all people desire to keep the law and if they are breaking the law, do it through ignorance.

Our laws have become so complicated by court decisions and/or rulings of federal and state bureaus, it is well-nigh impossible for anyone to find an individual, be he a lawyer or otherwise, who can say what one can or cannot do in keeping with the law. This is especially true in the health field. Here, therefore, is a question for you to decide. SHOULD THE NATIONAL HEALTH FEDERATION MAKE AS PART OF ITS PROGRAM, "An endeavor to establish a policy for law enforcement in the health field, which in brief would result in the law enforcement officers endeavoring to help folks keep the law, rather than trying to induce them to break the law." The National Health Federation is your organization and its program is what you want it to be—so let us hear from you.)

Federal Mental-Health Investigation

H. CON RES. 145

IN THE
HOUSE OF REPRESENTATIVES
April 20, 1959

Mr. Hiestand submitted the following concurrent resolution; which was referred to the Committee on Rules:

CONCURRENT RESOLUTION

Whereas among the thousands of persons committed to mental institutions there are many who are needlessly committed; and

Whereas among the thousands of persons confined in mental institutions there are many who are needlessly confined; and

Whereas this situation constitutes an unwarranted deprivation of constitutional and individual rights for these persons; and

Whereas a continued legalization of unfair commitment procedures and confinement practices is not in the interest of the individual, the State, or the Nation; and

Whereas proposals on commitment and confinement sponsored by mental health organizations and presented to State legislative bodies for consideration as possible law would often continue and extend this violation of individual and constitutional rights; and

Whereas we must halt encroachments on our constitutional freedoms; and

Whereas serious and patriotically motivated questions have been posed as to the ideological beliefs and intents held and fostered by some among those active in the field of psychiatry;

Therefore be it resolved by the House of Representatives (the Senate concurring), that an investigation into mental health programs now being promoted be conducted by the Congress of the United States.

Freedom of Choice

(Continued from Page 12)

protein is essential for body growth.

Protein is not only a source of calories, it also is unique as the **primary** source of available nitrogen for the animal organism. The essential nature of nitrogenous substances in the diet of man and animals was recognized long ago.

Food proteins are of primary importance as sources of biologically available nitrogen for the replacement of metabolic losses, for maintenance and production of new tissue, for reproduction and lactation, or for meat, egg or milk production.

New Regulations to be Issued Concerning Proteins

The great demand for protein products and products containing protein has caused the Federal Food and Drug Administration to re-study and re-evaluate proteins. When this study is completed within the year, 1960, new regulations will be issued for guidance in labeling protein products. Your Washington Counsel will advise the NAF members concerning the new regulations when they are promulgated.

National Health Federation Will Cooperate on State Legislation

Whenever a bill is introduced into a State Legislature which a member believes unfair and unreasonable, the member should call such a bill to the attention of the officials of the National Health Federation, and work will be done to study and interpret the bill, and if necessary, to amend or defeat the bill. The legislatures desire help to understand the real meaning of the bill. It is up to members to explain their position on the matter.

"If I can make one heart keep faith
When hope is lost from sight;
If I can say one cheery word
To make someone's day bright;
If I can bless some life I touch
And ease somebody's pain;
Then I shall know when this year ends,
I have not lived in vain."

Ask Quiz on Cancer Society

DETROIT, Sept. 17, 1959—An official of a Detroit fund raising organization called for a federal investigation of the American Cancer Society.

Walter Laidlaw, executive vice president of the United Foundation, urged the cancer society's fund-raising activities be investigated.

Laidlaw asked for the inquiry after the national ACS broke with the Michigan Cancer Foundation in a dispute over fund-raising.

The ACS said it would set up its own southeastern Michigan branch after the State cancer group refused to quit the United Foundation, a joint fund raising group that annually raises about \$15,000,000 for various charities.

Dr. Hirsch Named State Examiner

Gov. Robert B. Meyner has appointed Dr. Francis F. Hirsch, chiropractor, of 26 Sayre St., to the Pennsylvania State Board of Medical Examiners.

A native of Elizabeth, Dr. Hirsch has been practicing here since 1923. Following his graduation that year from the Palmer School of Chiropractic, New York City, he took advanced studies at the Eastern Chiropractic Institute, also in New York City, and has been teaching at that school since 1925. — Elizabeth Daily Journal, Oct. 1, 1959.

Critical Doctors Told to Quit It

DENVER — New members of the Colorado Medical Society were advised to refrain from criticizing the work of other doctors.

Said Dr. C. S. Bluemel, retired Englewood, Colo., psychiatrist:

"Don't inspect a person's scar and say 'who did that?' Instead say, 'My, that's a neat scar. Who performed the operation?'" — The Independent, Sept 9, '59.

An Open Letter

(Continued from Page 10)

whether the existing medical schools of the country are aware of this ideal and have adjusted themselves to the changed conditions. The answer is definitely NO."

Medical Ideal is Prevention

And what is this ideal? He quotes Sir George Newman: "The ideal of medicine is the prevention of disease, and the necessity for curative treatment is a tacit admission of its failure," to which Dr. Sigerist adds: "The barriers between preventive and curative medicine must be broken down. This cannot be achieved by adding a few courses to the curriculum. A new attitude must be developed. The student must be interested in health, not only in disease."

Who Feeds the Germs and Virus

One hears frequently that an illness is due to "some germ, or some virus infection that is going around." Whether germ or virus, it must have something to feed on in the body, and man alone is responsible for that which is there on which the germ or virus feeds. Correct nutrition and control of the emotions with adequate exercise leave nothing for germs or viruses to feed on.

Pasteur's Microbe Nothing Terrain or Media is Everything

Dr. Hans Selye, Director of the Institute of Experimental Medicine and Surgery at the University of Montreal, and author of "The Stress of Life" in "The Revolution in Medicine" by Brian Inglis, page 136, is quoted as saying, "even Pasteur, the protagonist of the importance of the germ as the disease-producer, recognized in the end the importance of the TERRAIN — the soil in which the germ has to take root before it infects. On his deathbed, Pasteur admitted: 'Claude Bernard (his great contemporary) was right: the microbe is nothing; the TERRAIN is everything'."

Man Must Heal Himself

My two great mentors, Dr. John H. Tilden and Dr. Rasmus L. Alsaker, 60 and 50 years ago discounted germs as causes of diseases, and based their ther-

apy on building the Terrain in the human body to prevent germs from taking root, through correct nutrition and control of the emotions, with adequate exercise and without drugs. They were able to assist thousands and thousands in the ensuing half century and more to cure themselves of rheumatism, arthritis, asthma, hay fever, and many other diseases of the various organs of the body: the lungs, the heart, the kidneys, the stomach, the intestines, etc.

Victory Over Arthritis

Dr. Tilden passed away at 90 and Dr. Alsaker, younger, is now retired and living in Florida, still editing and writing, but no longer professionally practicing medicine. During the past two years, Dr. Alsaker published his "Victory Over Arthritis," which, if in the hands of the great body of doctors of the country, would help millions of arthritis sufferers. Yet, tragically, high orthodox medical intelligence still insists there is no cure for arthritis and that the cause is not known. The next day after my 77th birthday last September 21, my middle left hand finger started to swell and hurt and continued until the whole hand was swollen and was quite painful. A local doctor X-rayed it and pronounced it incipient arthritis. I immediately followed the diet in "Victory Over Arthritis," and in 10 days all swelling and all pain were completely gone and have remained so.

What is Scientific?

There are other physicians who practice a therapy similar to Dr. Alsaker's, and with success. Dr. Alsaker's books are available to all physicians and all laymen, and have been for years. I sent a copy of "Victory Over Arthritis" with a letter to a distinguished professor of medicine at Harvard Medical School, and his reply was: "Why doesn't Dr. Alsaker use scientific methods?" Ah, dear Dr. Bernard, and dear Drs. Marmor and Ottenberg, what can be more scientific than the therapy Dr. Alsaker employed for 50 years successfully, the therapy that during those years helped thousands to rid themselves of arthritis, while dur-

ing those years "scientific medicine has had no success and to this day proclaims there is no cure?"

Why Didn't They

Dr. Mayo of the famous Mayo Institute, Rochester, Minn., evidently considered Dr. Alsaker's method scientific, as he told patients from St. Louis, Missouri, to return there, as the Mayo Institute could not help them, whereas Dr. Alsaker, he said, then practicing in St. Louis, was the one man who could help them rid themselves of arthritis. Yet, the Mayo Institute's professional staff apparently did not adopt Dr. Alsaker's therapy in that organization.

What Is It?

What is it in human nature that causes highly conscientious and noble men, who are dedicated to help their fellow men recover lost health, life's most precious possession, yet reject or overlook such truths as Dr. Alsaker's 50 years' experience have revealed? Perhaps you, as psychiatrists, can supply the answer to that mystery.

God Works in Mysterious Ways

In his early years Dr. Alsaker intended to study law, but at that time had a severe catarrhal condition in the head which orthodox doctors could not correct. Through a stroke of good luck or of divine guidance or destiny, his path led to the office of Dr. John H. Tilden in Denver, Colorado. Under Dr. Tilden's guidance he made such a rapid and permanent recovery, and disclosed such extraordinary intelligence and high moral character, that he was induced by Dr. Tilden to forsake law and to study medicine instead. After graduating from medical college with highest honors, he was associated with Dr. Tilden in active practice, and in due time established his own office and clientele in another city.

To Teach the Noblest Calling

A physician of his integrity and high moral character conceives his work as essentially that of a teacher: to teach his patients first, the true cause of their illnesses, and secondly, how to live to restore health permanently. A teacher

of health is a representative of the noblest profession, and here I would quote from the book, *Yankee Teacher, the Life of William Torrey Harris, Educator*: "A long time ago, they tell us, Zeus assembled round him all men to give immortality to the one having done the worthiest deed. One by one they came forward, recounting their deeds of valor and distinction, till only a kindly old man was left. 'An what is it YOU have done?', inquired Zeus. 'I am a teacher,' he replied, 'and all these men here before you were my pupils.' Then spoke Zeus: 'Thou art the greatest among men and deserving of immortality before all others'."

Under the Hippocrates Oath, I conceive it to be the obligation of all doctors to teach their patients how to live to prevent illness and to preserve health indefinitely.

Illness Result of Faulty Nutrition

Some dozen years ago, more or less, in England, 600 physicians announced their famous Medical Testament, in which, among much else, they stated: "Our daily work brings us repeatedly to the same point — this illness results from a lifelong of wrong nutrition," and asked for more education for the public in the preventive phases of medicine.

Dr. Will Durant, the distinguished historian-philosopher, in his Commencement address to the graduates of Webb School, Claremont, California, said: "My first request to you graduates is — be healthy! Be healthy and you will be happy; be happy and you will be good. Let the vigor and cleanliness of your body be as precious to you as the integrity of your character, and the clarity and strength of your mind.

Sickness a Crime

"Barring inherited or childhood ailments, sickness is a crime. It means that you have done something physiologically foolish, and that Nature is being hard put to repair your mistakes. Perhaps one of the greatest cardinal errors of our time and land is that we continue in a sedentary life the diet that

once served to provide necessary muscle and body heat for an active one. The hospitals are littered with people who have allowed an excess of imports over exports to disturb their internal economy.

"Exercise! Nature intended thought to be a guide to action, not a substitute for it. Do some physical work for at least an hour a day."

Drugs Are for Effects, Not Causes

In a San Francisco newspaper of May 14, 1959, this appeared: "Last year there were only 350 new drugs put on the market as compared with about 450 the year before." Does that explain anything? Though a drug removes an effect in the body, it is not curative of itself in the sense that the discontinuance of a violation of a law of Nature is both corrective in removing the effect and in curing the illness. Morally, a drug weakens character by encouraging the doctrine of "something for nothing." Self discipline, or removing or discontinuing a violation of a law of Nature strengthens character and restores health to the body. More important, such an act affords an example, and "example," Dr. Albert Schweitzer of African fame, says "is not the main thing, it is the ONLY thing."

Health Cannot Be Purchased

The famous Dr. Rene Dubos of the Rockefeller Institute, in his recent book, *The Mirage of Health*, pages 20 and 21, states that "the control of childhood diseases resulted more from better nutrition and sanitary practices than from the introduction of new drugs." He also states that "one of the leaders of American Medicine proclaimed that health is purchaseable, that the layman is encouraged to believe that money can create drugs for the cure of heart disease, cancer and mental disease! "But," observes Dr. Dubos, "the layman makes no worthwhile effort to recognize, let alone correct, the mismanagements of his everyday life that contribute to the high incidence of these conditions."

Orthodoxy Must Pay for Its Crimes

In his book, *Challenges to Contem-*

porary Medicine, Dr. Alan Gregg, late vice-president emeritus of the Rockefeller Foundation, wrote: "As a reluctant witness of the present deterioration in American medical education, and of the threat of the still worse deterioration in store, I warn you in tones that are neither shrill nor strident, that the members of the medical profession should begin to pay back what they received from endowments, gifts, and public taxation, and that laymen should be made aware, too, of the price they will pay if medical schools cannot train doctors as they know how to train them." Elsewhere, in the *Doctor Business*, page 48, Dr. Gregg is quoted with this poignant sentence: "Orthodoxy must pay a penalty, like a parking ticket, for staying too long in the same place."

And in the same book, *The Doctor Business*, by Richard Carter, page 52, the Statistical Office of the United Nations is responsible for these statistics for 1956: "The death rate per 1,000 population in the United States was 9.4, in Canada, 8.7, Finland, 9, Netherlands, 7.8, Norway, 8.5. In other words, the United States is not the healthiest nation on earth."

We Are Eating and Drinking Our Way to Destruction

In his famous book, *Nutrition and Physical Degeneration*, Dr. Weston A. Price, distinguished dentist, on page 6, says: "The writer is fully aware that his message is not orthodox, but since our orthodox theories have not saved us, we may have to readjust them to bring them into harmony with Nature's laws. Nature must be obeyed, not orthodoxy."

In the same book, page 11, he quotes Sir Arbuthnot Lane, one of England's distinguished surgeons: "Long surgical experience has proved to me conclusively that there is something radically and fundamentally wrong with the civilized mode of life, and I believe that unless the present dietetic and health customs of the white nations are reorganized social decay and race deterioration are in-

evitable."

Also, in the same book, the late Dr. Ernest A. Hooton, renowned anthropologist of Harvard University, is quoted from his book, "Apes, Men and Morons," as saying: "I firmly believe that the health of humanity is at stake, and that, unless steps are taken to discover preventives of tooth infection and correctives of dental deformation, the course of human evolution will lead downward to extinction."

We Are a Nation of Sick People

Continuing quotations from this book, world renowned Dr. Alexis Carrel, in his treatise, *Man the Unknown*, states: "In spite of the triumphs of medical science, the problem of disease is far from solved. Eleven hundred thousand persons have to attend the medical needs of 120,000,000 other persons. Every year, among the population of the United States, there are about 100 million illnesses, serious or slight. Medical care, under all its forms, costs about 3 billion, 500 million dollars yearly. The organism seems to have become more susceptible to degenerative diseases."

The Sane and Sensible Approach

Two Canadians, Charlotte and Dyson Carter, a few years ago, visited Russia and on their return to Toronto, published a paper-bound book giving their findings. They quoted Dr. A. N. Bokulyco, president of the Academy of Medical Sciences of the U.S.S.R.: "No matter how useful medical and surgical treatments are, best of all is to correct our mode of life so that people will never need to take medicine, nor have treatments."

A New Aim

They also quote one of the founders of the Soviet Medical System, Dr. N. A. Semashko, who said: "Our aim is to transform medicine from a science of paying for needless sickness, into a science of discovering and getting rid of the very causes of sickness."

Proper Diet is the Scientific Answer

Dr. William A. Albrecht, chairman of the Department of Soils at the Univer-

sity of Missouri, in his book, *Soil Fertility and Animal Health*, page 224, says: "Tooth decay can be prevented. Prevention is the only answer to this problem, and there is only one preventive method of any worth. We can do away with rampant tooth decay in the next generation if we get the people to adopt the optimal diet which we already know how to select. It has been definitely established that the state of nutrition is the determining factor as to whether the infection will get a foothold, or the individual will throw off the invading germs."

Independent Thinkers Are World's Leaders

In the *San Francisco Chronicle* of May 15, 1959, Royce Brier, columnist and editorial writer, dwells on the thinkers who are the world leaders, whom he terms the "independent" thinkers, while the great mass of followers are "traditional" thinkers, or the orthodox.

One in Five Hundred

In discussing with a lifelong friend of uncommon intelligence, the aforementioned new book, *The Open Door to Health*, by Dr. Fred D. Miller, she stated that only one person of every 500 persons would religiously follow the way of life laid down in Dr. Miller's book, the remaining 499 would not. I think her statistics require amending, for Dr. Miller refers to many of his patients over the years who did adopt his way of life, and as a consequence enjoyed perfect teeth and fine body health. However discouraging the outlook for securing the cooperation of the public in the change in living habits necessary to build sound health, a beginning must be made some time to stem the appalling increase in the degenerative diseases, if we are to preserve the lives of future generations.

It's a Sorry Picture

A few years ago, Bruce Barton, a prominent advertising executive of great discernment, published from life insurance sources, these statistics: "In our total population of some 160 millions (at that time), no less than 30 millions are

chronically disabled to some degree. The major causes and their victims are:

Diseases of heart and circulation — 9,590,000.

Arthritis and Rheumatism—10,000,000.

Mental Illness — 9,000,000.

Cancer and other Tumors—1,100,000."

and from other sources these statistics on "Increase in killer diseases during the past 70 years":

Insanity increased 400%

Cancer increased 308%

Anemia increased 300%

Epilepsy increased 397%

Bright's disease increased..... 65%

Heart disease increased 197%

Diabetes increased (in spite of

insulin)1800%

Polio increased 680%

I do not vouch for the accuracy of these statistics, but no doctor will dispute the statement that there have been heavy increases in all the foregoing diseases, while at the same time magnificent gains in surgery and in other branches of medicine were made.

Pennsylvania Dentist on Right Track

In *Prevention Magazine* for April, 1958, page 29, this appeared: "The Scranton, Pa., Times reported that the Pennsylvania Dental Society passed a resolution demanding formally that the sale of candy and soft drinks be forbidden in all schools of the State. Furthermore, they agreed that state aid for dental clinics should be withheld from all school districts which permit the sale of candy and soft drinks in the schools."

Open Door to Health

In his *Health Yearbook*, 1957, Dr. Oliver E. Byrd, Professor of Health Education, Stanford University, refers to the elimination of soft drink and candy vending machines from schools, and on page 142 of the same book this appears: "More knowledge regarding nutrition is needed in order to remove existing misconceptions on the relationship between diet and dental decay." That knowledge is provided in Dr. Fred D. Miller's aforementioned new book,

The Open Door to Health, and it makes unnecessary the addition of fluorine in drinking water.

Should Be Titled "Life Long Disease Record"

The distinguished professor of Preventive Medicine in a leading medical school, published last year a book titled: *Lifetime Health Record*, in which pages are provided for all details on diseases the patient experiences from babyhood to full maturity. But it is not a record of the patient's healthy days and years; rather, it is a record of the patient's diseases, and it should therefore, more appropriately be titled: *Lifetime Disease Record*.

Our National Ill Health Service

In England the National Health Service is more correctly called by Sir Sheldon F. Dudley in his book on the Service as our National ILL Health Service, which is the title of the book. He writes: "A clinician's whole professional life is spent in attending the sick and unhealthy members of the community. He has no practical experience in the techniques of preventing illness and preserving the health of the community as a whole. More than 95% of the taxpayer's money for the National Health Service is spent on the unhealthy and less than 5% on preserving the health of the healthy."

Neglect of Natural Principles in Current Medical Practice

Surgeon Captain T. L. Cleave of the Royal Navy created quite a stir among the members of the medical profession in England in the Spring of 1956 by the publication of his article in the *Journal of the Royal Medical Service*, on "The Neglect of Natural Principles in Current Medical Practice." This is the therapy followed successfully by Dr. Alsaker for some 50 years, and also by Dr. Tilden for a similar period of time.

Most Doctors Think Disease Not Health

The misuse of the word "Health" for "Disease" in a preceding paragraph brings to mind the late Dr. Edward J.

Stiglitz's statement in Time Magazine for July 23, 1956, page 54: "The trouble is that doctors think entirely in terms of disease, and are ignoring their opportunities for making people healthier." And in his book, *The Healing Art*, page 15, Dr. Kenneth Walker, distinguished British physician, writes: "The truth is that the medical profession has been so occupied with the investigation and treatment of disease, that it has been able to spare but little time for the study of health."

In the *Scientific Monthly* for August, 1957, page 91, Dr. John A. Ryle, another British physician, is quoted as saying: "We are still a profession, thinking more about curing than preventing by attacking the basic causes of Disease."

Doctors' Present Teaching Makes Disease Inevitable

At the meeting of the Commonwealth Club of California in San Francisco on June 19, 1959, Dr. Russell V. Lee, Clinical Professor of Medicine, Stanford University, and Director Palo Alto Clinic, spoke on the "Alternate to Socialized Medicine." The implication of the address was that disease is inevitable, for the distinguished and learned doctor spoke not a word on the cultivation and preservation of health, which, if taught in the medical colleges of the country, could eliminate disease to a large extent.

True Cause of Disease Not Taught in Our High Schools or Medical Colleges

In the library of the State College in San Francisco, I found many textbooks on High School Health Education; yet, nevertheless, the degenerative diseases continue to grow every year, which leads one to infer that the true cause of disease is not taught in our high schools, nor in our medical schools. This last statement, I take it, is the opinion of Drs. John A. Ryle and Henry E. Sigerist, as stated in earlier paragraphs.

New Book "Virus Hunters" Based on False Premise

Alfred A. Knopf, Inc., prominent publishers, have announced for publication in November, 1959, a new book on "Virus

Hunters" by Greer Williams. In the brief outline of the contents of the book, prominence is given to the newly discovered Viruses and "how they yielded to dramatic vaccine breakthroughs." Yet, more than 60 years ago, Louis Pasteur, on his deathbed, had announced the impotence of germs, and the importance of the "TERRAIN" in the body on which germs (and viruses) depend for sustenance. During these following 60 years and more, Drs. Tilden and Alsaker, and others, through teaching natural nutrition and correct living habits, have saved thousands upon thousands from attack by germs and viruses without the use of drugs and vaccines.

Complexity of Body Chemistry Makes Drugs Unpredictable

A physician of skill and high intelligence who conducts a health column in a San Francisco newspaper, within the past two weeks, wrote: "The point is, that with any drug we cannot predict positively what will happen. It isn't the drug that varies. People vary. The human body is so complex that we cannot analyze all its variations. To get back to drugs, the Government insists that many of them, including tranquilizers, be given only on prescription. Why? Some are dangerous; virtually all can, in some cases, be dangerous." Whereas, living in cooperation with the laws of the body, and with control of the emotions, is never dangerous, but is always curative.

Only Experience Makes Judgment Sound

Unfortunately, the noble, dedicated members of the medical profession, not having had experience with the treatment outlined in Dr. Alsaker's book, "Victory Over Arthritis," cannot pass judgment on its efficacy. It calls for infinite patience, for many years' experience in this kind of therapy, and for faith in the immutability of Nature's laws.

Something for Nothing is False Doctrine

Until the dedicated members of the medical profession, earnest, sincere and

(Continued on Page 31)

Health of American People

(Continued from Page 8)

if not life itself. The first line of defense must be to protect the health of the consumer; otherwise, the long-range calculated risk is that this country will become a Nation of invalids, weak in body and mind. * * *

"The human body can utilize only natural foods as nourishment and survive. Chemicals are not food elements. Therefore, they can produce only negative or harmful results, even though they are by scientific analysis nontoxic. It is then only a question of how much harm they will produce, when used to replace essential food elements in our diets."

The American Housewife's Dilemma

When the American housewife wheels her cart around the supermarket, she is only dimly aware, if at all, that it is almost impossible for her to purchase any article of food that has not had chemicals, bleaches, preservatives, additives, dyes, adulteratives, and other foreign substances added to it. Until last year, the law was so worded that any new chemical compound which was not a known poison could be added to any food for consumption, and the burden then fell upon the Food and Drug Administration to prove that these foreign substances were deleterious to human health. This proof was difficult to adduce, from a legal point of view, even when immediate toxicity could be demonstrated. But it was almost impossible to do when the toxicity of the chemical compound was of such a nature that it could not be detected until after the expiration of many years. Because of the outstanding work of the Delaney Commission, the food additive amendment was passed last year which requires food processors to submit to the FDA the results of their tests on new chemical compounds. But the law is still filled with loopholes.

It seems to me that it takes only a slight leap of the imagination on the part of the American housewife to grasp the proposition that where the incidence

of degenerative diseases such as cancer, arteriosclerosis, and degenerative heart disease suddenly increases, and apparently for no known reason, and where it is shown that contemporaneously with such increase there occurs a phenomenal increase in the total amount of chemical compounds consumed, then there may well exist a causal connection between these two phenomena. I am quite aware of the fallacy of oversimplification, and I fully recognize the probability of a multiplicity of causes in any phenomenon as complex as disease. What I do say, however, is that the ever-increasing scientific evidence renders it highly probable that the invariable concurrence of disease and body contamination by the consumption of toxic chemicals is more than coincidental.

America's Health and Safety Calls for Honest and Thorough Investigation

It is apparent that this entire subject requires a thorough investigation. The health, and maybe even the very survival, of the American Nation is at stake. Our laws on nutrition are loose and inadequately drawn. Public knowledge is fragmentary, and riddled with misinformation and discarded dogmas. The means of disseminating information on this subject are inadequate.

My illustrious colleague from New York, the Honorable James J. Delaney, has pioneered in this field for many years, and has uttered many strong words on this vital subject. I commend this distinguished gentleman for his well-known work, and offer to join hands with him in his efforts. The American people owe him a debt of gratitude. The work of his outstanding Commission in 1952 made a significant contribution on the basis of which subsequent legislation has been enacted.

Since 1952 when the Delaney committee concluded its investigation, a flood of new chemical combinations have come on the market.

I feel that a further investigation is urgent. I am convinced that the whole field of chemical additives should be

made a subject of continuing investigation.

A bill has just been signed into law to investigate the effect of chemical sprays on fish and wildlife, and yet we spend almost nothing to investigate the effect of chemicals on human beings.

Mr. Speaker, on September 8, I introduced a bill, H.R. 9150, designed to create a nonpartisan commission to further investigate the entire subject of food and beverage contamination. I have recommended that this commission be appointed strictly on a nonpartisan basis; that it be patterned after the Hoover Commission, composed of nine experts in the field of toxicology, nutrition and biochemistry. Three of these men will be appointed by the President of the United States, three of them by the majority and minority leaders of the Senate, and three by the Speaker and minority leader of the House. It will be the function of these men, assisted by their staff, to thoroughly investigate this matter of food chemicals and additives. There are many legitimate points of view in the world, and all points of view on this subject should have full opportunity to be heard. Their findings should represent the combined wisdom of all of the great minds in this and other countries, in the field of nutrition. This should therefore be the most authentic and authoritative voice on the subject in all the world. The report will carry with it such recommendations as the Commission feels impelled to make, and Congress would do well to give careful consideration thereto.

H.R. 9150 Designed to Ascertain Truth Delay Further Fluoridation Until Truth is Known

There has been much said about the matter of fluoridation of drinking water. As in the case of food additives, there is a plenitude of controversial literature on the subject. I, personally, feel strongly that because of the great controversy which accompanies the use of fluorides in drinking water, it would behoove this Nation to await a thorough investigation

of the entire matter before further promoting this practice. It is my desire that the commission of which I speak should also investigate the scientific concept of fluoridation of water. It is true that there have been other bodies and commissions which have investigated this question before, but many of them have been motivated by a desire to prove either that fluoridation is good or that it is bad. Too often the investigation has been conducted in a spirit of partisanship. I propose that the investigation be made by a commission that has not prejudged the issues in any way, but that is interested only in ascertaining the true facts. It seems to me that the findings of such a commission will be authoritative throughout the country, and will help to guide the thinking of the many municipalities who are confronted by the problem of fluoridation.

Unnatural Food Produces Unnatural Health

And so, the American Nation has come a long way from the days when it was content to sit down and eat humble fare, transmitted to the kitchen direct from the hand of its Creator, touched only by the magic of nature's inscrutable chemistry—simple food, unpampered, and undevitalized. The rugged life and simple diet of the American pioneer have gone. We have replaced them with the unwholesome living of the modern sophisticate. America would do well to reread the admonition of the Apostle Paul to the Corinthians: "Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are"—Corinthians 3: 16, 17.

Mr. WOLF, Mr. Speaker, will the gentleman yield?

Mr. KING of Utah. I yield to my distinguished colleague from Iowa.

Mr. WOLF. The gentleman from Utah again is to be congratulated. I am pleased that he is introducing legislation in this particular field.

As one who represents a farm State and naturally is concerned with the production of food, we want folks to get the best food possible and so I am glad the gentleman has gone into this subject.

In my opinion the immediate consideration many times is taken and discussed, but beyond the immediate consideration, the long-term heredity effect is one that, it would seem, most often, is overlooked.

Mr. KING of Utah. That is correct.

Mr. WOLF. This is one thing that worries me. Just yesterday—and I was horrified to learn this—I discovered that they are using formaldehyde, a poison, in milk that is being served on the tables of many of our families in America. It is being used as a preservative for milk. This really shocked me. I had always thought of formaldehyde being used to preserve museum pieces and laboratory specimens. I did not realize that we were preserving our foods, the foods that we are putting into our stomachs to enhance our own body health by the use of formaldehyde.

Mr. Speaker, again I would like to congratulate the gentleman on the work he is doing in this field. I hope he will be given support by other Members of Congress. I know that several of us have expressed an interest in this field. My wife has done quite a little work with the Pure Food and Drug Administration here in our office, gathering information together. I am happy to see the gentleman delving into this field. I hope we can seriously get on with this work and, for this reason, with the gentleman's permission, I would like to cosponsor this needed legislation.

Mr. KING of Utah. I appreciate the comments of my distinguished colleague, the gentleman from Iowa. May I say I would be happy to have his help by sponsoring and supporting my two bills.

An Open Letter

(Continued from Page 28)

honorable men and women that they are, are taught, and thereafter devote themselves to the cultivation and preservation of health, and until they teach their patients to live in accordance with its laws and principles, I regret I cannot envision any reduction in the present growing increase in the degenerative diseases. Laymen must be taught to abandon the age-long delusion of the doctrine of "something for nothing," and to cultivate the self discipline necessary to acquire sound health through living in accordance with the laws of the body.

Please Teach Health

I began this letter in reply to your public statement that certain laymen are hindering the efforts of protagonists for the fluoridation of public water supplies, and I close it with an earnest plea to the teachers of the medical schools of the country to teach health, its cultivation and preservation, so that fluoridation of public waters will not be necessary, and that illnesses of every kind can be prevented.

The Reward for Right Thinking, Eating and Living

Finally, I close with this last paragraph from "In Search of a Working Philosophy of Life" by Dr. William J. Reilly: "When we live in harmony with the facts and the universal laws of our physical, human and spiritual environment, we grow. We grow personally, socially and spiritually. We enjoy an appetite and a zest for living, a deep sense of well-being and personal satisfaction, a reverence for life and nature, and a warm feeling for human beings everywhere."

May the need of the hour inspire the genius of the medical profession to meet the challenge of their responsibility to humanity.

STAMP OUT Opposition to Health Liberty with N.H.F. LIBERTY STAMPS!

NOVEMBER - DECEMBER, 1959

Published Bi-monthly for Distribution to Members
Without Extra Charge by the

NATIONAL HEALTH FEDERATION

2454 Van Ness Avenue
SAN FRANCISCO 9, CALIFORNIA
Return Postage Guaranteed

Subscription: \$3 Per Year (to Non-members)

The subscription price of the National Health Federation
Bulletin is included in the membership dues.

PRICE FOR ADDITIONAL COPIES OF THIS ISSUE

25¢ each—8 for \$1.00—40 for \$5.00—100 for \$10.00

- I wish to become a **REGULAR MEMBER** of the National Health Federation and am enclosing \$3.00 as dues, \$1.00 of which is for a subscription to the **BULLETIN** for the current year. Family membership \$4.00.
- I wish to become an **ACTIVE MEMBER**. I am enclosing \$5.00 as dues for the current year, \$1.00 of which is for a subscription to the **BULLETIN**.
- I wish to become a **SUSTAINING MEMBER** and am enclosing \$..... (minimum fee, \$25.00) as membership dues for the current year, \$1.00 of which is for a subscription to the **BULLETIN**.

Name.....

Address.....

Mail Direct to **NATIONAL HEALTH FEDERATION**,
2454 Van Ness Avenue, San Francisco 9, Calif.

Doctors engaged in practice accepted only as active or sustaining members.

Renewal

New Member

Application Pending
Second Class
San Francisco, Calif.

Season's Greetings

- 1—A Very Merry Christmas and a Happy, Prosperous and Healthy New Year to each and every one of you from all of us here at N.H.F. Headquarters and at Washington, D.C.
- 2—As my Christmas gift to you and the work of N.H.F. I hereby give, without charge, all of my time during the year 1960 to serve in every capacity possible in this great crusade for health freedom.
- 3—What will be your gift—in prayer—in work—in funds? We need plenty of each. Some can pray—some can work—some can give and together we will win the victory.
- 4—To properly finance the work for 1960 we need 1,000 members pledging one dollar per month, 200 at two dollars per month, 100 at five dollars per month, 50 at ten dollars per month, 10 at twenty-five dollars per month, and 5 at fifty dollars per month. To date we have received pledges totaling about 21% of the foregoing. I am sure it will mean sacrifice to many members to take part in the above, but freedom is worth sacrificing for.

DURING 1960 THE BULLETIN WILL BE ISSUED MONTHLY