

National Health Federation



BULLETIN

Washington Special

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**AMERICANS CRUSADING FOR
HEALTH LIBERTY**

Volume VI — Number I

January, 1960

"Go and Do Thou Likewise"

Our hearts were gladdened to find in our mail the following quote: "Enclosed find Postal Order for \$5.00 for active membership dues for current year and subscription to the Federation Bulletin.

Please enlighten me if your organization receives benefits from wills. In my case I have no dependents, and I believe yours a worthwhile cause for interest in this respect. Kindly advise by return mail. Yours very truly, . . .".

We know of no better way to help humanity than as set forth above. In this manner, a person can go on serving humanity, long after he or she has moved over to that better land.

So many people leave their funds to Universities and other organizations to be spent duplicating the exploration of old approaches to health problems, and organizations exploring new approaches, or working for the protection of the people in health matter, are left nothing. This in spite of the fact, all new solutions to mans problems, have originated in the work of those persons or organizations with the courage and foresight to get off the beaten path in a search for a solution to the problems of mankind.

The National Health Federation, an organization of the people and controlled by its members, not only endeavors to find funds for such researchers, but also is here to protect such courageous men and women from the vested interest, who desire to have things remain as they are.

The Federation is also here to police the spending of funds by health research groups, when such funds are secured from the people or our government, to the end that every dollar shall be used for the purpose for which it has been received. Thus, by supporting the Feder-

ation, a person will be assured a much greater return on funds donated by others and will hasten the day of victory over disease.

Anyone who donates funds or leaves funds in his or her will, may designate just how such funds are to be expended and for what purpose. The will can also designate the funds to be set up as a Memorial Fund in honor of some person. On another page of this issue will be found suggested wording for a will, etc.

In a previous issue we have advised you that one lady has already written the Federation into her will, by which bequest, the Federation will receive her estate when she leaves for the other shore. Another has changed his insurance policy to read: In the event the beneficiaries of this policy die before or at the same time as the insured, the entire proceeds from this policy shall be paid to the National Health Federation. In the case of a will, one does not have to leave all of his property to the Federation. Many of our members who have living heirs, could well afford to leave some of their funds to the Federation. My hope is that many of you who read this item, will give the matter prayerful consideration. The board of Governors assures you that all funds left or given will be expended in accordance with the wishes of the giver.

Gossip is the most deadly microbe. It has neither legs nor wings. It is composed entirely of tales and most of them have stings.—E. E. Opdyke.

We urge our members to give this issue wide circulation.

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

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NATIONAL HEALTH FEDERATION BULLETIN

The NATIONAL HEALTH FEDERATION BULLETIN

VOLUME VI

NUMBER 1

Adventures on Health Frontiers

Published Monthly

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1960

THE FIGHT IS ON

Editorial

In this issue you will find a letter to Secretary Arthur Flemming. May we suggest that you write a letter to him thanking him for his efforts to protect the people.

We assure you tremendous pressure is being put on the Department of Health and Welfare and the Food and Drug Administration to back-track on the position they have taken on behalf of the American people.

Pressure is being put on Congress to force it to pass a law forcing Food and Drug Administration to allow cancer-causing chemicals to be again added to food. The gimmick is, Food and Drug is to set maximum amounts, which can be added. These amounts are someone's guess as to how much would not be harmful. Who is wise enough to know? Most of these chemicals are cumulative in the body. The American Cancer Society says one out of every three persons will have cancer. That means two out of every three have something in their bodies which prevents cancer. The other one out of the three apparently does not have this protective element. The question now arises, just how much of a cancer-causing chemical can such a person take into his system without causing a cancer to grow?

According to the above statistics, there are many folks who, like the writer of this editorial, have a cancerous

condition which in medical terms is benign—that is, it is not yet breaking down tissue. It is on the verge, but! How much or how little of a cancer-causing element can such a person take into his or her system without causing this benign condition to become active? **THIS IS THE POINT THAT SHOULD BE STRESSED** and it is a point the chemical companies do not want brought out into the open.

There is absolutely no excuse for the addition to our food and water of any chemical which will cause cancer. None of them have any food value and there are none of them which cannot be eliminated, except for the chemical companies' desire to make a greater profit.

The time is here. The American people are awake to the danger as never before. The Chemical Companies are on the spot. The American People must now fight for their very lives. The National Health Federation Washington Office is working hard and is co-operating with Congress and the Food and Drug Administration in this matter.

The people control the Congress and if the people write enough letters to Congressmen and Senators, Congress will protect you.

At the last session in the last days of the session the chemical companies had introduced into the Senate a bill known as Senate Bill 2197 and in the house a

companion bill known as H.R. 7624. These bills are designed to force Food and Drug to set tolerances on cancer-causing chemicals.

The pressure of the chemical companies was so great the Senate rushed the Senate bill through in 2 days, without hearings in Committee or debate on the floor. Fortunately, alert congressmen and the N.H.F. Washington office caught this move in time to have it held up in the house for hearings at the coming session. You can be sure the pressure will force an early hearing, so your letters and those of your friends should go in very fast. In addition to writing your own congressman, you should also write at once to Congressman Howard W. Smith, House Office Building, Washington 25, D.C. The Senate already has passed the bill so our hope rests with the House. Unless you act countless thousands will be pushed over the brink into malignancy.

Good Work, Mr. Secretary

November 17, 1959

Mr. Arthur S. Flemming, Secty.,
U. S. Department of Health
Education and Welfare,
Washington, D. C.

Dear Mr. Flemming:

On behalf of the National Health Federation I wish to congratulate you and the Food and Drug Administration on your courageous stand regarding the cranberry situation. We also congratulate you on the efficient and effective manner your department has handled the situation.

The National Health Federation is an organization of the people you are trying to protect and we want to assure you that we are with you 100% in any fair and intelligent move your department makes in that direction.

The National Health Federation maintains a general legal counsel in Washington, D.C.—Mr. Charles Orlando Pratt.

We also maintain a Washington office which is under the direction of our vice-president, Mr. Harold Edwards. These offices are maintained to the end that the people themselves may have a voice in matters relating to health. The office is also maintained to be of assistance to your department for we are sure that you want the people's viewpoint on health matters as such effect the people.

I trust that it shall be my happy privilege to meet with you in person when I am in Washington, D.C., late in January 1960.

With all good wishes for the Christmas Season, I am

Sincerely yours,

FRED J. HART, President

Gov. Brown Names Cancer Quack 'Watchdogs'

Governor Brown (California) has announced the members of a Cancer Advisory Council to assist in enforcement of the new state's quack law.

Appointees are: Dr. Ian MacDonald, University of Southern California School of Medicine; Dr. David A. Wood, University of California Medical School, San Francisco; Dr. Henry S. Kaplan, Stanford University School of Medicine; Dr. Joseph F. Ross, University of California Medical School, Los Angeles; Dr. Orlyn Pratt, College of Medical Evangelists.

Dr. Maurice H. Simmers, College of Osteopathic Physicians and Surgeons; Dr. John Wesley Cline, San Francisco surgeon; Dr. L. H. Garland, San Francisco radiologist; Dr. Sol Baker, Beverly Hills, and Louis Tabak, Los Angeles.

Bernard R. Baker, Menlo Park; Allan Kay Jonas, Beverly Hills; Richard Haber, Berkeley, and Dr. Sol Silverman, San Francisco.

(EDITOR'S NOTE: All but three make their living in the field of, or in some connection with, X-ray radiation or surgery in relation to cancer.)

NATIONAL HEALTH FEDERATION BULLETIN

Washington News

By HAROLD EDWARDS

Director N.H.F. Washington Office

The success of the Food Additives Amendment of 1958, popularly known as the Delaney Amendment, is proof that organized effort is producing results—the cranberry episode is ample proof, many believe. N.H.F. has supplied the vehicle for organized effort and you wonderful members furnished the motive power, with your letters back in 1958.

Now, we are again asking you to follow through at this important, strategic point in our legislative program. The cranberry warning should be enough proof that the searching investigation, proposed in Congressman David King's bill, H.R. 9150, is needed and timely.

Congress re-convenes on Jan. 6th and we must start those letters coming into Washington NOW! Write a brief 3 or 4 sentence letter calling your congressman's attention to H.R. 9150—don't delay it. Here is a sample letter to use as a pattern, only:

Dear Congressman:

Writer wishes to call your attention to H.R. 9150 which would set up a scientific investigation of chemical contamination of food and public water supplies.

My family and I believe the recent cranberry warning demonstrates the need for this.

Will you kindly urge the Health and Safety Subcommittee Chairman along with Chairman Oren Harris, to schedule early hearings on this bill?

Sincerely yours,

The above letter should go to your own congressman. Then, if you will, send a second, brief letter to Congressman Oren Harris, Chairman, Interstate and Foreign Commerce Comm., urging him to set a hearing date on H.R. 9150.

Additional letters to members of the Health and Safety Sub-committee will

be extra helpful—if you can spare the time, and especially if you live in their congressional district.

Here are the names of the Health and Safety Sub-Committee:

Hon. Kenneth A. Roberts, Anniston, Ala.
Hon. George M. Rhodes, Reading Penna.
Hon. Leo W. O'Brien, Albany N.Y.
Hon. Paul G. Rogers, West Palm Beach, Florida

Hon. Paul F. Schenck, Dayton Ohio
Hon. Samuel L. Devine, Columbus, Ohio
Hon. Ancher Nelson, Hutchinson, Minn.

Address these letters to the above at: House Office Bldg., Washington 25, D.C.

To those members and their friends, who are anxious to give extra effort on fluoridation, our second bill—H.J. Res. 523 needs letter writing support also, in order to get early hearings in the House.

The sudden death of Senator Langer, North Dakota, will leave his bill, S. 1427, without a sponsor. This bill, which was item 4 in Nov.-Dec. Bulletin P. 13, would provide chiropractic treatment, when requested, for veterans eligible for outpatient medical care. We expect to lend our efforts in getting a new sponsor for his needed legislation, soon as Congress re-convenes in January.

The District of Columbia medical interests have been pushing a bill, S. 675, introduced in the Senate by Mr. Bible, Nevada, on Jan. 23, 1959, and described as the "Physical Therapists Practice Act". The bill, in effect, would enable a nurse or any other employee of a licensed medical doctor, in the District of Columbia, to use chiropractic type manipulations on patients. This, we believe, would tend to undermine the chiropractic profession. NHF Washington Office prepared a statement against this suspect legislation, and the bill has been withdrawn by its sponsors.

Get Your Pencil and Paper

Senate Bill 1227 by Senator Magnuson, Washington, needs help from you members in order to secure hearings. Below we furnish names of Senate Sub-Committee Health members to whom your letters should be addressed—urging them to request hearings on this important health legislation. We suggest that your letter be sent to Hon. Lister Hill, chairman, if you don't happen to have one of the other Senators from your state. Better attention is given if the letter happens to come from their home area. This bill, S. 1227, was explained in item 5, page 13, Nov.-Dec. Bulletin.

Senate Sub-committee on Health:

Hon. Lister Hill, Ala., Chairman
Hon. James E. Murray, Montana
Hon. Ralph W. Yarborough, Texas
Hon. Harison A. Williams, New Jersey
Hon. Clifford P. Case, New Jersey
Hon. John S. Cooper, Kentucky
Hon. Jacob K. Javits, New York

Address above to Senate Office Bldg., Washington, D.C.

Don't Let Them Do It

Backers of the color amendment are working feverishly behind the scenes to get House backing for their bill S. 2197. This bill would restore to Food and Drug Div. the authority to restore tolerance levels on coal tar colors, a power taken from them by the Delaney Amendment. This is the bill referred to by Congresswoman Sullivan on Page 24, Sept.-Oct. Bulletin. This is known as H.R. 7624 in the House and should be opposed by the help of your letters addressed to: Hon. Howard W. Smith, Chairman, Rules Committee, House Office Bldg., Washington 25, D.C.

Here is another Delaney Amendment result—A recent Food and Drug order removing two yellow coal tar colors, known as Food, Drug and Cosmetic Yellow Nos. 3 and 4—from the approved list for unrestricted use, has been upheld by the U.S. Court of Appeals in St. Louis. Dyestuffs and Chemicals, Inc.,

a color manufacturer, had sued to restrain the government from de-listing them. Senator Symington's action in introducing a senate bill S. 2505 to permanently legalize the two colors, appears headed for failure, now that the court decision has been rendered.

It is known that the well heeled lipstick industry is setting its sights on Secretary Fleming and the Food and Drug Div. The new Food Additive amendment has here again forced Food and Drug to publicly announce that 17 different coal-tar dyes used in lipsticks caused either death or illness when fed to rats. The industry claims Food and Drug has been unfair to them because they claim women ingest only a tiny amount of the color which small amount couldn't possibly do any harm. There have been two bills aimed at this problem, H.R. 1350 introduced by Congresswoman Sullivan and H.R. 5661 by Congressman Delaney.

182 Chemicals Okay?

The Commissioner of Food and Drug, Mr. Larrick, has recently issued a list of 182 chemicals which he has found to be safe for use in food. In his statement with the list, the Commissioner declared the listed chemicals to be generally regarded by scientists as safe. Nine hundred of the experts were circularized and and the 355 of them who replied are the source of the safety determination.

So from that it may be seen the government does not actually test all the chemicals they put on the approved list. That is the yardstick employed on such chemicals as Calcium Propionate, used in bread to retard spoilage. Commissioner Larrick has stated their lists are concerned with safe products that are familiar to the commercial food processor which, like calcium propionate in preventing mold and ropiness in bread, perform a useful function when added to foods. (Note, that here again, nothing is said about the problem of nutritive qualities of the bread.)

(Continued on Page 18, bottom Col. 2)

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With N.H.F. Washington Counsel

CHARLES ORLANDO PRATT

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

Washington Counsel Will Be in Los Angeles on January 1 and 2, 1960 at Hilton-Statler Hotel

Your Washington Counsel has been invited to take part in roundtable discussions at the Convention of the National Health Federation which is being held in Los Angeles. The roundtable discussions will take place at the Embassy Auditorium.

Washington Counsel Attends

Your Washington Counsel attended, on behalf of the National Health Federation, the 1959 Joint National Conference of the Food and Drug Administration and The Food Law Institute, Inc.

The purpose of the Conference was to discuss food additives and their major food problems under the Federal Food, Drug and Cosmetic Act. All of the top officials of the Federal Food & Drug Administration and the U.S. Secretary of the Department of Health, Education and Welfare discussed various problems relating to food and drug matters. The Conference was especially interesting because of recent announcements by the Secretary concerning the danger to health arising from the use of a weed killer on cranberries.

The reason for the attendance of your Washington Counsel was to keep abreast of the activities and programs of the F & D Administration and to keep the National Health Federation's work fresh in the minds of the F & D officials. This close contact is, in a sense, a public relations service for the members of NHF.

Cranberry Repercussions Causing Major Investigations of Chemical Industries

Over the recent years, several members have expressed concern about the use of Stilbestrol which is a hormone

growth promoter used in livestock and poultry feeds.

Now, the Federal Food & Drug Administration says that Stilbestrol is a Carcinogen. Under the so-called Delaney clause of the Food Additive Law, no tolerance can be set for Stilbestrol. It can be marketed only by sanction under the new drug provision of the Food and Drug law based upon prior sanction, which excludes the chemical from the Food Additive Law.

Using the cranberry announcement and repercussions, newspaper articles appeared in the Washington Post entitled "Cancer Laid to Cattle Feed Drug." The article noted that there has been no action to ban the feeding of Stilbestrol to livestock and poultry.

As one of the effects of the Cranberry story, it is believed that there will be pressure on the FDA to do something about the use of Stilbestrol, possibly to revoke the existing sanctions under the new drug application provision. The Government now recognizes the dangers which the NFH for a long time advocated as being serious.

New Legislation Forcing Manufacturers To Prove Safety of Chemicals Before, Not After, Marketing

The Pesticide Law and the Food Additive Law have placed the burden of proof of safety on the industry; and much stricter enforcement will take place.

Can a Doctor, Not Licensed to Use Drugs and Medicines, Use Vitamins, Minerals and Dietary Food Supplements in his Practice?

Yes, a doctor who is licensed in his state to practice any one of the healing arts may use legally good dietary food supplements such as vitamins, minerals,

concentrated food and foods for special dietary uses, provided the doctor does not prescribe the products by making therapeutic claims that the products will diagnose, prevent, cure or mitigate specific diseases in humans and he suggests the product only as a food supplement to balance the patient's diet.

To suggest the use of a good dietary food supplement to balance the patient's diet is legal.

Weight Control Products Unfair Competition

The Federal Food & Drug Administration does not recognize any food or drug product as effective, in itself, to control weight. Its position is that only the reduction in intake of calories and food will reduce weight. The Government recognizes that good dietary food supplements will aid in maintaining a balanced diet while cutting down on the intake of calories.

In view of the foregoing Government position, it is unfair competition for anyone to advertise a product on the radio or TV or newspaper or other advertising, that a product will reduce or control weight. However- products bearing the words "weight control" do appear on the labeling used by licensed doctors of medicine and on the shelves of drug stores. When the products bearing "weight control" labels appear on the drug store counters, it apparently is assumed that customers will purchase such products on the recommendation of their medical doctors, even though prescriptions for the products are not required. If this is so, then it would appear to be unfair competition and should be stopped or else everyone selling a good dietary food supplement that will maintain body balance while reducing the caloric intake should have the same privilege in so advertising to the public.

The fact that a product is sold in a drug store gives the product no special rights or privileges unless it is a prescription only product sold as a drug.

Unreasonable News Stories by Press

When a press release is issued by the Secretary of the U.S. Department of Health, Education and Welfare concerning federal cases against manufacturers and products in violation of the Federal Food and Drug act, the press usually bunches the cases and in effect condemns all alike.

Misleading Official Press Releases

The Government, in a sense misleads the public when an official "bunches" many different kinds of cases under the general title merely listing the federal court action taken against corporations or products. The fact that a product is in compliance with the law even though the labeling is objectionable should be pointed out. The fact that the product was returned to the shipper or owner for relabeling is important. The fact that the new label for the product was placed on the product under the supervision of the Government and in compliance with the applicable laws should be pointed out. Cases more than a year old should not be republished, when the product and the label have been in compliance since the case arose. Public relations is needed to stop misunderstanding.

Coal tar colors, natural colors, and synthetically-produced colors used in and on foods may soon be covered in a new law.

Food Packaging

Packaging of foods and foods for special dietary uses is now subject to federal control under the Food Additives Law, if any of the packaging chemicals may migrate into the food. Important packaging materials now in use will be scrutinized and possibly eliminated.

Find Leukemia After X-Rays

LOS ANGELES, May 9—Doctors at the University of California found in a survey that 251 children with leukemia had had more exposure to medical X-rays than did boys and girls who did not develop leukemia. — Seattle Post-Intelligencer, Sun., May 10, 1959.

NATIONAL HEALTH FEDERATION BULLETIN

Here and There with NHF Chapters

Kings County Health Federation Activities — Three public meetings have been held so far this year. The first meeting devoted to fluoridation was addressed by Paul Mills, Vice President of the Washington State Health Federation. The next meeting was held in August and the audience was addressed by Dr. Thelma Arthur of Monrovia, California. Dr. Arthur's address was followed by a spirited question and answer period, and much valuable information on the subject of chemotherapy was obtained. The third public meeting of the year was held in September and was devoted to:

1. Chiropractic and its place in healing. The subject was ably presented by Dr. Dwight Kramer of Seattle, who is both a Chiropractor and a Naturapath.
2. A brief description of three basic approaches to conquering disease, and the rights of each to freedom of practice. The three schools of healing discussed were eclectic, homeopathic and allopathic. This latter discussion was led by R. Raymond Rau, President of the Kings County Chapter of the National Health Federation.

We congratulate the Kings County Health Federation board of directors for holding a meeting practically every month of the year to discuss health problems which were current.

The Harvey W. Wiley Chapter of the National Health Federation held a lively meeting on October 6th. The principal interest of the meeting was to plan future activities. In the interests of spreading important health information, the leadership committee revealed its plan to help set up neighborhood group meetings. The leadership offered to cooperate with any chapter member who would arrange a date and meeting place.

The indications are that this proposed experiment will be very fruitful. Some of the subjects to be discussed at these meetings are "You are What You Eat", "The Wheel of Health", "Health Insurance", two kinds, (1) Good Food, (2) Blue Cross and Shield and that type. There will also be a thorough discussion of the book "History of a Crime" by Harvey W. Wiley, M.D., (This book may be obtained from the Lee Foundation for Nutritional Research at 2030 West Wisconsin Ave., Milwaukee, Wis., for the sum of \$1.00, with 20% discount to members of the National Health Federation, provided their membership stamp is affixed to the order. Boston, Mass.

Better Health Bureau, which is the National Health Federation Chapter for Cleveland, Ohio, on the 22nd day of October, held a meeting to discuss its future place in the battle for nutritional food, pure water and God given health rights. Harold Edwards, Vice President of N.H.F. and Director of its Washington activities, brought the meeting up to date on important federal legislation and regulations.

Arlene Sacren demonstrated how easily one can sprout delicious and nutritious Mung Beans and Alfalfa Seeds without investing in expensive sprouting equipment.

It was also announced, at the meeting, that Dr. Carlton Fredericks, Ph.D. in nutrition will speak on Station WGAR as we believe nutrition should be, not as the drug trust dictates and other big business promotes. The time is 2:30 p.m., Monday through Friday. Those in attendance were urged to buy and use the National Health Federation Stamps for all correspondence.

At a previous meeting, Mr. and Mrs. Albert W. Zepp sold oranges and sent the entire proceeds, which totaled \$20.00, to the National Health Federation. The Chapter also sent along with the Zepp

contribution an additional donation of \$18.00.

The Grand Travers County Health Federation of Michigan is holding monthly meetings at which various subjects of interest to the members are discussed. At the last meeting of this healthy chapter it was voted to pledge \$1.00 per month to help with the work of the National Health Federation. It is our hope that other local chapters will incorporate into their program the raising of certain sums during the year for this great work. There are many ways to do this, such as, rummage sales, basket suppers, auctions, and dinners. It would be hard to find a more worthy cause. Officers; President, Jess E. Kilpatrick, Route 4, Box 223, Travers City, Mich; Vice President, Don Fisher, Route 4, Travers City; Secretary, Mrs. Gladys Sampson, 529 Cromwell Drive, Travers City; Treasurer, Mrs. Olga Robinson, Route 1, Travers City.

Lehigh Valley Health Club, which is the local chapter of the National Health Federation, continues to have outstanding meetings, and is one of the Federation's most outstanding chapters not only in extraordinarily good meetings but in financial support to the Federation's program. Evelyn de Montigny, the Secretary, is on the job in season and out of season.

On another page of this issue you will find an account of a number of meetings which were attended during November by Harold Edwards, Vice President of N.H.F.

San Diego County Health Federation we are happy to report the "Natural Health Federation of San Diego, has now become the San Diego County Health Federation and is driving for 1000 members for the year 1960. We welcome this new addition to the rapidly growing number of County Health Federations being formed as a part of the National Health Federation. This Federation is also working toward the goal of having 200 members present at the

Annual Meeting in Los Angeles. It was our privilege to attend a recent meeting of this fine organization. At that meeting Phil Arena donated organically grown produce, which he auctioned with the proceeds being given the National Health Federation. In today's mail we received another \$25.00 donation from the organization.

C.I.N.H. Federation

It is good news from Peoria. Mr. James H. Chesko has advised us the "Central Illinois National Health Federation" is off to a good start with 56 members. Their aim is to make it a thousand within the year. Temporary officers are President, Mrs. Louise Welk, 1216 North Frink Et., Peoria, Illinois; Vice President, Virgil Folkerts, Minonk, Illinois; Secretary-Treasurer, James H. Chesko, 4419, Wyss Lane, Peoria, Illinois.

This new federation is the result of the enthusiasm and perseverance of Roy Paxton of Carlock, Illinois. It is our hope that all of our members residing in central Illinois will write to James H. Chesko and affiliate with this Federation.

N.H.F. Grows and Grows

Americans are now coming to the conclusion they need a strong voice in matters relating to health. The result, new members are being added to the rolls of the National Health Federation in ever increasing numbers.

Members of N.H.F. are also working harder than ever before to interest their friends and neighbors in the Crusade for Health Freedom. New State Federations are being formed. New York is in the making. Central Illinois Federation is now formed and active. Other states are in the process. All of this is good news to the sick folks of America, but bad news, to those who through the years have dominated the healing arts to the detriment of the public.

Midwest Speaking Tour

By HAROLD EDWARDS, Director, NHF Washington Office

It is a pleasant thought to go back over the events of the past few weeks and view in retrospect the friendly welcomes we received from our many members and friends at the meetings in the midwest.

Everyone seemed happy to receive details on the two bills, H.R. 9150 and H. J. Res. 523, dealing with those two longtime American enigmas, food additives and fluoridation. It seemed to impress them that here, at last, could be the means of dealing effectively with those unfair invasions of human rights. Here indeed is an organized plan on a coordinated, nation-wide basis which many thought, in the past, has been lacking.

Peoria

Peoria proved to be the big event for us, with a fine turnout of those wonderful Illinois folks who have rallied around Roy Paxton in the spirit of his great benevolent qualities and genuine interest in suffering humanity. What a thrill it has been to be the one to share so much heart-warming hospitality with our many marvelous workers and supporters down there in that great State and to learn that a Central Illinois Health Federation was being organized.

South Bend Organic Gardening Club

South Bend produced a capacity crowd for our talk at the Sunday afternoon meeting of the Organic Gardening Club under the inspired leadership of those gifted officers, President Joe Chabot and Secretary Betty Kluge. Later that evening we had the privilege of getting well acquainted with the Chabots' lovely family of fine, healthy looking kiddies, and we were treated to one of those excellent organic dinners—a good part of it being from their own garden.

Those fond parents have many soul-stirring stories to tell of the blessings good organic food has brought to this

household . . . along with what they feel has been some inspired professional help from a D.O. up in Jackson, Mich.

Fort Wayne, Indiana, Organic Gardening Club

Northern Indiana came through with a second heart-warming welcome, in two days, when we had the privilege of speaking to another impressive meeting of true blue Americans who go to make up the Fort Wayne Organic Club. One of the great workers for better health and better foods, who has provided inspiring and constructive leadership here, is Bert Meints.

These marvelous Fort Wayne folks turned out in large numbers, gave rapt attention to our remarks and then came through with memberships and added financial help to an impressive degree. And as if that weren't enough — the Meints family then spread out the red carpet for a mighty warm welcome into their lovely home situated on seven country acres.

Indianapolis Mercator Club

Floyd Beeler, Indianapolis' leading health food merchant, is doing a great job down there for good health, good fellowship and good citizenship. In his current role as president of the leading men's luncheon group—the Mercator Club—he is doing important and outstanding work in civic affairs. He is proving that better health programs and civic affairs can be carried on together.

We were welcomed to their regular Tuesday luncheon at the Sheraton-Lincoln Hotel as featured speaker. Dr. Ronald Draper, Indiana's most illustrious dentist, fluoridation fighter and organic ambassador along with Dr. A. G. Fredericks, president of Lincoln Chiropractic College, were featured guests at this affair. And this meeting got some good coverage from the leading newspaper and television station.

Fine Cleveland Meeting

Cleveland came through with a great turnout and heart tingling welcome back home. We were happy to see so many old friends and co-workers—Arlene Saccan, Harriet Schoenback, Rosalie Kobal, the Baidis, Hattie and Alber Zepp, Elsie Miller, Ethel Himmel, Betty Weingartner, Mary Marsey, Thelma Sullen, Bernice Hauser, Mary Muliolis, Mrs. Pugh and many others were on hand to display their customary brand of friendly welcome.

Bad Weather But Good Cincinnati Meeting

Worst weather of the Fall season in Cincinnati greeted us, with wind and rain, but did not dampen the ardor of a capacity crowd that made the LaVern Winkles' beautiful and spacious home the setting of another well planned event. This Saturday night turnout set a new record for zeal in a great health cause producing new memberships, as well as lots of convincing interest in our upcoming program.

The combination of top-grade leadership with so many informed and determined followers is going to take Cincinnati rapidly to the top in this present health revolution—the kind of revolution that is really needed.

Jack Alkire and his great band of fellow workers for better foods and better health were on hand to provide one of their impressive gatherings at a fine Sunday afternoon program and discussion. We were flattered with so fine a turnout of members and friends for our health message and legislative program. It is plain that these staunch Columbus health workers will be in there to help push this legislation through.

Toledo Next N.H.F. Convention City

Toledo again repeated with its typical friendly welcome as exemplified in those loyal friends of N.H.F.—Gene Dietrich, Dr. Paul Heyer and the Eisenmanns. These are the grand workers and builders who will provide the inspiration, the toil and the talent for the 1960 conven-

tion at Toledo's Commodore Perry Hotel, in the alert and vital city on the Maumee. We had the added pleasure of a night at the pioneering, 40-acre organic development with the Dietrichs and their seven healthy, gifted offspring.

Michigan Federated Organic Clubs

The outstanding success of the Federated Organic Clubs of Michigan was again demonstrated in their big Fall Roundup in Lansing. We enjoyed a top grade program of speakers up there and their crowded roundtable discussions. The committees all did an exemplary job in getting organic displays brought in and these were judged by experts and prizes awarded to the best (we thought they all deserved prizes). The exhibition hall was outstanding, as usual, with a complete representation from all the divisions within the natural health world.

The ladies put on another great series of pot-luck, organic food meals during those two wonderful days and one went away from there with that well nourished feeling which such food supplies.

This history making exposition and fall convention is a great credit to President Vern Groeteka and his fellow officers. It also reflects glory on those inspired executives of the past, such as LeRoy Miller, Harold Doster, Edwin Urfer, Lester Swan and Bob Stoll.

Honey

Does anyone have a good recipe for Honey Ice Cream, made from organic products, or from non-organic grown products, so long as it does not have chemical additives? We would like to have it.

Does anyone know where a person can obtain a chemical-free seaweed to use as a stabilizer in Ice Cream? We mean where chemicals have not been added to it by man. We would like to know. It is said such can be obtained in California, but we do not know where.

We urge our members to give this issue wide circulation.

NATIONAL HEALTH FEDERATION BULLETIN

THE CRANBERRY STORY

By HAROLD EDWARDS

The now famous herbicide, Aminotriazole, is a phenomenal, selective weed killer according to a statement by the Massachusetts Experimental Station introduced at the cranberry hearings in Washington on November 18th.

Reckless Killer

This unbelievably potent chemical kills by permeating the fibers of plants and literally strangling them to death by preventing them from making chlorophyll. The substance is not water soluble so it will not wash off. Being so diabolically effective it can be seen why its use can be so damaging. Cranberry growers use many other pesticides and weed killers but it is this newest one that got them into trouble because it's such a reckless killer. One of their spokesmen pointed out that growers in Massachusetts had used no more than 25% of the total volume of Aminotriazole sold in that area, so other users may feel fortunate to have escaped penalties.

U.S.D.A. Approved

It was approved for use by the U. S. Department of Agriculture in January, 1958. Their regulations state that the substance is approved for post-harvest use—they mean 7 to 10 days after the completion of harvest. Some growers, it has been stated, were guilty of putting it to use on the weeds before harvest time. It was this so-called mistake, on the part of the few that brought on the warning issued on November 9th by Secretary Flemming.

Roadside Spraying Dangerous

Another serious threat in cranberries arose from use by highway departments on roadsides bordering the bogs where they grew. It is this widespread practice that leaves such a trail of stark brown death on foliage of all kinds and to wild life along the fence rows. Such fence rows can no longer furnish cover for quail, pheasants and other species once

the chemical spouting rigs have passed by to leave their trail of death dealing destruction. The drift from such spraying has contaminated farm crops many times.

Delaney Amendment Protects Public

The herbicide was in use as far back as the 1956 crop but apparently wasn't being tested for carcinogenic (cancer producing) characteristics until after the new Food Additive (Delaney Amendment) became law September 6, 1958. The Delaney Amendment made it imperative that the two manufacturers, American Cyanamid and Amchem Company, begin toxicity studies of their product instead of waiting for Food and Drug to do it, as formerly. Most readers will remember the burden of proof, heretofore, was always on Food and Drug until the 1958 amendment changed all that.

Regular Practice

It is regular practice to begin use of any herbicide or pesticide, for use on crops, by registering it with the Department of Agriculture. It is not necessary to wait for development of an effective method of detecting harmful residues in the foods. The Department of Agriculture registered Aminotriazole in 1956 for non-food use, which would mean such things as roadside weeds. The chemical was registered on April 7, 1958, for use on cranberry bogs — supposedly after harvest only. It has developed, however, that growers were using it on the 1957 crop. Aminotriazole was readily available, it was sure death on weeds, so they used it—could one say, "without knowledge and encouragement of company sales personnel?" At any rate the residue was eventually detected by Food and Drug and nearly 4 million pounds of the northwestern crop was withheld from market.

Cranberry Industry Knew Better

The cranberry industry got into serious trouble because some shipments to

market were made in violation of the informal withholding agreement. Secretary Flemming has been praised for issuing the warning to the public. Actually the Delaney Amendment compelled him to—he had no choice. The cranberry interests, of course, are asking why he singled them out for treatment so damaging to their industry.

Chemical Industry Interested in Profits

Manufacturers sales of insecticides, herbicides, fungicides and other similar pesticides have swelled to the total of \$278,000,000 in 1959 from \$170,000,000 in 1954, and from \$35,000,000 in 1939. Thus one can see how enormously this branch of the chemical industry has mushroomed.

The sales pitch that has sold this bill of goods states that, in spite of such earnest efforts, insects still destroy \$2,000,000,000 in crops each year; weeds snuff out \$4,000,000,000 worth; plant disease \$3,000,000,000 and rodents another \$2,000,000,000. Giant corporations that were in on the early gravy in the pesticide business range from Du Pont, Monsanto, Allied Chemical, Dow, Standard Oil of New Jersey, Shell Oil, Olin-Matheson, down to medium size ones like Penn Salt and a flock of small ones. Many other large corporations have been invading the lush chemical industry to attempt to cut a share of this melon and as a result there have been many kinds of pressure applied in sales drives. Much of the chemical evil of the present stems from this condition.

Race Suicide

At a recent meeting in New York of the Audubon Society an assistant from the U. S. Surgeon General's office stated that man was so contaminating his environment with chemical, radiological and other types of pollutants that there is a real danger of "specie suicide."

A Little Can Tip the Scale in a Person With a Tendency to Cancer

Before the Delaney Amendment was written into the Pure Food Laws the Government had to prove in court that

a chemical was harmful before its use could be stopped. Now with the burden of proof shifted to the manufacturer he must prove to Food and Drug that his chemical substance may be considered safe for human consumption. Most National Health Federation readers know that hundreds of chemical additives were being used without restriction, that had never been properly tested. Medical opinion was expressed at the recent cranberry hearing that huge quantities of residue could be ingested before harmful effects would follow. A top medical authority stated that he had eaten sizeable quantities of Aminotriazole straight without any detectable harm. Such irresponsible, medical yappings are in direct contrast to distinctions drawn in Congresswoman Sullivan's exchange of letters with Dr. Harold F. Blum of the National Cancer Institute in the September-October bulletin. These letters which were entered in the Congressional Record emphasized the relative unimportance of simple doses of carcinogenic substance whereas repeated small doses are known to produce cancers in test animals and can start a malignancy in one who is on the verge—so who can say how much will be bad?

Entirely ignored again, is the danger from widespread use of chemicals in so many present day foods, and the fact that no one knows their combined effect. This makes the entire system of tolerances look silly and ineffectual.

The chemical interests and food manufacturing industries are interested in themselves, not the public. The public must organize to protect themselves and to stand back of Government officials who try to protect the health of the people.

I Wonder Why?

The Canadian government has lifted a three-year-old ban on artificially colored oranges. Canada formerly bought about 750,000 boxes of Florida oranges. —"The Fruit Growers Magazine" November, 1959.

NATIONAL HEALTH FEDERATION BULLETIN

THE FAMILY CIRCLE

WE ARE VERY HAPPY because so many of you good people responded to our appeal to send your 1960 dues in early. We hope you will be happy too—even though you will have to wait longer than usual to get your new membership card. We could hire two or three extra girls and keep up, but we feel, if you will be patient with us, we can get the work done and save that money for the program of the Federation.

WE LIKE TO ANSWER ALL OUR MAIL PROMPTLY, but do you know, many of the letters which bring in the dues and donations also have questions the writer desires answered and we want to answer them, but again we can only do so much in 12 hours, so there will be some delay in that direction also. We promise you the letters will be answered and we are very glad to get such letters, because we are here to be of help to you folks.

PLEASE DO NOT GET ANGRY if you get a letter asking you to send in your dues early and you already have received such a letter or have paid your 1960 dues some time ago. Tell you what! We here are perfect in most ways, but we do slip up once in awhile and also we have to get out so many thousands of these letters "the time from the start to the finishing part" takes quite a period, so your dues may have arrived during that time and the letter goes on its way. So forgive us. If you have paid your 1960 dues some time ago and get such a letter drop us a note about it, so we can check our records, 'cause some times the mail does go astray and some times we do too.

THEN TOO, SOME OF YOU MOVE and either do not leave a new address or the note from the post office is quite a while getting here or we are behind in our work and so your Bulletin is delayed. We promise you the Bulletin will eventually reach you.

TAKE A LOOK at the part of your Bulletin where the address is and if you do not find the numerals 60 following your address, your dues are due and it would help your organization's program if you could shake the piggy bank, or raid the cookie jar, or whatever is necessary to get the funds to send in.

DON'T MAKE A NEW YEAR'S RESOLUTION, instead make a pledge to the work of the Federation or send in a donation to help carry the Washington Office to Victory.

WE HAVE STEPPED OUT IN FAITH and will publish the Bulletin monthly, if you all like it enough to get the new members needed to take care of the extra work, and printing expense. Frankly I am in the dog house, because it takes six more days of the staff's time to get out the extra issues and already they work nights and holidays. However, I am sure the monthly issue will bring in more than enough members to pay for the extra help we may need to hire.

THIS ISSUE is a working issue and you should keep it where it will be easy to find, for in its pages you will find the names and the addresses of the important Senate and House Committees to whom you should write from time to time.

YOU SHOULD lay in a supply of paper, stamps and pens or pencils to use this year, 1960. You have the power to get what you want from Congress—the means lies in your pen, pencil, stamp and paper. Use them this year. Do not let anyone tell you writing letters is of no avail. We have been in legislative work for 40 years and we know the victory goes to public opinion and public opinion depends on the public's expressing its wishes to its Senators or Congressmen.

THE FEBRUARY ISSUE will bring you the highlights of our great annual

meeting and convention which will be going on as you receive this issue. January first and second will mark another great milestone in the progress and work of the National Health Federation. You can be very proud of the part you have had in building this great organization.

A SOUND REMEMBRANCE—Some 32 friends of the late Mrs. Walter Gordan met and decided they should do something constructive in memory of this fine woman. In casting about for an idea, they arrived at the conclusion a gift to the National Health Federation, of which Mrs. Gordan was an active member, would be very appropriate. Accordingly each person contributed and Mrs. Clara Niemeyer was delegated to deliver the gift to the Federation. I assure each of the friends of Mrs. Gordan the funds contributed will be put to good use at Washington.

I AM SURE ALL OF OUR MEMBERS will join in giving thanks to the Alderpoint American Legion and Auxiliary for the gift sent to the National Health Federation in memory of Mr. George White who passed away recently. Mr. White was one of the early pioneers of Alderpoint. During his later years he lived with his sister in Alderpoint. We regret to learn of the passing of our good friend and shall try very hard to justify the faith of the Alderpoint Legion and Auxiliary in the work of the Federation.

State Infant Deaths

SEATTLE—Infant deaths in Washington state increased last year to the highest rate since 1950, the State Health Department reported.

The rate was 26.1 deaths of children under one year for every 1,000 births. In 1949 and 1950 it was 26.8, but had dropped to 24.2 for 1957, George Ormrod, state registrar, said. — *Ellensburg Daily Record*, May 8, 1959.

Find Cancer Peril in Wax On Cartons

WASHINGTON, D.C.—Small amounts of cancer-causing agents have been found in some types of wax on milk cartons, a leading cancer research specialist said Friday.

He predicted that the finding would cause a swing to the use of plastic instead of paraffin to coat food containers.

Dr. Wilhelm Hueper, head of the environmental cancer section of the National Institute of Health, told a reporter that particles of pathogenic hydrocarbons have been found in four of 40 waxes tested by two doctors in Chicago.

The hydrocarbons were of a type that have induced cancer in living cells during laboratory tests.

It is not known whether the presence of these substances posed a major threat to public health, Dr. Hueper said, but "wisdom would dictate their elimination from packages containing food."

Doctors Phillip Schulk and W. Lijinsky, conducting special tests in Chicago on behalf of the petroleum industry, found the hydrocarbon traces in a check of wax samples from all over the country, Dr. Hueper said. — *Chicago Daily News*, Friday, June 12, 1959.

Lipstick Dangers

Kissing Kates who use indelible lipstick so it won't wear off on their sweeties run a risk if they have allergies. The medical bulletin *What's New* says that dermatologists are reporting many cases of skin inflammation, sore throat, sinusitis, head colds, swollen lips, hives, and so on due to special bromo-acid dyes incorporated in indelible lipsticks. When afflicted women change to less indelible or non-indelible lipsticks, these usually disappear. — *Cosmopolitan*, July, 1959.

IN-LAWS DEPARTMENT

"You have the kind of head to use once, then throw it away."

NATIONAL HEALTH FEDERATION BULLETIN

Compulsory Vaccination's Unconstitutionality

Fred S. Klenner, M.D., of North Carolina, presented a brief to the *Tri State Medical Journal* for August 1959 declaring that North Carolina's compulsory Ill Health (Salking) Law for helpless little school children is unconstitutional.

Dr. Klenner points out that this North Carolina law infringes on a person's privilege to determine what shall be done to his body. He says:

"This North Carolina law is in direct violation of the U. S. Constitution, Art. XIII, on 'involuntary servitude' and Art. XXIV, denying 'liberty of person.' No state law can supercede the United States Constitution." And—

"Public health authorities have the right of compulsory vaccination only to prevent the spread of a communicable disease. The Salk vaccine is only alleged to 'protect' the innoculee against the paralytic effects of the infection—not against the infection (polio) itself.

"A person has the inalienable right to determine what should be done to his body. No one has the authority to compel a person to submit to surgical procedure, or force him to take any given type of medication. This applies to indirect persuasion such as is being used in getting parents to give their children polio shots."—*Capsule News*, Nov. 28, 1959.

N.H.F. Moves Headquarters

We are very happy to announce your organization has grown until it has to have larger quarters. On January 31, 1960, we move to 709 Mission Street, San Francisco 3, California. This location is on the corner of Third and Mission. We will be on the ninth floor.

There is a parking lot next door and three more within one block. The location is one block from Market St., two blocks from the Sheraton-Palace Hotel and two blocks from the headquarters building of the Pacific Telephone and Telegraph Company.

JANUARY, 1960

SUGGESTED WORDING FOR WILLS

For the convenience of those who wish to incorporate into their will a bequest for unrestricted use in research and the general work of the National Health Federation.

I give, devise, and bequeath to the National Health Federation, a corporation, located in San Francisco, California, the sum of \$..... (or property herein described) to be used by its Board of Governors, as they deem advisable for the benefit of said institution and its program.

Should the donor desire to create a Memorial Fund, insert after "Property herein described," the same to be known and designated as "the Memorial Fund."

Stomatitis from Fluoride Dentifrice

Examination of 284 patients with oral lesions over a period of 23 months suggested that the association of stomatitis with the use of fluoride dentifrice deserved more detailed study.

The most common symptom was a whitish exudate covering superficially ulcerated lesions with vesicles. In the series of patient courses, 90 per cent noted a foul breath, and with each succeeding course it became more fetid.

Oral lesions in a group of 284 patients healed completely after withdrawal of fluoride dentifrice and the use of simple therapy.

Of 284 patients with oral lesions, all had one factor in common—the use of a dentifrice containing fluoride. Following the withdrawal of the dentifrice and the use of simple therapeutic measures, all lesions healed completely. The possibility of fluoride dentifrices as a cause of oral lesions should be considered.—*Clinical Medicine*, May 1959, P.O. Box M, Winnetka, Illinois.

Immunizers Suspected In Leukemia

SALT LAKE CITY, Utah—Is lymphatic leukemia a "man-made" disease? A group of University of Utah College of Medicine researchers believe that in some instances it may be.

Led by Dr. Thomas F. Dougherty, head of the anatomy department, these scientists believe that immunizing agents used to prevent certain childhood diseases, or drugs to treat others, might actually enhance the development of lymphatic leukemia.

"Our studies show," says Dr. Dougherty, "that when certain drug products are taken into the body normal requirements for adrenal hormones are increased, and that leukemia appears to develop more frequently in persons in whom the need for additional adrenal hormone exists."

The suspicion that drugs or immunizing agents might trigger development of lymphatic leukemia was aroused recently by reports of an "astounding increase" in the incidence of the disease among infants and children.

"Shots" Cause Stress?

Case studies had shown that lymphatic leukemia reaches its peak incidence in four-year-olds, most of whom have had routine immunization against whooping cough, tetanus, and diphtheria. Was there any connection? Was the stress inflicted by the "shots" creating a need for additional hormone production? Was it contributing to leukemia development among young children?

Dr. Dougherty and his associates wanted to find the answer to these questions. They had already been studying the effects of stressors (particularly epinephrine) in mice of the leukemia-prone AK strain.

One of their finds was the indication of a relative adrenal-cortical insufficiency which was particularly marked in many mice and humans given whooping cough vaccine. — Medical News, March 26, 1956.

A REAL BONER

Customer: "Please weigh this package for me."

Butcher: "Sure. It weighs 3 pounds."

Customer: "Thanks. In contains the bones of the 4-pound roast you sent me yesterday."

Washington News

(Continued from Page 6)

Calcium Propionate has been reported in scientific circles as being destructive to friendly bacteria in the large intestine. This theory has been accepted in certain branches of the armed services. They are able to back up their viewpoint in practice since most of the services operate their own bakeries.

In the list of chemicals referred to above, appears the chemical Potassium Iodide. Many readers will remember this substance as being a part of the Hoxsey Cancer treatment. Government spokesmen have referred to its use in a derogatory manner for many years where used as an ingredient in the Hoxsey treatment. They have repeatedly warned that its use in the Hoxsey "secret remedy" could cause cancer. (See N.H.F. Bulletin, Jan.-Feb., 1959 re. Hoxsey Treatment.)

The 355 qualified experts whose opinion Food and Drug relies on are reported to be scientists from various educational and industrial laboratories. So, the question arises "How independent and how scientific are the opinions of such experts as these?"

The Delaney Amendment has forced a deadline of March 5, 1960 after which it will be illegal to use the remaining chemicals in or on food that are still unapproved or untested. (There are over 500 of them.) At present rate of approval looks like a traffic jam will occur.

Mental Health

The Federal Mental Health Investigation, listed on page 21 in Nov.-Dec Bulletin, is resting in the Rules Committee of the House. This bill, known as H. Con. Res. 145, will continue to rest there unless interested members and their friends make their wishes known in letters. These should be addressed to Hon. Howard W. Smith, Chmn, Rules Committee, House Office Bldg., Washington 25, D.C.

Bad Bills

In Sept.-Oct. Bulletin we wrote about the two identical bills, H.R. 7430 by Mr. Haley, Florida and H.R. 7480 by Mr. Ullman, Oregon, which would amend present Food and Drug laws requiring warnings to be displayed with fresh produce where residue from chemicals may be present. There has been a demand for this change because it is claimed clerks are careless and don't use the warning labels properly.

N.H.F. doesn't see any wisdom in doing away with a good, protective law simply because of clerk carelessness. If the distribution channels cannot be made responsible for the harmful chemical residues that may be present on fresh fruits and vegetables, wouldn't it be better sense to eliminate the dangerous poisons? Washington Office expects to follow that line in opposing the two bills and will rely on your support. We will notify you when hearings may be scheduled.

The book "Food—The Yearbook of Agriculture 1959" is now on sale at \$2.25 per copy from the Government Printing Office, Washington 25, D.C. It is 736 pages of food and nutrition information. You may disagree with much of it—but it's a bargain at the price. Write direct to the Government Printing Office, Supt. of Documents, enclosing your check or money order.

Bill Must Be Killed or Amended

Widespread interest has been aroused in the new Post Office bill alleged to control the business of mailing obscene literature. This legislation known as H.R. 7379 extends the time in which the Post Office can impound mail from the present 20 days to 45 days but . . . in addition can deny a hearing before impounding . . . isn't compelled even to give any advance notice.

No one will deny the need for cleaning up the obscene literature evil, but this bill is aimed also at firms who deal in health foods, organic foods, supplements and the like. An individual or firm has only to be cited on suspicion and his business can be closed up for 45 days . . . and about this he can do nothing . . . except, probably, go broke.

There was only one dissenting vote in the House, and the Senate has had it up for hearing . . . but Senate officials have agreed to continue the hearings in January in order to hear from the other side . . . including N.H.F. and others. We will be on hand at that time to make a statement for the Federation. We urge you to write your Senators . . . urge them to vote against this bill in its present form. The bill is S. 2562 in the Senate.

We urge our members to give this issue wide circulation.

YOU CAN HELP BY . . .

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

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

NATIONAL HEALTH FEDERATION BULLETIN

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- ☐ I wish to become an ACTIVE MEMBER. I am enclosing \$5.00 as dues for the current year, \$1.50 of which is for a subscription to the BULLETIN.
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New Year's Wishes

- 1—We wish you a very joyful, healthy, happy and prosperous New Year.
- 2—We wish that each of you would decide to get one new member this year.
- 3—We wish each of you would resolve to let your Senator and Congressman know your wishes from time to time during the year.
- 4—We wish that each of you would continue to pray for us and the Federation, that all of our acts be without prejudice and for the good of the public's health.
- 5—We wish you would all make a note of our NEW ADDRESS after February 1st—709 Mission Street, corner Third and Mission, Zone 3, San Francisco, California.