

National Health Federation



BULLETIN

Birthday Special

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**AMERICANS CRUSADING FOR
HEALTH LIBERTY**

Volume VI — Number 2

February, 1960

Warns Against Heat For Shock From Blood Loss

If a patient is in shock because of loss of blood, do not apply heat. This advice, contrary to time-honored first aid practice, is given by Dr. Alan C. Burton of the University of Western Ontario, London, Ont., in the *Canadian Medical Association Journal*.

The patient in shock feels cold because of the body's protective mechanism, Dr. Burton explained. Because of blood loss, the body attempts to maintain normal blood pressure by reducing the flow of blood to those parts of the body where it is not needed most.

Application of heat to the feet, legs and other extremities, causes the flow in those parts to increase, dangerously dropping blood pressure and decreasing the flow of blood to the brain. This, he said, may result in death.

The treatment for patients in shock caused by blood loss is transfusion of blood or blood substitutes, he pointed out.—*Science News Letter*.

Flourides Naturally vs. Artificially Added—

Proponents of fluoridation have argued that a fluoride ion added artificially is indistinguishable from one naturally present in the water. This statement is correct.

It carries the implication—which is sometimes spelled out—that, therefore, the physiological effect will be exactly the same in both cases. This has never been

proved. There is ample reason to doubt it.

(1) The behavior of fluoride ions in water depends upon the nature and concentration of other ions present. This is particularly pertinent in the comparison between (a) natural fluoride water, which is usually high in calcium; (b) artificially fluoridated hard water (also high in calcium); (c) artificially fluoridated soft water.

(2) The fluoride ion has a strong tendency to combine with some other ions, particularly the silicate and aluminum ions, to form what is known as complex ions. These complex ions have properties which are quite different from those of the fluoride ion: for instance, under conditions where the fluoride ion forms insoluble compounds, the same quantity of fluoride as complex ion does not.

Silicate ions are introduced whenever fluoridation is accomplished by means of sodium silicofluoride, and aluminum ions are present at some stage whenever alum is used (as is often the case) to clarify the raw water.

Thus the statement: "a fluoride ion is the same whether it is naturally present in the water or artificially added," should be replaced by the more pertinent "the properties of the inorganic (such as 1 p.p.m.) will differ greatly with the concentration of other ions present, particularly the often present calcium, silicate, and aluminum ions."

Geo. Calingaert, D.Sc.; Prof. of Physical Chem. — (National Fluoridation News, June-July issue.

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

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The NATIONAL HEALTH FEDERATION BULLETIN

VOLUME VI
NUMBER 2

Adventures on Health Frontiers
Published Monthly

FEBRUARY
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FEDERATION BUSINESS

The fifth annual meeting and convention has come and gone. Those attending said it was the best convention they ever attended. The spirit was wonderful, the convention hall was crowded, the program was very, very good and even the exhibitors were happy. Next year it will be bigger and better.

Our thanks to Charles Crecelius, his wife, Bonny Rainey, Irma Malin, Tex Sanderson, Andrew Dressler and the many others who worked so hard to make the convention so outstanding. Thanks also to all the good natured folks who registered and attended. Thanks for putting up with your president in his endeavor to keep the program moving on schedule, etc. It is a great joy to be associated with such wonderful people as those who make up the membership of the National Health Federation.

Thanks to all of the speakers; each one did a masterful job. Thanks also to the chairmen of the roundtables. Thanks also to our Washington General Counsel, who did such an outstanding job of conducting the roundtables for the Health Food Stores and for the Drugless Doctors. Thanks too for the fine cooperation we had from the exhibitors. Plan now for next year December 30th, 31st and January 1st.

The Bazaar

Thanks to all of you who sent in articles for this event. While there were a

number of articles left unsold (to be sold later) the total received from the sales made was over \$230.00.

Mental Health

You will be happy to know that Ray Overacker, your Federation attorney, represented you at the California Senate Judiciary Committee hearings on the subject of mental health legislation. The brief he presented will be published in a later issue. The Federation, through Mr. Overacker, urged the submission of a constitutional amendment to the voters of California, which would protect the right of all citizens in matters relating to mental health.

Washington Office

Harold Edwards, in charge of the Washington Office, has a big job. His job is not in the office but down on Capitol Hill. Harold has his hands full with legislative and regulatory measures, so please do not write your problems to him, send them to this office. If we cannot take care of them or feel they should be taken care of by Mr. Edwards we will send them on to him.

Please also do not expect Mr. Edwards to travel over the country attending meetings. This is not his job, and when he is away from Washington there is no one there to look after your interests. Some day we will have money enough to have an assistant for him and then he can get about more. Thanks for your

cooperation in this important matter. The Washington Office needs a girl in the office, but today we do not have funds to pay for such. While on the subject of funds, we must all of us sacrifice and give liberally to the support of the Washington Effort.

NHF BOARD OF GOVERNORS AND OFFICERS

Fred J. Hart, President; Harold Edwards, Vice President; E. Hugh Tuckey, Secretary-Treasurer; Marian Maxin, Assistant Secretary.

Following Directors were elected at the Fifth Annual Convention for a three-year term: Roby Day, California; Stanley Stewart, Washington; Roy Paxton, Illinois; Ray Overacker, California; Evans A. Waterman, California; Walter S. Young, Ohio; Gordon Barter, Ohio; Jack S. Alkire, Ohio; Eugene A. Dietrich, Ohio.

Following were elected for a two-year term: LeRoy Miller, Michigan; Harold Doster, Michigan.

Hold-over Members of the Board: Mrs. Anne Booras, Washington, D.C.; Donald Matchan, California; L. S. Sanderson, California; Mrs. Zelma Cordwell, New Jersey; Miles H. Robinson, Maryland; D. Earl Irons, Massachusetts; Adm. A. I. Malstrom (USN Ret.), Maryland; E. Hugh Tuckey, California; Fred J. Hart, California; William Liddon, Arizona; Harold Edwards, Washington, D.C.; Charles Crecelius, California; Duon Miller, Florida; Mrs. Alice Schuringa, Illinois; Royal Lee, Wisconsin; Frederick Doughty Beck, Louisiana.

State Federation Representatives: Harold Burkhart (Washington); T. J. Parkinson (Utah); Peter Rusnov (Ohio); Keith Knapp (Michigan); Anne Fout (Prairie States); Andrew Dressler (So. Calif.); John Eichenaur, Jr. (Arizona); George Hillestad (No. Calif.).

Books Worth Reading

FEEL LIKE A MILLION! How Proper Nutrition Can Revolutionize Your Life by Catharyn Elwood. Price \$3.95

THE AMERICAN FLUORIDATION EXPERIMENT: The Case Against Mass Medication by Qualified Experts, F. B. Exner, M.D., G. L. Wadbutt, M.D. and James Rorty. Price \$3.75

YOUR HEART AND VITAMIN E by Drs. E. V. and W. E. Shute. Price \$3.00

OUR DAILY POISON: The Effects of D.D.T., Fluorides, Hormones, etc., on Modern Man by Leonard Wickenden. Price \$3.00

CANCER: NEW APPROACHES—NEW HOPE by Boris Sokoloff, M.D. Price \$3.75

EAT, DRINK AND BE HEALTHY: An Organic Cook Book—Complete from Soup to Nuts by Agnes Toms (Spring 1958). Price \$4.50

THE DISPOSSESSED: What the "Head-shrinkers" Are Up To These Days by Geoffrey Wagner. Price \$3.00

NUTRITION AND THE SOIL: The Relationship between Healthy People and Healthy Soil by Lionel Picton, M.D. Price \$4.00

THE LIVING SOIL: Evidence by McCarrison and Others on the Importance of Soil Vitality to Human Health by Lady Eve Balfour. Price \$4.00

GARDENING WITH NATURE: How to grow vegetables, fruits and flowers the Organic Way by Leonard Wickenden. Illustrated. \$4.95

MAKE FRIENDS WITH YOUR LAND: On the Role of Soil Bacteria by Leonard Wickenden. Price \$2.75

Books listed on this page may be purchased by PAID-UP MEMBERS OF THE NATIONAL HEALTH FEDERATION at 20 per cent less than list price. To secure this discount a paid-up member must send to the publisher 80 per cent of the price listed, and on his order paste a National Health Foundation membership stamp. Thus, a book selling for \$2.00 would require \$1.60 and on membership stamp.

The foregoing books should be ordered direct from Th Devin-Adair Company, 23 East 26th St., New York 10, N. Y.

JUST WHAT IS CHARITY?

It is silence when your words would hurt
It is patience when your neighbor is curt,
It is deafness when scandal flows,
It is thoughtfulness for another's woes,
It is promptness when stern duty calls,
It is courage when misfortune falls.

NATIONAL HEALTH FEDERATION BULLETIN

. . . SPECIAL . . .

N.H.F. Washington Bulletin

The beginning of the second session of the 86th Congress (January 6th) finds your Washington Office diligently at work in aiding Congressman David King to secure early hearings on his two bills.

That deeply sincere, inspired legislator, in his speech at the Los Angeles Convention on January 2nd, emphasized the great opportunities before us. At the same time, he made plain his complete dependence on your active support. Your letters, telegrams and personal solicitation directed at your own and other key Congressmen, is the all-important, indispensable support he is pleading for.

The entire program of our great New Year convention repeatedly spot-lighted a "Time of Opportunity" theme. So . . . urge all your friends and neighbors . . . enthuse them with your confidence and victorious assurance that now . . . at long last, we have within our grasp the means to deal with those rugged problems of food additives . . . plus . . . the evil of fluorides.

Congressman King's bill, H.R. 9150, would set up a commission of nine experts to carry on a continuing investigation of the BOTH sides of the food additives and the water fluoridation questions. His second bill, H.J. Res. 523, would in the interim prohibit the use of fluorides in government installations, which would include the City of Washington, D.C. Mr. King's speech in Congress, when he introduced the bills, was printed in the Nov.-Dec. 1959 Bulletin . . . and copies of the speech are available from the San Francisco Office.

Write to your own Congressman first, then if you will, also write:

Hon. Oren Harris, Chrmn. Interstate and Foreign Commerce Committee; also, Hon. Kenneth A. Roberts, Chrmn. Health and Safety Subcommittee. (Refer to December Bulletin for members of subcommittee.)

Keep the letters brief . . . not more than 4 or 5 sentences, with the first one complimentary . . . tell him you are interested in his work. It may surprise you how much good such a letter can accomplish.

You folks who read the newspapers know there are many potential threats to the Delaney Amendment . . . even though it has been law only since Sept. 8, 1958. Prompt action directed at the two bills will, therefore, achieve a double purpose . . . stop those who would undermine the new law . . . and set up a far-reaching investigation of ALL additives to food and water.

Food and Drug Administration has denied requests of certain industries to set aside its order withdrawing several coal-tar colors from use in food. The effective date of the withdrawal order is April 6, 1960.

The industries are expected to take the matter into court, same as they did with Red No. 52 color for oranges . . . on which action the court ruled in favor of Food and Drug. However, in that situation Congress rushed through an amendment which made possible the use of a substance color Red No. 2.

There is another similar situation awaiting attention in the house in H.R. 7624 introduced by Congressman Oren Harris. In December Bulletin we advised you that this bill fortunately is temporarily being blocked in the Rules Committee by Mr. Delaney. So . . . again it may be seen why your continued support and that of your friends is so vital now . . . and why it can help to keep us moving forward effectively.

In the opening days of the new session of Congress, Congressman Moulder of Missouri introduced a bill, H.R. 9353, to prohibit shipment in interstate commerce of animals which have been fed or treated with stilbestrol . . . unless

they have been so branded or marked . . . as protection to users.

Work is well underway to get favorable action on the three bills to provide chiropractic treatment to veterans and certain governmental classifications.

We continue to work for early action on the mental health bill of Congressman Hiestand, H. Con. Res. 145.

Washington Office is actively opposing the International Medical Research bill in the house, H.R. 211, even though it was acted upon favorably in the senate. We are also working against the Obscenity bill, S. 2562, because of the inserted clause against drugless mailing rights; also H.R. 7430 and H.R. 7480 which take away protections against chemical residues in produce; we oppose S. 125, bill of Senator Javits which would deny all mailing privileges before a hearing, to anyone accused of mailing questionable literature.

We refer you to the Sept.-Oct., Nov.-Dec. and January Bulletins for details on the above bills along with our legislative program for the current session of the Congress.

Address all communications to house members, c/o House Office Bldg., Washington 25, D.C. Those for senators should go c/o Senate Office Bldg., Washington 25, D.C.

Attention Ohioans

Health-minded individuals who would like to belong to or help form local chapters of the National Health Federation in Ohio, please contact Mr. Walter Young, President of the Board of Directors, Ohio Health Federation, Hartville, Ohio.

Stamps

Keep buying the stamps and using them on your mail. The next stamp drive will be July fourth. The stamps distributed at that time will have the address of the Federation on them.

You Should Be Proud

As you read the newspaper reports regarding the dangers of the chemicals in our food and water, you should be very proud of your part in bringing these things to pass. Had it not been for the Federation, we would not have had a food additive law, nor would we have had the Delaney amendment. We do not say this to detract from the work of Congressman Delaney or the others who worked with him. We say it only because the Federation was able to coordinate the efforts of many in support of those members of Congress who wanted to do something about the matter. We must now strongly support these congressmen in an all-out effort to preserve the food additive law and the Delaney amendment. The large chemical companies are girding themselves to do battle to protect their profits and we the people must withstand them. Give generously to the Federation work, write to your congressmen or senator and to those whom the Bulletin suggests from time to time. We can win. We will win.

Our President Has to Take a Rest

During the months of February, March and April, your president has to take an enforced rest. It is either that or not be able to carry on at all. All that is needed is a complete rest and that he will get, if you folks will put your shoulders to the wheel during that period. The Federation will need more volunteer help in the San Francisco Office. Typists, folks who can file or stuff envelopes and do numerous other types of work are needed. If you are willing to help please phone GREystone 4-0056. After February first the office will be at 709 Mission Street. The building has an elevator. The Federation will be on the ninth floor. It is wonderful to belong to an organization which grows so fast it has to move to larger quarters.

NATIONAL HEALTH FEDERATION BULLETIN

With N.H.F. Washington Counsel

CHARLES ORLANDO PRATT

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

Doctors' Legal Right to Admission In Government Supported Hospitals

The National Health Federation has been requested to cooperate with a Hospital-Physicians Committee in Georgia in the program to work for state legislation which will provide for the admission of licensed doctors such as chiropractors, osteopaths, dentists and dental surgeons to carry on their professional practice with only the legal limitations of their professional rights under their respective licenses.

N.H.F. Policy Provides for Cooperation For Extension of Freedom of Choice In Healing Arts Practice

Since more and more sick people in our rapidly growing country are seeking guidance in their health care and sickness prevention programs; and since millions of people are using the guidance and advice of the doctors in various professions of the healing arts, it seems appropriate that the National Health Federation assist all the doctors in working for and obtaining state laws that will define their professional rights and enlarge the scope of their license to practice.

NHF realizes that the freedom of choice of a doctor should not be restricted to the people; but the method and procedure in the doctor's practice should be limited only by the provisions of his license.

For example, the doctor of chiropractic should not be restricted in his use and sale of dietary food supplements more than a drug store or a house-to-house salesman.

Hospital Admittance Program For All Licensed Doctors

A Hospital Physicians Committee has been organized in Savannah, Georgia, to work for the right of all doctors and

dentists to have admission into government-supported hospitals to care for their patients within the scope of their professional licenses.

This Committee has asked for the help and cooperation of the National Health Federation and its state organizations.

NHF has a policy to assist in getting state and national legislation to broaden the professional rights of all licensed doctors on the theory that the people should have the freedom to be patients in a hospital and to use the professional care of their own doctor.

NHF State Legislative Program

The National Health Federation will aim in 1960 to organize groups in each state to develop and foster a legislative program to open hospital doors to any licensed doctor. Your President and your Washington Counsel will welcome your ideas and support in this great program.

Therapeutic Claims for Unsaturated Fats Banned

Chloestrol-Heart disease claims for unsaturated fats and oils have been banned by the policy statement of the Federal Food and Drug Administration which has said recently in a news release that unsaturated fats and oils will not reduce chloestrol. The door is, however, left open for a review of this policy based upon future research on the subject.

Congressional Hearings

Your Washington Counsel expects to attend and testify at congressional hearings in 1960 to urge constitutional safeguards in new legislation proposed for the U. S. Post Office Department and the Federal Food and Drug Administration.

Post Office Department

Legislation is proposed to restrict the rights of citizens to enjoin the impound-

ing of their mail on the ground that the reading material on the product is objectionable under applicable postal regulations.

The jurisdiction of the federal courts should not be restricted by the use of administrative procedures under the sole control of the Postmaster General. The right to appeal should never be abridged in any sense for any reason.

NHF will always work to maintain the right to promptly appeal every action of a state or federal government.

Federal Food and Drug Administration Seeking More Restrictive Power and Increased Appropriations for the Enforcement of FDA Laws

The National Health Federation will take an interest in the demands of the Federal Food and Drug Administration for more money and more power. NHF will urge laws that provide for and protect impartial enforcement of the food and drug laws, and to request safeguards against press releases by high officials that destroy or harm business before persons, firms, corporations, have had a chance to defend themselves and their actions.

To issue catch-all shot-gun releases which include various persons, actions and things in one bundle of derogatory statements is unfair and misleading. This practice should be protested. For ex-criminal charges in describing an alleged violation of health and medical laws is prejudicial and unwarranted.

To state in a press release that a product was found good and healthful; that the product has been released to the owner and relabeled under the supervision of the Federal Food and Drug Administration, is to make a misleading statement of great import and disastrous consequences. Frequently good healthful products are seized and condemned only because of some implied statement made in pamphlets, brochures, articles and research reports which imply therapeutic claims for a vitamin or mineral dietary food supplement.

Polio Vaccine

The Journal of the American Medical Association issue of December 18th carried an article by Surgeon General LeRoy Burney of Public Health Service, summarizing his observations on the possibilities in LIVE VIRUS POLIO VACCINE. This is the long hinted at improvement over the KILLED VIRUS type . . . in other words, the highly publicized SALK VACCINE. The U. S. Public Health Service is still energetically proceeding with the generous squandering of tax money to feather the nest of the big manufacturing drug companies.

It is claimed these new "attenuated" live viruses have lost the power to produce disease through a process called "selective cultivation" in the laboratory. They can, however, be transmitted to others through natural means . . . by body excretions, breath, contact . . . it is pointed out. This is thought to be a potential boon to one's neighbors because the experts feel you would be passing on friendly germs to your fellowman that could, in turn, make him immune to the ravages of polio.

These health pantomimists have one great fear however . . . that some of those mentally retarded viruses, so freely spread around, might return to active virulence and impair the budding good neighbor policy in this fantasy of the vaccine dream world. This might in some manner interfere with their objective of eventually making polio vaccine as easy to take as SMITH BROTHERS COUGH DROPS . . . without the messy needle.

* * *

Your Washington General Counsel will welcome any suggestions from the members of NHF concerning subjects for discussion by him in the legal area of problems that need attention. Often the legal problem of one in one state is similar to the legal problems of others in several states.

THE DRUG ANGELS

By HAROLD EDWARDS, Director, NHF Washington Office

Senator Estes Kefauver, of Tennessee, in his Anti-monopoly hearings on December 7th, brought out some mighty revealing facts and figures on the big drug monopoly. These show \$2½ billion per year in sales . . . this representing a 5 to 1 increase in a little over 10 years.

A Juicy Pie

So now . . . may we take you on a Little Jack Horner trip into the huge and juicy pie that is known as the Ethical Drug business . . . and what plums these be? This is the prescription drug business which includes antibiotics, vaccines, biologics . . . and the steroid hormones such as the original one, Cortisone . . . and the later versions Prednisone, Prednisolone, Dexamethasone, etc.

Polio is Good Business

Similarly to the five companies who monopolize and split up the Salk vaccine business . . . so also, the Kefauver hearings disclose that five companies very nearly monopolize the arthritis remedy field. The story of how they are able to do it is being brought out now in a rather highly charged atmosphere.

Administered Prices

The arrogant President Brown of the big, fabulously successful Schering Corp. of Bloomfield, N. J., seems to set the pattern of defiance. His testimony seems to show the contempt in which Big Drug holds these proceedings of inquiry into the evil of "Administered Prices." The term is one used again and again and it is around this drug industry practice the hearings mainly revolve.

Prescriptions Should State Contents On Package

The Committee has stated, "Drugs are peculiarly an essential of life. Confronted with financial reverses, the average family can, and does put off buying many basic things. Consumer drug purchasing is severely restricted by the fact prescriptions are usually written in

terms of trade names rather than generic (type of drug) names."

Doctor in Driver's Seat

Although there are lower-price brands of the drug prednisone available from reputable, long established companies, the consumer who has a prescription for Schering's Meticorten cannot be sold anything else, by law. So, the doctor is in the driver's seat since it is he who names the drug in his written prescription. Because of this the few real big drug manufacturers like Merck, Schering, Lilly, Parke-Davis and Upjohn send swarms of detail men constantly into doctors' offices with their persuasive appeals for their brand names.

It Works

Does this system work? It surely does . . . since 15 large drug outfits do 71% of the ethical drug business.

Government Pays — They Profit

Cortisone was developed by Merck during World War 2 . . . financed by the U. S. Office of Scientific Research and Development—then headed by Dr. Vannevar Bush, now chairman of the board of Merck. The work was begun under the erroneous belief the Germans were using an adrenal hormone on high altitude flyers. Discovery that cortisone had anti-inflammatory benefits in Rheumatoid Arthritis was a completely unexpected benefit.

Although used in many disease conditions the steroid hormones are chiefly used in rheumatic-arthritis type diseases . . . and it's a huge field for drug sales . . . 11 million Americans suffer with it in some form.

All Is Not Gold That Glistens

The drugs affect no cures . . . they relieve pain for periods of time and are claimed to control attacks. But the use, of necessity, has been restricted because of injurious side effects. In spite of the fact that arthritis drugs introduced since

Cortisone are claimed to be an improvement, side effects remain a serious problem.

It Pays to Be Ethical

This segment of the ethical drug industry is really huge with sales for 1959 estimated at \$120 million, divided up as follows: Cortisones \$33 million; Prednisones and Prednisolones \$43 million; Dexamethasones \$44 million.

Hearings have brought out the juicy nature of the profit margins on these controlled brand names. These big glamour companies like Schering and Merck, for example, get \$17.90 for 100 tablets of Prednisone while small ones are able to sell them profitably for \$3 to \$4 per 100. President Brown of Schering pointed out the small companies have smaller expenses . . . and added . . . "we couldn't do any more business at a lower price" . . . which illustrates the death grip of the few big companies on a lush market. One truly big item of expense being the 530 Detail Men Schering employs to "persuade" the doctors . . . at an annual average salary of \$9,000 and expenses. They wine and dine the poor physicians and the Company backs these efforts with an expensive flood of samples, other sales gimmicks along with volumes of high grade printing-lithography materials, ads in 300 magazines and seven papers.

Who Paid For It?

Schering Corp. is the former German concern taken over by our government in World War 2 . . . which was acquired by private American investors for \$29 million in 1952. Within 5½ years their profits amounted to an amazing \$32 million . . . which the Hearing Committee thought was making it mighty fast.

President Brown of that company feels everything is proper and legitimate even though their ultra-glamorous sales methods make prices high. He stated: "If some people find it difficult to buy these drugs it is a matter of inadequate income rather than excessive prices" and added, "underdeveloped people should be

handled on some public welfare basis."

Is This Restraint of Trade, or What?

A lot of the fireworks in the hearings arose over the hot issue of patent control. Schering, with patent applications pending on the two drugs Prednisone and Prednisolone, has made licensing agreements with Merck, Upjohn, Pfizer, Parke-Davis and Ciba. Some of these have also applied for the same patent rights . . . and these several applicants have privately agreed to license each other . . . depending on whom the government awards the patent rights ultimately. These agreements will allow them to retain the drugs in their expensively packaged form at a controlled price. Angrily, Schering rejected the suggestion that this was an "Anti-Trust Law" violation.

The Public Is Gouged — While Small Companies Die

At the one really lively point in these dreary proceedings, one of the country's small drug makers came up with some highly interesting statements on the small fellow's predicament. He charged that the American people are being gouged to the tune of \$750 per year for their prescription drugs . . . by the before mentioned expedient of high-powered and expensive sales pressures, control of trade names and secret patent agreements. Advertising outlays are so huge the small companies can't compete . . . are rapidly falling by the wayside.

Taxpayers Dollars Paid For It

It was stated here that cost of the basic research that made these arthritis pain killers possible has been borne principally by public funds. This gives the lie to the anguished cries regarding the many millions claimed as cost of their research and development aimed at the public good. It was, in fact, asserted these big firms actually do little basic research on their own.

Maybe a Commission to Regulate Drug Prices Would Be in Order

The hearings were not without the inevitable "Charity Front - Collection" (Continued on Page 23)

National Health Federation Celebrates Fifth Birthday

By DON MATCHAN

With attendance at an all-time high—820 registrations—and a program encompassing a wide variety of topics of importance in the health field—the fifth annual convention and meeting of National Health Federation came to a close in Los Angeles the second day of the new year.

President Fred J. Hart, who starts his sixth year as head of the growing organization, expressed pleasure at the high interest displayed, as evidenced by the attendance which was capacity at each of the sessions in the Embassy Hotel and Auditorium at Ninth and Grand.

"It is indeed inspiring to see the number and quality of you who are making history for the National Health Federation," he observed. "The kind of devotion to a cause which so many of you are demonstrating gives the leadership renewed inspiration and determination to carry on."

Tone of the convention was positive. Addresses and panel periods were objective, informative.

In an important statement of policy, the Board of Governors reiterated the organization's position in relationship to other health organizations, expressed appreciation for the job it is doing and offered continued co-operation to Natural Food Associates, pointing out there is a need for each organization and that each performs a separate type of service.

Coming in for commendation also was Department of Health, Education and Welfare Secretary Arthur S. Flemming. A packed convention hall approved unanimously the resolution praising Mr. Flemming and associates "for the constructive leadership displayed in preventing distribution of cranberries known to be contaminated; for the Department's

forthright pronouncement concerning use of stilbestrol in poultry; and the recent statement outlining the Department's determination to enforce the law prohibiting use of carcinogenic substances in food and cosmetics."

"Unqualified approval and appreciation of the desirable, protective actions taken by the federal Food and Drug Administration" was voiced in another resolution urging expansion of the program of inspection, testing, research and labeling, and that representatives from the dietary foods industry, along with members of the drugless profession "be given serious consideration for appointment to the Citizens' Advisory Committee of Food and Drug Administration."

Sessions opened at 8:30 a.m. New Year's day. The first morning Attorney Charles Pratt, N.H.F. Washington General Counsel, presided at a roundtable discussion for health food store proprietors whose problems and legal rights were discussed. Response to the presentation was enthusiastic. A similar session to pinpoint "Your Legislative and Professional Rights" was held for chiropractors immediately following the health food store roundtable.

Later that morning Roby C. Day, San Diego, member of the N.H.F. Board of Governors and long active in pure water circles, conducted a roundtable on fluoridation. Interest in this program was high, with a lively question period following the presentation.

Another innovation was the roundtable on National Health Federation Organization under direction of Mr. Hart and Charles Crecelius, member of the Board of Governors and responsible for local convention arrangements. Mr. Hart paid tribute to Mr. Crecelius' organizing talent, and praise was indeed due him for

the careful attention to multiple details connected with a convention. It was a smoothly-functioning affair from start to finish.

Delegates and audience were officially welcomed to Los Angeles by another member of the Board of Governors; Tex Sanderson, president of the Southern California Health Federation. In his rolling Texas drawl, Mr. Sanderson extended greetings, put everyone at ease by injecting a bit of humor into his welcoming statement.

The president's report was presented by Mr. Hart, after which the convention heard a first-hand account of activities in Washington from the organization's capitol representative, Vice-President Harold Edwards. Mr. Edwards wound up on an optimistic note, reviewing the fact real progress has been made the past two years in achieving protection against additives (exemplified in the De-laney Amendment), noting, however, that public vigilance will be required, more than ever before, to maintain the gains and ward off expected attacks from interests perhaps more interested in profiting from sale of poisons than in preserving public health.

Attorney Pratt Speaks

In a convention address entitled "A Positive Legislative and Legal Program in Health Matters," Attorney Pratt declared, "No one profession has all the answers. There is need for all branches, with their particular approaches to healing." He said a definition of the rights of each licensed group is essential.

"In the past," he said, "a monopoly in health treatment has existed. This is not right. The law is plain, however, in what it permits the various groups to do within the limits of their licenses. Important thing for each practitioner to remember is, know your rights, then go forward with faith, confidence and courage."

Mr. Pratt was vociferous in asserting that "in California no one has a right to enter an office and seize anything without serving a warrant issued by a court describing the material to be seized."

Refineries Blamed for Smog

"Pure Air" was the subject of an address by Chandler Phillips, chemical engineer and outstanding authority on smog and its control. For 14 years associated with the petroleum industry in California, and unsuccessful in persuading the industry to revise its refining process in California, he left the employ of Shell Oil five years ago and is associated with a group of engineers in private practice. He has carried on a one-man crusade in Los Angeles to clean up the smog.

Smog became a problem, he said, after refineries, during World War 2, changed from the "straight-line" method of cracking, to the catalytic-cracking process. In simple language, it means lead is added to gasoline to keep lower grade gas from causing engine knock.

The practice has resulted in the dumping into Los Angeles air each day these quantities of lethal gas: 22 to 25 tons of lead; eight tons of chlorine; eight tons of bromide; two to three tons of phosphorus compounds.

Mr. Chandler has testified before government committees and bodies that if refineries were required to install equipment which would refine the dangerous chemicals out of the gas—clean it up—it would cost them no more in the long run, and they probably would be money ahead in the end because there is a sale for the by-products. He cited examples in other industries, including steel, where this has been the experience.

"But the fact is, the only reason the companies have refused to change from the catalytic-cracking process is dollars and cents. And they have been able to convince the Los Angeles Board of Supervisors, in whom final authority rests, that they'll move if they are forced to make the change.

"But which makes more sense—cleaning up the problem at the source or forcing millions of motorists to buy gadgets to put on exhausts which still may not burn off the most dangerous parts of the residue?"

The engineer declared that 93 per cent of Los Angeles pollution results from insufficiently refined petroleum. Toxic gases are emitted at night from refineries, and through the day and night from automobiles burning it.

He believes the problem can be met only by political action. An initiated measure requiring election instead of appointment of Air Pollution District commissioners is a must, he says, so these officials will be directly responsible to the public.

In the Los Angeles area, refineries are permitted to expel 200 times the safe limit and still be within the law, he continued. During congressional hearings in 1956 on smog, the Air Pollution District board was asked why the first alert to ozone was set at 2½ times the amount believed safe for humans, the second alert at five times, and the third at seven times the tolerance point.

"We had to set standards industry could live with," was the answer.

"The air you breathe is as vital to your health as the food you eat and the water you drink. In total weight, the air you breathe is greater than the weight of the food and water you consume. Any doctor will tell you it is unsafe to apply a lead compound externally. It is many times more deadly when inhaled.

"U. S. Surgeon General LeRoy E. Burney has warned that we invite disaster if we do not act quickly on the powerful evidence pointing to auto fumes and other air pollution as a cause of cancer and heart disease. Dr. E. Cuyler Hammond of the American Cancer Society has stated, 'Fumes from burning petroleum contain measurable quantities of known carcinogenic agents, and human beings do inhale those fumes.'

"Dr. Paul Kotin, University of Southern California Medical School, Los Angeles, told us that 'Exhaust fumes can cause cancer. Until recently the problem of auto exhaust was regarded as merely a smelly, eye-smarting nuisance rather than a potential mass killer'."

Dr. Phillips and his supporters have

made several recommendations, in addition to political action, to clean the air: 1. Reduce the amount of pollution refineries are permitted to expell. (2) Require installation of 24-hour recorders on refinery stacks to show a continuous record of total pollutants expelled (particularly sulfur compounds). (3) Require installation of standby facilities to take over when scavenger plants break down. (4) Set specifications for minimum sulfur and other impurities in fuels. (5) Require each refinery to account for sulfur content in crude oil. (6) Make available to the public all Air Pollutant Control District records. (7) Eliminate metallic poisonous additives in gasolines used in Los Angeles.

Dr. Hayes on Heart Care

"Care of the Heart" was the subject of an address by Dr. Charles W. Hayes, Santa Maria, Calif., who has specialized in heart cases for 20 years. Nerve pressures must be removed for correct functioning, he asserted. Development of the healthy heart should start with the parents, mother's milk, or goat milk and raw vegetable juices and ripe bananas, followed by a balanced diet. But, he warned, "nutrition is not the complete answer. Every nerve pressure has a bearing on the heart."

Dr. Hayes gave this recipe to avoid strokes: Upon arising, sit on the edge of the bed, place feet on floor and count to 60. Blood pressure is at the low point while the body is asleep. When one gets up blood pressure rises, then drops to a low point. It becomes normal within a minute. He recommended vigorous daily walking and morning breathing exercises as preventive measures to heart trouble.

Dr. Tuckey Discusses HCL

Dr. E. Hugh Tuckey of San Francisco presented an address titled "Hydrochloric Acid and Its Place in Human Economy." If the supply is lacking in the stomach, ingested food is not properly acidified so bacterial content will not be destroyed. This leads to interference in emptying-time of the stomach, he said.

"The pyloric valve controls emptying-time of the stomach. The common bile and pancreatic duct empty into the duodenum. When the duodenum is in a relaxed state the gall bladder contracts, squeezing the bile into the lower intestine. HCL destroys acid-fast bacteria, it is the bile's function to destroy alkaline-fast bacteria, and it also is partly responsible for peristalsis. If there's an improper amount of bile, calcium cannot be metabolized, and if calcium is improperly metabolized, quality of the bile is interfered with. Then comes a change in function of the liver. A vicious circle.

Concluding, Dr. Tuckey repeated that "hydrochloric acid is the first and primary step of digestion."

Wildlife Film

William Henry Allen presented a commentary during showing of the film, "Man-Made Poisons and Our Vanishing Wildlife." It was entertaining and informative, and the audience enjoyed the spritely monologue as well as the dramatic pictures.

Dr. Albrecht Lectures

Dr. William A. Albrecht was up to his usual good form during presentation of his scientific pictorial lecture on the relationship between human nutrition and organic soil. It is the third time this pioneer in organic farming has been on a National Health Federation program, and the audience, by all odds the largest, voiced its hearty appreciation.

More Roundtables

The second day's program opened at 8 with four roundtables: Mental Health, chaired by Jane Storm and Loyce J. Cargile; Chemotherapy, with Mr. Hart and Herbert Bailey, author of two books detailing the Krebiozen story; Organic Growers, with Will Kinney and Lee Anderson; Smog, conducted by Chandler Phillips. These proved of intense interest, and that people may have opportunity to attend each session, it is planned next year to devote perhaps an entire morning or two to these question-and-answer presentations.

"The Date Man" on Soil

"Organic Soil and How to Make It" was the topic of a lecture by Lee Anderson of Covaldo date farm. Instead of spraying, the Andersons use lady bugs to combat aphids. "With an army of natural predators, you can do away with an army of pests," he declared. "It is possible, you can control scavenger insects with natural predators. I've done it more than 20 years, never have used spray on the 80 acres where I grow dates."

The soil is built up as biologically organic soil providing favorable conditions for propagation of earthworms and other life.

Each year the Andersons go to the mountains at 6,000 to 7,000-foot altitude, and beside mountain streams on sunny days scoop up bushels of lady bugs. They remain in "hibernation" until spring, then are released to lay eggs. He told how one cluster of eggs yields as many as 27 larvae. When half grown they attack aphids. He watched one young lady bug devour six in one minute.

Mr. Anderson called for setting up of standards for organic growers. At a federal marketing meeting attended by 400 date growers, his was the only voice raised against a proposed regulation requiring that dates be sprayed before packing. So persistently did he oppose the proposal that Washington rescinded the order. He credited the change of heart to a mail expression to the Department of Agriculture by hundreds of individuals protesting the order.

Pure Water

A scholarly presentation on the subject of water fluoridation was presented by Dr. Harold Burkhardt of Seattle, member of the Board of Governors.

Dr. Lee Unable to Attend

"Achieving and Maintaining the Proper Acid and Alkaline Balance" was the subject of an address by Dr. Royal Lee's director of research, Dr. H. Holland. Dr. Lee was unable to attend because of adverse weather conditions. A thumbnail

(Continued on Page 19)

National Health Federation Washington News

Flemming on the Job

Secretary Flemming of Health, Education and Welfare has announced that his Food and Drug Division is developing suitable testing methods for Amino-trazole where the weed-killer has been mis-used on crops other than cranberries. This is a partial answer to the question "Why do they pick only on the cranberry industry?" This logical answer was bound to come eventually and may lead to further eye-popping disclosures.

During December Food and Drug Division was busy as a beehive with conferences involving cranberry groups and spokesmen from the chemical industry. The chemical people think Flemming's outspokenness has tended to put their industry under a cloud. Typical claim, "If the cranberry growers had followed directions nothing like the November mess would have happened. If dairymen and farmers keep within recommended limits, Food and Drug inspectors would probably find that most chemicals used on food today are completely safe . . . or . . . never reach the consumed in sufficient quantity to hurt him." (So the poor farmer gets all the blame again.)

American Cyanimid All Wise?

"Although American Cyanimid was blameless," a spokesman has announced that the Company's public relations experts got busy in a hurry with a sort of flying squad, "armed with the facts of the matter, as Cyanimid knew them." The Company drafted a statement concurring with the announced opinion of the National Agricultural Chemical Association which underscored the harmless, high intake of the potent weed destroyer in rat experiments . . . and how relatively high the safe human intake of the same poison might be. These soothing pronouncements were administered to the public consciences on such

publicity channels as the "Dave Garro-way Today" T.V. show.

Food and Drug Mean Business

"The fact that Secretary Flemming and his publicity men created the uproar they did is most assuredly a mis-use of publicity by government. Unwarranted scares such as this make it ever more difficult to keep the people's deserved confidence," says another chemical industry spokesman. However, a third spokesman offered this . . . "To many the cranberry furore points to one conclusion: Food and Drug means business on the new requirement that all food chemicals must pass toxicity screening by next March 5th."

In a rather startling reversal of past custom Commissioner Larrick of Food and Drug publicly has pointed to the packaging materials industry as one that has "tended to shove the whole problem of testing under the carpet as long as it could." Examples made of Diethylene Glycol . . . a plasticizer in cellophane . . . like aminotriazole, now rated as potentially harmful . . . rather than try to defend its use, several cellophane producers have quietly shifted to glycerin as a plasticizer. Ethylene Oxide . . . used in sterilizing starch and similar foods during production . . . its toxic properties well known . . . and it's known that vapors from it can irritate nose and eyes, cause unsteadiness, and difficulty in breathing.

Industry Waking Up

Other points raised indicate industry researchers are frantically trying new ways of making food wrapping paper without using objectionable sulphides and defoamers. Spotlight is also on mineral oil . . . still widely used in industry . . . it draws vitamin K out of the diet . . . has been used for years to produce the glaze on jelly beans and gum drops.

In the lipstick industry vague fears have given way to practical considerations. It was forcefully impressed on makers that colors used in the paler shades particularly were the most harmful. They were made painfully aware they must stop using 17 coal tar dyes in lipsticks after January 6, 1960.

NHF Versus Coal Tar Lobby

As Congress reconvenes (1-6-60) the coal tar lobby group hopes to gain valuable time for their operations, in order to push action for a new law (S. 2197), already passed by the Senate, now held in Rules Comm. of House for action). This law sets tolerance levels on coal tar dyes rather than banning them completely. This well financed arm of the chemical industries' public relations has shown they are in some dread a chance discovery may be made by Food and Drug inspectors, of a major contamination . . . that more of such to-do may well keep the pot of public interest smouldering for an unreasonably long period. (Your Washington Office feels it has S. 2197 pinned down indefinitely in the House.) Write at once to Hon. Howard W. Smith, chairman of the Rules Committee, House Office Bldg., Washington 25, D.C. Urge him to help defeat S. 2197.

* * *

It's Hard to Put a Million Dollars In Jail

Ending of the "Rigged Prices" trial of the Salk Vaccine manufacturers in Trenton, N. J., on a judge's decision, came despite Justice Department's repeatedly showing proofs of the companies offering identical bids to buyers in all sections of the country. Evidence proved buyers were always quoted the "administered" list prices, but by insistence, could always wheedle enough month-end goods to compensate . . . along with other under-the-counter discount attractions.

The presiding judge agreeably went along, however, with defense counsel's constantly repeated theme of "Most Favored Customer" procedure as prac-

ticed in many modern big businesses. This is simply interpreted to mean . . . you set your price at a profitable level and the competitor always follows suit for practical reasons. Despite this defeat, Justice Department is reviewing transcript of proceedings, with a view to instituting a civil suit, as a result of important evidence brought out.

You Get Sicker — They Get Richer

Recent financial statements of Pharmaceutical Companies show they did more for their stockholders at year's end: Merck raised its quarterly dividend from 35¢ to 40¢ a share and paid a 20¢ extra dividend; Smith, Kline & French paid a 25¢ per share extra; Norwich was undertaking a 2 for 1 stock split. Latest financial statements all reflect a continuing high level of business in all chemical fields.

The new cancer drug marketed by Mead, Johnson & Co. (Evansville, Ind.) is a palliative not a cure . . . for certain types of cancer. It features greater effectiveness and lower toxicity than nitrogen mustard. Has been developed by a German firm . . . has the generic name CYCLOPHOSPHAMIDE.

The comparatively new field of Clynical Enzymes is already enjoying \$100 million sales volume per year to become fastest growing division in pharmaceutical field. Connected with this activity is the research on metabolism at the Merck Institution for Therapeutic Research, Rahway, N. J., supported by the Cancer Institute of National Institute of Health from public tax funds.

* * *

Government Trying to Be Fair

The Federal Government is spending \$10 million to buy up all chickens treated with stilbestrol pellets. Hereafter, no more of the cancer inducing pills will be permitted to be inserted in heads of young chickens for purpose of artificial caponizing . . . the use of the drug in feed is still permitted. The combination of Delaney Amendment of 1958 and improved testing techniques is said to have brought this harmful practice of year's

NATIONAL HEALTH FEDERATION BULLETIN

standing to a loud and screeching halt.

Department of Agriculture, in supplying the funds, acted in concert with the findings and decisions of Food and Drug. This expensive undertaking was decided upon to avoid bringing disaster to poultry raisers . . . the thing that did happen last Fall to the cranberry growers.

A Question Being Debated

Actually, most of the poultry trouble could have been averted by Food and Drug by adhering to the tools given them in the revised Food and Drug regulations of 1938. Food and Drug recently alluded to this by stating, in reference to the Delaney Amendment, that "This amendment required pre-marketing safety clearances for food additives along the lines of the requirements established for new drugs by the 1938 Act." So, they have actually had sufficient effective laws on the books for years . . . they simply haven't found it expedient to apply them to certain segments of industry.

Stilbestrol pellets were approved for use on January 30, 1947 and have been in continuous use ever since . . . in what is said to be 1% of the chickens. It was known at that time that stilbestrol had produced cancer in test animals when fed orally. Food and Drug announced then that no significant residues of the drug remained in the edible tissues.

Answers to the same doleful questions remain unanswered with regard to beef, sheep and goats . . . the hormone is not used in swine. The size of the problem has a big segment of the meat industry, as well as the hormone makers, in a state of worry that might be described as "residue nerves."

Livestock Growers Attention

It isn't true that Secretary Fleming of Health, Education and Welfare is unable, at this time, to bar use of stilbestrol in beef, lamb or goats, as has been stated widely in the press. Present laws allow him to do this if Food and Drug find harmful residues . . . even though use of the drug had been previously sanctioned. This has been true

ever since the Food and Drug laws were revised in 1938. It indicates truth of frequent claims that we have enough laws — effective enforcement of them has been lacking.

Government policy in recent months has been to warn the various branches of the meat industries of probable future action . . . same as was done with the cranberry industry, though ignored. The cranberry and poultry crackdowns are expected to add emphasis to the government's intent. They hope the industry will now begin to put its own house in order.

As a sidelight . . . it has been found that many competent individuals in key government posts are privately critical of the senseless use of the hormone drugs to fatten animals. Many question claims of the drug manufacturers that they actually do produce more meat and more profits for the producer. It is felt the producer is being taken for a ride.

N.H.F. Sensible Approach Brings Results

These events again bear out the important slot now occupied by National Health Federation members who are keeping the embers hot with their support in the form of letters and other contacts. We have been getting widespread recognition . . . it should gladden the hearts of our many faithful, generous members.

It is now quite generally recognized that the presence of a legislative office in Washington has had a persuasive effect with the decision makers. While it's true, the passage of the Delaney Amendment . . . which you helped put over last year . . . has served to focus on carcinogenic residues, it is probably more true that your organized effort has had an even wider effect.

Never before has the United States Government ever come out so boldly and publicly to condemn food adulterants and residues . . . in the manner of the widespread publicity that characterized the cranberry and the stilbestrol warnings. Our success in getting the two King

Bills introduced last September has had a further persuasiveness. So, you can see how truly far we have travelled along the victory road.

* * *

He Who Pays the Fiddler Calls the Tune

In the world of science one individual stands out to a certain, remarkable degree . . . in a position of effective influence. No one can match Detlev W. Bronk in the number of top echelon science posts he fills. Of unquestioned importance is his listing as a member of the governing Board of Trustees of the Rockefeller Foundation, New York. Next he is listed as President of Rockefeller Institute, New York, principal instrument of policy in United States and Worldwile Medical planning.

On the science scene in Washington, Bronk is Chairman of the Board of National Science Foundation and Chairman of its National Science Board. Government chartered but unofficial, it is nonetheless the top policy influencing body in the United States in all matters scientific. The Foundation's gleaming white marble headquarters building is one of those deluxe show places that dot upper Constitution Avenue along with the Federal Reserve Bank and the Pan American Health Organization.

Three blocks further west on the same broad thoroughfare, stands another white marble palace of like significance which houses two more top policy influencing, quasi-official, science organizations . . . the National Research Council and National Academy of Sciences. Both of these are the final word in questions of health. Bronk heads both of them.

Internal Revenue Please Note

His frequent appearances at hearings on Capitol Hill could conceivably indicate there is evidence of violation of Rockefeller Foundation's tax exempt status, should the long buried question ever be raised.

We urge our members to give this issue wide circulation.

Serum Comic Tragedy

She was a doctor's child and he
Embraced the opportunity
From all disease to make her free
With absolute immunity.

"And first," said he, "as I endorse
Prevention of diphtheria,
This anti-toxin from a horse
Should kill some bad bacteria.

"This vaccine virus from a cow
(And I endorse it fully)
Should help along, and anyhow
'Twill make the child feel 'bully.'"

"Of snake-bite serum just a touch;
We get it from a rabbit
Which we have bitten up so much,
It really likes the habit.

"Some meningitis toxin too,
Would better be injected;
A guinea pig we strain it through
To get it disinfected.

"Some various serums of my own
I'm rather sure will answer;
I make them for all troubles known,
From freckles up to cancer.

"Alas! Alas! For all his pains
The end was scarce desirous;
She soon had nothing in her veins
But various kinds of virus.

"Part horse, part cow, part sheep, part
goat,
Her laugh was half a whinney;
"Dear me," said he, "she's half a shoat,
And badly mixed with guinea.

"A girl who bleats and chews a cud
Will never make a woman;
I'd better get some good clean blood
And make her partly human."

—Anonymous.

From a New England newspaper, the following headline: "Doctor Jones Elected Board of Health Chairman. Hearing on Cemetery Expansion Next Week." — Coronet (Jan. 1959).

NHF Birthday

(Continued from Page 14)

summary of how to keep this balance: Eat simple foods, simply prepared. Raw fresh fruits and vegetables are important in diet.

Dr. Shaklee on Nutrition

"The Timebomb of Nutritional Deficiency" was the title of an address by Dr. Forrest C. Shaklee, Sr., among the pioneers in the nutrition-for-life movement, and author of several books and many articles. He opened his talk by announcing he hasn't taken a dose of medicine "for over 60 years—it isn't necessary when you eat the right food.

"Your body is made up of millions of cells, each an intelligence center. To a degree the cell takes dictation from the brain, but man isn't smart enough to tell the cell how to handle the food he puts into the body. You must supply its sustenance. Hunger is the cell's cry for more nutrition. This doesn't necessarily mean the stomach isn't full, it may simply be appetite.

"You say you need sugar. All types of sweets are injurious if used to any degree, even honey if used to excess. White sugar robs the body of vitamins, particularly the B vitamins.

"The life force resides in the enzyme. Every function of metabolic action is dependent on the enzyme force within the body. Are you going to allow even one cell to die from starvation because you're acting foolishly? The life force is an endowment of the Creator. Expression of life force is health.

"Choose your foods and use what Nature provides. When man attempts to tell Nature what she must have, he's running against a stone wall. The enzyme is made of raw protein. Get some raw protein in your diet every day, at least one fourth. A cell cannot exist without an enzyme."

Mrs. Swanson on Mental Health

"Mental Health Legislation" was the subject of an address ably presented by Marian Swanson, Los Angeles, who told

the audience, "We're not opposed to helping the mentally ill, we take issue with the manner the problem is attempting to be solved. Legal safeguards are being removed against false arrest, illegal incarceration is taking place.

"And let us get facts, present them unemotionally. The record shows admissions in California mental hospitals are declining. Proponents of more hospitals and services say there are more people in mental hospitals than in all other hospitals combined. Government statistics for 1956 show 650,000 were treated in mental hospitals as compared with 19 million in other hospitals."

Mrs. Swanson said more than 100 bills relating to mental health were introduced during the California 1957 legislative session, "most of them dealing with loosening up entrance requirements. One bill would have denied the right of jury trial. Another would set up closed, private hearings excluding the accused person from the hearing. Closed hearings often invite miscarriage of justice."

She said this country has "evolved from a nation that placed first trust in laws to one placing first trust in personalities. If we're not careful, we'll develop a nation of Little Caesars.

"Treatment presently may be administered before a person has been proved mentally ill. Nowhere is treatment defined, it is left to the judgment of the superintendent in charge."

The speaker voiced disapproval of a compact between a dozen states providing for removal from one state to another of persons alleged to be mentally ill. Detention and treatment without a court order is possible under the law, she continued.

In California, she said, the Department of Mental Health is largest of the several departments, employing more than 20 per cent of all state employees. It is "expanding like an octopus," she continued. "If you're interested in doing something about it, get a copy of Dr. Alesen's *Mental Robots*, published by Caxton Publishers, Caldwell, Ida., \$1.50."

She suggested, further, that citizens support Senate Constitutional Amendment No. 3 presented by Senator Nelson Dilworth and now being studied by an Interim Committee in California. The measure would insure against false incarceration. Committee Chairman Edwin Reagan should be contacted by mail, she urged.

H. C. R. 145, calling for a congressional investigation into mental health programs also deserves wide support, Mrs. Swanson declared.

"Learn facts, don't try to speak on emotional thoughts, see that clubs have speakers, and pray earnestly for the wisdom to perceive issues and the courage to speak out against the insidious evils depriving man of free thought and expression."

Loyce Cargile Speaks

Also on the panel discussion relating to mental health and one of the convention speakers was Miss Loyce Furman Cargile of Miami, Fla., who for many years has dedicated her time assisting falsely incarcerated individuals in obtaining justice. Originator of the Insanity Curbing Club, she crusaded virtually single-handed for more than a quarter century. Support of the California Dilworth Amendment and the national Hiestand Resolution are top on her list of "what to do."

A strong resolution was adopted at the convention in support of the Hiestand proposal.

Herbert Bailey and Krebiozen

A first-hand picture of the struggle encountered by Dr. Andrew C. Ivy and associates in obtaining an unbiased test by recognized agencies of the anti-cancer agent Krebiozen—a struggle still under way—was presented by Herbert Bailey, author of "Krebiozen—Key to Cancer," and "Krebiozen—a Matter of Life or Death."

Mr. Bailey, a medical writer, learned about Krebiozen in the course of his work. He became interested to the point of resolving he would get to the bottom

of the story, come what may. The two books resulted.

He brought the news that within a year, it is hoped, congressional pressure will bring about the test long refused by the National Cancer Institutes or a congressional investigation. Such an investigation would include the role of the American Medical Association in the Krebiozen controversy.

Mr. Bailey said 300 doctors have been or are using Krebiozen with about the same degree of success experienced by Dr. Ivy and Dr. Stephen Durovic, its discoverer.

"Results to date," said Mr. Bailey, "50 per cent effective, objective beneficial, meaning the size of the cancer has been reduced, diminished or disappeared in terminal cases. All patients had been treated previously with other means. Krebiozen has been found subjectively beneficial in 70 per cent of cases, but Dr. Ivy does not believe in evaluating on the subjective level."

Mr. Bailey recalled that when an AMA official and two business friends were unable to obtain distribution rights for the substance, Dr. Ivy was stripped of the positions he held in medical society circles, retaining only his posts as distinguished professor of physiology and head of the department of physical sciences at University of Illinois.

Much of the damage done to Dr. Ivy's reputation and the use of Krebiozen resulted from an AMA report denying the value of the drug, a report in which it later was proved that 23 of the cases cited had been falsified. Some patients reported deceased are alive and well today, Mr. Bailey revealed.

Neither the federal cancer research agencies nor American Cancer Society, AMA nor Sloan-Kettering have made he "double blind" test sought by Ivy.

"This would seem to indicate," said Mr. Bailey, "that they're afraid to make it. If they're really sincere in finding a cure for cancer, they should welcome such a test."

Senator Paul Douglas and Congress-

man Libonati of Illinois are committed to a congressional investigation, he said, and current optimism for an early test is based on their wholehearted interest in the matter.

Congressman King Speaks

Climaxing the convention program the evening of the second day was an address by Representative David S. King of Utah, whose hour-long address was punctuated repeatedly by applause. Serving his first term in the House—his father was a United States senator 24 years—Congressman King has a live interest in public health. Father of seven, a member of the Mormon Church, he explained that his church has taught him to show "reason and restraint in all personal habits and particularly to avoid tobacco, alcohol and other stimulants."

For nearly a decade he was a member of the general superintendency of the Mormon Youth Organization, during which time he became impressed with the importance of good health, particularly among the youth, as a foundation for good citizenship. His maiden speech in the House was in opposition to passage of a bill authorizing use of coal tar dye to color oranges. "It was due to pass under suspension of the rules — which meant almost no debate," he recalled. That was the way it had passed the Senate. But Congressman James J. Delaney wanted to cast an opposing vote. So did I. And so, apparently, did others. After we spoke out against it, a vote was taken, and 95 congressmen voted against it and thus put themselves on record against the use of coal tar dyes as coloring agents for oranges. (Ed. note: The dye contains a chemical known to be cancer-producing.)

Congressman King expressed optimism over chances for congressional action on health legislation. Public awareness has been heightened by the cranberry episode, the December order against sale of capons injected with stilbestrol, and revelations on drug prices, he said.

"I think we can expect action on sev-

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."*

eral fronts. I believe we can expect to have hearings on the general problem of food contaminants. (Congressman King is author of H. R. 9150, a bill which would set up a scientific study commission to formulate a national policy on health. Specifically, it would ascertain the extent to which various chemical additives . . . are being employed in treatment of water and preparation or preservation of food for human consumption; conduct an investigation to determine what relationship, if any, exists between the growing practice of using such additives and the rising incidence of cancer and other degenerative diseases; determine, upon scientific principles, what action, by legislation or otherwise, should be taken by federal and state governments to minimize or eliminate such hazards to the public health as may be found to exist.")

The Department of Health, under Secretary Arthur S. Flemming, "is sure to support" another "Delaney Amendment" in color additives legislation certain to be considered, Congressman King said. And the Delaney Amendment is likely to

be considered in the law governing use of pesticides—Delaney having indicated he may introduce such legislation.

There is strong likelihood lobbyists may attack the Delaney Amendment in the food additives bill which passed in 1958, Mr. King said, adding, "do not hesitate to communicate your views about legislation to your congressmen and senators. If you want the Delaney feature in the colorizing bill (S. 2197) tell them so." He urged people to write for a copy of that bill and the senate report made upon it, Senate Report 795.

The speaker decried published reports minimizing and belittling Secretary Flemming's actions in eliminating carcinogenic chemicals from foods.

"Such reports . . . challenge the merit of the Delaney Amendment and have the effect of minimizing the national health problem . . . of creating the illusion, in fact, that the nation has no health problem at all. This position is not only untrue, it is dangerous. Doctors themselves recognize the nation has a serious health problem. Other leaders are alarmed too—experts and teachers in nutrition, health and physical education.

"It seems unfortunate," he continued, "that large segments of the public mind are inclined to think the marvels and miracles dedicated scientists have performed are the sure highroad to health. Such people fool themselves. They ignore the alarming increases degenerative diseases have shown. Thanks to certain scientific achievements which have sharply reduced mortality from contagious diseases, particularly pneumonia and diseases which claim children, our life expectancy has made an impressive jump the last 50 years. But statistics show we have made little, if any, progress in extending the life expectancy of Americans once they reach middle age.

"We would like to think doctors will produce a drug to remedy every conceivable abuse and cure every conceivable malady. But . . . doctors alone cannot give us better health. . . . We are go-

ing to want health . . . and want it badly enough to work for it, to get it.

"There are many broad avenues to health. We must extend our horizons in every direction. Let no one claim an exclusive monopoly for his particular approach. Diversification of effort must characterize our health program, with increased emphasis upon the importance of nutrition.

"I feel less concern over the serious problems confronting us than I feel over the attitudes of the American people toward those problems. The measure of desire is willingness to sacrifice. The New Testament teaches us that faith without works is dead, which is a forceful way of saying the measure of faith is works . . . just as the test of desire is sacrifice.

"One of the things I ardently admire about your organization is its spirit of purpose, your enthusiasm for a cause. You have a deep desire to conserve and improve the nation's health. Your enthusiasm helps combat the apathy and indifference which cast long shadows over the land. I commend you for it. I only wish your enthusiasm were as contagious as the common cold."

Congressman King pointed to lack of manpower and facilities within the Food and Drug Administration, resulting in "a serious inadequacy in the inspection program on pesticides and insecticides. FDA can run only widely scattered inspections on agricultural crops. The vast majority of raw foods flowing into the nation's markets and kitchens are not checked, and may carry chemical residues greatly exceeding tolerances FDA is attempting to enforce.

And so we come to the end of a great convention.

YOU CAN HELP BY . . .

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

NATIONAL HEALTH FEDERATION BULLETIN

Drug Angels

(Continued from Page 10)

Agency" spokesmen with their typical windy apologies for dear ole medicine. As usual they turn out to be the well-nourished medical handmaidens with plenty of oil for their lamps. These glib, properly authenticated apologists used up an afternoon of hearing time walling over those awful arthritis quacks who are said to extract as much as \$¼ billion per year from 5 million suffering Americans . . . this in spite of the fact the hearings are designed to throw the spotlight on high drug prices.

The well-heeled stuffed shirts all spoke for, and in behalf of the Arthritis and Rheumatism Foundation . . . one of the big national health fund beggars. The four, who used up so much precious time, all played in the same key . . . "we must have more laws and regulations to destroy quackery." One insisted that regulations be drawn up that would require any quackery action taken by any of the three government regulatory agencies be automatically binding on all three (these are: Food and Drug; Federal Trade Commission and Post Office Dept.).

Who Does the Most Damage?

The consulting medical director for the "Foundation" rambled at great length on the painful after-effects of arthritis quackery over the years. The average listener could not fail to observe his quack characters seemed to bear many of the characteristics of the old time medics. In spite of such professionally unbecoming rancor, these hearings have produced unmistakable evidence that no system of so-called quackery has ever imposed so much suffering on mortal man as that from the side-effects of the Cortisone type drugs.

Look Who is Bleeding for the Plight of the Sick

That same sing-song tune was thoroughly belabored by the medical director of the Foundation who brought in the names of the nation's leading arthritis

quacks of the moment . . . strangely . . . all the quacks seem to be on the other side of the fence from the medical-drug monopolists. Not so strange, perhaps, that the Chairman of the Board of the Arthritis and Rheumatism Foundation should turn out to be deeply interested . . . investment-wise in the progress of the pharmaceutical industry He is Floyd Odum, chairman of the board of Atlas Corporation . . . a holding company.

Your Washington Office will be represented at these hearings with a statement when they are resumed in the new year.

Treated Fowl Sales Halted

WASHINGTON, Dec. 10, 1959 — A voluntary plan for removing hormone treated poultry from the retail market was announced today by Arthur S. Flemming, secretary of welfare.

Flemming told a news conference that manufacturers of diethylstilbestol — a synthetic female hormone — have agreed to suspend immediately its use in poultry.

Also, Flemming said, representatives of the poultry and retail industries have been asked to arrange for an immediate halt in sales of treated birds.

"I am confident that this will be done," he said.

The hormone has been used to fatten poultry and beef.

Ice Cream

Here is one of the answers we received as a result of our request for information on how to make organic ice cream.

"I have the recipe for honey vanilla ice cream, also I can give you more than one stabilizer from seaweeds I use. I have four mimeograph sheets of recipes which are all healthful and chemical free; without animal products. These can be obtained by sending twenty-five (25) cents in coin or stamps to Health-A-Tarium, 1692 Bille Road, Paradise, California."

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1—If you do not see the numerals 12/60 in connection with your name above — your dues are due. If you have sent in your dues within the last 30 days ignore this notice.

All Speeches Were Taped

2—The tapes have been sent to Merle Enterprises, Box 145, Lombard, Illinois, telephone number A A 7-4220. If you are interested we suggest you write to them for a copy of their order form, which lists all the speeches and the price, etc. The prices range from \$3.00 to \$4.00 depending whether it is a tape or a recording. Merle Enterprises has recordings also of the talks given at the Chicago Convention. In the future all talks given at our conventions will be recorded for the use of health groups everywhere to use as part of their educational programs. This is another service of the National Health Federation as is a demonstration of the value of a sort of over-all organization interested in the good of all health groups and their programs, etc.