

# National Health Federation



## BULLETIN

### *Legislation Special*

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**AMERICANS CRUSADING FOR  
HEALTH LIBERTY**

## Welfare Fund Groups Get U. S. Warning

Unless the trustees and others who benefit from the nation's \$1 billion health and welfare funds get behind a "full disclosure law with teeth," in the next decade or so they may find the federal government taking over these funds.

John T. Gilhooley, assistant secretary of labor, so warned here in an address before the National Conference of Health and Welfare Plans Trustees and Administrators at the Statler-Hilton Hotel.

The federal official, discussing the present ineffective disclosure law, said its files of reports from the various Funds contained virtually nothing of value, and the present law gave no one authority to act on these reports.

As a result corruption and irregularities were disclosed by the McClellan committee, he said.

## This We Like

"Thank you for the very fine Convention in Los Angeles. Several friends of mine in that area — who had never heard of the N.H.F. — but, are for it and have joined — were very ENLIGHTENED to find such a down-to-earth, common sense organization — quoting them."

## Save These Dates

JULY 14, 15, 16, 17

The National Health Federation will hold on these dates its 4th Annual Eastern Convention. The program planned will be the best you have ever attended. The place will be Toledo, Ohio, at the Hotel Commodore Perry. The speakers are the best in their field. Their talks will be based on facts, not fiction.

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

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## Greater New York Health Federation

On Friday, January 29th, a meeting of the New York City members of the National Health Federation was held. The purpose of the meeting was to lay the groundwork for a New York Metropolitan Chapter of the National Health Federation and receive a report of the activities of the organizations.

Fred J. Hart, president of N.H.F., was the speaker of the evening.

The New York members and their friends filled the hall to overflowing. The details of the meeting were taken care of by Dr. Vincent J. Morrow.

It was conceded by those present that had not Dr. Morrow taken the lead and worked so hard there would have been no meeting. "Our thanks to Dr. Morrow."

The result of the meeting was the appointment of a committee to draw up a constitution and by-laws, hold another meeting to explain them, secure their adoption, and late in July hold a mass meeting at which President Fred J. Hart will be present to present the Greater New York Metropolitan Health Federation with its charter.

Again thank you, Dr. Morrow, for your unselfish service and thanks also to the others who co-operated with Dr. Morrow.

## Washington N.H.F. Office Moves

In order to be closer to our Washington Legal Counsel, we are moving our Washington Offices from 2400 - 16th St. N.W. to Suite Three, 1012 - 14th St. N.W., Washington, D.C.

This new address will be effective as of February 1st this year.

# The NATIONAL HEALTH FEDERATION BULLETIN

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## The Family Circle

If Health Liberty is worth fighting for it is worth **sacrificing for.**

It takes funds to keep the Washington Office open and equipped to do the job the way it should be done. The annual dues of the Federation are not sufficiently large to take care of this additional financial burden. It all boils down to this, either each regular member should change to being an active member and paying five dollars per year, or as many as can should, in addition to their regular three dollar membership dues, send in an additional two dollars for the Washington Office.

Why not include N.H.F. in your regular monthly budget? The Board of Governors in August adopted a resolution to ask our members and friends to include N.H.F. in their financial plans for each year, over and above regular dues. Their suggestion follows:

1,000 at \$1 per month per year=	\$12,000
200 at \$2 per month per year=	4,800
100 at \$5 per month per year=	6,000
50 at \$10 per month per year=	6,000
10 at \$40 per month per year=	4,800
5 at \$50 per month per year=	3,000

Total .....\$36,600

In addition, the Board voted to ask as many regular members as can possibly afford it to add the sum of \$2.00 for the Washington Office in addition to their regular \$3.00 dues.

To date the Federation had reached just under 30% of the above goal. Will you not give this matter your earnest and prayerful consideration? Payments can be made monthly, quarterly, every six months, or in one lump sum, whichever is most convenient to you.

To maintain the work, we must either double our present membership, or raise the above suggested amount in addition to dues payments. We are sure you believe in this great crusade for Health Freedom sufficiently to make the necessary financial sacrifice.

## We Are Proud to Announce

That E. Hugh Tuckey, Secretary and Treasurer of the National Health Federation, and one of the original organizers, has been elected as the Chiropractic Doctor of the year. This honor was bestowed upon Dr. Tuckey by the California Chiropractic Association at a recent dinner in his honor.

Trust in yourself and you are doomed to disappointment; trust in your friends and they will die and leave you; trust in money and you may have it taken away from you; trust in reputation and some slanderous tongue will blast it; but trust in God and you are never to be confounded in time or in eternity. — D. L. Moody.

## I Pass the Torch to You!

For five years I, as President of N.H.F., have carried the torch for health liberty. The long hours and the mental strain of wondering where the money was coming from to pay the bills each month has taken its toll, and now for the next three months I must pass the torch to you and take a very much needed rest. I shall rest in the knowledge that you will not fail to do your part. I will miss you. I shall miss my contact with many of you through the mails and with all of you through the Bulletin. I will be back on May first "fit as a fiddle" and ready for a full year's work. Pray for me, that even while I am sailing the seas and resting, I shall be in the center of the Lord's Will for me. I assure you that you shall be in my daily prayers. I do appreciate the many thousands of our members who pray for me daily and I assure them their prayers have sustained me, kept me going and given me courage to go on when things looked dark. This is a great crusade and we must not fail to keep marching forward to victory.

Today is January 28th and I am leaving for New York City to attend a meeting called for the purpose of forming a "Greater New York Health Federation." Is it not wonderful to be a part of an organization that grows and grows because its cause is just, and which, by all of us working together, has become such a mighty force for good?

Sincerely yours,

FRED J. HART, Pres.

## Ira Smith Joins Bulletin Staff

Ira Smith, who has been associated with your Editor for many years in radio work, will act as editor of the Bulletin while we are away. We are sure you will give him the same loyal support you have accorded us. We are fortunate to be able to secure Ira's services.

## St. Petersburg, Fla., Chapter National Health Federation

A meeting was held at the home of Dr. John Hayes Lauber. There were 20 present who enjoyed the discussion of such subjects as pesticides, harmful additives to food and water. The theme of the meeting was the responsibility of each citizen in public affairs.

J. Baldwin Bruce, M.D., was the speaker of the evening and gave a very fine presentation covering our national health and constitutional rights. Dr. Bruce was a powerful force in the campaign, which led to the defeat of Fluoridation in St. Petersburg this year.

(Editor's Note: The foregoing is a fine example of the way local chapters should function—small groups meeting each month in the homes of the members. This leads to fellowship, better understanding and power.

### No Matter What Else

No matter what else you are doing

From cradle days through to the end,  
You're writing your life's secret story;  
Each night sees another page penned.

Each month ends a thirty-page chapter,  
Each year, the end of a part.  
And never an act is misstated  
Nor even a wish of the heart.

Each morn when you wake, the book  
opens  
Revealing a page clean and white.  
What thoughts, and what words and  
what doing  
Will cover its surface by night?

God leaves that to you. You're the writer  
And never one word will grow dim,  
Until some day you'll write the word  
"Finished"  
And give your life's book back to Him.

### For Women Only

"Did he take his misfortune like a  
man?"  
"Sure did, honey. Blamed his wife."

NATIONAL HEALTH FEDERATION BULLETIN

# Washington News

By HAROLD EDWARDS

Director N.H.F. Washington Office

### Special Washington Bulletin

H.E.W. Secretary Arthur Flemming continues to hold the spotlight in Washington. His appearance before the full committee on Interstate and Foreign Commerce occupied the full opening day of hearings on January 26th. His statement on the color additives bill ran to 26 pages and brought little comfort to the color manufacturing industry. A second lengthy statement of 20 pages was also read into the record by the Secretary, dealing with the Aminotriazole incidents, since they would appear to have a direct bearing on the whole matter of the cancer clause . . . which is the nub of this whole situation under consideration.

### Hearing Room Crowded

As an indication of the importance of the moment, the hearing room in the new House Office Building was packed to overflowing with reporters and spokesmen from many quarters. Another interesting note . . . a large percent of the big and important Interstate and Foreign Commerce Committee of 33 Congressmen were in their places on the dais. In contrast, most committee hearings in House or Senate draw 10 percent or less of the members . . . frequently only one member will be on hand to act as chairman of the day.

The Secretary clarified the Food and Drug position in a convincing manner regarding the two color additives bills, Senate bill S. 2197 and House Bill H.R. 7624. It was pointed out that the two were identical when introduced in both houses of Congress last June, but the Senate omitted the anti-cancer provisions before voting for S. 2197. Members of the Federation will remember that in the House H.R. 7624 was held up during the weeks preceding adjournment, in August and September, automatically

deferring action until the January session. Much of the credit for that is due to our faithful letter writers who have been aiding our Washington activities.

### Some Colors Claimed to be Harmless

Flemming's statement frankly emphasized the need for a bill like H.R. 7624, with the anti-cancer clause included, to enable Food and Drug to certify a color found to be harmless . . . but which, in certain cases, the present law doesn't allow for. He gave emphatic assurance that the ample safeguards he listed would be urged upon the Congress. So, in view of this obviously sincere intent to make the proposed law cancer proof, the Federation elected to back him on this. Our statement against S. 2197 and for H.R. 7624 appears elsewhere in the Bulletin.

Similarly . . . favorable statements were made by Congressman James Delaney . . . the father of modern additive control legislation . . . Congresswoman Leonor Sullivan, and Mr. George D. Riley, legislative representative, AFL-CIO, on the second day of hearings.

Continued public support of Secretary Flemming's stand for better additives control is now needed to prevent passage of the S. 2197 type of bill in the House when it comes up on the house floor in a few weeks.

Congressman Delaney, though not a member of the Interstate and Foreign Commerce Committee, was invited to occupy a place of honor alongside the regular members of that body. Mr. Delaney is beginning to receive some of the fruits of victory . . . after his years of long championing an unpopular cause which lacked organized public support and understanding.

### Farm Organizations Not Happy

While the big farm organizations have been hopping mad at Secretary Flem-

ming . . . there are indications some help may be forthcoming from them on our H.R. 9150. In spite of feeling he literally pulled the rug out from under them in the cranberry and chicken disclosures, it now appears they might be seeing the light.

They have been proposing that a fact-finding commission be appointed by the President to investigate. That suggestion closely parallels the idea in the Federation backed H.R. 9150, which calls for "an impartial and scientific study." So . . . we may get unlooked for help to insure hearings on the bill . . . from a potent source . . . although they fail to see "eye to eye" with us on important issues.

#### Letters Are Vital

Many of our members now see the value of letters to Congress . . . and the enormous power for good in them. It doesn't take long to write a fifty-word letter of 3 or 4 sentences . . . and it's just as effective written in pencil . . . even more so than a typewritten letter on a fancy letterhead. A successful campaign for hearings on H.R. 9150 will forestall any other proposed changes in present law on all additives . . . and will get the all-important fluoridation issue out into the limelight.

These color additives hearings in late January and early February serve to demonstrate the red-hot atmosphere boiling up over the Delaney cancer clause. It is forcing industry to spend money in setting up laboratory testing facilities they didn't have to install before "Delaney." It will be cheaper if they can get the whole 1958 additives amendment changed back again . . . or, at least weakened.

#### Mental Health Bill Coming Up

The Hiestand Mental Health Bill to investigate that vast and tragic matter of mental health will soon come up before the House Rules Committee for consideration. It will be their decision whether to schedule hearings . . . so we can use lots of letters now . . . directed at your congressman.

The two bills to do away with public warnings displayed with fresh produce, H.R. 7430 by Mr. Haley of Florida, and H.R. 7480 by Mr. Ullman of Oregon, have not been acted upon and are being closely watched. Some of the important farm organizations are backing the bills with claim that present regulations are a nuisance and add unnecessary expense for the industry.

There has been no action taken on the Obscenity Bill, S. 2562, since the January hearings . . . and indications are that serious consideration is being given to the elimination of the dangerous clause "and for other purposes" which has created such a threat to the drugless industries . . . as well as to the independent drug and cosmetic field.

The Javits bill, S. 125, which would cancel mailing privileges without warning . . . for anyone charged with suspicion of fraud . . . and before any proofs of innocence could be produced . . . will probably die in committee. It has been aimed primarily at so-called hate campaigns through the mails . . . but would be used against everyone promoting a health or patriotic issue. Fortunately it was given an unfavorable opinion from the Executive Branch and from the Budget Bureau . . . which can well spell DOOM for this session, at least.

#### News of the Chiropractic Bills

Senator Brunsdale of North Dakota, who succeeded the late Senator Langer, has decided to carry on with S. 1427 which would allow chiropractic treatment to veterans. The bill is sidetracked due to opposition from the medical bureau in the Veterans' Administration . . . also from the Bureau of the Budget.

A similar situation prevails on Senator Magnuson's bill, S. 1227 . . . except that in this case the opposition stems from the medical bureaucracy in the Department of Labor.

In both instances it is claimed . . . that Chiropractic is allowable at the discretion of the medical doctor in charge . . . but no instance has yet been

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## With N.H.F. Washington Counsel

CHARLES ORLANDO PRATT

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

#### Defense Policy of the National Health Federation

Members of the National Health Federation and its State affiliates have done and are doing everything possible and appropriate to cooperate in the defense and protection of those doctors practicing in the healing arts field who have been subject to federal or state civil or criminal actions instituted on the grounds that such doctors have been practicing medicine without a state medical license. The National Health Federation and its state affiliates are interested in protecting the doctors' professional rights from a policy standpoint, and on the further theory that any unfavorable or unreasonable restrictive court decision in one state sets a serious roadblock or legal precedent that could be harmful to those doctors engaged in healing arts field in that and other states.

#### Cause of the Doctors' Legal Difficulties

Frequently legal difficulties arise due to the fact that the doctors involved wanted to, or attempted to diagnose, prevent, mitigate or cure a patient's disease with the use of dietary food supplements or devices of various kinds and they thereby entered into the field of practicing medicine without a medical license instead of using the food supplements only for the purpose of balancing the patient's diet to overcome the dietary deficiency for which given, or instead of using the device only for personal experimental research and not for treatment of the patient or any specific disease.

#### Chiropractors and Naturopaths Right to Use Dietary Food Supplements

The Supreme Court of Arizona held that a naturopathic physician is authorized by state statute to use products for his patients which are not classified as drugs.

The Superior Court of the State of Arizona, relying upon the precedent of the Supreme Court, held that the statute relating to chiropractors *does not specifically authorize the prescription of products which are not drugs* but the Court, in this case, held that the statute *does authorize the prescription of food supplements*, the same as those authorized to the naturopathic physicians.

The Court in the chiropractic case went on to say:

*"It is the opinion of the Court that the Supreme Court's decision applicable to naturopaths is equally applicable to chiropractors."*

#### NHF Provides Legal Services of Washington Counsel

The National Health Federation provides legal assistance through its Washington counsel to advise and help its members in their legal or legislative problems and in their cooperation with the doctors whose professional rights are threatened. Your Washington counsel is available at the request of the officials of NHF to cooperate from a legal standpoint in legislative and judicial matters.

#### Legal Effect of Attorney General's Opinion

The opinion of a state's attorney general is advisory to the State's administra-

tive agencies. It is not law but the agencies do rely on such interpretations.

Whenever a state or federal agency takes legal or administrative action in the courts, *the burden* of proof is upon the government. The law requires that the agency prove in court its allegations.

#### *Allergy to Product Is Not a Defense to Damage Claim Against a Doctor*

The Supreme Court of Minnesota has held that a defendant is not excused for injuries resulting from the use of a product on the ground that the patient user was allergic to that product. *Shilling v. Roux Distributing Co., Inc.*

#### *Legislative Amendments to State Laws Affecting the Healing Arts*

The National Health Federation is in a position to assist *only* officially recognized state associations and societies to present new legislation and amendments to old, out-dated laws. Money, effort, time and influence, could be wasted and fruitless unless given to a responsible group working directly with members of the legislative committee handling the proposed new laws or amendments.

#### *Scientific Grounds*

The question has been presented as to "who determines what are 'scientific grounds or evidence'?"

In the Federal Food and Drug Administrator's view, "scientific grounds or evidence" are those which are generally recognized among experts qualified by scientific education, training and experience to evaluate the usefulness or efficacy of the article or procedure in question." The courts, however, recognize and give weight to a difference of expert opinion. In this matter the governmental agencies are not always right.

## Write a Letter to Your Legislator

This list will appear in each issue of the Bulletin while Congress is in session. Your pen, or pencil, is the most powerful weapon in America. **USE IT.** When you write a letter to any legislator be sure and put an N.H.F. stamp on your letterhead. Try the upper right hand corner. As Congressmen and Senators continue to receive such, they will take notice you have an organization to represent you.

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

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.

Names of the Senate Sub-committee on Health:

Hon. Lister Hill, Ala., Chairman  
Hon. James E. Murray, Montana  
Hon. Ralph W. Yarborough, Texas  
Hon. Harrison 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.

The two committees listed above control the destiny of bills relating to health. Let the members know your views.

#### **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.

## Position of the National Health Federation

*REGARDING SENATE BILL S. 2562, A BILL TO CONTROL MAILING OF OBSCENE LITERATURE AND FOR OTHER PURPOSES.*

By **HAROLD EDWARDS, Vice-President**

We believe the opinion of this Society can best be expressed in few words and limited phrases addressed to Senate bill S. 2562.

We respect and appreciate the sincerity of those Senators who are striving for an effective means to curb the great evils of obscenity and juvenile delinquency.

It is inconceivable to us and to our members, however, that it becomes necessary to speak out against this bill that can involve so many clean businesses alongside the repulsive elements of mailed filth. We do not believe this bill, in its present form, merits further serious consideration by your estimable body. We believe there is danger that those factors can sooner or later work toward the collapse of the entire proposal, which we believe would be regrettable.

An otherwise praiseworthy objective of treating or mitigating the obscene literature disease has been used so as to include, what we consider, an extremely threatening tool against the various segments of the small drug, drugless and better health industries. This includes health food retailers, distributors and manufacturers; also supplement dealers, distributors and manufacturers; also dealers in various health equipment; and additionally, those who buy and use such products. It is also a serious threat to the printers, publishers and sellers of drugless and natural health literature.

Buyers and users of such products could be in considerable danger of harassment, intimidation and embarrassment in view of the fact their mail could be stopped without warning and made to suffer similar ignominies to that of

the shipper or mailer. This can result merely from the suspicion of fraud on the part of the Post Office.

Hearings on a similar bill in the House clearly indicated its sponsors intent to provide a serious curb to the drugless health industries who depend on the mails. The language in the hearings states: "In some fraud cases, the health or safety of persons placing reliance upon the promises and representations of the promoter become involved, certain types of devices and medical preparations are inherently dangerous to the welfare of the general public, resulting in permanent injury or even death to the user. In these cases, there is a clear and present danger to the health of the persons to whom the advertising matter is directed, and an interim impounding order is imperative to protect the public from such schemes." In our opinion the law is already equipped to deal with such health dangers.

In the past the Post Office Department has done a mighty effective job in curbing and stifling the modern dealer in herb teas and other natural, age-old means to human well-being. The modern counterpart of the historical character . . . the herbalist . . . has been eradicated repeatedly and effectively by the government in the person of the Solicitor General. He has been put out of business in hundreds of instances, sometimes because of his very smallness and the weakness of his financial resources.

It has been puzzling to many that the various enforcement agencies of this government have seen fit to assume an attitude of contempt in their dealings with the small operators who dispense nature's historical remedies gathered

from our native hillsides and meadows. Usually, we believe, the charges arise from advice that has been furnished with the remedies, no doubt in innocence or lack of legal enlightenment. By their very nature, folks engaged in such industry could best be described as coming from the old school . . . marked more by their zeal for healing than for exploitation at long margins of profit. In many instances these are one-man or family enterprises but with basic skills in their life-long professions.

The postmaster has ample legal means to enforce his will as shown by the record. Under this current proposal no small business dependent on the mails will have a chance once they may be cited on suspicion of fraud. Most are unable to meet even present stipulations which compel them to come into Washington or seek specialized and high-priced legal counsel, which is extremely difficult to come by.

The Solicitor General may thus accomplish his objective by a mere stroke of the pen. A needed, historical and fundamental modality, almost indispensable to the welfare of a sizable number is threatened with extinction. In addition, the faithful customer of years standing is dragged embarrassingly out into the glare of public contempt along with the bankrupted victim. We believe this to be not only unfair and unjust but a reflection, if not an insult, to a traditional, basic, human health necessity.

In view of the fact the natural foods, natural supplements and health equipment industries have been under concentrated attack and ridicule by the triumvirate of American Medical Association . . . Better Business Bureaus . . . and Food and Drug Administration for some two years, this proposed change in the postal regulations generates suspicions. It is a fact that the mail order branches of those businesses have grown enormously in the past several years. In view of these known facts many alarmed questions have been directed

our way with the advent of S. 2562.

We are unaware of any similar steps under consideration that would curb the huge pharmaceutical and drug industries. We know of no legislation or regulatory action that may be contemplated as a result of the hundreds, perhaps thousands of deaths reported from the indiscriminate use of penicillin. In fact, it is our information that the other miracle drugs have also been taking a heavy toll of suffering and disaster.

Though it may not be consciously designed that way this amendment could easily work toward a further enhancement of the medical industry by a serious weakening of the natural foods, supplements and drugless industries who depend on the mails for their survival.

We believe we have here, also, a potential infringement of the rights of every American who receives mail from thousands of inherently honest small businessmen. If an effective curb to the mailing of obscene literature is desired is it not more reasonable to introduce legislation that would serve to supplement the present obscenity section of the regulations?

We believe this proposal violates one of the basic features of our Constitution, in that no person shall be deprived of his property without due process of law.

We further believe it unjustly singles out and discriminates against an honorable segment of business necessary to health maintenance. By so doing it can bring into being wide reflection by association with a reprehensible traffic in human, pornographic filth.

We wish to go on record as commending anyone who can devise an effective curb to such obscenity and contribute to the solution of a further human ailment classified under the imperfect label of juvenile delinquency.

Unbiased research by the governmental health agencies into the field of natural nutrition and natural remedies, rather than further regulatory restrictions aimed at the industry, could fur-

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# The Effects of Fluorides on the Human Body

By HAROLD BURKHART, D.D.S.

Chairman, Board of Governors, Washington State Health Federation

The highly controversial subject of fluoridation has been discussed pro and con from many different angles, but seldom has the public been informed about the effect of fluorides on the organs, tissues, and cells of the human body. Therefore I shall give you some of the facts that medical science has uncovered on this vital subject.

The Medical-Dental Ad Hoc Committee on the evaluation of fluoridation summarizes its findings as follows:

1. Positive proofs of the safety of fluoridation are required. None has been offered.
2. The so-called therapeutic concentration of fluoride, arbitrarily established at 1 ppm., in drinking water, is in the toxic range.
3. Dental fluorosis, the first obvious symptom of chronic fluoride toxicity in children is an inevitable result of fluoridation. The evidence reveals that large numbers of the population may be afflicted, and with varying degrees of damage.
4. The determination of whether damage resulting from dental fluorosis is "objectionable" is a matter for the person whose teeth are affected, and not for the arbitrary assertion of public officials.
5. The conceivable role of fluoride as an insidious factor in chronic disease has been evaded by the proponents. A substantial amount of evidence indicates such a possibility. Properly planned long term studies are required to determine the possible comprehensive association of fluoride with chronic disease.
6. Fluoridation imposes an extraordinary risk on certain individuals who by reasons of occupation, environmental circumstances, state of health, dietary habits, etc., are already ex-

posed to a relatively high intake of fluoride.

7. Fluoridation is compulsory mass medication without precedent. Mass therapy cannot ignore the possibility of "mass" side reactions.
8. The function of a public water supply is to provide pure, safe water for everybody, not to serve as a vehicle for drugs.
9. The role and efficiency of fluoride in dental caries is a matter of active controversy; whatever the outcome, there are less hazardous and more efficient ways of obtaining such benefits as fluoride may offer than by putting it into the public water supply.

Dr. Theorell in a presentation to the Royal Medical Board of Sweden stressed the fact that fluorides were toxic inhibitors of many enzyme systems of the human body. As a result it would be impossible to have normal metabolism.

The Ad Hoc Committee in its 1958 report states that "one observation coming out of this study revealed that the fluorine content of the aorta (the main artery leading from the heart) was higher than other soft tissues. As the degree of calcification of the aorta increased there was corresponding increase in the fluoride level. Fluorides are deposited along with calcium and phosphorus. Dr. Exner points out that **4 out of 40 subjects**, aged 40 to 83 and almost evenly distributed throughout that range, **died from rupture of the aorta**. This is about 30 times the normal expectancy. (Personal communication from the Kings County coroner's office.)"

The Ohio Pure Water Association poses a number of questions and gives the answers as follows:

**1. Does Fluorine Cause Gum Disease?** The late Dr. H. K. Box, University of Toronto; Dr. G. C. Geiger, Florida State Dental Health Officer, and Dr. C. C. Bass, Dean Emeritus, Tulane University, New Orleans, are among eminent authorities who have observed clinically a marked increase in periodontal (gum) disease in fluorine areas. A research team at Cornell University has reaffirm this experimentally.

**2. Does Fluorine Permanently Disfigure Teeth?** Disfigured teeth are found in natural fluorine areas below the so-called "safe" concentration (1 ppm). The Public Health Service expected and now reports mottling (white spots which may gradually become ugly brown or black stains) in the experimental town of Newburgh, New York. Health officers call these teeth "beautiful." 50,000 new cases per year can be anticipated in artificially fluoridated areas.

**3. Can Fluorine Cause Harm to the Body? Yes.** Those affected first are individuals with a lowered tolerance to drugs; the elderly, ill, malnourished. Stiffness of the back, called poker back, sores in the mouth, excessive thirst, digestive and urinary disturbances, failing eyesight, loss of control of arms and legs, are early symptoms of chronic fluorine poisoning. The medical literature reports these symptoms in natural fluorine areas. Cases are now reported in the medical literature from artificially fluoridated water. Animal experiments at the University of Texas have shown that 1 ppm fluoridated water causes the life span to be about 9% shorter. It causes damage to teeth, gums and kidneys. The United States Public Health Service constantly denies these facts.

**Dr. Royal Lee made this statement:** "Inorganic fluorine is a cumulative poison—it accumulates in the body, even if taken in very small doses. Organic fluorine does not accumulate in the body, regardless of the dosage, and is unquestionably far more effective in preventing tooth decay. Fluorine, a

cumulative poison, accumulates in the bones, makes them more brittle, if taken in the inorganic form." (Dr. Royal Lee, DDS, president of the Lee Foundation for Nutritional Research, Milwaukee, Wisconsin.)

This quotation comes from the American People's Encyclopedia under the heading of fluorine: "Chronic fluoride poisoning is the result of oft repeated ingestion of small amounts of fluorine compounds. Fluorides are absorbed from the alimentary tract slowly. They are deposited in various organs as calcium fluoride. This deposition impairs the nutrition of tissues and makes them hard and brittle. In mild chronic fluoride poisoning, the enamel of the teeth becomes mottled."

"3. It renders children highly sensitive to leukemia, polio, diabetes, tuberculosis and cancer." (Dr. Charles A. Brush, Brush Medical Center, Cambridge, Massachusetts.)

"4. The symptoms of fluorine poisoning may take as long as ten years to appear." (American Journal of Chemistry.)

"5. Fluorine is a poison . . . similar to radium." (Dr. Charles A. Betts, DDS, Toledo, Ohio.)

"6. When sodium fluoride is added to the water supply, the people drink hydrofluoric acid, an extremely active and dangerous poison." "The action of fluorides in paralyzing nerve cells in the brain, referred to as chemical lobectomy, is similar to surgical lobectomy, which is the severing of certain nerves in the front portion of the brain—producing a lackadaisical attitude, with over-indulgence in sex, alcohol, sleep, food and spending money."

"Fluorine was classed with ergot many years ago as an abortion drug." (Dr. C. T. Betts.)

"7. Fluorine has been found to be a harmful agent during the period of the calcification of the teeth; to be a nerve toxin; a protoplasmic and enzymatic poison; a cause of obstinate constipation and severe gas formation, gastric

and duodenal ulceration, severe chronic kidney disease, increased fragility of bones, disastrous effect upon goiter, hardening of the arteries, disorders of the cardiac system, decrease in the clotting power of the blood, anemia, premature births and disposition to cancer." (Qualified medical men—documentation available.)

Dr. Paul H. Phillips, nationally known authority on fluoridation, said in an interview at Nameit Creek Lodge:

1. Fluoride ingested in very small quantities, either in the water or in our food, accumulates in the skeletal structure—bones and teeth. It is never ingested without retention in the bones."

Dr. Phillips, who has spent 29 years in research on fluorine toxicity as a biochemist at the University of Wisconsin, went on to explain:

2. Mottled teeth are the external signs of dental fluorosis. We do know that excessive fluorine will cause general physiological disturbances. For example, a case was described in the Journal of Radiology. "A young man accumulated approximately 8,000 parts per million of fluorine in the sternum by the time of his death at the age of 22.

Most of the body processes are produced by action of chemical activities known as enzymes. These activators come from the food we eat, provided, of course, that these complex chemical compounds have not been destroyed by processing or other commercial procedure. It has long been known in scientific circles that fluorides, even in minute quantities, interfere with the action of a great many of the enzymes, and where the conditions are right, there is no way of knowing what damage could be done.

Fluorine toxicity effects the body in either of two ways, acute or chronic poisoning. Chronic toxicity occurs when small doses of fluorides are taken at regular intervals, as would be the case in fluoridated drinking water. The symptoms in chronic fluorosis come on gradually over a long period of time and are

very hard to diagnose. They are none the less destructive, however—they just take longer.

Fluorine in its natural state is usually found in hard water, which contains a great deal of calcium. Since calcium is the antidote for fluoride poisoning, therefore natural fluorine brings its own antidote, and the danger is greatly reduced. When fluorides are artificially added to soft water, however, the situation is entirely different. The fluorine has no antidote and in too many cases will unite with the calcium already in the body and thus rob the system of its precious calcium. In both chronic and acute fluoride poisoning the symptoms are similar, except with the latter the onset of the symptoms is more sudden and acute.

Dr. George L. Waldbott, a physician and research scientist and a recognized authority on fluoride poisoning, has given us some of the more common symptoms of fluorine toxicity as follows:

1. Gastric symptoms such as cramps and pain in the stomach, lack of appetite, nausea and vomiting.
2. Intestinal diarrhea or constipation.
3. Symptoms from circulation or respiration—shortness of breath, palpitation, cough expectoration.
4. Symptoms from bones, joints and muscles—feeling of stiffness, indefinite or localized rheumatic pains.
5. Symptoms of nervous character—tiredness, sleeplessness, indisposition, headache and giddiness.
6. Skin symptoms—rash.

RAO reported partial paralysis of the arms and legs from drinking fluoride water of 7.2 ppm.

Both Herman and Spira found as much as 1500 to 1700 ppm. of fluorides in 8 out of 10 kidney stones of persons living in non-fluoride areas. Frada and Montesana called attention to the high incidence of gastro-intestinal symptoms in an article entitled "Some Observations on Chronic Fluorosis." Stomach pains, bloating and diarrhea changing often to constipation.

Dr. Waldbott has given us the following case histories of actual fluoride poisoning from drinking artificially fluoridated water at 1 ppm. "After three years of drinking artificially fluoridated water at one part per million, this patient developed the following manifestations: severe backache in the lower spine, severe abdominal pain, nausea and marked flatulence after drinking water, mouth ulcers, pain and numbness in arms and legs and partial palsy in arms, extreme exhaustion and mental deterioration, beginning changes in the retina and hemorrhage from the bladder. Thorough laboratory and X-ray studies were entirely negative except that the blood-calcium level was slightly increased (11.6).

Nine competent consultants agreed that the patient was seriously ill, ruled out other diseases, but could not diagnose her case. The diagnosis was suggested by the complete subsidence of symptoms following elimination of fluoridated water, and its recurrence upon its resumption; furthermore, by the close resemblance to the clinical picture of chronic fluorosis as described by Roholm and others and to what has been observed in animals.

A familiar tendency to dental fluorosis was noted which might have predisposed the patient to the present illness. The patient's two children have a mild degree of mottling; she, herself, having resided in a fluoride area during childhood, has mottled teeth.

During two years of additional observation the patient has been in perfect health, except for slight asthma at the height of the ragweed season in 1955.

On June 11, 1956, the 24-hour urinary output of fluoride, which had been 1.38, was .1 mg. (Normal in non-fluoride areas is .1 to .5 mg.)

On October 11, 1955, she was given an injection into the skin of 1/10 cc. of a 1:100 solution of sodium fluoride (1 milligram) of the same concentration. The fluoride tests reacted two plus.

Within a half hour of the injection, a red streak developed along the arm from the site of the injection leading toward the lymph glands in the armpit. The patient complained of numbness in her fingers, legs, and hands, especially the little finger area (ulnar nerve), and of a frontal headache which reached its climax after about four hours; it lasted 48 hours. This was accompanied by general malaise; there were no other symptoms. A few days later she was given a similar test with saline (salt) solution, with no effect whatsoever.

On August 15, 1956, she was given 15 mg. of sodium fluoride in 300 cc. of water on an empty stomach, in order to determine the urinary fluoride excretion. She was not aware that the water contained fluoride. Within ten minutes her face became flushed and she developed a severe attack of typical migraine headache associated with marked nausea, a sensation of flashing lights in both eyes, and pain in her arms and legs. This was followed shortly by diarrhea and cramplike pains in the lower abdomen. Throughout the day the patient was in a semi-conscious state, and for three more days felt "dazed." She noted multiple bruises (suffusions) on her body and a swelling of salivary and parotid glands, features which had been present during her illness two years previously.

In this reproduction of the symptoms of this disease without the patient's knowledge, one of the main requirements of scientific proof that her illness was a case of fluoride poisoning was fulfilled.

"On November 21, 1954, eleven persons in Saginaw, Michigan, whom I interviewed, described the same syndrome. They had improved considerably or were completely cured after the three week interval since fluoridation had been discontinued in Saginaw. Restriction of motion in the lower spine and brittle nails were objective findings still evident at this time. Several patients had not been aware that fluoridation was in any way connected with their disease

until after they had become well. There were more than twenty-five cases with bladder, joint and stomach symptoms which I disregarded because at that time I did not associate this condition with the disease; judging from recent observations, this might conceivably have been due to the fluoridated water.

#### **The following is the history obtained in a typical case:**

Case No. 19. Mrs. H. M., age 49, of Saginaw, Michigan, had lived as a child near Toronto, where the well water was said to contain fluorine. Her brother, sister and mother had "gray teeth" and "back trouble." She, herself, had suffered from "rheumatism" until she moved away at the age of 19. Subsequently, she had been in perfect health until 1947 when a uterine malignancy was removed.

During July, 1953, two years and three months after Saginaw had fluoridated its water supply, she noted a peculiar gnawing sensation in her stomach after eating, "as though there was something burning inside." Simultaneously, there was increasing stiffness and pain in the spine, relieved somewhat by using a board in her bed. The hands began to tingle in the areas about the fourth and fifth fingers; when peeling potatoes she was unable to finish. She lost control of her legs, which "seemed to collapse" under her. Gradually, she developed severe muscular pains in arms and legs. Throat, eyes and nose became extremely dry; the more she drank, the thirstier she became. Her head became "foggy," her thinking "not clear;" the fingernails brittle and ridged; hair began to fall out.

On hot days, the general weakness, mental sluggishness and dryness of the throat were especially enhanced. Because of greater consumption of water at this time, she began to suspect that drinking water aggravated her condition. On October 19, 1953, she started to use bottled water for drinking and distilled water for cooking. Within a few days her illness began to clear up; the pain in the stomach and dryness in the mouth improved first; the backache

and muscular pains lasted for about three more weeks; the nails became normal after several months. She has been in perfect health since.

These actual cases of fluoride poisoning should convince even the most ardent proponent of fluoridation that they are dealing with one of the most dangerous poisons known to man, even though they are willing to take calculated risks with large segments of our American population.

Many of these fluoridation proponents argue that fluoridating the public water supply is the answer to the lethal disease of tooth decay—but is it?

After 36 years of dental practice and several years of research in an effort to discover the causes of physical and mental degeneration my own conclusions are that fluoridation is not the answer, but instead is an effort on the part of the dental and medical professions to find an easy convenient way to reduce tooth decay without having to stop breaking the laws of nature. Fluorides do prevent tooth decay in many cases to a greater or lesser degree, but fluoridation merely attempts to treat the effect and does not in any way eliminate the cause.

Such scientific investigators as Dr. Weston A. Price and Major General Sir Robert McCarrison and others have proved beyond question that where we confine our diet to natural foods, grown organically, without chemicals and poisonous sprays or processing of any kind, that we do not have tooth decay or other degenerative diseases.

When young mothers learn to eat only natural foods that spoil easily; when they breast feed their babies; and when they feed their children the same unprocessed foods, at least half of which are raw, we will have solved the problem of tooth decay, without poisoning our bodies with fluorine.

(EDITOR'S NOTE: The foregoing was given by Dr. Burkhardt at the Fifth Annual Meeting of the Federation on New Year's Day at Los Angeles.)



## Washington News

(Continued from Page 6)

recorded where the medical doctor's discretion called for chiropractic treatment. Both bills could help to change this long-standing condition . . . but organized effort has not been supplied by the chiropractic profession.

### Up-hill Battle for International Bill

Great news is in the making on the internal battle that has been raging over S.J. Res. 41 and H.R. 211, the two bills that would make International Medical Research into another world-wide tool for the "Drug and Medical Trust" . . . at American taxpayer expense. Strangely . . . the Federation now finds itself in the same camp with the A.M.A. in opposition to this issue.

Medicine may be waking up to the fact that the threat of socialized medicine . . . is much more than a threat . . . those two bills could help to make it a grim reality . . . and . . . on a "One Worlder Basis." Either one of them would set up another agency within the U. S. Public Health Service with authority to build another multi-million dollar clinical research building on the big Bethesda medical center acreage . . . and the immense world-wide project would get \$50 million annually, as a starter . . . tacked onto the already bulging medical research budget.

The bills appear to be dying at this moment . . . due partly to opposition from the Administration and from the Bureau of the Budget . . . who have sent unfavorable reports to congressional committees on them. Now . . . the latest blow comes from the A.M.A.'s House of Delegates Annual meeting in Dallas, Texas, which has spoken out against the proposal . . . at least in its present form.

### Washington Dateline

The continuation of the Kefauver Senate Sub-Committee hearings on administered prices in the drug industry has brought the Smith, Kline and French Company into focus due to their ex-

tremely profitable manipulations in the tranquilizer business.

Company got in on the ground floor through a licensing arrangement with the foreign French Company by getting U. S. control of the patent rights back in 1952 . . . which deal was cleared by Food and Drug Administration. The base product with the generic name of Chlorpromazine . . . began its existence as an antihistamine . . . but, was accidentally discovered to produce drowsiness and nerve relaxation. The French-Canadian doctor who made the discovery then began to experiment with it as a tranquilizer on mental and disturbed patients.

From that point on it was developed and promoted principally as a tranquilizer discovery . . . from which point Smith, Kline and French picked up the threads by getting control here. They pushed it on up into one of the greatest money making drug projects in all history.

Three companies have been in control of the lion's share of this lucrative business . . . the other two being: Carter Products and American Home Products. With a net worth rating of \$10¼ million in 1949 Smith, Kline and French were able to amass an astonishing profit of \$109 million in 10 years.

Part of the remarkable testimony given in these hearings brought out fact . . . that these tranquilizer drugs produce jaundice in many patients . . . even after moderate use . . . also have many other side effects . . . including serious habit forming tendencies.

### Labor Voices Speak

Referring to the Arthritis-Drug hearings in December: "Senator Kefauver's probe has shown that the Drug Industry has used the misfortunes and miseries of the ill, the crippled and the elderly to enrich itself beyond all reason. It has used pain and suffering as a vehicle to become the most profitable of all American industries" according to United Auto Workers Secretary-Treasurer, Emil Mazey.

One 85 year old labor member, retired, lives on a pension of \$79 a month. After paying out \$25 a month for the drugs and medicines he needs, and \$17 for heat and utilities, he has \$37 a month to live on. "You see why I can't make it," he says. "I've paid as much as \$40 for a little bottle of medicine," he added. Before his wife's death two years before, he stated that her weekly bill for medicines sometimes ran as high as \$50.

### Research Costs Over-rated

A Federal Trade Commission study has shown that research cost on brand-name antibiotics is less than 7 percent. Research really gets only about 3.3 cents of the antibiotic sales dollar, it has been testified. (Most of this claimed research is simply manufacturing control procedures, cost accounting, promotional expense, etc.)

Many of the dramatic advances in medicine were not developed by the drug industry at all. Salk polio vaccine, for example, was developed through funds generous Americans gave to the March of Dimes. Other research has been financed by the Federal Government . . . and from institutions supported by public funds . . . big foundations, for example, who are tax exempt.

Of the 28 winners of the Nobel Prize in Medicine since 1945, only one did his research in a Drug Industry laboratory. Doctor Alexander Fleming, the famed British discoverer of penicillin . . . the forerunner of most modern antibiotics . . . didn't make a cent from his discovery . . . nor did he patent it. It is said that, "He intended the benefits to be his legacy to humanity, not to the drug companies and speculators who found a bonanza in drug stocks."

### From a Drug Columnist

Food and Drug Division will support big drug companies' products superiority claims . . . supported by extensive and expensive quality control checks.

Big firms themselves imply that some cheaper drugs are inferior . . . and . . . in support of that on-sidedness, Commissioner Larrick of F & D has made this pronouncement, "products of big

## 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."*

houses are almost always reliable. Small companies are usually reliable . . . but not always. A very small human error can make a big difference in safety or potency of a drug . . . and small firms do not always test as extensively as they should."

### Dr. Charles T. Betts of Toledo

Another great fighter against fluoridation has passed on. Dating from the early beginnings of the tough, unending battle Dr. Betts was in the forefront of those who have waded in where the conflict was the most damaging.

Set upon from many sides by those who would stamp out his telling blows, this consistent, never-failing warrior endured many hardships . . . many of them from within the ranks of his own dental profession.

After practicing dentistry in the same location on Superior Street in Toledo, Ohio, for 57 years, Dr. Betts passed away on December 19th, at the age of 80. He made many great contributions to the anti-fluoridation cause . . . added to the many laurels he gained in his efforts to alert Americans to dangers in aluminum ware.

# NHF Position on Color Additive Bills

*The following is the brief presented to the House Committee on Color Additives (S. 2197 - H.R. 7624) by Harold Edwards, on January 27th, 1960. Mr. Edwards is director of the Washington Office of N.H.F.*

We believe the Food and Drug Division under the administration of Secretary Arthur Flemming is earnestly striving for adequate control of color safety in foods and cosmetics. We further believe that over the recent past the Division has made significant advancement in testing and evaluation methods. There is no questioning of the competence and diligence employed.

However, the Food Additives hearings of 1958 have left many with the impression that we are still a long way off from dependably accurate tests that compensate for the variables encountered.

A procedure that has been found dependable on one coal tar product seemingly isn't workable with another.

The International Union Against Cancer at Sao Paulo in 1954 stated thusly, that "Substances with reversible toxicological actions must be judged differently from those with irreversible (e.g. carcinogenic) actions. For substances producing reversible toxic effects, "threshold doses" can be laid down, so that concentrations with a satisfactory safety margin can be regarded as harmless. With substances producing irreversible effects . . . very small doses must be considered dangerous. *No substance which in tests at any dose level induce any type of malignant tumor in any species of animal can be considered innocuous to human health.*"

It should be recognized that public awareness of the dangers to health is at a high crest and likely will continue so or even increase unless adequate

steps are taken that will begin to restore confidence. There is one best way to do this, in our opinion, and that is to demonstrate the degree of testing improvements that have been developed since the 1957-58 hearings brought the cancer clause into public consciousness.

Qualified experts, at that time, testified to the unusual dangers from varying usages of carcinogen bearing materials. Infinitesimal amounts were said to be more harmful when taken repeatedly over long periods than when induced in one single, large dose.

The aura of mystery and the realm of the unknown still seem to apply here. No one agency has spoken convincingly as to how much or how little an animal can be exposed before there is a take.

Evidence has not been produced to show accumulated data on other variants. Very little seems to be known, for example, about effects on animals by type and by sex, especially in the use of the hormonal products. A lot of mystery prevails in the awakening human consciousness as to why cancer has become so great a topic while so little information is in evidence as to its causes and its safeguards.

So the public is assuming we still have a long way to go and information on safety factors does not seem to have been too convincing.

We have no point of disagreement with the forthright manner of approach to the proposed color legislation employed by Secretary Flemming. It seems to us one could do more to speak clearly and unequivocally as to the kind of color control measures the Division is seeking.

If it could be demonstrated that the insidious effects of tiny amounts of a carcinogen in food could be, in some way, circumvented, that could win friends for the present proposition. If positive evidence is producible that the

irreversible effects will not continue to haunt, to undermine with fear, succeeding generations of trusting Americans, that proof must be broadcast.

There is no point of argument with those business firms who show a sincere desire to manufacture and market wholesome, harmless products. This Society is heartily in favor of that caliber of enterprise. We will do everything possible to encourage them and more like them.

Powerful pressures being exerted to make the Senate version of the bill, S. 2197, into law would be forcing a step backwards toward the dark ages of reckless, irresponsible contamination of a nation's food.

Let us continue along the more constructive road to sounder testing methods, rigid controls and safer foods. By proceeding in that direction this great legislative body will continue to bring down great volumes of praise on its commendable actions in behalf of better health.

We believe the house bill, H.R. 7624, has merit with its protection afforded in the cancer clause.

## IN SUMMARY

The National Health Federation recommends:

1. That the Delaney Amendment in its original form be included in any law having to do with COLOR ADDITIVES.
2. That Secretary Flemming's suggested amendments be included in such legislation.
3. That if, in the considered judgment of the Congress, it is thought best to give the Secretary the right to set tolerances, then the manufacturer must furnish acceptable scientific and clinical proof that the tolerance requested will not cause injury to man or animal . . . such evidence to be substantive enough to convince Food and Drug scientists beyond a reasonable doubt.

## Obscenity

(Continued from Page 10)

nish many dividends in those youth problems.

It should be emphasized that the standard American diet with its beverage supplements, along with early use of tobacco, prescription and proprietary drugs, is providing stimulation to our youth in an extreme degree. Does anyone doubt that such excessive stimulation contributes heavily to the unbalanced metabolism which is the core of delinquency? This is one item of importance contributing to youth deterioration about which practically nothing is being done by our official health agencies.

Nature's own simple, unadulterated foods and remedies provide an unstimulating but nourishing, strengthening means to health and stability.

## THE WONDER DRUGS

"Physicians who are over-confident of germ-killing wonder drugs are living in a fool's paradise where their patients may die. This is a favorite theme of Boston's Dr. Maxwell Finland. Last week . . . he asserted that the antimicrobial drugs have caused an actual increase in severe infections and deaths from some hitherto harmless or uncommon infections . . . There are now more deaths from septicemia than there were before the antibiotic age, said Dr. Finland." — Time (May 18th, 1959.)

"I didn't say you were ugly. I just said the only thing stacked around your house was the dishes in the kitchen sink." — Puget Sounds.

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- 1—Note our New Address: 709 Mission Street, Ninth Floor, P. O. Box 589. Telephone YUkon 2-6617.
- 2—Thanks to so many of you for paying your 1960 dues promptly. There are still some who have put it off until tomorrow. This is tomorrow, so please do it now. You have no idea how much it helps.
- 3—Save your Bulletins so that you will know what to do on particular legislation and to whom to write. The January issue was very important.
- 4—Plan now for the National Health Federation Eastern Convention to be held at Toledo, Ohio. (See item inside the cover.)