

National Health Federation



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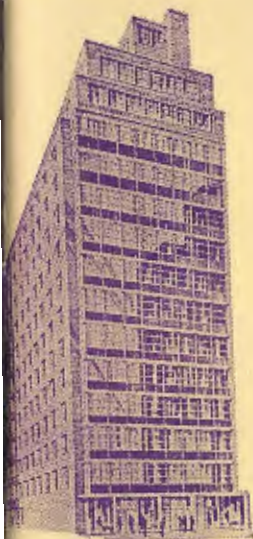
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AMERICANS CRUSADING FOR HEALTH LIBERTY

Volume VII — Number I

January, 1961



Site of Our Washington Office

BULLETIN

Start the New Year WRITE!

This year 1961 can be a year of Victory for the cause of health . . . We suggest each of our readers in January take time to write to Senator Estes Kefauver. Let's give him a New Year's shower of letters. A sample letter follows:

....., 1960
Senator Estes Kefauver
Senate Office Building
Washington, D. C.

Dear Senator Kefauver:—

HAPPY NEW YEAR and congratulations for your fearless exposure of the drug business and for your wonderful victory at the polls. Please continue to help the sick folks of our Nation by:—

- 1—Investigating the American Cancer Society, to ascertain what becomes of the millions donated by the public each year and why the society's activities are dominated by a branch of the healing arts which, apparently, is unwilling to look for a cure for cancer wherever it may be found.
- 2—Investigate the American Medical Association and its activities, and
- 3—Investigate the activities of the Food and Drug Administration to dig out the Dr. Welches and to determine why it is so biased against the drugless approach to health.

We are counting on you and the new administration to correct some of the evils now prevalent in the field of health.

With Season's Greetings and all good wishes, I am,
Yours truly

Name.....

Address.....

Regardless of how well you can write, send a letter. The Senator does not care about your writing ability. What he wants to know, is what you want him to do.

If you have on hand some of the Federation's Victory Stamps, we suggest you stick one on the paper on which you write. **Put it in the upper left hand corner of the paper.** As a legislator gets these letters, each stamp will remind him of the strength of the National Health Federation.

Each month, on this page we will try and put a sample letter, that should be written to certain legislators. Write the letter in your own manner writing, **but do write it.**

The NATIONAL HEALTH FEDERATION BULLETIN

VOLUME VII

NUMBER 1

Adventures on Health Frontiers

Published Monthly

JANUARY

1961

The Family Circle

By FRED J. HART

Where does the time go? It seems only yesterday we were writing to you and yet it has been thirty days. We have so many plans to make the Bulletin a more valued magazine, and each month we are brought face to face with lack of the funds needed to add the necessary pages to get all of the material we have on hand published. Our conception of the Bulletin is that it should be a source of vital information on all health problems—material not as a rule to be found in other health magazines. Material covering all known approaches to health, whether it be medical, or drugless. This material should hew to the line and let the chips fall where they may! How else can our membership intelligently approach the nation's health problems?

The publication of items in the Bulletin is not to be taken in any sense as an endorsement of the subject matter.

Watch for the February Bulletin

This, the January issue, will be devoted largely to the subject of Cancer. We are hoping our members will see to it that each of their Senators receives a copy of it. If each member would do this, a Senator would receive so many copies, he would certainly look at one of them to see what it is all about. Why not make January the month to shower the new Senate with Bulletins?

This issue is what we would like to make the Bulletin each month.

The February Bulletin will have a complete report covering the actions taken at the sixth annual meeting and if the board members approve our recommendations the February issue will be real good. It will also contain details of the next step to be taken toward the perfecting of the Federation organizational set-up.

The Bulletin Belongs to You

The increase in size of the Bulletin will cost about \$400.00 additional for printing each month. Do you think it will have sufficient additional value to cause more people to join the Federation and thus help to defray the increased cost? Or, do you think the increased size and contents would cause people to subscribe, even though they might not want to unite with an organization? We would like to hear from you.

A Slogan

One of our members has suggested that the Federation conduct a contest for a slogan for the National Health Federation. In looking through the Orange County Health Federation bulletin, edited by Beulah Brubaker, we came across this "Health Liberty Through Understanding and Action—Be a National Health Federation Member."

(Continued next page)

Our problem is, what would we do for prizes. Don Matchan has suggested that our members might donate the prizes. A health food manufacturer could donate a case of sunflower seed, another a case of some other health food, and so on. It could be that Charles Crecilius would donate a case of Amway, that rapidly becoming famous Organic Detergent that, though kind to hands, will remove spots, which other detergents will not touch. Those giving prizes of course would get publicity over the period of three or four months the contest would run.

Don also suggests that to participate in the contest a member would have to send in the scalp of at least one new member along with each slogan. **Sounds like it would be fun and do a lot of good at the same time.**

The prizes would be held by the one offering them. When the winner of the prize is chosen, such a one will be advised of the prize he or she has won and who the donor is and be instructed to contact the donor. The donor, on the other hand, will be advised as to who won his or her prize and instructed to get in touch with that person and arrange for delivery. In this manner lasting friendships could be made.

Years ago, when radio was young, we conducted a somewhat similar affair. We had over 2400 prizes and awarded them to 2400 winners. The prizes ran all the way from a German Roller canary to a point lace handkerchief. Friendships across the country were made which have lasted until this day. Do you suppose we could have two thousand prizes and maybe 2000 slogans sent in? Do you know, somehow I think we could, and 2000 new members would look mighty good to us and mighty bad to the enemies of good health and health freedom.

WHAT DO YOU THINK? Would YOU be willing to offer some kind of a

prize? Or would you be willing to ask your health food store to do so? Or if you are in the health food store business, would you be willing to try and get the health food manufacturers you do business with to offer a prize for the good of the cause and for the advertising such an offering would get? **Let us hear from you!**

Memorial Gifts

Following is a list of memorial gifts received during the past six weeks.

Mr. and Mrs. H. R. Zimmer of Seattle in memory of Charles Auerbach, who passed away October 30th, 1960.

L. S. Sanderson of Glendale, Calif., in memory of Lillian Fredenhagen, who passed away October 28th, 1960.

Mrs. D. Veldink of Long Beach, Calif. in memory of Lillian Fredenhagen.

James McEachen in memory of Julie Johnson, who passed away recently.

Mr. and Mrs. Ralph Walker of Fort Seward, Calif. in memory of Mrs. Gladys Meade of Alderpoint, Calif., who was a valued member of the American Legion Aux., George A. Thompson Post No. 54, Alderpoint, Calif. Anna A. Williams and Mr. and Mrs. Joe Anzini, both of Alderpoint, sent in gifts in memory of Mrs. Gladys Meade. Mrs. Meade passed away Oct. 31, 1960.

While we mourn the passing of these friends of our cause, we congratulate these friends, who have chosen this practical way to honor their departed friend and loved one.

A young lady in the waiting room of an airport was crying steadily. Seeing her tears, a young man came over and tried to soothe her. He put a comforting arm around her and talked to her. When she continued to weep, he squeezed her tighter. "Isn't there anything I can do," he asked, "to make you stop crying?"

"I'm afraid not," the girl sobbed. "It's hay fever. But please keep on trying."

A DEFINITION OF ORGANICS

as approved and adopted by

The Organic Soil and Health Builders of Southwestern Michigan

Submitted by HAROLD EDWARDS

In accordance with the main purpose of this organization, to promote good health in all its aspects, we propose herewith to define what is meant by the word ORGANICS.

Ideally, by the use of that word, ORGANIC, we understand that purely organic food must be poison-free and of high vitality, raised in accordance with natural methods.

Explanation and Description of the Organic Method

We maintain that food consumed should be of such nourishing quality that people in normal conditions of health can be sustained thereby without assistance of drugs, outside vitamins or biotic conditioners of any kind. The food should not have been subjected to excessive heat treatment or destructive influence of any kind up to the time the consumer receives such food. In other words, ORGANICS refers to food raised on living soil. It does not refer to products raised on depleted soil or treated by manufactured products of the following nature: poison sprays, highly soluble chemicals, artificial coloring, preservatives, or material which makes changes in looks or vitality, or additives which are not themselves vital, living foods. This is to say that merely because food is grown organically, it does not follow that the food is organic if it is treated as indicated above. Such treatment is mistreatment, and ideally has no place in the organic method.

In view of the above concepts, the dictionary definition regarding the containment of carbon components in soil, plants, or food is NOT descriptive of our concept of ORGANICS.

What has been said above as applying to food becomes just as true in the area of farming and gardening processes. Poison-free processes are essen-

tial to food for all plant and animal life as well as for man.

We recognize the necessity of the addition of mineral elements to the soil for high vitality foods. We believe in the use of natural rock dusts and natural conditioners for such purposes as contrasted with manufactured products and quickly soluble materials.

The ability of plants to reproduce themselves from their seeds in an optimum of health and vitality is evidence of the vitality of the original plants. We believe that additions to soil and plants which destroy or minimize the teeming, living organisms in the soil are harmful to plant life and its production of high vitality when such plants are fed to man and animals.

Our experience indicates that plants of high vitality do not require the additives of poisons to combat predators which prey on weak and unhealthy plants.

We believe that it is dishonest to represent food as organically grown when one uses materials which do not conform to the above conditions.

One of our objectives is to eliminate or reduce the use of highly stimulating products which speed growth too rapidly to produce foods of exceptional size or quantity with consequent lower vitality.

Soil Conditioners

Since the produce raised changes in flavor, quality, and vitality with the use of materials added to the soil, a consideration of so-called fertilizers has come to mean substances that accomplish various ends, some of which are detrimental to the soil. To correct this condition we believe that the organic movement should substitute the word "conditioner" or "enricher" for the word

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"fertilizer." To enrich the life in the soil is our chief aim. Any material introduced on or into the soil which destroys bacteria, molds, earthworms, and other living entities required by healthy plant and animal life is contrary to our ideal of organic production. Since some materials classed under the head of fertilizers destroy life in the soil, we shall refrain from using such materials, and shall encourage the enrichment of life in the soil by conditioners which encourage such soil life.

Soil

Basic to our concept of the nature of soil in which food is raised, we believe that (1) Content of factors or elements in the soil shall be such that the products raised when mature shall have as their content the best food value by all possible tests, the best flavor by general consent, the best keeping qualities by actual test, and the best fertility in case of replanting of the seed.

When considering the matter of keeping qualities, we realize that some foodstuffs of high quality, such as bread made from the entire wheat kernel, will mold more quickly than bread made from devitalized flour. In such cases the bread must be refrigerated if it is to be kept over extended periods of time. We object to preservatives. We recognize the priority of vitality over that of keeping qualities at usual room temperatures.

(2) Basic to our concept of organic soil conditions, there must not be added to the soil by spraying, spreading upon, or working into the soil, any products which tends to hinder the continuity of its productivity as indicated in the preceding paragraphs.

(3) Basic also to our concept is the fact that soil shall contain life in the greatest abundance possible. This living soil can be tested by bacteria count (both aerobic and anaerobic), by earthworm count, and by other life-provoking conditions. This condition is damaged by application of poisonous substances either to plants or soil.

(4) Basic to our concept of proper soil conditioning is the use of tools that do not aerate the soil too much, nor create hard-pan or other conditions which tend to leave the soil too wet after rains, or too dry in drought conditions.

Certain treatment of the soil disturbs the order of nature, and therefore the natural product is distorted in flavor and quality. Highly soluble materials—materials applied in liquid form such as is now practiced with highly soluble fertilizers—do not produce high quality products, although the plant may grow large and grow more quickly. This force feeding is against our organic principles.

Soil Conservation

The great Socrates of ancient Greece insisted that happiness is the result of obedience to natural law. In that dictum the organic farmer and gardener concurs. He is directly interested in the laws of nature, especially as they operate in plant and animal well-being, and therefore in human well-being. To this end the believer in the organic method outlined here tries to determine Nature's law and Nature's way to good health. The organic gardener and farmer sees in plants and animals the demonstration of the laws of nature. Every plant is a physical symbol of natural law. Man's duty is to help plants and animals with a means to live and grow in a state of nature. To add artificial substances manufactured by man is in almost every instance a perversion of nature. The long-run result is lack of fertility and vitality in plant and animal life as well as in humans who use the same as food. In this way we breed and multiply weakness and disease. To follow Nature's way is our aim; and to this goal we will apply our efforts. In this way we believe that man can show proper respect for the Creator of those natural laws which were given to man for his edification.

To the end that soil shall be a living soil, it should contain a large supply of humus in the form of vegetable matter. To the end that the food produced shall

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JANUARY 1961

Legislative Program for National Health Federation

Beginning in January 1961, there will be the new legislative sessions in most of the states.

It is likely that there will be introduced in the legislatures bills that would have the obvious or implied purpose of restricting beyond reason, the statutory or common law rights of persons to use certain food products with the freedom of the past.

The professional rights of the doctors in the practice of the various healing arts will no doubt, be subject to unreasonable restrictions in their use of articles, products or devices, if such bills become enacted into laws. Their patients will thereby be deprived of their right to the customary and practical care of their doctors.

Legislative Responsibility of Members of NHF

The members of the National Health Federation and the officials and directors of the state chapters and state federations should be ever mindful of the news concerning proposed new laws that would restrict the general health program of individuals.

Unreasonable Restrictive Legislative Bills Should Be Studied by NHF

One of the most important services that the National Health Federation can render to the people is to study all proposed restrictive bills in the food, drug and general health field, and to cooperate with state and national groups in opposing unreasonable provisions by explaining the serious implications of the provisions and the probable unconstitutionality of the proposed law as a whole.

The headquarters of the National Health Federation and the Washington Legislative Office, together with your Washington Counsel, will cooperate in protecting the rights of the people to have and use all reasonable and safe methods of health care.

Every Court Action Against a Doctor Should Be Defended

Every doctor of the healing arts should obtain local counsel to defend his professional rights when any governmental agency takes action against him in the courts. The National Health Federation officials will endeavor to help the doctor or person charged to obtain local counsel. NHF has no funds with which to pay legal fees for individuals in personal court actions; but nevertheless, NHF can help by giving guidance and direction to local counsel and others interested.

Health Food Store Owner and Operator's Right to Suggest Certain Foods in Teaching Nutrition

An owner and operator of a health food store in the Midwest states that he would like to know "how far I can go into teaching nutrition without causing me trouble."

Anyone has the legal right to teach nutrition to anyone, or group of persons, provided he gives free advice only. When he advises for monetary reasons, for which he receives fees, money, gifts or other valuable means of exchange, he places himself in the position of practicing medicine if he makes therapeutic claims for the products or devices which he uses, suggests, prescribes or recommends to cure, prevent, mitigate or diagnose any specific disease of man.

If the owner and proprietor suggests or prescribes certain food products, dietary food supplements, vitamins, minerals, concentrated food or foods for special dietary uses which he sells in his store, he is thereby making therapeutic claims for his products. Such claims make his products "drug" products under the state and federal food and drug laws.

Health food stores usually do not have a license to sell or prescribe "drugs" or

special foods for which therapeutic claims are made or implied.

Food Products and Food Supplements Can Be Sold In Health Food Stores

As Foods Only

The owner or proprietor of a health food store is advised to sell his products to his customers without discussing orally or in writing, the therapeutic value of the food products to cure, mitigate or prevent certain specific diseases. He can point out the list of ingredients of the products and the quantitative formula thereof.

To state to the customer, "If I had a condition such as yours I would do so and so," is to diagnose a specific disease and to recommend a specific remedy therefor. Such a statement could be considered under the Medical Practice Act as constituting the practice of medicine without a medical license so to do; and such a statement could constitute the making of a therapeutic claim for a food product regardless of whether the product is natural, compounded or synthetic. Therefore, the owner or proprietor of a health food store should not make any statement or give any specific advice concerning the therapeutic value of the food product he sells in his store.

Arkansas

Chiropractors have advised your Washington Counsel that they expect bills to be introduced in the coming state legislature to restrict the sale of vitamins, minerals, dietary food supplements and foods for special dietary uses to drug stores only. The companies selling the dietary food supplements to chiropractors in Arkansas have been urged to cooperate in a united effort to defeat any restrictive law that would prevent doctors from selling their patients dietary food supplements, or using such food products in their practice.

Your Washington Counsel believes that the legislators of Arkansas would not pass such an unreasonable law if the nature and purpose of dietary food supplements were clearly explained to them; and if no therapeutic claims would be made for such food products.

It is more practical and less expensive to explain the unreasonableness of a proposed law to the legislators studying the matter than to fight legislation in the courts after it becomes law.

It has been my experience that no state legislature would pass such an unreasonable law to prevent their constituents from having, at a reasonable price, vitamins, minerals and dietary food supplements for which no therapeutic claim is made; after the proposed law had been clearly and fairly explained to them.

Los Angeles Convention

Your Washington Counsel is looking forward to attending and taking part in the annual Los Angeles Convention of the members of the National Health Federation over the New Year's weekend.

CHARLES O. PRATT,

Washington Counsel,
National Health Federation

Gone But Not Forgotten

Our Southern California members will be grieved to learn of the passing of Lillian Fredenhagen, Secretary of the Southern California Health Federation. Lillian was a fine worker and the interest of her heart was the National Health Federation. As she approached the end, she requested her daughter to request her friend not to send flowers to her funeral, but rather to send the money to the National Health Federation, to help in its fight to make it possible for folks like herself to have the right to have the type of treatment her condition called for, regardless of whether it was considered orthodox or not. Lillian believed in the National Health Federation. We have lost a good friend and a valued worker.

When you have read your *Bulletin*, pass it along to someone else, or send and get extra copies and help spread the truth.

NATIONAL HEALTH FEDERATION BULLETIN

What's in the Hoxsey Treatment?

By E. EDGAR BOND, B.L.M.D.

Editor of the Journal of Medical Physical Research

In the Journal of The American Medical Association in its issue of June 12, 1954, is the account of its "investigation" of the Hoxsey Cancer Clinic of Dallas, Texas.

This "investigation" was conducted from its swivel chairs in the Editorial office of Dearborn Street in Chicago, Ill. It smacks of those ancient editorials from the pen of Morris Fishbein, who was booted out for writing and speaking on things controversial in medicine because his methods had become so obnoxious they were disturbing even to the politician in medical practitioners ranks surrounding the A.M.A. and Trustees.

The conclusion from that office was the Hoxsey Medicine was merely a "cough medicine" and the only ingredients worth considering was one drug, Potassium Iodine. The conclusion it was a cough medicine was due, it said, to that drug being included in some cough medicines, as an expectorant.

From all this "swivel chair investigation" the report in part is as follows. "Any person possessing any modicum of knowledge of the pharmacological action of drugs should know that any combination of ingredients listed on the current label of the Hoxsey Tonic or in the statement filed over Mr. Hoxsey's signature in Federal Court in Dallas, Texas, is without any therapeutic merit in the treatment of cancer. Any such person who would seriously contend that scientific medicine is under any obligation to investigate such a mixture or its promoter is either stupid or dishonest."

We are preparing in this article to qualify as being either "stupid or dishonest." Yet the AMA, which was Fishbein, from grandfather to Harry Hoxsey, have tried to put these men out of business but without success and that is due to its success in treating cancer.

Out of an experience of over fifty

years we are preparing to analyze each ingredient which both experience and that of many eminent forefathers in the field of medical practice purveying natural medicines at the bedside has firmly established.

Sometimes "scientific medicine" is not scientific nor is it conclusive. We are not surprised Mr. Fishbein or any understudy applies to Potassium Iodine the property of an expectorant in cough medicines. It is an alternative. **If given in continuous doses it is so potent as such it will create a rash or other skin lesions, evidence it does reach every cell of the body as an eliminant rather than merely an expectorant in a coryza.**

In the article of June 12 the Journal pays great attention to the trial of Dr. Hoxsey in which he was given restricted orders on the proper labeling of the Clinics literature but from the evidence presented it did not prohibit him from using his remedies or sending the remedy by mail.

There was one part of that trial the Journal did not mention for it was proven "Dr." Fishbein had never visited a bedside as a medical practitioner. Just how he obtained the everpresent M.D. to his name was not entirely revealed. Yet this was the man of medicine who closed up every Medical School in America except those he could control by medical politics. And now for years he has been telling the world how it should heal all diseases.

In addition "scientific medicine" in theory and practice is bound to the theory it takes a poison to "kill" disease and thus cannot see any virtue in natural medicines of botanical origin which build and strengthen nature's fighting forces and enable it to better resist diseases as well as cure diseases. Such do not kill the patient with an overdose but build vitality.

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JANUARY, 1961

In the last analysis all medicines are proved, by actual use on patients. In jargon "Empirically."

The following is the 16 oz. Hoxsey Tonic as analyzed by the AMA Laboratories. Each 5cc contains:

Potassium Iodine	150 Mg.
Licorice	20 Mg.
Red Clover	20 Mg.
Burdock Root	10 Mg.
Stillingia Root	10 Mg.
Berberis Root	10 Mg.
Poke Root	10 Mg.
Cascara Amarga	5 Mg.
Prickly Ash Bark	5 Mg.
Buckthorn Bark	20 Mg.

Maximum dose: 1 teaspoonful 4 times per day.

Black Pills

Potassium Iodine	75 Mg.
Licorice	10 Mg.
Red Clover	10 Mg.
Burdock Root	5 Mg.
Stillingia Root	5 Mg.
Berberis Root	5 Mg.
Poke Root	5 Mg.
Cascara Amarga	5 Mg.
Prickly Ash Bark	2½ Mg.
Buckthorn Bark	10 Mg.

Maximum dose: 2 pills 4 times per day.

Red Pills

Potassium Iodide	75 Mg.
Red Clover	10 Mg.
Stillingia Root	5 Mg.
Berberis Root	5 Mg.
Poke Root	5 Mg.
Buckthorn Bark	10 Mg.
Pepsin one tenth Mg.	1/10 Mg.

Maximum dose: 2 pills 4 times per day.

We submit the following analysis of each in its clinical and laboratory findings each discovered by the bedside use, and confirmed by recoveries from diseased conditions as evidence of its value in such diseases as cancer, both internal and external.

Potassium Iodine

Potassium Iodine is an alterant tonic influencing the glandular system, the serous and mucous membranes. It cures specific ulcerations, scrofula, opthal-

mias, goitres, pruritis, eczemas and warts. The Potassium side, (Pot Ash) is made from wood ashes as lye and is a strong alkali and brings with its chemical combination with Iodine these same qualities. With Iodine as a base there are formed many such combinations, many of which are included in various medications.

Trifolium Pratense—Red Clover

The common red clover is gathered when in perfect bloom and so used. It is a stimulating, alterant, influencing the capillary circulation to better distribution. Its use promotes healthy granulations in indolent ulcers, scaly and pimply skin. In the elderly person it influences the skin to more normal condition and induces better protective moisture and perspiration.

Burdock Root—Arctium Lappa or Lappa Major—Roots or Seeds

The root is a soothing alterant, the seeds are the same but more active and somewhat oily. Eclectic physicians rely on this drug in blood dyscrasias and usually combine it with more stimulating or diffusive drugs if used in syphilitic cases. It is a persistent tonic alternative, relieves lymphatic congestions, inflammations of the skin and influences the alvine structures. It is of value in rheumatic conditions especially in the inflammatory stages of such diseases aiding in cleansing the system of its accumulations. Here the seed with its natural oils is of value.

Cascara Amarga—Honduras Bark Pteramnia, Etc.

This bark is little known by modern physicians yet it is one of the best stimulating alternatives we have in the botanical field. It is of especial value in gummy tumors, chronic, eczemas, chronic catarrhs, localized tubercles and general blood disturbances. In fact, this drug seems to stimulate the kidneys and skin in such a manner as to eliminate the accumulated virus through these emunctories as it improves the appetite and digestion.

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Electronic Basis for Cancer Studied

WASHINGTON—A new concept of the origin of cancer—namely, that a kind of wandering electron released by certain chemical substances may be involved—was offered Wednesday by a Nobel Prize winner.

Dr. Albert Szent-Gyorgyi, director of the Institute for Muscle Research at Woods Hole, Mass., told about it in the first of a series of lectures sponsored by the Department of Agriculture's Graduate School.

Dr. Szent-Gyorgyi was the 1937 winner of the Nobel Prize in medicine.

Contrary to scientific thinking of the past, he said, there well may be an electronic basis for many of the biochemical processes—both normal and abnormal—in living cells and tissues.

He said it is well known that energy from the sun causes electrons in cellular atoms to change position — and this process is involved in the building up of tissue and the maintenance of life. But he said it remains a mystery just how "life utilizes the electronic energy to build itself up, and to have itself driven by it."

"I think," he said, "that what these electrons do is much more intimately connected with the great problems of biology than hitherto believed. Biochemistry, till now, occupied itself, chiefly, with molecules and I am profoundly convinced that to get to the bottom of things we must descend one dimension lower, to the dimension of the electron."

Relating this to cancer research, he continued:

"You all know that there are substances capable of producing cancer but nobody has yet explained the way in which these simple chemical substances produce this disturbance.

"We have found, lately, that all the substances which produce cancer are capable of giving off an electron. So, we have reason to believe that this electron, given off by carcinogens (cancer-

producing substances) is actually involved in the production of cancer and a more detailed study of the phenomenon may lead us to a better understanding of this scourge of mankind."—Thurs., Oct. 13, 1960, Los Angeles Examiner.

* * *

The emphasized portions of the foregoing prove the truth of Abrams statements on the subject; in fact they are almost identical with those he made as early as 1916. "Truth crushed to earth will rise again."

(Editor's Note: The Electronic Theory of Medicine is being proved day by day. A 128-page book which explains the theory is now off the press. Price \$3.00 delivered, 20 per cent off to NHF members. The Electronic Theory holds the key to early and correct diagnosis. It is fascinating reading. Send orders to E.M.F., 709 Mission Street, San Francisco, Calif.)

The Great Polio Fiasco!

That's the cover message on the December 1960 Herald of Health, "The magazine with a mission." Every reader of the Bulletin will want either a copy of the December issue of Herald of Health or reprints of the articles. The article is documented.

The author Dr. Ernest B. Zeisler M.D., who knows whereof he speaks, raises the curtain and let's the public see the real facts. The Herald of Health is 35 cents per copy, or \$3.50 per year. Reprints will cost 15 cents each in lots of ten or more. Send your order and payment direct to Herald of Health, 709 Mission St., San Francisco 3, California.

Beginning his sermon, the preacher said: "Brothers and sisters, you have come her to pray for rain. I'd like to ask you one question, Where are your umbrellas?"

Food Causes Cancer in Trout

A sudden and mysterious outbreak of cancer among Rocky Mountain rainbow trout is forcing health officials to destroy all rainbow trout in Idaho and Montana government and private hatcheries. It may be necessary to destroy hatchery trout in California, Washington, Oregon, Utah, Nevada, Arizona, Colorado, Wyoming and New Mexico.

The presence of cancer in rainbow trout was first noticed in a shipment from Wendell, Idaho, to private California fishing clubs last spring. When the trout came to the California border they were inspected, found to be in poor condition, but admitted to the state.

A month later 65 per cent of another trout shipment from the same trout farmer in Wendell was found dead when it arrived at the California border. A diagnosis showed the trout had cancer of the liver.

The Fish and Wildlife Service, the Bureau of Fisheries and the National Cancer Institute were called in for hurried huddles. They decided the cancer probably came from a certain brand of fish food manufactured in Buhl, Idaho.

Dr. Hueper has warned his superiors that the sudden cancer epidemic in trout illustrates how insect sprays, the dumping of industrial waste in rivers, food additives and radioactive fallout can cause cancer.

At present 25 countries are dumping radioactive waste, most of it into the sea. The question of what effect this will have on the fish supply of the world is an extremely important one which Senator Warren Magnuson (D-Wash.) wants studied through a new Oceanic Space Agency. So far Representative Overton Brooks (D-Ark.) is blocking this. —Drew Pearson column, Portland Oregonian, Aug. 21, 1960.

Editor's Note: Since the foregoing appeared in the press a scientist employed by the chemical companies has assured the public that cancer in trout

as mentioned in this article offers no threat to the health of the public. We wonder if his opinion is not colored by his pay check. In any event this happening adds strength to the contention of honest scientists that food additives, spray residues and chemical fertilizers are contributors to the ill health of the American public.

Cancer Society Can't Provide Research Funds

NEW YORK, Oct. 26—The American Cancer Society reported today it is unable to provide the amount of research money it needs, for the first time in its 16-year history.

Its scientific advisors have called for support of high-merit scientific projects that will cost more than the \$9 million available for research during the current year, 1960-61.

The society's 1960 crusade brought in \$28,400,000, said Dr. Harry M. Weaver, vice president for research. It was substantially less than the crusade's 1959 total of \$30,378,000. Research support will be reduced even more markedly next year if more funds are not given, Weaver said.

Editor's Note: What Ho! ? ? ? Twenty-eight million and not enough to pay Nine Million for research. What becomes of the balance of the funds raised? The American people have a right to know. It is for this reason the National Health Federation is pressing for Federal Legislation to withdraw tax privileges from all such organizations, unless prior to each drive for funds they make a detailed financial report to the Federal Government, showing what was done with the funds raised during the previous year. Also they should be required to submit a detailed budget of the funds they intend to raise in the contemplated drive. The people have a right to know what their gifts are to be used for.

NATIONAL HEALTH FEDERATION BULLETIN

An Honest Approach – But? It Got Nowhere – Why?

THE WILLACY COUNTY CHAPTER of the AMERICAN CANCER SOCIETY

Mrs. Fritz Klosterman, President;
Mrs. Paul Wimberly, Chairman; Mrs.
Alice Smith, Mrs. Lolo Gomez, Mrs. Tom
Owens, Mrs. Elmer Skoog, Mrs. Chester
Johnson, Mrs. John Wreden, Mrs. Byron
Moore, Mrs. Nathan Hodges.

MEDICAL

Dr. Gene Bennack, Mrs. Lloyd Wood.
SERVICE

Mrs. Pauline Jordan, Chairman; Mrs.
D. M. Pollard, Mrs. Alfred Pennington,
Mrs. A. J. Duderstadt, Mrs. James Bran-
ham, Mrs. Rex Ellington.

In order that the most may be accomplished in the way of collecting the thirty million dollars annually, it is the policy of the American Cancer Society to select, first, people who are socially well to do; second, that they are good people and always stand for the best interest of their communities. Therefore, you, this committee as I personally comprehend, doctors, registered nurses and otherwise, are just as good as could be selected, as you are all very honorable and respectable people of this County. Some I am not very well acquainted with personally, but I know all are good and sincere.—I.N.F.

TO THE COMMITTEE:

In writing you this letter I am not asking anyone to do anything for me personally, as the only thing I am trying to do, is to get some specific cause and a cure for cancer and the many other chronic degenerative diseases from which the people of our great country are suffering and dying. There is nothing I want for myself.

I have been practicing the profession since in early 1903 and have been a constant student of my work. From what

I have learned as an independent researcher, I well comprehend that organized medicine criticizes me for what I am doing. It has been my displeasure in hearing many unpleasant things that members of the profession have said, but on the other hand, I have tried to live the life of an honorable doctor and have ever tried to do the very best for every patient that is under my care.

Within the last decade in Willacy County, right here at home, there has been many cases of cancer, and every case you hear of is a friend, a neighbor, or one of our church members. All have either had surgery or radiation, or both, and all you have heard of have either died or are dying. You do not hear much about my patients because I do not operate or burn them and they do not get very sick, but I remove the cause and they get well, but that is unorthodox, so the surgeon says, for he wants his fee.

Actually, I am not making any claim that I can cure cancer or anything, but through my experience and constant investigation as to the cause of diseases, and such remedies as will remove the cause and the disease disappears, then why should I not use such remedies, rather than totally conform to the doctors' modern methods of skyrocketing the price of hospital bills, the price of surgery, with the price of drugs becoming so ridiculously high.

It does cost money to produce or have produced such remedies as I am using, but it is much more effective; the treatment is harmless and far below the cost of surgery and radiation. When I administer the treatment, and the cause is removed, and the disease disappears, why should I be condemned?

I am enclosing a letter that I have mailed to more than 100 doctors living

(Continued next page)

and practicing in the Rio Grande Valley and the enclosures with the letter will give you some information relating to how I have tried to inform the profession, as I have no secrets.

Recently I have been making a bid for a committee to come here to Raymondville from some source to investigate and evaluate my work and report the truth back in a direction in which it will be of benefit to suffering humanity. I have not treated a single case of cancer that has not been proved by biopsy in a laboratory other than my own, and has not had surgery or radiation, and has not been placed upon narcotics and tranquillizers and has continued my treatment as directed that has not completely recovered from their cancer. I have cases that have been over six years since treated.

You, as a member of this cancer committee, are loyal American citizens and your action on the committee is purely for the purpose of helping humanity and trying to find a cure for the disease. You have never thought that there is a great financial aspect to the situation that is totally keeping us away from a cure for cancer, and I say we will never have the cause and cure for cancer until we get it by an independent researcher, and the remedy should not be manufactured by any member of the Great DRUG TRUST.

In the event any medical doctor speaks evil of my work, I would be glad to have you ask him if he will be willing to meet me on an equal basis and discuss the cancer remedies being used by the medical profession today and the results, etc. Let me discuss the methods I am using and demonstrate the results. If you get anyone to agree, I shall be glad and will show why we have no cure. Understand too, that my integrity is as good as the best among the profession, and as yet I have not violated the oath of Hippocrates. In view of the many patients I have done so much for and the fact that I have made a contract whereby all fees collected for my personal services for the treatment of cancer will go in a fund

for helping to build a hospital for the treatment of cancer and all the chronic and degenerative diseases we are suffering and dying from, I believe I should have a reply from your committee and I believe you should investigate. Please let me hear from you.

Sincerely yours,

I. M. FROST, M.D.

Raymondville, Texas, P.O. Box No. 12.
Telephone M.U. 9-124.

(Editor's Note: We have known Dr. Frost for many years. He is able, well educated along medical lines, is honest, capable, sincere and has no desire for money or fame. His only desire is to help rid this country of the awful scourge of Cancer. He has been trying for years to get those interested in the cure of cancer to come and see what is being done. His only wish is that if what he is doing is worthwhile it be given to the world, if it is not worthwhile, then nothing need be done and the world is no worse off than it was before. The public knows that as of this date orthodox medicine does not have the answer to the cancer problem; for this reason the public gives millions each year to find the answer. The public is not concerned with where the answer is found, or is the public concerned whether the answer is found in orthodox circles or unorthodox. THE PUBLIC IS CONCERNED RIGHT NOW WITH FINDING OUT WHAT POWER IT IS THAT KEEPS THE AMERICAN CANCER SOCIETY FROM INVESTIGATING THESE, SO CALLED UNORTHODOX APPROACHES WHICH APPARENTLY ARE HELPING MANY FOLKS WITH CANCER, AFTER SO CALLED ORTHODOX REMEDIES HAVE FAILED. CONGRESS SHOULD INVESTIGATE THIS MATTER. THERE MUST BE AN ANSWER.)

"No king ever wielded a sceptre more powerful than a five-cent pencil in the hands of an American citizen when he sits down to write his Congressman."

—Senator Norris Cotton

NATIONAL HEALTH FEDERATION BULLETIN

How Chemicals Used in Agriculture Affect Health

By W. Coda Martin, M.D., Hollywood, California

Paper presented before the California Governor's Committee on Agricultural Chemicals, Los Angeles, California, September 16, 1960

I wish to thank this committee for the opportunity to present my views on the subject of agricultural chemicals.

As a member of the Board of Directors and a past president of the American Academy of Applied Nutrition, I have the privilege of representing this organization of physicians and dentists at this hearing. We recently prepared a declaration of principles which state that the Academy approves of the concept of total nutrition from the soil to the cells of the human body. This means quality food, grown on fertile soil and free of toxic chemical additives and chemical residue from insecticide sprays. It is for this reason that the members share my anxiety as to the health hazards of the chemical additives in foods today.

Altered Enzyme Reactions

For several years, as a physician, I have been interested in geriatrics and degenerative diseases. I have particularly been concerned with the harmful effects of some of the chemical additives in foods. It has been well established by competent authorities that many of these chemicals interfere with the body's normal enzyme reactions and they are, therefore, directly responsible, in part, for the marked increase in degenerative diseases in the U. S. This increase in chronic diseases has already become a major medical and economical problem. The continued use of these chemical additives, some of which are known as carcinogens (cancer-causing) and others of non-nutritive value, can only tend to increase the number of degenerative diseases, including cancer.

Disease Increase

A recent survey of chronic diseases in the U. S., taken from such sources as

the American Cancer Society, American Heart Association, Foundation for Infantile Paralysis and other authorized agencies, established the existence in the U. S. of a total of 88,575,000 registered cases of chronic diseases. Though it is possible that a certain percentage of these diseases may be duplicated in one person, it is none-the-less horrifying to project such a figure on the national population of 168,000,000 people.

Draft Rejections Increase

This health problem is not confined to the older-age group. As early as 1953, Draft Director Lewis B. Hershey stated that the nation may be "out of manpower in the next two to three years, if the present physical standards are not lowered." At that time 1,700,000 men out of 4,000,000 examined were rejected as unfit for service. Later, rejections reached approximately 52% at the end of the Korean War.

Again in March, 1960, General Hershey reported that draft rejections had increased from 66% in 1957 to 73% in 1960. Even though an increase in the health standards for acceptance in the service in peacetime is one reason for the high rejection rate, it still reflects an appalling health picture for the young men of this country. (As they will be the fathers of the next generation, this may have very serious consequences.)

Leukemia

For some years, as physicians, we have been concerned with the effects of these new chemical additives and pesticides on the health of human beings who consume them in their daily diet. We are convinced that ill health and possibly increase in death rates are di-

(Continued next page)

rectly traceable to the use of these new chemical additives and pesticides.

Dr. Hargrave, a prominent Mayo Clinic physician, has found a direct cause and effect relationship between DDT exposure and leukemia in some patients. Dr. W. C. Heuper, of the National Cancer Institute, has found that many of the chemical additives are toxic and some may cause cancer.

Studies made by the Audobon Society, along with other wildlife organizations show the destructive effects of chemical insecticide sprays on birds, small game, and fish throughout the country.

FDA Under Staffed

When dealing with toxic chemicals, tolerance levels for their residue on foods, according to the Miller Bill, is not a safe measure. This is recognized by the fact that the tolerance level for DDT in milk has recently been changed from 7 p.p.m., the legal tolerance level on all foods, to zero. It is my opinion that if DDT is too toxic to be allowed in milk, then it is too toxic for human consumption on all other articles of food. Also, it is not possible to keep an accurate check on the chemical residue on each article of food. In the first place, Commissioner Larrick of the F.D.A. reported at a Senate hearing regarding tolerance levels that his department did not have enough man-power to keep a check on the foods. In the second place, on many occasions when "spot" checks are made, they find more than the legal tolerance level. The "spot" checks cover only a small part of the vast amount of food that enters the consumers' market. In the third place, tolerance levels do not take into consideration the people who have allergies and may be more sensitive to the chemicals. The allergists state that possibly 90% of the population have some form of allergy.

Parathion, another insecticide, is a derivative of the Army nerve gas. The use of such a chemical is illegal in war time. Why not in peace time? One drop of parathion will kill a person in 30 seconds. There are several case reports of

boys working in orchards who spilled parathion spray on their legs and died in 24 hours. In spite of this, the spraying continued.

Summary

Briefly, the following salient points are unanimously agreed upon by all concerned with this problem:

1. The chemicals used for insecticide sprays, such as chlorinated hydrocarbons and organic phosphorus compounds, are toxic.

2. The foods so sprayed contain a residue of these toxic chemicals in varying amounts, frequently over the legal tolerance level. This statement is supported by recent tests of foods by the U. S. Dept. of Health.

3. These toxic chemicals are absorbed into the body when the foods so sprayed are consumed. (This writer in 1954 presented proof of this fact in the form of twenty-five biopsies of human fat tissue. All except two showed the presence of the chemical DDT in the fat, and in cases had 5 p.p.m. or more, which is considered a toxic level by animal tests.) The average DDT content of human fat at that time was 5.5 p.p.m. In 1958 the average DDT content of human fat was 7.5 p.p.m. (U. S. Public Health Service). These findings show that this chemical is accumulating at a progressive rate. This is above the legal tolerance level for DDT on foods. Also, 5 p.p.m. causes liver damage in rats.

4. Foods free of these toxic chemicals are safer and therefore, preferable for human consumption. Organic farmers have shown that this is economically possible and the danger of poisons would be eliminated.

It is our opinion that the absorption of these extremely toxic chemicals by human beings over a long period of time can cause serious tissue damage, especially in the liver. Animal tests confirm this reaction in the liver. When the liver is damaged it sets off a series of metabolic reactions which eventually terminates in degenerative diseases. Acute toxicity is not the problem. We are in-

(Continued on Page 30)

ALL RECENT FLUORIDATION PROPOSALS BEATEN

(A Wall Street Journal News Round-up, November 23, 1960.)

Voters in recent elections defeated all proposals to fluoridate public water supplies, according to a Wall Street Journal survey.

Reports available for the cities in which the proposal was on the ballot in October and early November, show fluoridation was beaten by margins ranging from one vote to 24,000 votes. Under the proposals, fluorides would be added to the drinking water as an aid in preventing tooth decay.

The largest city in which fluoridation was defeated was Cincinnati, where the vote was 107,782 to 83,685. A similar proposal was defeated in 1953. In Weyauwega, Wis., townspeople voted 339 to 338 against fluoridation.

Fluoridation of public water supplies is supported by the American Dental Association, the U. S. Public Health Service and many other health groups, as well as many civic association. It is opposed by groups who complain that the procedure is unsafe, or questionable in results, that it represents "mass medication," or that it is a violation of religious principles.

Fluoridation was turned down in Sacramento, Calif., 40,529 to 31,868, and in Marin County, Calif., for the second time this year, by 29,133 to 21,879. The Marin County Water District serves 25 towns north of San Francisco. The proposal also was defeated in Saginaw, Mich., 16,632 to 11,842. Fluoridation was started in Saginaw in 1950 by the city council but defeated and ended in 1954.

In October, Hanover, Pa., defeated a fluoridation proposal, 5,146 to 1,154, and Woodbridge, N. J., also turned it down.

Other cities rejecting fluoridation proposals in the November election include: Joplin, Mo., 8,251 to 6,742; Mapleshade, N. J., 2,450 to 2,278; Freeport, Ill., 6,586 to 5,203; Fairbault, Minnesota, 3,073 to 2,418; Willmar, Minn., 2,921 to

2,038; Waukesha, Wis., 5,712 to 3,612; Antigo, Wis., 2,076 to 1,473; Montello, Wis., 293 to 258; Covington, Kentucky, 17,000 to 10,000; Galesburg, Ill., by a vote of 6 to 5 ratio; Weyauwega, Wis., after five years of it, voted it out; Eagle River, Wis., and Hanover, Pennsylvania, also rejected fluoridation. In the November election the only town to vote in favor of this type of mass medication was McMinnville, Oregon. There was no opposition, so the people did not get the facts.

(Editor's Note: Congress is supposed to do what the majority of the people want. It is now time for them to follow the wishes of the people they represent and stop the spending of taxpayer money, by the Federal Public Health Service in its attempt to force the people to accept mass medication by the addition of a deadly poison to the drinking water.)

Insects Raised to Combat Citrus Pests

Riverside, Calif.—An insect-rearing technique developed here may lead to bombarding a major citrus pest with millions of its enemies. The idea is that if grower organizations can raise natural enemies cheaply and in great numbers, they may be able to control the pest for the same cost as insecticide—but without harmful side effects.

ICE WATER FOR BURNS

Eight years ago, Dr. Alex G. Shulman of Los Angeles burned his hand with boiling grease. He plunged it into a tub of cold water and discovered this relieved pain and speeded healing. Now, after treating 150 patients, he recommends ice water as the best first-aid treatment for any burn covering up to 20 per cent of the body. Pain is quickly banished, and the cold water reduces the usual inflammation following a burn, he reports.—Today's Health News.

MARIN COUNTY AGAIN BEATS FLUORIDATION

Dear Mr. Hart:

Through you, our Committee members wish to express heartfelt gratitude:

We thank you for telling in the Bulletin, the story of our two consecutive campaigns (both successful) to defeat artificial fluoridation of the Marin Municipal Water District.

And—we thank the wonderful folks from various parts of our country who so graciously responded to your appeal with donations of knowledge, time, financial support and warm encouragement.

Anyone involved in opposing the well-financed ruthlessness of fluoridation promotion knows that every bit of help is essential if the public is to learn our side of the issue. Since there is little, if any, cooperation offered by the public media of information, spreading the word is a time consuming and costly project.

This time, due to the wholehearted cooperation of NHF members and of fluoridation opponents here in Marin and throughout the entire Bay Area, it appears we'll not have a deficit such as existed last time—And that's something to rejoice over!

We're mighty proud that Marin County has again joined the 19 out of 20 communities everywhere in rejecting artificial fluoridation on November 8th. The final results here in Marin County were "No": 30,958; "Yes": 24,116. Our previous victory was a tiny one, with a margin of only 84 votes. The increase is pretty spectacular, we feel.

Though thousands of scientific and professional people publicly oppose fluoridation, here in Marin County only a handful of doctors and dentists dared publicly voice their concern. For them and particularly for our County Medical Director, Dr. Rafael G. Dufficy, Jr., we'll be eternally grateful. Dr. Dufficy is neither a member nor a sponsor of our Committee, but his courageous stand against fluoridation, on both medical and moral grounds, despite widely publicized

castigation, has been an inspiration to us and to people everywhere who are working to lift the fluoride curtain. Fluoridation promoters here even went so far as to demand that Dr. Dufficy's position as Medical Director be forfeited because of his warnings re the hazards of fluoridation! A less courageous individual would have surely withdrawn from the battle. Dr. Dufficy stood pat. We're almost happier for his sake than for our own, that fluoridation was roundly defeated.

All over the world, promoters force the fluoridation issue back on ballots time and time again. What many folks don't realize is that these elections cost tax-payers, water consumers, a considerable sum. All this money could instead provide a magnificent program in the various communities, promoting the only safe, lasting and proven means of controlling tooth decay, i.e. proper nutrition, oral hygiene and specific, individual treatment, when indicated. Dentists of integrity stress that control of dental caries is no problem when such a program is followed.

Election results and recent reports from artificially fluoridated areas have indisputably established that fluoridation is a hazardous and costly hoax. As George L. Walcott, M.D., stated in 1959: "Constantly increasing evidence cannot but prove fluoridation a national scandal of the first magnitude—Documentation upon request."

We submit that if fluoridation promoters are genuinely concerned with tooth decay, they might now turn their efforts toward encouraging and sponsoring voluntary, individual oral health programs rather than continuing to attempt forcing mass tooth "treatment" upon the entire community, at the expense of human rights, health and safety.

Again, our warmest gratitude to all our fellow battlers. Most sincerely,

(Mrs.) Elizabeth Franklin, Secty.,
Marin Pure Water Committee, Inc.

NATIONAL HEALTH FEDERATION BULLETIN

THE FIGHT AGAINST SMOG

By GEORGE H. FISHER

Secretary of the Southern California Taxpayers Council

Monday, July 26, 1943, was a hot, muggy day in Southern California. Out in the quiet waters of Los Angeles Harbor the Yellow-Tail and Barracuda seemed to begrudge the impatient fishermen even the faintest nibble, and by mid-afternoon most of the anglers were heading their boats back toward the small-craft landings at the foot of Gaffey Street.

With their gear loaded on trailers behind them, they drove homeward toward the city—northward along Gaffey Street. But as the dreary procession passed the Union Oil Company's refinery at Anaheim Street everyone became suddenly alert. For there in the foreground over Bixby Slough, where the road winds leftward to circle the great quagmire, a strange, reddish-brown haze seemed to be hanging in midair.

For on that summer morning, the great refinery had initiated its new "catalytic cracking" process for the refining of gasoline. The new method was the work of Dr. Eugene F. Houdry, who was careful to advise oil company officials that certain precautions would have to be taken to avoid the toxic haze which was incidental to the process.

Dr. Houdry's instructions went unheeded, since they would have increased the installation cost to the oil producers. And so, as one refinery after another converted to catalytic cracking in the Los Angeles area, the acrid blanket of eye-stinging, throat-rasping mist soon spread across the entire basin-shaped valley. When the wind was low, the sulfurous cloud seemed to be cooking a witches' brew in the strong California sunshine.

When the weather is calm, the nauseating and toxic bromine (which refiners use as a "counter-irritant" to the tetra-ethyl lead) appears in the distant horizon as a dull, reddish-brown, vapor-

ous halo which has become the symbol of this stricken valley—a valley so recently world-renowned for its fresh, delightful atmosphere.

The basic cause of the scourge called smog goes back to the emergence of the automobile and its rapid growth as a dominant appurtenance of American life. Americans are much like spoiled children where our rich, natural resources are concerned and we have wasted these resources with reckless abandon. Worn-out farms, butchered timberlands, ravaged mines—all stand in mute, shameful witness to nation-wide, dog-eat-dog prodigality.

But the waste of petroleum resources has been the most costly of all. In order to monopolize a pool, a hundred wells have been drilled where just one, carefully spotted, would have spelled the difference between waste and conservation—and also between a bounteous supply of pure, clean-burning gasoline and oil for today's engines, and the sulfur-bearing, smog-producing stuff now in use.

With each new field, exploiters drill deeper and deeper into the bowels of the earth, constantly dredging up dirtier and dirtier crudes. Californians suffer most of all simply because there is a lack of adequate rainfall to "leach down" the native salts and alkalis deep into the earth. It means "hard" water to drink and "sour" gas and oil for combustion engines.

The Air Pollution Handbook (McGraw-Hill) reports that "California crude has four times the sulfur of that from mid-western states—two and a half times that from Eastern states." The same source adds that "the sulfur content of crude petroleum discoveries in the United States and throughout the world is constantly increasing."

(Continued next page)

Making our native petroleum products smog-free calls for additional expense to the refineries, such as purchasing potassium hydroxide for removing the effects of the sulfur, providing hydrogen for saturating the highly reactive olefins, and setting up new reforming processes for gasoline production. Instead, the refineries prefer to rely on the highly profitable "additive" method of doctoring the petroleum to make it fit for combustion engines, even though the additives further increase the toxicity of the atmosphere. The manufacture of the various additives has itself become a "resistance movement" against smog-free skies.

Editor's Note: At long last the citizens of Los Angeles are doing something to solve the smog problem. The movement they have initiated is a sound one, and one in which the entire nation has an interest. Wherever gasoline is used, cracked by the process used in California refineries, the smog problem is now, or will become, a serious problem.

To solve the problem, a group of interested residents of Los Angeles County are circulating a petition, which if approved by the voters, at a special or regular election, would make it illegal for Los Angeles refineries to continue to produce dirty, smog producing gasoline.

The petition is an initiative measure to amend the present smog control regulations and requires 250,000 signatures of registered Los Angeles County voters to place it on the ballot. These petitions are being circulated by Taxpayers Council, Post Office Box 694, Los Angeles, California. We urge National Health Federation members living in Los Angeles County to secure one or more of these petitions and start getting signatures. The Council to date has secured about one third of the needed signatures. It is much cheaper to stop an evil at its source than to attempt to correct or pay for its results.

If the voters approve this measure and up their gasoline and the smog question is thereby solved, the citizens of Los

the Oil Companies are forced to clean Angeles County will not only have rendered a service to themselves, but to the Nation as well. Again we urge National Health Federation members living in Los Angeles County to help in this worthwhile movement.

A.M.A. Drug and Chemical Interests Take a Beating

November 8 was a sorry day for the foregoing concerns. They marshaled all their forces against Senator Estes Kefauver, Congressman King, Wolfe, Delaney and others including Kennedy and Johnson. The final tabulation of votes demonstrated that the American people will stand behind legislators with the courage to fight for the peoples interests. Let us hope other national legislators may take courage and act for the good of the people in all health matters.

In California, Senators who took their orders from the medical and drug interests were not re-elected, in spite of all-out support from said interests. On the other hand men like Ron Cammeron and others, who would not take orders, and were opposed by said interests, were re-elected. We are sure this will have a wholesome affect on other California legislators.

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."*

Montana Court Rules on Chiropractic School Accreditation

The Supreme Court of Montana has ruled that the state's Board of Chiropractic Examiners was guilty of a "manifest abuse of discretion" in following the chiropractic school accreditation list of the National Chiropractic Association. It has issued a writ of mandamus ordering the Board to give the examination to two graduates of the Palmer School of Chiropractic, of Davenport, Iowa.

When Montana law was amended in 1955 to give the state Board authority to adopt a schedule of minimum educational requirements and to require that applicants for a license "shall be a graduate of a college of chiropractic approved by said board, the Board decided to approve all schools accredited by the National Chiropractic Association, saying it was impossible for it to visit and inspect all schools in the United States. This resulted in Palmer not being approved because it is not accredited by the N.C.A., with which it has long been at odds, and in fact cannot receive N.C.A. accreditation because, contrary to an N.C.A. regulation, it is not organized as a non-profit corporation. Palmer authorities invited the Montana Board to inspect it, but when the Board desired to be accompanied by N.C.A. representatives, Palmer refused to welcome them.

The Court declined to rule that the Board's reliance on the N.C.A. accreditation was an invalid delegation of power; rather, it said, it was "such a manifest abuse of discretion as to amount to a failure to act at all." The Court implied that some consideration might be given to "recommendations of an association of practitioners which fairly represent the profession and which strive to promote the highest standards of professional educational preparation," but it emphasized that in this case the Board had nothing before it except the non-approval of the N.C.A., whose rule on corporate organization prevented

Palmer's consideration under any circumstances, and that the Board had refused to make its own investigation.

Although the Court did not mention it, many if not most state bar examiners rely on the law-school accreditation procedures of the American Bar Association in admitting persons to bar examinations.

(Montana ex rel. Westercamp v. Montana State Board of Chiropractic Examiners, Supreme Court of Montana, June 8, 1960, Harrison, C. J., 352 P. 2d 995.) American Bar Association Journal, October 1960, Vol. 46, page 1123.

Long Island Federation

The first meeting of the Long Island Unit of the Metropolitan New York Chapter of National Health Federation was held in the home of Mr. and Mrs. Robert DeVine, Baldwin, Long Island, on Friday evening, October 28. The chairman of program and the chairman of legislation are working together on the program plans for the year, thus bringing before the group each month the topics, both local and national, of urgent concern. Officers are Mrs. R. F. Woodhull, chairman and representative to the Board of Directors of the Metropolitan New York Chapter; Mr. Stanley Goldman, vice chairman; Mrs. Robert DeVine, Recording Secretary and Treasurer, Miss Bessee M. Dyer, Corresponding Secretary; Mrs. Francis H. Rockett, Program Chairman and Mr. Robert DeVine, Legislative Chairman. The program for the November meeting will be an evening of Label Reading with an eye to understanding the ingredients in our foods and their meaning. There are 18 members in this new Chapter.

Anything that increases the authority of the body over the mind is evil; so wrote John Wesley's mother, in a letter to her son.

With N.H.F. Members

BETTY LEE MORALES writes: Right now in California there is a 15-man committee, created by Governor Brown, to help him decide what the public policy should be regarding the use of agricultural chemicals and sprays. Here is your golden opportunity. Write to Director of Agriculture, Wm. E. Warne or Consumer Counsel, Helen Ewing Nelson, Sacramento, Calif. Tell them how you feel about these chemicals, and their growing numbers and uses. Let them hear your voice, and your sincere opinions. Make your letter short, and to the point. Tell them you hope their recommendations to the Governor will point out that all chlorinated hydrocarbons such as DDT, and especially parathion, a nerve gas derivative, should be banned in California. Tell them that the end never did justify the means, and it never will. The Consumer Counsel's office is literally a "lobby" to protect the interest of the consumer—YOU. Your taxes pay the bill, and you are entitled to be heard. **Mrs. Nelson is doing a wonderful job as California's first Consumer Counsel. Don't hesitate to write to her. It is not too late, do it now.**

DONA G. KELLEY writes: As a member of the National Health Federation let me praise and commend the wonderful work which you are doing for all peoples. With the strong growth of the Federation, I am sure that this one issue of health on a national basis may well be a stirring up again to bringing the American people into a virile, forthright, energetic nation, aware of the responsibilities of a first class nation of the world.

One Member Writes

I favor the Federation sticking to its field of being the voice of the people in matters relating to health and health freedom, and not invading the field of other health organizations, except as such fits into the foregoing program and

is for the protection of the people's health freedom. The member continues with: There are magazines and organizations handling these other fields. Your present concentrated effort is needed in legal battles. The short, concise Bulletin is easier to grasp than long-winded repetitious articles. My IQ is 145 and I can handle heavy reading. But, I agree with the African tribes, who insist on a speaker standing on one foot and stopping when he loses his balance, or the Mormons, who set a limit of 5 minutes, or the Quakers—nothing unless inspired.

The New Alhambra, California Health Federation Chapter held its first meeting on November 10th at the YWCA lounge in Alhambra. The subject, "Nutrition and Dental Health." The speaker was Dr. John Vann, D.D.S., of North Hollywood. Dr. Vann is an able lecturer and illustrates his lectures with well prepared colored slides. We recommend Dr. Vann to other Southern California Health Federation Chapters.

Dr. Paul Hyer of Toledo writes: I think you are doing a colossal, arduous and cherished work and that the N.H.F. is one of the most vital, worthy and far sighted organizations in America. Enclosed is \$50.00 to help with the work. Paul closes the note with the following truism: "As we give so shall we receive." Thanks, Paul, from all the members of N.H.F.

Is Cancer Cureable?

This is the book we advertised last issue. It is worthwhile and will make a very wonderful New Year's gift, because the information it contains may be of great value to the one to whom it is given, both now and in the future. The price is \$1.00. These books were given to the Federation by William Kulgren of Atascadero. Every dollar received goes to the Federation to help with the work. Send order to National Health Federation, 709 Mission St., San Francisco, California.

Washington State Health Federation News

At a recent Rummage Sale held by the Kitsap County group \$81.00 was cleared and much more could have been realized if we had had more rummage to dispose of. This is our second Annual Sale and I feel that this method of raising money is as easy and sure as any and one N. F. F. groups around the country could use to good advantage. We are now planning for a Pot-Luck Turkey Dinner, party and general get-together social for members and friends to be held on December 10.

The National Health Federation of Washington held its annual meeting in Seattle on November 12. Dr. Harold S. Burkhart gave a most interesting and informative illustrated lecture on Physical Degeneration, followed by a very inspiring address by Mr. R. H. Comfort of Seattle on the N. H. F., Its Aims and Purposes.

Stanley P. Stewart was accorded the honor of being elected President of the State organization, the other officers being:

Ray Rau, Vice President; Dr. Lawrence Crusoe, Treasurer; Kay Satterlee, Recording Secretary; Alevia, Benham Corresponding Secretary; R. H. Comfort, Chairman of the Board.

Those elected to the Board were: As Presidents of County Chapters: Dr. C. Bryant Wilson, King County; Paul Mills, Pierce County; Sanley Stewart, Kitsap County.

As Members-at-Large: Milton A. Niedfelt, R. H. Comfort, Mrs. R. H. Comfort, Dr. Harold S. Burkhart, Anna Ruth Henry, Floyd Graham, Leonard Fulton, R. D. Kennedy, Dr. Cordell Fuson, Al Goeke, Rev. E. A. Larsen.

The spirit and enthusiasm shown at the meeting was very encouraging and the new officers and directors were encouraged to establish additional regional Chapters throughout the State as expeditiously as possible. This, both Mr.

Comfort and President Stewart are planning to do as soon as possible by means of letters or visits to N.H.F. members, Health Food Store owners, etc., throughout the State.

Noel and Zola Johnson Say Goodbye to San Diego CHF

"At our last meeting with you before moving to Altus, Oklahoma, we expressed our heartfelt desire that the San Diego County Health Federation become the 'buyingest' and 'usingest' National Health Federation health stamp chapter in these whole United States. Your hearty response to our appeal gave us the nicest possible hail and farewell. Now we may continue to set a precedent and perhaps get national honorable mention and inspire the other Chapters to follow our lead. We believe that friends not yet ready to join us will be glad to co-operate to the extent of buying liberty stamps. President Fred Hart requests us to use the stamps on the front lower left corner of our envelopes, and when writing to legislators in the upper left hand corner of the paper on which the letter is written.

A word about our national president. Our own beloved and highly respected Dr. Robert McBride has known Fred Hart intimately for a long time. In fact, National Health Federation was born right here in San Diego in the U. S. Grant Hotel at a dinner shared by Mr. Hart and Dr. McBride, and the organization meeting was held at Mt. Ecclesia (out of Oceanside) six years ago come mid-January next. Dr. McBride later remarked "Fred Hart has in his heart more brotherly love than any man I have ever known." We, and many others have found this to be true. Mr. Hart is a dollar-a-year man and for six years has given all of his time, long, long days,

(Continued next page)

fervent prayer and no doubt thousands of dollars of his own money to get this show on the road.

We hope to find at least a few altruistic and patriotic souls in Altus, Oklahoma who think, act and give.

Again we thank you good people and may we two "Oakies," and we use the term with the greatest respect, get glowing reports of the progress of our San Diego Chapter of the National Health Federation. — From Health Review, published by the San Diego County Monthly Health Federation—12 pages.

A.M.A. Head Says U.S. Now Has "Vitamania"

Columbus, Ohio, Oct. 31—The president of the American Medical Association declared Monday that the United States was becoming "a land of hypochondriacs," persons who conjure up imaginary ailments.

"Despite the excellent health we enjoy as a nation, America is now afflicted with a new ailment-vitamania," Dr. E. Vincent Askey of Los Angeles told the Columbus Rotary Club.

"There is nothing wrong with vitamins," Dr. Askey said. "In fact, we couldn't live without them. What we object to is the manner in which they are sold and the false claims made for them."

Question: Is this the beginning of a propaganda campaign to put all vitamins under a doctor's prescription with its attending high prices?

Additive 'Barn Door' Closed

After an outbreak of skin rash affecting 100,000 persons and causing 2 deaths, the Dutch Ministry at The Hague, Netherlands, put a ban on the sale of all margarine made by the Unilever Co., stating the emulsifier used in the margarine was responsible for the skin irritations. Is this another example of the unknowns we're eating these

days? Things like this should be proven before tested on the public.'

Editor's Note: Unilever is a giant British manufacturer of soaps, food-stuffs, margarines, and hundreds of other items, and last year spent over 230 million dollars on advertising. The firm controls nearly 200 companies and either produces or sells stuff in 100 different countries; among the brands: Persil, Omo & Lux Soaps, Radion & Sunil detergents, Gibbs S.R. toothpaste and Lipton's Tea." Vol. 26, No. 2, 10/4/60 ORGANIC SEEDS FOR THOT.

Hospitals in UK to Allow Faith Healers to Practice

By Virgil Berger

LONDON —(Reuters)—British doctors are upset by a disclosure that many hospitals are allowng faith healers to visit patients.

The disclosure came from Britain's best-known faith healer, Harry Edwards, president of the National Federation of Spiritual Healers. He announced that 230 of the country's 345 local hospital authorities had agreed to allow spiritual healers visit their hospitals if the patient asked for them and the doctor agreed.

Concerned by this statement, the British Medical Association urged its members not to authorize such treatment. A conference of the association declared unanimously that faith healers should not be allowed to treat patients in hospitals under the National Health Service.

The 500 doctors attending the conference declared they welcome the help of ministers of religion "in their proper sphere," because the comfort they give to patients is often of great assistance. But, the doctors added, so-called "spiritual healers" have no justification for their title.

Britain's 2,500 faith healers have answered the association's critical attitude towards them by asking for a Government inquiry to assess the value of their work.—The Gazette of Canada.

OPINIONS SPLIT ON PESTICIDES

Contradictory reports on the role played by pesticide residues on food in causing chronic diseases were presented yesterday to a governor's special California committee considering public policy regarding use of agricultural chemicals.

Dr. W. Coda Martin of Hollywood testified that "it has been well established by competent authorities that many of these chemicals interfere with the body's normal enzyme reactions and they are, therefore, directly responsible in part for the marked increase in degenerative diseases in the United States."

Experience Cited

Dr. Francis M. Pottenger, chairman of the air pollution committee of the Los Angeles County Medical Assn., said that he has seen the cholesterol levels of patients begin to climb in two or three weeks after exposure to pesticides.

"I can say that I have seen individuals who have elevated chlorinated hydrocarbon titers (DDT) in their fat which has increased over the years show evidence of heart trouble that was not present before the exposure," he said. "This, however, is not proof that the chlorinated hydro-carbons cause heart trouble. It only demands further investigation."

Doctor Doubtful

However, Dr. William Fishbein, who identified himself as a former Chicago Health Department investigator and currently a private scientist working for chemical companies, said there is no way of proving the allegations of Drs. Martin and Pottenger that chemicals are responsible for the degenerative disease.

Other representatives of the chemical industry and agriculture declared that the chemicals present no hazard to health if they are properly applied by farmers and others making use of them. —Los Angeles Times, Sept. 17, 1960.

Editor's Note: In addition to Doctors

Martin and Pottenger, Betty Morales and J. T. Clark of Organicville, ably presented the National Health Federation's views at the Los Angeles meeting, again at the Oakland meeting and again at the final meeting held in Sacramento on Nov. 16th. At the request of Betty Morales, Director of Agriculture Warne invited Dr. Albrecht of the University of Missouri to be present, as the guest of the Committee, at the meeting November 16th at Sacramento. Our thanks to Betty, J. T. and Doctors Martin, Pottenger and Albrecht. We appreciate the co-operation of the Committee and Director of Agriculture Warne.

New Spray for Pest Control

A potent but safe new insecticide that that has been cleared for such use just this season has been brought into play against flies and mosquitoes on the Youth fair grounds.

The entire grounds and the interiors of all the exhibit halls were sprayed just a couple of days ago with a Dibrom solution. The chemical is perfectly safe for human beings and animals, but is one of the most lethal against flies and mosquitoes.

And along with the Dibrom compound, the spray solution has another secret punch against any of the winged pests that might not "get the message" on the first round. Added to the dosage of one gallon of Dibrom in each 100 gallons of water, was 2½ gallons of Karo syrup.

The syrup is a bait to lure the insect to the Dibrom. It also helps sustain a longer residual effect.

During an election campaign, two politicians were bitterly dueling with words. One of the campaigners said, "There are hundreds and hundreds of ways to make money, but only one honest way."

"And what's that?" jeered the other candidate.

"Aha," said the first man, "I thought you wouldn't know."

Professor Warns That Tranquilizers Can Harm Brain

ST. LOUIS, Nov. 8, 1960—A neurologist says physicians who prescribe tranquilizers for all patients who ask for them may be endangering the patients.

Dr. Robert H. Groh, associate professor of neurology at George Washington university in Washington, D. C., told the Southern Medical Association some tranquilizers have serious and irreversible effects on the brain.

He showed motion pictures of patients who developed uncontrollable muscular spasms because of tranquilizers. One such patient died.

Dr. Groh criticized use of tranquilizers to ease self-manufactured emotional turmoils. His warning was concerned mostly with phenothiazines, one of the largest groups of tranquilizers.

Sunshine, X-Rays Causing Cancer, Says Surgeon

MINNEAPOLIS, Sept. 15—Sunshine from lamps and X-rays are reaping a harvest of cancers, a Baltimore surgeon warned Thursday.

Children are getting thyroid cancers after needless X-raying to treat tonsils, pimples, or enlarged thymus glands.

Too much sunbathing is causing skin cancers.

That goes, he said, for the business executives who overdoes the sunlamp at his club and "the young woman who now can afford a winter Florida vacation after spending all summer in the sun."

He told of "resurfacing with skin grafts" the cancer-riddled faces of a businessman who for years had taken long run lamp treatments, and of a young woman who winter and summer followed the sun to keep her tan.

Dr. Milton T. Edgerton, plastic surgeon at the Johns Hopkins school of medicine, spoke at closing sessions of the fourth national cancer conference.

Important Health Knowledge

Because of the intensive campaign, by those who would control, by keeping from the people the truth about vitamins, minerals and food supplements, we propose, starting with this issue, to publish the truth about these items, their value and their use, etc. The facts published will be from official records and authentic articles.

We believe the public is entitled to know the part these different items play in the health picture. There was a day when you could write to a University and get complete unbiased information. That day has passed, so we shall undertake to bring this information to our members. These articles will be run as a series and will cover a number of issues of the Bulletin.

In this issue of the Bulletin we will introduce the subject and will publish the complete reference table for the entire series. It will be important that a member keep this issue, as the reference table will not be repeated. In fact a member should keep each issue, as only in that manner will he have at hand the complete story. The first of the series appears on the opposite page.

"No license, lady?" growled the traffic cop. "Don't you know you can't drive without one?"

"That explains everything," said she. "I thought it was because I was nervous and nearsighted that I hit two cars and ran into a fire hydrant."

The teacher was organizing the first-graders for their lunch period.

"Will all the boys and girls who will have hot lunches in the cafeteria stand over here, please. And will all those who have brought their lunch buckets stand over there."

The two groups quickly separated, except for one bewildered boy.

"Teacher," he asked, "where do the bags go?"—Wisconsin Journal of Education.

NATIONAL HEALTH FEDERATION BULLETIN

VITAMINS - MINERALS - PROTEINS SOURCES - NEED - FUNCTIONS

By FERNE WOODHULL

Quotations and condensations from the writings of many recognized authorities in the field of nutrition compiled for the convenience of those who are unable to do extensive reading on this most important subject.

"The Mothers of Today, Using Available Knowledge of Nutrition Can Produce a Future Generation of Healthy Children, Physiologically and Mentally Strong."—W. Coda Martin, M.D. (Ref. 27).

"Of All the Medicine Created Out of the Earth, Food is the Chief."—Major-General Sir Robert McCarrison, M.D. (Ref. 4).

"Agriculture and Nutritional Science Can Banish Hunger and Malnutrition From the Earth as Completely as Bacterial Science Has Banished Yellow Fever and Cholera."—N. Philip Norman, M.D. (Ref. 15).

"Food Alone Cures Many Diseases."—Hu Se-Hui, Chinese Imperial Physician—1314 A.D.

"Ones Working Hypotheses, However Scientific, Is Not Successful in Bringing About Gratifying Results, Unless Damaged Tissues of the Sick Person Receive the Essential Nutrients Needed to Restore Them."—Tom Douglas Spies, M.D. (Ref. 1).

"The Only Prevention is a Daily Supplement of All Necessary Elements in the Daily Diet."—Editorial, The Journal of the American Medical Assn., June 7, 1958. (Ref. 26).

"More Lives Can Be Saved for the Effort Expended, Dollar for Dollar, By Getting the Very Best Nutrition for All Our People Than Can Ever Be Gained With Curative or Preventive Medicine. Creative Medicine Must be Founded on Growing the Best Foods. Thus Alone Can We Create Real Health for Our

People."—Jonathan Forman, M.D. (Ref. 3).

"An Organism Supplied With a Diet Adequate in All Mineral Requirements May So Utilize These Elements as to Produce Immunity from Infection Quite Beyond Anything We Are Able to Produce Artificially by Our Present Methods of Immunization."—U. S. Document, No. 264.

"An Ounce of Prevention Is Worth A Pound of Cure"

Dr. Thomas Parran, while Surgeon General of U. S. Public Health Service at the Hot Springs United Nations Food Conference, expressed the opinion that improved nutrition would add ten years to the "Virile Life Span of the Average Human Being."

"Life Depends on Minerals. Vitamins Without Minerals Are Worthless. Disease Preys Most Viciously on the Undernourished—Unfit Plants, Animals and Human Beings Alike. Healthy Plants Mean Healthy People."—Document No. 264, 74th Congress, 2nd Session.

The following statements are from the United States Department of Agriculture Year Book for 1939, **Food and Life:**

"The story of the development of the vitamin theory and identification of many of the dietary factors is a long and interesting one. In 1883 the disease which had been known for a long time as Beriberi was first shown to be due to an unbalanced diet. At that time a series of outbreaks in the Japanese Navy was controlled and further outbreaks were prevented by supplementing the usual diet of polished rice and dried fish with meat, vegetables and milk. This resulted in the isolation and identification of vitamin B1 as a result of a long series of investigations begun by Eijkman in 1897." Thus, "over a period of more than 40 years . . . a science of

nutrition has grown up that gives us an insight into the structure and function of many of these vital substances." —*Food and Life*, Pages 230-231.

"The chief fault of many American diets is that they provide too little of the essential minerals and vitamins. This fault is due in large measure to the fact that refined foods are consumed in such amounts that the intake of the mineral and vitamin-rich foods is lower than it should be."—*Food and Life*, Page 104.

"Vitamins are essential to health at all ages and particularly important during the period of growth and development, prenatal as well as post-natal. An inadequate supply of vitamins during this period may cause serious danger to normal development of the bones, teeth and other body structures." —*Food and Life*, Page 115.

VITAMIN A

"Vitamin A is essential for life, health and growth . . . and for the proper formation and normal development of teeth . . . unless sufficient Vitamin A is provided . . . the eyes gradually develop a condition known as night blindness. A severe and prolonged deficiency of vitamin A leads to total blindness. Vitamin A is indispensable for the maintenance of . . . a special kind of tissue which serves as a protecting layer of body surfaces" such as "the linings of ducts, or canals of glands which carry secretions from the glands to the digestive tract and the lining of the bladder. These cannot fulfill their normal functions . . . unless the body is provided with Vitamin A. When the body is suffering from a moderate or a severe deficiency of Vitamin A there would be lowered resistance to infections."—*Food and Life*, page 224.

VITAMIN D

"Vitamin D regulates the metabolism of calcium and phosphorus in the body and thus is concerned in the proper formation of bones and teeth . . . It is believed that in some way it facilitates the absorption of calcium and phosphorus from the alimentary tract. Vitamin

D does not, however, decrease the minimum requirement for calcium and phosphorus. Good retention of these minerals cannot be produced by vitamin D in a person who receives too little of both calcium and phosphorus. Because of the relationship of Vitamin D calcium and phosphorus to the formation of bones and teeth, a special need for these elements occurs in the period during infancy and early childhood at times when the soft cartilaginous bones of the newborn infant are being converted into firm, hard bone and also at the time when the skeleton is undergoing considerable linear growth."—*Food and Life*, page 256.

(To be continued next issue)

References

- 1—Tom Douglas Spies, M.D. Winner of the American Medical Association's Distinguished Service Award, 1958.
- 2—L. Jean Bogert, Ph.D. Instructor in Experimental Medicine, Yale Medical School; Research Chemist, Obstetrical Department, Henry Ford Hospital, Detroit; Author of *Nutrition and Physical Fitness*.
- 3—Jonathan Forman, M.D. Editor, *Ohio State Medical Journal*.
- 4—Sir Robert McCarrison, M.D. Director of India Research; Early pioneer in Nutritional Science.
- 5—Weston A. Price, D.D.S. World Traveler for Nutritional Research; author of *Nutrition and Physical Degeneracy*.
- 6—Earl Ubell, Science Editor, *New York Herald Tribune* (reporting).
- 7—Edmund Sigurd Nasset, Ph.D. Professor of Physiology, School of Medicine and Dentistry, University of Rochester.
- 8—Joe D. Nichols, M.D. Author, lecturer. President Natural Foods Associates; Past-President Tri-State Medical Society.
- 9—Jean Bullit Darlington, Nutritional Research, Author.
- 10—Carlton Fredericks, Ph.D. Editor, *Radio Commentator* (reporting).
- 11—Daniel I. Quigley, M.D. Fellow of the American College of Surgeons; Author, *The National Malnutrition*.
- 12—H. E. Kirchner, M.D. Author, Lecturer.
- 13—Adelle Davis, former dietitian, Bellevue Hospital, New York City; Consulting Nutritionist, Los Angeles; Author of *Let's Have Healthy Children*, *Let's Eat Right to Keep Fit*; *Let's Cook It Right*.
- 14—Alice Fay Morgan, Ph.D. Nutritional Research, University of California.
- 15—N. Philips Norman, M.D. Consulting

Nutritionist for Department of Health and Hospitals of the City of New York. 1946-50; Author of *Constructive Meal Planning and Ulcerative Colitis*, *The Triad Disease*, and co-author, *Tomorrow's Foods*, frequent contributor to medical journals.

- 16—Fred D. Miller, D.D.S. Vice-President, Natural Food Associates; Author of *Gateway to Health* (film), and "Open Door to Health."
- 17—John Cullen, former Regional Superintendent of Inspection Services, Food and Drug Divisions, Department of National Health and Welfare, Vancouver, B.C.
- 18—Bulletin No. 72, North Dakota Agricultural College, Experimental Station.
- 19—"A New Way of Life." A story of the Hunzas and Better Food for the Family.
- 20—Michael J. Walsh, M.D. Nutritionist, Hollywood, California.
- 21—I. N. Rodale, Author, Editor, Lecturer.
- 22—Russell M. Wilder, M.D. Professor of Medicine, Mayo Foundation; First Chairman on Food, National Research Council.
- 23—Walter H. Eddy, Author of *Vitaminology*.
- 24—Norman Joliffe, Clinical Nutrition, New York University School of Medicine, Author.
- 25—William C. Albrecht, Ph.D. Department of Soils, College of Agriculture, University of Missouri.
- 26—*Journal of the American Medical Association*.
- 27—W. Coda Martin, M.D. President, American Academy of Nutrition.
- 28—The Reverend Father Henry Retzek Author "Food For Thought," "Priest" Magazine.
- 29—Alexis Carrel, M.D. Research Scientist, Nutritionist, Author of "Man the Unknown."

GLOSSARY

Adrenal glands—one above each kidney.
 Carotene—yellow pigment; precursor of vitamin A.
 Endocrine—glands of internal secretion.
 Glutamic Acid—one of the digestive products of proteins.
 Hemoglobin—red protein found in the red blood cells containing iron and uniting loosely with oxygen.
 Methionine—a digestive product of proteins.
 Optimum—the best.
 From *Essentials of Nutrition* by Dr. Henry Sherman, head of the Department of Nutrition, Columbia University. (Pub. Lib. RVC-612.395/373.)
 Enzyme—a transforming agent in food. (Ref. 2)
 Metabolism—a complicated series of chemical changes by which all organisms get energy and raw materials for growth and maintenance. According to Dr. Roger J. Williams, discoverer of Pantothenic Acid (sometimes referred to as B3).
 Degenerative Disease—According to Dr. H. Philip Norman, author of several books on degenerative diseases, the degenerative disease indicates that some fundamental

involvement is causing deterioration of the body tissues manifested first by membrane sensitivity (such as hay fever, asthma, etc.), the deterioration of joints (such as arthritis), degeneration of nerves, heart muscles, liver, and of intestines (as in colitis or other colon or digestive disturbances). These manifestations develop slowly; consequently they are not recognized until damage is serious. Meat, eggs, milk, raw vegetables and fruits are the protective foods. Our incomplete use of these foods over long periods of time together with our copious use of the refined foods such as the white flour, white sugar and refined fat and oil products, (pastries, cereals, french-fried and deep fried foods, etc.) creates an imbalance. Balance of nutrients is essential to the maintenance of good health.

A dying dictator was stretched out on his bed breathing his last. By his bedside was his second in command, tears streaming down his face. The old dictator patted his aide's hand feebly.

"Do not grieve so, Comrade," he whispered. "I want you to know that because of your loyalty I am leaving you my money, my cars, my plane, my country estate, my yacht—everything!"

"Thank you, thank you," cried the man. "You're much too good to me. Oh, if there was only something I could do for you!"

The dying man boosted himself up a bit.

"There is," he gasped. "Just take your foot off the oxygen tube!"

A visitor to New Mexico was talking to a sun-browned native, and commented on the lack of rain. "Doesn't it ever rain here?" he asked.

The native thought a moment and said, "Mister, do you remember the story of Noah and the Ark, and how it rained 40 days and 40 nights?"

"Sure I do," said the tourist.

"Well," drawled the native, "we got a half-inch that time."

YOU CAN HELP BY . . .

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

How Chemicals Affect Health

(Continued from Page 16)

terested in the long-range chronic effect.

I therefore believe it highly important for the health of the Nation that this committee should recognize the necessity for more effective legislation on this problem. The public deserves greater protection from the hazards of chemical additives and pesticides.

Other Chemicals

The addition of non-nutritive chemicals such as emulsifiers for fats serves no useful purpose to the consuming public. There is also evidence to substantiate the fact that many of these chemical substitutes are toxic. These additives should not be used unless they will serve a useful, nutritive purpose to the consuming public.

I also believe that the continued use of other chemical additives (there are over 700 different chemical compounds now in use, of which 150 have never been adequately checked for their toxic effects on human beings) over a long period of time is a definite health hazard.

Stilbestrol has been banned for use in chickens by the Department of Health because of its potential cancer hazard, but the Department of Agriculture still allows this carcinogenic chemical to be used in feed for cattle for human consumption. The value of stilbestrol is to increase the fat in the animal, which is of no nutritional value, only commercial value.

Economics in agriculture is important, but first consideration must be for the protection of the consumer. Otherwise, the long range "calculated risk" is that this country may become a nation of invalids, weak in body and mind.

This completes my prepared statement, but may I take the remaining allotted time to talk about the philosophical side of chemical additives in foods.

1. The human body can utilize only natural foods as nourishment and sur-

vive. Chemicals are not food elements, therefore, they can produce only negative or harmful results, even though they are by scientific analysis non-toxic. It is then only a question of how much harm they will produce, when used to replace essential food elements in our diets.

2. Certain chemicals like Stilbestrol are fed to cattle and other animals for human consumption, yet at the same time the farmer is warned against the use of Stilbestrol supplemented feeds for his stock as the hormone may interfere with their breeding. This same farmer will give Stilbestrol contaminated meat to his wife and children. He also uses the same care in the choice of whole natural foods for his cattle, yet he accepts chemical substitutes and refined and adulterated foods for his children. This is a philosophical paradox worthy of psychological research.

3. The controversy over the hazards of chemicals in cigarettes must be placed in a separate category from that of chemical additives in foods. In this case, an adult, on his own free will, may choose to gamble with his life and health. When chemicals are added to foods there is no choice. People of all ages must eat these foods in order to survive, even though it may be a shorter time than his normal life expectancy.

Most people are unaware that they are consuming adulterated foods—but there are some people who are aware of the hazards of these chemical substitutes and carefully select their food for nutritional quality, using those which are not refined or adulterated.

In the case of the farmer selecting such food for his cattle, he is said to be an intelligent man—in the case of people making the same selection of food for themselves, they are often called "food-faddist"—this is another philosophical paradox.

4. When chemicals are used in foods they should be labeled "economic supplements," a term similar to "economic poisons" used for insecticides. We then would not be fooling ourselves. I can

assure you that we are not fooling the cells of our bodies with these chemicals.

Health of the people and defense of the country are two factors that are more important than simple economy. Food should be standardized for its nutritional value only.

6. These are some of the philosophical factors that should be considered along with the purely chemical factors, before determining what the public policy should be regarding the use of agricultural chemicals, dusts, and sprays.

SYNTHETICS VERSUS NATURAL VITAMINS

In the matter of synthetic vs. natural vitamins a great majority of people are not aware of the difference between synthetic and natural vitamins. To them 'vitamins are vitamins.' This is far from the truth.

Synthetic vitamins are a chemical reconstruction of vitamins which originally were obtained by reduction of natural complex products to single, simple form. Comparatively cheap materials are combined to make a synthetic product with the same chemical analysis as the natural vitamin . . . (but) . . . the synthetic kind do not contain anything but the simple basic vitamin, without any of the enzymes, trace minerals, etc., which accompany the vitamins in their natural form . . .

Obviously, any product built up by putting together various component chemical elements in an attempt to reconstruct a vitamin as existing in natural foods, will, by its very nature, not provide the enzymes and co-enzymes which act with the vitamin, nor will it furnish the synergising, working-together factors of the natural products. They can be made by mass-production methods and are cheaper and devoid of life.

The above is the Thinking of The Boston Nutritional Society an Affiliate of the National Health Federation. They would like to know what you think, and so would we.

Influence Over FDA Staff Studied

WASHINGTON—Charles H. Kendall, head of a special unit investigating the Food and Drug Administration said Saturday there is a "possibility" some of the agency's employees have been too closely associated with the drug industry.

Kendall said he had the impression the FDA staff in general "is a pretty good crowd of people who have done a pretty good job."

Kendall is examining charges the FDA has been lax in regulating the drug industry and its employees have been too closely influenced by it.

Welfare Secretary Flemming named Kendall to head a special three-man investigative unit, following dismissal of Dr. Henry Welch, chief of the FDA division which passes on antibiotics. Sen. Kefauver's Senate drug investigators turned up the fact that Welch had earned more than \$250,000 from his side work for two antibiotics magazines and all this while he was the one in Food & Drug who decided whether an antibiotic was good or bad.

Natural Vitalic Foods Corp

This Corporation under the leadership of Mrs. Ann R. Booras, has purchased two buildings in the heart of a rich farming valley, located in the South Mountain area of Frederick County, Maryland. The buildings have an over all storage capacity of 150,000 cubic feet, of which 30,000 is refrigerated. The city in which the buildings are located is Middletown.

It is planned when the buildings are completely renovated to serve the organic food needs of both Washington and Baltimore areas.

Further information can be had by writing to Mrs. Ann R. Booras, 2480 16th St., N. W., Washington, D. C.

Getting even with a person means putting yourself on his level.

Hoxsey Remedy

(Continued from Page 10)

It has been long known the addition of *Berberis aquifolium* and *Xanthoxylum* adds to these properties due to their diffusive and stimulating properties.

Xanthoxylum Flaxineum—Prickly Ash

This drug made from the bark, seed or berries is a positive diffusive stimulant which produces better arterial and capillary circulations. This property is unlike that of capsicum, in that it is more lasting and more agreeable to the taste. It arouses the skin, is diffusive reaching to cold extremities, stimulates salivary and lymphatic glands, serous and mucous areas.

Of value by itself yet it is often combined with *Phytolacca Root* when it becomes even more effective in rheumatisms, scrofulas, syphilis, congestions and paralysis. A vehicle made from ripe berries, possesses similar values but much milder in clinical values.

Phytolacca Decandra — Poke Berries

This plant is common to our woods and fields, easily recognized with its stems of long black berries which are largely eaten by robins to condition them for their long flight south. Both berries and the green root are used. *Phytolacca* influences all the deep structures and relieves congested or inflamed areas. It is a stimulating, relaxing, alterant which influences all serous, mucous and glandular structures. It enables the physician to relieve the system of excess accumulations of fats and filth within and give to the patient more muscular solidity. It is a persistent remedy so is used in orchitis, mammary ovarian and scrofulous abscesses. It will avert body and cartilaginous swellings and is of great value in rheumatisms.

Stillingia Sylvatica

The root of this plant is used which also is a positive, stimulating, alterative especially adapted to chronic cases where its persistent properties are useful.

Its use with other and less stimulating

drugs is urged for in large doses it is cathartic and even emetic and may leave within the bowels a burning sensation.

Like many of the foregoing drugs it is an alterant to the glandular system and is used in secondary syphilis, eczemas, ulcers, scrofulas and malignant eruptions.

Rhamnus Frangula—Buckthorn

This is the European variety which is a mild, stimulative, laxative, cholagogue which in large doses becomes a cathartic of moderate impression. Its addition to any alterative medications gives persistent values toward easy elimination of toxic impurities in any system without any of the usual cathartic disturbing craps. In such action it is a tonic laxative rather than that of drastic disturbances.

Glycyrrhiza Glabra—Licorice

This root is usually used as a vehicle to cover up any bitter, onic, medications, but the profession have of late discovered it is more than a mere covering for bitter taste. It is a demulcent and gentle laxative yet somewhat stimulating to the entire internal and digestive mucous membranes. This is now emphasized as a valuable addition to any combination of drugs designed to use in inflammatory ulcerations and many other indications in digestive disturbances.

Is It a "Shot Gun" Prescription?

Perhaps one may be accused in such a combination as using a "shotgun" prescription. But when one analyzes it he finds each has its purpose and reaches diseases especially in cancers which are many sided from many angles as an eliminating alterative, blood builder and mildly stimulating factor in urging the system to eliminate its accumulations of its pathology and rebuild.

Modern Theory of Cancer

The difficulty of those administering remedies in cancers, and such allied conditions, is in not realizing cancer is first and always a systematic disease and failure to understand the manifestation we term a local cancer is not the entire cause of the systemic disturbances which

are present as a result of such visible lesion.

We are attempting to cure cancers by more and more X-ray force, Radium and surgical elimination of the local manifestation when we should begin at the root causes and its elimination by means of systemic eliminants. We must attack cancer as a systemic disease.

This Formulae Does Just That

And, in the opinion of ten capable medical investigators, does it better than any other method available if used conscientiously and persistently.

We do not expect to create a great revolution soon in modern day methods of theory and practice concerning the cancer problems, but we have the privilege of an American citizen to expose the wrong thinking in the medical world concerning the effectiveness of the above remedies, which are almost wholly botanical.

Each drug is one which gives positive elimination results which we term alterative in action. It is seldom realized that these near nature drugs are possessed of antibiotic, that is, have bacteriocidal properties, especially when in the raw state, neither does the average physician realize these possess antiscorvic properties as also diuretic and cathartic properties.

Should there be no other argument for their efficiency, these of their elimination properties should enable any one with reason to reach the conclusion there is in this formulae these needed properties in treating cancer. Also, there is in it tonic properties which build in the system greater assimilation and strength from foods consumed.

That this formulae does all of these in almost a miraculous way is attested to by ten medical men who had placed at their disposal many witnesses and hundreds of authentic records.

Editor's Note: This article is being re-run in this issue of the Bulletin, in the hope, that Doctors who have the interest of their patients at heart will use the remedy in connection with whatever method

they now use in the care of patients who are afflicted with this dread disease. This remedy should not interfere in any way with the use of a Doctor's regular procedure, provided he is not already using any of the ingredients contained in the mixture.

Those who have used both the liquid and the pills have advised us they feel they have received better results when they used the liquid. This may be due to the fact that some people do not digest the coating on the pills, hence they pass through the system and have no affect.

This liquid can be mixed by any good herb man or druggist and therefore can be available to a Doctor, who is licensed to use drugs, no matter where his practice may be located. In administering this remedy, the same care should be used, as is used in the administering of any other drug. In addition to regular care a strict diet should be followed. All foods that produce uric acid should be avoided, as much as possible. Those who follow a diet, during treatment, similar to that followed by vegetarians appear to recover faster and better. The diet used with the Koch treatment is also very good, according to the experience of patients reporting to us.

The foregoing remedy is an alterative and tonic. It should be used as an adjunct to a doctor's regular procedure. It should not be called a cancer cure, but rather an aid to normalcy.

Reactions to Foregoing Tablets or Liquid Medication

If any of the following symptoms develop and are too severe, discontinue medication until symptoms are gone (usually in two or three days). Then resume with one-half original dosage and gradually increase dosage to an amount most comfortably tolerate and then continue.

Reactions

Pimples appear on face, shoulders and forehead, as well as other locations on the body. They may become boil like. Glands in the neck may swell, as well

(Continued next page)

as the area of trouble. Excessive watering of the eyes and nose may occur, particularly when bending over. Nausea and vomiting may develop. A bitter or salty taste may upset the appetite and an extreme feeling of weakness, particularly in the knees, may occur, as well as a pounding, rapid heartbeat. These symptoms seldom occur but are given here as a guide to the doctor in caring for his patient. The pills should be crushed before swallowing.

POLIOMYELITIS

Reported incidence of poliomyelitis in 1959 was 46 per cent higher than in 1958 but the number of paralytic cases was 70 per cent greater than for the previous year. The number of nonparalytic cases increased only 5 per cent. Final figures for 1959 were considerably different from the provisional totals at the end of the year as shown in the following table:

	Provisional	Final
Total	8,567	8,425
Paralytic	5,709	6,289
Nonparalytic	2,165	2,045
Unspecified	693	91

These figures indicate that much effort was spent in the States in the establishment of the final diagnosis. The larger number of paralytic cases in final figures compared with provisional figures has been noted in previous years.

The larger proportion (75 per cent) of paralytic cases in 1959 compared to 64 per cent in 1958 is probably due to the fact that there is an increasing reluctance to report nonparalytic poliomyelitis without confirmatory laboratory examinations.

In 1958, 27 States reported more paralytic cases than in 1957, and in 1959, 39 States reported a higher incidence than in 1958. Several of the States that reported fewer paralytic cases in 1959 had experienced sharp localized outbreaks in the previous year. U. S. Government figures.

Editor's Note: The Salk Vaccine was developed to prevent paralytic polio. The

public has a right to ask and be told the answer, "Why with almost 60 per cent of the people vaccinated has the percentage of paralytic cases gone from about 26 per cent of the total Poliomyelitis cases to 75% of the total. In States where the records are available to the public, there appears to be as many cases among the vaccinated as among the unvaccinated percentage wise. WHY? Let us hope, the new administration will order Federal Government employees to get off the propaganda cart and onto the wagon of truth, to the end public confidence may be restored."

Stopped Heart Can Now Be Restarted Simply

Baltimore, Md.—It is no longer necessary to open a patient's chest and hand-massage his heart should it have stopped beating. Doctors at the Johns Hopkins hospital here have developed a new technique which has been used on over 50 patients with 72% total success.

The method is a hand-applied pressure on the chest. The process can be learned in a very few minutes.

The doctors report this is the way it is done:

"The operator places one of his hands over the other, with the heel of the lower hand resting on the lower part of the patient's breast-bone. Firm pressure is applied about once a second, using body weight if necessary to move the breastbone down about an inch toward the spine.

"The cartilage around the bone is remarkably flexible and 'gives' when pressed.

"At the end of each stroke the hands are lifted to allow the chest full expansion. (This has been kept up for an hour and 10 minutes without evidence of harm to chest or heart.)

"The artificial pumping action forces blood out of the ventricles."

Does your faith move mountains, or do mountains move your faith?

NATIONAL HEALTH FEDERATION BULLETIN

A Definition of Organics

(Continued from Page 6)

have vitality, it may need to be supplied with rare elements from powdered rock. To the end that food shall be grown in the way Nature intended, it should be allowed its proper time for maturing. In order that nature should not be thrown out of balance, we need to study the regular ecological cycle and maintain that balance which Nature herself teaches us.

Man cannot spread poison and at the same time keep birds and bees in their proper function in the ecological cycle. Nature furnishes her own predators for the destructive insects in the form of the praying mantis, ladybugs, and others, if given encouragement by man. Owls have demonstrated the ability to take care of mice if given opportunity. We believe that man's destructive actions through chemical poisons will gradually bring disease and ill health. Our aims are intended to be constructive so that man may return to good health.

In addition to pure food we seek ways and means of breathing uncontaminated air. The widespread dissemination of nuclear fallout and the wide use of mass spraying of poisons, we believe to be detrimental to man, animal, and fish life. We object to these and other processes of contamination of soil and living entities.

We do not approve of the various additions to our city water supplies of the unnecessary manufactured products. If water can be tapped in wells for purposes of air conditioning, it can be the source of pure drinking water. Where cities do not have a source of pure drinking water from underground, or pure lake water, we recognize that minimum requirements of treatment may be necessary. But the addition of many chemicals is still a very debatable question.

We favor a new approach to the whole problem of conservation. This should not only cover the use of the organic method applied to the so-called "dust Bowl" areas, but also to the problem of

reforestation, and also applied to the arid lands all over our country, and to flood control. We have overthrown Nature's balance by wrong methods of farming and cropping. Nature's balance must be restored.

In order to bring the food of our people back to its vitality, we shall help educate them as to our ideas of the best conditions of soil structure, content, and preparation for supplying us with such food. We need sources for seed raised from organic plants. We desire to know the better means of cultivation, control of crops and their rotation, harvesting and storing. We desire to know the sources in detail of soil conditioners added to the soil on which our food is raised. We propose to learn all of this by experiment and research. We shall share our findings with others in the furnishing of instruction for raising poison-free foods, nourishing enough to keep people in good health without the addition of manufactured products.

We shall encourage the rebuilding of depleted soils. We shall encourage the raising of wholesome food products. We shall discourage the subtraction or extraction from our foods of those vital substances often returned to our bodies by way of pills. We shall encourage the prevention of disease through good health practices rather than encourage disease by mistreatment of our land by destructive poisons.

To these ends we ask the cooperation of all men, our governmental representatives, and of all practitioners in the healing arts.

The Hoxey treatment formula, which is printed in full with complete information in this issue of the Bulletin can now be had as a reprint for 25c per single copy, 20c per copy in lots of ten and 10c per copy for all over that number. Send orders to N.H.F. San Francisco Office, 709 Mission St.

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Happy Birthday

ON JANUARY 20, 1961, the National Health Federation will be six years old. This week we received this letter from Mrs. H. Q. Lohr of Carson City, Nevada. Quote, I see N.H.F. is having its 6th birthday, so am sending a birthday present, to be used in the most needed places, one dollar for each year, total six dollars. Unquote. Our thanks to Mrs. Lohr for this idea.

Why not as many of us as can afford to do so, follow her example. Surely 25% of our thousands of members can afford to do just that. If they who can afford to do so, follow the example of Mrs. Lohr, N.H.F. would have the funds to improve the Bulletin and hire an assistant to the President to take over some of the burden of the office detail which now falls on his shoulders. This burden is not only too heavy for him to continue to carry alone, but it also prevents him from making important contacts he should be making, and attending hearings of important committees, etc.

MAKE IT A TRULY HAPPY BIRTHDAY