

# National Health Federation



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## AMERICANS CRUSADING FOR BETTER HEALTH

Volume VII — Number 5

May, 1961



Site of Our Washington Office

# BULLETIN

# TAKE UP YOUR PEN

This year 1961 can be a year of Victory for the cause of health . . .

THE PEN IS MIGHTIER THAN THE SWORD—So take it in hand and write to Honorable James D. Delaney, Congressman from New York. A staunch advocate of pure food. The Father of the Food Additive Bill.

Honorable James D. Delaney  
House Office Bldg.  
Washington, D.C.

Dear Mr. Delaney:

This letter is written to thank you for your intelligent, courageous and persistent efforts on behalf of the health of the general public. Please:

- 1—Accept our sincere thanks for your successful efforts to put a time limit within which manufacturers must file complete research data on chemical additives.
- 2—Please do whatever lies within your power to amend or block the passage of H.R. 1235. As written it can and no doubt will be used to the detriment of the sick.
- 3—We will appreciate your efforts to the end, the drugless approach to health and its practitioners be given fair consideration in all appropriation bills for the aid and training of Doctors, or for research aimed at a solution to America's health problems.

In the hearts of the American people you have won your niche. We look upon you as one of the truly great Americans and we pledge to you our support in your every endeavor on behalf of the public.

With all good wishes, I am,

Very truly yours,

Name.....

Address.....

Regardless of how well you can write, send a letter. Congressman Delaney 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 public servant gets these letters, each stamp will remind him of the strength of the National Health Federation. Write the letter in your own manner of writing, but do write it.

## The NATIONAL HEALTH FEDERATION

VOLUME VII

NUMBER 5

### BULLETIN

*Adventures on Health Frontiers*

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## Family Circle

By FRED J. HART

April Fool's Day has passed and it is time for another visit with you fine folks. Time marches on and the National Health Federation continues to grow apace. Never in the history of the Federation has the membership increased at the pace it is now increasing. This rapid increase is due, in large part, to those of our members who are determined we shall reach our goal of each member getting another one. Many of the memberships coming to the office, state: "A friend of mine gave me a piece of literature about your organization and I want to be a part of it."

If you have not gotten a new member as of this date, please do so at once, even if you have to subscribe for some member of your City Council, Board of Supervisors, or some leading citizen. Why not the Editor of your local paper? Most of the folks are honest and intelligent citizens, and who knows, but what if you give them the truth they may be on your side. The Federation is making progress, but we need double our present membership to do the job.

### Your Doctor or Health Food Store

Why should you not insist that your doctor and Health Food Store give you literature about the Federation? More than that, why should you not insist that they belong to the Federation. The Federation is the only strong organization fighting to protect them. Every

Drugless Doctor should start a local chapter among his patients. If he does not want to organize a chapter, he should at least have ten of his key patients on our membership rolls, even though he might have to pay for their memberships. Any person who reasons, can see that were the Drugless Doctors to do this, the Federation would be that much more able to defend and protect them and insist that the government recognize the drugless way, in the same manner and to the same extent, as they do the drug approach.

### Half Way to the Goal

Two months ago, we sent a letter to all the active members of the Federation asking them to give consideration to raising their active membership to that of sustaining at \$25.00. To the date of this writing 100 have responded. We asked that 200 do this. We stated the funds thus received would be put into a special fund which we would use to pay for an assistant to the president. This is very badly needed.

We are now at the half way mark, so we appeal again to the active members and any other members who, even by sacrifice can do so, raise their membership dues to that of sustaining and thus make it possible at a very early date to hire said assistant. If a member has paid in three dollars, then to make that one a sustaining member it would be

(Continued next page)

necessary to send in \$22.00. Some, who have felt they wanted to help, but could not send in the total needed all at one time, have stated they will send it in monthly or quarterly payments. That is fine. Some have felt they could not afford the entire amount, so have sent in a donation. That is also fine. The stability of the Federation and its future requires that we have such a man, that he be well trained in the affairs of the Federation and able to handle more and more of the details of management. The Federation is here to stay—it is growing day by day—its future must not depend on the life of one man.

#### The Bulletin

We are pleased with the reception the Bulletin is receiving. No one need be ashamed to send it as a gift subscription to others. To do so is to increase the power and prestige of the organization, as well as educate others to the truths connected with disease prevention and natural approaches to health.

We hope you will continue to send in news clippings and articles. We may not be able to use them all, but we will do the best we can. We also would like you to comment on new features we add from time to time. They will be continued only if they meet your needs. It is our hope, with your cooperation, to make the Federation Bulletin so valuable no one can afford to be without it.

#### Three Conventions

As stated in the last Bulletin the Federation will hold three conventions this year 1961. The first of these conventions will be a one-day affair to be held for the Eastern Division of the Federation in the City of New York on August 12th. All day and evening those attending will be treated to a top notch program. If this initial attempt is successful, next year it will be expanded to a full three-day meeting.

The Second of these Conventions will

be held at the Hotel Pere Marquette at Peoria, Illinois, August 17, 18, 19, 20. This will be a full fledged convention with all the trimmings. Our last year's convention at Toledo, under the able leadership of Eugene Deitrich, was outstanding. It is the aim of those planning this convention to far surpass that one, both as to program and attendance.

The Third of these Conventions will be the annual meeting and convention to be held at the famous El Cortez Hotel in San Diego. These annual meetings and conventions are the most outstanding held on the Pacific Coast. We are determined that each succeeding one will surpass the one preceding it. San Diego County probably has more organic growers operating within its boundaries than any other county in the nation. It is part of the plan to have a tour of some of these, to the end those attending may learn first hand what organic farming is and how it is done.

San Diego is an outstanding place to have a convention. May we urge our members everywhere to plan their vacation in such a manner as to allow them to enjoy this annual event. The dates are December 30-31 and January 1.

Dorothy Abeel, of St. Louis, is working to develop a bus load, of those in Missouri and adjoining states, to attend the Peoria convention. Her address is 7229 Arsenal St., St. Louis, Missouri.

We suggest the bus idea, or car pool, is a good and economical way. Some used the car pool idea to attend the annual meeting last year. Cars came from as far away as Washington on the north and Pennsylvania on the east.

#### N.H.F. Prevailed

In the last issue we reported there was a bill in Congress (in fact two bills) to weaken the Food Additive Law by extending the time without specific limit, after which a manufacturer could not

(Continued next page)

put a chemical in food, unless he had proved to the satisfaction of the Food and Drug Administration said chemical was harmless. Your Federation opposed this open-end type of legislation, on the grounds it was an unlimited delegation of legislative power. The passage of this bill, as introduced, would subject the employees of Food and Drug to terrific pressure from manufacturers, etc., and if precedent were followed, would result in many products not being tested for years. We contacted Congressmen on this matter and were assured our objectives would be given consideration on the ground our objections to the bill, as written, were sound and basic.

Congressman James Delaney and Congressman King appeared before the committee and recommended the bill be amended to extend the deadline date for only two years and three months. This recommendation met with our approval. The bill was amended, passed by both Houses, and at this writing is on the President's desk, awaiting his signature.

We are happy to state the Food and Drug Administration will not give any manufacturer the advantage of this time extension, unless such manufacturer can show it had done everything possible to meet the original deadline. It pays to have an N.H.F. Office in Washington.

#### Washington Office on the Job

There are many other bills the Federation, through its Washington Office, is working on, either for, against, or trying to have amended. The sad news about the Washington Office is that the Federation is in the red, as of this writing over \$2,000. We have that much in bills on our desk, which cannot be paid until the money is sent in by members. Our July Stamp Drive is still three months away. Either we will have to receive this within the next thirty days or curtail the activities of that office.

May we suggest to members who are in the habit of giving money to health drives, that this year they turn down those appeals and send the money to the Federation. Most of you know part of the Federation program is to force those

## Washington State Health Federation on the Job

The Washington State Federation, under alert and able leadership, has made a good showing at the Washington State Legislature. One of their greatest achievements, among several was the killing of a very bad mental health bill. The strategy used was the introduction of a bill calling for civil liberty rights and privileges for citizens suspected or accused of mental abnormalities.

This bill was so fair it scared the proponents of the bad bill, and appealed to the legislators. The upshot was both bills were bottled up for this session at least. "There are more ways than one to skin a cat" so it is said. In legislative matters a great deal of savvy has to be used. Washington State is to be congratulated on having such fine leadership.

#### On the Right Track

With the mental health bill and several others defeated by the legislature, because of the effective work of the Washington Federation, the Federation is starting, as of now, to work with the public employees and the legislators interested in the subject matter of the defeated bills. The purpose of the cooperative effort being the working out of bills that take care of the problems and yet are fair and good and not in any way inimical to the rights and privileges of individuals.

*Editor's Note: This is the proper procedure and the way all State Federations should operate... National procedure should be along the same line. When a problem is struggling to be solved, we should not wait for those who would profit from a wrong solution to bring in a bill. We should anticipate these matters and have a proper bill in the legislative hopper.*

agencies to spend the funds collected in a more efficient manner; thus money invested in the Federation program will in the end bring dividends.

## Orange County Chapter Moves Forward

The Orange County Chapter of the California Health Federation, organized under the able leadership of June Weaver of Anaheim, continues to grow and do things. June and her husband are great people. They are dedicated to the cause of better health and health liberty. At great sacrifice to herself, June has done a magnificent job.

Election of officers has just taken place and for the year 1961 the following will serve: Lynn Billington, 414 S. Bristol St., Santa Ana, president, with Walter Brunner as secretary and treasurer.

It was reported at the meeting that Golda and Howard Russell, owners of Russell's Health Store, 129 No. Los Angeles Street, Anaheim, have turned in eight new customers to Alta Dena Dairy for raw dairy products. This brought a \$48.00 donation to the Orange County Health Federation, from the Alta Dena Dairy.

## CONVENTION PARADISE

Be sure to reserve next New Year week-end (or longer) for your visit to San Diego where the N.H.F. Convention will be held in the beautiful hill-top EL CORTEZ HOTEL—home of the world famous outdoor glass elevator you read about last month. This is a rare opportunity to thrill to its beauty, luxury and comfort at special N.H.F. rates! You will enjoy San Diego, city and county, where past, present and future intertwine.

Its ultra-modern hotels and motels; its air, naval, maritime, commercial and recreational industries; its modern freeways, parks, museums, stores, and educational and cultural facilities speak of the present and of the future. You will be interested in the accessibility of Mount Palomar with the world's largest telescope which weighs 500 tons and has a 200-inch mirror. A trip to and from Mount Palomar will take you

through historic areas of early California for this county overflows with memories and monuments of the past.

Juan Rodriguez Cabrillo sailed into San Diego harbor in 1542 (50 years after Columbus) and raised the flag of Spain. The first white settlement was established in what is now known as Old San Diego. "Old Town," as it is often called, is not a musty collection of relics of a bygone era but is a dramatic, living monument to the early days of the Spanish Dons. Here you will stroll through historic streets and see the many old Spanish-type buildings which have been restored and some put to modern use. Its restaurants and motels conform with the atmosphere of early California providing picturesque surroundings with modern comfort. Here you may choose your favorite foods or exotic Mexican dishes in charming old-world cafes. Make your stay complete by visiting the missions. San Diego has two missions and two assistencias. The first of the chain of 21 California missions was established here in 1796.

Read your N.H.F. Bulletin each month this year for more about this fascinating area with its mixture of Spanish, Mexican, Oriental and American cultures, industries and recreations.

## N.H.F. Helping Colorado

It has been our privilege this past three weeks to help Colorado members with a legislative problem. We believe we were able to furnish sufficient information to help those working against a very bad cancer control bill, to either change it into a good bill or encumber it with sufficient red tape and procedure, as to prevent its reaching the floor of the lower house for a vote, prior to adjournment. At this writing we have not heard the final results. All of this type of activities sets forth the need of an active State Health Federation in every state. The bill in question, if it became a law would be very, very hard on the drugless profession.

# Welcome Pennsylvania

*In today's mail we received the following letter. We are reproducing it in full because it so well sets forth a business like approach to the organizing and conducting of a State Health Federation Chapter. N.H.F. continues to grow in numbers, chapters, power and respectability.*

To: Fred J. Hart, President N.H.F.  
709 Mission St., San Francisco 3, Calif.

Subject: Report on first meeting of Committee appointed by the President of the National Health Federation to organize the Pennsylvania State N.H.F.

1. The Committee met March 21, 1961 in the Conference Room of the Call-Chronicle, 6th & Law St., Allentown, Pa.

Members present were Mrs. Evelyn de Montigny, Westcoeville, Pa.; Mr. J. E. Clements, Allentown, Pa.; Mrs. H. S. Happel, Allentown, Pa.; Mr. William Ludasher, Malvern, Pa.; Miss Louise Fairchild, Malvern, Pa.; Mr. John Montgomery, Levittown, N. J.; Mr. Richard Meredith, Philadelphia, Pa.; Mr. Jack Spiegel, Philadelphia, Pa.; and Mr. Armin F. Shuman, Philadelphia, Pa.

2. The Committee elected Armin F. Shuman to be its chairman, and the meeting was called to order.

3. It was moved, seconded, and passed to elect a Pennsylvania State Chairman. Mr. Shuman was elected.

4. The Committee decided on the following action:

(a) That the establishment of a State Headquarters address would be that of the State Chairman, Armin F. Shuman, 108 Nippon St., Philadelphia 19, Pa.

(b) That the State Chairman would write to the N.H.F. office, requesting that notice of the Committee's meeting and actions be published in the N.H.F. Bulletin, informing the N.H.F. membership that a Pennsylvania State N.H.F. has been established and that all members having matters of interest with the Pennsylvania State N.H.F. contact the State Chairman at 108 Nippon St., Philadelphia 19, Pa.

(c) That the N.H.F. office notify, in particular, through the Bulletin or other media, the present Pennsylvania N.H.F. membership to contact their State Chair-

man, respecting their personal interest and willingness to work within the following fields of their choice, in the order of preference: Legislative, Legal, Nutrition, Additives (including insecticides), Food and Air Pollution, Organic Growing, Chemotherapy, Physical and Mental Health, Mass Medication, Organization; or, in any other way or capacity they would like to become active in the common interest.

(d) That the State Chairman write the N.H.F. office requesting a membership list of Pennsylvania members, broken down into counties, for the following purposes:

1) Making contacts for organizational work within the State of Pennsylvania.

(2) To keep the Pennsylvania membership informed as to important state meetings and business matters relative to State and National affairs.

(3) That the Chairman will know what Pennsylvania counties are ready for charters, need membership growth, and have no members at present.

(5) That the National Health Federation offices notify all members, affiliated organizations, and others whom are deemed necessary to be informed, that a Pennsylvania State Organization has been established, is ready for business, and will welcome all aid, and support of its efforts to build a strong, efficient, and dedicated State Federation in the interest of the welfare of the American people.

(6) The Committee appointed by the President of the N.H.F. to organize the Pennsylvania State N.H.F. respectfully submits this report to the President for his consideration and action.

ARMIN F. SHUMAN,  
Pa. State Chairman N.H.F.  
108 Nippon Street,  
Philadelphia 19, Pa.  
Phone: CH 8-2471

# SOIL STRUCTURE

By LE ROY MILLER

The soil in which all our crops are grown consists of three major substances—air, water and solids. Each plays an important part in the production of a crop. Without air, plant roots suffocate. Without water they wilt, burn up and die. Solids are necessary to hold the plant upright, and to hold water and fertilizer. For maximum plant growth it is necessary to maintain a proper balance among air, water and solids in the soil. Too little air or water, or too much water will decrease crop yields.

## Packing the Soil

On a given soil there are two conditions that cause packing. First, there must be enough water in the soil to lubricate the solids and reduce the resistance to packing. Second, there must be strong enough force applied to actually push the solids together. This force is commonly applied by tractor, combine, or wagon wheels, and tillage tools like the plow and disc.

What happens to the soil under a tractor wheel? Provided there is enough moisture to allow packing of the soil, the balance of air, water and solids in the soil is shifted. The most striking change is in the reduction of air space. The solids are pushed closer together, some filling spaces formerly occupied by air and some pushing water into spaces occupied by air. The net result is a reduction of the soil volume and an increase in volume weight.

As the solids become squeezed closer together the work necessary to break them apart again increases. This work is done by the tillage tools used to prepare the seedbed. The greater the degree of compaction, the greater is the chance of getting a rough, uneven, seedbed and the subsequently poorer planter operation and seedling growth.

Packing the soil, if severe enough, affects plant growth in various ways. The reduction in volume of air and air circulation may cause injury or death to

roots by suffocation. Substances may be released in the soil that are toxic or poisonous to plants. Pushing the solids closer together, in many cases, causes them to be held together more firmly, especially after the soil has dried out. It is then more difficult for roots to push through the soil, and the rate and extent of root growth is limited.

As the solids are pushed closer together, the space available for water movement through the soil is reduced. This reduces the rate of water drainage through the soil, increases the probability of ponding water on the soil surface, and increases the length of time the soil is saturated with water following a heavy rain. Plants are affected by saturating the soil with water in much the same way and for the same reasons as filling the soil air spaces with solids.

## IN MEMORIAM

The latter part of January the Federation received a ten dollar donation in memory of B. C. McCreary of Alderpoint, who passed away recently. This donation was sent in by the George A. Thompson Post No. 544 of Alderpoint, by Anna Williamson, Treasurer.

Mrs. Joe Anzine of Alderpoint also sent in a donation in memory of B. C. McCreary.

In memory of Mr. George Webb of San Francisco, Calif., NHF received a liberal donation from Mr. and Mrs. Paul H. Pape of San Francisco.

These funds will serve humanity, so even though these loved ones have passed on to that better world, their influence continues to be a blessing to their fellow citizens. What better way can be found than this, through which to honor those who have departed.

You are not prosperous just because you get enough credit to live beyond your means.

NATIONAL HEALTH FEDERATION BULLETIN

# With N.H.F. Washington Counsel

By CHARLES O. PRATT, Washington Counsel

301 Continental Building, 1012 - 14th St. N. W., Washington 5, D.C.

Telephone STerling 3-3522

You will note the address and phone number of your Washington Counsel appears on the heading of this Report because so many people from different parts of the country have requested this information.

## H.R. 390

### Food Additives Law

The U. S. House of Representatives passed on March 14, 1961, the bill which will permit further extensions under the Food Additives Law to June 30, 1964.

The next move is up to the U. S. Senate Labor and Public Welfare Committee which is expected to approve said bill for passage by the Senate.

The bill as originally presented on behalf of the Federal Food and Drug Administration would have allowed an "open-end" time extension provision. The time extension was restricted to June 30, 1964 by the U. S. House of Representatives.

## Extension Requests Must Be Backed

### By Data

Each application for a time extension submitted to FDA must give valid reasons why a certain length of time is needed for research. Without such data the Food and Drug Administration will reject the application. If data is included, FDA will either grant the requested extension or revise the deadline date. Few extensions to June 30, 1964 are expected.

## California

### Alleged U. S. Postal Fraud

Recently the U. S. Post Office issued a notice of hearing to show cause why certain books and pamphlets should not be denied the use of the mails on the ground that the books contained fraudulent or false statements concerning health care and foods.

The publisher of the books came to Washington to attend the hearing, think-

ing that freedom of speech or press had been denied under the U. S. Constitution. After the publisher had a long conference with officials of the Post Office Department, arrangements were being made for the hearing.

The publisher was advised by your Washington Counsel that the real subject of the legal action was not the book, etc., but the reference in the book to the food products, the sale of which was being promoted by the therapeutic claims being made in the book for the products which the publisher was selling.

The book containing therapeutic claims for the products to which reference was made constituted labeling of the food products, all of which misbranded the product under the Federal Food, Drug and Cosmetic Act. When this was explained to the publisher another conference was held with the Post Office officials and the hearing was called off. The publisher agreed not to sell the products in conjunction with the therapeutic claims in the book.

The Post Office Department agreed not to interfere with the use of the mails for the book. This case illustrates the fact that often it seems that "freedom of speech and press" is being denied; when in truth, and in fact it is not when the whole relationship is understood.

## Statement in Books Constitute Labeling of Products to Which Reference

### Is Made

When a person associates his product with a book containing therapeutic claims for the specific products, the book constitutes, under the food and drug laws, part of the labeling of the product. It is the association of the book and the product that constitutes the misbranding—not the book alone or the product alone.

(Continued next page)

## Arizona

It has been called to my attention that a "Doctor" practicing in California has been arrested because he wrote a book which was alleged to have been condemned by authorities.

Without knowing all the facts, it would appear that the doctor wrote a book on health and treatment of diseases in which he made certain therapeutic claims for certain medical procedures and/or products.

In this case, too, the alleged violation probably involved certain procedures for treatment of diseases of man which have not been recognized scientifically or which might be considered by medical science as dangerous. It is not wise to draw conclusions without having **all the facts and circumstances**. It is doubtful that a legally licensed doctor would be thrown in jail for writing and publishing a book alone, regardless of the subject.

## California

It has been called to the attention of your President and Washington Counsel that a person licensed in California as a physical therapist has been arrested for using "massage" in her practice. The party was charged with violating a city ordinance which prevents the operation of a "massage parlor" without a license, etc. This, we are advised, is the first California case a person was charged with violating the said ordinance which prohibits the massage of a person of the opposite sex, **unless** such treatment is administered in good faith in the course of the practice of a healing art.

The advice to me was that the local court refused expert testimony on (a) the nature of physical therapy and (b) the nature and definition of massage; and further, that the court refused to hear evidence that the physical therapist used faith in the administration of the massage treatment.

The case above is being appealed, as it should be. It would appear to me that the trial court was prejudiced and created several serious errors which might be considered as a basis by an appeals

court for a reversal of the trial court judgment.

This physical therapist case is like a few others throughout the country in which prejudice interferes with justice. In all such cases appeals should be taken. NHF is always interested in helping to stamp out injustice in health matters and unfair court procedures relating thereto.

## Notice to Court Cases

Your Washington counsel would appreciate hearing from members of the National Health Federation concerning cases and trials involving doctors or the healing arts. NHF desires to see that justice is done in all cases when the facts are presented and understood.

## Radio Waves May Air War on Cancer

ST. PETERSBURG (Fla.) — Scientists reported they are exploring a possible new lead to treating cancer—a concept that it might be possible to attack malignant cells by tuning in on them with radio waves.

But they stressed that test tube and animal experiments so far, while provocative, offer no assurance that the technique employed would ever have application in human cancer.

They said, however, if further intensive research upholds the concept, it might eventually be possible to use radio waves.—S. F. Examiner.

## Right Alley, But Wrong Pew

Last issue I was in the Juicer Alley O.K. but I was in the wrong Juicer Pew. I gave credit to the Ace Juicer for the wonderful juice served at the annual meeting and convention at Los Angeles last New Year's. It was the Acme Juicer and not the Ace, as I erroneously reported. Thanks again for the fine juice, the wonderful service and the check for \$112.50, which was the entire sum taken in above cost. Thanks again Hal Stewart and your wonderful helpers. What about San Diego? Will we see you there?

# Cancer, Cholesterol and Corruption

By ROYAL LEE, D.D.S.

Various items are appearing in the scientific journals and the newspapers about cholesterol and its bad effects if permitted to collect in the human body. It is blamed for hardening of the arteries and hypertension, as well as old age in general. Many persons reading this type of literature become alarmed and try to reduce their cholesterol intake by restricting the amount of eggs, butter, milk, cheese, and fat meats.

They are not aware that these sources of cholesterol also carry the best antidote for it—the phospholipids and lecithins which are always naturally associated with cholesterol and that the loss of these phospholipids is more certain to cause serious trouble than any excess of cholesterol.

The phospholipids (which include lecithins) in food are a part of the vitamin E complex. The E complex loses as much as 99% of its potency if the associated phospholipids are removed along with the other factors. The E complex is also known to facilitate the use of cholesterol by the system.

So we can see that a deficiency of vitamin E complex can increase trouble from cholesterol in the tissues. Lecithin as a biochemical balancer for cholesterol is shown by the fact that a high cholesterol content of the tissues predisposes to cancer, and a high content of lecithin protects from cancer.

The vitamin E and associated factors seem to act by protecting the chromosome units in the cell. These units are the "blueprints" for the designs of life, the guiding determinants that ensure that healing or regenerating tissues is like that which is being replaced. If the blueprints are destroyed because the protective wrappers are innured by reason of nutritional deficiencies of the vitamin E complex and phospholipids, it is easy to understand why cancer can occur, or the walls of the blood vessels become patched and degenerated.

Whole wheat carries a liberal content of the vitamin E complex and phospholipids. Commercial flour, both white and whole wheat, is treated with oxidizing chemicals in proportion to the vitamins present, four times as much for the whole wheat flour as the white. As a result, test animals die much quicker on commercial "whole wheat" bread than on white bread. So we can readily see why such foods predispose to cancer, sterility, heart failure, creeping paralysis, and a host of other degenerative changes. Vitamin E complex is essential to the integrity of the insulating films in nerve fibers, the same function as the protection of the chromosome wrappers.

Flour bleaches destroy phosphatase in flour, which otherwise would release inositol during the yeast-raising period of bread-making. (Blakeslee, the Associated Press science writer, called inositol the "youth pill" because it is known to aid in cholesterol elimination). Therefore flour bleaches contribute to all the diseases that are suspected to follow inositol deficiency (hardened arteries, fatty degeneration of the liver, susceptibility to cancer, inhibition of lactation in mothers, loss of hair or impairment of its growth, muscular degeneration).

There is another specific destroyer of phosphatase and phospholipids that should be noted. That is the element, aluminum. Any form of soluble aluminum is destructive to any phosphorus linkage found in food. When it is desired to observe phosphorus deficiency in test animals, the easiest way to block the assimilation of phosphorus is to give them some aluminum salt in their food. The blood phosphorus drops quickly to a minimum level.

Aluminum has a greater affinity for phosphorus than for any other element, except one. That is silicon. So sodium silicate becomes an antidote for aluminum. It is one of the remedies some-

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times used to relieve hardening of the arteries. Perhaps it only functions as such in those cases where the hardening of arteries is being produced by aluminum poisoning. It is of interest that silica poisoning (silicosis) of the lungs from inhaling silicon is successfully being treated by the inhalation of aluminum dust.

In the only test known to us that purported to show that animals were unharmed by feeding aluminum salts, sodium silicate was administered in their "mineral rations" and served as an antidote. Rat poison is harmless too, under similar circumstances. Soluble aluminum salts are poisonous to plants, too, but most soils have enough silica to control their effects.

The notorious incidence of ill health in the "baking powder belt" where hot biscuits and corn bread are made with alum baking powder is a national disgrace. The victims of such poisonings surely act as if the insulation on their nerve trunks were faulty. They have not the energy to lift a hand, very often—typical "mountain boys" who let "Grandma" do all the work. We call it "pellagra," but we never have found the remedy.

Certainly, various better food components do a lot of good. But the real answer is not in sight. It is a conspicuous fact that foods high in phospholipids are essential in the treatment of pellagra—eggs, wheat germ, milk. No vitamin pattern alone is able to cure the disease. **Alum is used in baking powder simply because it reduces the cost to about one-fifth of that of a tartrate powder.** (Tartrates are grape by-products.)

The substitution of synthetic fats for natural ones, and oleo for butter, has brought into use another large group of cheating foods. They lack the phospholipid content of natural fats, so they must contribute to premature ageing, heart trouble, sterility, sudden death and cancer. They are also suspected of causing the partial castration of both sexes, and to make boys develop into sissies

and girls into narrow-hipped, broad-shouldered freaks that can only bear babies by the cesarean route, about as capable of nursing the new arrival as the father.

These remarks may sound very cynical and harsh to the uninitiated. Please believe me when I say that they are not intended to be more than a plain report of the facts. To gloss over their harshness is to really become one of the "poor, deluded souls." The makers of flour bleached with poisonous bug-killing chemicals are advertising a product unfit for food. No flour miller I have met eats the stuff himself. Drop the answers to the questionnaires sent out in 1906 by Ladd and Stallings to the millers. Even in those days they admitted it was a dishonest fraud, long before the facts were known about its poisonous effect.

Few people are aware that there is much evidence pointing to the conclusion the predisposition to cancer may follow the use of improper and devitalized foods. Dr. Davidson of Winnipeg proved that with animal tests years ago. His work was ridiculed and suppressed. Dr. Daniel Quigley of Omaha, a veteran cancer surgeon and author of "The Conquest of Cancer by Radium and Other Methods" (D. A. Davis Co., 1929), stated in a lecture at Los Angeles two years ago that he had never observed recurrence of cancer in patients who avoided devitalized foods, after elimination by surgery or radiation, in his thirty-odd years of practice.

We know that people who have no access to the devitalized foods of civilized man have little cancer. Dr. Weston A. Price, in his book "Nutrition and Physical Degeneration," tells us of many cases where cancer soon appeared after the introduction of white flour and white sugar into territories where these food products had been unknown. Dr. Duncan Bulkley, the author of another book on cancer, "End Results of the Medical Treatment of Cancer," 1928, and founder of the New York Skin and Cancer Hospital, considered wrong diet the cause

(Continued on Page 14)

NATIONAL HEALTH FEDERATION BULLETIN

## Lobbyist Lunches Do Not Serve Public Interest

(Following editorial is reprinted from the Sacramento Bee of Monday, February 27)

Assemblyman William Byron Rumford of Alameda County is chairman of the important State Assembly committee which passes on bills dealing with the public health.

He stated last week it is no secret that members of his committee have lunch with the lobbyist of the Public Health League of California in advance of committee sessions and that the lobbyist picks up the tab.

He also said this has been a common practice for many years.

Insofar as Rumford implies that lack of secrecy or long custom makes it all right for committee members to lunch with the lobbyists at the latter's expense and then adjourn to the Capitol to act on vital bills in which said lobbyists are interested, he is dead wrong.

Ostensibly, at least, the committee hearings are held so the members may hear arguments pro and con on pending legislation and act objectively.

Certainly the objectivity of the legislators is not improved if they go into the hearings fresh from having feasted on steaks and beverages paid for by lobbyists interested in the pending measures.

What possible purpose could the lobbyists have for staging these free lunches if they did not intend to soften up the legislators?

It strains credulity to believe the lawmakers would be inclined to clobber the hosts whose hospitality they so recently had accepted. One may be sure these free lunches and what other favors the lobbyists may bestow upon the legislators are not solely for the public interest.

The fact the legislators may regard the free meals as so innocent as to make no secret of them only adds to the iniquity of the practice, for it suggests an unhealthy callousness.

It is time some legislators with enough intestinal fortitude and freedom from the influence of the professional

lobbyists undertook a full and honest investigation of lobby practices in the State Capitol. Nothing could be more timely or more in the public interest.

\* \* \*

*Editor's Note: The foregoing is being reproduced in the Bulletin to keep our members acquainted with what goes on. We suggest you check with your own state representatives to see if the medical lobby is not following the same practice in your state. The California members of N.H.F. agree wholeheartedly with California Assemblyman Charles Chapel, when he states:*

"Members of the California State Legislature are not only judged by one another, we are also judged by the citizens of the State.

"Some people underestimate the intelligence and judgment of the citizens, but I believe the people of California are very capable of making an evaluation of the situation.

"I am confident that their evaluation will not be complimentary to the conduct of lobbyists who have been unethical in their actions, and the judgment of the citizens of California will not be complimentary to members of the California State Legislature who have participated in activities of questionable ethics.

"I now ask other members of the Committee on Legislative Representation, and the Legislature as a whole, what are we going to do about this now?"

*We are sure the voters of California will see to it that the legislature take decisive action to end this unethical practice before the next election, or else.*

The battleship was in port and visitors were being shown around. The guide passed before a bronze plaque on the deck, and, with a bowed head, said, "That is where our gallant Captain fell."

"Well, no wonder," replied a testy old lady. "I nearly tripped over the darn thing myself!"

## Cancer, Cholesterol and Corruption

(Continued from Page 12)

of cancer and improved diet a most important part of the treatment.

Some terribly malign influence is obviously blocking progress towards any intelligent investigation of the nutritional deficiencies that may predispose to cancer. Dr. Davidson of Winnipeg was ridiculed as another deluded soul when he asked for government money to further investigate the nutritional cause of cancer, after he proved that mice could be made susceptible to cancer by a poor diet and again made immune by improving the diet.

Millions of dollars are available to discover a fancy synthetic drug to cure disease, but not a cent to really locate the cause if it happens to be poisoned bread, poisoned meat, synthetic sugar or counterfeit butter, or other devitalized foods.

The sulfa drugs, so highly publicized, have been found toxic and are now known to be effective simply by their effect of mobilizing the vitamin C into the blood from tissue reserves. Few victims of sulfa poisoning escape serious kidney damage. The use of the real agent, vitamin C complex, is still too simple and natural a proposition to accept. Even penicillin is now suspected because it sensitizes the patient, and a new shot may cause shock. Too, the germs soon become immune to it.

**Streptomycin** no sooner was announced with great fanfare as a new answer to the problem than it was found to destroy the innervation to the balancing mechanism of the inner ear, rendering the victim as badly symptomatic of syphilis in the tertiary stage as any victim of this disease was ever able to demonstrate. Cortisone, the newest wonder drug, intended to supply synthetically an adrenal hormone to substitute for the loss of function of the patient's own glands that have been starved out of commission by devitalized foods, has

already reported to have caused kidney stones, mental derangements, and diabetes if used for any length of time.

Medical literature, censored as it is, keeps these facts pretty well hidden from the public eye. A continual array of new and phony remedies are paraded before the public, each announced with all the news releases so characteristic. After the public has bought and poisoned itself with millions of dollars worth, it is found wanting, and soon is relegated to the limbo of forgotten things. Viosterol, one great promotion, poisoned uncounted numbers of children before it blew up in a cloud of litigation dust. Are we probably here witnessing the crumbling of our civilization by reason of the compromise with principle that is being made by the guilty parties who have so thoroughly sold the public down the river?

"Just a little poison in the flour . . . Nitrates in meat never hurt anybody . . . Aluminum toxic—are you crazy?" This is one simple concrete example of how it can happen here!

## Premature Births Linked to Cigaretts

BALTIMORE (AP)—The Baltimore health department reports that a 2½-year study of 2,736 pregnant women showed more premature births among those who smoked cigarette than among those who did not.

"However," Todd M. Frazier of the department told the Johns Hopkins Medical and Surgical Assn., "there is no evidence that a reduction in prematurity rate could be achieved in a randomly selected group by their curtailing or stopping cigarette smoking during pregnancy."

Among the women surveyed, Frazier said, 11.1 per cent of those who did not smoke had premature births. The percentage rose to 22.9 per cent for women smoking more than one pack of cigarette a day.

Intelligence is like a river—the deeper it flows the less noise it makes.

NATIONAL HEALTH FEDERATION BULLETIN

## Hygienic Care of the Sick

By HERBERT M. SHELTON, San Antonio, Texsa

Life, the state of being alive, is an evolution resulting from the continuous round of change wrought in certain elemental materials; first into the structures and substances of our bodies, then back again to their primary state. From this change, interchange and rechange of plastic material the body is built and maintained. All the various functions of the different bodily organs relate to this grand operation and to no other. Digestion, absorption, circulation, respiration, oxidation, assimilation, secretion, resolution and elimination have this one and only end as their object. Distinctly understanding that all the complicated organic and functional machinery of the body has this one great end in view, that by its perfect performance, health or perfect life-condition is evolved and that by its imperfect performance disease, or a faulty vital development, is the result, we are prepared for an intelligent start in our inquiry into the merits of the remedial measures and the theories of "cure" employed by the many and various schools of so-called healing.

### Give Your Body a Chance

The body can perform these vital or life-evolving transformations of primordial materials only under certain favorable conditions or circumstances. These conditions must inevitably obtain as the basis of all rational remedial measures and arrangements. What folly to busy ourselves in a search for "remedies" while we are denying to our bodies the only conditions upon which they can evolve the structure and forces of life! There are many millions of sick who make continued, persevering and repeated efforts to recover the vital integrity of their bodies by vainly seeking for some external specific "remedy" in the shape of some noxious combinations or mixtures, whereby they may hope to coerce the organs of the body into a resumption of their functions or to kill some invading host of micro-organisms

that is presumed to be the cause of the disease. These fail, not only signally, but most deservingly. They utterly mistake the inherent remedial operations of the living organism and permit themselves to be misled by a false science into submitting to practices that are wholly at variance with the laws of life.

### Conditions for Normal Living

The conditions upon which normal life rests, consist chiefly in proper food, pure water, fresh air, a proper supply of light and heat, judicious exercise, adequate rest and sleep, cleanliness and a peaceful state of mind. Any remedial program founded on any other basis is actually false in its conception and profoundly foolish in its practical application. This is true because the needs of the body in the lowest states of disease are identical with its needs in the most vigorous state of health. It does not need, it cannot use, in disease, substances and conditions that it cannot use and does not need in a state of health.

### Normal Elements of Living

Hygienic care of the sick depends upon an appropriate supply of the normal elements of living and not upon artificial, abnormal and usually destructive substances and processes. It employs identical means with which to restore health that are needed for maintaining the body in health. It seeks to restore health with the elements of health; for it is a cardinal principle of Natural Hygiene that the aid given the sick organism must be founded on the primary laws of life as unfolded by physiology and biology and reliance must be imposed in a systematic application of the identical means, modified according to circumstances and need, that are requisite for maintaining the body in a state of health.

The normal elements of living are not only adequate to the sustenance of life,

(Continued next page)



they are also adequate to its restoration. They are the only materials out of which tissue can be produced and with which function can be sustained and carried on. There is nothing else in the universe that can take their places in the organic scheme. If there is organic or functional impairment, these are the natural means by which repair and reinvigoration are accomplished. These are the materials and conditions employed in the evolution of an adult organism from a fertilized ovum; they are the materials of development and growth; they are the materials by which wear and tear are made good, by which repairs are carried out, by which wounds and broken bones are healed, by which excretion is accomplished and finally, by which reproduction is achieved. Without these normal elements of living, life cannot come into existence, it cannot continue and we cannot grow and develop. In what else can we logically impose our confidence if we are ill?

#### Traditional Methods

The traditional method of caring for the sick is that of employing substances that are not usable by nor needed by the healthy organism. If given to the well person, they produce disease and death. If given to the sick, they produce disease and death. The living organism cannot make use of substances in a state of disease that it cannot use in a state of health. Its needs are not radically changed by sickness. That which is poisonous in a state of health is equally poisonous in a state of disease. That which is a foe of life in a state of vigorous health is equally a foe of life in a state of sickness. Nature is not so ungrateful that she requires the foes of life and health out of which to evolve health, once this has been impaired and lost.

#### No Cures or Treatments

Only the normal elements of life can supply those genial conditions, administer those gentle sucors and afford the friendly aid and comfort that enable the sick organism to evolve into renewed

health and vigor. It is the office of the Hygienist to supply all of the normal needs of life in the manner best adapted to the circumstances of the individual. The needs of life are to be modified or intensified according to the needs of the sick organism and its capacity to appropriate and use them. If the patient is cold, we warm him but we do not toast him; if he is hot, we cool him but we do not chill him. If he is fatigued, we provide rest; if he is hungry, we feed him but we do not overfeed him; if there is no desire for food, we permit him to fast but we do not overfast him; if he is despondent, we encourage him but we do not weary him with talk; if he is sleepless, we make him comfortable and we do all this without resort to treatment of any kind.

The Hygienist is not engaged in the foolish effort to "cure" disease. Recognizing that all healing is self-healing and that the only healing power known to man resides in the living organism itself and not in anything outside the organism, he seeks only to provide the requisite materials of normal life with which this healing power works.

*Editor's Note: For the next few issues we hope to carry articles explaining the different approaches to health.*

## New Cancer Drug Results Promising

HOUSTON, Texas (AP) — Development of a promising new drug for cancer control was reported by Dr. Van R. Potter, assistant director of the McCord Laboratory for Cancer Research at the University of Wisconsin.

The drug, effective only in some types of cancer, has been tested on more than 600 patients with excellent results, he said in a speech to a symposium on fundamental cancer research at the University of Texas M. D. Anderson Hospital.

He said the drug interferes with certain chemical reactions involved in the reproduction of cancer cells and must be used throughout the life of the patient.

# My Theory of the Meaning of "Organic"

By REV. L. F. SHEEN, Geneseo, Illinois

It has been definitely established that a large number of mineral elements are absolutely necessary to human health. It is also certain that these minerals (metals) in their natural, crude, raw state, which is called "inorganic" cannot be healthfully utilized by any living body. Since these minerals exist originally only in this raw state, obviously they must undergo a radical change before they can function usefully in a living body, whether plant, animal or human. Something quite drastic must be done to them, to make them fit for proper use in an organized, complex being. That is, they must be changed from "inorganic" to an Organic Atomic Structure.

Each mineral has its own essential atomic structure. Apparently the atomic structure of an element must be changed before it can cooperate with other minerals, within the structure and function of a being of a higher order, namely a LIVING being. The LIFE process cannot be fully understood by our weak minds, but it is infinitely superior to a mere chemical reaction. Hence, we must assume that a living creature cannot use INORGANIC minerals in its life processes, and this fact demands that the change from IN-organic to ORGANIC must be made.

The ordinary process of logic of thought is to progress from what we DO know, to what we do NOT know. In this connection, it should be safe to assume that our normal experience in keeping alive requires frequent use of what we call FOOD. ALL of our FOOD was ONCE ALIVE! We eat the "dead" bodies of plants and animals that are below us in the order of being. Much of our food is eaten RAW, but almost nothing is ever eaten alive. Hence, literally, we exist by eating the dead bodies of lower forms of life. Now, if we carry this process through these lower forms, we find that they must do the same thing. Animals eat plants or other ani-

mals. What do PLANTS eat? It is my settled conviction that plants EAT the "bodies" of dead bacteria. These bacteria "eat" decaying vegetation or animal residue, and INORGANIC minerals. These minerals are in effect, DIGESTED by the bacteria, and thus the minerals enter into the cell structure of the bacteria, and this structure remains intact after their life process ceases. Since these dead bacteria are microscopic, they can easily enter into the plant roots, and are now fit to become a part of the living plant, by its "digestion." Vital forces in the plant do further mysterious things to these organic elements. Just what, I refuse to guess. However, we do KNOW that it is by bacterial action that raw minerals are made fit for living plant structure and function, and this must be accomplished by the vital processes of bacteria themselves. How else? Hence BACTERIA are at once the "cooks" and the food of all forms of plant life.

Plants designed by their CREATOR, have a certain nature, which requires very definite mineral elements. Necessarily, these minerals MUST BE IN THE SOIL in organic form for plant health. (There may be some rudimentary plants (weeds) that can organize minerals.) Necessarily, also bacteria must be present and also, food for the bacteria, in the form of decaying vegetation, worms, etc. Hence, the inseparable three basic constituents of fertile soil, decaying vegetation, bacteria and minerals. If the soil is perfectly fertile, and contains essential minerals, everything growing in it will have vigorous health. This is the law of Nature determined by the Creator of all life. The Laws of Nature are Laws of God, and failure to obey them is always grievously punished! The utter failure of pagan substitutes for Nature, chemicals, and acids, is painfully apparent. Unhappiness, sickness and death follow abuse of the SOIL.

## A Brake Put on 'Untouchables'

SACRAMENTO, March 29—The Assembly today approved by substantial margins legislation to place the public in direct contact with California's so-called "untouchable" professions by requiring appointment of one lay member to each of 20 business and professional licensing boards.

Assemblyman Philip Burton of San Francisco, author of the bills, said the legislation—backed by Governor Edmund G. Brown—arose primarily from questions raised in an Examiner series on the desirability of any industry regulating and policing itself.

### Protects Public

"This will promote, preserve and protect the public interest," Burton said.

Burton weathered a succession of maneuvers by opponents and won approval of all of his bills by margins exceeding two to one.

Two of the most persistent opponents—even after it became apparent passage of the entire program was certain—were Republican Assemblyman Charles E. Chapel of Palos Verdes Estates and Democrat W. Byron Rumford of Berkeley, chairman of the Assembly Public Health Committee and a pharmacist in private life.

### Can Be Outvoted

Chapel and Rumford stressed that the one public member on boards would be outvoted by professional members.

Assemblyman John L. E. Collier of Los Angeles retorted:

"The public member can make his opinions and sentiments known through the press, and this really will be a stabilizing influence."—S. F. Examiner, Thursday, March 30, 1961.

*Editor's Note—The above is one of the good bills the National Health Federation is supporting. We pass the information along and suggest that other states where it is not now the practice, follow through on this type of legislation.*

Do not be afraid of opposition. A kite rises against the wind, not with it.

## Astro Biochemistry

We have just been reading a 56-page book on the above subject. The book is authored by Vanda Sawtell, and published in England. It is distributed in America by the Homeopathic Pharmacy, P.O. Box 1042, Pittsburg, Penn. K. W. Schweickardt, owner, is a very active booster for N.H.F.

We found the book very interesting, as we have always believed the planets and heavenly bodies have a definite influence on everything on this earth. Science is rapidly discovering this fact. From the standpoint of our bodies this book is written.

Our member, Mr. Schweickardt, writes as follows: "We will be happy to offer a 20% discount on this book, Astro Biochemistry. This book sells for one dollar and will be offered to N.H.F. members at 80 cents (with an N.H.F. paid up membership discount stamp attached to the order). As an alternative you may use the one dollar as a credit on a new 1961 membership fee, provided you send your membership to N.H.F. through the Homeopathic Pharmacy, P.O. Box 1042, Pittsburg, Pa. All orders for the book should be sent to the above.

## Slogans

Even though there was not enough response to justify a slogan contest, as suggested in an earlier issue of the Bulletin, the slogans are coming in. We shall publish them now and then. Mary H. Manwaring sends the following: "Guard Your Health and You Guard All." Anne Ficks writes: "Better be dead than Red!"

A halo has to fall only a few inches to become a noose; and a noose is a negative goose.

"Lovely fur coat you're wearing, Mrs. Jones."

"Thanks. My husband gave it to me for my thirtieth birthday."

"It wears well, doesn't it?"

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# N.H.F. Washington News

By HAROLD EDWARDS

H.R. 1235—This is the bill of Congressman Sullivan (Dem.-Mo.) mentioned on page 16 of the March Bulletin, and which offers such a grave threat to the Health Foods Industry of the United States.

Officers of the Federation wish to offer readers a large measure of thanks for writing to your representatives and senators in Washington to alert them on the dangers in this bill.

To you folks who haven't taken action . . . may we suggest you send your own letter in . . . get friends to write . . . and call your health food dealer's attention to what is happening.

H.R. 4742—We told you about this bill in last month's Bulletin, and suggested that all groups interested oppose the revival of the big national campaign for fluoridation of public water supplies. The legislation is sponsored by the American Dental Association . . . and will be backed up by Uncle Sam's bankroll through the big drug promoting agency of the government known by the title of U. S. Public Health Service.

Your Washington Office can keep this bill from active consideration by the Interstate and Foreign Commerce Committee, under Congressman Oren Harris, for a reasonable length of time. In this manner we hope all interested individuals and organizations may have the required time to get organized for an assault against it. Best way is to let your own representatives and Senators know how you feel about this high-handed attempt to again force the issue of fluoridation into towns and cities all over America with huge outlays for advertising and propaganda—paid for by your tax dollars.

But . . . do not delay . . . it can be held off only for a few weeks or months without your individual and collective efforts.

H. Res. 34—The mental health bill of Congressman Hiestand is waiting to be

cleared through the House Rules Committee. Last week in the Senate (March 28-30th) three days of public hearings were held in the Senate for the purpose of gathering information on the constitutional rights of mental health victims. Testimony taken in the Senate hearings will have an important bearing on the future course of the Hiestand bill.

Washington office was represented at two days of the public hearings, and is engaged in study and evaluation of the enormous volume of information which came out of this Senate investigation.

H. R. 6011—The Chemical Additives bill of Congressman David King of Utah is the big effort of the Federation to get action on the problem in the 87th Congress.

After several months of study this bill emerges in its present form in what is considered to be a promising effort for control of all chemical additives in food and beverages. Over 3,000 chemicals are being used to treat food in some degree of adulteration. Standards and procedures employed in the testing of the chemicals are inadequate, and at best are performed on a piece-meal basis. No one knows what the multiple effect of all these chemicals may be on the human body. Neither is it known what the cumulative effect over 5, 10 or 20 years may produce.

### RECENT BILLS

H. R. 4998—A bill to assist in expanding and improving community medical facilities for the health care of aged and aging. By Harris (Dem.-Ark.)

H. R. 4999—A bill to increase the opportunities for training physicians, dentists and professional public health personnel. By Harris (Dem.-Ark.)

S. 1055—A bill to amend the Federal Employees Compensation Act so as to permit injured employees entitled to receive medical services under such act to

(Continued next page)

utilize the services of chiropractors. By Magnuson (Dem.-Wash.)

This bill has a good chance of passing in this Congress but we need the letter writing help of all interested members along with the aid you can secure from your chiropractor who may not be alerted to this bill. Send letters to your Congressman urging him to convey your wishes to:

Hon. Lister Hill, Chairman, Senate Labor and Public Welfare Committee, Senate Office Bldg., Washington 25, D.C.

H. R. 5634—Bill to enact legislation removing limitations on personal income tax deductions for medical and dental expenses. By Ryan (Dem.-N.Y.)

H. Res. 266—A resolution expressing the sense of the House that the Secretary of Health, Education and Welfare should study and investigate the Santa Cruz plan for the rehabilitation of hospitalized mental patients. By Gubser (Rep.-Cal.)

H. R. 5872—A bill to amend the act to promote the education of the blind, approved March 8, 1879, as amended, so as to authorize wider distribution of books and other special instruction materials. By Fogarty (Dem.-R.L.)

H. R. 5887—A bill to assist voluntary non-profit associations offering prepaid health service programs to secure necessary facilities and equipment through long-term, interest-bearing loans. By Rhodes (Dem.-Penn.)

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#### **FOOD ADDITIVE TIME EXTENSION Amendment of 1961, H.R. 3980**

The Federation is printing herewith for the record the speech of Congressman James Delaney, on the floor of the House of Representatives, when the Food Additive Time Extension Amendment was up for consideration on March 14, 1961.

Members are invited to write their Congressmen expressing their reactions, favorably or unfavorably, to this amendment. The bill subsequently passed in both the House and Senate and was signed into law by the President.

Mr. Delaney: "The Food Additives Amendment of 1958 was a significant

step forward in the protection of the safety of our food supply. As you know, it was the end result of an extensive investigation of the use of chemicals in foods by a select committee of the House, of years of effort by dedicated scientists and representatives of the consuming public, and of extensive hearings conducted by the Committee on Interstate and Foreign Commerce."

"Efforts will be made to weaken this law and to make its enforcement difficult. This must not be allowed to happen. The public interest demands that the law and its enforcement be strengthened rather than relaxed. All of us have serious responsibilities in this field.

"Nevertheless, I realize that a law as far reaching as the Food Additive Amendment of 1958 presents problems to both industry and the Food and Drug Administration. While I deeply regret that it has apparently been impossible to date to complete the required testing of all the additives now in use, we can hardly afford to throw our food supply into chaos by an abrupt and arbitrary withdrawal of them.

"Under the 1958 Amendment, under certain circumstances, manufacturers of chemicals in use prior to January 1, 1958, were given until March 6, 1961, the time to process the safety tests. Because of the extreme complexity of certain tests and the time consuming procedures involved, in many instances manufacturers have not been able to meet the cut-off date of the original amendment.

"H. R. 3980 would authorize the Secretary of Health, Education and Welfare to permit the use of certain of these food additives and pesticide chemicals until the necessary investigations and scientific studies can be completed and regulations adopted to provide assurance of the safe use of them. This authority would expire on June 30, 1964.

"To qualify for an extension, these food additives and pesticide chemicals would have to meet certain requirements. First, they would have to have been in commercial use prior to January 1, 1958.

(Continued next page)

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Second, the Secretary would have to find that their use would not involve undue risk to the public health. Third, persons requesting extensions would have to show that they had taken bona fide action to investigate the safety of the chemicals concerned before March 6, 1960, had continued the investigations with reasonable diligence, and that more time would be necessary to complete them.

"In addition the Secretary would at any time be able to terminate an extension if he finds . . . First, it should not have been granted; Second, the basis for an extension no longer exists; or, Third, there has been a failure to comply with any requirements for the submission of progress reports or with other conditions attached to the extension.

"Mr. Speaker, in its original form, H. R. 3980 granted open-end time extensions, and largely for that reason, I opposed it and make my views known to the Interstate and Foreign Commerce Committee. In amending the bill, the committee set the termination date as June 30, 1964, on the assurance given me by the Food and Drug Administration that the safety provisions of the bill be strictly enforced, I have withdrawn my opposition."

#### **MAIL BAG**

Dear Friends:

Please accept the enclosed \$18.00 to be used in the work of the Federation in loving memory of my friend and one of your members, Miss Martha Mettlet, of Anaheim, who passed to the other shore in February this year. We shall all miss her.

Sincerely yours,

SUSANE TUCK-MORAN

Dear Mr. Hart:

The new N.H.F. Bulletin is so good I want an extra copy each month. Find enclosed the funds for the same. The members of my family feel as I do about the Bulletin. With the extra copy I will be sure of having a copy for my own.

Yours,

P. A.

Mary ate a little lamb;  
Said she: "Good food's my goal.  
I like it better than that spam  
Or beef with stil-bes-terol."

#### **Last Minute Flash!**

As the Bulletin goes to press we are advised the California Polio bill will be amended as requested by the National Health Federation. Another victory for the people. It pays to have an organized voice. Every member should get a new member, to the end the Federation develop an ever increasing power for good.

#### **Are Psychologists and Psychiatrists Nuts?**

"There is no occupation or group that is more subject to suicide than another," Dr. Edwin S. Schneidman of the Los Angeles Suicide Prevention Center said today.

His statement was prompted by the question, Are psychologists and psychiatrists more prone to suicide than other people?

And this question was raised by the recent suicide of Dr. Suzanne Reichard, an analyst and research psychologist, in the hills back of the University of California's Berkeley campus.

Hers was the third suicide among UC psychologists-psychiatrists since 1955. Egon Brunswik, professor of psychology, killed himself in that year. In 1958 Dr. Douglas M. Kelley, a psychiatrist who was teaching in the criminology department, poisoned himself.

But Dr. Schneidman, emphatically denied that those who study or treat the human mind are more likely to kill themselves.

But he added a footnote:

"It is true that free-thinking intellectuals depend upon their minds to solve all of life's problems, and when this fails, they are profoundly shaken, with nowhere else to turn."—S. F. Call-Bulletin, Feb. 21, 1961.

He that thinketh by the inch, but talketh by the yard, deserveth to be kicketh by the foot.

# Do You Want "Organic Food"?

By HAROLD DOSTER

YOU CAN GROW SOME YOUR-SELF.

Most health-minded people know the need for organic or natural food. That is food produced on a living soil, free from poison sprays and highly soluble fertilizers. Having come to realize the need for such food, the logical question follows, "Where can we obtain such food?" Although there are many fine natural food markets and many reputable gardeners and farmers who are retailing as well as wholesaling their products, still, in many areas good organic fruits and vegetables are hard to find in sufficient quantities. So why not grow some yourself?

## Small Garden Better Than None

If you are living in an apartment building or a crowded area in a big city, there may be no chance to find a choice garden spot. A suggestion would be to have a window box for small varieties, or for herbs. A growing number of people are now sprouting seeds for their greens.

Urbanites who have back-yards and lawns can find a few spots where they can replace flowers with lettuce, greens, carrots and other vegetables as well as mints and herbs. Dwarf fruit trees and berry bushes can take the place of shrubs in some instances and thereby provide beauty and shade as well as poison-free fruit. This may only be a "drop in the bucket" as to your needs but you will be surprised at the amount of produce you can grow in an intensive way, and also the pleasure and exercise doing it.

During the last two wars many people had War or Victory Gardens. Back yards or even front lawns were torn up and planted to various garden crops. The most common way, however, was to obtain the use of space from some real estate company. Many of these war gardens were of a cooperative nature. This

idea has been carried out more recently by garden clubs in various cities throughout the country. The one obstacle from an organic garden point of view is the uncertainty of holding the land for any length of time. It would be difficult to get a long time lease on land that is for sale. Since one does not build up the soil quickly by organic methods, he would hesitate to start a garden project where he knew the chances for keeping this particular garden for more than one season were uncertain. While a longer term lease would be ideal, it is still possible to have some organic food of your own if a one year basis is the best you can secure. However, to get the highest nutritional value in the poison-free food, the soil must be treated for several years. One year's treatment will, with extra effort, give some real food and be worth all that is put into the work.

The closer your garden plot is to your home, the better, but the modern transportation can bring several miles only a few minutes trip. If the garden can be secured from a realtor who is sympathetic to your ideas it will make it easier to secure a longer lease. If several interested organic gardeners work together on a project of this sort there are several advantages:

1. In securing a lease.
2. Getting your plot prepared for planting.
3. Your use of garden tractors and other equipment.
4. Buying organic fertilizer and seeds.
5. Making compost heaps and securing mulch materials.
6. Marketing surplus.
7. Storing and freezing.

## Composting

The matter of proper fertilizing in organic garden is of prime importance. In fact, it is the very foundation of or-

(Continued next page)

ganic growing. Composting of some sort is necessary, except when you are growing only a limited amount, as your window box or a small area in the yard. Then you can rely upon and afford composted material, purchased organic fertilizers, such as dehydrated animal manure, organic blends, etc. There are three ways of making compost. First is the regular Indore process; second, the 14-day process, and third, sheet composting.

It would seem that the 14-day method has many advantages for the small gardener, over the others. Complete information may be obtained from the Rodale Press, Emmaus, Pennsylvania. Indore composting takes a longer period, while sheet composting takes the longest. Sheet composting consists of applying raw composting materials such as weeds, lawn clippings, garbage, animal or poultry manure, lime, minerals, blends, etc., directly to the soil and disking, spading, or rotovating it into the soil several weeks or months before planting. A high bacterial content is necessary to get the materials supplied properly broken down to release nutrients. Along with compost most soils need natural phosphates, potash, organic blends, cottonseed meal or tankage. Some are necessary when you have a poor soil to start with—this being shown by soil testing.

We are thankful that there isn't a war going on to test our patriotism, garden-wise. There is, however, a battle on to get good natural, organic food. It is a battle of life or death. Many people, both men and women without any experience, did a good job growing a War Garden. There isn't any logical reason why they couldn't do just as satisfactory a piece of work with an organic garden and at the same time enjoy being out in the fresh air getting that very popular coat of tan—without having to go to the seashore to obtain it.

Every person should make the most of himself, for that is all he will ever have to work with.

# Allergy Threat Cited by Critic

By G. L. WALDBOTT, M.D.

My opposition to putting fluoride into drinking water stems from my lifelong experience as a physician attending allergic patients—patients who are intolerant to a wide variety of drugs and chemicals. I emphasize: my opposition is to fluoridation of drinking water, not to administering fluorine on an individual basis.

Some persons can drink fluoridated water over long periods of time without apparent harm. Others, however, are harmed by it. I am concerned about these people.

Prescribing fluoride individually is one thing. Establishing a system so that no one can avoid fluoride, short of providing his own private water supply, is quite another.

## Recalls Experiment

This same issue arose when it became known that traces of iodide prevent goitre. In 1923, iodide was added to Rochester, N. Y., city water. Ten years later, authorities abandoned this practice because it proved harmful to some individuals. Instead, traces of iodide are added to table salt, to which no one can object. To patients with overactive thyroid, plain salt is available. What would their position be if the public water supply contained iodide which they cannot tolerate?

The case for fluoridation is based entirely on statistics. They deal with averages, but do not reveal what happened to the individual.

I have given, as a test, to some of my patients a minute amount of sodium fluoride. In one, as much as 99 per cent of the dose was eliminated in the urine; in another, less than 3 per cent. This suggests that one person may retain practically all the fluoride, that another eliminates most of it.—The Detroit News, Sunday, September 18, 1960.

The best way to remember people is in prayer.

## HEALTH SCIENCE JOTTINGS

**Periwinkle for Cancer**—Eli Lilly and Company announce an extract of the blue periwinkle, a trailing evergreen, appears to have a beneficial affect on patients with generalized Hodgkins disease and a rare type of malignancy known as choriocarcinoma.

This extract is known as a sulphate salt of Vinblastine. The new remedy is being introduced under the trade name of Veban. It is available only on prescription, to be administered intravenously. It appears to be more useful in Hodgkin's disease. It has been experimented with at the National Cancer Institute. It is being tried on other types of cancers in some 300 patients, but results have not yet been tabulated. The usefulness of this product was discovered almost simultaneously by Colip Research Laboratories, at the University of Western Ontario, London, Canada, and Lilly Research Laboratories. (The clamor of the public for the use of herbs and the general chemotherapy approach to this dread disease is paying off.)

**Diet and Diabetes**—Too many physicians are treating diabetes with pills, unmindful of proper diet, so states Dr. Leonard H. Hamff, Emory University, Atlanta, Georgia. Juveniles should not be given the new drug—sulfonylureas—because diabetic acidosis may develop he said. "These drugs are not a substitute for insulin," he continued. "Insulin reactions are usually caused," he stated, "by too little food intake for the accompanying insulin, too much exercise or too much insulin. (Diet is important in relation to health, and by diet we mean proper food as near the way nature made it as possible, as well as well balanced intake.)"

**Royal Jelly**—The mice like it, even though it is the food which transforms an ordinary bee into a Queen. Experiments by Drs. B. Gad, V. A. Kral, and J. Berenson of McGill University of Montreal, Canada, indicate Royal Jelly may be a life saver for mice with

leukemia, if one fifth of a teaspoonful is injected once each week, no more and no less. For more details see the report as published in the Canadian Journal of Bio Chemistry and Physiology, 39:461, 1961. (Again science is catching up with those of us who have been using Royal Jelly as an aid to health.)

**If You Tan**—If you tan easily, you will not be as susceptible to develop skin cancer, as those who do not tan easily. Again science is proving that too much radiation will cause cancer and that what will cause it in one will not in another. It is the ultraviolet radiation that does the damage. Drs. Mark Allen Everatt and James A. Hageans, along with Robert Bell of the University of Oklahoma Medical Center, Oklahoma City, as the result of an extensive experiment, state, "Skin cancer patients have a significantly reduced ability to produce pigment in response to ultraviolet exposure."

**Too Much May Be Harmful**—Dr. John H. Morton of the Rochester School of Medicine and Dentistry, Rochester, New York, found in a recent study of 169 patients that 72% of them had been given blood transfusions beyond what they needed, or when they did not need it. Dr. Morton, after an exhaustive investigation of the blood transfusion practice, here and there, states, "blood transfusions should be given when needed, but not just as a matter of routine." Dr. Morton further states, "the direct hazard of transfusions is small and the blood should not be withheld when the indication for its use is clear cut. Overtransfusion, with serious circulatory overloading, is one hazard to the patient receiving large amounts of blood."

"I can catch the 6:15 train," explained the hiker, "if you'll let me cut across your field."

"Go ahead," said the farmer, "but you'll catch the 5:45 if my bull spots you."

*Under this heading we will carry in each issue one or two of nature's simple remedies. We shall try and publish only those that have proved of value. It is not the purpose of this feature to keep a person from seeing a doctor when such is needed, so we say, if you try these remedies, and the pain or symptoms persist, see your doctor. Doctors have told us that 80% of those who go to see a doctor would get well if they stayed at home. We may be old fashioned, but we believe too many people go to a doctor too quickly and too often, because of the almost continuous propaganda in the press and on the radio.*

\* \* \*

**PARSLEY** is a very good kidney diuretic-stimulator. When we feel the need of stimulating our kidneys, we buy a bunch of parsley from the grocer, wash it and put it in a pot with two pints of water. Let it come to a boil and then let it simmer for about 15 minutes. When cool enough to drink, we take a regular drinking glass full. We repeat this in about three hours. The next day we drink one glass full. That, as a rule, does the trick. If it did not, then we would see the doctor. Note: The juice off a can of asparagus works very well, but not as good, in our opinion, as the old fashioned parsley tea mentioned above.

\* \* \*

**ALOE VERA PLANT**—This is the only true Medicinal Aloe Vera plant referred to as the healing Aloes, used by the Indians in Florida. The jell-like, fresh juice of the leaves is used as an ointment for insect bites, barber's rash, burns, swellings and sores which are slow to heal, by merely spreading it upon the afflicted parts. **THERE IS NOTHING LIKE IT FOR SUNBURN.** All you do is split the leaves and rub the jell-like juice upon the burn and over night it will be healed. For fire, scalding water, chemical or electrical burns (second or third degree) split the leaves and apply to the burns with medical adhesive tape. The next day the pain will be gone. Then apply new applications and

MAY, 1961

in two days it will be healed. Keep unused cut leaves in the refrigerator. Many people in Florida make a living growing Aloe Vera plants on 2 or 3 acres and selling them to drug and health stores, where they are in great demand. I do not think they can be grown outside the house in the northern states. At least I have had no luck growing them outside in Ohio. However, I have been very successful growing them in big pots inside the house where they get some sun. After a few weeks each plant will sprout many "baby shoots" which you can transplant to other pots (when crowded) or sell them for \$1.00 each.

A little manure and a half cup of limestone should be mixed well into the potting soil, which you fill up to within 2 inches from top of pot. After planting, fill up to top of pot with pebbles, as the plants have a tendency to "push up." Water when planting — then **ONLY ONCE A MONTH.** Do not use fluoridated water. Plants will live months without water. They will rot quickly in soil kept too moist. They are the most useful plants you ever will have in the house, especially if you have children. They are not dangerous to use. In fact, some people dissolve the leaves in water and drink it.

I got my first plant from Indiana Botanic Gardens, P.O. Box 5, Hammond, Indiana. I paid one dollar. I believe that is still the price. Yours truly, Harry V. Seas, 1916 Clague Rd., Westlake, Ohio.

*Editor's Note—The foregoing is a very useful plant. For 20 years I have used a cold cream as an after shaving lotion and as protection against sunburn. This cold cream contains the distillate from the above mentioned plant. I find it very useful for this purpose. I get it in Honolulu. I know of no other place this type of cream is made.*

This year marks the 12th anniversary of successful drug-conquest of TB — yet 12,000 Americans will still die of the disease in 1960.

# VITAMINS - MINERALS - PROTEINS SOURCES - NEED - FUNCTIONS

(Continued from April Issue)

By **FERNE WOODHULL**

## VITAMIN C

Richest sources of this important vitamin are the citrus fruits, raw tomatoes, raw green vegetables, cantaloupe, berries, raw cabbage and green peppers. It is destroyed by heat, light and air, by drugs, by the nicotine in cigarettes and by the poisonous insecticides that enter our bodies via the vegetables, fruits and tobacco which have been sprayed and by the numerous other additives in our foods that have not yet been tested for safety to human health. Vitamin C has the miraculous qualities when used in adequate supply after the body has reached the saturation point, of fortifying the body in its resistance to the serious attacks and effects of infectious children's diseases, bleeding gums, the diseases of sinus, tonsils, bronchial tubes and lungs, of allergies, gout, ulcers, anemia and the effects of antibiotics and drugs that may have been administered at the time of illness. A body completely saturated with vitamin C at all times is fortified against all its enemies. Any excess is thrown off by the body and is not harmful. Vegetables remaining at "room" temperature for 48 hours after harvest lost the following percentages of vitamin C: green beans, 24%; broccoli flowers, 65%; spinach, 75%; lettuce, 70%, and chard, 65%. In mashing potatoes and other foods, air is whipped in and vitamins are whipped out. Cutting of foods should be reduced to the minimum for this exposes greater number of surfaces to the air. Lettuce should be broken.

In his book, *Modern Medicine*, Dr. W. D. Currier concludes that tension often causes emotional outbreaks that burn up between 3 and 4 hundred mg. of vitamin C in just a few minutes. Such quick flareups of emotion and stress require massive amounts of vitamin C to set the

body mechanism back into balance. "These tensions can be significantly reduced," he says, "by supplying the body with sufficient amounts of nutritional building materials to guarantee normal tissue metabolism throughout life." We cannot live in our modern world without tensions but we can fortify our bodies to combat them.

## VITAMIN E

Foods rich in vitamin E are wheat germ, wheat germ oil, leafy vegetables, liver, egg yolks, seeds, kelp and whole grain unrefined cereals. White flour products should not be included in the diet because the refining process destroys this essential vitamin. For centuries, bread has been called the staff of life because the wheat from which it was made contained one of the most vital of vitamins, vitamin E. With the loss of the germ of the grain, flour and bread products have lost their life sustaining elements, as have also the processed, refined cereals. The diet of the pregnant mother should not be deficient in vitamin E foods. Vitamin E utilizes unsaturated fatty acids and prevents the destruction of vitamin A in the body. Its importance to the normal cardiovascular system is emphasized by testimony given at the International Congress on vitamin E held in Venice, Italy, in 1955 by a physician who cited a record of 347 cases of rheumatic heart, 68 cases of coronary thrombosis, and 95 cases of angina pectoris, all of which responded favorably to vitamin E therapy. Persons who eat the foods each day that contain this essential nutrient should not develop the diseases that result from its deficiency. Vitamin E is not lost in the heat of cooking. (Ref. 2, 8, 6, 11, 15, 18, 21.)

## RUTIN

The natural source is the buckwheat leaf. The function of rutin is closely

(Continued on Page 29)

NATIONAL HEALTH FEDERATION BULLETIN

# California Compulsory Polio Immunization Bill

The profits of the Drug Houses has slipped, according to their annual statements, so now we have them moving into the states trying to bamboozle the legislators into passing laws which would force every child or adult who attends a public or private school to have complete immunization against Polio, before attending school. All of this in the face of the admitted failure of Salk vaccine to immunize from said disease.

If this California bill were to become a law as now written it will cost the parents of California children not less than 22 million dollars, assuming a person can get a Salk shot for the sum of \$3.00. They say it will take four shots, which means the \$3.00 must be multiplied by four, which makes a total of \$12.00 per child. This on the basis of only \$3.00 per shot. According to the A.M.A. Journal, which says the 355 million shots given to date have been wasted, because they were too weak and many times not all they were claimed to be, all children will have to be re-inoculated with a stronger and more expensive vaccine. On top of this, the same company that makes the Salk vaccine and also the Sabin oral vaccine, says a person should have in addition to the Salk, the oral vaccine, so you see the profit motive dominating the picture to the detriment of the lives and health of our children.

The National Health Federation, for the past six weeks, has been working with our legislators on this matter and our California members have been writing letters to their Assemblymen and Senators. We have urged the bill be tabled and referred to an interim committee for further study, as well as to allow time for the vaccine matter to be cleared. We have further urged the bill be amended to exempt from the requirements of the bill the children of those who file a written objection to the immunization.

On last Wednesday, March 29th, the

Assembly Public Health Committee held a public hearing on the bill. The Federation was notified and it was our good fortune to be able to have Don Matchan, present a brief setting forth our position. We desire to state at this point, the only person or organization to appear at this committee hearing in opposition to the bill was Don Matchan, as a representative of the National Health Federation. Without opposition this bill would no doubt have been sent to the floor with a do-pass.

We have found the authors of the bill and the Committee most cooperative.

The National Health Federation presentation of facts connected with the bill caused the Committee to decide there were a number of features of the bill which needed further study. It was therefore decided to lay the bill over for two weeks. The next hearing will be held April 12th. An informal poll of the committee, by members of the committee, appeared to favor amending the bill to allow the children of those who file written objection to immunization to be exempt from the provisions of the bill. This is a real victory for the people. Mr. Matchan's presentation follows. It is reproduced as an aid to members in other states, who may be faced with similar legislation. **IT PAYS TO HAVE N.H.F. ON THE JOB.**

\* \* \*

## STATEMENT TO ASSEMBLY PUBLIC HEALTH COMMITTEE

March 29, 1961

Chairman Rumford, and members of the Assembly Public Health Committee: I am Don Matchan, publisher of *Herald of Health* magazine, 709 Mission Street, San Francisco, and secretary of the National Health Federation of the same address. Mr. Fred J. Hart, president of National Health Federation, had intended to be here today but the illness of his wife prevented. I am acting in his behalf. (Continued next page)

half. We appreciate the opportunity to be heard, and will be brief.

1. We believe this type of legislation should always be reserved, if used at all, for epidemic and highly contagious diseases. Science has not yet proven polio to be in this classification.

2. We believe this type of legislation should not specify the remedy to be used, and we are pleased that the authors of this bill are in accord.

3. It is our firm conviction that this type of legislation violates the individual's basic rights, since it does not provide an escape clause to exempt pupils whose parents or guardian may file written objection.

We would urge that this bill be tabled, or referred to an Interim Committee for further study. If such action is not taken, we would urge that lines 32 and 33 be changed as follows: after the word "letter" in line 32, the following words be inserted to replace the existing phraseology: "objecting to such immunization."

Four states have had compulsory polio vaccination laws for two or more years. Among them is Ohio, which, however, provided for the exemption as recommended above. In the three states which have no "escape clause," incidentally, polio has increased 200 to 300 per cent. An Interim Committee certainly could unearth information which would be of great value to the legislature in assessing the whole matter.

Another point that merits consideration is the cost of such a program. During 1959 there were only 504 cases of polio in California, and in 1960, a total of 424 cases. With the approximately two million children in the state, assuming that the recommended four injections are given, the annual cost would be somewhere in the neighborhood of \$22,000,000.

If there were indisputable evidence and full agreement that the immunization programs of the past had been effective, then one could not argue about cost. But, if you please, there is much doubt, in responsible quarters, as to the efficacy

of the Salk vaccine. I shall file for Committee study an article prepared by Ernest B. Zeisler, M.D., a private practitioner and Clinical Associate Professor of Medicine at Chicago Medical School. Dr. Zeisler goes so far as to label the publicity which has come out from official sources regarding the value of Salk vaccine as, quote: "deliberate falsehood with intent to deceive, or unconscionable stupidity."

It is significant, gentlemen, that only last month the *Journal of the American Medical Association*, in an article by Dr. Herbert Ratner, health commissioner of Oak Park, Ill., stated, quote: "It is now generally recognized that much of the Salk vaccine used in the United States has been worthless." One of the *Journal* editors told the *Washington News* that the Public Health Service had, quote, "jumped the gun," in licensing Salk vaccine, and has been "trying to save face" ever since.

It is interesting to note that in 1960, 88% of those contracting polio had it with some degree of paralysis. The year before Salk vaccine was inaugurated, the percentage of paralytic cases to the total was 24.66. And it should be remembered that when Salk vaccine was introduced both Dr. Salk and the Public Health Service stated that the vaccine was designed to immunize against the paralytic type. Statistics show it not only has failed to accomplish the stated purpose, but that the number of paralytic cases of polio actually has increased.

If I may touch on Point No. 1—that in our opinion there is a question as to whether polio is contagious: Many reputable laboratory scientists and medical men of wide experience in experimentation with and treatment of polio are on record as stating that the disease actually originates within the body, that it is not contagious. Among these men are Ralph R. Scobey, M.D.: *Archives of Pediatrics*; J. E. R. McDonagh, M.D., *The Universe Through Medicine*; Joseph Melnick, M.D., *Tidskrift for Hals*a (Danish

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## Vitamins, Minerals, etc.

(Continued from Page 26)

related to the bioflavonoid and hesperidin complex and it is necessary in the body throughout life for it is the element that helps to prevent the destruction in the body of vitamin C. (The diverse and essential functions of vitamin C have been noted above.) Rutin, hesperidin and the bioflavonoid complex are sometimes referred to as vitamin P (Ref. 13).

### HESPERIDIN AND BIOFLAVONOID COMPLEX

Hesperidin and bioflavonoid complex are present in the white tissues of citrus fruits and are concerned with capillary fragility, which is to say that if the walls of the capillaries (which are but one cell thick) are not kept strong and pliant, hemorrhaging occurs—slight, as in spots appearing on the skin or flesh that appear to be bruised—or extreme, as in persistent nose bleed, cheeks and ears that are too red, or in connection with operations and childbirth. These deficiencies are also related to inadequate supplies of vitamin B2 and protein. Eating the whole orange rather than drinking orange juice is better. Thus, the influence of the bioflavonoids working with vitamin C are essential in protecting the body against colds and virus infections. (Ref. 28.)

(To be continued next month)

## Electrical Anaesthesia Is Success in Surgery

JACKSON, Miss. — A team of surgeons at the University of Mississippi Medical Center used electricity to anesthetize a woman as simply as turning on an electric light.

Within a minute after the switch was turned off following the operation, the woman awoke and expressed no discomfort. In addition, she had no nausea and was returned immediately to her room instead of to a recovery room, where she ordinarily would have spent

considerable time under constant supervision.

Hospital authorities said the use of the electrical anesthesia was the first in the nation, and possibly in the world. The surgery was an abdominal operation.

The use of electrical anesthesia was developed at the center after four years of research under a grant from the Department of the Army, which is particularly interested because of the equipment's potential for operations under combat conditions.

The system—costing \$150—works like this: An oscillator, or frequency generator, provides 700 cycles of current through an amplifier, which is connected to the patient's temples by electrodes the size of half dollars.

Within 30 to 60 seconds after the switch is thrown, the patient is asleep and the operation may begin. The patient remains unconscious as long as the current is on and wakes up within 30 to 60 seconds after the current is turned off.

A hospital spokesman said a 700-cycle signal—compared with 60 cycles used in house current—was chosen after months of research on dogs and monkeys.

Using electrical anesthesia means the patient is awake almost immediately and may begin caring for himself instead of having to spend hours in a recovery room under constant supervision. Nausea and other after-effects are absent. —Washington Star, Sunday, Jan. 15, '61.

*Editor's Note—By feeding 700 cycle energy into the Depolaray this same thing could be done with it. By feeding 400 cycles into it, pain could be stopped almost instantly. That is our opinion from some experiments we have made.*

(Consumers Research Bulletin (4/57) states that the arsenic content of various brands of U. S. cigarettes increased from 12.6 mcg. per cigarette in 1933 to 42. mcg. per cigarette in 1951.) (Ref. 11, 15, 21.)

A great many so-called open minds should be closed for repairs.

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(\*) Asterisk designates senior Senator.

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 1963 Francis Case (Rep) Custer

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 1967 Estes Kefauver\* (Dem) Chattanooga  
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 1965 Ralph W. Yarborough (Dem) Austin

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 1963 Alexander Wiley\* (Rep) Chippewa Falls

**WYOMING**  
 1965 Gale W. McGee\* (Dem) Laramie

Districts	REPRESENTATIVES	P.O. Address
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(\*) Served in the Eighty-sixth Congress  
 (†) Designates women members in the House

**ALABAMA**  
 1 Frank W. Boykin\* (Dem) Mobile  
 2 George M. Grant\* (Dem) Troy  
 3 George W. Andrews\* (Dem) Union Springs  
 4 Kenneth A. Roberts\* (Dem) Anniston  
 5 Albert Rains\* (Dem) Gadsden  
 6 Armistead I. Selden, Jr.\* (Dem) Greensboro  
 7 Carl Elliott\* (Dem) Jasper  
 8 Robert E. Jones\* (Dem) Scottsboro  
 9 George Huddleston, Jr.\* (Dem) Birmingham

**ALASKA—At Large**  
 Ralph J. Rivers\* (Dem) Fairbanks

**ARIZONA**  
 1 John J. Rhodes\* (Rep) Mesa  
 2 Stewart L. Udall\* (Dem) Tucson  
 (Appointed Secretary of the Interior, subject to confirmation by U. S. Senate)

**ARKANSAS**  
 1 E. C. Gathings\* (Dem) West Memphis  
 2 Wilbur D. Mills\* (Dem) Kensett  
 3 James W. Trimble\* (Dem) Berryville  
 4 Oren Harris\* (Dem) El Dorado  
 5 Dale Alford\* (Dem) Little Rock  
 6 W. F. Norrell\* (Dem) Monticello

**CALIFORNIA**  
 1 Clement W. Miller\* (Dem) Corte Madera  
 8 Harold T. Johnson\* (Dem) Roseville  
 3 John E. Moss\* (Dem) Sacramento  
 4 William S. Mailliard\* (Rep) San Francisco  
 5 John F. Shelley\* (Dem) San Francisco  
 6 John F. Baldwin, Jr.\* (Rep) Martinez  
 7 Jeffery Cohelan\* (Dem) Berkeley  
 8 George P. Miller\* (Dem) Alameda  
 9 J. Arthur Younger\* (Rep) San Mateo  
 10 Charles S. Gubser\* (Rep) Gilroy  
 11 John J. McFall\* (Dem) Manteca  
 12 B. F. Sisk\* (Dem) Fresno  
 13 Charles M. Teague\* (Rep) Ojai  
 14 Harlan Hagen\* (Dem) Hanford  
 15 Gordon McDonough\* (Rep) Los Angeles  
 16 Alphonzo E. Bell, Jr. (Rep) Beverly Hills  
 17 Cecil R. King\* (Dem) Los Angeles  
 18 Craig Hosmer\* (Rep) Long Beach  
 19 Chet Holifield\* (Dem) Montebello  
 20 H. Allen Smith\* (Rep) Glendale  
 21 Edgar W. Hiestand\* (Rep) Altadena  
 22 James C. Corman (Dem) Van Nuys  
 23 Clyde Doyle\* (Dem) South Gate  
 24 Glenard P. Lipscomb\* (Rep) Los Angeles  
 25 John H. Rousselot (Rep) San Gabriel  
 26 James Roosevelt\* (Dem) Los Angeles  
 27 Harry R. Sheppard\* (Dem) Yucaipa

28 James B. Utt\* (Rep) Santa Ana  
 29 D. S. (Judge) Saund\* (Dem) Westmorland  
 30 Robt. (Bob) Wilson\* (Rep) Chula Vista

**COLORADO**  
 1 Byron G. Rogers\* (Dem) Denver  
 2 Peter H. Dominick (Rep) Englewood  
 3 J. Edgar Chenoweth\* (Rep) Trinidad  
 4 Wayne N. Aspinall\* (Dem) Palisade

**CONNECTICUT**  
 1 Emilio Q. Daddario\* (Dem) Hartford  
 2 Horace Seely-Brown, Jr. (Rep) Pomfret Center  
 3 Robert N. Giaimo\* (Dem) North Haven  
 4 Abner W. Sibal (Rep) Norwalk  
 5 John S. Monagan\* (Dem) Waterbury

**At Large**  
 Frank Kowalski\* (Dem) Meriden

**DELAWARE—At Large**  
 Harris B. McDowell, Jr.\* (Dem) Middletown

**FLORIDA**  
 1 William C. Cramer\* (Rep) St. Petersburg  
 2 Charles E. Bennett\* (Dem) Jacksonville  
 3 Robert L. F. Sikes\* (Dem) Crestview  
 4 Dante B. Fascell\* (Dem) Miami  
 5 A. S. (Syd) Herlong, Jr.\* (Dem) Leesburg  
 6 Paul G. Rogers\* (Dem) West Palm Beach  
 7 James A. Haley\* (Dem) Sarasota  
 8 D. R. (Billy) Matthews\* (Dem) Gainesville

**GEORGIA**  
 1 G. Elliott Hagan (Dem) Sylvania  
 2 J. L. Pilcher\* (Dem) Meigs  
 3 E. L. (Tic) Forrester\* (Dem) Leesburg  
 4 John J. Flynt, Jr.\* (Dem) Griffin  
 5 James C. Davis\* (Dem) Stone Mountain  
 6 Carl Vinson\* (Dem) Milledgeville  
 7 John W. Davis (Dem) Summerville  
 8 Iris Faircloth Blitch\*† (Dem) Homerville  
 9 Phil M. Landrum\* (Dem) Jasper  
 10 Robert G. Stephens, Jr. (Dem) Athens

**HAWAII—At Large**  
 Daniel K. Inouye\* (Dem) Honolulu

**IDAHO**  
 1 Gracie Pfozt\*† (Dem) Nampa  
 2 Ralph R. Harding (Dem) Blackfoot

**ILLINOIS**  
 1 William L. Dawson\* (Dem) Chicago  
 3 William T. Murphy\* (Dem) Chicago  
 2 Barratt O'Hara\* (Dem) Chicago  
 4 Edward J. Derwinski\* (Rep) Chicago  
 5 John C. Kluczynski\* (Dem) Chicago  
 6 Thomas J. O'Brien\* (Dem) Chicago  
 7 Roland V. Libonati\* (Dem) Chicago  
 8 D. D. Rostenkowski\* (Dem) Chicago  
 9 Sidney R. Yates\* (Dem) Chicago  
 10 Harold R. Collier\* (Rep) Berwyn  
 11 Roman C. Pucinski\* (Dem) Chicago  
 12 Edward R. Finnegan (Dem) Chicago  
 13 Marguerite S. Church\*† (Rep) Evanston  
 14 Elmer J. Hoffman\* (Rep) Wheaton  
 15 Noah M. Mason\* (Rep) Oglesby  
 16 John B. Anderson (Rep) Rockford  
 17 Leslie C. Arends\* (Rep) Melvin  
 18 Robert H. Michel\* (Rep) Peoria  
 19 Robert B. Chipperfield\* (Rep) Canton  
 20 Paul Findley (Rep) Pittsfield  
 21 Peter F. Mack, Jr.\* (Dem) Carlinville  
 22 William L. Springer\* (Rep) Champaign  
 23 George E. Shipley\* (Dem) Olney  
 24 Melvin Price\* (Dem) East St. Louis  
 25 Kenneth J. Gray\* (Dem) West Frankfort

**INDIANA**  
 1 Ray J. Madden\* (Dem) Gary  
 2 Charles A. Halleck\* (Rep) Rensselaer  
 3 John Brademas\* (Dem) South Bend  
 4 E. Ross Adair\* (Rep) Fort Wayne  
 5 George O. Chambers (Rep) Anderson  
 6 Richard L. Roudebush (Rep) Noblesville



- 7 William G. Bray\* (Rep) Martinsville
- 8 Winfield K. Denton\* (Dem) Evansville
- 9 Earl Wilson (Rep) Bedford
- 10 Ralph Harvey (Rep) New Castle
- 11 Donald C. Bruce (Rep) Indianapolis

**IOWA**

- 1 Fred Schwengel\* (Rep) Davenport
- 2 James E. Bromwell (Rep) Cedar Rapids
- 3 H. R. Gross\* (Rep) Waterloo
- 4 John Kyl\* (Rep) Bloomfield
- 5 Neal Smith\* (Dem) Altoona
- 6 Merwin Coad\* (Dem) Boone
- 7 Ben F. Jensen\* (Rep) Exira
- 8 Charles B. Hoeven\* (Rep) Alton

**KANSAS**

- 1 William H. Avery\* (Rep) Wakefield
- 2 Robert F. Ellsworth (Rep) Lawrence
- 3 Walter L. McVey (Rep) Independence
- 4 Garner E. Shriver (Rep) Wichita
- 5 J. Floyd Breeding\* (Dem) Rolla
- 6 Robert Dole (Rep) Russell

**KENTUCKY**

- 1 Frank A. Stubblefield\* (Dem) Murray
- 2 William H. Natcher\* (Dem) Bowling Green
- 3 Frank E. Burke\* (Dem) Louisville
- 4 Frank Chelf\* (Dem) Lebanon
- 5 Brent Spence\* (Dem) Fort Thomas
- 6 John C. Watts\* (Dem) Nicholasville
- 7 Carl D. Perkins\* (Dem) Hindman
- 8 Eugene Siler\* (Rep) Williamsburg

**LOUISIANA**

- 1 F. Edward Hebert\* (Dem) New Orleans
- 2 Hale Boggs\* (Dem) New Orleans
- 3 Edwin E. Willis\* (Dem) St. Martinville
- 4 Overton Brooks\* (Dem) Shreveport
- 5 Otto E. Passman\* (Dem) Monroe
- 6 James H. Morrison\* (Dem) Hammond
- 7 T. A. Thompson\* (Dem) Ville Platte
- 8 Harold B. McSween\* (Dem) Alexandria

**MAINE**

- 1 Peter A. Garland (Rep) Cape Elizabeth
- 2 Stanley R. Tupper (Rep) Augusta
- 3 Clifford G. McIntire\* (Rep) Perham

**MARYLAND**

- 1 Thomas F. Johnson\* (Dem) Berlin
- 2 Daniel B. Mrewster\* (Dem) Glyndon
- 3 Edward A. Garmatz\* (Dem) Baltimore
- 4 George H. Fallon\* (Dem) Baltimore
- 5 Richard E. Lankford\* (Dem) Annapolis
- 6 Charles M. Mathias, Jr. (Rep) Frederick
- 7 Samuel N. Friedel\* (Dem) Baltimore

**MASSACHUSETTS**

- 1 Silvio O. Conte\* (Rep) Pittsfield
- 2 Edward P. Boland\* (Dem) Springfield
- 3 Philip J. Philbin\* (Dem) Clinton
- 4 Harold D. Donohue\* (Dem) Worcester
- 5 F. Bradford Morse (Rep) Lowell
- 6 William H. Bates\* (Rep) Salem
- 7 Thomas J. Lane\* (Dem) Lawrence
- 8 Torbert H. Macdonald\* (Dem) Malden
- 9 Hastings Keith\* (Rep) W. Bridgewater
- 10 Laurence Curtis\* (Rep) Boston
- 11 Thomas P. O'Neill, Jr.\* (Dem) Cambridge
- 12 John W. McCormack\* (Dem) Dorchester
- 13 James A. Burke\* (Dem) Milton
- 14 Joseph W. Martin, Jr.\* (Rep) North Attleboro

**MICHIGAN**

- 1 Thaddeus Machrowicz\* (Dem) Hamtramck
- 2 George Meader\* (Rep) Ann Arbor
- 3 August E. Johansen\* (Rep) Battle Creek
- 4 Clare E. Hogman\* (Rep) Allegan
- 5 Gerald R. Ford, Jr.\* (Rep) Grand Rapids
- 6 Charles Chamberlain\* (Rep) East Lansing
- 7 James G. O'Hara\* (Dem) Utica
- 8 James Harvey (Rep) Saginaw
- 9 Robert P. Griffin\* (Rep) Traverse City

- 10 Elford A. Cederberg\* (Rep) Bay City
- 11 Victor A. Knox\* (Rep) Sault Ste. Marie
- 12 John B. Bennett\* (Rep) Ontonagon
- 13 Charles C. Diggs, Jr.\* (Dem) Detroit
- 14 Louis C. Rabaut\* (Dem) Grosse Pointe Pk.
- 15 John D. Dingell\* (Dem) Detroit
- 16 John Lesinski\* (Dem) Dearborn
- 17 Martha W. Griffiths\*† (Dem) Detroit
- 18 William S. Broomfield\* (Rep) Royal Oak

**MINNESOTA**

- 1 Albert H. Quie\* (Rep) Dennison
- 2 Ancher Nelsen\* (Rep) Hutchinson
- 3 Clark MacGregor (Rep) Plymouth Village
- 4 Joseph E. Karth\* (Dem) St. Paul
- 5 Walter H. Judd\* (Rep) Minneapolis
- 6 Fred Marshall\* (Dem) Grove City
- 7 H. Carl Anderson\* (Rep) Tyler
- 8 John A. Blatnik\* (Rep) Kennedy

**MISSISSIPPI**

- 1 Thomas G. Abernethy\* (Dem) Okolona
- 2 Jamie L. Whitten\* (Dem) Charleston
- 3 Frank E. Smith\* (Dem) Greenvood
- 4 John Bell Williams\* (Dem) Raymond
- 5 Arthur Winstead\* (Dem) Philadelphia
- 6 William M. Colmer\* (Dem) Pascagoula

**MISSOURI**

- 1 Frank M. Karsten\* (Dem) St. Louis
- 2 Thomas B. Curtis\* (Rep) Webster Grove
- 3 Leonor K. Sullivan\*† (Dem) St. Louis
- 4 William J. Randall\* (Dem) Independence
- 5 Richard Bolling\* (Dem) Kansas City
- 6 W. R. Hull, Jr.\* (Dem) Weston
- 7 Durward G. Hall (Rep) Springfield
- 8 Richard Ichord (Dem) Houston
- 9 Clarence Cannon\* (Dem) Elsberry
- 10 Paul C. Jones\* (Dem) Kennett
- 11 Morgan M. Maulder\* (Dem) Camdenton

**MONTANA**

- 1 Arnold Olsen (Dem) Helena
- 2 James F. Battin (Rep) Billings

**NEBRASKA**

- 1 Phil Weaver\* (Rep) Falls City
- 2 Glenn Cunningham\* (Rep) Omaha
- 3 Ralph F. Beermann (Rep) Dakota City
- 4 Dave Martin (Rep) Kearney

**NEVADA**

- At Large  
Walter S. Maring\* (Dem) Reno

**NEW HAMPSHIRE**

- 1 Chester E. Merrow\* (Rep) Center Ossipee
- 2 Perkins Bass\* (Rep) Peterborough

**NEW JERSEY**

- 1 William T. Cahill\* (Rep) Collingswood
- 2 Milton W. Glenn\* (Rep) Margate
- 3 James C. Auchincloss\* (Rep) Rumson
- 4 Frank Thompson, Jr.\* (Dem) Trenton
- 5 P. Frelinghuysen, Jr.\* (Rep) Morristown
- 6 Florence P. Dwyer\*† (Rep) Elizabeth
- 7 William B. Widnall\* (Rep) Saddle River
- 8 Charles S. Joelson (Dem) Paterson
- 9 Frank C. Osmer, Jr.\* (Rep) Tenafly
- 10 Peter W. Rodino, Jr.\* (Dem) Newark
- 11 Hugh J. Addonizio\* (Dem) Newark
- 12 George M. Wallhauser\* (Rep) Maplewood
- 13 Cornelius E. Gallagher\* (Dem) Bayonne
- 14 Dominick V. Daniels\* (Dem) Jersey City

**NEW MEXICO**

- At Large  
Joseph M. Montoya\* (Dem) Santa Fe  
Thomas G. Morris\* (Dem) Tucumcari

**NEW YORK**

- 1 Otis G. Pike (Dem) Riverhead
- 2 Steven B. Derouanian\* (Rep) Roslyn
- 3 Frank J. Becker\* (Rep) Lynbrook
- 4 Seymour Halpern\* (Rep) Forest Hills

- 5 Joseph P. Addabbo (Dem) Ozone Park
- 6 Lester Holtzman\* (Dem) Rego Park
- 7 James J. Delaney\* (Dem) L. I. City
- 8 Victor L. Anfuso\* (Dem) Brooklyn
- 9 Eugene J. Keogh\* (Dem) Brooklyn
- 10 Edna F. Kelly\*† (Dem) Brooklyn
- 11 Emanuel Celler\* (Dem) Brooklyn
- 12 Hugh L. Carey (Dem) Brooklyn
- 13 Abraham J. Mutler\* (Dem) Brooklyn
- 14 John J. Rooney\* (Dem) Brooklyn
- 15 John H. Ray\* (Rep) Staten Island
- 16 Adam C. Powell, Jr.\* (Dem) New York City
- 17 John V. Lindsay\* (Rep) New York City
- 18 Alfred E. Santangelo\* (Dem) New York City
- 19 Leonard Farbstein (Dem) New York City
- 20 William F. Ryan (Dem) New York City
- 21 Herbert Zelenko\* (Dem) New York City
- 22 James C. Healey\* (Dem) New York City
- 23 Jacob H. Gilbert\* (Dem) New York City
- 24 Charles A. Buckley\* (Dem) New York City
- 25 Paul A. Fino\* (Rep) New York City
- 26 Edwin B. Dooley\* (Rep) Mamaroneck
- 27 Robert R. Barry\* (Rep) Yonkers
- 28 Katherine St. George\*† (Rep) Tuxedo Park
- 29 J. Ernest Wharton\* (Rep) Richmondville
- 30 Leo W. O'Brien\* (Dem) Albany
- 31 Carleton J. King (Rep) Sartoga Springs
- 32 Samuel S. Stratton\* (Dem) Schenectady
- 33 Clarence E. Kilburn\* (Rep) Malone
- 34 Alexander Pirnie\* (Rep) New Hartford
- 35 R. Walter Riehlman\* (Rep) Tully
- 36 John Taber\* (Rep) Auburn
- 37 Howard W. Robinson\* (Rep) Owego
- 38 Jessica McC. Weis\*† (Rep) Rochester
- 39 Harold C. Osterag\* (Rep) Attica
- 40 William E. Miller\* (Rep) Olcott
- 41 Thaddeus J. Dulski\* (Dem) Buffalo
- 42 John R. Pillion\* (Rep) Lake View
- 43 Charles E. Goodell\* (Rep) Jamestown

**NORTH CAROLINA**

- 1 Herbert C. Bonner\* (Dem) Washington
- 2 L. H. Fountain\* (Dem) Tarboro
- 3 David N. Henderson (Dem) Wallace
- 4 Harold D. Cooley\* (Dem) Nashville
- 5 Ralph J. Scott\* (Dem) Danbury
- 6 Horace R. Kornegay (Dem) Greensboro
- 7 Alton Lennon\* (Dem) Wilmington
- 8 A. Paul Kitchin\* (Dem) Wadesboro
- 9 Hugh Q. Alexander\* (Dem) Kannapolis
- 10 Charles R. Jonas\* (Rep) Lincolnton
- 11 Basil L. Whitener\* (Dem) Gastonia
- 12 Roy A. Taylor (Dem) Black Mountain

**NORTH DAKOTA**

- At Large  
Don L. Short\* (Rep) Medora  
Hjalmar C. Nygaard (Rep) Enderlin

**OHIO**

- 1 Gordon H. Scherer\* (Rep) Cincinnati
- 2 Donald D. Clancy (Rep) Cincinnati
- 3 Paul F. Schenck\* (Rep) Dayton
- 4 Wm. H. McCulloch\* (Rep) Piqua
- 5 Delbert L. Latta\* (Rep) Bowling Green
- 6 William H. Harsha, Jr. (Rep) Portsmouth
- 7 Clarence J. Brown\* (Rep) Blanchester
- 8 Jackson E. Betts\* (Rep) Findlay
- 9 Thomas L. Ashley\* (Dem) Waterville
- 10 Walter H. Moeller\* (Dem) Lancaster
- 11 Robert E. Cook\* (Dem) Kent
- 12 Samuel L. Devine\* (Rep) Columbus
- 13 Chester A. Mosher (Rep) Oberlin
- 14 William H. Ayres\* (Rep) Akron
- 15 Tom V. Moorhead (Rep) Zanesville
- 16 Frank T. Bow\* (Rep) Canton (R.F.D.)
- 17 John M. Ashbrook (Rep) Johnstown
- 18 Wayne L. Hays\* (Dem) Flushing
- 19 Michael J. Kirwan\* (Dem) Youngstown
- 20 Michael A. Feighan\* (Dem) Cleveland

- 21 Charles A. Vanik\* (Dem) Cleveland
- 22 Frances P. Bolton\*† (Rep) Lynhurst
- 23 Wm. E. Minshall\* (Rep) Cleveland

**OKLAHOMA**

- 1 Page Belcher\* (Rep) Enid
- 2 Ed Edmondson\* (Dem) Muskogee
- 3 Carl Albert\* (Dem) McAlester
- 4 Tom Steed\* (Dem) Shawnee
- 5 John Jarman\* (Dem) Oklahoma City
- 6 Clyde A. Wheeler, Jr. (Rep) Laverne

**OREGON**

- 1 Walter Norblad\* (Rep) Stayton
- 2 Al Ullman\* (Dem) Baker
- 3 Edith Green\*† (Dem) Portland
- 4 Edwin R. Durno (Rep) Medford

**PENNSYLVANIA**

- 1 William A. Barrett\* (Dem) Philadelphia
- 2 Kathryn E. Granahan\*† (Dem) Philadelphia
- 3 James A. Byrne\* (Dem) Philadelphia
- 4 Robert N. Nix\* (Dem) Philadelphia
- 5 William J. Green, Jr.\* (Dem) Philadelphia
- 6 Herman Toll\* (Dem) Philadelphia
- 7 Wm. H. Milliken, Jr.\* (Rep) Sharon Hill
- 8 Willard S. Curtin\* (Rep) Morrisville
- 9 Paul B. Dague\* (Rep) Downingtown
- 10 William W. Scranton (Rep) Dalton
- 11 Daniel J. Flood\* (Dem) Wilkes-Barre
- 12 Ivor D. Fenton\* (Rep) Mahanoy City
- 13 Richard S. Schweiker (Rep) Lansdale
- 14 George M. Rhodes\* (Dem) Reading
- 15 Francis E. Walter\* (Dem) Easton
- 16 Walter M. Mumma\* (Rep) Harrisburg
- 17 Herman T. Schneebeil\* (Rep) Williamsport
- 18 J. Irving Whalley\* (Rep) Windber
- 19 George A. Gooding (Rep) Loganville
- 20 James E. Van Zandt\* (Dem) Altoona
- 21 John H. Dent\* (Dem) Jeannette
- 22 John P. Saylor\* (Rep) Johnstown
- 23 Leon R. Gavin\* (Rep) Oil City
- 24 Carroll D. Kearns\* (Rep) Farrell
- 25 Frank M. Clark\* (Dem) Bessemer
- 26 Thomas E. Morgan\* (Dem) Fredericktown
- 27 James G. Fulton\* (Rep) Pittsburgh
- 28 Wm. S. Moorhead\* (Dem) Pittsburgh
- 29 Robert J. Corbett\* (Rep) Pittsburgh
- 30 Elmer J. Holland\* (Dem) Pittsburgh

**RHODE ISLAND**

- 1 Fernand J. St. Germain (Dem) Woonsocket
- 2 John E. Fogarty\* (Dem) Harmony

**SOUTH CAROLINA**

- 1 L. Mendel Rivers\* (Dem) Charleston
- 2 John J. Riley\* (Dem) Sumter
- 3 W. J. Bryan Dorn\* (Dem) Greenwood
- 4 Robert T. Ashmore\* (Dem) Greenville
- 5 Robert W. Hemphill\* (Dem) Chester
- 6 John L. McMillan\* (Dem) Florence

**SOUTH DAKOTA**

- 1 Ben Reifel (Rep) Aberdeen
- 2 E. Y. Berry\* (Rep) McLaughlin

**TENNESSEE**

- 1 B. Carroll Reece\* (Rep) Johnson City
- 2 Howard H. Baker\* (Rep) Huntsville
- 3 James B. Frazier, Jr.\* (Dem) Chattanooga
- 4 Joe L. Evins\* (Dem) Smithville
- 5 JI Caroline Loser\* (Dem) Nashville
- 6 Ross Bass\* (Dem) Pulaski
- 7 Tom Murray\* (Dem) Jackson
- 8 Robert A. Everett\* (Dem) Union City
- 9 Clifford Davis\* (Dem) Memphis

**TEXAS**

- 1 Wright Patman\* (Dem) Texarkana
- 2 Jack B. Brooks\* (Dem) Beaumont
- 3 Lindley Beckworth\* (Dem) Gladewater
- 4 Sam Rayburn\* (Dem) Bonham
- 5 Bruce Alger\* (Rep) Dallas
- 6 Olin E. Teague\* (Dem) College Station

- 7 John Dowdy\* (Dem) Athens
- 8 Albert Thomas\* (Dem) Houston
- 9 Clark W. Thompson\* (Dem) Galveston
- 10 Homer Thornberry\* (Dem) Austin
- 11 W. R. Poage\* (Dem) Waco
- 12 Jim Wright\* (Dem) Weatherford
- 13 Frank Ikard\* (Dem) Wichita Falls
- 14 John Young\* (Dem) Corpus Christi
- 15 Joe M. Kilgore\* (Dem) McAllen
- 16 J. T. Rutherford\* (Dem) Odessa
- 17 Omar Burlison\* (Dem) Anson
- 18 Walter Rogers\* (Dem) Pampa
- 19 George Mahon\* (Dem) Lubbock
- 20 Paul J. Kilday\* (Dem) San Antonio
- 21 O. C. Fisher\* (Dem) San Antonio
- 22 Robert Casey\* (Dem) Houston

#### UTAH

- 1 M. Blaine Peterson (Dem) Ogden
- 2 David S. King\* (Dem) Salt Lake City

#### VERMONT

##### At Large

- Robert T. Stafford (Rep) Rutland City

#### VIRGINIA

- 1 Thomas N. Downing\* (Dem) Newport News
- 2 Porter Hardy, Jr.\* (Dem) Churchland
- 3 J. Vaughan Gary\* (Dem) Richmond
- 4 Watkins M. Abbitt\* (Dem) Appomattox
- 5 William M. Tuck\* (Dem) South Boston
- 6 Richard H. Poff\* (Rep) Radford
- 7 Burr P. Harrison\* (Dem) Winchester
- 8 Howard W. Smith\* (Dem) Broad Run
- 9 W. Pat Jennings\* (Dem) Marion
- 10 Joel T. Broyhill\* (Rep) Arlington

#### WASHINGTON

- 1 Thomas M. Pelly\* (Rep) Seattle
- 2 Jack Westland\* (Rep) Everett
- 3 Julia B. Hansen† (Dem) Cachlamet
- 4 Catherine May\*† (Rep) Yakima
- 5 Walt Horan\* (Rep) Wenatchee
- 6 Thor C. Tollefson\* (Rep) Tacoma
- 7 Don Magnuson\* (Dem) Seattle

#### WEST VIRGINIA

- 1 Arch A. Moore, Jr.\* (Rep) Glen Dale
- 2 Harley O. Staggers\* (Dem) Keyser
- 3 Cleveland M. Bailey\* (Dem) Clarksburg
- 4 Ken Hechler\* (Dem) Huntington
- 5 Elizabeth Kee\*† (Dem) Bluefield
- 6 John M. Slack, Jr.\* (Dem) Charleston

#### WISCONSIN

- 1 Henry C. Shadeberg (Rep) Burlington
- 2 Robt. W. Kastenmeier\* (Dem) Watertown
- 3 Vernon W. Thomson (Rep) Richland Center
- 4 Clement J. Zablocki\* (Dem) Milwaukee
- 5 Henry S. Reuss\* (Dem) Wilwaukee
- 6 William K. Van Pelt\* (Rep) Fond du Lac
- 7 Melvin R. Laird\* (Rep) Marshfield
- 8 John W. Byrnes\* (Rep) Green Bay
- 9 Lester R. Johnson\* (Dem) Black River Falls
- 10 Alvin E. O'Konski\* (Rep) Mercer

#### WYOMING

##### At Large

- William H. Harrison (Rep) Sheridan

**PUERTO RICO—Resident Commissioner**  
Antonio Fernos-Isern\* (Pop. Dem.) Santurce

**(EDITOR'S NOTE: This list will be good for two years, so save it for future use.)**

## Rabies Vaccine Kills Twelve In Brazil

RIO DE JANEIRO, Dec. 1.—(Reuters)—Twelve persons died in northeastern Brazil after inoculations with faulty rabies vaccine, health authorities reported today.

At least 123 others were reported to be in danger from the vaccine in Fortaleza, capital of Ceara state.

The inoculated persons had been helping dogcatchers exterminate 80,000 stray dogs, blamed for an outbreak of rabies. —Detroit News, December 1, 1960.

## My Church

- A Room of Quiet
- A temple of peace.
- The house of Faith
- Where doubtings cease.
- A house of comfort
- Where hope is given.
- A source of strength
- To make earth heaven.
- A shrine for worship
- A place to pray —
- I found all this,
- IN MY CHURCH TODAY.

## SILENCE KILLS SOME LIES

A great lie, if unnoticed, is like a big fish out of water; it dashes and plunges and beats itself to death in a short time. To answer it is to supply it with its element and help it to a longer life. Falsehoods usually carry their own refutation somewhere about them and sting themselves to death. Some lies especially have a peculiar smell, which betrays their rottenness to every honest nose. If you are disturbed by them, the object of their invention is partly answered; but your silent endurance disappoints malice and gives you a partial victory which God in His care of you will soon turn into a complete deliverance. — Spurgeon.

Blessed is the man too busy to worry in the daytime and too sleepy to worry at night.

## Polio Immunization Bill

(Continued from Page 28)

medical publication); and John A. Toohey, M.A., Science.

Benjamin P. Sandler, M.D., author of **Diet Prevents Polio**, demonstrated in 1948 while located in Asheville, North Carolina, that the disease rate during the so-called epidemic in 1948 dropped significantly (figures and statistics in his book) after parents took the simple advice of forbidding candy, ice cream, cakes, pies and soft drinks! In 1941 Dr. Sandler's experiments in New York revealed that the polio virus cannot affect the nerve systems of animals with a high blood sugar level. For instance, rabbits have a blood sugar value of 100 mg. or more, and rabbits cannot contract polio until the blood sugar value has been artificially lowered—Dr. Sandler did this with insulin, and death came to the animals within a few hours. Monkeys, whose kidneys are used to produce Salk vaccine, have a blood sugar value of 40 to 50 mg., about half that of the rabbit. After making these discoveries, Dr. Sandler started looking toward body chemistry for answers. He states, unequivocally, quote: "A proper diet, eliminating sugar foods, cutting down drastically on starchy foods, substituting certain vegetables and protective protein-type foods, avoiding exertion, avoiding swimming in cold water, and getting ample rest throughout the polio danger period, can build up in 24 hours' time a resistance in the human body sufficiently strong to combat the disease. . . . The diet campaign of 1948 prevented 5,000 cases during the period from August 7 to December 31, 1948."

Others in the profession who believe polio is a nutritional deficiency disease include such men as W. J. McCormack, M.D., Toronto; C. W. Jungeblut, M.D., Columbia University; William Albrecht, Ph.D., University of Missouri; J. F. Edwards, M.D., Manitoba; Virgil A. Davis, M.D., and M. H. August, M.D., New York City.

I do not pose as an expert. I do be-

lieve, however, that there is sufficient responsible medical opinion in support of the nutritional factor to at least justify inclusion of the so-called escape clause—that is, to give the parent who believes in this approach the opportunity to follow it—without being compelled to have the children inoculated if this is contrary to their principles.

In conclusion, then, in the light of the foregoing evidence, the fact the profession itself is divided as to efficacy of the Salk vaccine and the cause and spread of paralytic polio—we respectfully ask that A.B. 1490 either be tabled indefinitely, or referred to an Interim Committee, or that it provide for exemption upon filing of written objection by the parent or guardian.

I am filing some supporting documents which time does not permit me to detail.

Thank you for the chance to appear before you!

## Trifosan Off Market

We have just been advised by Veltex Company of Birmingham, Alabama, that Trifosan will no longer be distributed by Veltex. Trifosan was almost the same as the Hoxsey remedy for cancer and many folks, who could no longer get the Hoxsey remedy were using Trifosan. It would appear the long arm of the Food and Drug Administration reached even to them and by threats or by some means put enough pressure on someone to get the company to take the product off of the market. From where we sit, this appears to be travesty on justice and more helpless cancer victims will die in agony because of it.

## Comfrey Plants

Anyone desiring well rooted comfrey plants should get in touch with Fred I. Mamman, 648 D Street, Davis, Calif.

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

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**Plan Now** to attend either the N.H.F. Convention at Peoria, Illinois, August 17, 18, 19 and 20, or the seventh annual N.H.F. Convention to be held in San Diego, California, December 30, 31 and January 1, 1962, and a great one-day N.H.F. Convention in New York August 12th. Mark your calendar.