

National Health Federation



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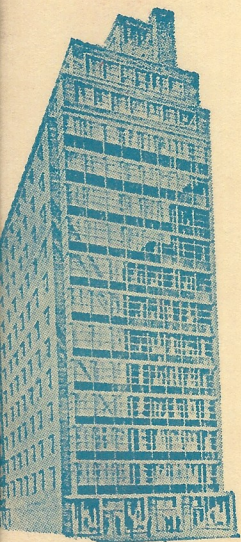
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AMERICANS CRUSADING FOR BETTER HEALTH

Volume VII — Number 11-12

Nov.-Dec., 1961



Site of Our Washington Office

BULLETIN

SCHOOL POLIO SHOT DEADLINE YEAR OFF

Most California school children won't have to produce proof of polio immunization before September, 1962, Health Director Malcolm H. Merrill said today.

Here's why: The State Board of Health must adopt regulations governing the vaccine programs to be set up by county health departments. The board will do so Dec. 8; and the regulations will become effective 30 days later.

But the attorney general has ruled that in California students are enrolled only once a year—at the beginning of the fall term.

Thus the bulk of California's 3.5 million school children have until then to get at least one Salk shot. It is estimated that about 50 per cent already have been immunized.

There are some exceptions to this schedule. Children who transfer from one school district to another, or come here from out of state (and thus must be formally re-enrolled) will have to produce proof of polio immunization beginning Jan. 15, 1962, Dr. Merrill said.

He advised all parents to begin now to get the necessary proof—a letter from their doctor or from the county health officer, if vaccination was done in the county program. The law applies to all students—even those in adult education programs.

Dr. Merrill presided over a hearing at Berkeley for school administrators and public health physicians from Northern California communities. — S. F. News-Call Bulletin, Tuesday, Oct. 17, 1961.

(Editor's Note: We urge our California members to send for the form letters to be used in obtaining exemption from the Polio Immunization program. We won freedom of choice. We must now let the people know they have it. Those behind the program will be working to get folks into the program without telling them of their rights in the matter, even though the main program will not go into effect until some time late next year.)

Physician Heal Thyself

Today in America there is a curious medical contrast: The patient seemed fine—but the doctors are worried.

WORRIED that their public image is slipping.

WORRIED that because of the high cost of medical care older folks are turning toward Government for health care.

WORRIED that Drugless methods will, more and more, prevent sickness and thus curtail their work.

WORRIED about the ever increasing number of dissatisfied patients, and from where their dissatisfaction stems.

WORRIED about the need for doctors to remember the human being in the present specialized drug-filled, expensive, automated and impersonal house medical progress and AMA have built.

WORRIED because public opinion polls, letters from patients unhappy with their medical care, the cost of it, attempts by Congress to tie phases of medical care to Social Security, all seem to bear the same message.

WORRIED because the leadership of the AMA has now embarked upon an extensive unethical campaign to destroy all natural approaches to health, instead of examining themselves and taking steps to correct the evils which are the causes of the above state of mind of the public.

The winds of change have been blowing over modern medicine for some time. Unless the rank and file of medical men arise and recapture control of the AMA, correct the evils that have crept into the practice of medicine, stop trying to destroy other approaches to health and improve their own service, socialized medicine will become a reality in this land of ours, whether or not they or the public like it.

For the medical man, the hour has struck; either he must clean house, improve his service and relationship with his patients, or forever lose his exalted position in the public's mind, as well as the freedom in practice, he now enjoys.

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The NATIONAL HEALTH FEDERATION

BULLETIN

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Adventures on Health Frontiers

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Washington Office Report on Congress of Quackery

By HAROLD EDWARDS

The American Medical Association has had some notable successes to its credit in the past 50 years of its existence—and no one would wish to deny them. But, in many ways, during that time, it has displayed several of the tendencies of modern big business—compared to a profession as popularly conceived.

All the trappings, and the skills of the modern public relations trade were employed in the staging of their "National Congress on Medical Quackery"—latest version of similar other shows staged by the A.M.A. strategists. And, never has the dressed up, modern propaganda for the medical apparatus more blatantly portrayed big business characteristics.

The American Medical Association is, indeed, a privately owned corporation in business for a profit. And, in this most recent display of political and advertising might, has revealed many of the tendencies characteristic of other business cartels.

Dictatorship in Health?

They, and those other medical and drug interests for which they appear to speak, seem to be aiming at a level of complete domination — dictators on all health matters. Their targets, the drugless professions — descendants of the original and true healing arts—are small business, compared to the modern wealth and power of the medical-drug empire. The dietary foods, and the foods supplements industries, though rapidly growing, are little, individual enterprises of a

characteristically American, pioneering nature.

Who Are Quacks?

Most Americans would like to know who these quacks are which the A.M.A. so violently attacks instead of the flood of veiled references to a supposed mob of modern, suave and polished charlatans—only vaguely alluded to. The impression grows that anybody or anything offering the slightest competitive threat to a highly organized medical monopoly would fall immediately into their "quack" category.

In the course of the big Medical-Government-Press Conclave in Washington, October 6, 7, 1961,—proposed as the starter for similar annual affairs—pious declarations were expressed that this style of publicity symposium become the fountainhead of public information and education—against the perils of "medical quackery." In the very process, however, representatives of the drugless professions, and of the dietary foods industries—those most mercilessly abused—were prevented from being in attendance by every conceivable subterfuge.

Secret Public Information

For the day and a half of the meetings the premises of the Sheraton-Park Hotel in Washington swarmed with undercover men from two government departments. Uniformed policemen checked credentials at every entrance. No one was allowed the privilege of tape recording.

(Continued on next page)

ing except the vouched for, sponsoring agencies. The taking of notes was eyed suspiciously by both official and self appointed vigilantes.

Tend to Monopoly

By inducing the government enforcement agency, in the person of the Food and Drug Administration, to come in with them as co-sponsor, this huge medical cartel with the monopolistic hue, achieved a two-fold purpose—it provided a high-level government prestige background, and a ready-made policing tool for cracking down on all competition.

The demonstration would be exactly comparable to General Motors hooking up with the U. S. Department of Commerce to besmirch and belittle Chrysler, Studebaker, and American Motors preparatory to finding them in violation of Federal and State laws—based on the unfair reasoning that the products of the much smaller firms do not have such qualifying public acceptance as those produced by General Motors.

Overflow Crowd

Originally scheduled for the Health, Education and Welfare Department auditorium, demand for seats at the "Congress" was so great it had to be moved, on short notice, to the big hotel in north-west Washington. Attendance of 800 was made up of 500 medical doctors of varying backgrounds, with the balance mostly government officials, publicity writers, medical cohorts of assorted status, and limited numbers of individuals from the besmeared "quackery" organizations who were able to gain entrance in spite of the blockade.

In this cleverly organized effort to destroy competition, the talents of several very voluble spokesmen from medicine's inner circle were employed. These combined with the personal appearance statements of three cabinet members and various government department heads provided a formidable array of authority.

We would seriously question the prudence of the cabinet members, and other officials, in lending such authoritative background to medicine's typical, habitual tendencies to smudge, to stain, and to blacken the banners of smaller, but traditionally honorable professions. How lamentable that these top government heads would lend the prestige of their public positions to so dishonorable a campaign aimed at tarnishing the reputation of an entire industry, without exception—the dietary foods industry. No one was spared.

Denial of Basic Rights

Federal Trade Commissioner Dixon, asked that courts give authority to halt sales while cases against so-called "quack medical products" are pending; he intends to ask Congress for power to issue temporary cease-and-desist orders (to choke off sales even more rapidly). Also, F.T.C. will crack down harder on advertising claims of suspected quacks; will seek ways to curb promotional ties with "pseudo-medical books (Folk Medicine, Arthritis and Common Sense, etc.).

Post Office Department's Day promised to invoke a little used law (Obscenity Law) which lets it impound mail and mailed products immediately that a concern is suspected of mailing "quackery products."

Food and Drug Administration's officials expect to stiffen methods of dealing with false labelling of "health foods" and vitamin preparations—will issue lists of "fake" medical devices condemned in the courts, so public can help check on attempted sales (a good thing if applied without discrimination).

These statements were put into wide circulation despite the moaning and lamenting of several prominent speakers on the program, to the effect that, we already have thousands of laws at Federal and State levels designed to amply con-

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trol these very things — but, that the principal weakness lies in the too gullible public who give sanction to "quacks" and "quack products."

Blanket Condemnation

While the Federation wholeheartedly supports the principals and accomplishments of the Government Departments, we believe they err seriously in joining these blanket condemnations. Typical statement made was that of Food and Drug Commissioner, George P. Larrick, when he said, in part, "there is today a tremendous promotional effort masquerading as nutritional science." Among these, he stated, "the most widespread and expensive types of quackery are the promotion of vitamin products, special dietary foods, and supplements." Millions of persons" he claimed, "are being misled concerning their need for such products."

He then further observed, that: "More and more we are running into rigged research. We have with us today the professional research quack . . ."

"Stare" in the Firmament

The cockiest star of this Extravaganza of Slander was the widely publicized nutrition columnist from the ivory towers of old Harvard, Dr. Frederick J. Stare, M.D. Dr. Stare was at his disparaging best as the voice of scientific authority for the combined food corporations for whom he speaks.

He attacked everything from alfalfa tea to wheat germ, making no exceptions for any useful, natural product—as contrasted to the chemicalized, packaged food products of his big, corporate backers. It was unmistakably clear that if you happen to still prefer the untreated, unpackaged foods of yesteryear, that, automatically, attaches to you the opprobrious title of "faddist" in the Stare system of public press disparagement.

Attack on Chiropractic

Among the professional groups in the field of drugless healing, the most mercilessly attacked were the Chiropractors. It seems to be especially irritating to the medical dictatorship that over 35 million Americans place their stamp of approval

on the healing benefits of Chiropractic—and the number is constantly growing. It appears to aggravate their loudly proclaimed concern for the health of the American people to realize the fact that 45 states and several Federal territories give legal standing and approval. It is equally incomprehensible to these privileged "guardians of the public health" that over 500 life and accident insurance companies accept chiropractic certification claims.

Medical Policing

Leader in so indefensible, and lamentable an attack on a long established, honorable healing profession was the individual bearing the interesting title—Director, Department of Investigation, American Medical Association — by name, Oliver Field. Curious that a privately owned business should have a competition control tool like this secret police arm.

Adding volume and authoritative approval to a modern brand of medical despotism was the voice of Mr. C. Joseph Stetler, legal counsel for the A.M.A. These men expressed themselves most feelingly for the state of health of Americans, and the towering menace to the well-being and future of this nation from the smooth talking, morally degenerated "quacks" who "blandly" offer false hope where no hope exists.

Regrettable Demonstration

The National Health Federation deeply regrets this spectacle of public perfidy. The nature and scope of this medical inquisition is completely beyond reason. It would be difficult to find anywhere more unrestrained examples of libel, slander, and character assassination of an entire profession. We do not see how it can longer be tolerated.

No one on the drugless side of the fence escaped — and this included the naturopaths, the naprapaths—everyone. The osteopaths escaped because it was explained by Director Field, that, "they had seen the light" and had gone scientific by the introduction of drugs into their system of treatment, while suppos-

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edly continuing to employ traditional methods of osteopathy.

Who Will Help Them?

In their monumental solicitude for the welfare of Americans the A.M.A. feels it should be joined by the Federation of Public Health Officials, the Food and Drug Administration, Better Business Bureaus, various Chambers of Commerce and all other such groups in their devotion to the job of stamping out "quackery."

Unusual Luncheon

At the Friday luncheon for all the guests—for which A.M.A. paid the check—lunchers were treated to the enviable oratorical abilities of Dr. W. H. Gordon, M.D., who had traveled all the way from Lubbock, Texas.

Unlike his fellows, Gordon concentrated more on the individual American while indicting the entire kit and kaboodle of them for playing ball with the "quacks." He believes that fear, superstition, gullability, hypochondria, and responsiveness are among the human emotions and weakness of Americans on which the "quacks" exercise their witchery.

He believes, "It is unrealistic to expect that the public will reject their advances." The elimination of "quackery" he said, "will be accomplished only when the charlatans are removed."

Americans Out of Step

Doctor Gordon emphasized that superstition is closely linked with fear, as he stated that, "People living in the United States today profess a high level of civilization, yet at times this culture appears as a thin veneer spread over eons of primitive beliefs. How else can one explain the actions of an otherwise reasonably intelligent person who, in times of panic, turns his back on gifts of modern science and embraces the premises held out by the modern counterpart of the primitive medical men."

Extermination in Sight

From all of the foregoing we have drawn the impression the medical leaders believe themselves to be crying at the

wake of every last one of these demons of "quackery." In their complete lack of restraint on the question it is possible to envision the reinstatement by their hands of the traditional tools of the witch hunters of old—burning at the stake—the stocks—but by medical decree. For added emphasis we have the present evidence of compulsory vaccination, compulsory fluoridation of public water supplies.

To show that these are not just capricious thoughts, guests at the "Congress" were further entertained with a display of books and "medical quackery devices." The display of books inimical to standardized medical thinking were tightly secured to a display board, with covers fastened shut so no one could scan them. The entire display was labelled "Fallacy." It included such books as, "Eat, Live and Be Merry," "Conquest of Cancer," "Real Hope To Cure Cancer," "A Matter of Life or Death," "Arthritis Can Be Cured," "You Don't Have to Die," "The Poisons in Your Food," "Folk Medicine," "Arthritis and Common Sense," "Look Younger Live Longer."

On a display board, under the heading "Fact" were a dozen other books bearing the obvious blessing of the A.M.A. **thought controllers — book burners.**

Federation Can Lead

The Federation believes this whole shocking story—which we almost forcibly had to extract from another sorry medical spectacle of enforced medicine—rather clearly supplies the clarion call to action for all groups and individuals who are vitally concerned with the threats to health freedom. The National Health Federation is especially fitted to lead the combined forces toward that long sought, increasingly threatened goal.

The Federation's "Masthead" has long proclaimed its devotion, its complete dedication to the reasonable ideal of "Freedom of Choice," in all matters pertaining to health.

Our advanced position on the front lines in Washington has especially equipped us for the task at hand.

Do You Want the Food Additive Law Enforced?

Under the title of "The One Man Who Can Stop Food Poisoning," the Police Gazette November 1961 issue, carried an article, which gave in detail an interview the writer George Roberts had with Abraham Ribicoff, Secretary of Health Education and Welfare at Washington, D. C.

Roberts ends his article with these words:

Ribicoff refused to take a strong stand against the new law until his own study of additives is completed. But he did say this:

"I'm 100 per cent in favor of full protection for the consumer. There's no doubt that the pre-testing of chemical additives before they are used would provide the necessary protection."

If the public demands it, Ribicoff will drop his cautious approach to the serious problem that exists as a result of the indiscriminate use of poisonous chemicals in the Nation's food supply. If the public wants action, it will be up to them to demand that the Secretary of Health, Education and Welfare take off his kid gloves and come out fighting, Now!

The new law referred to above is the amendment to the Food Additive Law, passed by the last Congress. This amendment gave the Food and Drug Administration the power to extend the time allowed for testing for another three years, **IF THE FOOD AND DRUG ADMINISTRATION DEEMED MORE TIME THAN THE ORIGINAL 18 MONTHS** was needed to complete tests already begun. It does not grant the food manufacturer the right to have three more years, except it can be shown to the Food and Drug Administration that said party had tried to comply, but that the 18 months was too short a time to complete a fair and honest test. Mr. Ribicoff should read the law and the Bulletins put out by the Food and Drug Department. In a Bulletin put out shortly after the amendment was passed the statement was made by the officials in charge that

it would not be the policy to grant extension of time to companies who, previous to the adoption of the amendment, had not made an honest effort to comply with the original law.

Mr. Roberts suggests that the public give Mr. Ribicoff a shower of letters requesting immediate and complete enforcement of the Food Additive Law. We urge each of our members to do just that. Let's back up the Food and Drug Officials in their intention to enforce this important law. The people rule in this land and if enough of them let government officials know what they want, they will get what they want. **IT IS UP TO US—EACH OF US.** All you have to say in your letter is that you want the food additive law enforced to the letter and the original purposes of the Food and Drug Law carried out. This purpose was to keep our food and drink from being adulterated by the addition of chemicals and to keep our food and drink clean and wholesome.

Address your letter to Abraham Ribicoff, Secretary of Health Education and Welfare, Washington, D. C., Honorable Sir:—etc. Make your letter short, just ask for what is suggested above.

PLEASE BEAR WITH US

Lack of space makes it necessary to hold for the January Bulletin, many items which normally should be printed in this issue. This issue of the Bulletin is intended to be, "An answer to the propaganda emanating from Dr. Stare and others," as well as to report to you what went on in Washington on October 6 and 7, when certain bureaus of these United States of America, publicly sold yours and my health to the drug interests, by publicly joining hands with the A.M.A. and those interests in an all out endeavor to destroy all approaches to health, not approved by the A.M.A. This to be done under the guise of eliminating the
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Quacks. A quack being anyone who uses any method, modality or approach to health not in accordance with Accepted Medical Opinion, said opinion being established from time to time by the A.M.A.

The Drug interests are desperate, because Congress has been showing to the public the fallacy of many of their products and the public, has more and more deserted the medical man, because of getting poor or no results, at an ever increasing cost and with less and less personal attention and care for its well being. The medical men should clean their own house and promote their own philosophy of healing by doing an ever increasing better job.

CONGRESS SHOULD BE URGED TO INVESTIGATE THIS CRIME OF THE GOVERNMENTAL BUREAUS JOINING WITH ONE PHASE OF HEALING TO THE DETRIMENT OF THE PUBLIC AND OTHER BRANCHES OF THE HEALING ART. The National Health Federation intends to make this a number one plank in its program for 1962. Buy extra copies of this issue. Take one to your Congressman and one to each of your two Senators and ask them to read it. Ask him to work for an investigation of this meeting and the A.M.A. We want to know the truth. If we are wrong, we want to know that. Congress alone can get at the truth. The Bible saying is still true. "Ye shall know the truth and the truth shall make you free." Let's insist that Congress find the truth, so we can know it.

No More "Watered" Hams

The U. S. Department of Agriculture has reinstated the old standards for Federally-inspected hams, thus bringing to a close the year-long controversy about so-called "watered" hams.

The new-old standards, which will be in effect following a period of 30 days after their publication in the Federal Register, will provide that "there can be no added moisture in excess of the uncured weight in smoked pork products

marketed as ham under Federal inspection."

The USDA announcement indicates the proposal to reinstate the standards in effect prior to Dec. 30, 1960 is being made in the interest of consumers whose opinions—as expressed in eight public hearings held at its direction during April and May—showed a general objection to added moisture. — Washington Farmer, 10/19/61.

(Editor's Note—Readers of the Bulletin will recall, the National Health Federation filed a brief objecting to the watering of hams. Many of our members also wrote opposing it. The public will be protected in health matters if they make themselves heard through their organization and through writing letters. Keep up the good work.)

Cancer Found in Trout

Cancer has been found in every trout fish hatchery in the United States.

A national survey conducted on Federal, state and local levels has shown that more than half of all rainbow trout artificially raised have cancer of the liver. The cause of the cancer is unknown.

In some hatcheries examined, every rainbow trout had cancer. The lowest figure reached was 10 per cent, U. S. Fish and Wildlife experts, Drs. S. F. Snieszko

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SAVE THIS ISSUE

We urge our members to keep this issue for ready reference. We further urge that members purchase extra copies and mail them to friends and prominent people. We must reach the public with the truth — the only way this can be done is through our membership.

AMA Plans Campaign Against Chiropractors

The American Medical Association will open an immediate public campaign against chiropractors, the first National Congress on medical quackery was told.

C. Joseph Stetler, director of the AMA's Legal and Socio-Economic Division, told the group which met Friday and yesterday at the Sheraton Park Hotel that the national doctors' organization will begin a program of public education against chiropractors of which there are more than 70 in the District area.

Mr. Stetler spoke to nearly 600 doctors and representatives of consumer groups, Federal agencies and others who met to consider the problems of quackery in this country.

He was backed by Oliver Field, director of the AMA's Department of Investigation, who said that, "the medical profession needs help in stemming the tide of such things as chiropractic."

Mr. Field said that, "As one sage has observed, all the tribes of the earth love to have their backs rubbed, but it remained for the Americans to make a profession out of it. And this, of course, applies principally to the chiropractors, who were a poor relation to the osteopaths when they started out in their medical life."

The statements brought swift reaction from the National Chiropractic Association, members of which were NOT invited to the conference by the sponsoring groups, the AMA and the Food and Drug Administration.

Emmett J. Murphy, doctor of chiropractic and director of industrial relations for the national group, retorted that the medical profession should clean its own house and leave the chiropractors to their own business. "The attack," he declared, "is constantly being made because of economics. No matter what they say, we don't get into the fields of either drugs or surgery.

"If the AMA was able to cure all of the people there would be no need of

chiropractic or osteopathy. But some 25 million patients in North America who go to chiropractors can't be wrong."

He added that care by chiropractors has been indorsed by many insurance companies, the Civil Service Commission, the Veterans Administration and others.

Mr. Field, however, said that the AMA's campaign should "be positive, in that it should seek to dissuade and discourage youngsters from . . . enrolling in chiropractic schools." — The Sunday Star, Washington, D.C., October 8, 1961.

(Editor's Note: The Fat is in the fire— It will do little good to talk back to these folks, the way to correct their ways is to do something about it. The National Health Federation intends to do just that. It is our purpose to keep on the constructive side by having a bill introduced into Congress to make it mandatory when funds are appropriated for health education and care that the Chiropractic and other drugless professions shall share the allocation of those funds in proportion to the number of doctors in each classification. We intend also to work toward a Congressional investigation of the so-called Quack Meeting to ascertain if such was not a part of an ignoble conspiracy, parading under the guise of doing good for the people. The Federation is against fakers and all those who are using the health field for illegitimate economic gain, but we are unalterably opposed to government departments working with one sect of the healing arts against another sect, because said sect does not follow the same philosophy of healing, etc. In religion there are two approaches — REFORMATION and REGENERATION — so it is natural there should be two approaches to health One—Drugs and Surgery and the other a Natural approach. Both have their place in the scheme of things. One works from the outside and the other from the inside out. America must not allow the one to destroy the other.)

NHF SEVENTH ANNUAL CONVENTION

Hotel El Cortez, San Diego, California, December 29 to January 1, 1962

Friday, December 29th, 1961

- 10:00 a.m. to 5:00 p.m. **Registration**
10:00 a.m. to 5:00 p.m. **Board of Governors Meeting**
10:00 a.m. to 4:00 p.m. **Organic Farm Tour** with Luncheon at Dr. Jensen's Hidden Valley Health Resort. Luncheon cost \$1.50.
10:00 a.m. to 4:00 p.m. **Tour to the famous La Puerta Health Ranch** in Mexico. There you will be guests for lunch, of Dr. and Mrs. Szekely. A short lecture will be given by the Doctor. The cost of these tours will be kept at a low figure. Car pools will be arranged and the cost of gas, etc., will be divided. Those desiring to take part in either of these trips must make their reservations in advance with Robey Day, 112 Lewis St., San Diego, Calif.
10:00 a.m. to 5:00 p.m. **Visit Exhibits** in Convention Hall.

Friday Evening

- 7:30 to 7:45 p.m. **Greetings from Charles C. Dail, Mayor of San Diego.**
Response by President Fred J. Hart
7:45 to 8:15 p.m. **Senator Hugo Fisher of San Diego County**
8:15 to 9:30 p.m. **Doctor Bernard Jensen.** Subject: Natural Approach to Health

Saturday, December 30th, 1961

- 8:00 a.m. to 5:00 p.m. **Registration**
9:30 a.m. to 10:30 a.m. **Roundtables: Nutrition**, Chairman Betty Morales. **Organization**, Chairman Clinton Miller, Assistant to President Hart. **Pesticides**, Chairman Laura Tallian. **Pure Water**, Chairmen Dr. Waters and Roby Day. **Organic Growing**, Chairman Phil Arena. **Pure Air**, Chairman to be chosen.
10:30 to 11:00 a.m. **Recess—Visit Exhibits**
11:00 to 11:45 a.m. **The Place of Hydrochloric Acid in Your Diet** by Dr. E. Hugh Tuckey
11:45 a.m. to 12:00 Noon **Questions and Answers**

Noon Recess

- 1:00 to 1:30 p.m. **Motion Picture** on health, etc.
1:30 to 3:30 p.m. **Proper Nutrition Panel.** Betty Morales will be in charge of this period and will present speakers to handle different phases of this important subject.
3:30 to 4:00 p.m. **Recess** to visit exhibitors
4:00 to 4:45 p.m. **The Iron Curtain in Nutrition**, by Dr. Royal Lee, of the Lee Foundation for Nutritional Research.
4:45 to 5:00 p.m. **Questions and Answers**

Recess

- 7:00 to 7:30 p.m. **Washington Legislative Report**
7:30 to 7:45 p.m. **Questions and Answers**
7:45 to 9:00 p.m. **It Can Happen Here—**an adventure with Mental Health by Lt. Col. Leonard A. Gamage. It happened to him. Don't miss it. Adjourn

Sunday, December 31st, 1961

8:00 to 12:00 Noon **Visit Exhibits**, go to Church, or rest.

Afternoon Program

- 1:00 to 1:45 p.m. **Motion Picture**
1:45 to 2:30 p.m. **Fluoridation**, by Dr. John E. Waters of San Diego
2:30 to 3:00 p.m. **Recess** to visit exhibits

DENTAL AND GLANDULAR HEALTH PANEL

- 3:00 to 3:30 p.m. **Illustrated Lecture** by Dr. John Vann
3:30 to 4:15 p.m. **Glandular Health Through Applied Nutrition** by Dr. D. B. Chat-terton
4:15 to 4:30 p.m. **Questions and Answers**
4:30 to 5:00 p.m. **Eye Witness Report of A.M.A. "Quack" Congress**

Recess

- 7:00 to 7:30 p.m. **Motion Pictures**
7:30 to 8:15 p.m. **Drugless Healing—What Now** by Dr. Frank C. Maurice, President C.C.A.
8:15 to 9:15 p.m. **A Real Survival Program**, by Dallas Roquemore

Monday, January 1, 1962

- 8:00 to 10:00 a.m. **The President's Breakfast** and Annual Report
10:00 to 10:15 a.m. **Recess**
10:15 to 11:15 a.m. **Repeat Round Tables.** **Honey**, Chairman Andrew Kerr. **Food Additives**, Chairman Betty Morales. **Organization**, Chairman Clinton Miller. **Pesticides**, Chairman Laura Tallian. **Natural Growing**, Chairman Phil Arena. **Mental Health**,
11:15 to 11:30 a.m. **Message from Health and Nutritional Stores**, by John Quinn
11:30 to 11:45 a.m. **Message from Natural Food Associates**, by Eva Maloney.

Recess for Noon

- 1:00 to 2:00 p.m. **President Hart Presents** State Health Federation leaders with message from each
2:00 to 3:00 p.m. **Nutrition** and what is being done about it, by Congressman David King of Utah
3:00 to 3:30 p.m. **Washington General Council Report** by Charles O. Pratt
3:30 to 4:00 p.m. **National Health Federation program for 1962**
Convention Adjourns.

Admittance to the convention sessions will require the showing of a registration badge or proper ticket. This badge or ticket will be given to each person when they register. The registration fee will be \$5.00 for the four days or \$1.50 for each day. The four-day fee covers all the meetings of the convention during the four days. The one-day fee covers all the meetings of the convention held during the day for which the fee is paid. If a person elects to attend only one session or lecture, the minimum charge will be \$1.00.

Make reservations early. You can cancel if you find you cannot attend. Special rates at Hotel El Cortez, single with bath \$6.00. Two in room with bath \$5.00 each. Three in room with bath \$4.00 each. Write now for reservations to Hotel El Cortez, San Diego, California.

INTRODUCTION TO THE FOLLOWING PAGES

Dr. Stare of Harvard University for the past decade has been tossing statements about, without any supporting facts. He has been using the prestige of a great University to influence the people into believing what he has to say. He has not told the public that his research, which he says backs up his statements, was paid for by the manufacturers of the foods and drinks, which he implies are as good or better than nature made them and that the American public are consequently the best fed people in the world, as well as the healthiest. You will note, in reading his articles, he gives little or no research data to back up his statements. The great Dr. Stare of Harvard has spoken and that is sufficient. You will note his statements and tune have not changed during the past ten years. At the recent meeting of the A.M.A. and the Food and Drug Administration he mouthed the same old line.

In going over the literature, in preparation for this special edition of the Bulletin, we reread a series of open letters, written to President Pusey of Harvard, by the Boston Nutrition Society. These letters were written in 1957 and so aptly answer every statement of Dr. Stare we decided to use them as our answer and to publish them all in this issue, to the end our members would have, all in one volume, a complete answer to the statements of Dr. Stare. We therefore urge our members to purchase a liberal supply

Cancer Drug-Surgery Method

St. Petersburg, Fla., March 19—For the first time in history a combined surgery and drug attack against cancer has virtually achieved the status of the preferred treatment, specialists reported here.

The treatment is for cancer of the breast, the leading cause of cancer death in women.

It consists of surgery to remove the tumor, followed by four days of injec-

tions with an anti-cancer drug called TSPA or Thio-Tepa.

Evidence accumulating for a nationwide study shows the method markedly superior to the traditionally standard treatment, which is surgery, according to two speakers at an American Cancer Society seminar here.—The Salt Lake Tribune, Monday, March 20, 1961.

(Editor's Note: Chemotherapy coming into its own, thanks to the Ivys, Hoxseys, Kochs and countless others.)

of this issue of the Bulletin and give them to persons who have an interest in their health and who want to know the other side to the American food question.

Our readers will be interested to know the Massachusetts Supreme Court has granted the Boston Nutrition Society the right to sue Dr. Frederick Stare for libel, because of libelous statements made by him in an article published in McCall's magazine. This case will force Dr. Stare to prove, under oath, the truth or falsity of his statements, etc. A victory will stop a lot of this type of maligning honest people who believe that good nutrition is the true way to health, etc.

The Boston Nutrition Society is a non-profit organization and its only source of revenue is gifts from people who believe in good nutrition. It will take a good deal of money to properly present this case. This case can well be the most important case, in connection with health, presented to an American court during this generation. May we suggest that those who believe in this cause send a donation to the Boston Nutrition Society, Inc., Box 408 Back Bay Annex, Boston 17, Massachusetts. They dumped the tea in Boston and thus started a movement to set the American People Free. It could well be that freedom and health loving people of Boston are repeating history. They need your prayers and some of your funds.

Are We Losing the War Against Chronic Disease?

OPEN LETTER I

from

THE BOSTON NUTRITION SOCIETY, INC.

John D. Pearmain, Chairman Educational Committee

to

DR. NATHAN M. PUSEY, PRESIDENT OF HARVARD UNIVERSITY

on the matter of

STANDARDS OF RESEARCH UNDER DR. FREDERICK J. STARE, HEAD OF DEPT. OF NUTRITION, HARVARD SCHOOL OF PUBLIC HEALTH

OUR NATIONAL HEALTH

FOREWORD—Dr. Stare, in an address entitled **FOOD FADDISM**, published by the **SUGAR RESEARCH FOUNDATION** under date of May 16, 1951, is quoted as stating: "I should certainly say before closing that the food industries, the Sugar Foundation, the Nutrition Foundation, and a number of the food companies as individual companies, have certainly done a lot in helping to support basic nutrition, and a lot in helping to support our department, for which we are certainly very appreciative."

You, yourself, Dr. Pusey, in your talk entitled **LEADERSHIP AND THE AMERICAN UNIVERSITY**, given at Brown University in February, 1955, in commenting on donations from foundations and industries to universities for research work, said: "All is not well. The greatest present threat to the free, disinterested and lively play of mind . . . seems to come, not from the Church or State, but from . . . forces and concerns, largely economic . . . Universities are not the creatures of modern industrial society, nor should they be enslaved to that society. This danger as it now presents itself to us in a new form is apt to grow as colleges and universities look increasingly to government and business for the sustenance they must have to stay alive . . ."

The **BOSTON NUTRITION SOCIETY** heartily endorses your attitude and re-

luctantly joins you in your grave concern over the growing limitations to freedom of thought in our Universities due to donations from big business. Dr. Stare's continued utterances warrant this grave concern.

President Lewis Webster Jones of Rutgers University apparently joins you in principle when he recently stated in substance that academic freedom is not a **NEGATIVE** freedom to be silent but a **POSITIVE** freedom to perform the traditional function of research and teaching in the spirit of **TRUTH**.

The **BOSTON NUTRITION SOCIETY** further joins you in viewing with alarm the fact that Dr. Stare's Nutrition Department received from **FOOD INDUSTRIES** and **FOUNDATIONS** representative of their interests between and including the fiscal year 1950 to 1956 gifts totaling approximately \$378,000 half of which was from the **SUGAR RESEARCH FOUNDATION** supported by the sugar interests and the **NUTRITION FOUNDATION** supported largely by commercial food processors. A large portion of the other half was from the Chemical and Drug interests.

THE BOSTON NUTRITION SOCIETY, BELIEVES—

That progress in nutritional research requires that such work be done without regard to the wishes of or pressures from special interests;

(Continued on next page)

That there is great risk involved in gifts to the Harvard Department of Nutrition from large corporations or tax-free foundations representing their viewpoint;

That there is grave doubt that large business institutions would donate money of their stockholders unless the probability of immediate and direct benefit to such stockholders is clearly demonstrated;

That pure nutritional science suffers because of conditions implied in gifts from the food industry or foundations representative of its interests; namely, that the publicized results of such nutritional research should not unduly alarm the public or drastically change its eating habits;

That implied conditions under which such large gifts have been received by Dr. Stare and the Department of Nutrition of the Harvard School of Public Health have been met by him and the Department, to the detriment of pure science and the general public interest.

THE BOSTON NUTRITION SOCIETY, THEREFORE, DOES NOW CALL TO YOUR ATTENTION, SPECIFICALLY, MATTERS CONSIDERED RELEVANT TO THESE BELIEFS, NAMELY:

Dr. Stare in public utterances, in writings and as witness in court cases has made statements of both a particular and general nature that we believe to be in error and contrary to vital public interest, TO WIT—

In an article entitled **ARE YOU BEING FOOLED BY THE FOOD QUACKS?** — in **McCALL'S MAGAZINE** for July, 1955, he and Julia M. Shea of the Department of Nutrition, Harvard School of Public Health, are quoted as saying in the opening and other paragraphs:

"Parading under the banner of friend to the common man, food quacks would have us believe that our soil is worn out, our food worthless and all our people are sick . . . Nonsense," says Dr. Stare, "Look around you."

"A child born today may look forward

to 70 years of life. Compare this with the 50 years of a little more than a generation ago. The successful cooperation of agriculture, industry and the medical profession has produced a nation of healthy people blessed with the best food supply in the world . . .

"But this progress is endangered by pseudoscientists who call themselves 'food specialists', 'health teachers' or 'natural farmers'. They are all 'food fakirs' . . .

"A good varied diet available from foods that any grocery store can provide will produce just as good nutritional health as any and all 'health foods'—at half the price . . .

"Refined and processed foods are a favorite target of the 'food specialist,' who would have us believe these foods are not nutritious. Actually, we get as much food value from refined foods which have been enriched as from natural foods, and sometimes more. This is not to say that white bread is better than brown bread or vice versa. For all practical purposes, in typical American diets they are identical in food values. Choose whichever tastes better to you. . ."

Thus, Dr. Pusey, your grave concern becomes increasingly understandable. The situation takes on shocking gravity when one contemplates that the reading public accepts almost without question statements of a **HARVARD DEPARTMENT HEAD**. Yet, the public has no way of connecting **Dr. Stare's** statements with the fact that such assertions are **not** arrived at **scientifically**; do not represent **POSITIVE FREEDOM** to perform "the traditional function of **RESEARCH** and **TEACHING** in the **SPIRIT** of **TRUTH**," do **NOT** represent the results of **unbiased** research; were **NOT** made by minds "free from enslavement" by the economic forces which donated the funds that made such statements possible. His remarks are definitely slanted in favor of his donors.

Dr. Pusey, what are the facts which **Dr. Stare's** 'name calling' tries to cover up?

With regard to our 'worn out soils,'

the U. S. Department of Agriculture, in its Bulletin "OUR REMAINING LAND"—has this to say: "Erosion has severely damaged about 280 million acres of the crop and grazing land of the United States. Another 775 million acres of . . . crop . . . grazing and forest land has been eroded to some extent. We now have left about 469 million acres of good land that is suitable for crops. That's all we have left. We can't keep our present standards of living if we lose much more. When the top soil is gone, the productivity of the land is usually gone."

Are 'natural (organic) farmers' 'food fakirs'? Lady Eve Balfour, Development Secretary of the Soil Association, Ltd., London, England in her 1953 Report—"9600 Miles Through the U.S.A. in a Station Wagon" says of the internationally famous Walker-Gordon Laboratory dairy farm in New Jersey—"I have never seen cattle that looked healthier . . . It is an enormous farm, producing all the food for the cows and with wonderful grazing; and it is now practically 100% organic." . . . **JUST WHO IS THE 'FOOD FAKIR'?**

Dr. Stare's Healthy America

"The grand total of registered chronic illnesses in the United States today is 95,788,534, an astounding figure for the most prosperous nation in the world . . .

"Chronic diseases had replaced acute infectious diseases to such an extent by 1939 that Dr. S. S. Goldwater, Commissioner of Hospitals, New York City, warned that if their prevalence continued, 'America may some day become a nation of invalids . . .'

"By 1945, the Metropolitan Life Insurance statistics showed that deaths due to chronic diseases had increased to 82% from 53% in 1901 . . .

"It is estimated by the National Association for Mental Health that at least 6% of the population of the United States, or 9,000,000 persons are suffering from emotional or other personality disturbances . . .

"The U. S. National Cancer Institute . . . reports that 'a third of all Ameri-

cans now living . . . will probably develop cancer before they die' . . .

"Coronary thrombosis is on the increase in the United States . . .

"On May 16, 1955, Dr. Paul White and Dr. Norman Joliffe reported to Congress that the United States is 'one of the most unhealthy countries in the world' in regards to Coronary Heart Disease; that Heart Disease among men from 45 to 65 years of age is two or three times higher in the U. S. than in England, France, Germany, Italy and Spain."

"Weakness and fatigue are not confined to the adult. The result of a muscular fitness test of American school children between the ages of 6 and 16 years revealed that 57.9% failed in a minimum muscular fitness test. In contrast to this poor showing only 8.0—9.5% of European children tested failed in the same test." — from report by Kraus and Hirschland, Institute of Physical Medicine, Bellevue Medical Center.

"A recent nutritional report from a ten-year survey of the eating habits of the present-day teen-agers . . . found approximately $\frac{3}{4}$ or 75% of boys and girls between the ages of 13 and 19 are undernourished. They do not get sufficient protein, calcium, vitamins and minerals to maintain strong muscles, steady nerves and resistance to acute degenerative diseases . . .

"Latest figures indicate that there are about 1,000,000 juvenile delinquents in the United States today and experts predict that the figure will probably grow to 2,000,000 by 1960 . . .

"In one week period ending Dec. 11, 1954, a survey of the American Institute of Public Opinion found colds reported in one third of American homes, with an estimated total of 29,000,000 persons affected . . . It is estimated that American business loses \$5,000,000,000 annually from colds . . .

"Recent surveys reveal that approximately 2,000,000 people in the U. S. have incipient or acute diabetes . . .

"During the past two years there has been a 100% increase in the number of

(Continued on next page)

hepatitis cases . . . A recent report from a research group on Hepatitis in a New York hospital stated it was their belief there is a direct relationship between Hepatitis cases and D.D.T. on food . . .

"A check-up of 500 apparently healthy business men, average of 43 years, at the University Hospital, Ann Arbor, Michigan, revealed that 41% of them suffered from physical diseases of which they were not aware, and 11% were aware of some specific illness or a total of 52% who needed immediate treatment, and 77% of these healthy men had some physical abnormality which did not require immediate treatment . . .

"This study was confirmed by Dr. Elson and Dr. Huth, of the University of Pennsylvania. They found that out of 1,000 apparently well individuals examined only 13% were entirely free of defects . . .

"A very significant report on the possible future health of the nation was the examination of the coronary arteries of 200 apparently healthy young soldiers with an average age of 22.1 years, who were killed in action in Korea. The examination revealed that 77.3% had gross evidence of Coronary Arteriosclerosis. If these revealing facts can be accepted as

Cancer in Trout

(Continued from Page 8)

and John A. Miller, reported.

The cancerous growth is not very malignant, causing very few fish deaths. No cases have yet been reported in which the disease was transmitted from one animal to another, the scientists emphasized.

The public should not be excited, because the chances of getting cancer by eating the diseased trout is virtually nonexistent," Dr. Snieszko said.

The commercially prepared dried foods now fed to the fishes may contain the cancer-producing (carcinogenic) substances. The foods contain some meat plus additives such as vitamins and

a general average, it means that three-fourths of the young men today have now or will soon have the potentials for Coronary Thrombosis . . .

"Another examination of 50 executives reveals that fatigue was an outstanding complaint of 60% of the men . . .

" . . . With facts of this type available one does not need a crystal ball to forecast the future health of the nation . . . Quality food free of 'economic poisons' and an educational program to reduce the consumption of non-vital foods such as sugars and fats is a must to prevent national disaster . . ."

Honestly, Dr. Pusey, which evidence do you believe? Do Dr. Frederick J. Stare's public utterances really represent the TRUTH as ascertained by FREEDOM OF THOUGHT OR DO they represent the paid propaganda of Commercial Interests working through your Nutrition Department using the prestige of the "School of Public Health" of a great and respected University? Indeed we all have cause for GRAVE CONCERN, when Truth is crushed by Pseudo-Science and things are Not what they seem!

BOSTON NUTRITION SOCIETY, INC.

By John D. Pearmain, Harvard '13

(Continued on next page)

growth stimulants. The dried foods appeared on the market just ten years ago, causing many scientists to suspect them as the culprit.

The easy life of the fishes, eating all the food they want while growing rapidly, has also made the rainbow trout especially prone to diseases, the scientists told the American Society of Limnology and Oceanography meeting at the American Institute of Biological Sciences, Lafayette, Ind. — Science News Letter, 80:164 September 9, 1961.

Upon my knee I took a girl
Cuddled her arm, held a curl,
"Do you like your teacher, little girl,"
I asked,
"I'm the teacher," spoke this lass.

NATIONAL HEALTH FEDERATION BULLETIN

IS SCIENCE BEING MISUSED?

OPEN LETTER II

Cereal Products vs. National Health

Dr. Pusey, in this second letter we wish to further analyse the utterances of Dr. Frederick J. Stare of your Nutrition Department which is largely supported by the food refining and processing companies.

THE WOMAN'S HOME COMPANION, in its December, 1951 issue, in a full page article headed. DON'T FALL FOR FOOD FADS, gave prominence to the following quotation from the FOOD FADDISM address of Dr. Stare referred to in Letter No. 1. They quote him as saying, "I do not know of any evidence to support the idea that whole wheat products are superior nutritionally in man as compared with enriched flours."

In an article in McCall's magazine for July, 1955 among other things Dr. Stare wrote, "Refined and processed foods are a favorite target of the 'food specialist,' who would have us believe these foods are not nutritious. Actually, we get as much food value from refined foods which have been enriched as from natural foods, and sometimes more. This is not to say that white bread is better than brown bread or vice versa. For all practical purposes, in typical American diets they are identical in food values. Choose whichever tastes better to you . . ."

Are these STATEMENTS arrived at from unbiased SCIENTIFIC RESEARCH? Or, are they an effort on Dr. Stare's part to satisfy the commercial processors who devitalize American foods and who so lavishly donate to Dr. Stare's Department funds earmarked to be used under his personal direction? Are his conclusions arrived at in a truly scientific manner or do they represent inuendos and mis-statements, in lieu of facts, designed to lull the public into a false sense of security?

Here are just a few donations to Dr. Stare's department or to be spent under

his direction made between 1950 and 1956. Such gifts would cause anyone's statements to be prejudiced in favor of the donors. But what of the nutritional and psychological effects of such mis-statements upon the public?

DONATIONS

Kellogg's Company	\$ 45,000
National Biscuit Co.....	12,500
Wheat Flour Institute	5,000
*Nutrition Foundation	113,000
Sugar Research Foundation.....	67,750
and many others	

\$243,250

*Whose board of Trustees consists of officials of over 40 leading Food Processing Companies.

As opposed to Dr. Stare's utterances we quote HENRY W. TRAUTMANN, NATIONALLY KNOWN M.D. OF MADISON, WISCONSIN, WHO SAID WITH RESPECT TO THIS MATTER:

"So-called 'enrichments' in foods are enrichments in comparison only with totally-devitalized products—not with the original food substance . . . Every method of refinement, processing or preparation causes a loss of food value . . . How have the millers of flour become so wise as to remove all the vital elements from the wheat and then guarantee 'enrichment' by adding minute amounts of thiamine, riboflavin, niacin, calcium and iron? Why these five factors only? There are about twenty trace elements essential for nutrition . . ."

ROYAL LEE, D.D.S., HEAD OF THE FOUNDATION FOR NUTRITIONAL RESEARCH, MILWAUKEE, WISCONSIN, in an article entitled WHO DOES THE LAW PROTECT?, in the August, 1955 issue of NATURAL FOOD AND FARMING MAGAZINE, says—"We eat counterfeit foods that are insulting imi-

(Continued on next page)

tations of natural products—oleo, synthetic shortenings and sugars that have no trace of mineral and vitamin factors essential to life, bleached flour products that we know cannot support life, chemical adulterants of all kinds, from coal tar dyes to illegal bread softeners and mold poisons, oceans of synthetic soft drinks that rob our bodies of bone mineral and lower our resistance, devitaminized and demineralized breakfast foods, stale cereal products containing rancid oils that cause heart disease, muscular dystrophies and paralysis, then pray for help after the day of reckoning has arrived . . .”

AGNES FAY MORGAN, VETERAN FOOD RESEARCH SCIENTIST OF THE UNIVERSITY OF CALIFORNIA IS STATED TO HAVE:

“Tested the ‘enriching’ vitamins for nutritional value and to have found that her test animals on the ‘enriched’ diet dropped dead long before the ones on the ‘unenriched’ control diet became disabled. They became ‘sedate’ and ‘senile’ on the counterfeited enrichment.”

ADELLE DAVIS, A.B., M.S.—CONSULTING NUTRITIONIST—is stated by the same source to have said of this ‘enrichment’ of white bread—

“Enriched—yes—enriched like YOU are enriched when a highway robber takes your money at the point of a gun, then returns to you a dime to buy street-car fare home.”

Dr. Hindehede, Danish Minister of Foods (World War I) said, “We not only milled our rye to 100% (used all) but we added all our wheat bran to the whole rye bread—The death rate for Denmark for the year October 1917 to October 1918 dropped to 10.4 per thousand. It had never been lower than 12.5.” (Jrnl. A.M.A. Vol. LXXIV pp 38-2 Feb. 1920—published BEFORE A.M.A. joined forces with the millers in 1925.)

HIPPOCRATES, KNOWN AS THE FATHER OF MEDICINE, born about 460 B.C., was held in almost universal veneration by medical men in the ages which have followed. The HIPPOCRATIC OATH is taken by medical men and

registered nurses, even today, at some medical schools. On the matter of NATURAL FOODS he is quoted as saying: “Foods must be in the condition in which they are found in nature or at least in a condition as close as possible to that found in nature.”

ON THE SUBJECT OF LIVESTOCK vs. WHITE FLOUR PRODUCTS, Dr. Royal Lee, in a lecture, April 17, 1948, before the AMERICAN ACADEMY OF APPLIED NUTRITION at San Francisco, California, is quoted as saying:

“It was 1946 before the University of Minnesota published results of a test that really caused nutritionists to sit up and take notice. In this test, cattle were fed grain that had been degerminated like commercial flours. The cattle gained in weight, appeared to all outward indications in good health. But they soon began to drop dead one by one with heart-failure. It is apparent here that we have the explanation of why heart disease has become the leading cause of death in all countries where the main foodstuff is white flour . . . the world’s greatest monument to fraud.”

DR. C. W. CAVANAUGH OF CORNELL UNIVERSITY IS QUOTED AS SAYING:

“There is only one major disease and that is malnutrition. All other diseases to which man is heir are results of this one major disease.”

SOCRATES, THE GREAT ATHENIAN PHILOSOPHER, born 470 B.C., IS WIDELY QUOTED AS SAYING: “Because they do not study the entire patient, the cure of many diseases remains unknown to the physicians of Hellas (Greece).”

IN DIRECT REPLY TO DR. STARE’S ARTICLE IN McCALL’S MAGAZINE FOR JULY, 1955, DR. JOSEPH D. NICHOLS, PRESIDENT OF NATURAL FOOD ASSOCIATES, HEAD OF THE ELLINGTON MEMORIAL HOSPITAL, ATLANTA, TEXAS—CHAIRMAN OF THE BOARD, ATLANTA NATIONAL BANK — FIFTH GENERATION FAR-

(Continued on next page)

MER WITH CLOSE TO ONE THOUSAND ACRES UNDER ORGANIC (NATURAL) FARMING METHODS HAS THE FOLLOWING TO SAY in the July issue of NATURAL FOOD and FARMING MAGAZINE:

“My attention has been called to an article in a recent popular magazine which boldly proclaims that you and I are food ‘quacks.’ The article is written by a member of the School of Public Health of a once great University of the East. He accuses us of ‘lacking a code of ethics’ and of ‘playing upon human frailties to get money.’

“The magazine calls us ‘quacks’ because we believe that devitalized, demineralized enriched foodstuffs are worthless. We not only think these foodstuffs are worthless, we believe that many of them are positively harmful. The enriched white bread fed to the American public is a national scandal. First of all, wheat grown on poor soil and fertilized with water-soluble commercial fertilizer is of low protein content. Then while in storage, it is sprayed with poison D.D.T. to control the insects.

“The modern flour mill removes the precious vitamins and minerals. This is then bleached with a powerful oxidizing agent, chlorine dioxide (which is poison); and to this lifeless mess, a few dead synthetic chemicals (improperly called vitamins) and inorganic iron are added.

“And the writer of the article insinuates that this kind of flour has as much food value as natural organically-grown unbleached stone ground flour . . .

“We know that we are a nation of sick people. Our hospitals are crowded to capacity. All the metabolic diseases are increasing by leaps and bounds. Coronary thrombosis is attacking young men in their twenties. Cancer is the leading cause of death in children under fourteen. Diabetes and mental disease are on the increase even in children. And dental caries are rampant!

“The tragedy of our times is that too many so-called experts are teaching falsehoods . . . In some instances commercial interests have penetrated our

universities and have driven the truth from our classrooms . . .

“The experts who wrote the magazine article would have you believe that our land is rich, our food wonderful, and that we are a healthy nation. Who do you think is the ‘quack’?”

ON THE MATTER OF INCREASED LIFE EXPECTANCY IN THE UNITED STATES, DR. NORMAN JOLIFFE, IN A PAPER IN THE NEW YORK STATE MEDICAL JOURNAL OF SEPTEMBER 15, 1955 STATED THAT:

“Although in America today life expectancy at birth is near the best of any civilized country in the world . . . at the age of 40 life expectancy is near the bottom . . .”

OR STATED ANOTHER WAY, DR. W. H. SEBRELL, JR., DIRECTOR OF THE NATIONAL INSTITUTE OF HEALTH, IS QUOTED BY LIFE LABORATORIES, INC., AS SAYING THAT—“The improvement in life expectancy from birth is over 28 years; from age 50, only 1½ years.”

President Truman really gave us the low down on this BETTER HEALTH CONTROVERSY when in 1950 he was honoring a lady for her 50 years service in the U. S. Public Health Department. He said that in 1900 when she entered the service 29 babies out of each 100 died the 1st year while in 1950 when she was retiring, only 5 died the first year.

In other words, this whole popular conception that as a nation we are healthier today than 50 years ago is largely a myth. What it actually means is that Science, the Doctors and better Sanitary Conditions have stopped the terrific mortality of babies and have almost wiped out the contagious diseases that took so many children under 15 years. But those over 50 have profited little by medical science, while those over 60 are far worse off because of the degenerative disease stemming primarily from malnutrition due to our over-refined, deficient, demineralized and devitalized foods.

Dr. Pusey, who is giving the facts? Has Dr. Stare given any? Or does he rely

(Continued on next page)

entirely on Harvard prestige to sustain his unsubstantiated public utterances? Just who is 'lacking a code of ethics' and just who 'is playing upon human frailties'? Is it Dr. Trautmann, Dr. Lee Agnes Fay Morgan, Adelle Davis, Hippocrates, Socrates, the University of Minnesota, Dr. Cavanaugh, Dr. Nichols, Mr. Thuman, or is it Dr. Stare whose Department must depend for financial support upon these various commercial interests which have destroyed the natural value of our foods? Just who are the Fakirs?

Dr. Pusey, a careful appraisal of OPEN LETTERS No. 1 and No. 2 confirms your grave concern when you stated, "All is NOT well. The greatest present threat to the free, disinterested and lively play of mind . . . seems to come, not from the Church or State, but from . . . forces and concerns, largely economic. Universities are not the creatures of modern industrial society, nor should they be enslaved to that society. This danger as it now presents itself to us in a new form is apt to grow as colleges and universities look increasingly to government and business for the sustenance they must have to stay alive—"

Yes, Dr. Pusey, you have diagnosed the situation very accurately. But 'this dan-

ger' seems unalterable and unavoidable. It is malignant because like a cancerous growth it is spreading. As long as donations to our Universities can be earmarked for profit motives instead of unbiased research, the life of our nation is at stake.

The real question, Dr. Pusey, is, "How long can the prestige of Harvard continue when we see not only "Truth crushed to Earth' but we see such writings and statements of Dr. Frederick Stare destroying the heart and sinews of the greatest nation this world has ever seen. We see his sworn testimony in court upholding basic unscientific statements that are sending men to prison who try to expound the real Truths. We find Dr. Stare using the great name of Harvard to uphold the purveyors of foods and poisons which slowly and insidiously are destroying our people more surely than could any foreign enemy. Abraham Lincoln said that this nation will never be destroyed from without; if it is ever destroyed, it will be from within.

Dr. Pusey, this nation needs your help, now! It is later than you think. !

BOSTON NUTRITION SOCIETY, INC.

By John D. Pearmain, Harvard '13

(Continued on next page)

above illustration a copy of one used by Cathy, our auditor and office manager. This Federation would not be the success it is, were it not for Cathy, loyal, dependable and full of faith in the triumph of right over wrong, plus her loyal and able helpers, Julie, Angie, Ira, Andy, Maude, Madge and other faithful helpers who give so much of their time to this work.

Once on Colorado's snowy roads I drove
My glasses dim, and I could hardly see
Children by the wayside who clambored
for a ride
Going to the house of A B C.

NATIONAL HEALTH FEDERATION BULLETIN

CIVILIZATION vs. SURVIVAL

OPEN LETTER III

Sugar vs. National Health

Dr. Pusey, this is our third discussion of the part Dr. Frederick J. Stare is playing in promoting the continued sale of the 'counterfeit' foods, which are such contributing factors to the ever increasing diseases. In this issue we want to discuss White Sugar which Dr. Stare so eloquently defends. The unjust part is that the public does not know that the second largest single contribution to Dr. Stare's Department is from the Sugar Interests. Their donations alone from 1950-56 totalled \$61,500. The public believes what Dr. Stare writes and says because he heads a Department at Harvard, but would they believe him if they knew just why his public statements are colored and present no "facts" but only inuendos designed to counteract genuine scientific evidence against 'the sugars'?

In McCall's magazine, January, 1956, in an article "Read and approved by the Committee on Nutritional Education of the Nutrition Foundation" and entitled, "BREAD, POTATOES AND SUGAR, FIEND OR FRIEND?" Dr. Stare writes:

"Sugar is a quick energy food and pleasant to take—

"Sugar does not contain any appreciable amount of vitamins and minerals, furnishing calories only — Even people on a severe reduction diet can afford to put a teaspoonful of sugar in their tea or coffee three or four times a day—"

Actually Dr. Stare says nothing, nor does he give facts. But he DOES tell the American people to go ahead and use white sugar and three or four teaspoonsful daily is using it 'abundantly.' This widely publicized statement of course repays the Sugar Interests who 'abundantly' contribute to Dr. Stare's Department. Incidentally the large donations of the Sugar Foundation are earmarked for his personal direction. (Isn't it a fact

that Dr. Stare helps write the ads for the SUGAR FOUNDATION?)

It is such statements widely publicized from a Department Head of Harvard University that keep our people in ignorance of the Truth and lead them to believe that all is well with our white sugars and our refined foods.

BUT WHAT are the TRUE SUBSTANTIATED FACTS with regard to our refined sugars? An entire book could not do justice to all the scientific work that has been done, yet never reaches the eyes of the public because of a "Gag Rule" about which more later. But here are just a few facts to counteract Dr. Stare's comforting endorsement of the most devastating foods we consume.

One hundred years ago we consumed 10 pounds of sugar per capita. Today we use 103 pounds per capita being one of the world's largest users. Sugar represents about 9% by weight of total food consumed.

THE AMERICAN MEDICAL ASSOCIATION 'HANDBOOK OF NUTRITION' 2nd Edition (page 635) states:

"White sugar contributes only calories to the diet. It is clear that the present large consumption of sugar is disadvantageous in that it means a smaller consumption of nutritionally superior foods. . ."

With respect to such other foods that might be expected to offset to some degree this excessive use of sugar, the FOOD RESEARCH DIVISION, BUREAU OF CHEMISTRY AND SOILS, U. S. DEPARTMENT OF AGRICULTURE: in BULLETIN No. 242, in an article on "THE CONSUMPTION AND THE MINERAL AND VITAMIN CONTENT OF SELECTED FOODS' (including sugar, white flour, rice, corn meal,

(Continued on next page)



Miss Catherine S. Bachan, Clerk NHF
709 Mission Street
San Francisco 3,
California

The above illustration should be of interest to most of our members. We have entered into this project because so many of our members have requested us to provide them with this type of sticker.

The illustration with the address on will be very useful to folks who like to have their name and address on their letterheads and envelopes, yet who do not have printed stationery. These can be had at the rate of \$1.00 for 200. Orders should be sent to the Federation at its San Francisco office. We have used in the

lard, refined oil, etc.) has this to say:

"The foods listed . . . are relatively low in mineral content and in vitamins, yet they furnish more than 70% of the average American caloric requirements of 3,000 calories per capita per day . . ."

Again, contrary to Dr. Stare's statement, already quoted, to the effect that . . . "We are a nation of healthy people blessed with the best food supply in the world . . .", the NATIONAL RESEARCH COUNCIL'S 1945 Bulletin No. 109 of the Food and Nutrition Board, in which 189 research reports and surveys from coast to coast are correlated, summarizes them by saying that, . . . "All evidence is in agreement that deficiency conditions are common among the population of the United States . . ."

ROYAL LEE, DDS, head of the LEE FOUNDATION RESEARCH, Milwaukee, Wisc., says:

"Most of us do not realize that our bones suffer as much from sugar eating as our teeth. We wind up with false teeth but we cannot get false bones . . ."

In an article in "HEALTH & THE SOIL, fall issue, 1951—Edinburgh, Scotland, REGARDING (white) SUGAR vs. TOOTH DECAY, DR. C. D. HEARMAN, LECTURER ON DENTISTRY AT THE UNIVERSITY OF MELBOURNE, AUSTRALIA is quoted as saying that:

"If people banned refined sugar from their diets they would practically eliminate dental decay. Figures showed that about 97% of pre-school children in Australia suffered from dental decay, this being because the average Australia diet contained too many acid-forming, refined carbohydrates. . ."

". . . Consumption of sugar (in Australia) has risen to the alarming figure of 131 pounds a year, per head—seven times as much as the people of Italy and Spain consume . . ."

"Contrary to general belief sugar does not provide energy unless certain

vitamins are present in sufficient quantities to complete metabolism." (White sugar contains neither vitamins nor minerals — nothing but carbon.)

Dr. Hearman is further quoted as saying that the human body could obtain all the sugar it needed from fresh fruits, vegetables, milk and honey in small quantities . . . He described an experiment on 86 Bowral children who had eaten a sugarless diet since 1942 . . . The whole group of 86 Bowral children had fewer cavities than could be found in one jaw of the average Australian child.

In this same issue of the magazine HEALTH AND THE SOIL, Dr. Ellis, Dean of the Faculty of Dentistry, University of Toronto, Canada, and a graduate of the University of Adelaide, South Australia is quoted as telling 1,000 Dentists at the Twelfth Australian Dental Congress at Sidney University that "research was beginning to show a relationship between high sugar consumption and the incidence of polio and rheumatic fever."

JOSEPH P. SANDLER, MD., AUTHOR OF THE BOOK, "DIET PREVENTS POLIO" states that: "Polio epidemics are unknown in countries with low sugar consumption. Polio epidemics have occurred throughout the world in past years only in those countries with high per capita sugar consumption. The greater the sugar consumption, the more severe the epidemic."

Dr. Sandler preceded the above statement by quoting Dr. A. B. Sabin, in an article in the June 28, 1947 issue of the American Medical Journal, as saying: "No circumstance in the history of poliomyelitis is so baffling as its change during the past 50 years from a sporadic to an epidemic disease . . ."

"Advanced sanitation and hygiene have helped prevent such diseases as typhoid fever, cholera, malaria and tuberculosis," continues Dr. Sandler . . . "The fact that polio has not been prevented by advanced sanitation and hygiene indi-

cates that its incidence is controlled and influenced by factors quite different from the factors that bring about the spread of typhoid and other diseases . . ."

"Advanced sanitation and hygiene are to be found in the richer countries, and one of the unfortunate evils that accompany wealth is the consumption of sugar in the form of luxury foods . . . Poor countries cannot afford luxury foods, sanitation and hygiene. That is how I would explain the greater incidence of polio in countries with advanced sanitation and hygiene . . ."

"Dr. Sabin tells how polio occurred among American troops in China, Japan and the Philippines, in spite of the fact that there were no outbreaks of polio at the time among the native children and adults in those areas in which the troops were located. A report on polio in the Philippines in 1936 stated that 16 of 17 patients with the disease in Manila were Americans.

"In 1945, there were 246 cases of polio with 52 deaths among American troops in the Philippines, according to reports to the Office of the Surgeon General. And, since the end of combat in the Philippines, polio has been among the leading causes of death in American troops; but checks have revealed no outbreaks of polio among the surrounding native population.

"Dr. Sabin also witnessed an outbreak of polio in the summer of 1946 among American marines stationed in the Tientsin area of North China . . . (but) . . . there were no outbreaks of polio among the natives at the time . . . (corresponding annual sugar consumption of Asian natives approx. 13 pounds.)

"Thus, I submit, polio occurred among the Americans and not the natives because the natives did not consume the amount of sugar that the American troops did . . ."

"I would say that polio is more prevalent during the summer because of a change in the host. This change is a chemical one, namely, an increased incidence of low blood sugar brought on by

an increased consumption of sugar in the form of cooling foods and beverages and, perhaps, a reduction of protein foods. Excessive physical exertion incidental to summer outings and vacations may further predispose to low blood sugar . . ."

In his book "DIETS PREVENTS POLIO" by Benjamin P. Sadler, M.D., published by Lee Foundation for Nutritional Research, Milwaukee, Wisconsin, we find an abundance of scientific and clinical evidence that Polio can be prevented by eliminating refined sugars. He gives clinical evidence in abundance for any unbiased individual to prove that refined sugars cause polio by lowering the blood sugar level.

Thus Dr. Pusey, the above offers "FACTS" plus abundant scientific and clinical evidence to refute Dr. Stare's 'comforting inuendos' regarding white sugar, which statements we believe are designed to offset the real truth and thus repay the sugar refiners for their \$61,500 contribution to Dr. Stare's Department. But the sad part of the picture is that Dr. Stare's remarks, which say nothing, are far more potent than all the evidence that sincere scientists are able to accumulate. WHY?

BECAUSE:

1. Dr. Stare is speaking for the Nutrition Department of Harvard University, located at the medical center of the world.

2. Dr. Stare's department has received donations of \$2,400 per year or \$7,200 in the past three years from McCall's magazine. There must be a reason? Could that reason be due to an interlocking of directors and hidden stock ownership between the drug interests and the magazine? Whatever the reason, Dr. Stare is thus given immediate access to the press so he may come to the rescue of the refiners and adulterators of our foods whenever TRUE SCIENTIFIC FACTS happen to slip through the press "Gag Rule" to the detriment of his donors.

3. Because of (a) the prestige of the

(Continued on next page)

name of HARVARD, (b) an immediate access to the PRESS, and (c) the powerful financial and personal backing of over 50 of America's leading food, drug and chemical concerns which comprise the 'Nutrition Foundation' all linked for one common purpose, **Dr. Stare's Department and his utterances ARE USED** by the 'Old Guard Fishbein-Type Leadership' of the American Medical Association and the Food and Drug Administration to establish that indefinite and elusive but most powerful weapon which 'they call' the **CONCENSUS OF MEDICAL OPINION**. His public utterances, however, we do **NOT** believe represent the opinions of those sincere and eminent doctors who have made **Boston the MEDICAL CENTER of the World**.

By means of this so-called—**CONCENSUS OF MEDICAL OPINION** Local Medical Societies and the F.D.A. can win court cases and bring pressure and legal action against **DOCTORS** of every healing art or against anyone else who dares to tell the public the **TRUTH** about our refined, devitalized, demineralized and chemically poisoned 'counterfeit' foods.

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By means of this 'so-called' **CONCENSUS OF MEDICAL OPINION**, plus the witness stand testimony of Dr. Stare and his cohorts, the Food and Drug Administration, has been able to:

(a) Stamp out opposition by fines and Federal imprisonment of men who write or quote honest scientific facts detrimental to the special privileged purveyors of the 'counterfeit' goods on the grounds that their teachings **DO NOT CONFORM** to this 'so-called' **CONCENSUS OF MEDICAL OPINION**.

(b) Keep the people in ignorance and

satisfied with their poisoned adulterated foods by continued and repeated 'brain washing,' to the effect that '**there is no evidence to indicate**':

- (1) That the American people are suffering from deficiency disease.
- (2) That the soil is becoming depleted and is producing foods low in protein.
- (3) That a carrot grown on poor or chemically treated soil is any less nutritious than a carrot grown on organically-treated rich soil.
- (4) That a person eating natural, organically grown foods is any more resistant to disease than a person eating the rank and file of devitalized, demineralized and chemically adulterated foods found in any super market.
- (5) That refined sugars cause tooth decay, polio or contribute to our degenerative diseases.
- (6) That cancer or heart disease are on the increase. (The A.M.A. is maintaining to the last ditch that the seeming increase is due to improved methods of recording death certificates.)
- (7) That food has anything to do with our increase in degenerative diseases.
- (8) That our national health is on the decline.

So, Dr. Pusey, it is evident that, "**ALL IS NOT WELL**," when we see **HARVARD UNIVERSITY** used as the 'springboard' for the destruction of our nation for the profit motive.

BOSTON NUTRITION SOCIETY, INC.
JOHN D. PERMAIN

By John D. Pearmain, Harvard '13
(Continued on next page)

After boasting of his prowess as a marksman, the hunter took aim on a lone duck overhead.

"Watch this," he commanded his listeners.

He fired, and the bird flew on.

"My friends," he said with awe, "you are now viewing a miracle. There flies a dead duck!"

NATIONAL HEALTH FEDERATION BULLETIN

CAN 150,000,000 PEOPLE BE WRONG?

OPEN LETTER IV

National Food Deficiency, Synthetics, the 'Unholy Alliance'

Dr. Pusey, in this our fourth letter, we intend to prove our contention that Dr. Stare's Nutrition Department is doing more to destroy this country than will ever be done by Communism. Our people have **FREEDOM OF SPEECH** and **PRESS** with which to fight the latter but they have no such freedom on the subjects of Health, Food, Drugs or Disease.

Dr. Stare's public utterances, writings and court testimony are all designed to uphold the business status quo by belittling the devastating effects of our denatured 'counterfeit' and poisoned foods and by ignoring the increase of degenerative diseases. We can understand this attitude when we read that he received in the past six years \$378,000 in gifts largely marked for his personal direction, from the very commercial interests who stand to profit most by keeping our people in ignorance as to the truth about those foods and our national health.

Dr. Stare writes, "The successful cooperation of agriculture, industry and the medical profession has produced a nation of healthy people blessed with the best food supply in the world." (See letter No. 1).

As against this statement we read from Harper's Magazine, September 1951, in an article by James A. Rorty:

"**THE HUMBLEST INDIANS AND MESTIZOS (in Mexico) OFTEN SUFFER LESS FROM MALNUTRITION THAN DOES THE AVERAGE MIDDLE-CLASS FAMILY IN THE UNITED STATES**" is the story in brief of a **LONG-TERM STUDY PARTICIPATED IN BY THE MASSACHUSETTS INSTITUTE OF TECHNOLOGY'S DR. ROBERT S. HARRIS**, Head of its Nutritional Biochemical Laboratories, and the **UNITED FRUIT COMPANY**.

"The studies were made to determine

food values in terms of protein, vitamin and mineral energy content . . .

"The idea," said Harris 'was to determine first what a country had in the way of plant food resources . . . Next, what the people were actually eating. Then . . . what was their nutritional and health status? . . .

"Despite their poverty which was often extreme, the M.I.T. — **UNITED FRUIT STUDIES** showed that the humblest Indians and Mestizos often suffer less from malnutrition than does the average middle-class family in the United States. . .

"The superior nutritive value of the foods," writes Harris, 'and the unspoiled dietary habits and customs of the people are two important reasons for their superior status.'"

"A year later, the same group of technicians, as a preliminary to the establishment of a Mexican school lunch program, conducted a clinical study of 1,000 school children in one of the poorest districts of Mexico City. The families of the children averaged 7 persons, and they subsisted on a total family income of about 64 cents a day.

"To the surprise of the investigators, these poverty-stricken Mexicans showed less evidence of malnutrition deficiencies than did Michigan school children . . .

"Analysis of all their foods Dr. Harris' group showed that the Otomis (Indians dwelling in the arid Mesquital Valley north of Mexico City) like the slum dwellers of Mexico City, were obtaining nearly adequate quantities of all nutrients except riboflavin, in fact, their nutrition was definitely superior to that of the average person living in the Boston and New York areas of the United States."

From the Book "Diseases of Metabolism" (Continued next page)

ism' containing articles by 20 of the most famous medical men in America we quote from an article by Dr. Tom D. Spies, M.D., chairman of Department of Nutrition and Metabolism University Medical School; Professor of Nutrition and Metabolism, Hillman Hospital, Birmingham, Alabama:

"Investigation of the diets of large groups of people correlated with laboratory studies and direct examination has led to the startling observation that the margin of safety against deficiency diseases is narrow rather than broad, that the presence of nutritional inadequacy is widespread and not limited to the lower economic group. As information is increasing, it is found that relatively few people in the United States consistently eat diets that are adequate in all respects." (page 555)—

"A noteworthy paper by Baker, Wright and Drummond traces the increasing use of white flour to introduction of silk bolting cloth in 1840 and of roller mills in 1870 to satisfy greater demand. They estimate that "the best fed members of the population today are getting twice as much vitamin B₁ as people on a low income level, yet consume less vitamin B₁ than the parish poor of the eighteenth and early nineteenth centuries." We are realizing more and more that decortication of grain is dangerous, that there must be some change in milling methods. Greater care in guarding against loss of vitamins and minerals through processing, marketing and storing of foods would undoubtedly improve the quality of many diets." (page 557)

Yet Dr. Stare writes for public consumption: "Actually we get as much food value from refined foods which have been 'enriched' as from natural foods and sometimes more."

Enriched with what—with synthetic man-made vitamins, a prolific and most profitable product of the chemical concerns who so richly donate to Dr. Stare's Department. Dr. Stare thus continues to recommend the addition to our breads

of individual components of the vitamin 'B' complex in synthetic form such as Thiamin (B₁), Riboflavin (B₂), and Niacin.

What do scientists who are NOT controlled by or donated to by the Food Processors & Refiners or the Chemical and Drug interests have to say on "enrichment" with synthetic vitamins?

In the British Medical Journal for March 31, 1945 in an article entitled, "IMBALANCE OF VITAMIN B FACTORS," Marion B. Richards, M.D. Sc. of the Rowell Research Institute, Aberdeen, Scotland writes:

"Recent experiments on rats in this institute have produced clear cut evidence of the advance effects that may be caused by a disturbance of the balance of the vitamin B factors in the diet, and have shown that overloading with one component B₁ can produce a definite deficiency of another component, B₆. It is becoming increasingly recognized that in the treatment of pellagrins with nicotinic acid it is essential to provide other members of the B complex and to prescribe a liberal and well-balanced diet. Our experiments would suggest the necessity for adopting a similar procedure for other B factors, and in particular, when B₁ therapy is indicated, for supplying the whole B complex instead of the single vitamin . . . The present results emphasize the need for caution in any attempt to improve the diet of these populations by indiscriminate addition of large supplements of single synthetic B vitamins." (Underlined by this editor).

These experiments have been backed up in this country by Dr. Tom Spies and associates (see above), by Agnes Fay Morgan of Southern Calif. University (See Letter No. 2) and recently by Dr. Estelle Hawley, Associate Professor of Pediatrics and Nutrition at Rochester University. Dr. Hawley carried out a series of experiments in which so-called 'enriched' commercial white bread was

(Continued on next page)

fed to one group of rats and another group fed on bread made according to Dr. Clive McCay's formula. The rats on the McCay-Cornell bread thrived, as did their offspring and descendants through the fourth generation. The rats on the 'enriched' white bread became sickly and starved looking and produced stunted offspring. All died off and the strain became extinct before the fourth generation.

Incidentally, the McCay-Cornell bread was made of unbleached flour enriched, not with man-made, synthetics, but with natural foods, (wheat germ, soy bean flour and dried milk). But the 'Big Boys' did not like this type of competition so they got the Food and Drug Administration, after this Cornell bread and in 1952 the Food and Drug Administration ruled that bread made according to the Cornell formula was too good to come under its ceiling regulations for quality; hence, it was not to be sold in interstate commerce as "white bread." Thus, the F.D.A., not only tolerates the sale of nutritionally inferior bread which contain poisonous chemicals and synthetic vitamins, but protects the refiners, the bakers and the chemical companies from good bread competition.

It Is Said He Who Pays the Fiddler Calls the Tune

Thus, Dr. Pusey, we find Dr. Stare's Nutrition Department 'abundantly' backed by the Chemical and Drug Interests and the National Food Processors who donated from 1950 to 1956:

- (c) Chemical concerns, Dupont, Merck and Upjohn.....\$ 50,250
 - (b) The Sugar Foundation composed of the large sugar interests, (the 2nd largest contributor) 67,750
 - (c) The Nutrition Foundation the largest contributor.....\$113,000
- Dr. Stare's article in McCall's Magazine, January 1956, (see letter No. 3) in bold type called attention to the statement, "Approved by Committee on Nutritional Education of the NUTRITION FOUNDATION."

- (d) Other contributions largely from food processors.....\$147,000

Total.....\$378,000

Just what is this NUTRITION FOUNDATION whose so-called Educational Department "approves" Dr. Stare's writings. It consists of about 45 of the leading FOOD PROCESSORS, CHEMICAL, and DRUG COMPANIES represented officially by the Chairman of the Board or other leading Executive of each. Some members of this NUTRITION FOUNDATION are:

Armour & Co., Abbott, Inc., American Sugar Refining Co., Bakers Laboratories, Campbell Soup Co., Gelatine Co., Coca-Cola Co., Continental Baking Co., Corn Products Refining, Curtis Candy Co., General Foods Corp., General Mills Co., Gerber Products Co., H. J. Heinz Co., Kellogg Co., Libby, McNeil & Libby, Knox Gelatine, Merck & Co., National Biscuit Co., National Dairy Prod., Nestles Co., Inc., Pepsi-Cola Co., Pet Milk Co., Pillsbury Mills, Inc., Standard Brands, Sunshine Biscuits Inc., Swift & Company, Welch's Grape Juice.

Press and Radio Control

Dr. Pusey, we doubt if you realize that your University through Dr. Stare and his 'so-called' "Nutrition Department" has been used as a base of operations for the destruction of our two most cherished possessions, namely:

- (a) Our basic Freedoms of Speech and Press, and
- (b) Our National Health.

As proof of (a) we refer you to a speech by Arthur I. Connell, then the American Legion National Commander, January 28, 1954 before the Veterans Affairs Committee of the U. S. House of Representatives in which he deplored the existence of a 'code of cooperation' which provides that newspapers, radio and television stations shall clear "all matters of health or medical news' through established medical channels before proceeding to publication or broadcast?

The Code reads: "A list of current
(Continued on next page)

spokesmen of the State Medical Society shall be supplied to representatives of the press and radio (also television stations) and shall be kept up to date."

Commander Connell said, "This code is in reality a contract which has had the practical effect of suppressing presentations to the public of many facts in the controversy over medical care for America's 21 million ex-service men and women." (OBVIOUSLY THIS 'GAG RULE' APPLIES EQUALLY TO OUR ENTIRE POPULATION.)

Thus we have the Food Processors and Refiners, the Chemical and Drug Industry, and 'Old Guard Fishbein-Type Leadership' of the American Medical Association and the Controlled Press, Radio, and TV., with the Food and Drug Administration acting as their tool, all joined in one giant conspiracy to 'brain wash' our people and keep them in ignorance by destroying their Constitutional Freedoms. And, it's all done for a profit motive and at the expense of our National Health.

Dr. Pusey, it wouldn't require much thinking on the part of the average layman, if he knew who was supporting your Nutrition Department, to see why the members of this 'unholy alliance' would logically work together. One group, the Food Processors, destroy our foods, thus causing malnutrition and disease. The Chemical and Drug Interests and the members of the American Medical Association all stand to profit most

when disease is greatest. The Press is controlled through voluminous advertising and by the A.M.A. 'GAG RULE.' All have the blessings of the Food and Drug Administration which has played along with BIG BUSINESS in complete disregard of the public health, ever since they kicked out Dr. Harvey W. Wiley, the originator of the Pure Food and Drug Act.

By the destruction of our FREEDOM OF SPEECH and PRESS the public can get only one side of the HEALTH, DISEASE and 'COUNTERFEIT' FOOD PICTURE. Dr. Stare, as the 'mouth-piece' for that combine, is keeping our people satisfied with and in ignorance of the effects of these DEFICIENT and POISONED FOODS. This process of National Health destruction will go on, Dr. Pusey, as long as YOU permit Dr. Stare's Department to be financially supported by the very groups most interested in keeping our people in ignorance as to the rising tide of chronic degenerative diseases, and their underlying CAUSE.

Dr. Pusey, your public utterances have sincerely pointed out this danger. But are you fully cognizant of the fact that this situation can completely destroy this nation and is a far greater menace than hydrogen bombs, guided missiles, or Communism?

BOSTON NUTRITION SOCIETY, INC.

John D. Pearmain

By John D. Pearmain, Harvard '13
(Continued on next page)

New Federation Pin



The above is an illustration of our new Federation pin. These are gold filled and make a very attractive pin or insignia. These can be had in many forms. Lapel pins, bracelet charms, brooches, for necklace piece, tie clips, etc. See price list

below. These pins are very attractive and any one can be proud to wear one.

Lapel button or pin or charm.....	\$2.75
Tie Tac	2.95
Tie Bar	4.50
Tie chain	4.95
Bracelet	4.50
Bow knot Brooch	4.50

All orders, or request for illustrated pamphlet should be sent direct to L. G. Balfour Company, attention Fred G. Stambaugh, 121 University Place, Pittsburgh 13, Pa.

Lincoln Said That if This Nation is Ever Destroyed It Will be From Within, and Not From Without

OPEN LETTER V

Poisons and 'The Crime Against the Food Law'

Dr. Pusey, in this our fifth letter we hope to show how Dr. Stare and his commercially-backed Nutrition Department is NOT A NUTRITION DEPARTMENT AT ALL in the TRUE sense of the word, but rather a propaganda 'smoke screen' to keep our public sold on the products of those very interests whose 'PROFIT MOTIVE' definitely takes precedence over the FUTURE WELFARE OF THIS NATION. We refer to:

- (1) The Food Refiners and Processors;
- (2) The Chemical Interests;
- (3) The Drug Interests;
- (4) The American Medical Association and;
- (5) The Food and Drug Administration.

Let us examine again Dr. Stare's statement in McCall's Magazine, July 1955, when in trying to disparage those who are fighting our 'counterfeit' foods he wrote (see Letter No. 1). Quote:

"Parading under the banner of friend to the common man, food quacks would have us believe that our soil is worn out, our food worthless and all our people are sick—Nonsense! Look around you!

"A good varied diet available from foods that any grocery store can provide will produce just as good nutritional health as any and all 'Health Foods'—" Unquote.

Such juvenile 'clap-trap' is an insult to the intelligence of any public school nutritionist, and certainly unbecoming the head of the Nutrition Department of a great University which dominates the medical center of the world and dictates the CONCENSUS OF MEDICAL OPINION by which the 'Bosses' of the American Medical Association, using the Food and Drug Administration as its tool, wield more power than the Congress and all the branches of the Executive Department combined in preventing a

thorough investigation of the TRUTH about our FOODS and our HEALTH. Yet, what can one expect of Dr. Stare when not one of this 'combine' enumerated above will permit the REAL TRUTH TO BE TOLD.

What about the POISONS contained in so many of these foods available at 'any grocery store,' poisons that are put there in defiance of Dr. Harvey W. Wiley's PURE FOOD and DRUG LAW, which is still on the statute books and has never been changed OR ENFORCED?

On June 27, 1956, Secretary of Health, Education and Welfare, Mr. Folsom, in commemorating the 50th anniversary of this Pure Food and Drug Law stated:

"A recent compilation shows that approximately 500 chemical materials are being added directly to foods for various purposes. The Food and Drug Administration (under Mr. Folsom) estimates that approximately 150 of them haven't been adequately tested to show that they are harmless."

In the Consumer Reports for September, 1956 we read:

"An important group of chemicals long thought to be safe are synthetic dyes used to color foods, drugs and cosmetics—Today 16 dyes are certified (by F.D.A.) for use in foods.—Since 1945—15 food dyes have been re-examined for toxic, carcinogenic (cancer-forming) or allergenic properties. Only one of these, Yellow No. 5—has been conclusively shown to be harmless. Last year Orange No. 1, Orange No. 2, and Red No. 32 were decertified as too toxic for use in foods. Orange No. 1 had been widely used in candy, cakes, cookies, carbonated beverages, desserts and such meat products as frankfurters. Orange No. 2 and Red No. 32 were

(Continued on next page)

used to color the outer skins of oranges, and during the Christmas season last year, some 150 children were made ill in California as a result of eating popcorn colored with Red No. 32."

Dr. Pusey, it's time to pull aside the 'IRON CURTAIN' regarding our PURE FOOD LAW and tell the people the TRUTH. Our authority is Dr. Harvey W. Wiley's own writings:

In 1883 Dr. Harvey W. Wiley, M.D., was installed as Chief of the Bureau of Chemistry of the Agriculture Department, a position he held for 29 years. He worked for 23 years to secure passage of the Pure Food Law which Congress did in 1906. The law provided a fine and imprisonment for anyone who added to food or drink any substance which was of a poisonous or deleterious nature. Congress specifically made Dr. Wiley's Bureau of Chemistry the sole prosecutor with the final decision in the hands of the courts. As soon as it was passed all those that stood to be prosecuted started to organize to get rid of Dr. Wiley and his Bureau. These interests were so effective in hampering Dr. Wiley that in 1912 he resigned because he believed he could do more outside the government than in it to protect his law and the people.

Dr. Wiley wrote a book and gave it to the printer but the manuscript 'disappeared' and has never been found to this day. He then spent 10 years rewriting it and bringing it up to date. Its title is, "THE HISTORY OF A CRIME AGAINST THE FOOD LAW." This time he took no chance of the manuscript being 'lost' but closely supervised the entire printing. Distribution started in 1929, and never has there been a best seller that disappeared so rapidly from the bookseller's shelves. Millions of dollars were ready to 'gobble it up' but for destruction, not for reading purposes. In desperation Dr. Wiley put his few remaining books in libraries. They disappeared as freely from there as from the booksellers. Few if any, libraries still have them.

No one would believe this could happen in FREE AMERICAN yet it did and, as proof, the book has just recently been reprinted in its entirety without permission of the copyright owners (6 years still to run). It may be obtained from the Lee Foundation for Nutritional Research, 2023 West Wisconsin Avenue, Milwaukee, Wisc. Price—\$3.00.

Dr. Wiley tells the whole sordid story with documented proof. We quote a few statements from the chapter entitled, "Passing of the Bureau of Chemistry":

"Those who adulterated our foods and drugs foresaw that if they cripple the activities of the Bureau of Chemistry, they could save themselves from indictment. They proceeded along successful lines to effect this paralysis. The decisions of the Bureau in regard to proper names and labels were speedily overturned contrary to the provisions of the law. The Solicitor of the Department and the Secretary thereof joined in this destruction of the function of the Bureau. Their restrictions and illegal limitations on the Bureau have never been removed and finally the Bureau itself was sacrificed, crucified and abolished.—(page 349)

"Under the administration of the law as now conducted it is only a 'so-called' pure food law. Its activities are confined chiefly to misbranding of foods and medicines. The real pure food law was designed principally to protect our foods from additions of poisons and deleterious substances, a feature which has almost entirely been obliterated by the present administration of the law.—(page 352).

"Thus it is clearly seen that the chief activities of the present administration are proper branding. The purpose of the law as a health protector is of no importance whatever.—(page 354).

Please remember, Dr. Pusey, that the above are not the statements of some 'Quack' or 'Fakir' but are quoted from the book depicting the life work and struggle of Dr. Harvey W. Wiley, M.D., whose law and memory are today being

(Continued on next page)

honored on the 50th anniversary with a special U. S. stamp bearing his picture. Ironical, isn't it, that the very people who destroyed his life's work, those who administer his Law, should now try to 'cover up' their nefarious work by the 'smoke screen' of honoring him.

Now let us look at the three court decisions that would have prevented the rampant poisoning of our foods today had they not been rendered 'null and void' by illegal directives of the law enforcement bodies (illegal according to the law and Dr. Wiley's book).

In 1917, Charles Evans Hughes of the U. S. Supreme Court gave the unanimous decision that the Coca-Cola producers had added poisons and deleterious substances to the product and remanded it to the lower court for action—(Notice of Judgement No. 4801 issued Sept. 18, 1917 page 380). The lower court ordered the seized product forfeited to the government but added that this "judgment of forfeiture shall not be binding upon the said Coca-Cola Co., or its product except as to this case and the particular goods seized herein—." The Secretary of Agriculture refused to let the Bureau of Chemistry make further seizures or prosecutions, so Coca-Cola went merrily on with 'top sales' of a legally poisoned product, while our people sincerely believed it was a safe product because they thought they were protected by a Pure Food Law. Meantime, Dr. Clive McCay of Cornell testified before a Congressional Committee as to Coca-Cola's detrimental effects on teeth, that a tooth suspended in it for 30 days will entirely dissolve. Dr. Pusey, who are the 'Fakirs'?

A second Supreme Court decision, rendered 'null and void' by illegal directive was against the bleaching of flour. The case began in 1910 against the Lexington Milling & Elevator Co. of Nebraska for shipping, interstate, flour that had been bleached with nitrogen peroxide gas. The case went from one court to another and on February 24, 1914 the Supreme Court gave its decision that it is not incumbent upon the government, in order to make

out a case, to establish the fact that the article of food containing added poisonous or other deleterious ingredients must affect the public health; it is only necessary to prove that the added substance is of a poisonous nature and "may render such article injurious to health. The case was remanded to the lower court for action. Because of World War I it was not until April 9, 1919 that notice of judgement No. 6380 was entered and the seized product destroyed.

But 15 months later, July 30, 1920 an illegal directive of the Agricultural Dept. (of which the Food and Drug was then a part) was issued actually reversing this decision and notifying all the millers that "Bleached flour may be shipped—interstate on condition that it be branded plainly to indicate that it has undergone a process of bleaching." This directive was a lengthy one but in substance it said that no prosecutions would be made unless the poisonous substance added actually was proven injurious to health. This was a complete reversal of the purpose of the law and of the Supreme Court Decision which was explicit that the amount added was not important, the only question was, had any substance been added of a poisonous nature.

This illegal directive was a 'GO' signal for all those who wanted to use chemicals. They could now put all the poisons in the food they wished provided they so indicated it on the label. Result—the chemical industry has boomed. Per September '56 Consumer Reports: "In 1953, the production of 'surface-action chemicals,' many of which are used to improve the stability of such foods as bread, cake mixes and desserts, reached 921,000,000 pounds . . ." As a result of this illegal directive regarding flour, "Agene" was used for 30 years to bleach flour, until the University of Aberdeen, Scotland found it caused running fits in dogs and affected the mentality of humans. Even then it took several years before it was abandoned here to give the chemical interests time to use up their supply and to replace it with a chlorine

(Continued on next page)

bleach that combines with protein to produce **alloxan**, the poison used in experimental laboratories to induce diabetes in animals.

Because Dr. Wiley's Law was NEVER ENFORCED against the BIG users of chemicals, over 1,000 chemicals have been used with half discarded, half still in use, 150 of these not tested and many found poisonous by other authorities than the F.D.A. and some found even carcinogenic (cancer causing).

Of course, the members of the 'unholy alliance' and particularly their 'Tool,' the Food and Drug Administration, will try to belittle all his as ancient history, maintaining that all this was changed by Congress in 1938. Dr. Pusey, don't you believe them, for in 1945, the third great court decision was given which upheld the original Dr. Wiley Food Law and well might have saved our people from consuming untold tons of the most deadly of all poisons had that decision not followed the fate of the others and been rendered 'null and void' by another illegal directive.

We refer to the case of the Massachusetts Brewing Co., of Springfield, Mass. Its owner, Mr. Kaufman, used infinitesimal amounts of a deadly fluoride compound to kill the enzymes in the beer so it could be canned or bottled. His competitors, who use the pasteurization method involving heavy expensive equipment, objected, for he could undersell them. The Food and Drug Administration brought suit. The case was tried before Judge Francis J. W. Ford of Boston. In his charge to the jury, Judge Ford, like his two predecessors, interpreted Dr. Wiley's Pure Food Law as it was written; namely, that it is not necessary that the government prove the amount of substance added actually injured the consumer — it was only necessary to prove that the substance added was of a poisonous nature and could or might be deleterious to health. The verdict was guilty and Judge Ford imposed a fine of \$5,000 on the company and the same on Mr. Kauman with a year's jail sentence suspended.

Shortly thereafter, the entire Health, Welfare and Educational Department of which the F.D.A. is now a part, became completely controlled by the Chemical and Drug Interests and so became the 'moving spirit' behind promoting the injection of **Sodium Fluoride**, the most deadly of all poisons for which there is no known antidote, into the drinking water of every city and town in the country. How then could the F.D.A. prosecute breweries for doing the same thing? So they issued another illegal directive to all breweries that the law against the use of this deadliest of all poisons, **Sodium Fluoride**, would not be operative.

Yet 165,000,000 people believe that we have a Food Law that protects us against all poisons. Dr. Wiley's book proves this to be untrue. But because it has been so effectively suppressed for 27 years, neither Congress nor our Federal or local jurists are aware that over 30 directives issued by the F.D.A. or those enforcing Dr. Wiley's Law are actually **ILLEGAL**. Yet those illegal directives have and are still daily, adversely affecting our NATIONAL HEALTH. Every reader of these OPEN LETTERS should see that copies get into the hands of their Congressmen with appropriate comment.

To this problem of untold tonage of poisons being used in our foods today, the only answer of the Food and Drug Administration is that they are helpless because the present law lacks teeth. Nonsense, the original law is still adequate if honestly enforced. It has plenty of teeth but the F.D.A. refuses to bite with them if in 'biting' it hurts any member of the before-mentioned 'combine.' They have worked with the Food Processors and the Chemical and Drug Interests against the public so long that now they want to pass the ball back to Congress for it's getting too hot to handle. The public would demand enforcement but because of the 'Gag Rule' by which the Press, Radio and Television must clear everything pertaining to **Health, Medicine, Drugs or Disease** with the local A.M.A.

(Continued on next page)

agents, we have **NO FREEDOM OF SPEECH or PRESS** with which to tell our people the TRUTH. The **CENSORSHIP** on these subjects is tighter than it is on politics in Russia. (see Letter No. 4).

Dr. Pusey, is further proof needed that the Food Processors, the Chemical and Drug Interests, the 'Old-Guard-Fishbein-Type' Leadership of the American Medical Association and the Food and Drug Administration are all tied into one 'giant unholy alliance' to protect each other and to maintain greater business profits in utter disregard of the health of our nation? Is further proof needed that Dr. Stare's Nutritional Department is the keystone supporting this nefarious structure? The 'combine' supports him and he supports it by his continued assurance that "all is well with our foods," "we are the best fed nation on earth," and all who disagree are 'quacks' and 'fakirs.'

As long as Dr. Stare's unscientific Nutrition Department can create a false, biased, 'bought and paid for' **CONCENSUS OF MEDICAL OPINION** with which to prosecute and imprison those who sincerely oppose them, just so long will the **POWER OF THIS 'COMBINE' PREVAIL**. Unless the mouth-piece of

this 'unholy alliance' can be silenced, **this nation is doomed!** Dr. Pusey, it's your move.

BOSTON NUTRITION SOCIETY, INC.

John D. Pearmain

By John D. Pearmain, Harvard '13

(Editor's Note: The preceding letters, are just as they were written and are published in sequence like chapters of a book. We are not endeavoring to make you think as we do but rather to expose you to the other side of the picture, to the end you can arrive at a fair and just conclusion in connection with this health controversy. Neither are we trying to impugn the integrity of Dr. Stare or the great University with which he is connected. We do, however, have reservations in our minds, as to how much the source of his funds influences his judgement. All Universities, which do commercial research, are faced with this same problem. We do feel, however, that researchers and professors of Universities and Colleges, should be compelled, when publishing or telling of the results of their research, to state who financed the research and whether or not they are paid consultants to one or more commercial firms. This is very important if the public is to properly evaluate the pronouncements of such folks.) The End.

It's Here — It's New — It's What Is Needed!

A Manual of Deficiency Diseases. Fifty 8 by 11 pages of it. It's all authentic. It's taken from the best scientific literature. It's the National Health Federation's answer to all the newspaper, radio and magazine half-truths, which during the past year have been fed to the American public.

It is a portfolio of deficiency diseases, their symptoms, their explanation. It also contains lists of foods that supply needed vitamins, minerals and amino acids the body needs for proper metabolism.

It contains pertinent articles, on nutrition and natural approaches to health.

It costs only \$1.00 net to members of the National Health Federation and their friends. Send your order direct to the National Health Federation, 709 Mission St., San Francisco 3, California. These booklets are now ready for distribution.

Read it carefully, and send in your comments on how it can be improved. Later, after we have heard from our members, we expect to publish this material in regular book form. Price will be higher then.

Open War — Doctors vs. Surgeons

NEW YORK, Oct. 16—A "bare knuckles" war between 28,000 general practitioners and 24,500 surgeons has broken out over the question of whose policies promise the best medical care for the American public.

Replying to recent American College of Surgeons charges that the American Medical Association condoned "fee-splitting" and that half of the surgery in this country was performed by general practitioners who are not qualified as surgeons, Dr. Carrol S. Witten, a Louisville, Ky., physician said today.

"It's time we borrow their (surgeons) tactics and put on brass knuckles."

Surgeons Accused

Doctor Witten, speaker of the congress of delegates of the American Academy of General Practice (28,000 members), spoke at a press conference here during the annual convention of the New York Academy of general practice.

He charged the American College of Surgeons wants to prevent general practitioners from performing operations or assisting in them because "surgeons are a glut on the open market."

He added, "The primary reason for the failing image of American medicine is the irresponsible statements of the American College of Surgeons," and he charged the surgeons have "used the science writers (of the Nation) to pass out their point of view to the public."

Doctor Witten was provoked by statements made on October 4 by Dr. Robert S. Myers, executive assistant director of the ACS at a luncheon meeting of the National Association of Science Writers in Chicago, which follows:

New Enemy of AMA Fees

CHICAGO, Oct. 4—Dr. Robert S. Myers, a mere stripling of 51 years, took on the mantle today of Dr. Paul Hawley, 75, as the chief scourger of the American Medical Association and the

conscience of American surgery.

As executive assistant director of the American college of surgery.

As executive assistant director of the American college of Surgeons with 24,500 members, Dr. Myers proved the college still has a "stiff spine" when it came to fee-splitting, unqualified surgeons and the incursions of the AMA. Dr. Myers:

Laced into the AMA for justifying payments by surgeons to referring or "assisting" physicians. "That's out-and-out fee-splitting," he told the National Association of Science Writers.

Bemoaned the fact that roughly half of the most common types of surgery in this country is being done by unqualified physicians. "There is no earthly reason for this to be so," he said.

Decried the use of unqualified assistants at operations who are not surgeons, but are merely there so that they can collect a fee. "That's feather-bedding," he said, "and sheer dishonesty."

When Dr. Myers came to the fee-splitting section of his talk, Dr. Hawley chimed in with: "The public sometimes doesn't understand why we're against fee-splitting. When a surgeon has to pay the referring physician, it provides an inducement to refer without any reference to quality of surgery. Furthermore, the patient should not be the victim of any secret deals."

Action on Cancer Drug

WASHINGTON, (AP)—Developers of the controversial cancer drug Krebiozen, turned over to the government yesterday a sample of the drug, its chemical formula and data on its use as a step toward possible tests of its worth.

It was the first time the chemical formula had been revealed to the National Cancer Institute.

(Continued on next page)

This information came out following a meeting between top officials of the Institute and representatives of the Krebiozen Foundation, including Dr. Andrew C. Ivy of the University of Illinois, Dr. Stevan Durovic, inventor of the drug, and Dr. John F. Pick, secretary of the Foundation.

The Journal of the American Medical Association has labeled Krebiozen worthless as a cancer drug but individual physicians have more widely varying reports on it.

The meeting followed a libel suit brought by Dr. Ivy against Dr. George D. Stoddard, former president of the University of Illinois and now chancellor of New York University.

Ivy asks \$350,000 damages he said he suffered as a result of a book, "Krebiozen: The Great Cancer Mystery," written by Stoddard in 1955. Ivy contends the book was written with intent to destroy his professional prestige. Stoddard maintains he wrote the book only to air the controversy about the drug.

In Chicago, when the case was being heard last April, Judge Julius H. Miner ruled that the drug's medical value is the center of the case and asked for a test of it by the National Cancer Institute. Meanwhile, he declared a mistrial—tantamount to a postponement pending such a test.

Doctors OK., But A.M.A.?

The authoritative New England Journal of Medicine reports that most medical experts appearing before the Kefauver Committee testified in favor of the Senator's proposed law empowering the Federal Food and Drug Administration to pass on the effectiveness as well as the safety of new drugs.

The law is designed in part to slow the flood of almost identical drugs—under different brand names—which annually enrich pharmaceutical houses and help impoverish patients.

Despite the experts, the American

NOVEMBER-DECEMBER, 1961

Medical Association has sided with the drug houses against Kefauver.

It could be only a coincidence that about one-third of the AMA's annual income is produced by pharmaceutical advertising in its journals.—San Francisco Examiner.

STATEMENT REQUIRED BY THE ACT OF AUGUST 24, 1912, AS AMENDED BY THE ACTS OF MARCH 3, 1933, AND JULY 2, 1946 (Title 39, United States Code, Section 233) SHOWING THE OWNERSHIP, MANAGEMENT, AND CIRCULATION OF

National Health Federation Bulletin, published monthly, Jan. to June; bi-monthly July through December.

1. The names and addresses of the publisher, editor, managing editor, and business managers are:

Publisher, Fred J. Hart, 709 Mission St., San Francisco 3, Calif.

Editor, Fred J. Hart, 709 Mission St., San Francisco 3, Calif.

Managing Editor, Fred J. Hart, 709 Mission St., San Francisco 3, Calif.

Business Manager, Fred J. Hart, 709 Mission St., San Francisco 3, Calif.

2. The owner is. (If owned by a corporation, its name and address must be stated and also immediately thereunder the names and addresses of stockholders owning or holding 1 per cent or more of total amount of stock. If not owned by a corporation, the names and addresses of the individual owners must be given. If owned by a partnership or other unincorporated firm, its name and address, as well as that of each individual member, must be given.)

None.

3. The known bondholders, mortgagees, and other security holders owning or holding 1 per cent or more of total amount of bonds, mortgages, or other securities are: (If there are none, so state.)

None.

4. Paragraphs 2 and 3 include, in cases where the stockholder or security holder appears upon the books of the company as trustee or in any other fiduciary relation, the name of the person or corporation for whom such trustee is acting; also the statements in the two paragraphs show the affiant's full knowledge and belief as to the circumstances and conditions under which stockholders and security holders who do not appear upon the books of the company as trustees, hold stock and securities in a capacity other than that of a bona fide owner.

5. The average number of copies of each issue of this publication sold or distributed, through the mails or otherwise, to paid subscribers during the 12 months preceding the date shown above was: 10,050.

FRED J. HART

Sworn to and subscribed before me this 27th day of September, 1961.

(Seal)

Betty N. Kiddoo
(My commission expires Nov. 20, 1961)

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Wolves in Sheep's Clothing

- 1—**Christmas is almost here.** We urge you to give your children and their children the right to better health along with Health Freedom.
- 2—**The Drug interests,** the AMA and the Food and Drug Administration have teamed up to deny these fundamental rights to them.
- 3—**Under the guise** of eliminating **QUACKS**, this unholy alliance, by its very announcements has classified practically all drugless approaches to health as **QUACKERY**, and publicly announced a determination to destroy all such.
- 4—**Will we as Americans** sit idly by and allow our government to be used to satisfy the greed of the drug interests? That is a question only we can answer.
- 5—**Read this issue** and then determine to do something about it. We own America and America will do our bidding if we insist.
- 6—**Give a Christmas gift** to your children by sending a donation this Christmas Season to the National Health Federation, to help finance its fight to stop this evil which parades and hides its evil purpose under the banner of protecting the public. **It can be done. It must be done. It will be done,** if freedom loving Americans will Pray, Work and Give. Health and Liberty are worth fighting for.
- 7—**Plan now** to attend the 7th Annual Convention at Hotel El Cortez, San Diego, Calif., December 29, 30, 31 and January 1st. Make reservations now. One hundred rooms have been reserved at special rates. Single \$6.00. Two in a twin bed or double bedroom \$5.00 per person. Make your reservations now. If later you find you cannot attend, you can cancel.