

# National Health Federation



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## AMERICANS CRUSADING FOR BETTER HEALTH

Volume VII — Number 9-10

Sept.-Oct., 1961



Site of Our Washington Office

# BULLETIN

## Anti-Polio Program Delayed

California's new law requiring compulsory polio shots for school children will not go into effect until probably next year, it was learned recently.

The speculation followed a ruling by Attorney General Stanley Mosk that the law, effective September 15, cannot be put into operation until the State Board of Health enacts full regulations for the program.

Students from kindergarten through junior college and adults attending evening classes will be required to take the poliomyelitis shots. The law does not affect pre-school age children.

Exempt will be students whose beliefs are contrary to taking the immunization shots or students whose physical conditions may be adversely affected.

Editor's note: The beliefs do not have to be religious.

—San Francisco Examiner,  
August 21st, 1961.

## Prepare Now to Attend

We promise you the best annual convention you have ever attended, bar none. The El Cortez Hotel is an ideal place to hold our convention. The City of San Diego and surrounding country has the best climate in the United States in December and January.

We have listed some of the most outstanding speakers. These speakers are authorities in their fields. Every message will have value to all who attend the convention. The program will cover the entire health field, including legislation, food additives, regulations, nutrition, natural farming, mental health, vaccination, etc.

There will be round tables on organization and the above subjects. There are many of our members who have never been to California. Why not plan a trip this year and attend this great National Health Federation's seventh annual convention. It has been suggested that in different states car pools be set up. This procedure will serve two pur-

poses. 1—It will give you fellowship with those who ride with you; and 2—It will cut down on expenses.

The November and December issues of the Bulletin will carry the complete program.

## Akron Chapter Knows How

We have been amazed at the manner in which the Akron Chapter of the National Health Federation has grown and conducted its meetings.

This growing chapter schedules meetings, arranges its programs and contacts speakers one year in advance. The chapter issues a monthly mimeographed Bulletin, in which it not only lists these programs, but brings to the members other important items. If you are interested, we suggest you write to the secretary, Ruth M. Creighton, 580 North Howards St., Akron 10, Ohio. Be sure and enclose a stamped self-addressed envelope for a reply.

The chapter also urges each member to have a mite box, into which to drop small change, as it accumulates. These boxes are emptied once each month and the proceeds send to N.H.F. to help pay the costs of the Washington Office. The average take is about \$20.00 each month. Go and do thou likewise.

## Welfare Agencies Warned

From the front page of The N. Y. Times: "The 100,000 voluntary health and welfare agencies in the U. S. were warned that they face loss of public confidence and increased government controls if they did not clarify their financial reports . . . The committee found that 'almost no carefully evaluated information is available on how voluntary agencies spend the \$1½ billion that the public entrusts to them each year.'"

As this column (the treasurer of the Runyon Cancer Fund) has stated so often—Never a Penny Ever Deducted for Expenses from the Donor's \$ . . . None of the other well-known fund-raisers can make that statement.—Walter Winchell.

NATIONAL HEALTH FEDERATION BULLETIN

# The NATIONAL HEALTH FEDERATION BULLETIN

VOLUME VII

NUMBER 9-10

Adventures on Health Frontiers

Published Monthly

SEPT. - OCT.

1961

## Family Circle

By FRED J. HART

We have just returned from a very successful NHF Convention at Peoria, Illinois, for which the Illinois State Health Federation, with headquarters in Peoria, was the host. The Washington Office report on legislation, which was given at the convention will appear in this issue. The report of our Washington Legal Counsel will also be reproduced in this issue of the Bulletin. The November-December issue will bring you more about the convention.

### Tapes and Transcriptions

Many folks have requested information as to where they can get tapes or recordings of speeches given at National Health Federation conventions. We are happy to announce that the National Health Federation record library, maintained in cooperation with Merle Enterprises, Box 145, Lombard, Illinois, has available tapes and recordings of all speeches given at all NHF conventions, including the Peoria convention. These can be purchased outright and used over and over again. The prices are about \$3.00 for a tape and \$4.00 for a transcription. These prices cover 30 minute talks. The cost is slightly more for a full hour talk.

We suggest members who are interested write to Merle Enterprises for a catalogue listing all talks and prices. After you have used them at your own meeting you can loan them to other health-minded groups. These speeches are all by well known men and women.

NHF Chapters need good material for their meetings. We can think of no better source than this library.

### NHF Conventions to Be Held in 1962

The meeting place and the time of year of the next convention has not been decided upon. The reason: It is felt by the Board of Governors the Federation needs a definite policy covering the holding of conventions, the times of year, the number of conventions, the type of program and the financing of the same. For this reason it was thought best to delay making any decisions until after the annual meeting which will be held December 29th in San Diego.

At its meeting in Peoria, the Federation received a very flattering invitation from the City of Philadelphia. Invitations were also received from Allentown, Pennsylvania, and also from Pittsburgh, Pennsylvania. These for an eastern convention. Invitations were received from Columbus, Cincinnati and Akron, Ohio, for the central section of the nation.

We would like to hear from our members as to the time of year these conventions, other than the annual meeting, should be held. To get away from hot weather should the central section convention be held in June? The eastern convention in latter half of September? Can you attend a convention as easily in June or September as you could in July or August? We want to have these con-

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ventions at times our members can best attend. We note very few attend with children, so the school vacation should not make any difference. If it does, please advise.

It will be better for the general work of the Federation if we can hold three conventions, as follows: late December for the annual meeting, May or June for the central and late September for the eastern; however, there will be nothing gained by holding to those dates if Federation members cannot attend, etc. The Board of Governors would like to have your opinion of the foregoing. This is your organization and these are your conventions, so please take time out and let us know your thinking on the matter. A post card will do.

#### Membership and Dues for 1962

As a member of the National Health Federation, you will be glad to know that due to the activity of our members, our membership rolls are increasing twice as fast as ever before in the history of the Federation. Now if our 1960 members who have not paid their 1961 dues, will do so at once, the Federation will be able to report to the annual convention on December 30th at San Diego a 25% growth in membership. Please take a look at the numerals opposite your name on the cover of this issue of the Bulletin. If the last four numerals do not read 12-61, your dues for 1961 are due and payable. Please pay and help us reach our membership goal.

#### You can save money

The Board of Governors at its Peoria meeting voted to recommend the following to the annual meeting of the full board of governors, which will be held in San Diego on December 29th this year:

- 1.—Amend the bylaws to eliminate the regular member classification, and thus make all members active.
- 2.—Make the five dollar active membership a family membership, so that where there is a husband and wife,

the one payment of five dollars will include both.

3.—Allow those present members whose dues are paid for the year 1961 and whose gross yearly income is not more than \$1800.00 per year, a \$2.00 discount, to the end their dues will continue at the rate of \$3.00 per year. The board took this action in appreciation of the sacrifice these members made over the years without which the Federation would have had a hard time financing its program.

We feel sure the Board will follow the above recommendations at its meeting on December 9th, and the foregoing will be in full force and effect covering the 1962 dues and membership, after January 1st, 1962.

All regular members who pay their \$3.00 1962 dues before December 31st will escape the raise in dues for the year 1962.

The dollar has decreased in value 30% since our present dues were established. The program of the Federation has increased to such an extent it is imperative the dues be increased. We will be glad to hear from our members regarding the foregoing.

#### The Bulletin

We have received hundreds of letters complimenting the Federation on the looks and contents and size of the Bulletin since the January issue. It was our intention this year to issue it every month, but the increased cost of the Bulletin along with lack of sufficient finances to pay the printing for the balance of the year, forced us to combine the issues for July-August, September-October and November-December. On January first we will start again issuing the Bulletin monthly and with the increased dues we are sure we can continue through the entire year on that basis.

In this issue we will feature the AMA's  
(Continued on next page)

attempt to deprive the sick of osteopathic treatments and close some 60 California hospitals to the doctors who are not members of the AMA or California Medical Association, or county medical associations. We believe this is in restraint of trade and not in the best interests of the sick. Read the story and then be prepared to do whatever you believe to be in the best interest of the public. See page 19.

In the November-December issue we hope to bring to you a complete answer to the untrue propaganda of Dr. Stare of Harvard University. Our members have been asking that this be done. It is our aim in this one issue to completely unmask Dr. Stare as well as to show the real truth about the state of America's health and food supply. We believe by devoting the major portion of the November-December issue to this subject, we will be providing our members with the facts in one package, which they can distribute to others and thus spread the truth.

The January issue will be devoted in the same manner to telling the truth about what is being done to America's children in the grade school by so-called guidance counselors and psychiatrists. We are now trying to get the material documented to the end that what we publish will be based on fact and not emotion. What is going on in this field will shock you to the core. It is high time American parents wake up and regain control of their children and the educational system. We must make every issue of the Bulletin a powerful weapon for the true American way of life in the field of health, not only for our own sake, but for the sake of our children and our country. DO YOU AGREE and WILL YOU WORK AND SACRIFICE THAT THIS MAY BE ACCOMPLISHED?

#### Polio Immunization

The truth of what The National Health Federation has been saying about polio immunization programs is being proved with each passing day.

In the July-Aug. issue we brought you

the news the U.S. Public Health Dept. had discovered early in the year that the monkey kidneys from which the vaccine was made contained a virus which caused cancer, etc. The U. S. Department of Public Health, a department of your government, maintained at your expense for your protection, withheld this important news from the public for fear it would interfere with the polio vaccination program. Further, with this knowledge in their files, they urged legislatures throughout the United States to pass laws which would compel all children to be shot full of this deadly material.

Since Business Week and the Federation called this matter to the attention of the public, two of the largest manufacturers of Salk Vaccine have announced they will make no more, etc.

California authorities have announced the compulsory program in California cannot be put into effect until sometime next year, but in public releases they sidestep the real reason. They also imply that all children will have to be immunized when the program goes into effect, except their parents have religious beliefs against it. This is an implied lie, for they know that any parent, according to this law, can obtain exemption from the provisions of the law, if such immunization or vaccination is contrary to his beliefs and these beliefs do not have to be connected in any way with religious belief. Example: I can obtain exemption for myself or daughter by filing a letter with the local school authority in which I state that this type of vaccination or immunization is contrary to my belief, or that I do not believe in vaccination, etc.

#### A service to our members and the public

As an aid to our members and to the public in this polio matter in California, the National Health Federation is having printed thousands of letters for parents or guardians to fill out and sign when and if this program is put into effect. Along with these letters will be printed a full

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National Health Federation Bulletin is published monthly, January through June, and bi-monthly July through December at 709 Mission St., San Francisco 3, Calif., by National Health Federation, a non-profit corporation. Fred J. Hart, Editor-Publisher. Subscription rate \$3.00 per year, included in membership dues. Single copies 25c. Second class postage paid at San Francisco, Calif.

explanation of the rights of parents or guardian, the section of the law which allows the exemption and the California Legislative Counsel's statement, that the beliefs do not have to be religious. Our members should make this a number one project. The newspapers and radios, have not, so far, told the truth. We must acquaint the public with the truth.

These letters may be obtained from the National Health Federation, 709 Mission St., San Francisco 3, California, for the following prices:

Single copies, 15 cents each.

4 copies for 50 cents.

10 copies for \$1.00.

30 copies for \$2.00.

In lots of 50 or more the price will be 5 cents each.

### In Memory Of

We gratefully acknowledge generous contributions to the work of the Federation from Miss Ann N. Spier of La-Grange, Georgia, in memory of her brother, Mr. W. T. Spier, who passed away on June 3rd, and of a friend, Mr. Gerald D. Cotton, of Jacksonville, Florida, who passed away the same week.

From Faye Zola of Brooklyn, N.Y. we received the following message:  
"Gentlemen:

"With a deep sense of gratification to my fellow co-workers, I enclose check in the amount of \$25.00 to further the excellent work that is being done, and has yet to be done, by National Health Federation for the benefit of all the people of our nation.

"This check was presented to me upon the death of my mother. I know she would approve of this donation."

To each of these loyal members we say "thank you", and pray that we may so use these contributions as to truly honor these departed loved ones by rendering a worthwhile service to our fellowmen. Through these gifts, these departed loved ones, though dead, yet speak.

### New N.H.F. Literature

The Federation has taken the eight pages about the Federation, which appeared in the February issue of the Bulletin and made of it an attractive eight page pamphlet. This pamphlet tells the complete story of the Federation, its program, aims, objectives and other pertinent information a prospective member should have. It contains a membership blank at the bottom of the last page, so placed that it may be filled out, detached and mailed in, without destroying the balance of the pamphlet.

On the top of the first page, room has been allowed for an address and a place to put a three cent stamp, for easy mailing to a prospect.

These pamphlets can be had, in lots of 100 or more to cover the cost of printing and delivering to you, for \$4.00 per one hundred; \$3.00 for lots of fifty; \$2.00 for 25. Single copies ten cents each.

These pamphlets tell the story in a forceful and dignified manner and should impress thinking people, who are interested in their health and that of their children. It is urgent that we get the story of the Federation into as many homes as is possible.

### In Memoriam

It is with a feeling of sorrow and loss that we report the passing to his reward of L. S. (Tex) Sanderson. Tex has been a member of the Board of Governors of the National Health Federation for the past five years. Not only has he been a member, but he has been a working member. Tex was a great American. The Nation has lost a loyal citizen, the Federation has lost an enthusiastic worker, and we have lost a fine friend. We shall look forward to meeting him on the other shore.

Sooner or later youth will have to learn that the world will not pay him (as his parents did) for taking his medicine.

NATIONAL HEALTH FEDERATION BULLETIN

## Salk Polio Vaccine Output Halted Due to Virus

WASHINGTON (AP) — Two of the five big firms that make Salk polio vaccine have halted production until they can eliminate a monkey virus that turned up in some of their output.

This was disclosed Tuesday by the U.S. Public Health Service, which stressed that there was no evidence that the virus is dangerous to humans.

The service said the shutdown in the two plants—which turn out about 25 per cent of the nation's vaccine supply—is not expected to create a general shortage of the vaccine.

Vaccine in doctors' hands is not being withdrawn, but the service said all Salk vaccine released during the last two months has been tested and only that free of the virus was released for general use.

Under restriction of law, the service did not name the firms. But it was learned they are Merck Sharp & Dohme Division of Merck Co., Inc.; and Parke, Davis & Co.

A spokesman for Merck Sharp & Dohme in Philadelphia confirmed that this firm has halted its production of the vaccine. "We hope to have it licked in several weeks," he added.

The virus, labeled SV40, is a newly discovered one. It came from monkey tissue. Salk vaccine is made by growing the polio virus on monkey kidney tissue.

Editor's note Does this not make you sick to your stomach? USDA continued to allow the production of Salk Vaccine after it had knowledge that this virus was present. Now they say the closing of production will not halt the campaign because enough has been produced to take care of the program—produced with these virus present in the kidneys of the monkeys from which this vaccine was produced. Only two months production has been tested for the presence of this virus and only that free from the virus has been released. What about the other

millions of shots being used, which have not been tested. In another news release this same department of government stated there was not sufficient of the virus present to cause trouble. How can they know, as it would take four or five years to test animals to determine what these small amounts will do to animal tissue. How long will Congress sit by and not investigate this entire program? It will be until a sufficient number of irate citizens who love their children and cherish their children's health, get mad enough to write letters to their Congressmen and Senators, etc.

### Antibiotics in Food Held Bad for Heart

PARIS (Reuters)—A French physician has related the use of antibiotics in meat production and in food preservation as major causes of "killer" heart diseases.

Prof. J. L. Pech, who holds the chair of Physical Medicine at the University of Montpellier, spells out his thesis in a recently published book, "Threats on Your Life."

Dr. Pech insists that antibiotics, if used incorrectly, can transform food into poison. He says that experiments with cattle fattened on antibiotics reveal that their life span was considerably shortened.

Cooking does not eliminate the antibiotics added to foodstuffs, he says. They pass into the body to stimulate hardening of the arteries. Eventually, heart disease—the major cause of death in France and in most Western countries—results, he adds.—N. Y. Times, Sunday, August 20, 1961.

Farmer—Young man, what are you doing up in my apple tree?

Boy—I'm just getting my kite.

Farmer—Why, it's been up there for a month.

Boy—Yes, but the apples weren't ripe until now.

## Sound Reasoning in Penn.

Amin F. Shuman, Chairman of the Pennsylvania Health Federation organization committee, before leaving for a vacation in Florida, sent a comprehensive report to his co-chairman, Jack Spiegle. This report was a masterpiece of detailed activities, starting with the beginning of the movement down to the date of the report. We wish we had space to reproduce it in full, as it has so much of value in it. We are so impressed with the wisdom expressed in the conclusion of the report we are reproducing it for the consideration of our readers. We quote:

### Conclusion

"The success—the ultimate victory—of a potent and effective Pennsylvania Health Federation depends on two major conditions:

"1. Resolving the questions: HOW CAN OUR CONCERN BE CONSTRUCTIVELY ORGANIZED INTO AN EFFECTIVE GROUP ACTION?"

"(a) We have here the problem of thinking and planning together as citizens in a great task—a magnificent undertaking. Only by uniting with citizens of our own mind and heart can we hope for anything we believe worthy of time, effort, and money.

"(b) This means that we must learn to work harmoniously together as an ORGANIZATION of delicate people determined to make HEALTH EVERYBODY'S BUSINESS.

"2. WE MUST POSITIVELY WIN PUBLIC SUPPORT.

"(a) This depends essentially and entirely on HOW WELL WE WORK TOGETHER.

"(b) Further, it means we must be circumspect in all our actions and understand their consequences. Every act must be governed by the single motive: IS IT IN THE PUBLIC INTEREST. On this, inevitable victory depends without qualification."

Armin F. Shuman, Chairman,  
Pa. H. F. Organizing Committee

## Cancer in Children

Ten years ago, cancer in children was very rare. Today the greatest killer of children is cancer. Is it X-ray? Is it this "new virus"? Is it formaldehyde? Or what is it? These are questions every parent should insist on having an answer to, before subjecting his or her children to polio inoculations, or X-ray treatments.

## Mold Used to Battle Cold

INDIANAPOLIS — A preliminary indication that a penicilium mold may protect against one common cold virus was reported June 22 by an Indiana University bacteriologist.

Dr. H. M. Powell, 66, said a mold labeled 1758 was found to protect monkey kidney cells against one so-called British cold virus.

## Court OKs Rights Suits

WASHINGTON — The Supreme Court has approved damage suits against policemen who disregard constitutional rights.

The court yesterday ruled 8-to-1 that a Chicago Negro might use the 1871 Civil Rights Act to sue 13 policemen who broke into his apartment, ransacked it, and abused his family.

The man, James Monroe, was subjected to questioning—without the help of a lawyer—for 10 hours at a police station about a murder, and finally released without being charged.

Editor's note: This decision could well put a stop to the abuse drugless doctors have had to endure over the years. No officer of the law has a right to break the law—to ransack a home or office, without a search warrant—or to abridge any individual's constitutional rights. To do so, under this decision, he can be sued for damages. That is the way it appears to us. We would like the opinion of some of our lawyer members on the subject.

# With N.H.F. Washington Counsel

SUMMARY REPORT OF CHARLES O. PRATT, Washington Counsel  
TO PEORIA MEETING AT NATIONAL HEALTH  
FEDERATION CONVENTION

Your Washington Counsel, at the request of the President of the National Health Federation, makes this brief summary report of the legal and legislative work rendered during the period of January 1, 1961 and August 17, 1961, the date of this convention.

The report will set forth a brief outline of the highlights of the legal, administrative, legislative and public relations work undertaken in Washington and elsewhere from Maine to California.

### Legal Articles for the National Health Federation Bulletins

Bulletins:

Your Washington Counsel each month studied, prepared and assembled legal articles for the National Health Federation Bulletin. These articles concerned current legal problems of universal interest to the members in the field of food, drugs, medicines, nutrition and the healing arts generally, with emphasis on one's legal and professional rights to practice in the healing arts field of his choice, as prescribed by federal and state laws and court decisions interpreting such laws. This work entailed continuous study of governmental activities, legislative proposals, statutes and court decisions.

### Administrative Legal Work

Your Washington Counsel studied and answered in writing, legal opinions and orally, hundreds of legal questions presented to him by officials of N.H.F., members and friends of members of the Federation.

The purpose of this work was to cooperate in advising and aiding the members in every area of their legal problems related to the healing arts field. In addition, numerous office and phone conferences were held in the office with members and friends of NHF. Sometimes, the answers were not what the

inquirer wanted; but the purpose of the answer was to keep him out of future legal or governmental trouble.

### Public Relations Work on Behalf of National Health Federation

Your Washington Counsel, during the year attended as a guest speaker the Vermont State Chiropractors Association Convention at Stowe, Vermont, and The Southern Maryland State Society of Chiropractors. In addition, your Counsel spoke at the annual meeting of the Greater Washington Metropolitan Chiropractors Association, and the International Electronic Society at Tiffin, Ohio.

Your Washington Counsel attended as a representative of NHF and the National Vitamin Distributors Association, an advisory meeting called by the United States Secretary of the Department of Health, Education and Welfare. This attendance was at the invitation of the Secretary. Your Washington Representative was also invited and attended as an advisor.

Your Counsel, together with your Washington Representative and Vice President, Mr. Harold Edwards, attended hearings before Congressional committees of the U. S. House of Representatives, and before the hearing officers of the Federal Trade Commission; as well as attending hearings in the Office of the General Counsel of the U. S. Post Office Department in connection with alleged mail fraud cases.

Your Washington Counsel advised with your Washington Representative concerning his conferences with the Office of the Attorney General of the United States concerning the proposed merger in California of the California Osteopathic Association with the California Medical Society. It was believed by your President and Vice President that such a

(Continued on next page)

merger would ultimately result in the loss of the great osteopathic profession. Your Counsel studied and prepared a legal opinion for the President on the legal effects and the legal methods available to assist in efforts of osteopaths to defeat such a merger. In this connection, your Vice President and your Counsel held conferences with the legal counsel in Washington for the National Association of Osteopaths, which is also opposed to the proposed merger.

Your Washington Counsel worked with the President of the National Proprietary Association in Washington to defeat a Bill introduced in the legislature of the State of Pennsylvania which would restrict the sale of ordinary dietary food supplements, vitamins, minerals, concentrated foods and foods for special dietary uses. The Bill was not passed.

Assistance was given concerning the legal aspects of cases brought by the Federal Food and Drug Administration in Florida and Texas. The cases involved the use by chiropractors and osteopaths of electronic devices.

#### **National Health Federation is Known in Washington**

Your Washington Counsel, being a member of the Washington Trade Association Executives and the National Association Executives Club, as well as the University Club which is composed of high government officials and justices of the Supreme Court of the United States, the United States Court of Appeals and the several United States District Courts, has attended weekly and monthly meetings with such leaders. Arrangements were made to entertain officials of the government at such meetings, and opportunities were afforded, at times, to acquaint them with the work of the National Health Federation. Through these contacts your Counsel acquainted many outstanding lawyers, executives, governmental officials and congressmen with the aims and purposes of the National Health Federation.

Your National Health Federation is better known in Washington; and its work is more effective all the time. In

this connection, your counsel has worked closely with your Vice President and Washington Representative before both houses of Congress. As the result of such work, several amendments proposed to Congressional Bills that would be contrary to the aims and purposes of the National Health Federation were defeated; and several Bills have been introduced into Congress which would be beneficial to all the people interested in health problems, health giving campaigns and operations of hospitals which receive state and federal financial aid as well as tax exemptions.

We have attended Congressional hearings concerning food and drug laws, operations of the Food and Drug Administration and the exorbitant price of drugs and medicines.

#### **NHF Has Worked to Help the Health Food Stores**

Your Washington Office and your Washington Counsel have worked continuously to assist and advise with owners of health food stores throughout the country; and we have opposed suggested Bills in Congress that would limit the rights of such stores to sell health food mentioned in national magazines, doctors' reports and studies and in current monthly magazines.

#### **Future Program for Your Washington Counsel**

The Washington effort has been successful, although much work remains to be done. It has laid the foundation for greater service and accomplishment. The establishment and maintenance of the Washington Office of the Legislative Representative and Vice President in the Continental Building in a prestige location in the Nation's Capital has made it possible for the activities of the National Health Federation headquarters, the Vice President and the Washington Counsel to be coordinated under your devoted President, Fred J. Hart, who has guided the whole legislative program.

The office of your Washington Counsel, working closely with and under the direction of your President, and in cooperation with the Vice President and

Washington Representative before Congress and the governmental departments and agencies, again wishes to make clear that the facilities have been established to accomplish affirmative procedures to the end that changes for the greater recognition of health rights are taking place in the halls of Congress, the state legislatures and in the courts; that the general public is being awakened to the problem and encouraged to understand and cooperate with programs for better health through natural food, exercise and good health practices.

#### **New Horizons in Health**

The American people are witnessing new horizons in the health field. They are beginning to understand that there is more to health care than the use of the so-called miracle drugs on the market, many of which have been discredited by the medical profession, the Federal and state food and drug governmental departments and agencies. The new horizons are gradually appearing for the recognition of those who wish to use and promote freedom in health care within the legal and moral rights under applicable laws and the Bill of Rights in our great Federal constitution.

I have not outlined the specific pieces of legislation which had the attention of your Washington Counsel, for the reason that time is limited; and besides the work has been reported in the monthly National Health Bulletins and by your Washington Legislative Representative.

In closing, I wish to say that it has been a pleasure and privilege working with the officials and members of the National Health Federation to carry out a program, stupendous in the light of ignorance and opposition to new non-medical health procedures and programs, the aims and purposes of which have been primarily to improve the general health of the people of America and to protect their rights to use good sound health food products and wholesome methods.

Remember, The National Health Federation, through its Washington Counsel, is ever ready and willing to assist in the

carrying out of the worthy aims and purposes of its trustees and officials. We shall all work for positive legislation and reasonable legal rights.

## **Good News to Some**

To those citizens who are not fortunate enough to have the service of an AMWAY (Natural Detergent) agent supplying their AMWAY, the following will be good news.

The AMWAY Company is now putting out a natural detergent under another trade name, to be sold through Health Food Stores or Nutrition Centers. Store owners interested in handling this product should write to Eugene Detrich, 618 Summit Street, Toledo, Ohio. Those of our members who would like to become agents for AMWAY, the Natural Detergent, should write to Charles Crecelius, 142 East Altern St., Monrovia, California, or Stanley Stewart, South Colby, Washington. The two above detergents are harmless. We use them in our home. You can even use them to wash your vegetables. We pass this information along for what is worth to you. AMWAY is sold from door to door and many N.H.F. members are supplementing their income by acting as agents.

## **N.H.F. Honors J. I. Rodale**

John I. Rodale, of whom Dr. Royal Lee says: "If anyone can be said to be the Father of Organic Gardening in America, that man is John I. Rodale, editor and publisher of Organic Farming and Prevention Magazines."

It was the good fortune of the National Health Federation to have Mr. Rodale as its feature speaker on the night of August 17th, during the recent Peoria convention. The audience will not soon forget his message.

As president of the National Health Federation, it was our privilege to present to this great leader the National Health Federation's Humanitarian Award, in the form of a plaque which reads as follows: See bottom of page 18.

# National Health Federation Wins

For four long years the Federation has been working to get two important bills introduced into the Congress of the United States of America. Bills which should have been the law of the land for the past 30 years. That our members may know the contents of these bills we

## San Francisco Employees Want No Rat Poison

The City of San Francisco, which owns a multi-million dollar water system, has just awarded a contract to buy additional water from a Sacramento firm—bottled water for city offices, hauled in by truck from the Feather River, further away, incidentally, than the city's own Hetch Hetchy project. So what's wrong with good old Hetch Hetchy tap water that the rest of us are drinking. So says Jack Rosenbaum in his regular column in the San Francisco News-Call Bulletin on June 22, 1961.

### The Answer

San Francisco lost a whole street block because of the accumulation of fluorides in its water mains. For this the city received national publicity. What was not mentioned in the publicity is the fact that the pipes were eroded away and that a chemical analysis made by Griffin-Hasson Laboratories, of Los Angeles, of sludge taken from the broken water lines leading to homes served by the broken water main, tested a fluoride content of 2,500 parts per million; and that sludge taken from the 16-inch main itself tested F 6,000 parts per million. The proponents of adding fluorides to drinking water say that not more than 1 part per million is a safe dosage.

It is no wonder that the officials, who know the truth, are spending thousands of taxpayers' dollars to get water free from fluorides. The big question is: if the city officials are afraid to drink the poisoned water, why should they force the taxpayer to drink it? "People are funny!" Or are they?

are reproducing them in their entirety on two pages of this issue of the Bulletin. We urge you to cut out this page of your Bulletin, carry it with you and urge your friends to write to their Congressman and Senator urging them to work for the passage of this much needed legislation.

HR 8338 by Congressman Machrowicz, will force all tax exempt non-profit organizations, raising funds for use in the health field, etc., whose total income is in excess of one million dollars, to give a detailed financial account of all expenditures and hold their books open to audit by the Federal government. It is high time the public be advised of what becomes of these funds and why it is that, as a general rule, less than 35% of the funds raised is used for the purpose for which the public donates the money.

HR 8097 by Congressman Cellar, will deny tax exemption to any medical facility (hospitals, etc.), which denies the use of its facilities to a medical doctor in good standing with the medical board of his or her state, on the grounds that said doctor does not belong to the local county, state or national medical association. The passage of this bill will set your medical doctor free from the domination of the large drug interests and enable him to care for you in the hospital of your choice. Most of our hospitals and medical facilities are paid for by the people, yet they are more and more being used for the benefit of a chosen few doctors, and if you have to go to the hospital, you now have to have one of these chosen few care for you, rather than your own doctor who has ministered to you over the years and knows your case better than anyone. More will be written about these bills in succeeding issues of the Bulletin. Here is a real issue for the people of America to get behind. Tell them about it. (See next two pages.)

A woman without a laugh in her is the greatest bore in existence.

# H. R. 8339

87TH CONGRESS  
1ST SESSION

IN THE HOUSE OF REPRESENTATIVES

JULY 25, 1961

MR. MACHROWICZ introduced the following bill; which was referred to the Committee on Ways and Means

## A BILL

To amend the Internal Revenue Code of 1954 to require the filing and publication of additional information by certain tax-exempt nonprofit organizations which conduct public fund drives, in order to protect the public against improper utilization of the proceeds of such drives.

1 *Be it enacted by the Senate and House of Representatives of the United*  
2 *States of America in Congress assembled, That section 6033 of the Internal*  
3 *Revenue Code of 1954 (relating to returns by exempt organizations) is*  
4 *amended by redesignating subsection (c) as subsection (d) and by inserting*  
5 *after subsection (b) the following new subsection:*

6 "(c) CERTAIN ORGANIZATIONS CONDUCTING PUBLIC FUND DRIVES.—  
7 Every organization—

8 "(1) which is exempt from taxation under section 501(a) for any tax-  
9 able year,

10 "(2) whose operations in such year are not confined to a particular State  
11 or locality, and

12 "(3) which during such year makes one or more organized public appeals  
13 for subscriptions or donations of funds from which it derives an aggregate of  
14 \$1,000,000 or more,

15 shall (whether or not it is required to file a return or furnish information  
16 under the preceding provisions of this section), as a condition of such exemp-  
17 tion, file with the Secretary or his delegate a full and complete accounting of  
18 the funds so derived, including a statement of the exact amount expended for  
19 the principal stated purposes of such appeal or appeals, the cost of raising such  
20 funds, the amount expended therefrom for buildings and equipment, the amount  
21 expended therefrom for administrative purposes, a statement of the salary or  
22 commission (or both) paid therefrom to any person where the aggregate amount  
23 thereof in such year is in excess of \$10,000 or is paid at a rate in excess of  
24 \$10,000 a year, and such other information as may be required by regulations  
25 of the Secretary or his delegate. The records on which such accounting is based  
26 shall be kept available for audit and inspection by the Secretary or his delegate,  
27 and shall be open to inspection by the public, for such period during and after  
28 the taxable year involved as may be required by regulations of the Secretary  
29 or his delegate."

30 SEC. 2. The amendments made by the first section of this Act shall apply  
31 only with respect to taxable years ending after the date of the enactment of  
32 this Act.

IN THE HOUSE OF REPRESENTATIVES

JULY 12, 1961

MR. CELLER introduced the following bill; which was referred to the Committee on Ways and Means

## A BILL

To deny tax exemption to certain hospitals and similar organizations which discriminate against doctors of medicine.

1 *Be it enacted by the Senate and House of Representa-*  
2 *tives of the United States of America in Congress assembled,*  
3 That (a) section 504 of the Internal Revenue Code of 1954  
4 (relating to denial of exemption) is amended by redesignat-  
5 ing subsection (b) as subsection (c), and by inserting  
6 after subsection (a) the following new subsection:

7 “(b) HOSPITALS AND SIMILAR ORGANIZATIONS  
8 WHICH DISCRIMINATE. — In the case of any organization  
9 described in section 503(b) (5) which is a hospital or a  
10 medical education or medical research organization, exemp-  
11 tion under section 501 shall be denied for the taxable year  
12 if such organization fails or refuses to accord to any duly  
12 licensed doctor of medicine the equal privileges of its facili-  
13 ties on the grounds that such doctor does not belong to a  
14 duly constituted county, city, State, or National medical  
15 association or society.”

16 SEC. 2. The amendments made by this Act shall apply  
17 only with respect to taxable years ending after the date  
18 of the enactment of this Act.

# N.H.F. Washington Office Report

FOR THE LEGISLATIVE PERIOD OF THE 87th CONGRESS, JAN.-AUG. 1961

This current report will show in detail the legislative, administrative and public relations work undertaken over these past several months. It will attempt to briefly enumerate and explain, (1) Accomplishments, (2) Legislative plans pending at this time, and (3) The program under consideration for the future.

### (1) ACCOMPLISHMENTS . . .

#### HR 8097 Hospital Discrimination Bill

Your Washington office has recently secured introduction of this long sought bill in the House of Representatives, which would in effect deny tax exemption at the Federal level, to hospitals that discriminate against medical doctors.

Many months and years of continuous effort have gone into this bill on the part of officers of the Federation and your Washington office.

#### HR 8339 Health Funds Bill

Your Washington office has contributed an enormous amount of application and planning to the many-sided process involved in the introduction into Congress of an important bill of such magnitude. The legislation was introduced into the House on July 25th, and now awaits the immense amount of support from members which will be demanded in attempting to move it along to the next important step in the schedule—public hearings.

Washington office is prepared to carry through in the coming campaign with diligence and to the limits of its capabilities.

The two bills listed above are important milestones in the health field since they attack evils long remembered, but which no one has had the courage or resourcefulness to do anything about until the Federation took on the challenge.

#### Public Law 86-618, The Color Additive Amendment

There has been serious, continuing

need to follow through on this law passed in the last congress. The office has been on the alert, keeping a steady watch—because of the many ominous threats to carcinogen control. This new amendment is being used in the manner of a club in various attempts to attack the Delaney Cancer Clause by spokesmen for industry through their insistent claims this promising measure with its fair degree of protection to the consumer is impractical, unfair and unworkable. Government officials and members of Congress are being insistently wooed by the customary methods of the trade.

#### H. Res. 34, Mental Health Resolution

Federation has worked in close teamwork with Congressman Hiestand striving to get the bill out of the House Rules Committee, and which would provide a congressional investigation of the entire mental health issue.

Washington office provided substantial amounts of background information, personal assistance and counselling to Congressman's staff, as well as those of several other key members of the House.

#### HR 6011 Food Additive Investigation Bill

The legislation that would bring out into public view all the evils, all the destruction to human health which has been the result of the addition of poison chemicals to the sources of our food supplies.

We have continued to research and study this vital question in close accord with key members of Congress and their staffs.

#### HR 4742 Dental Prevention Bill

This is the dangerous flouridation bill of the American Dental Association, also introduced in the Senate by Senator Lister Hill as S 971.

Your Washington office has alerted numerous national organizations to the threat inherent in this sneak bill which  
(Continued on next page)



actually does not have the word fluoridation appearing anywhere in its verbiage. It is our aim to secure numerous well known individuals to appear in Washington, opposing it in its present form, whenever public hearings may be scheduled.

#### **HR 1235, Food, Drug & Cosmetic Amendment**

The latest threat of a very serious nature, to the dietary foods industries, and the drugless professions, has been diligently watched, reported on and referred to other national organizations for their interested scrutiny.

Your Washington office plans a continuous alerting, a spotlighting of the seriousness of this and other legislation being planned at this moment by those determined to seriously cripple or destroy the dietary and drugless groups.

#### **HR 1184, Libonati Cancer Procedure Bill**

This office has continued to work in close harmony with the office of the Congressman, consulting with him regularly on recommended procedure.

Bill has been temporarily inactive through the necessity of waiting upon U.S. Public Health Service report which has been a request of a Chicago Federal Court to evaluate the efficacy of the cancer remedy, Kregiozen. This was brought about by the Dr. Ivy libel suit against Dr. Stoddard, formerly of University of Illinois.

#### **HR 4668, Pesticide Notification Bill**

The Federation has been in frequent consultation with Congressman Dingell, who introduced the bill, with other interested members of Congress, and the several national wildlife and sportsmen's organizations.

The legislation that would offer at least a partial control to indiscriminate pesticide spraying throughout the nation, is very much a live issue, and requires continuing support from friends over the length and breadth of the land.

#### **Public Law 86-610, International Medical Research**

The Federation continues to stand al-

most alone against this nefarious plot of the internationalists, the medical "one-worlders," in their greatly successful aim thus far to grab hundreds of millions from the pockets of the American taxpayer.

We hope to continue in our opposition to his iniquitous movement designed to provide the finances for a planned worldwide medical monopoly of a compulsory nature. A way must be found to halt this onward march to the complete curbing of all health freedoms by those who stand to profit materially and politically.

#### **S 1055, Federal Employees Chiropractic Act**

We continue our efforts in Washington to get this promising legislation into a more active category.

It will provide a real break-through at the Federal level for chiropractic, and indirectly for the other drugless professions.

A companion bill has been introduced in the House of Representatives under the title, S 1322, and this could be a material aid in securing real, effective action in Washington for the advancement of chiropractic as a leading profession.

#### **Public Law 86-537, Pesticide Labelling Amendment**

The Federation has been emphatically and actively opposed to this amendment which has destroyed the warning provisions given to consumers that fresh produce bought at retail may contain harmful pesticide chemicals.

It is a continuous obligation that we bend every effort to secure changes in this unfair, dangerous amendment which has destroyed one of the few promising protective features of the modern Food, Drug & Cosmetic Law—in that section that originally sought to protect consumers of fresh produce.

#### **Public Law 86-139, Pesticide Research Amendment**

Your Washington office has been following through, as we promised, with other national organizations, and wildlife groups in particular, to insure that funds voted for the purpose shall be used

(Continued on next page)

to determine the extent of damage to fish and wildlife from indiscriminate pesticide spraying.

From this experience we have fondest hopes the same procedure may soon be applied to the more vitally serious question of what these economic poisons may be doing to the human population.

#### **S 1688, "Department of Consumers" Bill**

This bill of many implications for the future, designed to give a voice at the top for the many genuine needs of the consuming public, has been studied and continues to draw the interested scrutiny of the Federation. It has many promising features but also has many proposals for revolutionary change in public health, as well as the administration of the Food & Drug agency.

A recent added maneuver in this field has seen the introduction of a bill to place an office of Consumer Counsel in the White House. It appears to be an attempt to place all consumer problems in the hands of a single czar, out of the reach of Congress, with no recourse to normal channels of law. The bill, S 2323 is by Senator Keating (R., N.Y.)

#### **U. S. Public Health Service Annual Medical Appropriations**

The robbing and strafing of the public purse goes onward with ever greater sums of staggering magnitude being scattered about in hundred million dollar chunks in the name of medical research. Hundreds of millions are being added to the huge stack every year through the profligate, if not criminal, generosity of the politicians in Washington who are in control of appropriations policy. It is being scattered to all four corners of the earth in ever increasing largesse, craftily placed where it will do the most good politically.

Your Washington office has continued to follow the various steps in this procedure and to keep you informed on the facts as they develop. We need your increasing interest and help if a dent is to be made into this serious health matter.

#### **Stilbestrol in Fresh Meat Supplies**

Legislation designed to combat and

control the dangers from estrogenic hormones is woefully inadequate. There is no actual barrier to widespread use because of the weaknesses in the Food Additive Amendment.

Your Washington office is constantly striving to interest the key members of Congress in the seriousness of this health hazard in order that they may come forward with the necessary support in establishing effective curbs by changes in the present Food Additive laws.

#### **S 1552, Drug Labeling Amendment**

We have actively participated in the entire Kefauver hearings series with a view to help in curbing outrageous practices of the drug and pharmaceutical industries. We have also participated in the House Committee on a companion bill introduced by Congressman Dingell, HR 6471.

This is aimed to establish the use of generic names of drugs as official, as well as definite requirements for efficacy, mandatory reporting of harmful drug reactions, certification of all antibiotics, effective controls over barbiturates, and premarket clearance of cosmetic ingredients—all lacking in the past.

#### **HR 3980, Food Additive Time Extension Bill**

Your Washington office consulted with key members of Congress on this Food and Drug Administration legislation and succeeded in blocking an attempt to put an "open end" clause into the time limitations for testing of food additives, with reference to the 1958 Food Additives Amendment provisions and requirements.

#### **HR 4332, Composting Facilities Bill**

The Federation hopes to secure effective backing for this "first" legislation at Federal Government level. Here is an opportunity for the expanding "organic" industry to get its story told at the Congressional point of contact where action is needed if composting is to become recognized as an essential to soil and nutrition improvement.

#### **Government Agencies and Others**

Your Washington office has continued (Continued on next page)

to build helpful, constructive contacts with the Food and Drug Administration, the Federal Trade Commission, the Post Office Department, the U. S. Department of Agriculture, the U. S. Public Health Service and many other health related agencies, along with numerous associations of national scope and significance.

PENDING . . .

From the standpoint of the possible and based on the experience gained over 2½ years of continuing application, we believe we can assure our devoted members of coming developments in the following vital health issues:

Improved controls over food additives.

Amendments to effectively curb indiscriminate pesticide spraying.

Utilization of present cancer legislation in correcting present government policies.

Follow through on current legislation which promises to change the bias in past Food and Drug Administration policies.

Results from active cooperation with national chiropractic as a first class science.

Close scrutiny of proposed consumer department bills to avoid monopoly and czarism.

Gain wide support against monopolistic international health controls.

Actual gains in cooperation with national wildlife and conservation groups against the indiscriminate spraying menace.

Amendment aimed at improvement of inadequate control of poison residues on raw produce at the retail level.

Action from our combined activities in league with other organizations toward curbing the wide use of the estrogen hormone, Stilbestrol, in fresh meats.

Continue to keep Federation activities geared to utilization of active contacts with the Youth Fitness, Aged and Aging, and Children and Youth Programs.

Recognition on the part of Federal Trade Commission of non-medical business and professional problems.

## National Health Culture Organized

On May 7, a group of persons, comprising former patients and personal friends of Dr. G. A. Baird met in Hiawatha, Kansas, to establish the National Health Culture. The purpose of the organization is to make available to the public amplified information designed to give better health, comfort and happiness to greater numbers of people. The program will promote better health from conception to death. Every rational approach to better health, including better nutrition, will be explored. The National Health Culture will adopt Dr. Baird's philosophy as the essence of the organization.

Officers elected were: Kenneth Timmerman, Kansas City, Kas.; B. A. Winkquest, Holdrege, Nebr., and Mrs. C. C. Merillat of Topeka, Kans. Mr. and Mrs. H. A. Morris of Hebron were in attendance at the meeting.

*Editor's note — It is required that all members of this new organization, shall also become members of the National Health Federation. This is a move in the right direction and one which we hope other organizations will follow. For further information about this new group and Dr. Baird's philosophy of healing write to Dr. G. A. Baird, Hiawatha, Kan.*

### NATIONAL HEALTH FEDERATION HUMANITARIAN AWARD

to

**J. I. RODALE**

Editor, Author, Playwright

In grateful appreciation and acknowledgement of his extraordinary contributions, as originator of the prevention method of better health for all, and his founding-pioneering accomplishments in Organic Gardening and Farming.

This 17th day of August, 1961  
In Annual Convention,  
Peoria, Illinois

NATIONAL HEALTH FEDERATION BULLETIN

# A Plot to Create a Health Care Monopoly in California

*The following message is submitted to the people of California as a public service, by Osteopathic Physicians and Surgeons of California, located at 2999 West Sixth St., Los Angeles 5, California.*

## The People Are Being Ignored

You may lose the freedom to choose the kind of doctor you want for your health care. Your right to choose an osteopathic physician, which you secured by an initiative act in 1922, may be destroyed by the completion of a scheme between the California Medical Association and some members of the osteopathic profession.

The California Medical Association and the former state osteopathic association will vote in the next weeks on their mutual acceptance of a pact under which the state's 2500 D.O.'s—one of every 10 California doctors—would be absorbed into a single, monopolistic state medical society.

## Swallowing the Opposition

This means that after 65 years of bitter opposition to osteopathy, the medical profession has decided to end this threat to its monopoly by taking over the competition. At stake also is the College of Osteopathic Physicians and Surgeons in Los Angeles and 63 osteopathic hospitals including the new \$9.2 million osteopathic unit of the Los Angeles County Hospital. The apparent motive here is medical self-interest. The principle applied is "might makes right."

The former California Osteopathic Association lost its charter last fall when some of its leaders participated in this sell out of their profession. The Osteopathic Physicians and Surgeons of California organized last fall to protect the independent status of California D.O.s. By the terms of its charter from the American Osteopathic Association, OPSC is the official body of the profession, charged with maintaining the

standards for osteopathic practice and institutions.

## Not Just a Professional Quarrel

The struggle by OPSC is not simply a jurisdictional dispute among doctors. Its consequences threaten the future quality and availability of health care in California. State practice laws only set minimal requirements. The shape and manner of your health care is determined also by the private regulations of medical and osteopathic societies. Thus you have a stake in preserving competitive schools of practice, equally qualified and equally licensed.

OPSC believes that every Californian will be concerned with the outcome of this dispute. It believes that you should be warned of these wrongful attempts to destroy a profession which holds your trust.

## Five Points Concerning You

Here are several basic areas in which your interests would be affected:

1 Elimination of D.O.'s from California will restrict your free choice of a physician and surgeon.

The medical profession has made much fuss about its opposition to any program or plan which interferes with a patient's right to select his physician. These protestations are belied by medical discrimination against some M.D.'s and their repeated insistence that D.O.'s are not properly physicians.

Despite this, millions of Californians over the years have selected an osteopathic physician as the kind of doctor they prefer and an osteopathic hospital as the institution of their choice for health care. Now the state's M.D.s would deny you that choice.

(Continued on next page)

2 At a time when California desperately needs more doctors to keep up with its growing population, the status of a tenth of its physicians will be cast into grave doubt.

Pious claims that absorption will improve or increase medical care simply are not true. If the future of 2500 D.O.s is placed in the hands of medical politicians, there are no guarantees that they could ever regain a full opportunity to offer the quality of health care they now provide.

State level action has not changed the attitude of the American Medical Association that all D.O.s are "cultists." Curiously, in 1959, when the AMA considered revising its anti-osteopathic position, the CMA opposed the action. Now they seek to absorb these "cultists" for their own selfish purposes. That is provided by his successful completion of the state licensing examination. If they are absorbed, California's 225 certified osteopathic specialists would be stripped of their hard-earned certification. A result would be increased monopoly, poorer care and less choice of hospitals for you.

#### Not a Single Extra Doctor

The simple conversion of 2500 degrees from D.O. to M.D. will not create a single additional physician nor cause erection of even one more hospital or medical school. COPS and the state's five medical schools now share the same problems of student recruitment and finances. Changing the degree granted at COPS would not enhance its ability to teach more physicians.

For 65 years, D.O.s have been self-reliant. They built and supported their own institutions. In recent years, public

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**Have You Paid Your  
1961 DUES?  
Please Do**

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and private support for osteopathy has increased, despite medical objections. The medical profession would stamp this out.

3 At the base of public support for osteopathic doctors is the distinctive quality of their diagnostic and therapeutic approach.

The osteopathic contribution to the advancement of the health sciences can be explored and developed effectively only by an independent body of physicians concerned with its promulgation.

Organized medicine has consistently rejected osteopathic research for 65 years. This continuing bias certainly would prohibit any further development or use of osteopathic principles by physicians under medical jurisdiction. Since medical science is far from being a complete or precise science, the deliberate abandonment of nearly a century of research for political and economic motives would be an irreparable loss. As patients, the loss would be yours.

4 Under the CMA's proposed terms to effect the absorption of the D.O.s, only the CMA would benefit.

The only written proposals made by the CMA fall far short of reasonable guarantees of a fair deal. The osteopathic profession would be required to effect its own dissolution with no guarantees that its members could be accepted by national licensing or certifying bodies, by medical specialty organizations, by the state medical examiners and other agencies, or even by county and local societies of the CMA.

The entire CMA offering neither specifies nor even implies any manner in which the absorption would have any benefit to the people of California. It is good for the CMA to eliminate osteopathic competition. But whether that is good for California, you must help to decide.

5 The CMA and those D.O.s who have contrived with it choose to ignore your mandate for osteopathic practice in California.

(Continued on next page)

D.O.s in California practice under an initiative measure passed by the people to free the osteopathic profession from medical harassment. Now, 40 years later, the medical society has decided that absorption is surer than opposition.

However, the M.D.s seek to take away that which only the people can give. Thus, it will not be enough for the CMA to pressure the legislature. The State Board of Osteopathic Examiners is properly responsible to the people, not the professions. It is charged with maintaining standards for osteopathic practice, not with presiding over its demise. The osteopathic board could seek its own end, as demanded by the CMA, only by the malfeasance of its members.

#### A Sell Out By Any Other Name

The OPSC contends that the many demonstrations of a popular mandate, plus the growing public support for osteopathic institutions, plus the appointment of D.O.s to posts as community and school doctors, plus the final test of acceptance—the satisfied care of more than a million Californians—are not to be surrendered lightly or lost by default. The OPSC further contends that the creation of a medical monopoly is no more in the public interest than the creation of any other monopoly.

Sooner or later, this issue must be decided by your vote in a referendum. OPSC believes that the loss of the osteopathic profession in California would be a loss to the entire state. It has confidence that you, the people of California, will not knowingly be a party to such a loss.

#### National Health Federation Takes Action

Upon learning of the foregoing contemplated action by the CMA and the California Osteopathic Association, we immediately requested Governor Brown to have the Attorney General assign one of his staff to investigate the merger, to ascertain whether or not it would create a monopoly to the detriment of the sick folks of California.

We also dispatched a letter to the Fed-

eration's Washington Office with the request Mr. Pratt and Mr. Edwards confer with the United States Attorney General's office for the same purpose.

We are still in contact with the California Attorney General. The report from Washington, to date, is contained in two letters, which we are reproducing in connection with this article.

As it takes an act of the California legislature, to take the first step in this monopolistic move, the Federation filed with the proper committees a request that any proposed legislation be referred to an interim committee to enable the proper authorities to make a thorough study of the matter. The purpose of the study being to ascertain whether the completion of the merger would be in the best interests of the public.

This merger is more far reaching than appears on the surface. One thing it will do is to immediately, upon its completion, put all Osteopathic hospitals under the control of the American Medical Association through its accreditation plan. This means that many Medical Doctors and Osteopathic Doctors would have no hospitals in which they could care for their patients. This certainly would not be to the best interests of the public.

This merger is a part of a National move, to create a complete healing monopoly and for that reason the National Health Federation is taking an active interest in it.

The letters from our Washington Director and Attorney follow:

**RE: Proposed Merger of California Osteopathic and Medical Associations**

Dear Mr. Hart:

In compliance with your request, Mr. Edwards and I have made a further investigation in Washington concerning the above-mentioned merger, its implications and its legal aspects.

Mr. Edwards conferred with two lawyers in the office of the U. S. Attorney General who pointed out to him that the merger was not a matter for the Federal Government under the Federal Anti-

(Continued on next page)

Trust Laws; but was a matter that possibly comes under the Anti-Trust Law of California.

We conferred also with the National Osteopathic Association Counsel today; and he discussed with us the serious implications that would result from the merger. The President of the Osteopathic Physicians and Surgeons of California has filed a suit in court which will determine the legality of the merger. If the California Court approves the merger, then the matter can go through the highest Court of California and to the Supreme Court of the United States.

It is my understanding that the Osteopathic Law required that the question of the establishment of a separate Osteopathic Board be submitted to the voters in an Initiative or Referendum. The voters approved the Referendum, which established the separate Board of Osteopathy. If the merger is sustained, then the California Law requires that Initiative or Referendum of the people take place in order to repeal the present law setting up the independent Osteopathic Board.

Such a proposed merger would have the effect of increasing the medical monopoly in California; and would deprive the people, ultimately, of the benefits of the osteopathic profession, its independent hospitals, and its independent College of training.

Members of the National Health Federation in California could assist the Doctors of Osteopathy to defeat the Referendum which would abolish the separate Board of Osteopathy. This is a cause in which National Health Federation is vitally interested, as in all its efforts to preserve freedom of choice in the healing arts field.

Charles O. Pratt,  
Washington Counsel,  
National Health Federation

June 10, 1961

Dear Mr. Hart:

Charles Pratt's letter to you regarding the Osteopathic-C.M.A. amalgam-

ation tells the legal aspects of the story.

We have had a very constructive talk with Attorney Lawrence Gourley, Washington Council for the American Osteopathic Association. He made clear his hope that the Federation, along with other citizen groups, would come to the aid of osteopathy in California.

The American Osteopathic Association revoked the charter of the pro-merger group, and has chartered the dissident group in their place. This should lend some prestige to the small group who are fighting for survival. If the merger goes through they can wind up with no legal standing, and they will no longer have their college which, we were informed, is among the very best.

It was stated that, among the osteopathic doctors in the former California Association, only 300 out of 2,500 voted to oppose the merger. It is claimed to be the prevailing aim of the newer, younger osteopaths to acquire highest possible prestige in the field even though it may involve sacrificing all their traditions, and prerogatives. Their average income is said to equal that of the M.D.s, so it can be seen someone has sold them the prestige package.

There is some hope the merger will be found in violation of the Cartwright Act, the Sherman prototype in California. Mr. Gourley doesn't feel very strongly that this will be the outcome, however.

Justice Department advised they can offer no material help since this is purely an intrastate affair.

So, it looks like another time when American citizens must combine with National Health Federation to prevent loss of their health rights and privileges.

Sincerely yours,  
Harold Edwards, Director

Two Boston ladies were sightseeing in California on a very warm day.

"It never gets like this in Boston," remarked one, fanning herself.

"Of course not," returned the other. "But you have to remember that here we are 3,000 miles from the ocean!"—Tracks.

NATIONAL HEALTH FEDERATION BULLETIN

## VITAMINS - MINERALS - PROTEINS SOURCES - NEED - FUNCTIONS

By FERNE WOODHULL

### CALCIUM

Because calcium is involved in many other important elements in the body, it is not possible to discuss its needs and functions as though it were a separate entity. For example, vitamin D regulates the use of calcium and phosphorus in the body. Calcium in combination with vitamin C helps the body resist infections, is essential to healthy nerves, heart, teeth and bones, and is a welcome pain relieving agent in disorders ranging from migraine to arthritis and asthma. A deficiency of calcium in combination with vitamin A, protein and iron has a close relationship to rheumatic fever. Diets of low mineral content, especially those poor in calcium, lead to stagnation in the colon which leads to other abnormal disorders. Thus calcium is probably the most versatile nutrient in the human body and authorities believe its deficiency is more widespread than that of any other nutrient. This may account in part for the extensive conditions, such as pyorrhea, loss of teeth, rheumatic fever, leg cramps, broken and slow-to-knit bones, migraine, and the pain associated with arthritis and the many other degenerative diseases.

Rich, natural sources of calcium are canned salmon, sardines, milk, yogurt, soybeans, black strap molasses, cheese, green leafy vegetables except spinach. (The oxalic acid in spinach destroys calcium in the body.) Since most of these foods are not the foods that commonly appear in the daily diet, milk becomes our chief source unless a special effort is made to provide the other high calcium foods. Heat of pasteurization of milk separates the calcium and reduces its availability for absorption into the bones and tissues to a degree. Boiling of vegetables may cause a loss of 20% to 30%. Foods that are often listed as good sources of calcium would require 72 ap-

ples, 42 oranges, 11 cups of carrots, 33 eggs, 77 potatoes or 214 dates to provide the daily requirement of this important mineral. This quotation on calcium from the 1939 Agriculture Yearbook makes it seem necessary to get all the calcium we can from raw leafy vegetables (and of course, milk). "While calcium is rather abundant in nature, there is a calcium problem in nutrition because so many people no longer eat natural foods and because so many natural compounds of calcium are comparatively insoluble and therefore difficult for the body to use." Some authorities recommend bonemeal powder mixed with cereal, milk or orange juice to increase the availability of calcium. It is readily absorbed.

In order to reach the blood stream, calcium must pass through the intestinal walls, and in order for it to be dissolved in the stomach before passing into the intestines, hydrochloric must be present. If, however, such foods as chocolate, rhubarb, spinach, beets, chard, candy, or other concentrated carbohydrates, soft drinks, baking soda or any alkaline substances reach the stomach, calcium absorption is prevented. Recognizing the preponderance of these items of food in the regular American diet, one can readily understand the truth in the above statement made also in the Agriculture Yearbook of 1939; "the deficiency of calcium is more widespread than that of any other nutrient."

In her book, "Vitality Through Planned Nutrition," Adelle Davis states that 90% of the milk consumed daily in the school lunch program in most areas is chocolate milk. Add to this the chocolate candy bars and soft drinks consumed by Americans of all ages together with the millions of pounds of sugar and sugar products consumed, we may wonder what may be the state of our teeth, bones and

(Continued on next page)

general health ten years hence. Statistics show that the average diet today contains but .6 grams of calcium while the officially recommended minimum daily requirement for children is from 1. to 1.4 grams. The legislature of Denmark enacted a special surtax on the cola beverages in order to make the soft drinks almost unavailable to their population. It is a challenge to nutritionalists and mothers of families to wage open warfare not only to see that plenty of calcium is provided in the daily diet of every American, but also to see that the calcium-destroying foods are eliminated. (An egg provides 3% of the daily quota.) (Ref. 2, 9, 11, 13, 21.)

#### PHOSPHORUS

Every cell in the body needs phosphorus particularly the brain and nerve cells. It is distributed in the soft tissues and body fluids—though 90% is found in the bony structure. Cheese, lean beef, eggs and wheat germ are rich sources. As an example of soil variation in the United States, the soil of Deaf Smith County, Texas, is so highly mineralized that wheat grown there contains six times the average quantity of phosphorus. Foods rich in phosphorus are meat, fish, eggs, peas, beans, nuts, unrefined breads and cereals. (Ref. 5, 12, 15.)

#### IODINE

The fact that sea foods are among the richest sources of iodine, (the nutrient essential in the body to prevent simple goiter), indicates that the soil nearest the oceans is richest in iodine. In fact this is illustrated in graphic form by the United States Department of Public Health in their publication of a "goiter map" showing the incidence of goiter among deferred men during World War I. The states showing rates of almost 10% to 27% of men deferred because of goiter, are the inland states. Thus the water and foods from soils of the border states provide most of the people with the necessary supply of iodine. Iodine foods are salt water fish, oysters, clams, kelp and iodized salt.

#### COPPER

If copper is not available in the body,

the iron that is essential to the blood cells cannot do its work. If iron is unavailable in the body and must be replaced, copper must be provided also. Copper helps the bone marrow to produce red blood cells and it seems necessary also in aiding the body in its use of vitamin C in carrying oxygen into the blood stream. If the soil on which plants and animals are nourished contains copper, our bodies should experience no deficiency. (A few cases have been reported of patients deficient in copper.) (Ref. 7, 13.)

#### COBALT

Cobalt is a trace mineral that forms a minute part of vitamin 12. In areas where the soil is deficient in cobalt, the grazing animals sicken and die from a crippling anemia until a few ounces are added to each acre of land. These areas (a few still exist in the United States), produce children, a very large percentage of whom are anemic. Once the deficiency is identified and corrected the anemia disappears. Thus again we realize that our health stems from the soil. If the soil is deficient, both the plants and the animals taking their nourishment from that soil are deficient. Humans feeding upon those plants and animals will experience the same deficiencies. Even though an amount of any one of the elements essential to good health may be termed minute, a deficiency can be harmful if not dangerous. (Ref. 13.)

#### MANGANESE

Manganese is necessary to all human growth and health. It is related to the use of calcium and phosphorus, is found in the bones and it activates at least four enzymes. It is found in green leafy vegetables if they are grown on soil that supplies it. When these vegetables are cooked, no water should remain to be poured off for the mineral would be lost. In fact this is true of all cooking—if more than a tablespoon of water remains to be poured off, too much has been used. Refining destroys the manganese existing in the original grain. It is estimated that whole-grain unrefined breads and cereals contain about six times the quantity found in refined products. Ref. 2, 13.)

## WHAT THEY THINK IN NEW ZEALAND

"MODERN NUTRITION OF NEW ZEALAND" recommends these steps for Better Health through Better Foods.

1. Serve as many foods in the original state as possible—fresh fruits and vegetables, nuts. Whole milk, fresh butter, natural cheese and cold pressed vegetable oils.
2. Eat a diet high in Protein. Include—(a) Meat, including organ meats—liver, kidneys, brains, heart. Undercook rather than overcook your meat. (b) Dairy products, eggs, cheese, milk.
3. Use fruit and vegetables (compost grown without chemical sprays if possible.) Cook vegetables with a minimum of water at low heat, and for as short a time as possible. Use the liquid.
4. Use freshly ground wholegrain cereals and flours, for they contain more protein, all the B-complex vitamins, Vitamin E, minerals and unsaturated fatty acids.
5. Use cold pressed vegetable oils, which are an excellent source of essential unsaturated fatty acids.

#### Avoid These Foods

1. Avoid the use of refined sugar. It provides no nutrients except carbohydrates. Excessive consumption is a prominent factor in dental decay and reduces the appetite for nourishing food. Honey may be used with discretion.
2. Avoid the use of white flour. It has had the vital elements of the grain removed, and enrichment replaces only a few of them.
3. Avoid the use of foods such as bread, pastries, ice cream, cheese and cold meats that contain chemical additives.
4. Avoid the use of hydrogenated fats and oils. They contain mainly saturated fatty acids.
5. Avoid heated or processed milk, if

possible, processed cheese and chocolate.

The information in this Bulletin is not meant to take the place of careful periodic check-ups and counsels with a physician. The importance of a six-month or annual check-up is enthusiastically urged by the Society, because your physician and dentist are trained to detect any degenerative changes appearing in your body. Your obedience to the laws of nutrition will assist him in correcting these deviations from health and preventing further injury.

"CANCER NEVER AFFECTS A HEALTHY ORGAN," Sir W. Arbuthnot Lane, Bart. C.B., M.S., F.R.C.S., et.

Modern Nutrition of New Zealand is published by The New Zealand Nutrition Society, P.O. Box 1174, Christ Church, New Zealand.

## "Cold Remedies Don't Cure"

CHICAGO, Dec. 23, 1960—Cold remedies relieve Americans of millions of dollars a year "but they do not cure or prevent colds," the American Medical Association said today.

The AMA's journal said that regardless of what you do for it, a cold still lasts about a week.

## Congratulations Are in Order

We are happy to announce that Rosella Scaupbach who, for a number of years was active in the Cleveland chapter of N.H.F., is now actively engaged in being the wife of Charles O. Pratt, the Washington Counsel of the National Health Federation. They were married in May of this year. We have never known two nicer people and we wish them godspeed along life's highway.

Men may not have come from monkeys, but many are going to the dogs.

—Thackery

## MAIL BOX

Dear N.H.F./

You are doing a tremendously good job of "Smoking Them Out." We could not help but notice that two days after we read in the N.H.F. Bulletin about "Cancer Virus Fund in Polio Vaccinee" we read the same thing in our daily newspaper.

We desire also to compliment you on your "no space wasted policy," using every page of the Bulletin, to bring us news we should know. This not only encourages us who are working in the field, but gives us much needed facts with which to win others to the cause of good health.

We also like your policy of completing each article and not forcing us to hunt through the magazine to find the balance of the article, as so many magazines do. We in this community have been using a telephone technique which works. When we hear or see anything on television or in the newspaper, which we do not feel is true, we start a telephone and letter barrage. Believe it or not, it works. We recommend that other communities try it.

(\*The foregoing is a condensation of a very fine letter received from L. S. We pass it along for your enjoyment and profit.)

\* \* \*

National Health Federation  
709 Mission St.  
San Francisco 3, Calif.  
Dear Sirs.

Enclosed please find my check for \$26.00, to be used as follows:

\$10.00 memorial for our very dear friend who passed on in April, William Woodruff died in Southern California, and made his summer home here in Washington.

\$10.00 for a memorial for our friend of many years, John H. Baumgartner, died April 1, 1961, in Chicago, Ill. He was a wonderful, loyal, and generous helpful person.

\$3.00 a subscription for Mr. Baumgartner's daughter, to the Bulletin:

Mrs. L. P. Graham  
1700 W. 90th Pl.  
Chicago 20, Illinois

\$3.00 for a subscription for my daughter to the Bulletin,

Yours truly,  
Mrs. D. K. Gallagher  
Rt. No. 2, Box 227A  
Burton, Washington

Thanking you kindly, I remain  
Mrs. W. F. Barnett  
Rt. No. 1, Box 200  
Burton, Washington

\* \* \*

Gentlemen,

It certainly gives one a little more peace of mind to know that there is such a splendid organization as the National Health Federation at work to protect and work for the promotion of the health of our nation. Keep up the wonderful good work.

I believe the "Bulletin" gets a little better with each issue. I certainly enjoy and appreciate every bit of it. In the April, 1961

issue I especially enjoyed the article \* "Why Don't Doctors Keep Us Healthy and Young?" by Dr. P. Beregoff Gilow. In this article she mentioned that she has published a book, "A Doctor Dares To Tell." I would like very much to obtain a copy of this book, but don't know where I can do so. If you could tell me where I might obtain a copy, I would appreciate it very much.

Thanking you for your time and trouble and for the good work you are doing in the interest of the welfare of us all, I remain,  
\* (EDITOR'S NOTE: The book may be purchased from "Comet Press Books," 200 Narick St., New York City, N. Y.

Yourse sincerely,  
Joseph F. Binkley, D. C.

## WE NEED YOUR HELP

On another page we have noted the November-December issue of the Bulletin will be devoted in large part to answering Dr. Stare of Harvard, the front boy for those interests who profit from adding chemicals to America's food supply. There is an answer and you shall have it.

We also stated the January issue would be devoted, in large part, to bring you the facts, as to what so-called counselors and others in our public schools are doing to the mental health of our children and to the American ideals which have made this country great.

We need your help. Please send us any information you have on these important subjects. Be sure it is accurate. On the mental health and counseling front, give us the name of the school, the city and the state, if you can. If you can secure a copy of the questions being used to probe the child's mind, send a copy. If you can find the source of the material we would like that also. What we have seen so far is shocking. America must recapture its schools, save its children and thus save America. Above all, we who love America must all join hands and tell other Americans, including our Congressmen, what is hiding behind the words: Guidance Counselors and Federal Aid to Teachers, etc.

The biggest mistake many of us make is to work ourselves to death so we can live better!

# FDA Likely To Set Limits For Vitamin A Use

WASHINGTON — A regulation limiting to prescription sale all products containing large quantities of vitamin A will be issued by the Food and Drug Administration "within a month or six weeks," according to Dr. Frederick J. Cullen, medical consultant of The Proprietary Association.

In addition, FDA will issue a regulation dealing with vitamin-mineral dietary supplements requiring that all ingredients in the products be safe when used as directed and that they have a known value in terms of the need for minimum daily maintenance requirements, Dr. Cullen said.

He also expressed the opinion that FDA will classify as drugs all products containing "perhaps twice" the minimum daily maintenance requirements and that the regulation will bring the minimum daily requirements up to date. The basic MDR list was published by FDA in 1941, but has been supplemented several times since.

### CONFIRMS PREDICTIONS

Kenneth L. Kirk, FDA Assistant Commissioner, confirmed Dr. Cullen's predictions, though asserting the time the regulations would be issued (a month or six weeks) is more of a hope than a certainty.

Mr. Kirk said the chief "bug" in the proposed regulations, which must be worked out before they can become final, is the level at which products containing vitamin A will go on the prescription-only list. He confirmed Dr. Cullen's belief that the figure will be less than 50,000 units.

Mr. Kirk also confirmed a statement by Dr. Cullen that FDA is considering a regulation setting up a maximum daily dosage for vitamin D. This, however, is farther in the future than the vitamin A and special dietary supplement regulations, Mr. Kirk said.

Dr. Cullen said it is apparent that, when the regulations are issued, there will be a "gray zone" between dietary food supplements and prescription items. For example, the maximum amount of vitamin, A which can be included in a

dietary food supplement undoubtedly will be substantially included in a prescription product.

"Products that come within this 'gray zone' will present an extremely difficult labeling problem, since they cannot be recommended as dietary food supplements," Dr. Cullen said. "It will be extremely difficult, if not impossible, to label them as prescription items for use in the treatment of vitamin and/or mineral deficiencies.

## A.M.A. Takes Over

EDITOR'S NOTE\*: The enemy is on the march. The A.M.A. has recently set up a political arm patterned after that of the labor unions. They are now moving in on the Food and Drug boys. All folks who are interested in the drugless approach, are in jeopardy. If the leaders in the drugless field had urged their friends and clients to join the National Health Federation, we would today be large enough and powerful enough to stop this thing in its tracks. As it is we are moving in with our Washington General Counsel, to do what can be done.

It is not yet too late for every Drugless Doctor and every Health Food Store to get their clients and patients to join the Federation. The Federation needs money and members to fight this thing. The time is now, either you unite and work together for a common goal in this matter or take the consequences, which will be higher prices and deprivation of the use of many useful natural products, and the further loss of liberty and freedom of choice.

The First National Congress on Medical Quackery in Washington, D.C., Oct. 6-7, will spotlight attention on the work of exposing medical charlatans who thrive in the dark shadows of public ignorance, says F. J. L. Blasingame, M.D., executive vice president of the American Medical Association.

The conference begins Friday morning, Oct. 6, and extends through Saturday noon, Oct. 7. The AMA House of Delegates has urged state and county medical societies to send representatives to the conference.

The AMA's Department of Investigation conceived the plan of the congress on quackery, and the Food and Drug Administration joined in co-sponsoring it. Participants will include officials from federal agencies and the AMA, representatives of national voluntary health

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organizations, and law enforcement agencies.

Among persons appearing on the program will be Abraham A. Ribicoff, secretary of the Department of Health, Education and Welfare, FDA officials Geo. P. Larrick, commissioner; William H. Goodrich, general counsel, and W. H. Kessenich, M.D., medical director; Leonard W. Larson, M.D., AMA president, and AMA staff members C. Joseph Stetler, director of the Legal and Socio-Economic Division, and Oliver Field, director of the Department of Investigation; Paul Rand Dixon, chairman, Federal Trade Commission, and William H. Gordon, M.D., Lubbock, Tex., outstanding speaker on medical quackery.

Also L. Henry Garland, M.D., San Francisco, representing the American Cancer Society; R. W. Lamont-Havers, M.D., medical director, Arthritis and Rheumatism Foundation; Maye A. Russ, vice president, National Better Business Bureau; Frederick J. Stare, M.D., Boston, winner of the 1961 Goldberger Award in clinical nutrition; Milton P. Duffy, chief, Bureau of Food and Drug Inspections, California Department of Public Health, and Harold E. Jervey, M.D., past president, Federation of State Medical Boards.

### Logic?

Two men were comparing coon dogs. One said, "My dog is so good that all I have to do is show him the board I want to stretch the coonskin on. He goes out and brings in a coon just to fit the board." The other said, "Where is he now?" The owner said, "He came in the house yesterday. My wife had the ironing board in her hands. He is still out in the woods!"

—The Sawdust Trail

The village clerk was reading to the village council a report from the state board of health.

"Village death rate is eleven point seven (11.7)," he said.

"What does that mean?" a member asked.

"It means," the clerk explained, "that eleven folks have died, and seven more are at the point of death."

## Vitamin A Deficiency

Editor of The Sun-Telegram:

Our youth today sees but a chosen few performing great athletic feats. Our youth is asked to do the same but lacks the energy. The result is frustration. Recognizing this dilemma, the Hawaiian government did something about it.

Regarding a child's need for vitamin A, the Hawaiian State Legislature in 1951—recognizing that children over 13 years of age require at least 5,000 units daily, and pointing out that there "is not a single unit of vitamin A in the average American lunch of hamburger, hot dogs, ice cream, pastries, doughnuts and soft drinks—passed a resolution that the University of Hawaii publicized through newspapers, radio and free literature the analysis of Hawaiian food products. This publicity compared the foods' vitamin and mineral content—stressing that a well-chosen diet, rather than just food, was more desirable.

Why has not a similar program appeared in our local and national publications?

Parsley, for example, is an excellent source of vitamin A.

T. E. BOOKER,  
San Bernardino.

## Advice on Taking Tranquilizers

1.—Never take them except under the advice of a physician who checks you regularly.

2.—Never take any more than prescribed without consulting your doctor and letting him check the effects the drug is producing on your body.

3.—Take them as a stop-gap—and move constantly toward living without them.

4.—Never substitute one tranquilizer for another. Turn down well-meaning but dangerous friends who offer you "half a dozen of my pills to see you through your in-laws' visit."

5.—Never give your tranquilizers to  
(Continued on next page)

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your children—child dosage differs from that of an adult.

6.—Don't pressure your doctor to give you a tranquilizer. Let him prescribe, he's the doctor—if you don't need it, you're better off without it.

## A Good Suggestion

Mrs. H. D. McCreight, of Washington, D. C., sends in this good idea. The idea: Take a white 3 x 5 white card, paste a Federation stamp in the upper left hand corner and a Natural Food Associates stamp in the lower right hand corner. On the balance of the card, type the words, "Are there any members of the National Health Federation in this area, or of The Natural Food Associates? If so — (or any one else who is interested in good health), please call .....". Here the phone number of the person putting up the card is listed.

Where do you put up the card? Most local communities have bulletin boards in various stores on which customers may post notices, etc. The typing on the face of the card may be scattered over the face of the card in an attractive manner.

We pass this idea along, as a good way to advertise the Federation and Natural Food Associates.

## This May Help Some Drugless Doctors

The Supreme Court last week wound up a busy term with a busy decision day. The Court:

Reversed a twelve-year-old ruling and eliminated a judicial double standard that had permitted the use of illegally procured evidence in state courts but not in federal courts. **By a 5-to-4 majority, the high court ruled that "all evidence obtained by searches and seizures in violation of the Constitution is, by that same authority, inadmissible in a state court."**

At least 24 states will have to modify the rules of evidence now used in their courts.

—Time, June 30, 1961.

## U. S. Public Health Service

The general public does not realize the gigantic power structure which is pushing fluoridation. U. S. Public Health Service spends over \$840,000,000 per year in grants, cooperative programs, and salary supplementation.

Through this means they have welded the state and county organizations into a completely docile and responsive organization, amenable to the slightest pressure from Washington.

Endorsements by many national organizations are obtained by the same persons who are active simultaneously in all of them. Public Health officials endorse fluoridation, then put on another hat and call themselves a state organization, endorsing it all over again.

The World Health Organization, is financed by the U. S. Public Health Service; of course, they endorse fluoridation.

This power apparatus is spending millions every year in a mad effort to force all water works to accept their recommendations. USPHS has dozens of public relations men; every state organization has one; all are industriously putting out prepared stories endorsing fluoridation.

No school, college or independent medical research institution dares to be critical of fluoridation because they receive Public Health research grants. Likewise, no big food, beverage, or drug company will dare speak critically of fluoride because they are under the supervision of Food and Drug Administration, a branch of USPHS.

One big brewery official told me that their own research indicated grave questions about fluoridation, but they dare not speak out.

As you know, Food and Drug Administration can bankrupt any national food, beverage, or drug company with a little adverse comment. If anybody is in doubt about this, let him ask a cranberry grower.

W. B. HARTSFIELD,  
Mayor, Atlanta, Georgia.

## Lakeland Firm's Ads Under Fire

WASHINGTON — The U. S. Food and Drug Administration moved yesterday to break up what Commr. George P. Larrick described as a "nationwide seawater swindle."

The FDA said U. S. marshals have inaugurated a six-state roundup of Atlantic Ocean water bottled at Lakeland.

Larrick said that the advertising accompanying the seawater is false and misleading.

Literature accompanying the product, "Sea Brine Concentrated Natural Sea Water," claims that it is effective in the treatment of numerous diseases and adds minerals to the diet which would otherwise be lacking.

"The allegations are false," Larrick said.

Such statements by Larrick would carry a great deal more weight if the Food and Drug Administration would take after Aspirin, Bufferin, Anacin and the many other remedies advertised over the radio and TV, which make such extravagant claims as cures, etc. In our opinion, "what is sauce for the goose should be sauce for the gander."

### *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.

## Opposition to Drug Appraisal Criticized

WASHINGTON, July 25, 1961. — A Harvard University professor said today the American Medical Association's opposition to government appraisal of new drugs invites drug companies to dump worthless drugs on busy doctors.

Dr. Maxwell Finland, also associate director of the Thorndike Memorial Laboratory in Boston, said he could not understand why the AMA opposes giving the government power to keep ineffective drugs off the market.

Testifying before the Senate antitrust subcommittee, Finland said:

**"This is an invitation to all manufacturers to dump into the hands of busy practitioners any and all types of good and bad, useful or useless drugs . . .**

**"With over 200,000 physicians and their patients as potential prey, the result would be untold harm but might take long to appreciate and evaluate."**

Commissioner eGorge P. Larrick of the Food and Drug Administration, an observer at the hearings, said his agency often appraises effectiveness of new drugs along with their safety.

## Waste in Medical Research

By HAROLD EDWARDS

Emotional insistence by the public on larger and larger federal appropriations for public health are resulting in waste and inefficiency, according to a man in excellent position to know—John M. Russell, president of the Markle Foundation, writing in the October Harper's.

Those who are acquainted with Mr. Russell and the fine work of his foundation in promoting academic medicine, are aware that he is a careful man who does not speak without knowing what he is talking about. The title of his article is "Medical Research: Choked By Dollars," and he says:

In recent years the public has pulled the emotional strings on Capitol Hill so effectively that Congress regularly appropriates more money for the National Institutes of Health than they ask for or can use . . .

With both party platforms favoring support for medical research and education and Congress egged on by men committed to ever higher expenditures, the floodgates are open.

Mr. Russell deplors the manner in which popular pressures force scientists to attack the health problem disease by disease, and, in effect, tell them "which disease to go after first." He compares this to "deciding what scientists should do by popular vote."

As an example, Mrs. Russell states that in 1954 "Congress appropriated a million dollars (which had not been requested) for the Public Health Service, specifically earmarked for polio research." There was "so much polio money floating around . . . that the PHS classified such unlikely diseases as hepatitis as 'poliolike' just so these funds could be spent."

The principal reason, says Mr. Rusesll, why the Public Health Service is unable to make "really good use of all the funds Congress thrusts upon it" is that "enough qualified men don't exist to do the work." He refers to "the incredible

statement of Senator (Lister) Hill's Committee of Consultants that "the manpower is available" for an enormous expansion of medical research (for which the committee recommended greatly increased federal support)."

We have here an insight into the genius of Congress for wasting money.

Mr. Russell, be it noted, is not opposed to federal appropriations where they are needed, and he calls for "federal support of our medical schools and other institutions that train research workers." At present we are making federal grants to research projects, and thus are, in fact, subsidizing medical education. He favors doing so through "the front door" instead of the back, "in the form of block grants without strings attached." Getting such "stringless grants" will, he fears, be harder than getting "the stringless string beans"; but he deems it essential.

We appreciate the importance of more money for medical research, where it can be used effectively. We agree, also, with Mr. Russell that getting such money from the federal treasury without terms which give the national government partial or complete control, is going to be next to impossible.

Let us hope that his frank and refreshing article will help to produce the needed money from some source, without the always-to-be-resisted federal controls. Adequate funds for medical research, intelligently spent, could produce important medical break-throughs and prove immeasurable boons to mankind.—Richmond, Virginia Times-D i s p a t c h, Sunday, Nov. 13, 1960.

### WHERE THE MONEY GOES

Below we furnish briefly the major amounts of money that go into the two big health agencies under the control of the Department of Health, Education and Welfare in Washington. The new  
(Continued next page)



budget figures for 1962 are now being processed, and we are supplying the comparative figures of Food and Drug Administration and the United States Public Health Service to emphasize the unconscionable pouring of public funds into projects that Congress has only the vaguest of explanations for when the money is requested . . . and for which the appropriating committees demand no accounting afterward. Your brief letters sent in now can go far toward slowing down this highhanded practice.

The National Health Federation does not oppose the budgeting of reasonable increases to the Food and Drug Administration for proper enforcement . . . but does object strenuously to the pouring of unlimited millions every year into questionable medical research projects, especially when a large part of it is now being earmarked for hundreds of foreign projects that can benefit only those who make money out of the medical "business."

#### Food & Drug Administration

1954 .....	\$ 6,243,374
1960 .....	\$ 13,687,000
1961 .....	\$ 19,548,000
1962 .....	\$ 23,445,000

#### United States Public Health Service

1954 .....	\$ 242,013,265
1960 .....	743,711,000
1961 .....	\$ 887,026,000
1962 .....	\$1,001,462,000

#### National Institutes of Health

1954 .....	\$ 70,335,000
1960 .....	\$ 390,966,207
1961 .....	\$ 536,038,300
1962 .....	\$ 540,000,000

(Figures immediately above are included in the U. S. Public Health totals)

The National Institutes of Health is the big funnel through which the medical research money flows . . . to all points within the United States . . . and now, to every point on the globe where the medical machine can spot an opportunity. The global aspect of the thing has been implemented by passage of the International Medical Research bill last year. The headquarters for this big project is

the National Institutes of Health, at Bethesda, Maryland.

"Appropriations to the Department for medical research and development have increased by nearly eight times since 1954. Congress increased the 1961 appropriations by \$160,000,000 (beyond what was requested) over 1960—the largest increases ever made in one year for medical research and training."

"It is anticipated that some of these funds, approximately \$6,800,000 will remain unobligated at the end of the current year and will revert to the Treasury."

"Within the \$536,038,000 appropriations for 1961, about \$371,000,000 will be spent for medical research. The balance is for training, the dissemination of research results through technical assistance demonstrations, and related purposes."

The above direct quotations taken directly from the budget seem all very vague to us. Unsatisfactory language for trying to explain what is happening to such enormous amounts of money . . . directly from the pockets of U. S. taxpayers. It explains nothing . . . and the promoters aren't required to. The Congressional Subcommittees on Appropriations for this department accept such drivel in the hearings where the approval is given to these staggering additions every year.

The fault, the responsibility, and the connivance must be laid at the door of the two health appropriations subcommittees . . . and above all, their respective chairmen. In the House it is Congressman John E. Fogarty (D. Rhode Island) Chairman, House Appropriations Subcommittee for Health, Education and Welfare Department; in the Senate, it's Senator Lister Hill, Chairman Senate Appropriations Subcommittee for H.E.W.

These are the two individuals that are most responsible for the skyrocketing of the medical research money each year . . . beyond . . . far, far beyond the wild-

(Continued next page)

est dreams of the promotional experts themselves in the Departments who spend the money. The colossal jump of \$160,000,000 last year was actually dumped on them by Congress . . . when they had no definite plans for such a princely sum.

Perhaps credit is due these spenders, however, for the workmanlike job of spreading all this swag around where it will do the most political good. They got rid of every penny with exception of the \$6,800,000 mentioned above, which reverted to the U. S. Treasury.

**Do not address your letters of complaint to the Chairmen mentioned above. Do address them to your own member of Congress from your district . . . if you are interested in getting at the heart of your high tax problems. Keep the letter short, and to the point . . . and don't take it out on your Congressman, because you can make him your friend with a short, businesslike suggestion that these appropriations MUST be investigated, and curbed.**

Names of the Appropriations Subcommittees for H.E.W. given below:  
**House Appropriations Subcommittee for H.E.W.**

Chairman, John E. Fogarty (Dem., Rhode Island)

Winfield K. Denton, (Dem., Indiana)

Fred Marshall, (Dem., Minnesota)

Melvin R. Laird (Rep., Wisconsin)

Elford A. Cedarberg (Rep., Michigan)

**Senate Appropriations Subcommittee for H.E.W.**

Chairman, Lister Hill (Dem., Alabama)

Dennis Chavez (Dem., N. Mexico)

Richard B. Russell (Dem., Georgia)

Warren G. Magnuson (Dem., Wash.)

John Stennis, Dem., Miss.)

John O. Pastore (Dem., Rhode Island)

A. S. Mike Monroney (Dem., Okla.)

Alan Bible (Dem., Nevada)

Robert C. Byrd (Dem., W. Virginia)

Thomas H. Kuchel (Rep., Calif.)

Margaret Chase Smith (Rep.-Maine)

Roman L. Hruska (Rep., Nem.)

Gordon Allott, (Rep., Colorado)

Styles Bridges (Rep., New Hampshire)

The above names are furnished for your information. We feel it is more effective to write to your own Congressman and Senators about the above matters, because your letters will get assured attention if they come from their own district. Otherwise you won't get the kind of attention to your letters that they may deserve.

These are the men above who are responsible for favorable action in Congress for all the millions we have described. They are the ones the other members of the House and Senate depend on for guidance in voting on health appropriations bills each year. We believe you should know these important things regarding this vital matter since its the huge sums of government money that are making the monopoly ever stronger, bigger.

## Druggists' Price Fixing Defense Hit by Judge

Federal Judge Louis E. Goodman today told attorneys defending the Northern California Pharmaceutical Assn. against price-fixing charges that the prima facie evidence so far is overwhelmingly sufficient for the jury to decide that the defendants are guilty.

He forbade the attorneys to bring in testimony about the long history of pricing schedules in American pharmacy.

He told them their plea that druggists are professionals, and therefore immune to the antitrust laws, has no merit.

These blows to the defense were delivered in the absence of the jury, during arguments over whether the defense could use an expert witness to trace the use of pharmaceutical price schedules since 1908.

Justice Dept. attorney Lyle Jones objected, and Judge Goodman sustained him.

Among other things, Judge Goodman remarked:

"On the point of professional services:  
(Continued next page)

That hasn't the slightest merit.

"Testimony so far has established that the purchase price paid to the drug store is not for the pharmacist who renders the service for a salary."

On the Hedgpeth Schedule, drawn up by Sunset District druggist Donald K. Hedgpeth, a co-defendant with the Northern California Pharmaceutical Association:

"I don't care where they got the Hedgpeth schedule. They could have picked it out of a garbage can or the northeast corner of Heaven or out of a textbook at Northwestern University. The only issue for the jury to decide is whether there was an agreement to fix prices."

On the druggist's immunity from anti-trust laws:

"My view is that the pharmacist has not the slightest immunity from the antitrust laws when he sells drugs and until some Supreme Court decision says differently, that's the law the way I see it."

Then he overruled the plea of defense attorneys Arthur B. Hanson and Michael Khourie that they be allowed to show pharmacy is one of the healing arts and a profession like medicine and the law.

"I'm sorry you've come all the way from Washington for this," said Judge Goodman. "This is a simple case. I've talked too much. The historical background would only muddy the waters."

And the defense was left to figure out what was left to defend.—S.F. News-Call Bulletin, Tues., June 13, 1961.

## California Cancer Study Set

One of the most comprehensive attacks ever launched on cancer—a \$3,500,000, five-year program—was announced yesterday by Governor Edmund G. Brown.

Starting immediately, the State Health Department will undertake a survey of human and animal cancers, the potential link between smog, other environmental factors and cancer, and suspected cancer causing viruses.

Supported by the National Cancer Institute, the project will focus on Ala-

meda and Contra Costa counties, where State health experts are already conducting a human population study which is seeking to relate mode of life to certain diseases.

### RECRUITING STARTS

Recruiting for the program, which will require about 50 workers, already has begun.

They will interview hundreds of East Bay citizens, gathering data on personal characteristics and environmental factors that may help distinguish cancer victims from cancer free groups.

A maximum of four cancer sites will be surveyed at a time. Beginning studies will focus on cancer of the breast and uterus.

While field surveys are under way, other workers will try to isolate suspected viruses of other cancerous agents.

A fourth major arm of the project will be physical and chemical studies of the environment.

What relation there may be between cancer and air pollution, radioactivity in food, air and water, radiation devices, cooking oil, heavy metals, or factory cutting oils—all these will be examined.

Dr. Malcolm H. Merrill, State Health Director, will be the principal director of the project.—S.F. Examiner, Thursday, Aug. 10, 1961.

Out of curiosity, a farmer had grown a crop of flax and had tablecloth made out of the linen. Sometime later he bragged about it to a woman guest at dinner.

"I grew this tablecloth myself," he said.

"Did you really?" she exclaimed. "How did you manage it?" It was plain that she had no idea as to how tablecloths came into being.

The farmer lowered his voice mysteriously. "If you promise to keep the secret, I'll tell you. I planted a napkin."—Arkansas Baptist.

## From the Desk of B. Helvie

To Fred J. Hart:—

Greetings and congratulations on a most successful convention. We were pleasantly surprised at the high type of people the Federation has been able to attract. It makes for a group we can all be proud of.

I am holding money from the people we have talked with and who want to be charter members of a chapter of the National Health Federation. As soon as we receive from your office the necessary application blanks and papers we will get to work. Send the foregoing to me at 215 West Wyoming St., Cincinnati, O. Best wishes, Bruce Helvie.

**Editor's note.** Thank you Bruce, on behalf of the members of the Federation. It was a good convention and our members are the finest in the land. We were pleased to have many express the sentiments you have so ably written.

We are happy, too, that others have gone home and started to organize chapters. While on the subject, our members will be glad to know that, at the convention, meetings were held to get state organizations under way in Indiana and Wisconsin, and to revive the state organization in Michigan and get it under way to cope with health problems facing that state. The State Federation of Pennsylvania was also approved and accepted into the Federation family.

## "Drugs Making 1 in 20 Patients Sick

WASHINGTON, July 20.—A Senate subcommittee heard testimony today that one of every 20 patients in hospitals is there because of treatment with drugs that backfired, and that 10 to 15 per cent of the Nation's doctors practice "bad medicine." Clinical services of the Metropolitan Hospital and Clinics of Detroit, and Dr. Walter Modell of the Cornell University Medical College strongly endorsed legislation to tighten Federal policing of the drug industry, placing themselves in square opposition to testi-

mony by Dr. Hughby Hussey Jr., board chairman of the American Medical Association.

Modell charged that doctors are being deluded into prescribing new and often inadequately tested medicines which, he said, drug firms are flooding onto the market at a rate of 400 new preparations a year.

He contended one out of every 20 "of our hospital beds are occupied by patients who come in as a result of treatment" with drugs.

Butler said 15 to 20 per cent of the physicians in any community practice "bad medicine" and are influenced by exaggerated advertising claims for new medicines.—S.F. Examiner, July 21, 1961.

## What Young People Think —

By EUGENE GILBERT

President, Gilbert Youth

Research Company

Smoking appears to be losing ground with American teenagers.

Three out of four of the young people queried in our latest poll told us they do not smoke themselves and about half said they don't approve of their friends smoking either.

More than three years ago when we put the question to the teen-agers of that day, only one in four of those 16 or older claimed to be a non-smoker and half of those 13-15 said they didn't smoke.

What happened in the meantime?

Undoubtedly reports linking cigaret smoking and cancer have done their bit to discourage the habits, but Mom and Dad play a large role, too. Chances are, if the folks don't smoke neither do the kids.

In the two cases out of five where Dad was a non-smoker, nine out of 10 boys and eight out of 10 girls told us they followed his example.

Five out of eight of the young people listed Mother as a non-smoker and fully 80 per cent of both boys and girls said her cigaret habits were good for them.—Philadelphia Inquiry, June 6, 1960.

Published for Distribution to Members  
Without Extra Charge by the  
**NATIONAL HEALTH FEDERATION**

709 Mission Street  
SAN FRANCISCO 3, CALIFORNIA

Return Postage Guaranteed  
Entered as Second Class Matter

Subscription: \$3 Per Year (to Non-members)

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## You Must Decide

Some of you must decide whether or not you are to continue to receive the Bulletin, or by failing to send in your dues, force us to discontinue sending it.

Postal regulations will not allow us to send another issue, unless your 1961 dues are paid within the next 30 days.

Check the numerals after your name and address above and if the last four numerals do not read 12/61 or 12/62, (unless you have paid your dues within the last 30 days), you are one of those we are anxious to have respond to this plea.

Your Federation is winning victory after victory for you at Washington and in the states. We need your support and you need ours. Please do not fail us.

Plan now to attend the 7th Annual Convention at Hotel El Cortez, San Diego, California, December 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.