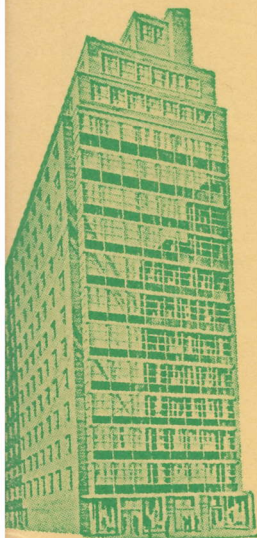


National Health Federation



25¢



A MERRY CHRISTMAS TO YOU

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AMERICANS CRUSADING FOR BETTER HEALTH

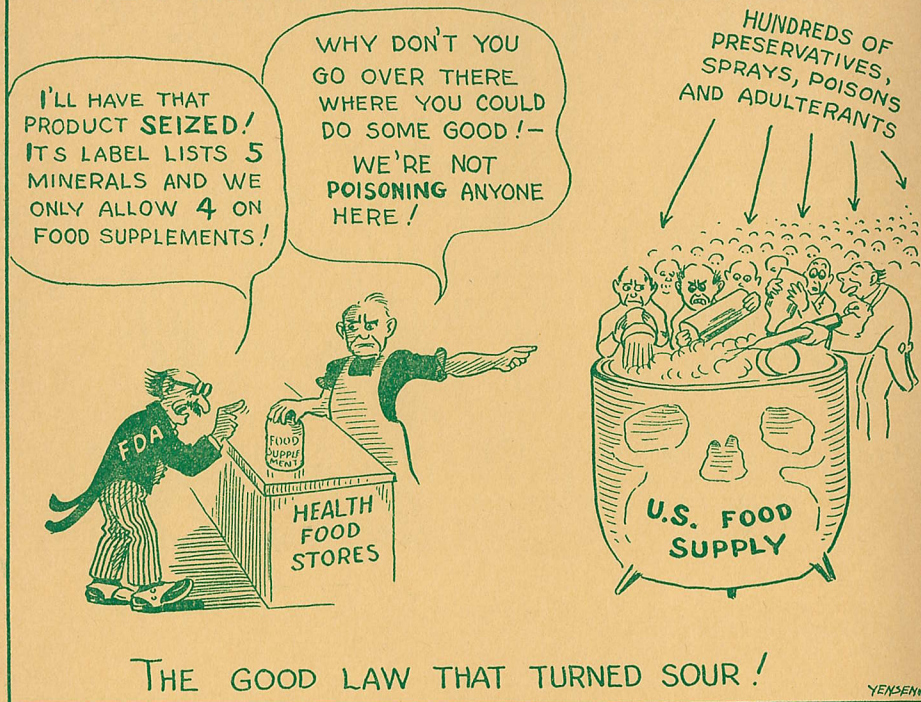
Volume VIII—Number 12

December, 1962

Site of our Washington Office
1012 - 14th St. N. W.

BULLETIN

THE POOR FOOD and DRUG ADMINISTRATION



An open letter from the editors of Prevention regarding the challenge facing the new Secretary of Health, Education, and Welfare.

To the Hon. Anthony J. Celebrezze,
Secretary,
U.S. Dept. of Health, Education,
and Welfare,
Washington, D.C.

Dear Sir:

As this issue of our magazine is being prepared for printing, two matters of enormous importance to the American public have just occurred within your department. Your predecessor, Secretary Ribicoff, has announced that he will resign his post within the week, and you are about to succeed him. And your subordinate, Commissioner of Food and

Drugs George P. Larrick, has brought forth a proposal designed to restrict the freedom of the people of the United States to buy such vitamin and mineral dietary supplements as they may desire.

It is this proposal of the FDA that makes your coming to office at this time so significant a matter. It is under **your** new administration that a decision will be reached that will have far-reaching consequences for the general health of the American people.

Those who have tried to interpret the proposed regulation, so far, have concluded that it will be used to prevent the marketing of dietary supplements which, in the opinion of Commissioner Larrick and "competent authorities," are

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Shake-up Asked for Drug Agency

A Stronger Science Role Is Urged by Citizen Panel

By CLINTON MILLER

Assistant to the President of N.H.F.

On October 25, 1963, a special citizens committee, in an inch-thick, 224-page report to Mr. Celebrezze, set the stage for full-scale Congressional Hearings on the need for a shake-up in the policies and personnel of FDA.

This 16-member citizens' committee was appointed by former HEW Secretary Abraham Ribicoff. It contains a broad hint that a resignation by Mr. Larrick, now 61, would be appropriate, timely, proper, and acceptable. Mr. Larrick joined FDA as an inspector in 1923, and rose through the ranks until he was named Commissioner in 1954. Almost as well known, and perhaps more identified with FDA's misapplication of police power, is Deputy Commissioner John L. Harvey, 63, a lawyer, who started as an inspector in 1925.

This report is sharp. Although it is couched in polite language, the intent cannot be missed. It states that:

"This Committee believes that the **top policy positions in FDA no longer** should be held primarily by **persons whose** backgrounds have been as inspectors (emphasis ours), but should include scientists with broad experience as well."

In Washington, this is "first blood,"

and if Mr. Larrick doesn't resign on his own accord, he may have to do it under pressure. Not a few Congressmen have been smarting under unfair, arrogant, and arbitrary enforcement methods of FDA toward their constituents.

Two Congressional committees are preparing to open fire on FDA **probably as early as December, 1962.**

Senate and House Subcommittees Plan Hearings on FDA

The House subcommittee is "Inter-governmental Relations Subcommittee of the Committee on Government Operations." The chairman is Representative L. H. Fountain (D., North Carolina).

The Senate subcommittee is "Reorganization and International Organizations Subcommittee."

The chairman is Sen. Hubert Humphrey (D. Minn.)

Both subcommittees will probably investigate FDA in 1963. There is concern that the whole story on drugs has not been revealed. They will investigate the reasons that FDA was so slow to remove from the market certain drugs with extremely harmful and sometimes lethal side effects.

(Continued next page)

First action is anticipated by Senator Humphrey's committee. He is concerned, among other things, about FDA's reluctance to consult with other branches of the government such as the National Institutes of Health. Tests seem to have been made there which, if known by FDA, would have resulted in immediate withdrawal of certain drugs. The Citizens' Advisory Committee Report will act as an orientation point to begin the hearings.

A Note of Caution on the Hearings and Citizens' Committee Report

We do not concur with the first, nor with some of the other major recommendations of the Citizens' Advisory Committee. We are, however, only too glad that an investigation of FDA is going to be held by Congress.

The Citizens' Advisory Committee report will probably be used in an attempt to blame past errors on a scapegoat. This could easily end up by being Mr. Larick himself. The National Health Federation will not oppose this, but we are not anxious for a reshuffle of the same deck. Too often the public is prone to feel that, even though the cards are marked, that somehow, shuffling them will give a better deal.

"Almost" Stacked Committee

When the head of HEW chooses a committee to investigate FDA (a department of HEW), one is justified in critically reviewing the so-called "Citizen" aspect of the committee. The 16-member committee was filled with members acceptable to the refined food and drug industries. There were 14 men and two women. Typical of the members are Mr. John Thomas Connor, President, Merck & Co., Inc., and Mr. Alan Campbell Richardson, Manager of the Tech-

nical Advisory Service of the California Packing Corporation.

AFL - CIO Dissents

We contacted Miss Ann Draper, who represented AFL-CIO on the committee. We asked her hopefully if there was any dissent on the committee. She said she had raised a lonely dissenting voice.

Her dissent was on the number one, and most important committee recommendation. They listed 10 major recommendations. I quote from the committee report:

"Recommendation No. 1: The Philosophy and Leadership of the FDA Should Be Reoriented.

"... a prominent health regulatory official in the United States has distinguished three stages in the development of such a regulatory agency:

"The period of police power enforcement,

"The period of health education,

"The period of mandated self-inspection and self-regulation.

"FDA has been in the first stage so far. It should proceed to the second and third stages as rapidly as the necessary changes in administrative philosophy can be achieved and a proper climate created within industry. . . ."

This Sounds Good—But. . .

Miss Ann Draper took issue with this major contention, and we heartily endorse her voice of dissent. Her letter to Mr. Celebrezze of November 2, 1962, states:

"Dear Mr. Celebrezze:

"As a member of the Second Citizens' Advisory Committee on the Food and Drug Administration, I am writing this letter because I am very distressed at the cast given to the Committee's report by its number-one recommendation on

(Continued next page)

reorientation of the philosophy and leadership of the FDA.

"I am specifically disturbed by the portion of the recommendation that says FDA ought to move from a philosophy of police power enforcement, to health education and thence to a grand finale of 'mandated self-inspection and self-regulation.' It conveys the impression that FDA should work toward progressive abandonment of its responsibilities. . . ."

We can be grateful that there was a woman on the committee who wasn't a representative of a special food interest.

Police Power Has Its Place

The proper and principal function of the FDA is to police our foods, drugs, and cosmetics, and to be sure that they are pure, safe, and properly labeled. To move away from the role of a police officer, in the enforcement of a criminal law, would give us much more of what we've had for 56 years since the law was passed in 1906.

Policeman Is Not a Dirty Word

The only person who fears an honest policeman is a dishonest criminal. Honest people do fear, however, the "Big Brother" police state. There is a lot of difference. The unfair and arbitrary actions of FDA against the health foods industry, drugless doctors, etc., has not been the result of a defect in the philosophy of constitutional police power enforcement. It has been the result of dishonest enforcement. It has been because control of the enforcement of the Food and Drugs Law was seized and perverted by the very industries it was set up to control. Harvey W. Wiley, M.D., the "father" of the Food and Drug Law, recorded this takeover in his book, **The History of a Crime Against the Food Law**. He wrote it in 1929 at the age of 84, and carefully documented the amazing story of how the National Food and Drugs Law, which was intended to pro-

tect the health of the people, was perverted by dishonest enforcement to protect adulteration of foods and drugs.

Let's Learn a Lesson from History

In 1955, the first Citizens' Advisory Committee was formed. It was called by Mr. Bradshaw Mintener, the then Assistant Secretary of HEW. He was formerly General Counsel and Vice President of Pillsbury. He quit his HEW position a few days after Dr. Royal Lee wrote a letter to President Eisenhower pointing out to him that it was very strange to have a man in charge of the enforcement agency that was supposed to police the very industry that Mr. Mintener OBVIOUSLY represented. Mr. Mintener is also a member of the second Citizens' Advisory Committee, and he still is employed by Pillsbury, although the committee report conveniently omitted this fact, listing him only as "Former Assistant Secretary, U.S. Department of Health, Education, and Welfare."

In 1955, FDA had a staff of 1,027. The first Citizens' Advisory Committee was appointed by Mr. Mintener and instructed to make recommendations, which it did. FDA immediately demanded, and received from a previously reluctant Congress, fantastic budget increases to carry out the 1955 committee's suggestions. Its appropriations increased 400 per cent in seven years. The staff increased threefold. From 1951 to 1954, the number of FDA personnel was reduced 15 per cent, and there were fewer FDA enforcement personnel in 1955 than there were in 1941. The 400 per cent increase in budget, and 300 per cent increase in personnel, which came as a result of Mr. Mintener's first Citizens' Advisory Committee, was a phenomenal success from a bureaucrat's viewpoint.

The second Advisory Committee ad-

(Continued next page)

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mits weakly in its report that this increase in money had brought a great deal more of the same bad law enforcement that we had previous to 1955. It states: "... there is a tendency (for FDA) to evaluate implementation primarily in terms of quantitative measurement, usually **equating progress with increase in staff.**"

Nevertheless, the proved pattern of going through the motions of appointing a "citizens' advisory committee" proved so successful the first time that one cannot blame the department of HEW for trying it again. Any formula that works as successfully as this did on the first try should be good for a re-run. After all, what can one lose by appointing a committee to investigate oneself?

Once Too Often

We do not intend to repeat the same mistake that our fathers made. We do not intend to relax our insistence on honest FDA police enforcement until we have it. We then intend to keep it. The 88th Congress is going to open up with fireworks over the FDA, and we do not plan to be so fascinated by the show that we will allow a reshuffling of the same old type of dishonest enforcement under a pretended reform.

"Cheat me once—your fault

Cheat me twice—my fault!"

We have been cheated once (for 56 years) out of honest police enforcement in FDA. We are not about to buy the same program under a smoke screen of a "reform" by an almost completely stacked, so-called citizens' advisory committee.

Dr. Harvey W. Wiley insisted that the law was good, but the people who had crusaded to get the law passed thought their job was done, relaxed their vigilance, and allowed control of FDA to pass into the hands of the food refiners and adulterators and the drug interests whose interest was to prevent the law

from being honestly enforced against themselves. They used just such devices as I have exposed here to accomplish this end. To keep some semblance of activity, they used the agency to harass and prosecute the health foods industry and drugless doctors. They sic'd their police (enforcement) officers on the individuals and companies that insisted on revealing the criminal conspiracy by lectures or through their literature.

For this reason, we will welcome the investigation by Senator Humphrey's and Representative Fountain's subcommittees. We will certainly not endorse the major recommendation of the Citizens' Advisory Committee. Rather, we shall strongly back the AFL-CIO position so ably presented by Miss Ann Draper.

We want honest and impartial enforcement. We shall demand and get it!!

See Additives Peril in Baby Foods

New York—Sources close to the field last week gave little credence to a report by a United Nations committee opposing the use of additives in preparing baby foods. Manufacturers of baby foods did not answer the report.

The anti-additives view was expressed by a group representing the Food and Agriculture Organization and the World Health Organization.

They declared that foods for babies require separate consideration since "the detoxicating mechanisms that are effective in the more mature individual may be ineffective in the baby."

The report emphasized that caution should be exercised, "both in the choice of additive and in the level of use" should its incorporation into the product be necessary.

From **Supermarket News**,
Monday, August 20, 1962

Chiropractors and Nonmedical Doctors Have Professional and Legal Rights Under the Federal Food, Drug and Cosmetic Act

By **Charles O. Pratt, N.H.F. Washington Counsel**

Suite 712, Barr Bldg.,
910 Seventeenth Street, N.W., Washington 6, D.C.

The National Health Federation officials and Charles O. Pratt, your Washington Counsel, have received many serious inquiries from chiropractors from Maine to California, including Alabama, Maryland, Michigan and Vermont, concerning instructions which they have received from their state and national professional associations and societies to destroy their electronic devices, and/or to give up their right to use and sell dietary food supplements in their practices.

The instructions usually state, in effect, that the local, state, or federal officials of the Federal Food and Drug Administration have "requested," "suggested" or "ordered" the destruction of the device, implying that such action would "avoid" embarrassment and ridicule to the chiropractor which could result from seizure of the device, court action and press releases describing the device as "worthless," "dangerous" and the use thereof as "medical quackery," together with all the attendant libelous publicity available through the press releases.

For example, the Michigan Chiropractic Association issued an "Important Notice to Anyone Possessing an Ellis Micro-Dynameter" in which the following statements appeared:

"This is the final authoritative and official word direct from the FDA as given to ... by Mr. Brown, Chief Inspector, Food and Drug Administration, Detroit Office.

"The complete device and all of its

component parts including the galvanometer **must** be destroyed (or turned in).

"We have been duly informed that anyone in possession of such device (in his office, home or any place) who fails to comply with the order to deliver up or destroy such device **will** be cited in the proper legal manner. Such citation (a monition) becomes a public record, any and all news reporters have access to this, and the doctors possessing such device **will** be named therein."

Your Washington Counsel is of the opinion that such a threat of vicious publicity amounts to illegal duress, coercion and undue influence of the doctor who believes in his device but who must comply in order to protect his bread-and-butter profession and his family from ridicule and public embarrassment.

In the United States Court of Appeals for the District of Columbia Circuit, Case No. 16,723, entitled *Armour and Company, Appellant, vs. Orville L. Freeman, Secretary of Agriculture, et al. appellees*, Judge Prettyman, in a concurring opinion, said:

"Faith in government at this point, faith in the veracity, the objectiveness, the accuracy of government agencies at this level, in affairs such as these, are the priceless, irreplaceable ingredients of democratic government. We should brook no loose handling in these mundane but delicate matters. If executive officials fail here, or grow autocratic, the judicial branch of government must

(Continued next page)

bring them within the confines of their duty." See *Brougham vs. Blanton Mfg. Co.*, 249 U.S. 495, 500(1919); *Houston vs. St. Louis Packing Co.*, 249 U.S. 479, 483-484 (1919).

Your Washington Counsel believes that the Federal Food and Drug Administration and the great Department of Health, Education, and Welfare have adequate statutory authority and the Federal Courts adequate judicial power to handle any and all alleged violations of the Federal Food, Drug and Cosmetic Act, without the use of unjust, unfair and unwarranted publicity concerning the device or the claimant of the device.

Both the owner and the device are entitled, under the U.S. Constitution, to a fair trial; and both are innocent of any violation until found guilty after a fair and open trial and a full chance to be heard and to be protected in every legal and constitutional right by legal counsel.

In view of the foregoing, every chiropractor or nonmedical doctor using any device or product subject to control under the Federal Food, Drug and Cosmetic Act, should, if he can afford it, stand up for his rights—demand and get his day in Court; and it is hoped that many doctors in his profession would help him in the legal defense of his rights.

At least, it does not seem right for a government Food and Drug Inspector to stand by and watch a chiropractor destroy his property, under duress, coercion and the undue influence of the threats of public ridicule.

It is possible that the officials and legal counsels of the state and national associations have "given up" their legal and professional responsibilities and rights, because they are tired and they honestly believe that the government is so powerful that it can and will destroy them, every electronic device used in the practice of chiropractic, and, in addition thereto, destroy the chiropractic profes-

sion by public condemnation and ridicule.

In this discussion, I am not passing upon or approving the use of the Ellis Micro-Dynamometer or any other electronic device. I am only saying that every doctor has the legal and moral right to defend his device and his right to use it, **provided** he does not make any unwarranted therapeutic claims that the device will diagnose, prevent, treat, mitigate, or cure any disease. Such claims would constitute the instrument as a medical device under the FDA Act.

Not many, if any state chiropractic licenses provide for or permit a chiropractor to use a medical device in his practice. Such use could, in some states, be considered as "practicing medicine" without a license.

The action of the Food and Drug Administration and the American Medical Association in destroying, by threat, court order, duress or "voluntary" action, the electronic device is but one prong of the FDA agreement with the AMA to destroy the drugless approach to health. One other major prong is to dry up the source of supply of dietary food supplements, vitamin-mineral products, concentrated foods, and foods for special dietary uses, now available under the present Federal Food, Drug and Cosmetic Act. **Anyone has the right to sell and use foods for special dietary uses such as dietary food supplements.**

In the October issue of the N.H.F. Bulletin, there appeared a complete legal statement, prepared by your N.H.F. Washington General Counsel, setting forth the views and comments in opposition to the FDA's proposed revisions of the food supplement regulations, which changes, if they should go into effect, would destroy the food supplement business for nonmedical doctors and health food stores, and take away the people's right to have and use good nutritional

(Continued next page)

food supplementation without the expense of medical prescription and exorbitant drug prices.

The proposed food supplement changes are being fought, not only by those who believe in the drugless approach to health, but by many leading doctors of medicine and experts in human nutrition in our great universities.

Again, as your Washington Counsel, I must caution everyone not to make any therapeutic claims for dietary food supplements if you wish to sell or use them as foods for special dietary uses rather than as drugs under the Federal Food, Drug and Cosmetic Act. Never make any claim that the product is efficacious for any purpose other than for supplying the nutrients in the product for which the product is given to overcome a dietary deficiency and to help to balance and fortify the ordinary or usual diet.

Keep your chiropractic practice always well within the legal and professional scope of your license. Keep your health food store operation always well within the limits of your license to do business.

Health food store owners and operators should not, in any manner whatsoever, diagnose or attempt to diagnose any customer's disease or health needs. Such diagnosing could be considered as practicing medicine without a medical license. To discuss the nutritional ingredients of a food product is sufficient, and to go further by suggesting that such and such a product "is good" for such and such a health condition or a specific disease is usually in violation of the health food store license, and of the state medical practice act, or city ordinance applicable to health matters, and would constitute the food product a "drug" under the Food and Drug Laws—state and federal.

Twenty Thousand Chiropractors Need New Light on Their Legal Rights

The chiropractic profession, which has a glorious history, going back over five

thousand years, is here to stay. The chiropractic profession has just passed through its darkest days of self-destruction, self-denial and self-effacement, all of which was brought on by the effective campaign announced during the meeting of the National Congress on Medical Quackery sponsored by the FDA and the AMA in Washington in the fall of 1961.

The American people need chiropractic, and the officials and legal counsels of your chiropractic associations and societies will have new light on the subject of your professional and constitutional rights. No more will they suggest or order you to "voluntarily" destroy your professional devices without first giving you your day in court to defend your device and your practice. No longer will they order or suggest that you give up your right to suggest to your patient the use of good dietary food supplements to supplement or fortify his usual or ordinary diet.

Your Legal Rights in Connection with FDA Seizure Actions

You do **not** have to admit any government agent to your property to inspect your devices, products or professional procedures, unless and until the said FDA agent shows to you his official credentials.

You do **not** have to make any statement to him which would incriminate yourself or anyone else.

You do **not** have to allow any FDA inspector into your office or premises, unless and until he has presented to you, in addition to his appropriate credentials, a **written notice**. Then and only then is an FDA inspector authorized, under the new Food, Drug and Cosmetic Act amendments, to "(1) enter, at **reasonable times** and within reasonable limits and in a reasonable manner, such . . . establishment (office) . . . and all pertinent equipment, finished or un-

(Continued next page)

finished materials; containers, and labeling therein. In case of any . . . establishment, . . . the inspection shall extend to all things therein (including records, files, papers, processes, controls and facilities). . . ."

You do **not** have to give up any property or device until ordered by a United States Court of competent jurisdiction so to do.

You do **not** have to dismantle or destroy any device or product until ordered by a court of competent jurisdiction, and then only after a fair trial and an opportunity to appeal any adverse decision to the United States Court of Appeals and, if necessary, to the Supreme Court of the United States.

Remember, as I said in the October issue of the N.H.F. **Bulletin**, "Doctor, You Have Legal Rights."

The U.S. Constitution is in full force and effect, and the provision to protect U.S. citizens from unlawful search and seizure is still valid.

The Fourth Amendment to the U.S. Constitution, by its terms, protects the citizen against unreasonable searches and seizures by government agents, whatever may be the complaint. The words are broad and inclusive.

"The right of the people to be secure in their persons, houses, papers, and effects, against unreasonable searches and seizure, shall not be violated and no warrants shall issue, but upon probable cause, supported by Oath or Affirmation, and particularly describing the place to be searched, and the person or things to be seized."

It is the time to stop losing your citizenship rights under the law.

As stated in the October N.H.F. **Bulletin**, the U.S. District Court in the so-called Ellis case did not order chiropractors to cease using the Ellis Micro-Dynamometer in their practices. The U.S. District Court which tried the case did

not restrict the use of the device by a chiropractor or anyone else. The fact that it may do so in the future is beside the point. The U.S. Court of Appeals did not modify or change the decision in the trial court, and the Supreme Court of the United States refused to hear the appeal, which means that it sustained the lower court's decision without change.

Again I say that the injunction issued by the trial court in the Ellis case

"1. restrained Ellis, et al., from introducing the machine in commerce with the type of labeling described in the findings; and

2. prohibited, additionally, the introduction of the device in commerce . . . unless such device bears or is accompanied by written, printed, or graphic matter which clearly states every disease, condition, symptom and purpose for which the article is intended to be used and for which it is represented by any means to the public."

I believe that the chiropractor or drugless doctor should **not** make any therapeutic claims that this or any other electric device will diagnose, cure, prevent, treat, or mitigate any specific disease of man.

Based upon the FDA actions against electronics during this year, there are many who believe that the X-ray for diagnostic purposes will be the next target of the joint efforts of the FDA and the AMA to destroy the drugless profession.

In brief, drugless doctors, health food store owners, manufacturers and distributors of dietary food supplements, and farmers who raise and sell products free from chemicals, etc. must keep informed and well advised of their rights and limitations or be gradually put out of their profession or business.

Remember, each case should be de-

(Continued bottom next page)

Protests Flood FDA Over Dietary Code

By William Grigg
Star Staff Writer

Protests against the Food and Drug Administration's proposed regulations to reform the vitamin and dietary foods industry have produced more mail—and more critical mail—than officials can remember ever receiving on any single subject.

At stake is an estimated \$1 billion annually spent for what a Harvard nutritionist calls "nutrition nonsense." Also at stake, according to the National Health Federation, is the public's right to choose its foods.

The Federation's 10,000 members have

fended on its own merits. Don't let anyone convince you to "voluntarily" destroy your property rights or your property, without first requiring and getting your day in court. If you don't defend and fight for your rights, then in that event, the best procedures and products of your practice or business will be taken over by the medical profession or drug-stores.

A government libel of condemnation court action against your device or product is not a court action against you personally. However, remember further that the successful seizure action could and sometimes does lead to federal criminal action against the owner of the product or device, who then, upon conviction, becomes subject to a prison sentence in a federal penitentiary.

In conclusion, co-operate appropriately and courteously with the law-enforcement officer of the FDA. Do not surrender your rights to him or anyone else. Comply with the letter and the spirit of the applicable food and drug laws and your professional license, **but** reserve and protect your legal and constitutional

managed to flood the FDA and the Congress with an estimated 70,000 form post-cards.

The cards come from vitamin buyers who believe they are benefiting from the products, from small businessmen who sell them, from women who wonder if FDA is trying to bar the use of carrot juice—as well as from the manufacturers of safflower oil products, "sea salts" and protein boosters.

The National Health Federation's Washington lobbyist said today in an interview that the FDA is trying to interfere with man's freedom to eat what he wants.

From the **Evening Star**,
Washington, D.C., Thursday,
October 11, 1962

rights until a court of competent jurisdiction has restricted your rights according to a fair trial and the applicable law. **Only the court has the authority to declare your device or product misbranded or subject to seizure and condemnation.** You can defend your device or your product, or let it go by default, but in either event, there is no lawful authority to destroy you, your property or your livelihood by public ridicule arising out of government press releases issued for that purpose.

There is a great future for the drugless healing arts professions, the rapidly growing health food stores and the dietary food supplement business if you know your rights and your limitations and abide by both. Remember that the Congress passed the food and drug laws to protect the health of the American people, and it is therefore the responsibility of those interested in good health to insist upon the fair and impartial enforcement of this law.

Respectfully,

Charles Orlando Pratt.

Editor's Note: The emphasis is ours.

Thank You, Doctor Hillemann

September 12, 1962

Dear Dr. Lee:

The enclosed letter (copy) from our Senator Morse may interest you, and so also the copy of the Thank-you-gram. People appreciate our efforts, and if we can get the powerful Senators to act, maybe FDA will have to operate WITHIN the Constitution.

I just finished reading all of the September 1962 issue of the National Health Federation **Bulletin**. This was very excellent indeed. I am more and more impressed with the skill and ability of the leadership in this organization. What is more, the articles are excellent, factual, to the point, thoroughly American, extremely well written, command respect, and are essentially flawless in grammar, spelling and type-setting. The entire journal is a well-executed piece of work.

I found your report at the convention very factual, truthful, ethical, and courageous. You did extremely well in making your points. The special badge of merit which you were recently given was indeed most deserved.

Editor's Note: The foregoing is an excerpt from a letter written by Dr. Hillemann to Doctor Royal Lee. Coming from Dr. Hillemann, we feel it is a real compliment.

Taxpayers Pay and Pay

It is interesting to note that when cranberries were destroyed and chickens were seized, both of which had KNOWN HARMFUL, CANCER-CAUSING CHEMICALS IN OR ON THEM, the U.S. taxpayer paid (through the Dept. of Agriculture) for every pound of poisoned food that was seized.

Annual Meeting and Bazaar

This feature of the annual meeting will be just as large as you make it. By the time you receive this **Bulletin** the time will be short, so send whatever item you wish to contribute to Dr. Robert Howell, 617 East 7th Street, Long Beach, California. All funds received from the sale of the articles will go toward furthering the program of the Federation during 1963. Some who cannot give money toward the work can, in this manner, contribute.

Kill, But Don't Eat

Toronto, Canada — Hunters were warned that woodcocks shot in New Brunswick might be dangerous to eat because of insecticides used on feeding grounds. The Wildlife Station said that as high as 80% of specimen birds taken have been found to be carrying some residue of poisonous insecticides, mainly the highly toxic Dieldrin and Heptachlor and less toxic DDT.

THINK ON THESE THINGS—

- * Reckon him a Christian indeed who is not ashamed of the Gospel nor a shame to it.
- * He doeth much that loveth much.
- * If I don't stand for anything, I will fall for anything.
- * If we believe He is coming soon, it is a cruel thing not to preach it, speak of it, sing about it, spread it.

PUZZLE

Name an item that has the same name as some part of the body. For instance: A place of worship (temple—we have one on each side of the head!). A tree (palm). You have 10 places.

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

(See page 25 for answers.)

Family Circle

By FRED J. HART

In this issue will be found the complete program of the eighth annual meeting and convention of the National Health Federation. From all standpoints it is the best well-rounded program we have ever presented to our members. No matter what field of health you are interested in, there will be something of value for you. If you have not sent in your reservation, we suggest you do so at once. You can always cancel, if you find later you cannot attend. Those of you who attended the San Diego Convention last year will recall the wonderful spirit of fellowship that prevailed. The Long Beach Chapter members of the Federation are preparing to make this convention surpass any convention ever held. We believe they will, so plan now to attend.

This Is a Year of Decision

For the first time in the history of the natural approach to health movement, the AMA and the Food and Drug Administration have given those millions of our citizens, who believe in natural approaches to health and freedom of choice therein, a common issue. The AMA has done this with its persecution of those engaged in this field and its false and vicious publicity campaign. The Food and Drug Administration brought the issue into focus by its campaign to destroy those in the drugless profession by perversion of the law and intimidation through threat of adverse publicity, etc., and by its bald attempt to deprive the public and those engaged in the natural approaches to health of vitamins, minerals and other food supplements. Had the American people, under the leadership of the National Health Federation, not arisen in their

wrath, and by thousands and thousands of letters and cards advised the Congress and the Food and Drug Administration that they, the public, wanted a stop put to these nefarious acts, the proposed amendment would have been adopted on August 20th, and some thirty million people would have been deprived of these harmless and helpful products, except through a medical prescription.

The Food and Drug officials will tell you this is not so, but those who have been dealing with the FDA over the years and who, as a result, not only understand the labeling regulations, but are also well acquainted with the purposes and actions of those who direct the affairs of the FDA, know that what we have told you is true, and would, as of now, have been an accomplished fact. This would have happened were it not for the fact that Federation members and their friends not only alerted the industry, but wrote letters and sent cards to members of Congress and the Food and Drug Administration.

Congress and Food and Drug Officials Bow to the Will of the People

We are very happy to advise you that because of the thousands of letters and cards of protest, the Food and Drug Administration has announced that all action on the proposed food supplement regulations has been postponed for several months to: 1. Give its officials time to study and evaluate the protests and briefs which have been filed, and 2. to give the public additional time to write letters to the Hearing Clerk of the Food and Drug Administration telling why they are opposed to the suggested

(Continued next page)

change in the food supplement regulations.

A Golden Opportunity

This is a golden opportunity to 1. impress Congress with the fact that there are millions of citizens who believe in and use food supplements to their benefit, and 2. to impress upon the Food and Drug Administration officials that this is a way of life for a large segment of the public and that those who make up this segment will no longer stand idly by and see their way to health and happiness curtailed or destroyed. Each of us must write a letter and urge our friends to do likewise.

The September, October and November Issues of the Bulletin

In the September and October issues we have tried to bring to you the scientific and legal reasons why the proposed amendment to the food supplement regulations was not only illegal but harmful to the public. We did this to the end that our readers would have facts on which to make their individual decisions and also to enable them to more adequately write letters to the Food and Drug Administration and to their Senators and Congressmen setting forth their reasons for opposing the proposed changes.

In this issue we shall publish more information on the subject and a letter which one of our members wrote. It is our hope that our members will buy extra copies of the November issue and send them to prominent people, as well as to their friends. In this manner we can help overcome the effects of the false publicity being issued by the Department of Health, Education, and Welfare.

An Able Man Joins N.H.F. Staff

For the past six months we have been looking for a man to join the staff of the National Health Federation as Executive Secretary, to handle the business affairs of the Federation under the direction of

your president and, in addition, to assist in building the membership of the Federation. In this connection it is our purpose to build the Los Angeles County Health Federation to a minimum membership of 5,000 and to then tackle the smog problem from the peoples' angle and get the job done. While this is being done, we plan to help establish a strong health food industry organization by means of which the industry can take strong and co-ordinated action on the problems now facing it. While the foregoing is being accomplished, this man will be learning more about the affairs, aims and purposes of the Federation.

WHO IS THIS MAN? His name is Howard C. Long. He has, for the past five years operated a successful health food store in San Francisco. While acting as Secretary-Treasurer of Norcal (The Northern California Organization of Health Food Stores), he doubled the membership and ably represented them at the recent annual meeting of the National Dietary Foods Association.

Howard is just the man we have been looking for, and we thank the Lord that He led Clinton Miller to call him to our attention. His health food store is being disposed of, so there will be no conflict of interest, and he can devote his full time and energy to this great work. Come to the convention and meet him in person. **YOU WILL LIKE HIM.**

Life Members

Since the copy was prepared for the last issue of the **Bulletin**, we have added some 40 members to our life membership roll. By the time you read this, unless our members speed up this enrollment, we will be 150 members short of the goal we must have by December 31 this year if we are to properly staff our organization to handle the program that must be handled during 1963. This is a must, and I am sure there are sufficient numbers of

(Continued on page 24)

N.H.F.: Crusade for Freedom and Health

The National Health Federation is a nonprofit organization which was incorporated to represent, protect and promote the best interests of the sick of the nation and those doctors, regardless of classification, whose first interest in life is the healing of their patients and who to that end are courageous enough to use any harmless remedy, method or modality which their experience indicates is efficacious.

The Constitution of the United States guarantees freedom of speech, freedom of the press and freedom of religion. It implies freedom of health! But, we are losing this latter freedom! **Bureaucratic regulations and medical monopolies are rapidly depriving Americans of their freedom in all matters relating to health. The National Health Federation was established to combat this evil.**

Immediate Aims

Because of its popular grassroots origin, the National Health Federation serves as the united voice of the people in matters pertaining to health. Speaking for its thousands of members in all walks of life, it demands rigid standards of food inspection, honest and impartial interpretation and enforcement of pure food laws designed to actually protect the health. It demands freedom in the choice of doctor and healing method, freedom of the doctor to use whatever methods of treatment he deems best within the scope of his license without dictation from his professional association, and honest investigation in the field of the so-called incurable diseases with the view of developing effective methods of treatment.

Opposed to Health Monopolies

Not being affiliated with any commer-

cial enterprise or profession, it speaks and works without bias or prejudice. It is not organized to promote or criticize the methods of treatment of any of the healing professions. It is, however, unalterably opposed to the attempts of any one profession to monopolize the field of health and healing and, in this connection, often finds cause to criticize the American Medical Association. Such criticism is directed toward the AMA as a political force and does not constitute a criticism of medicine as a system of healing or of the thousands of honest and conscientious men and women who practice medicine.

The Federation is in favor of whatever regulations are necessary for the protection of the health of the American people, but is unalterably opposed to the use of such regulations in the interests of a few favored individuals or corporations and/or the use of such regulations to destroy honest competition in the field of health or to deprive the people of freedom of choice in matters relating to health.

The Federation is prepared to stand back of every government official who has the courage to stand against the wrongful use of governmental powers or the enactment of laws or regulations not in the best interests of the sick folk of America. By the same token, it must oppose with all its might those government officials who, for a mess of economic or political pottage, sell the people's health freedom birthright and thereby use the powers of government for evil purposes.

The Federation maintains a well-staffed office in Washington, D.C., com-

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NATIONAL HEALTH FEDERATION Eighth Annual Meeting and Convention

January 2, 3, 4 and 5, 1963

Hotel Breakers International • 210 Ocean Blvd. • Long Beach, Calif.

Only eight years of age and already the largest and most influential health organization in America. Why is this so? The answer: "It is an organization of the people who have an interest in their health and that of their children." It is their voice crying out against present abuses and advising all and sundry that these abuses must stop. **This is still America and the people still rule.** Under the leadership of the National Health Federation, the people intend to see to it that their interests in the field of health are protected, and that the sick folk of this nation shall not be used as pawns in the political and economic schemes of those who would destroy America and prey upon its sick.

The Federation invites you to attend its Eighth Annual Meeting and Convention and learn first-hand about its work, what lies ahead and what you can do to keep in good health. The speakers have been chosen with care, to the end that the facts you will hear may be accepted by you as fundamental and true.

Admittance to the convention sessions will require the showing of a registration badge or proper ticket. This badge or ticket will be given to each person when he registers. The registration fee will be \$5.00 for the four days or \$2.00 for each day. The four-day fee covers all the meetings of the convention during the four days. The one-day fee covers all the meetings of the convention held during the day for which the fee is paid. If a person elects to attend only

one session or lecture, the minimum charge will be \$1.00.

Thumbnail Sketches of Speakers

Pamela Mason, famous actress, television and radio personality, will participate in the eighth annual meeting and convention of the Federation as guest speaker and entertainer. Miss Mason during the second World War actively engaged in farming in England in order that she might do her bit for her countrymen. She certainly knows her onions. You will enjoy every minute of her program as she goes from this to that and tells you of her experiences. The time of her appearance will be Saturday evening from 7:30 to 8:30.

If you have never heard Pamela, we suggest you tune to TV Station KTTV, Channel 11, any morning from 10:00 to 11:00, Monday through Friday.

* * *

Frederick B. Exner, M.D., F.A.C.R., Seattle, Washington, is regarded throughout the world as, perhaps, the man best informed on the evidence and the arguments, both pro and con, on the fluoridation of public water supplies. His extensive writings on the subject have withstood the most determined efforts to prove them wrong, and none of the leading proponents will debate with him. His thousands of hours of research on the subject are backed by outstanding personal competence in all the involved fields. This has permitted him to analyze and evaluate for himself all the data, and to check, personally, the validity of

people are invited to unite in this crusade for health freedom.

the claims on which the fluoridation thesis is based; where others, both pro and con, have had to rely on second- and third-hand interpretations and opinions.

Dr. Exner has also written extensively on other scientific and professional subjects, and has held many important offices and assignments in local, state, and national medical organizations. He is a past president of his county medical and state radiological society, and has been national secretary of the Association of American Physicians and Surgeons. He is a former member of the medical school faculties of the University of Minnesota and the University of Washington.

* * *

Dr. E. Hugh Tuckey, one of the founders of National Health Federation and a member of the Board of Governors, has since the inception of the organization served in the capacity of Secretary-Treasurer without remuneration. Dr. Tuckey is a drugless physician of great ability. He is a man who never ceases to acquire knowledge and to put it to practical use.

* * *

Dr. Royal Lee, founder of the Lee Foundation for Nutritional Research of Milwaukee, Wisconsin, is an inventor and as a result of his inventions is independently wealthy. Because of his interest in health he has been a pioneer in nutritional research and is today probably the best authority on the subject in America—that is, in true nutrition. His entire life and fortune are dedicated to helping Americans find the true road to health. The message Dr. Lee will bring to you on this program will be factual and scientifically true. Dr. Lee was one of the founders of the National Health Federation and has been a member of the Board of Governors since its inception.

* * *

Charles Orlando Pratt is N.H.F. General Counsel, Washington, D.C.; gradu-

ate of Colgate University, A.B. degree; graduate of Georgetown University with LL.B. degree; Georgetown Law School, Master of Laws degree. Member of the Bars of: The Supreme Court of the United States; U.S. Court of Appeals for the District of Columbia Circuit; U.S. District Court of the Eastern District of Virginia; Supreme Court of Appeals of Virginia. Attorney, U.S. Department of Agriculture; Special Agent, Federal Bureau of Investigation; Legal Advisor to the Food and Drug Administration; Senior Attorney, Executive Offices, President of the United States; Legal Advisor to the Director of American Hemisphere Defense and Board of Economic Relations Office, U.S. State Department; Instructor in Law, American Institute of Banking; Assistant General Counsel, U.S. House of Representatives, Select Committee; Member, American Arbitration Association Panel; Director, U.S. Division, U.N. League of Lawyers. Attorney Pratt is retained by the National Health Federation as its General Counsel.

* * *

Betty Lee Morales ! ! ! Words just won't describe her abilities, her energetic support of the natural approach to health, her devotion to the cause of the National Health Federation and the courageous approach to the California Legislature in support of good health legislation. She is one in a million. Thanks, Betty, from all of us.

* * *

Phil Arena, who will handle the subject, "How to Make Good Soil," is a real down-to-earth organic grower. He and his wife have been at it for many years and his ranch in Southern California is an outstanding example of the truths on which organic farming is based. Phil speaks in layman's language and illustrates his talks with practical pictures. If you are at all interested in this vital

(Continued next page)

plete with General Counsel and Legislative Director. All freedom-loving

subject, you cannot afford to miss this lecture.

* * *

Dr. Charles W. Hayes is a doctor of chiropractic and president of the Chiropractic Heart Foundation. For the past 15 years Dr. Hayes has specialized in treating heart conditions without the use of drugs. He has been so successful in this work and has developed such a simple and effective technique that he is now devoting a large portion of his time to the teaching of other doctors that they in turn may be helpful to sufferers from heart conditions.

* * *

John Quinn is one of our most progressive operators of nutrition stores. He comes to our convention to bring to our delegates greetings from the National Dietary Foods Association. This organization represents the health and nutrition stores of America. John is a prominent figure in that organization and we are very happy to have him on our program.

* * *

Eva Maloney is manager of the Foods for Life Store in Glendale and President of the California Branch of the National Food Associates. In season and out of season you will find Eva holding up the banner of the natural approach to health.

* * *

Clinton Miller, Assistant to the President of National Health Federation, in charge of the Washington Office of the Federation. Clinton is an outstanding leader, dedicated to the cause of natural health and endowed with wisdom and courage as well as character and foresight.

Clinton's work at Washington has been miraculous. In eight short months he has been able to do what most men would take several years to accomplish. Come to the convention and let this humble but able man know that you appreciate the long hours he has put in at

Washington looking out for your interests.

* * *

Mrs. Laura Tallian is a retired high school teacher with an interest in agriculture. Formerly she had experience in beekeeping and in farming in Imperial Valley. It was on her land in Imperial Valley in 1956 that the wasp parasite of the spotted aphid was established by the University of California, an important achievement in biological control of the pests.

She has been active in securing legislation and restricting the use of pesticides in California and is now continuing this work as Chairman of the Committee on Pesticides of the San Diego County Health Federation. The San Diego County Health Federation has requested the Board of Commissioners of San Diego County to place all agricultural poisons under permit and to administer this system to bring biological control to San Diego County.

Mrs. Tallian has published several articles on pesticides in California in the **Police Gazette**, beginning with the April 1962 issue. Thus she is informing the public and attempting to stimulate political action against pesticides.

She now lives with her husband, Fred, at Sunnyside, California, where they produce food without poison.

* * *

Andrew D. Kerr, a young man who knows both ends of a bee and has respect for the same, is a honey man and has just returned from his honeymoon. Those who heard Andrew at our San Diego Convention were impressed with his knowledge and ability to talk in terms a layman can understand. We welcome Andrew and his bride to our convention. Andrew says she is surely a honey.

* * *

Dr. George A. Wilson is better known for his research work at the renowned
(Continued next page)

Spears Chiropractic Hospital of Denver, Colorado, where he and the late Dr. George L. Spears developed new aspects of the blood-slide technique for the detection of pathological ailments, including cancer, now known as the Pathology Determination Test. The test is being used extensively today, he says.

Extending over a period of 20 years (including four years at Spears), Dr. Wilson's research has covered many phases of health restoration, in which he has made a number of important contributions toward bringing health to more persons through chiropractic and natural methods.

Two of Dr. Wilson's contributions are tests he perfected through which it can be proved that body poisons are always associated with sickness, especially with chronic ailments. One is the Proteinoid Reagent he developed for urine tests, through which body toxins can be precipitated and measured in a test tube. It makes it possible for a doctor to prescribe the kind of diet which will clear up the toxic condition of each patient, which emphasizes the fact that what is food for one is a poison for another, he said. The other contribution has to do with when and how to test the urine to

determine if a person is too acid or too alkaline. More often Dr. Wilson has found, over a series of tests on hundreds of patients over the 14-year period, backed up by 45 years' experience, that most sick persons are too alkaline, not too acid, as has been more generally thought. More so is this true, he says, of the chronically sick persons, who are all, with very few exceptions, highly alkaline. As a result, he has developed a diet that corrects the situation. He is also the author of seven books on his research findings.

Besides covering these questions, Dr. Wilson will also discuss what he calls the VMT's (visceral and muscle tensions), how they are responsible for most of the increase in emotional disorders and behavior problems met with today, and why wrong diet is an important contributing factor. It gives a new look to chiropractic and makes it possible for chiropractors to be of greater service to sick-suffering humanity—those sick of being sick, says Dr. Wilson.

The program of this convention is designed to bring to those who attend practical information, which, if applied, will produce good health and more abundant living.

Eighth Annual Meeting and Convention

PROGRAM IN DETAIL

DAILY SCHEDULE OF ROUND TABLES

Nutrition	Leader, Betty Morales
Organization	Leader, Fred J. Hart
Pesticides	Leader, Laura Tallian
Chemotherapy	Leader (to be chosen)
Pure Water	Leader (to be chosen)
Legislation	Leader, Clinton Miller
Legal Rights	Leader, Charles Orlando Pratt
Organic Growing	Leader, Phil Arena

(Continued next page)

JANUARY 2, 1963

10:00 a.m. to 4:00 p.m.

Trip to Disneyland and Federation's new headquarters in Monrovia. Transportation, \$1.75 per person.
Trip to Knott's Berry Farm and to the new headquarters of the Federation at Monrovia. Price for transportation, \$1.75 per person.

7:30 p.m. to 8:00 p.m.

Opening Exercises

8:00 p.m. to 9:00 p.m.

Address by Dr. Bernard Jensen

9:00 p.m. to 9:30 p.m.

Fellowship and get-acquainted and visit with exhibitors

JANUARY 3, 1963

(Thursday)

8:00 a.m. to 7:00 p.m.

Registration

9:30 a.m. to 10:30 a.m.

Round Tables

10:30 a.m. to 11:00 a.m.

Recess

11:00 a.m. to 12:00 noon

Your Health Problems Round Table

—E. Hugh Tuckey, D.C.

Lunch Hour

1:30 p.m. to 2:00 p.m.

Presentation of Board Members
by Fred J. Hart, President

2:00 p.m. to 2:30 p.m.

N.H.F. President's Report

2:30 p.m. to 3:00 p.m.

N.H.F. Washington General Counsel's Report

—Charles Orlando Pratt

3:00 p.m. to 3:15 p.m.

Questions and Answers

3:15 p.m. to 3:30 p.m.

Recess

3:30 p.m. to 4:30 p.m.

N.H.F. Washington Report by Clinton Miller

4:30 p.m. to 5:15 p.m.

Convention Business

Dinner Recess

7:00 p.m. to 7:30 p.m.

Motion Picture

7:30 p.m. to 8:00 p.m.

Naturopathic Approach to Health by J. W. Noble, N.D.

8:00 p.m. to 8:15 p.m.

Questions and Answers

8:15 p.m. to 8:45 p.m.

Poisons and Their Relation to Illness

—Dr. George Wilson

8:45 p.m. to 9:00 p.m.

Questions and Answers

9:00 p.m. to 9:15 p.m.

Convention Business

JANUARY 4, 1963

(Friday)

8:00 a.m. to 7:00 p.m.

Registration

9:30 a.m. to 10:30 a.m.

Round Tables

10:30 a.m. to 11:00 a.m.

Recess—Visits to Exhibits

11:00 a.m. to 11:45 a.m.

Address by Dr. Royal Lee

11:45 a.m. to 12:00 noon

Questions and Answers

Noon Recess

1:30 p.m. to 3:30 p.m.

Health Panel with Betty Morales in Charge, Assisted
by Dr. R. M. Martin

Subject: Gravity an Important Concept in Physical
Fitness

(Continued next page)

3:30 p.m. to 4:00 p.m.

Recess to Visit Exhibits

4:00 p.m. to 4:30 p.m.

Howard C. Long, new N.H.F. Executive Secretary

4:30 p.m. to 5:00 p.m.

Convention Business

Dinner Recess

7:00 p.m. to 7:30 p.m.

Motion Picture

7:30 p.m. to 8:15 p.m.

Address by Linda Clark, Author of "Stay Young
Longer"

8:15 p.m. to 8:30 p.m.

Questions and Answers

8:30 p.m. to 9:30 p.m.

Natural Health Movement, Yesterday and Today
by Paul Bragg

JANUARY 5, 1963

(Saturday)

8:00 a.m. to 10:00 a.m.

President's Breakfast

Featured Speaker: V. Earl Irons

Subject: Natural Approach to Health—Its Future and
the Part Each of Us Must Play

10:00 a.m. to 10:30 a.m.

Recess

10:30 a.m. to 11:00 a.m.

Pesticides, by Laura Tallian

11:00 a.m. to 11:15 a.m.

Questions and Answers

11:15 a.m. to 12:00 noon

Legal Questions Relating to Food Supplements and
Your Rights as a Citizen

—Charles Orlando Pratt, N.H.F. Washington General
Counsel

Noon Recess

1:30 p.m. to 2:00 p.m.

1963: Legislative Prospects, by Clinton Miller

2:00 p.m. to 2:15 p.m.

Questions and Answers

2:15 p.m. to 2:45 p.m.

The Double Duty Honey Bee, by Andrew Kerr

2:45 p.m. to 3:00 p.m.

Questions and Answers

3:00 p.m. to 3:30 p.m.

Recess

3:30 p.m. to 4:00 p.m.

Cardiac Health Is Possible, by Dr. Charles C. Hayes

4:00 p.m. to 4:15 p.m.

Questions and Answers

4:15 p.m. to 4:45 p.m.

The Place of the Health Food Store, Now and in the
Future, by John Quinn

Greetings from Natural Food Associates

Dinner Recess

7:00 p.m. to 7:30 p.m.

Motion Picture—"Hunza Land"

7:30 p.m. to 8:30 p.m.

I Was a Farmer, by Pamela Mason

8:30 p.m. to 9:30 p.m.

Fluoride versus Freedom—Frederick B. Exner, M.D.

9:30 p.m. to 10:30 p.m.

Convention Business

Final Adjournment

You Are Invited

You need not be a member of the National Health Federation to attend any or all of the meetings. This convention is educational in nature. The speakers are all authorities in their respective fields and the information they impart

will be both practical and helpful. For the sake of your health and that of your children, we urge you to attend.

Program Will Operate on Schedule

The program will be presented as set forth elsewhere. All speakers will dis-

(Continued next page)

cuss the subject assigned to them. All speakers will start and stop on time. All features other than lectures will also run absolutely on schedule. The program schedules plenty of recesses to allow the audience to relax as well as to visit the different exhibits.

The President's Breakfast

Those who attend the President's Breakfast will hear what could be the outstanding talk of the convention. We have requested V. Earl Irons of Boston to speak on the subject, "Natural Health and Its Future." Dr. Irons is an outstanding speaker, and knows his subject very well.

Those attending will also be given the opportunity of meeting the man who will join the Federation as Executive Secretary in charge of promotion and office procedure. That is, provided we reach our goal of 300 life members by December 31, 1962.

In any event, you are urged to be there and thus show our President that we appreciate his untiring service and devotion to the cause of health freedom.

Stay at the Breakers Hotel

The management has set aside 100 rooms at the following rates: Single room \$6.00. Double room with double bed \$11.00; with twin beds, \$11.00. And 50 rooms at the following rates (these in the newly decorated part of the hotel): Single \$7.50; double room with double bed \$12.00; with twin beds, \$12.00.

The rates quoted are no more than the rates of the average motel. Staying at the hotel where the convention is held gives one a chance to meet other delegates in the lobby and in other places in the hotel.

Make your reservations early. You can cancel if you have to change your plans later. Mention the Federation convention when making reservations, as the rates quoted are only for this convention.

The Season of the Ghastly Dew

This is the season when the ghastly dew of DDT rains down again on the land. The indiscriminate use of insecticide sprays for short-sighted economic ends is something no one seems able to do anything about. Law suits brought by people who object to having their property sprayed with poison have gotten nowhere. Yet there has been almost no attempt to find out what these chemicals do to the whole range of natural life, ourselves included.

But even if we were to suppose that the advantages of blanket spraying outweighed the damage, the insecticides may be defeating themselves. If all insects of a given area or region are virtually wiped out, it merely makes it easier for the target pest to develop resistance and to increase its numbers in the vacuum created by the destruction of life which formerly competed with it.

While we await the confirmation of this dismal possibility, the sprays are affecting the pests' natural enemies. Birds have been driven away from sprayed trees and orchards. Insect predators must perish with their prey. And who knows what effect continued DDT dosage of ponds and streams will have on the creatures that control the aquatic larvae of the mosquito?

Finally, there is the innocent-bystander kind of harm, which could turn out to be the worst of all. For example, DDT sprayings around New York have decreased the toad population. This has resulted in a corresponding increase in the number of ticks, which toads eat, but which are not affected by the insecticidal fall-out. Here is a pertinent topic of conversation for a picnic this summer.

From the N.Y. **Herald Tribune**,

Sunday, June 11, 1961

Editor, **Pittsburgh Press**:

The letter of George Lafbury which appeared in the **Press** on October 5 strongly criticizing the book, "Silent Spring," requires an answer.

Mr. Lafbury makes several very broad statements without giving any supporting facts or references. He says that Miss Carson's report of the devastating effect of the promiscuous use of pesticides "is unquestionably highly exaggerated." But Mr. Lafbury presents no facts to refute those presented by Miss Carson, who is a trained biologist.

Mr. Lafbury says that the use of "chemical pesticides and fertilizers" has enabled this country to achieve high output of agricultural commodities. But what use is it to produce enormous crops, a large part of which is stored in government bins until it rots? The chief beneficiaries of that system are the large corporations that produce the "chemical pesticides and fertilizers."

Many of us have been concerned about the declining quality of our crops, as shown by a reduction of proteins, vitamins and minerals when grown by commercial chemical fertilizers. Perhaps we would be better off if the farmers were to concentrate more on producing **quality** foods, than on mere **quantity**.

A good authority, writing on this subject, says:

"Numerous experiments, some of which have been cited, have shown that soil treatments may increase the mineral and nutritive value of crops, changing them from mere producers of energy to food of real worth. . . . Nevertheless, in spite of this evidence, little has been done towards improving the nutritive worth of our crops and animal products."

Mr. Lafbury says, "Medical science

Rachel Carson Defended

and good food has lengthened the span of life." This oft-repeated myth is based on a misinterpretation of the life expectancy tables. These tables include everyone from birth to death, and the figures usually quoted to show increased life span apply principally to infants and children. The improvement in this figure is due almost entirely to reduced infant mortality. The fact is that an American 40 years of age and upward has the poorest life expectancy of almost any country of the western world. Our death rates from the degenerative diseases, such as heart troubles and cancer, are among the highest in the world. These facts do not square with Mr. Lafbury's statement.

He assumes that the poison pesticides have been successful in controlling unwanted insects. But Miss Carson is not the only one questioning the soundness of that view. Mr. Lewis Herber, in a recent well-documented book, "Our Synthetic Environment," says this:

"There is a great deal of evidence that the new chemicals are self-defeating. Not only have they failed to eradicate most of the pests against which they are employed; in some cases, new pests and greater infestations have been created as a result of the damage inflicted on predators of species formerly under control."

Mr. Lafbury says that without "chemical pesticides and fertilizers" edible food would become scarcer and food prices would spiral. If he is interested in the facts, I can take him to farms in the Pittsburgh area where both quantity and quality of crops are high without the use of either chemical fertilizers or pesticides. My own family has improved its health on these foods.

(Continued next page)

But Mr. Lafbury ignores the most important question raised in Miss Carson's book, i.e., is the health of our people being endangered by the cumulative effect of these powerful poisons being spread over our landscape?

Consumer Bulletin, an impartial magazine, which carries no advertising of any kind, and is therefore not under the influence of the chemical producers, says in its current issue:

"Every meal carries its quota of residues that are the inevitable result of spraying and dusting agricultural crops of every kind imaginable with chemical poisons."

Miss Carson makes this same point, and says there is sound scientific reason to suspect that the result of these cumulating small doses may be an effect on health that may not be detected for years, with the possibility of genetic effects that may not be known for generations. Does Mr. Lafbury have any facts to refute this position? I have found none in extensive reading on the subject.

Miss Carson is not so blind as to leave us to the mercy of the hordes of insects conjured up by Mr. Lafbury. She has a chapter entitled "The Other Road" in which she points out how insects can be controlled in other ways. Her book has prodded some government agencies into exploring this "other road."

The chemical industry is quite naturally concerned about the loss of profits that will result when the public reads Miss Carson's book. It is already laying down a barrage of propaganda in an effort to combat the effects of this important book. But its propaganda, like Mr. Lafbury's letter, does not refute a single fact or scientific deduction made in her book.

As a result of her best-seller, "The Sea Around Us," Miss Carson is undoubtedly

financially independent. She is therefore not under obligation to any commercial interest. Her sole interest is to give the public the facts.

By Karl B. Lutz,
Mt. Lebanon, Penn.

Family Circle

(Continued from page 14)

our membership who, with a little sacrifice, can take out a life membership and bring the number up to 300. **I wish I knew how to impress on each of you how important this matter is.** In employing Howard Long, I have acted on faith, and I am sure you will not fail me. I have tried not to fail you in this work. The National Health Federation is now recognized as the only large and true national organization in the health field whose only interest is the welfare of all the people, and as such, can and does speak and contend for the rights of the public in matters relating to health.

The New Headquarters

We are now in our new headquarters at 211 West Colorado Blvd., Monrovia, California. There is much yet to be done, but we like our new home very much. Monrovia is a very friendly town and the people have been very nice to us. If you do not get as quick a response to your letters as you might wish, please be patient with us. All our files are in the building, but to know just in which case we packed this or that is another problem. We now have the last case unpacked and from now on we will not have any excuse for not taking care of your requests promptly. Your president is only a little over one hundred letters behind, but he has a good secretary and will soon get caught up. We are looking forward to having many of you visit the new head-

(Continued next page)

quarters when you attend the Eighth Annual Convention at Long Beach. Both the tour to Disneyland and the one to Knotts Berry Farm will include a stop at the Monrovia headquarters. If you are going on either of these trips it is imperative that you send in your reservation not later than two days before the second of January. With your reservation, send the fare which is \$1.75. The money will be refunded if you are unable, for some reason, to take the trip. Send reservations and money to the Federation at P.O. Box 686, Monrovia, California.

Scientist Aids Stores

Health Foods Endorsed

Accredited health-food store operators Sunday won strong backing from an internationally known scientist, Dr. Chauncey Leake, founder of the University of California Medical Center's department of pharmacology.

After a two-hour meeting with representatives of the West Coast's health-food industry, Dr. Leake said he was "tremendously impressed" by their "high standards."

The industry has been criticized by some members of the medical profession. Sunday's meeting was arranged to explore means of countering charges that the industry is larded with quacks and faddists.

Dr. Leake suggested to the industry leaders that they take the initiative, by ensuring that strict standards of quality in goods and services be enforced and by arranging meetings with "physicians, nurses, veterinarians and pharmacists."

Dr. Leake expressed agreement with arguments of the health-food representatives that their purveyance of "natural foods" was a major aid in disease prevention.

He declared: "You are really providing the basis for self-diagnosis and self-therapy. I have no quarrel with that so long as the people have the facts."

In developing this point, he emphasized that giving people the medical facts required a long-range, responsible program. But he said he had found on a trip to Japan two years ago that it could be done.

In the Japanese drugstores, he said, customers can buy "anything except morphine, cocaine or heroin." The facts get to them, he said, mainly through health columns in newspapers that are "strictly factual."

Dr. Leake left the UC Medical Center 20 years ago to be executive vice president of the University of Texas medical branch, and later served as assistant dean of medicine at Ohio State University. He returned to UC last July.

Dr. Walter Hodson, dentist who serves on the Board of Directors of the National Dietary Food Association, said the health-food merchants have "taken a beating sometimes because we've bunched them with the 'nut fringe' group."

Editor's Note: The man who is responsible for holding the press conference which resulted in the above press release is Howard C. Long, the newly appointed Executive Secretary of the National Health Federation. Howard is honest, fearless and level-headed, and has the know-how.

Answers to Puzzle Appearing on page 12

1. Sole (fish)
2. Hare (hair)
3. Tongue
4. Heart (any animal's)
5. Liver
6. Tripe
7. Feet (pig's)
8. Knuckles (several kinds)
9. Temple
10. Palm
11. Drum (ear)
12. Cap (knee)

Reform F.D.A.???

Citizens Advisory Committee questions competence and qualifications of Mr. George P. Larrick to be Commissioner of FDA—urges broad policy reforms in FDA

A Stronger Science Role Is Urged by Citizen Panel

By MARJORIE HUNTER

Special to the New York Times

WASHINGTON, Oct. 25—A major shake-up in the Food and Drug Administration was demanded today by a citizens' advisory committee.

The group recommended that the Commissioner's role be modified and that the scientific role of the agency be strengthened.

Sweeping changes in the organizational structure of the agency are needed if it is to meet "its greatly enlarged responsibilities," the committee found.

The committee was appointed nearly a year ago by Abraham A. Ribicoff, then Secretary of Health, Education, and Welfare. Its report was submitted today to Secretary Anthony J. Celebrezze.

Dr. George Y. Harvey of the department of political science at the University of Missouri headed the 16-member committee. It included persons in the fields of medicine, education, public administration, business and consumer interests.

The F.D.A. has been in the spotlight in recent months, following disclosures about side effects of the drug thalidomide. The sleep-inducing compound, which caused thousands of deformities to babies born abroad, was kept off the American market by a vigilant F.D.A. officer. However, it was used extensively in tests on human beings.

Many critics have said that the agency's success in keeping the drug off the market was owing largely to the medical officer, Dr. Frances Oldham Kelsey,

and not to strong leadership from above.

There have been repeated charges that high agency officials have fraternized too freely with drug industry representatives. The advisory committee reported it had found, to the contrary, that there was too little co-operation with industry.

The committee, however, recommended revision and improvement of the procedures and practices in handling new drug applications. It said that a sound method should be developed for obtaining information on all adverse drug reactions and for passing this information on to physicians.

Police Powers Stressed

The committee said that the agency had emphasized its police power activities and had displayed "an apparent lack of genuine desire to co-operate with industry."

"Although inspection and punitive action are vitally necessary," the report said, "the time has arrived for a more constructive approach to the problems of consumer protection.

"After-the-fact enforcement is not always good consumer protection. Other approaches along preventive lines should be developed.

"This committee believes that the top policy positions in F.D.A. no longer should be held primarily by persons whose backgrounds have been as inspectors, but should include scientists with broad experience as well.

"This committee also believes that there is a need for F.D.A. to make greater use of outside assistance from consumer organizations, scientists, and regulated industries."

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Relationships with industry, the committee continued, are not based "upon common understanding, trust and respect, but rather upon fear, questioning of basic motives and lack of opportunity for discussion before drastic action is taken on violations."

Although asking replacement of Commissioner George P. Larrick, the committee was critical of lack of leadership in the agency.

Larrick's Background

It suggested that "hereafter, persons from the ranks of science, with broad scientific and administrative training and experience, be considered for top policy-making posts, including that of Commissioner."

Mr. Larrick specialized in sciences in college but he is not a scientist or a physician. He joined the agency in 1923 as an inspector.

The committee recommended that the Commissioner devote his main efforts to "providing leadership in the philosophy and role of the F.D.A.," and in developing objectives and long-range plans.

Another recommendation called for assignment of an Assistant Secretary of Health, Education, and Welfare to co-ordinate working relationship between the agency and the Public Health Service, including the National Institutes of Health.

The committee also proposed a national food and drug advisory council, to report to the Secretary, and establishment of a new food and drug institute to strengthen the F.D.A.'s scientific functions.

The institute would administer research grants, carry on research programs and be responsible for the scientific and medical work of the entire agency.

—From The New York Times
Western Edition, Friday,
October 26, 1962.

Editor's Note: In reading the foregoing press release, you will note that the committee report authenticates many of the complaints that the National Health Federation has in the past lodged against the Food and Drug Administration. The FDA is there to protect the public, but it is just as much a protection to co-operate with the manufacturer and distributor of a product by sitting down with those who are honest and helping such to know what can be said about the product or label and in literature as it is to do what is now being done, to wit: refuse to say a label is O.K. etc., and then spend the taxpayers' funds in sending out a host of men to entice people to say what they, according to FDA, should not say, or do things they should not do, bring charges against them, and then destroy them by publishing false and misleading information about said persons and/or their products—publicity so written as to mislead the public and to destroy the reputation of the person, firm or products before a trial on merit can be held.

All reforms are good, if they are carried out in the interest of all the people. It will be the Federation's job to attempt to see that whatever reforms are undertaken shall be fair to all concerned and that the drugless approach to health shall get an even break. This new reorganization of FDA should, provided that the committee, or rather department of FDA, which passes on health matters, foods and/or drugs should not be composed entirely of medical doctors, but should have representatives of the drugless approach as well as the nutritional approach to health.

This proposed reorganization offers those who believe in the natural and drugless approach to health a great opportunity. Whether or not we are able to get the job done as it should be done depends on how fast the membership

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and finances of the Federation grow during the next six months. NHF members should keep their fingers crossed when reading about this proposed reorganization, but at the same time do everything within their power to get a good, honest and fair job done. Let us, by working together, help reorganize this valuable department of government in such a manner as to make it function as was intended when it was created.

Health Foods and the FDA

Dear Mr. Larrick:

I understand that the FDA has seized \$2,000 worth of products belonging to Walnut Acres, Penns Creek, Penna. As a citizen who values our constitutional rights, I would like to ask why this is being done? I am frankly very shocked.

Our family has been ordering foods and food supplements from Walnut Acres for several years. We have found them scrupulously honest, and their products not only harmless, but to us, indispensable. **We object to your threatening their business.** We object to the idea of the government telling us which vitamins we may buy freely and which we may have only by prescription.

May I suggest that your policing is misdirected? The pharmaceutical companies and the pesticide manufacturers sell dangerous wares and definitely need to be kept in check. I feel they have been granted entirely too much liberty to release their poisonous concoctions into our environment. The health food people, on the other hand, not only fail to pose a threat, but decidedly benefit us. It is ironic that, being already short of funds and personnel, you should divert your strength from your real job to harass the very people who try to provide us with unadulterated food. Unadulterated food is almost unobtainable through the usual commercial channels.

Do I understand that henceforth only certain vitamins and minerals may be

available without prescription? Why? Does the FDA consider itself the ultimate authority on which vitamins are most important? (What do you do with the variable of individual differences?) I feel that the vitamins are probably of equal importance—it is only that some have been known longer than others that some people ascribe greater importance to them. Most nutritionists agree that the B-complex is most beneficial when taken as a whole. There are 10-12 B vitamins alone. Which of these does the government now propose to pre-select for us? The best way to get the B-complex is from a natural source such as yeast. Does the FDA actually intend to make this a prescription item? Why? It is not a drug. It is not only harmless—it has extraordinary nutritional value. And it has the kind of value that is missing in the typical American diet. Refined flours have had almost all the nutritional value milled out of them and only three or four synthetic vitamins “replaced.” Out go inositol and choline, for instance, which aid in the combustion and utilization of fats. Is that something the American people can spare? In other words, I feel that because of our artificial type of diet, we urgently need such supplements to maintain health.

Do I understand also that the FDA objects to Walnut Acres ascribing special value to the terms “organic” and “natural”? Well, the Walnut Acres people can count many thousands who agree with them wholeheartedly. These organic products we buy from Walnut Acres do indeed have a special value. They have not been sprayed with poisonous pesticides; they have not had valuable nutrients milled out of them to be “replaced” by a small percentage of synthetic ones; they are grown on humus-rich soil and have an especially

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high protein content (Walnut Acres has had this tested, by the way); their grains are refrigerated rather than sprayed, then ground daily and shipped to order. They are therefore incomparably better in flavor and nutritional value than the highly processed and sterile items one finds on the supermarket shelf. (There is a good reason for the keeping power of the latter: insects and bacteria seem to know better than we what is good for them.)

I am sure you know that white flour was bleached for some thirty years with a chemical that was subsequently removed from circulation as it was (finally) shown by laboratory tests to be potentially hazardous. Now, if I am not mistaken, it is being bleached with alloxan, a drug which selectively destroys the beta cells of the pancreas and is so dangerous that it is used in medicine only in hopeless cases of hypoglycemia (*Pediatrics*, 1:337, 1948). I realize that only minute amounts are used for bleaching, but I don't want **any**. Furthermore, supposedly minute amounts of thousands of other chemicals are used in thousands of other foods. Is the sum total ingested any longer minute? And is it possible to have government officials check each and every addition of chemical to see that it stays within the law? Of course this can only be spot checked. If you suppose that additives and poison sprays in our food supply are harmless, you haven't been doing your homework. There is a great deal of evidence that this situation has been allowed to go much too far. Have you read **Silent Spring** by Rachel Carson? (The *New Yorker*, July 16, 23, and 30.) Rachel Carson has done her homework and come up with the alarming conclusion that we are all living in a highly poisoned environment with effects that threaten to become disastrous. Her facts are carefully gathered and fully documented;

they cannot be lightly dismissed.

Since many of us wish to avoid this type of contamination for ourselves and especially our children, we order our food from Walnut Acres and other “health food” stores. **Why does the FDA use its small funds to protect us from the very source we choose as self-protection? This seizure of their goods is a shocking act to which my husband and I strenuously object.**

I hope that you will give this some serious thought as the public health is indeed a serious responsibility. I do not feel that this responsibility is being well handled at the present time. **I know many people who feel the same way, some as irate as myself.**

Sincerely,

(signed) (Mrs.) Barbara Kelley

Westport, Connecticut

August 24, 1962

Vaccination Not Compulsory in California

California school teachers need not be vaccinated for smallpox. If you are a school teacher and read this item and are told you have to be vaccinated in order to teach, or if you are a student, training to be a teacher, and are told you cannot be graduated or secure a job as a teacher unless you are vaccinated, and you live in California, request the one who tells you this to furnish you with a copy of the section of the code that says you must be vaccinated. There is no compulsory vaccination law in California. The nearest to one is the polio act, and that is not compulsory if you do not want to be vaccinated or to have your child vaccinated, even against polio.

Washington, D.C. Briefs

By CLINTON R. MILLER
Director, Washington N.H.F. Office

FDA will continue to accept comments and opinions on proposed dietary foods regulation.

John L. Harvey, Deputy Commissioner of the FDA, has advised Congressmen that the Administration will continue to accept comments and opinions over a period of several months while officials study the comments and opinions already received. At the time of this advice to Congress, the Hearing Clerk of HEW has received some 225 detailed letters and briefs from universities, manufacturers, research organizations, and prominent citizens in opposition to the proposed dietary foods regulations revision. In addition, the FDA officials received direct messages from Senators and Congressmen and thousands and thousands of letters and post cards from the general public.

Ninety per cent of all the above 225 letters and briefs from the industry opposed the changes, and 95 per cent of all the letters and cards from the public opposed the changes. To those of you who sent in a post card, now is the time to write a letter. Include any reprints or articles that may in your opinion be pertinent.

Smoking and Health

Selection of a Presidential Committee to study the effects of smoking on health has been completed. President Kennedy did not consider anyone for the committee who was not approved by the Tobacco Institute, Inc. The Tobacco Institute is spokesman for the tobacco industry.

Observers here in Washington believe the committee has been set up to take the heat off the Administration rather than find the facts and, in turn, give the truth to the public.

The one bright spot is that a number

of courageous and conscientious scientists REFUSED to serve on the committee unless they could serve as true scientists. This being denied them, they chose not to be involved.

Watch for muddled headlines that follow this committee's findings.

Resume of the high lights of the 87th Congress:

First Session

January 3 through September 26, 1961

	Senate	House
Days in Session	146	147
Time in Session (hours)	1,005	569
Congressional Record		
(pages of proceedings)	12,755	7,489
Measures Introduced	3,071	10,955
Measures Passed	1,133	1,234

Second Session

January 10 through October 13, 1962

	Senate	House
Days in Session	177	157
Time in Session (hours)	1,159	656
Congressional Record		
(pages of proceedings)	13,704	8,548
Measures Introduced	1,494	4,796
Measures Passed	1,212	1,190

On a recent televised (CBS) panel discussion, Rachel Carson, famous author of *Silent Spring*, was asked if she planned to answer the chemical companies' attacks aimed at discrediting her book. In her quiet, feminine way, she smiled and said "I do not think that will be necessary. The public and my friends seem to be doing that very well."

Miss Carson has done her part in giving to the public the truth; she must now depend on the public to do its part in support of this great book. It is indeed a privilege to co-operate with this courageous woman in her crusade for better health through better and purer food.

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Any united front for the International Chiropractic Association and The National Chiropractic Association is farther away today than it has been for several months. Many individuals have thought one strong and virile organization would be of much greater benefit to the profession and to the public and have earnestly striven to perfect a merger of these two national organizations to the end that the profession of chiropractic, the second largest branch of the healing arts in America, could present a united front to its enemies and by working as a unit, maintain its place in the sun while developing its technique through more intensive research, etc.

N.H.F. is not participating in this movement. We are just reporting the facts as we see them. We do believe that, regardless of the outcome, these two great organizations should always, on state and national levels, present a united front. This we are happy to say has been true during this past session of Congress and it was our privilege to work with them on federal legislation which would, in one way or another, benefit or injure the drugless approach to healing.

We Must Again Put Truth on the Throne

Our present federal laws hold that, where foods, food supplements or concentrated vegetable supplements, minerals and natural ingredients are concerned, what can be said on labels is determined by "the consensus of medical opinion," NOT the truth of such statements. Hence, the manufacturer of natural vitamins and minerals, for instance, may not truthfully label his products, even though he can prove his statements, if the consensus of medical opinion is in conflict. If he does so, he is guilty of making "false claims," and is subject to fine and imprisonment—for telling the truth!

Wheat-Derived Chemicals Said to Accelerate Wound Healing

Atlantic City—Wound healing in laboratory animals has been accelerated as much as 57% by two chemicals derived from wheat, Dr. Henry C. Reitz of Purdue University reported at the recent meeting of the American Chemical Society here.

The materials used were gluten sulfate, a highly absorbent powder made from wheat flour, and sulfated starch, an anticoagulant.

An equal mixture of the two materials was sprinkled on wounds in rats and, with a new technique developed by Dr. Reitz and his co-workers, the actual breaking strength of the wounds was gauged after various healing periods up to 15 days.

A physician who had tried gluten sulfate as an absorbent for the drainage from wounds, had reported that the material seemed to hasten healing and to reduce the amount of scar tissue formed, Dr. Reitz said.

"The tests have shown that gluten sulfate alone can increase the rate of healing by 35%," the speaker said.

"Just any sulfated organic compound does not seem to work. We have tried sulfated gelatin, gliadin, chondroitin, starch, cellulose, and others, and these show an inhibitory or only a slightly positive effect.

"The discovery that an anticoagulant can enhance the healing properties over gluten sulfate alone was totally unexpected. Perhaps the anticoagulant, by causing a certain amount of bleeding, brings an ample supply of nutrients from the blood, while the water-absorbing material holds these in place," the Purdue scientists continued.

Several workers have established by the use of radioactive sulfur compounds

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that there is a rapid uptake of sulfur from sulfate in the early stages of healing. Some of the beneficial effects of gluten sulfate may be by making this sulfur available at the site of the wound, he said.

"The rate of migration of cells to close a wound can be modified by nutrients and chemical factors. The mixture of gluten sulfate and starch sulfate which we have found most effective could furnish these nutrients right at the place where they are most needed," Dr. Reitz pointed out.

"It has also been shown that the cells do not actually move in direct contact with the substrate but over an exudate which they themselves produce. They have been said to 'lay out a rug' for their progression. **The composition of this exudate is still unknown, and it might be that gluten sulfate could in part function as this exudate or aid in its production,**" he concluded.

From the **Drug Trade News**,
Research and Technology,
October 1, 1962

Editor's Note: We older folk well remember how our mothers used bread and milk poultices to promote healing and prevent infections. Science may be again proving that Mother knew best.

God guide you through
each troubled day,
When all seems dark
and clouds are gray,
God give to you
the blessed gift
Of faith that trusts
till shadows lift,
Of faith that finds
through each day's length
His love, your comfort
and your strength.

An Open Letter from Prevention to Celebrezze

(Continued from page 2)

not necessary in human nutrition. This, it is believed, will be accomplished by catching the manufacturers in a cross-fire between contradictory provisions that will require full labeling, yet forbid certain nutrients or quantities to be mentioned on a label.

According to this informed opinion, a manufacturer of wheat germ flakes would have his product seized if his label failed to mention that it has a vitamin E content; and it would be seized if he **did** mention the vitamin E content because the proposed new regulation would make such mention illegal. In other words, these interpreters believe that the true purpose of this proposed regulation is to drive out of business the manufacturers of dietary supplements that Commissioner Larrick and "com-

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"If **all** the Federation were just like
ME —

What kind of a group would our
Federation BE?"

Requested the patient: "Doctor, if there's anything wrong with me, don't frighten me half to death by giving it a long scientific name. Just tell me in plain English what's the matter with me."

"Well," the doctor replied hesitantly, "to be perfectly frank, you are just plain lazy."

"Thank you, doctor," murmured the patient. "Now please give me the scientific name so I can tell the folks at home."

A Russian schoolteacher asked a pupil, "Who were the first humans?"

"Adam and Eve," the youngster replied.

"And what nationality were they?"

"Russian, of course."

"Fine, fine," commented the teacher. "And how do you know they were Russians?"

"That's easy," responded the youngster. "They had no roof over their heads, no clothes to wear, and they had only one apple for the two of them, and they called it Paradise."—Minneapolis Tribune.

petent authorities" do not approve.

Why?

Food and Drug Agency Faces Huge Task

The Food and Drug Administration and our vast complex of food and drug laws have all been established by the Congress for one specific purpose—to protect the American public against dangerous and harmful substances in its food, in its drugs and in its cosmetics. This, alone, is a job that the Food and Drug Administration admits it cannot do properly, because it does not have enough people or money or laboratory facilities to police the vast food and pharmaceutical industries and the hundreds of new chemicals they use in their products every year.

Then why does Commissioner Larrick want to take inadequate forces, desperately needed to serve the purpose for which Congress created the Food and Drug Administration, and divert them into a path never envisioned by those who set up his organization? Why does he want to take people away from the work of policing filth and poisons that find their way into our food supply, in order to drive out of business the makers of admittedly nutritive, wholesome and harmless food supplements that Commissioner Larrick and "competent authorities" consider not essential?

To "crack down on nutritional quackery," according to the **New York Times** (June 20, 1962).

Commissioner Larrick's own statement, as quoted in **Drug Trade News** (June 25, 1962), is this:

"The average purchaser of vitamin-mineral supplements is not well informed about his needs for supplementing his usual diet with these nutritional factors. He can easily be led to believe that his diet is likely to be inadequate in one or several of these nutrients, and that a great many conditions of ill-health may result from his possibly inadequate diet.

"He has been encouraged to select supplements containing many times the daily requirements of most, if not all, nutrients."

F.T.C. Already Empowered to Act

Now if it is true that consumers are being cheated when they spend their money on vitamin-and-mineral supplements, anyone would agree that the situation should be corrected. In fact, the Department of Commerce and its agencies, notably the Federal Trade Commission, already have supervision and power over such situations. The FTC has established an enviable record of curbing deception and fraudulent trade practices, including exaggerated claims of therapeutic value of many patent medicines, toothpastes, etc.

The Federal Trade Commission already has the power and would undoubtedly act against manufacturers of vitamin and mineral supplements **if there were any obvious and clear-cut fraud to act against.**

There is not. There is only a difference of opinion as to what need a person has for vitamins and minerals, as to how adequate the food supply may be for this purpose, and as to the role played by vitamins and minerals in human nutrition.

Throughout this letter we have stressed Commissioner Larrick's phrase "competent authorities" because we wished to draw attention to this one all-important point: in the field of vitamin and mineral nutrition, there are **no competent authorities** in the sense of experts qualified to define exactly how much of these nutrients are necessary and valuable.

There are many people competent to define how much vitamin C you need to avoid scurvy, or how much iodine is required to prevent goiter. But neither scurvy nor goiter is any particular problem in our country today, nor is their

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prevention the reason why people take supplements of vitamins and minerals. To state that 30 milligrams of vitamin C is all a person needs to avoid scurvy, and is therefore the human daily requirement, is to state nothing of any value to the consumer.

It is like determining the precise number of daily calories that will keep a person from starving to death, and then stating **that** is the daily requirement.

Vitamins Perform Essential Functions

It is well known and admitted by practically all the so-called authorities that the vitamins and minerals perform essential functions in all the metabolic processes of the human being. The deficiency diseases, such as scurvy, are the symptoms of starvation for a particular nutrient like vitamin C. But the avoidance of starvation is the least of what these nutrients do. Vitamin C, to stick to that one example, is believed by W. J. McCormick, M.D. (**Archives of Pediatrics**, Jan. 1951) to bring about the neutralization or destruction of bacterial and other organic toxins, to play an essential role in the body's production of antibodies, and to affect the health of the eyes, teeth and bones.

Yet Richard H. Follis, Jr., M.D., of the Nutritional and Metabolic Disease section of the Armed Forces Institute of Pathology, had to admit, in his book, **Deficiency Disease** (Charles C. Thomas, 1958), that "we know less of the biochemical role of ascorbic acid (vitamin C) in the organism than that of any of the other vitamins."

The simple fact is that most of what any scientist knows about the biochemistry of foods and nutrients has been learned in experiments with animals. Human beings cannot be vivisected or subjected to the rigorous laboratory experimentation for which we use guinea pigs and rabbits. Nor has anyone, to our knowledge, ever taken the trouble to make a statistical analysis of the level

of health and efficiency achieved by people under various regimes of vitamin and mineral intake.

In other words, when we try to consider vitamins and minerals in their basic role of nutrients which, like proteins and carbohydrates, are necessary for the achievement of optimum levels of health, we find that practically nothing is known positively about the matter.

And in such a state of general ignorance, we repeat again that there are no competent authorities. The most learned physician in all the world can only have an opinion, when he has no hard facts with which to work.

There has been, in the medical profession, a notorious history of error for opinions the "authorities" formed without sufficient grounding. From Pasteur to Sister Kenny, the record is so well known it requires no repetition.

A.M.A. Opinion Is Not Conclusive

Today, the dominant opinion in the American Medical Association is that a person requires only enough vitamins and minerals to ward off deficiency disease. That remains, however, only an opinion, for which no positive evidence can be presented. It is no basis on which to conclude that those who advocate far larger amounts of vitamins and minerals are quacks or frauds.

It is a frequent argument of critics of vitamin-and-mineral supplements that it is possible to get all one needs of these necessary nutrients in one's daily food. Perhaps it is. But it would be sheer fantasy to suppose that the public is actually going to do so. As pointed out in the Department of Agriculture annual report titled **Consumption of Food in the United States**, both the consumption of vitamins in food, and the amount of vitamins available in food, have declined steadily over the past fifteen years.

Our farmers are producing less green and yellow leafy vegetables because

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there is less demand for them. Modern food processing, which encourages the picking of immature fruits and vegetables and longer periods of storage, reduces vitamin content. The trend in buying is strongly toward "convenience" foods such as dry cereals, hydrogenated cooking fats and sausage meats. These are tragically lacking in vitamin and mineral content.

Typical figures of the Department of Agriculture show the following declines in available vitamins: vitamin A, 26.3%; vitamin C, 19.2%; various B vitamins, from 6.5% to 14.2%.

When this is what is happening to our food supply, can anyone conscientiously maintain that it will in any way improve the nutrition of the American people to make it difficult or impossible for them to buy vitamin-and-mineral supplements?

The consumer of these food supplements is looking for optimum health. There are many highly respected names in the medical profession and among scholars of nutrition who believe a vitamin and mineral intake, including vitamin E and the trace minerals, should be much higher than the estimated "daily requirements" for the achievement of optimum health. Even though they are in a minority, it would be absurd to try to determine scientific truth by a majority vote.

A Statistical Survey Is Recommended

It is possible, by modern statistical methods, for a government health agency to study this question and arrive at sound conclusions about the precise diet that will bring about the highest level of health. Such a study, we humbly suggest, might be one of the most fruitful your new administration could undertake. But until it is made, Commissioner Larrick cannot possibly have anything firmer than an opinion based

on insufficient evidence about the entire question.

This being so, how does he dare to attempt to set standards and compel the entire country to conform to his standards?

Since he is dealing with nutrients that represent no danger to health whatsoever, is it even his job to do so, or is he far exceeding the authority granted to his bureau by the Congress?

And if he truly believes that there is a need for his agency to invade the realm of the Federal Trade Commission and police the marketing practices of this industry, why does he not go before Congress and ask for this authority, instead of trying to obtain it by use of the labeling provisions that were designed to protect us against nonnutritive and possibly poisonous food additives?

Mr. Celebrezze, we at **Prevention** have every confidence that you can become one of the great figures in the history of American public health. To do so, your first act will have to be to set the Food and Drug Administration back on the path of protecting the public, with every facility at its command, from poisons, filth, and dubious chemicals in its food supply.

The Editors.

N.H.F. Editor's Note: The foregoing article, which appeared in the September, 1962 issue of **Prevention**, is so well written and states the case so perfectly that we have requested and secured the permission of the publishers of **Prevention** to reproduce it in its entirety in this issue of the **N.H.F. Bulletin**. **Prevention** is well known and read by many of our members. It is the pioneer magazine in this field, and we urge our members who are not now subscribers to write to **Prevention**, Emmaus, Pennsylvania, and ask for subscription rates and necessary information.

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5. **The Federation has come into its own,** and must make very important decisions at this meeting, decisions which will affect the future health of America.

6. **The People Prevail.** FDA has announced an indefinite postponement of action on amending the dietary food regulation 125. They say "this will give them time to study the objections and give the people more time to write why they are opposed to a change."
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