

# National Health Federation



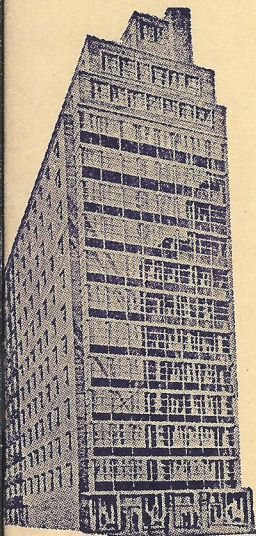
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## AMERICANS CRUSADING FOR BETTER HEALTH

Volume VIII — Number 4

April, 1962



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

# BULLETIN

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

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The subscription price of the National Health Federation  
Bulletin is included in the membership dues.

**PRICE FOR ADDITIONAL COPIES OF THIS ISSUE**  
25¢ each — 7 for \$1.00 — 35 for \$5.00 — 100 for \$12.00

I wish to become a **REGULAR MEMBER** of the National Health Federation and am enclosing \$3.00 as dues, \$1.50 of which is for a subscription to the BULLETIN for the current year. Family membership \$4.00.

I wish to become an **ACTIVE MEMBER**. I am enclosing \$5.00 as dues for the current year. \$1.50 of which is for subscription to the BULLETIN.

I wish to become a **SUSTAINING MEMBER** and am enclosing \$..... (minimum fee, \$25.00) as membership dues for the current year, \$1.50 of which is for a subscription to the BULLETIN.

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3¢ STAMP  
HERE

## Do You Want Freedom?

- 1—**This Is It:** If you are interested in the natural approach to health and the freedom to choose your own doctor, be he medical or druggless, you must do your bit in helping finance the program of the National Health Federation.
- 2—**Publishing the Bulletin and maintaining the Washington Office,** costs money. At this moment we are short of the needed cash to pay the bills. If those who see a 61 after their names above will at once send in their dues for 1962, it would go a long way toward solving the problem. If you can add \$2.00 for the Washington Office it will gladden our hearts.
- 3—**June first is the deadline,** all dues paid before that date will be at the old rate of \$3.00 for regular members — after that date it will be \$5.00.
- 4—**After June first** we can no longer send the Bulletin to members who have not paid their dues. Please do not let that happen to you.
- 5—**We can make mistakes,** so if you have paid your dues and a 61 still appears after your name, please advise us. If you have paid within the last 30 days, ignore this plea, as it takes 30 days to process a membership.
- 6—**For seven years** we have worked and prayed to get the program we now have off the ground. We are now on our way to victory. Please do not let our program nose dive for lack of funds.
- 7—**We appreciate those members,** who did not like the January issue, writing to us about it. This is your organization and we want to have it the way you want it to be. To date we have received about 50 letters objecting to one or more phases of it.
- 8—**Notice the increased price** of the Bulletins when you buy them in bulk. We have to do this to make ends meet. Postal rates and increased printing costs make it necessary. **Sorry.**

## This is a Serious Notice

1 — We have had to cut the last two and this issue to 16 pages and a cover due to lack of funds. This lack of funds is due largely to failure of members to pay their dues promptly. All dues are due as of January first each year. If you do not find the numerals 62 or 63 as the last two numerals of those appearing with your name and address on this Bulletin, then you are one of those with good intentions, but who has put off sending in your dues for 1962. Please do not put this matter off another day.

2 — Federation dues will be raised from \$3.00 to \$5.00 as of June first this year. All dues not paid by that time will have to be paid at the rate of \$5.00 instead of \$3.00. All new members received after that date will have to be at the rate of \$5.00 instead of \$3.00 as at present. YOU CAN SAVE \$2.00 by paying your dues before June 1st. You can also pay in advance for 1963 and save another \$2.00.

3 — Postal regulations make it necessary that we discontinue sending the Bulletin to members who have not paid their 1962 dues by June first. So please pay as promptly as you can.

4 — This is the year the Federation will go over the top with its program if each one of us will do our part. I pledge to you that I will do my part.

5 — We are on the Lord's side and He will prosper our efforts if we **PRAY, WORK AND GIVE.**

The words Red Light will be used in connection with bad or dangerous legislation which should be opposed as not in the best interests of the public health.

The words Green Light will be used in connection with good legislation which should be supported because it is for the best interests of the peoples' health.

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## N. H. F. Washington Counsel Reports

Re: Special Grand Jury Investigation In The U. S. District Court For The District of Columbia, Concerning Federal Food and Drug Administration. Conflict of Interest Cases Growing Out of Disclosures Relating To The Relationship To Industry of Dr. Henry Welch, Former Director of FDA's Antibiotics Division.

In response to your memorandum of March 1, 1962, I wish to report, based upon conferences with attorneys in the Justice Department and the U. S. Attorney's Office that the U. S. Attorney's Office indicated it would be interested in any and all information which anyone could give it concerning the Special Jury Investigation.

Mr. Robert J. Timlin, one of the attorneys from Justice, assigned to the U. S. Attorney's Office to handle the matters suggested that letters be addressed to:

Max H. Goldschein, Special Attorney  
U. S. Department of Justice,  
Room 6822 U. S. District Court House,  
3rd and John Marshall Place,  
Washington 25, D. C.

**FLASH:** At the San Diego convention of the National Health Federation, Jan. 1, 1962, one of the greatest legal minds in America resolved to quit smoking. Gently scolded by many of our members, and encouraged by Dr. Frank C. Maurice, he decided New Year's Day to extend his useful life. His wife-secretary, Mrs. Rosella Pratt, has helped him keep his resolve. He has gained several pounds, however, and has consumed many cans of nuts. We thought you would like to share this victory. Everyone is happy about it but the happiest man is Charles Pratt himself. He says he can taste food again, and feels better than he has for years. He GLOWS.

NATIONAL HEALTH FEDERATION BULLETIN

## The NATIONAL HEALTH FEDERATION BULLETIN

VOLUME VIII  
NUMBER 4  
Adventures on Health Frontiers  
Published Monthly  
APRIL 1962

### The Family Circle

By FRED J. HART

It is rather hard to find the words with which to express to you my appreciation of the many cards, floral pieces, letters and donations to good causes which so many of you sent during my recent bereavement. I shall try and express my appreciation by working harder for the great cause of health freedom.

My thanks also for the countless prayers that ascended to our Father in Heaven on our behalf, without which the burden would have been too heavy to bear.

I would like to take the time to write and thank each of you, but the Federation program is growing and moving too fast to allow sufficient time — so please accept this note in place of a letter and be assured of my deep and sincere appreciation.

This I know, my loved one has gone to a better world, where I shall join her in the not too distant future. I am happy in the knowledge she did not have to "cross Jordan alone", for her Lord and Savior whom she loved and served, so many years, was with her all the way. The following, which was given to me by our Pastor, was a great source of inspiration and help to me.

"Now that you are facing the discipline of decision at the "Red Sea" place in your life, do not doubt that God has led you thus far. Forget not His faithfulness and favor in days past. To the best of your knowledge you have trusted the

Lord and obeyed Him thus far. Today is not the time to be fearful and faint-hearted. The Faithful One says to you as He did to Moses long ago: "Fear ye not, stand still, and see the salvation of the Lord, which he will shew to you today: for the Egyptians whom ye have seen today, ye shall see them again no more forever. The Lord shall fight for you, and ye shall hold your peace." (Exod. 14: 13, 14)

And then came the command: "Go forward!"

How? Just obey! The sea of impossible circumstances presents no problem to Him. He divided it in response to the faith of Moses, and He does the same for you and me as we obey Him. No sea is a perplexity nor a problem to Him. He holds the sea in the hollow of His hand. Long centuries later, the Lord Jesus stilled the storm on Galilee. The "sea" in your life and mine today is His, and we are His children. Therefore let us face it and go forward with Him.

God will deal with the cruel enemy that pursues. Just as in that far-off day when the Lord stood between Israel and the Egyptians, so the Lord today will stand between us and the adversary bringing darkness and confusion to our critics and light and confidence to ourselves. Relentless foe or Red Sea are alike of no consequence to the Almighty."

(Continued on next page)

APRIL, 1962

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## Chapter Notes

We are sorry the last three issues have appeared without Chapter News. This has been due to lack of space and the problems of your Editor. We promise you the May issue will again carry chapter news.

## Medical Advice

Lately we have been receiving a number of letters asking the Federation for medical advice. The Federation is not allowed, legally, to give such advice, so please do not ask for it.

## Herald of Health

The Herald of Health grows better with each issue, so we once again urge our members to include it in their budget. The subscription price is only \$3.50 per year. If you send in your subscription along with your dues to the Federation, you may have the Herald of Health for only \$3.00, that is if you are not already a subscriber.

## Stickers with Address

Please do not send any more orders for printed stickers with your address on them. We thought this idea would appeal to our members. It did not, so we are returning the money received to date. To keep the cost within reason we would have to have a large number of orders. We did not receive them so we have had to discontinue the project.

## So You Moved

So many of our members move and fail to send us a change of address that each month we have a pile of Bulletins returned to us, with the notation "moved." Second and third class mail will not be forwarded.

The moral of this article is — members fail to get their Bulletin and then feel this office has overlooked them. We want to get the Bulletin to them, but have no way to do so; so please, if you move, send us your new address at least

30 days before the time for the next Bulletin to be mailed. Thank You.

## NHF Youth Movement

In the February issue of the Bulletin we announced that the Board of Governors of the National Health Federation had authorized Cheryl Loungway of Monrovia to form a pilot chapter of health minded young people.

Cheryl reports an initial meeting has been held, attended by eight young people. At this meeting they discussed ways and means and the type of program they should undertake.

What shall these chapters be known as? It has been suggested they be called "Youth For Health Clubs." In agriculture this type of work goes under the name of 4H Clubs, which means Health, Head, Heart and Hands.

The National Health Federation "Youth For Health Clubs," could be shortened to YFH Clubs. We would like to hear from our members as to what they think the name should be.

It is the thought of the Board of N.H.F. the name of these clubs should not be tied in with the name of the Federation in order that all types of health clubs could organize these clubs in connection with their own organizations. These clubs could meet on the same night as the regular health group and thus the young people would not have to be left home alone while the parents attended the senior organization. The youth groups of course would have their separate meetings, with a member of the senior group as sponsor.

Would you be interested in starting a Youth Group in connection with your club? If you are interested we would be happy to hear from you

It is human to stand with the crowd; it is divine to stand alone. It is manlike to follow the people, to drift with the tide; it is Godlike to follow a principle, to stem the tide.

NATIONAL HEALTH FEDERATION BULLETIN

ARLINGTON, VA.: "Restaurants were warned by the FDA to immediately stop all use of a potato bleaching compound called **WhiteX**. Some of this product is contaminated by a deadly poison . . . sodium fluosilicate. The condensed Chem Dictionary pp 1001 says this white, odorless, tasteless substance is used for fluoridation of drinking water! One Tbsp WhiteX per gallon of water is used by eateries as a dip to preserve the fresh color of peeled potatoes . . . it normally contains sodium bisulfite, sodium bicarbonate, citric acid, sugar & ascorbic acid. Accidentally substitution of the poison sodium fluosilicate in place of sodium bisulfite apparently caused the contamination, the FDA explained."

## New Clue to Detect Diseases

Medical researchers have long hinted that chemical imbalances in the body may be the clue to early discovery of serious diseases.

But the problem has been to find certain means of detecting these unseen chemical abnormalities.

**Today, Dr. John W. Gofman, professor of medical physics at the University of California's Donner Laboratory, Berkeley, reported the development of a systematic method for exploring and pinpointing the body-contained chemical changes from the norm.**

With this new technique, Dr. Gofman explained, he is able to measure given elements in the blood with sensitivities ranging up to one part in 100,000,000.

Dr. Gofman's method is to draw a carefully measured amount of blood from a patient, reduce it by centrifugal and other methods into a powder form which is exposed to X-rays.

**By spectrographic analysis, the various chemical elements in the blood residue are identified and measured. Abnormal quantities of certain body chemicals may indicate the presence of specific diseases, some biophysicists have said.**

APRIL, 1962

## N.H.F. Life Memberships

Many of our members have requested that we have a limited number of Life Memberships with life members having all the rights and privileges of Sustaining Members. Because this is such a vital year in the history of the National Health Federation and funds are needed so badly to put the extra push in the Federation program, needed at this time, we have decided to take such memberships with a limit of a total of 300.

So vital is the immediate need for such funds we urge as many of our members as can afford it, to take advantage of this offer.

If you dues for 1962 have already been paid, you may deduct the amount you have paid from the one hundred dollars. Because I will not ask any one to do what I myself do not do, I am today paying the National Health Federation the sum of \$100.00 and requesting that my membership be given the number of 300. Come on in the water is fine. Who will be the first? Memberships will be numbered in the order received. I am sure the day will come when you will be happy to tell others your life membership is number so and so. The nearer number one your membership is the prouder you will be. Let's put this campaign over the top by April 30th. I am looking forward to getting acquainted with number 299.

It is natural to compromise conscience and follow the social and religious fashion for the sake of gain or for the sake of pleasure; it is divine to sacrifice both on the altar of truth and duty.

"No man stood with me, but all men forsook me" wrote the battle-scarred apostle in describing his first appearance before Nero to answer for his life for believing and teaching contrary to the Roman world.

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## Convention Auction

By Ruth Cook

Phil and Sylvia Arena had a package delivered to their stand on Highway 395 for the Bazaar of the Convention. This year an auction replaced the bazaar and was a part of the New Year's Party. The arrangements committee could scarcely believe their eyes when they opened and found twelve beautiful hand-made rugs, representing endless hours of work. When you hear the story which follows you will know there was love and dedication in every stitch.

For the last eight years there has lived in Vista, Rosa Rose who came to California in 1915. Some years later Mrs. Rose moved with her husband to Los Angeles where her husband was in the employ of the County. Mrs. Rose was a musician, and piano instructor, but later went into Barker Bros. in the record department. She served as its head for some years. Her sight began to fail and she became almost blind. This, of course, terminated her work. After retirement of her husband, they settled in Vista, California. Today, she still can't see to read, is almost blind, but in the past year, she made these twelve beautiful rugs of wool and cotton scraps, which she gave to the Federation.

We think this an inspiring effort of a dedicated soul who is in her senior citizen years, and making a real contribution to the work of the Federation. Her comment on giving the package to Sylvia Arena for the auction was that she wanted to help the Washington office of the Federation. Had you ever stopped to think that with the opposition that N.H.F. has had that we could never have survived and certainly not expanded if we did not have many, many dedicated members, young and old? Might we add that it begins at the top, with our president, Fred Hart. With prayers and activities at whatever level we can serve and go forward to even greater responsibility in 1962.

We would like to suggest that members, who can, start now making or preparing something to send or bring to either of the following 3 conventions, Far East, Middle West, or West Coast. The dates and places will be announced in the May Bulletin.

### FLASH NO. 1

As we were pasting up the dummy for the printer, we received the good news that Senator Ervin of North Carolina has introduced Senate Bill 1887, which is a companion bill to H. R. 9926 introduced in the House by Congressman Walter of Pennsylvania.

These two bills are identical and have the backing of the American Bar Association and are the result of a two year study of Administration procedures. Both of these bills include the King and Pike prejudging amendment.

Both should have the whole hearted support of our members and all others who believe in fair play and the American form of government.

### FLASH NO. 2

U. S. Public Health Administration is to be Investigated.

A top-level investigator has been given a "free hand" to get the facts in Health, Education and Welfare's broad investigation of its Public Health Service.

He is Charles G. Haynes, who has taken leave from his post as director of investigations at the National Aeronautics and Space Administration. Haynes is a former House committee investigator and also has served with the Federal Bureau of Investigation and the State Department.

HEW Secretary Abraham Ribicoff persuaded Haynes to take the difficult assignment of running down leads to alleged wrongdoing that go back as far as 10 and 15 years. He gave him complete authority to hire and to fire and to build up the staff he needs to conduct a thorough investigation of all the charges.

NATIONAL HEALTH FEDERATION BULLETIN

## The Case for and Against Saturated Fats

"You may as well enjoy your ham and eggs", advises a Scripps-Howard science writer in reporting on recent findings of the National Academy of Sciences.

The role of fatty foods in heart attacks has been a controversial volley ball in medicine for several years. Climatic tests and reports by researchers are becoming more emphatic in denouncing solid fats as the villain in hardening of the arteries.

Yet the Academy, official science adviser of the Federal Government, declares that until it is clearer which fats are more desirable nutritionally and which, if any, are undesirable, major changes in American dietary habits are not to be recommended.

The Academy concedes that circumstantial evidence indicates that the kind or amount of dietary fat is in some way related to hardening of the arteries, so it may ultimately prove desirable to admonish the public to reduce intake of certain varieties of fats. Then, perhaps fearing that such a concession might be misconstrued as a deviation from its middle road policy, the Academy adds that much of the evidence condemning solid fats is based on half-baked studies of a very complex problem. The Academy report states that hardening of the arteries "is not a disease of modern man but has been recognized in its present form for several thousand years" — which is, of course, a completely vacuous statement inasmuch as man has consumed solid fats ever since the first cave man fashioned the first club to give a bison his first headache.

The other side of the coin is illustrated by the findings of Dr. Laurence W. Kinsell, director of the Institute for Metabolic Research at Highland-Alameda County Hospital in Oakland, California, who recommends a drastic revision of the American diet with emphasis

on elimination of hydrogenated fats which includes not only those commercially hydrogenated, such as most solid shortenings, but also animal fats and butter.

In 1952 Dr. Kinsell and his group discovered that saturated fats increase the level of fat in the blood while unsaturated fats reduce blood fat levels.

According to Dr. Kinsell the proper balance between saturated and unsaturated fats is an individual matter. The ratio in normal persons — those with no evidence of heart disease — should be about one to one. Those with symptoms of advanced hardening of the arteries should eat three to four times as much unsaturated fat as saturated fat.

The evidence correlating hardening of the arteries with saturated fats has been accumulating for several years. A Harvard medical school group under Dr. David Rutstein succeeded in growing the linings of human aortas in test tubes. When saturated fats were added to the growth medium, hardening of the arteries was produced, and the addition of unsaturated fats reversed the process.

Dr. Kinsell is not so dogmatic to insist that heart disease is caused exclusively by diet. He recognizes that heredity, hormones and stress and tension are contributing factors. But since diet is the one easily controllable link, the reduction of saturated fat consumption is a commonsense regimen.

On the one hand, we have the National Academy of Sciences informing the public that not enough evidence has been accumulated to warrant a change in dietary habits. On the other hand, we have a top heart disease researcher reporting to the contrary.

A bewildering situation indeed. A non-analytic public would be inclined to accept the Academy's gospel and unwittingly eat its way into higher coronary disease rates.

(Continued on next page)

nary statistics. But a thoughtful reader, in weighing both sides, might reason that if, as the Academy concedes, there is the possibility of a link between solid fats and heart disease and if the consumption of solid fats does nothing to increase physical health, whereas the reduction of solid fats in the diet will assist in warding off coronary attacks, obviously the course prescribed by Dr. Kinsell is the more logical to follow.

## MAIL BAG

Dear President Hart:

I really had a wonderful time at the N.H.F. convention, thanks to you and all your hard-working staff and fellow workers.

I think I enjoyed more the people I met and with whom I disagreed than those with whom I agreed. It is so stimulating to meet people, disagree with them and still be friends.

My country fares were exceptionally good even if I went there poorly prepared for the business.

You can help me and other people interested in growing and using country if you can get a little notice in the N.H.F. Bulletin that I will be glad to send the material I have on growing country to anyone sending me a stamped addressed envelope.

This thing of selling country plants has not been very profitable if the work involved is considered. It will pay if no order for less than five guaranteed plants for \$2.00 be sent to me.

I will be glad to teach anyone what I know and turn my country business to them, as I have completed my experiment and want to do other things. Thanks again for a most wonderful convention. You can look for me again next year.

Sincerely yours,  
Fred Hamann  
648 D Street  
Davis, California

Dear Sirs

Enclosed find \$2.50 to add to the fund for a secretary for Clinton Miller.

I never read the National Health Bulletin without being grateful to you people who know how to fight, but most of all, how to lead the rest of us, who otherwise would only grouse and fume and fret willy nilly.

I read every issue, at once, and act upon your suggestions just as fast.

Thank you exceedingly,  
Mrs. E. W. T.  
Rochester, New York

## Have You Paid Your

### 1962 DUES?

### Please Do

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

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

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

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

**It costs only \$1.50 net to members** of the National Health Federation and their friends. Send your order direct to the National Health Federation, 709 Mission St., San Francisco 3, California. These booklets are now ready for distribution. In lots of 5 one dollar each.

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

## SUBSCRIPTION TO THE LEE FOUNDATION REPRINT SERVICE

1. The Lee Foundation for Nutritional Research has, for over 20 years, meticulously reviewed and edited scientific literature for the purpose of providing the most pertinent information in nutritional progress.
2. While this information was made available to interested parties, until now we did not provide these persons with a regularly controlled mailed distribution. We are now pleased to announce that you may subscribe to this Reprint Service and receive these important Reprints as they are published.
3. Since the Lee Foundation is a Non-Profit organization, we are accepting enrollments on an annual prepaid subscription basis of \$5.00 per year. Dependent upon costs of mailing and reprints, your account will be adjusted at the end of the year and the difference between actual costs and prepaid subscription will be invoiced or refunded as the case may be. The beginning date of this program was January 1, 1962.
4. In order to eliminate bookkeeping costs, those who enter the program during the year will be compensated for mailing costs which others have paid, with a commensurate value of additional reprints for distribution to other interested parties.

P. S. This is a subscription service, so N.H.F. book discount stamps cannot be used.

### LEE FOUNDATION

#### REPRINT SERVICE SUBSCRIPTION

I am enclosing \$5.00 for a subscription to the Lee Foundation Reprint Service as per above agreement. I understand that all prior reprints for 1962 will be sent to me, should I subscribe at any time during the year.

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612 No. Vermont, Los Angeles 4, Calif.

APRIL, 1962

## YOUR CAMPAIGN KIT

To those of our members and friends, who would like a KIT containing authentic information, with which to meet the false and misleading statements to-wit: — that America's Food Supply is better than nature made it and that depleted soil can produce as healthy food as natural enriched soil, etc., the following will be good news.

The Federation is embarking on a project to furnish our members with such a Kit. This Kit looks a good bit like the one being distributed by the American Medical Association on the other side; there the likeness ends. The A.M.A. Kit is filled with statements by authorities who are apt to be biased because of their employment, training, or because their research funds are provided by business enterprises interested in manufacturing and processing America's Food and Drugs, as they appear on the shelves of the Food and Drug Stores of America.

The National Health Federation's Kit, contains 14 well written documented pieces of literature, written by men whose research and thinking are not colored by the source of their research funds, their salaries, or previous training. Our purpose in publishing and distributing this KIT is to enable our members to give the public the other side of the nutrition picture. Having both sides of the picture will enable the public to arrive at a true conclusion.

These Kits will sell at the price of \$1.50 each, or in lots of 5 or more at the rate of \$1.00 each. These prices are only sufficient to cover the cost of printing, handling and mailing. If after you receive a KIT, you do not feel you can make use of it, or it is not what you expected, you may return it in good condition and your money will be refunded.

Send orders direct to National Health Federation, 709 Mission St., S. F. 3, Calif.

# With N.H.F. Washington Counsel

By CHARLES O. PRATT, Washington Counsel  
Suite 712, Barr Bldg., 910 Seventeenth St., N.W.

## Change of Address

Charles Orlando Pratt, your Washington Counsel, hereby notifies the members of the National Health Federation that effective March 3, 1962, he has moved his Washington War Office to Suite 712, Barr Building, 910 Seventeenth Street, N.W., Washington 6, D.C. Mr. Pratt's phone number will remain the same, STerling 3-3522 until April 11, 1962, at which time, because of the new telephone system, it will be changed to 296-3522.

## American Chiropractic Association Hollywood, California

The American Chiropractic Association of Hollywood, California has invited your Washington Counsel to attend its Convention on April 28-29, 1962 and to speak on Food & Drug Laws and the legal rights of the Chiropractic Profession, particularly in regard to their rights to use dietary food supplements in their practice.

## San Francisco Meeting Non-Cal Association,

## The Northern California Affiliate of the National Dietary Foods Association

Your Washington Counsel has been invited by a member of the National Vitamin Distributors Association to be the Guest Speaker on April 29, 1962 at the Hilton Inn, in San Francisco, California, to discuss food and drug laws at the meeting of Non-Cal Association, the Northern California Affiliate of the National Dietary Foods Association. Non-Cal serves Northern California's Health Food Industry consisting of more than 250 members who are Retail Health Food Store owners and managers.

## Drug Inquiry Ends

Senator Kefauver has concluded the longest senatorial hearings in modern history with the final session of the inquiry into drug prices. The hearings took up all kinds of questions relating to the monopolistic control of drugs and the very high prices resulting from such control methods. The terrific power of the sales promotion and pressure used on the doctors of medicine was clearly brought out for the purpose of showing how the advertising of brand-named products has the effect of eliminating the likelihood that the doctors would purchase and use the same kind of product manufactured by little known companies which products were much less expensive.

The crux of the legislative issue arising from the hearings concerned questions of the degree and duration of the commercial control that a company should have over a new drug or medicine which it develops in its laboratories. It was apparent that Senator Kefauver would encourage the purchase of drugs by their generic names that are available to all manufacturers instead of by the brand names which are the property of the companies which produce them. He would accomplish this by empowering the Food and Drug Administration to give official common names to all prescription drugs and requiring that these be printed on the label in the same size type as the brand names.

## F & D Press Release Concerning B 12 Intrinsic Factor and Pernicious Anemia

The Food and Drug Administration issued the following press release on February 20, 1962. Quote:

"The Food and Drug Administration proposes to tighten up regulation of preparations to treat pernicious anemia. So-called "intrinsic factor" products would be labeled for sale only upon prescription under a proposal published Saturday, February 17, in the Federal Register.

The statement of policy would also require that any orally administered drug for the treatment or prevention of pernicious anemia bear a warning stating it is not a reliable substitute for injections of vitamin B 12 and that periodic examinations and laboratory tests are essential.

Intrinsic factor is an unknown substance prepared from the intestines of food animals which increases vitamin B 12 absorption in the human stomach.

FDA said orally administered preparations of vitamin B 12 and intrinsic factor may sometimes mask symptoms and interfere with the diagnosis of pernicious anemia. Only vitamin B 12 by injection is generally recognized as a wholly reliable treatment of the condition, the agency said.

Intrinsic factor would also be regarded as a food additive under the Federal Food, Drug and Cosmetic Act, FDA said, and could not be used in foods because there is no covering food additive regulation.

Interested parties have 30 days from the publication date to submit their views and opinions in writing."

I checked with the Food and Drug Administration to ascertain the practical meaning of the foregoing Press Release; and I was advised, in substance, as follows:

The primary purpose of the regulation concerns the treatment of pernicious anemia. It would restrict the use, for this purpose, of Vitamin B 12 to injection only and based upon a prescription product only. It would stop the oral use of B 12 and the so-called "intrinsic factor" for the treatment of pernicious anemia.

The regulation DOES NOT RESTRICT the use of Vitamin B 12 as a constituent ingredient of dietary food supplements, vitamin and mineral products, concentrated foods or foods for special dietary uses which products are sold and used solely as food supplements to balance the diet as distinguished from drugs or medicines sold and used to diagnose, prevent, mitigate or cure pernicious anemia.

The further purpose of the regulation is to stop the over-the-counter use of Vitamin B 12 and the so-called "intrinsic factor" for the oral treatment of pernicious anemia.

## You Are Rendering a Great Service

Because of the fine work you as members of the National Health Federation did in distributing the Nov.-Dec. and the January issues of the Bulletin, Congress has been alerted and action will be taken to put a stop to the wrongful use of "Youth Counselors." (See bill on page 17)

You will be happy to know, that as of the date this note is being written, you have already distributed, or ordered for distribution 35,000 copies of the January issue and 30,000 copies of the November-December issue. As of this date it looks as though the January distribution will reach 50,000.

That is very wonderful, but the auditor has called to my attention the fact that though we charge the cost of printing, we have had to hire extra help, which, together with the postage, has put us in the hole just under one thousand dollars. So, it is to be hoped those who are concerned with the mental health and well-being of our school children will send in donations to help overcome this deficit. We also hope that many folks who receive a copy of the Bulletin will, if not already a member, join the Federation and thus have a part in the crusade for better health and health freedom for both mind and body.

# N.H.F. WASHINGTON OFFICE REPORT

By Clinton R. Miller

Pure Air and Congressman Gordon L. McDonough (R) of L.A., Calif.

H. R. 9929  
Green Light Bill

Representative Gordon L. McDonough (R) of Los Angeles, Calif. has introduced H.R. 9929, a good, green light bill to prohibit the manufacture, sale, or use in commerce of any motor vehicle which discharges unburned hydrocarbons and other noxious gases in amounts dangerous to human health. Mr. McDonough is serving his 9th term. By profession, he is an industrial chemist. He is deeply concerned with the health problem of air pollution. As with Representative Baring (D) and fluoridation, we shall rally our "pure air" forces around Rep. McDonough.

Democratic support is assured by President Kennedy's February 27th urgent plea to Congress for a broadened government attack on air and water pollution. We should strengthen the administration's hand here while we oppose its mass-vaccination plan. The Secretary of Health, Education and Welfare, Abraham A. Ribicoff, has already asked the automotive industry to agree to the installation of pollution-abating devices as standard equipment on all 1964 vehicles and has threatened to ask Congress for a law requiring such installation. Representative McDonough has not waited to be asked. The problem is urgent. We can encourage Mr. Ribicoff in his action by writing to all automobile manufacturer's and encourage them to take voluntary action before legislation forces them. Send copies of your letters to Mr. Ribicoff, and Mr. McDonough. Put NHF seats on all letters and envelopes. Write letters to the editors of newspapers to stimulate public opinion and awareness. When printed, clip and forward them

other improvements are available to reduce the unburned hydrocarbons and other noxious gases that a motor vehicle discharges into the atmosphere. We understand these cost up to \$100.00 per vehicle to install. You will notice that the bill omits mention of a specific device that the law would require. This leaves it open for car manufacturers to engineer new combustion principles that might even be added for little or no additional cost to new cars. Present afterburners reduce hydrocarbons by about 50%.

SCIENTIFIC AMERICAN, October 1961 had a feature article on "Air Pol-

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## H. R. 9929

### IN THE HOUSE OF REPRESENTATIVES

January 29, 1962

Mr. McDonough introduced the following bill; which was referred to the Committee on Interstate and Foreign Commerce

## A BILL

To prohibit the manufacture, sale, or use in commerce of any motor vehicle which discharges unburned hydrocarbons and other noxious gases in amounts dangerous to human health.

- 1 **Be it enacted by the Senate and House of Representatives**
- 2 **of the United States of America in Congress assembled,**
- 3 That (a) the Surgeon General of the Public Health Service
- 4 (hereafter in this Act referred to as the "Surgeon General"),
- 5 shall, after conducting such research as he may deem neces-
- 6 sary, but not later than six months after the date of enact-
- 7 ment of this Act, prescribe and publish in the Federal Regis-
- 8 ter standards as to the amounts of unburned hydrocarbons
- 9 and other noxious gases harmful to human health which are
- 10 safe, from the standpoint of human health (with particular
- 1 reference to the carcinogenic nature of such unburned hydro-
- 2 carbons and other gases) for a motor vehicle to discharge
- 3 into the atmosphere.
- 4 (b) Standards prescribed pursuant to subsection (a) of

We are told that "afterburners" and (Continued on next page)

(Continued on next page)



5 this section may be revised from time to time by the Surgeon  
6 General. Such revised standards shall be published in the  
7 Federal Register.

8 Sec. 2 (a) The manufacture for sale, the sale, the  
9 offering for sale, the use in commerce, or the importation into  
10 the United States of any motor vehicle which discharges un-  
11 burned hydrocarbons or other noxious gases harmful to  
12 human health in amounts in excess of the standards pre-  
13 scribed by the Surgeon General pursuant to the first section  
14 of this Act, shall be unlawful.

15 (b) Whoever violates this section shall be fined not  
16 more than \$1,000, or imprisoned not more than one year, or  
17 both.

Sec. 3 Defines "commerce," "territory" and "motor vehicle." Sec. 4 sets 1 year for compliance.

The Administration is "Health Con-  
scious." In a recent article entitled  
"How to Educate a President," it was  
observed that Americans share (in) this  
responsibility. Late last year, (before  
the introduction in Congress of anti-  
fluoridation resolutions 514, 515, and  
516). President Kennedy commented  
unkindly about opponents to fluorida-  
tion. (Many letters protested.) In his  
"State of the Union" address, and his  
most recent pleas for health legislation,  
any reference to (or mention of) fluori-  
dation has been conspicuous by its ab-  
sence. Experienced observers here feel  
that this is a "fighting Congress," and  
after the administration defeat on the  
Urban Affairs issue, the President is  
expected to be (even more) sensitive to  
"public opinion." If he understands that  
the vast majority of Americans want  
the government to take action to pre-  
vent pollution of air and water, and  
food, but do not want government ac-  
tion to promote mass-immunization, or  
mass medication through its water sup-  
plies, he can be expected to drop active  
support of mass-immunization, and  
fluoridation.

**TAKE THE FOLLOWING ACTION:**

1. Compliment Rep. McDonough with  
a NHF seal identified letter. Send a  
copy of this letter to Representative  
Oren Harris, chairman of the Com-

mittee on Interstate and Foreign Com-  
merce which has the bill.

2. Write your own Congressman ask-  
ing him to support Representative Mc-  
Donough. Send a copy of this letter to  
Representative Oren Harris.

3. Write Oren Harris, Chairman of  
the Interstate and Foreign Commerce  
Committee, and ask him for early hear-  
ings on this bill. Send copies of this  
letter to your own congressmen and  
Representative McDonough.

4. When you find a congressman (or  
automobile manufacturer) who ap-  
proves of the bill, and commits himself  
to you, send his letter or a copy to the  
Washington N.H.F. office. We shall try  
to have the manufacturer's reply read  
into the Congressional Record.

5. Concentrate on the House of Rep-  
resentatives. However, if you discover  
a Senator who would introduce the  
same bill in the Senate, notify the  
Washington NHF office.

6. Inform President Kennedy, and  
Abraham A. Ribicoff, Secretary of  
HEW that you support their plans for  
better health through control of Air  
Pollution (H. R. 9929), but are opposed  
to mass-immunization and mass fluori-  
dation and support H. Res. 514, 515, and  
516.

(Continued on next page)

**Green Light H. R. 10058 King, Utah H. R. 10077 Pike, (D) N. Y.**

These bills are identical. They were  
printed in the Jan. and Feb. NHF bulle-  
tin. IN THE House of Representatives  
(only), when a Representative sees that  
another Solon has introduced a particu-  
larly good bill, he will introduce the  
same bill. This indicates strong personal  
endorsement, approval, and support for  
a bill. This happened here. In the Senate  
only one bill is introduced, but the  
sponsor tries to get as many Senators  
as possible to co-sponsor the bill. In the  
House of Representatives it strengthens  
a bill to have several Representatives  
introduce identical bills. This is the first  
time in the history of NHF that we have  
had two Representatives simultaneously  
sponsor legislation that we favor. When  
you note a new congressman come out  
in support of a green light bill, hasten  
to approve his action by a letter carry-  
ing the N.H.F. seal. In this particular  
matter, Rep. King and Rep. Otis G. Pike  
(D. N.Y.), should be congratulated and  
encouraged to support each other. When  
you write to your own congressman or  
to judiciary committee chairman, Cel-  
ler, tell them to support Rep. King and  
Pike in H.R. 10058 and H.R. 10077.

**Aimed to Prevent Prejudging Publicity**

In recent years the officials of F &  
DA, before hearing a case, have fre-  
quently used adverse publicity against  
persons and companies engaged in the  
manufacture and sale of food products,  
food supplements, or health devices.  
This action has amounted virtually to  
a plan to put a defendant out of busi-  
ness before he could possibly have his  
day in court. Many small health busi-  
nesses have been destroyed in flourish-  
ing infancy as a result of this tyranni-  
cal misuse of the power of government.  
While initially, these actions were di-  
rected mostly at small business, in re-  
cent months agencies have now turned  
the destructive power of adverse pub-  
licity before trial, on some big busi-

nesses. We can't resist the temptation  
to remind them that they once encour-  
aged and applauded similar actions  
against emergent competitors until the  
legal precedent was set. Now, we may  
expect them to support this Hoover  
Commission recommended bill to pre-  
vent prejudging publicity. We shall not  
turn down their help. Most businesses  
can now see that if the official intent in  
issuing press releases is to by-pass due  
process of law, and secure slave-like  
obedience to arbitrary whims of petty  
officials, such action is tyranny even  
though a whip of adverse publicity was  
used instead of one of leather. The com-  
mand seems to be "Comply or be Liq-  
uidated!" Once agency officials have an  
impressive combat record of ravaged  
businesses, they need only hint at, or  
threaten the use of adverse publicity to  
secure compliance to their demand for  
unquestioned obedience. Consider the  
recent press release against the Best-  
Seller Diet Book, "Calories Don't  
Count" by Dr. Herman Taller, and a  
similar unfair release about the Nutri-  
Bio Corporation.

**Strong Support From Powerful Groups**

The American Bar Association has  
complimented Representative King for  
his introduction of H. R. 10058. Con-  
gressman Francis E. Walter of Penn.  
(who is the second ranking member of  
the Committee on Judiciary, and Chair-  
man of the Special sub-committee on  
Administrative Procedure), introduced  
H. R. 9926, a 34 page bill "to recodify,  
with certain amendments — the AD-  
MINISTRATIVE PROCEDURE ACT."  
It includes, in substance, the King-Pike  
amendment (H. R. 10058-10077), as  
Sec. 1010 (b) of H. R. 9926. The Walter

(Continued on next page)

Bill (H.R. 9926) is backed by the American Bar Association as one of the major measures in its legislative programs to bring about much needed curbs of governmental agency actions. If H.R. 9926 passes, it will carry the King-Pike amendment with it! We have an excellent strategic position on this amendment. Congressman Walter is the 13th ranking member of the House of Representatives. He has been re-elected 15 consecutive terms. He is acknowledged as one of the most powerful Solons in the Nation. We should join Congressman King, who wrote him as follows: "Dear Congressman Walter: I would like to lend my support to your bill H.R. 9926 which I understand your subcommittee is considering. This bill carries a provision designed to correct the abuses which I have also been seeking to correct through my own bill H.R. 10058."

#### Also in the Senate

Senator Sam J. Ervin, (D) of N. C. has introduced S-1887 which is identical with Rep. Walter's H.R. 9926. It carries the King Amendment in the same way. It has been referred to the Sub-committee on Administrative Procedure of the Judiciary Committee of the Senate. The Chairman of this sub-committee is Senator John A. Carroll (D) of Colorado.

#### Action to Take

1. Write to All the Congressmen and Senators from your State and tell them you want them to support (H.R. 9926) and (H.R. 11058, and 10077) (for House Members) and S-1887 for Senate Members. Tell them how you feel about government agencies prejudging "trials by press release." Ask them to request early hearings on the bills. Ask them to support the Sponsors of the bills. Send a copy of letters to your Congressmen to the appropriate sub-committee chairman. Try to have the NHF seal on all letters and envelopes. Tell them you want to know if they will, or will not support these bills. Forward a copy of this reply to our Washington office. A **powerful argument for these bills is**

that they are based on the Hoover Commission recommendations.

#### 2. OPPOSITION: Quickly relay to us

any arguments of opposition you might receive from Congressmen. The only opposition we expect to these bills is from officials who want unlimited power with no legal curbs against their abuses. All other Americans should welcome and support these bills. Especially important at this time are letters of encouragement and support to the Sponsors — Senator John E. Ervin Jr. of N. C., and Representative Francis E. Walter of Penn. They are both in powerful positions on the right committees. If they get letters from all over America (and especially their home or neighboring States), they will give their immediate and special attention to these bills, dropping some non-vital bills that have less public interest. These Bills are special assignments for April. Doesn't it give you a comfortable feeling to know that the American Bar Association, and great Statesmen like Senators Irwin (N. C.) and Carroll (Colo.) and Representatives Walter (Penn.), King (Utah), and Pike (N. Y.) are on your side in your crusade for freedom of choice, and fair play? !!!

#### H. R. (9319) Green Light Bill

##### Rep. Herlong Fla.

This bill is to protect the public against frauds in fund drives. Representative Herlong, Jr. of Fla. is a ranking member of the committee on Ways and Means which has the bill now. Wilbur D. Mills, of Arkansas is the chairman. Mr. Herlong says that it is premature to start requesting committee hearings. He says the committee has at least two months work on bills that they must get out of the way before they could possibly consider his bill. He said he will tell us "when" to fire. We shall let Rep. Herlong direct our action on this bill. We plan to feature the major part of a Bulletin in the near future to this Bill. Any letters to Chairman Mills on this bill at this time would not have the effectiveness that they will later.

NATIONAL HEALTH FEDERATION BULLETIN

Rep. John M. Ashbrook (R) OHIO re: TESTING AND COUNSELORS

#### H. R. 10508 Green Light

It has been very difficult to draft legislation to get at the problem of improper testing and counseling. The HEW deny that any tests are given with Federal Funds that could come under a description of "guidance counseling" tests. Representative Ashbrook has concentrated his bill around Parent consent and approval of testing after parents have been notified of the tests, and have seen or heard each question that would be given. **Inasmuch as most**

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#### H. R. 10508

#### IN THE HOUSE OF REPRESENTATIVES

March 1, 1962

Mr. Ashbrook introduced the following bill; which was referred to the Committee on Education and Labor

#### A BILL

To limit the purposes for which funds appropriated or otherwise made available to the Department of Health, Education, and Welfare may be used.

*Be it enacted by the Senate and House of Representatives of the United States of America in Congress assembled,*

- 1 That, notwithstanding any other provision of law, no funds
- 2 of Health, Education, and Welfare shall be expended,
- 3 granted, or otherwise used for the purpose of giving an
- 4 examination to any student in an elementary or secondary
- 5 school, or to pay or supplement the salary of an individual
- 6 administering an examination taken by any such student, if
- 7 any information is to be requested or obtained by means of
- 8 such examination which relates to such student's personality,
- 9 environment, home life, parental or family relationships,
- 10 economic status, religious beliefs, patriotism, sexual be-
- 11 havior or attitudes, or sociological or psychological problems,
- 12 unless (1) reasonable notice is given to parents of students
- 13 to whom such examination is administered of the giving of
- 14 such examination and of the right of any such parent (A) to
- 15 see or hear each question that will be given or asked during
- 16 such examination, and (B) to refuse to permit the giving of
- 17 such examination to his child; and (2) the rights described
- 18 in subclasses (A) and (B) of clause (1) are accorded to
- 19 each such parent.
- 20 Sec. 2. If the Secretary of Health, Education, and Wel-
- 21 fare determines that there is failure to comply substantially
- with the provisions of the first section of this Act in carrying
- out any program in whole or in part with funds appropriated
- or otherwise made available to the Department of Health,
- Education, and Welfare, he shall take such action as may be
- necessary to assure that no more of such funds are expended
- to carry out such program until he is satisfied that there will
- no longer be any such failure to comply.

## LEGISLATIVE WORKSHOP

by Clinton R. Miller

GREEN LIGHT BILLS With Number Sponsor Description	COMMITTEE OR SUB-COMMITTEE AND CHAIRMAN and Status of bill.	INSTRUCTIONS: Abbreviations used. H. R. — A Bill in the House of Representatives. H. Res. — A Resolution in the H. of R.
H. Res. 514 (Baring, (D) Nev. Makes a committee to study Fluoridation	House Committee on Rules Chairman, Howard W. Smith (D) Va. No action taken or scheduled.	<b>FLOOD</b> Rep. Smith, as Chairman of House Committee on Rules with letters asking for early hearings. Hundreds already received!
H. Res. 515 (Baring, (D) Nev. Provides funds for expenses of H. Res. 514	House Committee on House Administration, Omar Burlison (D) Texas, Chairman. No action can be taken until H. Res. 514 passes.	Send Rep. Burlison, as Chairman of Committee on House Admin. copies of your letters to Rep. Smith. (see H. Res. 514) with your comment: "Please provide funds when H. Res. 514 is passed."
H. Res. 516 (Baring (D) Nev. Directs the Sec. of Health, Ed. and Welfare, <b>NOT</b> to approve or promote Fluoridation	House Committee on Interstate and Foreign Commerce. Oren Harris (D) Ark. Chairman. No Action taken or scheduled.	<b>FLOOD</b> Rep. Harris as Chairman of Interstate and Foreign Commerce with letters asking for early hearings. Keep them coming till hearings are scheduled.
H. R. 10058 King (D) Utah H. R. 10077 Pike (D) N. Y. Prohibits prejudging publicity for "trial by press release."	House Judiciary Committee Emmanuel Celler (D) N. Y. Chairman. No action taken or scheduled.	1. Congratulate and encourage Rep's. King and Pike for introduction of bills. Ask they push them. 2. <b>Flood</b> Rep. Harris as Chairman of Interstate and Foreign Commerce Committee with letters asking for early hearings.
H. R. 9926 Francis E. Walter (D) Penn. American Bar Association backed bill that includes King-Pike amendment.	Referred to the Sub-Committee on Administrative Procedure of the House Judiciary Committee. Francis A. Walter is Chairman of the Sub-committee. No action scheduled.	1. Congratulate and encourage Rep. Walter for introduction of H. R. 9926. 2. Request early hearings before <b>HIS</b> sub-committee on <b>HIS</b> bill.
H. R. 10508 John M. Ashbrook (R) Ohio. To submit all guidance or personality tests to Parents for their consent before being given.	House Committee on Education and Labor. Adam C. Powell (D) of New York, Chairman. No action taken or scheduled.	1. Congratulate and encourage Rep. Ashbrook for introduction of this bill. 2. <b>Flood</b> Chairman Powell as chairman of the House Committee on Ed. and Wel. to have early hearings.
H. R. 8097 Emmanuel Celler (D) N. Y. To deny tax-exemption to hospitals who limit use of facilities to A.M.A. members.	House Committee on Ways and Means. Willbur D. Mills (D) Ark., Chairman. No action taken or scheduled.	1. Request early hearings. 2. Encourage Rep. Celler to push the bill. 3. Ask your Rep. to support Rep. Celler.
H. R. 9929 Gordon L. McDonough (R) L. A., Calif. To prohibit motor vehicles being sold that discharge noxious gases in amounts dangerous to human health.	House Committee on Interstate and Foreign Commerce. Oren Harris (D) Ark. Chairman. No Action taken or scheduled.	1. Congratulate and encourage Rep. McDonough (R) L.A., Calif. 2. Write your own Rep. to support Rep. McDonough. 3. Request early hearings of Rep. Harris as Chairman House Committee on Interstate and Foreign Commerce.

H. R. 6011 King (D) Utah Establish a commission to investigate the extent of the relationship between degenerative diseases.

House Committee on Interstate and Foreign Commerce. Oren Harris (D) Ark. Chairman. No action taken or scheduled.

1. Congratulate and encourage Rep. King for introduction of H. R. 6011.  
2. Request early hearings of Rep. Harris as chairman of Interstate and Foreign Commerce Committee.

H. R. 3556 Moulder (D) Mo. H. R. 1939 (Mrs. Griffith (D) Mich. For Humane Treatment of Experimental Animals.

House Committee on Interstate and Foreign Commerce. Oren Harris (D) Ark. Chairman. No action taken or scheduled.

1. Congratulate and encourage Rep. Moulder and Rep. Griffith for introduction of these bills.  
2. Request early hearings of Rep. Harris as chairman of Interstate and Foreign Commerce.

H. R. 9440 King, (D) Utah To establish an Office of Nutrition in H.E.W.

House Committee on Interstate and Foreign Commerce. Oren Harris (D) Ark. Chairman. No action taken or scheduled.

Request early hearings of Rep. Harris as Chairman of House Committee on Interstate and Foreign Commerce.

H. R. 9319 Herlong, (D) Fla. To prevent charity funds graft by requiring public disclosure of funds records.

House Committee on Ways and Means. Willbur D. Mills, Ark. chairman. No action taken or scheduled.

This is a major **FUTURE** target. Rep. Herlong advises that a full committee calendar indicates we should "hold fire" one or two months.

H. Res. 34 Heistand (R) Calif. Mental Health Investigation.

House Committee on Rules. Howard W. Smith (D) Va. — Chairman. Action taken — considered — tabled (Killed).

Keep working to alert Gen. public and press. A new approach will be drafted for 89th Congress.

## Legislative Workshop Explanation

The foregoing Legislative Workshop outline is an attempt on the part of the Washington Office to, in a simple manner, keep our members posted on legislative bills, **what they are**, who is the author. Their identifying number will be found in the first column. **Where they are**, the committee to which they have been referred, the name of the chairman of that committee and what action has been taken, will be found in the second column. **What you should do**, who you should encourage to push the bill and who you should ask to support it, is printed in the third column.

This outline of bills will be reprinted in each issue, while Congress is in session. Changes will be made in each column to keep the workshop up to date. Example, if a hearing is scheduled, this information will appear in the second column. If some action is taken, the action will be recorded in this column. If the ones to whom you should write change, this information will be recorded in the third column. It is our hope in this manner to provide our members with last information on each bill.

The N.H.F. Washington office prepared this workshop as a result of a suggestion from the Woodhulls of our New York Chapter. We would now like to know if you think it worth while and would also like to have suggestions as to how you think it can be improved.

**TERMINOLOGY:** — H. R. means a House Bill; H. Res. means a House Resolution. S means a Senate Bill and S Res. means a Senate Resolution. The words Joint Res. means a Joint House and Senate Resolution. The letter D following the name of an author of a bill means Democrat and the letter R means Republican.