

# National Health Federation



## DRUGLESS HEALING SPECIAL

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## AMERICANS CRUSADING FOR BETTER HEALTH

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Site of our Washington Office  
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# BULLETIN

# AMA Seeks to Kill Competition

## FDA Co-sponsors Shocking "Quackery" Congress

### The Shocking Story

On October 6 and 7, 1961, the American Medical Association, with the Food and Drug Administration as co-sponsor, staged a so-called "National Congress on Medical Quackery" in our national capital.

That the American Medical Association is, indeed, a privately owned corporation, in business for a profit, was crystal clear. Behind the pious, but thin, mask of concern regarding "quackery," speaker after speaker lashed out at all drugless professions and dietary foods industries which are at present making inroads into the revenue of the medical monopoly.

The strange alliance of the Food and Drug Administration with this monopolistic affair is difficult enough to understand but the assurances of government orators that the medical monopoly would be backed in their efforts to achieve complete domination in the medical field makes you wonder if this could be the U.S.A.

The general public was barred from

the "congress." Uniformed policemen checked credentials at every entrance. Undercover men from two government departments swarmed the place. No person was admitted who might disagree with the program for annihilation of competition.

### Chiropractors Hit

Among the professional groups in the field of drugless healing, the most mercilessly attacked were the chiropractors. It seems to be especially irritating to the medical dictatorship that over 30 million Americans place their stamp of approval on the healing benefits of chiropractic, and the number is constantly growing. It appears to aggravate their loudly proclaimed concern for the health of the American people to realize the fact that 45 states and several territories give legal standing and approval to chiropractic.

Mr. Oliver Field, director of AMA's Department of Investigation, resorted to the favorite tool of his crowd—ridicule of chiropractors and their work. Mr.

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## FLASH — FLASH — FLASH

In this issue, we are trying something brand-new. We recognize that it is better to have a personal letter than a form post card, but sending the card does not mean that you cannot also send all the handwritten letters you want. But it will help all our busy members to IMMEDIATELY get off six post cards by just putting on postage, and filling in the appropriate blanks. Please send all six cards the minute your BULLETIN arrives. We would like several thousand cards to hit Congress and the President within a few days. Congress is driving toward adjournment, so now is the time to attend to this matter. If you have regular colored N.H.F. stamps, paste them over the printed black-and-white stamp. It will make a better impression. Our annual stamp drive is on, so each of you will have received 50 of these colored N.H.F. stamps before you receive this BULLETIN. Here is an opportunity to win a real victory for health freedom. It all depends on you. Buy other copies of the BULLETIN and get others to go along with you, or send immediately for extra sets of the cards. They can be had in lots of ten or more for five cents per sheet.

# The NATIONAL HEALTH FEDERATION

VOLUME VIII

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*Adventures on Health Frontiers*  
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## Family Circle

By FRED J. HART

This is Memorial Day, and undisturbed by the telephone or other interruptions we are contemplating the future of this great organization, the National Health Federation, which came into being seven years ago because of the inroads being made in the field of health liberties by government agencies and the drug interests of America. These inroads were made possible because the citizens of America were unorganized and thus had no effective voice in matters relating to health.

Today we are very thankful to an all-wise Providence, who led a handful of courageous leaders in the field of true health to make the sacrifices necessary on their part to bring into being the National Health Federation.

That its creation was an act of Providence is attested by the fact that it has enjoyed so rapid a growth in numbers, influence and prestige. All who have read the last seven issues of the **Bulletin** cannot help but be proud of their organization. We who have the honor of being chosen as leaders in this work are firmly convinced that the growth and ever-increasing influence of the Federation is due primarily to the following facts: 1. its program is right and just; 2. its members believe in the

objectives of the Federation; and 3. its members Pray, Work and Give to the end that the public may be blessed and its posterity enjoy good health and freedom in all matters relating thereto.

### Liberty Stamps

By the time each of you receive this **Bulletin**, you will have received a special letter from this office. The envelope in which this letter arrived contained a sheet of Federation liberty stamps, detailed report of the expenditures of all funds received by the Federation during 1961, and a progress report for the year 1961 and the first six months of 1962.

This is an annual effort of the Federation, 1. to celebrate the Fourth of July by giving each member an opportunity to honor our forefathers for their sacrifices, that we might live in a land of liberty and opportunity, by making a donation, even though it may be small, and 2. to have liberty stamps available to put on the paper when he or she writes a letter and thus advertise the Federation and help it to grow in numbers and influence.

If you have not yet responded to the appeal contained in the letter which accompanied the stamps, please do so if you are financially able. If you cannot

(Continued next page)

send a donation please use the stamps anyway. We suggest that you place one on the upper right-hand corner of the sheet of paper on which you write your letter.

Members will be interested to know that at a recent hearing in Congress a California Congressman read a letter from one of his constituents in opposition to H.R. 10541. In requesting that said letter be inserted into the record, he remarked that in the upper right-hand corner of the letter was a National Health Federation stamp. Again we plead with our members to use these stamps. When this supply is exhausted more can be obtained from the Federation office at 709 Mission Street in San Francisco, California at the rate of one dollar per 100.

#### **It's the Best We Have Seen**

There crossed my desk the other day a bulletin put out by the Metropolitan New York Health Federation. It is edited by Mr. and Mrs. Woodhull of Rockville Centre, New York. I have seen many bulletins, but never have I seen one which contained so many worth-while items, written with as few words and yet telling the entire story. If your health organization is interested in getting out a mimeographed bulletin, I suggest that you send 25 cents to these folk and secure a copy to serve as a guide.

#### **Atascadero Chapter Does It Again**

Last January the Atascadero Chapter of the National Health Federation sent the Federation office a check for over \$200, which was the profit from a Rummage Sale. This week we received another check for \$75 as the profit received from a second Rummage Sale. The note

which accompanied the last check expressed regret that the check was not larger and promised that they would hold a bigger and better sale later in the year. We say "God bless" the good folk at Atascadero. It is encouraging to find health groups who believe so much in the work that they are willing to work hard in this manner to the end that the program of the Federation may be properly financed.

#### **ANDREW J. BACHAN**

Andrew J. Bachan passed to his reward last month. Andrew was the beloved brother of Catherine Bachan, our efficient auditor and office manager. The Federation owes a great deal to the sacrificial service of this wonderful woman. Andrew, though he had been very ill for the past two years, spent a great deal of time helping with the work of the Federation without charge. We shall miss him.

To show our appreciation of Andrew and his sister, Cathy, the Federation staff raised among themselves a nice sum of money and gave it to the Federation in his memory, to help carry on the work in which he was so much interested and to which he gave so freely of his time and energy.

#### **We suggest you amend your State Education Law by adding:**

Tests of a student for anything other than mental ability and proficiency in basic skills and subject matter of the curriculum shall be given in the public schools of ..... state only after notice to the parent and receipt of parental permission.

The full record of every such test shall be available to the parent of the child upon request.

## **Doctors Say Soldier's Diet Is Too Rich**

Two Army doctors have sent a shudder through the U.S. armed forces by suggesting that the average soldier eats too much rich food and should be put on a diet.

The Army said today that these findings are under review. But there was a horrible feeling that the doctors had armed themselves with facts and figures and were likely to prevail.

Almost as bad as the change in the menu for some of the GI's was the prospect of learning the difference between saturate and polyunsaturated fats. The former predominate in the present chow, but the latter would get a vigorous nod of approval in the new diet.

"This is a reduction in foods such as whole milk, cream, butter, hard cheeses, beef, pork, salad shortening and chocolate, which are high in saturated fats," the doctors explained.

"In contrast," they continued, "chicken, turkey and other fowl, fish and shellfish, cottage cheese, cereals, fruits, nuts, and natural vegetable oils are all relatively high in polyunsaturated fatty acids and are therefore recommended."

Not too convincingly, the doctors added that "this does not represent a radical change in the American diet."

"Many of the changes are substitutions: certain margarines for butter, skim milk for whole milk, vegetable oils for salad shortenings, sponge and angel food cake for richer pastries, more fish and fowl and less beef and pork," they said.

The findings were turned in by Col. Weldon J. Walker, chief of the cardiology service at Walter Reed Army Hospital

in Washington, and Lt. Col. Jacques L. Sherman, Jr., chief of the medical research branch. They were published in the last issue of **Military Medicine**, official journal of the Association of Military Surgeons.

The two doctors began by demolishing the idea that heart attacks affect only senior officers about to retire. They said the average age of men dying of heart trouble in the Army is 43.

Moreover, they said, 77 per cent of the 22-year-olds who were killed in Korea had some of the symptoms of atherosclerosis, which could lead to a heart attack.

They emphasized that this is a major problem in the Army. In 1958, the last year for which complete figures were available, there were 959 hospital admissions, 320 medical discharges, 166 deaths, and 90,915 lost man-days due to atherosclerosis. From **The Independent**, April 11, 1962.

**That our members may have the truth about the different branches of the drugless side of the healing arts, we are devoting pages 19 to 34 of this issue to that subject. It is our hope that our members will use the facts contained in this issue with which to combat the untruths being spread abroad by those who desire to monopolize the healing arts, to the detriment of the public. Send a copy to your Congressman and Senator. Buy extra copies and mail them to friends. Prices are shown on back cover.**

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## In Memoriam

Though they have gone before, they yet speak, and their influence continues because their loved ones have chosen to honor them by giving funds to the Federation to help carry on its program for the good of humanity. This month we acknowledge the following memorial gifts.

Mr. and Mrs. George E. Morrison of Sacramento, California, in honor of Eunice.

Mrs. King, mother of Messrs. Coleman and Barret King, who passed away April 14.

The American Legion and Auxiliary of Alderpoint, California, in honor of Mr. Harry F. Summers of Albuquerque, New Mexico, husband of Isla Summers, who departed this world May 2.

The Stagecoach Health Club of Dulzura, California, in honor of Hazel B. Lee, a member, who left her friends and loved ones to go to that better land on May 9, 1962.

Mrs. Emma L. Roberts of Riverside, California, in memory of Mrs. Julia Randig of Riverside who departed this life on July 1, 1961, and Mrs. Gladys Lynes, of New Jersey, in loving memory of her husband, Francis M. Lynes, who crossed over to the other side last year.

These, having laid this life's burdens down, yet carry on because of the loving gifts of their friends and loved ones. We can think of no better way to honor their memory.

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**Can You Top This?** Since Mr. Joseph Costa opened his health store in Bridgeport, Conn., he reports that he has enlisted about 30 new N.H.F. members.

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**Dr. Henry D. Diamond**, an authority on cancer of the lymph glands, died Wednesday at the age of 44 in New York of lymphatic cancer??

## Health Groups, Attention

The Atascadero Chapter of the National Health Federation has held two luncheons and a smorgasbord for the following purposes: (1) to raise money for the Washington office, (2) to interest more people in the local chapter, and (3) to acquaint themselves with Loma Linda protein foods.

The luncheons were held in homes, with attendances of eighteen and sixteen, each meal donated and prepared by a committee of three members, who did not pay. The others paid a nominal price of \$1.00.

The smorgasbord was held in a church, with thirty-five attending. For this every member brought a dish of health food, and both members and guests paid \$1.00. Everyone had a feast and was delighted with the delicious flavor of the wholesome food.

After these meals a local speaker gave an interesting talk on an important subject pertaining to health. At one luncheon, each item of the menu was described as to source, price, and food value. These meals have been so successful and enjoyable that we recommend this as a happy way to raise money for our N.H.F.

**Editor's note:** We ask you, what better way could be found to spread the knowledge of correct eating, promote friendship, and raise money at the same time? We congratulate the Atascadero Chapter of the National Health Federation and suggest that health groups of all kinds do likewise. Accompanying the above news item was a check for \$25.00. This is the second \$25.00 sent to the Federation from this chapter as a result of these health food dinners.

# N.H.F. WASHINGTON OFFICE REPORT

By CLINTON R. MILLER

## Chiropractic—a Giant Step Forward in Prochiropractic Legislation

Washington representatives of America's two chiropractic associations, Gen. Joseph P. Adams of the International Chiropractic Association (ICA) and Dr. Emmett Murphy of the National Chiropractors Association (NCA), working in perfect harmony and teamwork, presented a tremendous case in favor of S-1055 (Warren G. Magnuson, Wash.) and S-1322 (Quentin Burdick, N.D.). Hearings were held on these bills May 24 before a special subcommittee chaired by Sen. Burdick, the sponsor of the bill.

The National Health Federation filed a statement supporting and endorsing the stand of these two powerful chiropractic lobbies on the companion, prochiropractic bills.

All verbal testimony at the hearings was favorable. The AMA was conspicuous by its absence. Sole dissent was in a filed statement by Dept. of H.E.W., Dept. of Labor, and Budget Bureau. Dr. Dewey Anderson of the Public Affairs Institute gave powerful supporting testimony, as did some postal workers' unions. THERE WAS NO ORAL TESTIMONY AGAINST.

A copy of the hearings can be secured by writing to Mr. Edward Friedman, Senate Committee on Labor and Public Welfare, Room 4230, Senate Office Building, Washington, D.C. Ask for hearings on S-1322 and S-1055 held May 24, 1962.

These two bills are identical except for one unimportant word. They propose to amend the U.S. Employees Compensation Act so that the services of chiropractors can be utilized in care of injured and disabled government employees who desire such care. It is another giant step for-

ward to full recognition of chiropractic, the second largest healing profession in America, with full rights and recognition by the Federal Government. The bills still have a long way to go, and letters complimenting the sponsors plus letters to Senators encouraging them to vote for the bills will hasten passage. Wall Street stocks may be dropping, but chiropractic stock has doubled since the May 24 hearings.

## Youth Counselor versus Parent

H.R. 10508, by Ashbrook (R) Ohio, is a bill to require parental knowledge of, and permission before tests can be given to their children on family relationships, sex, etc.

We are certain that we are on target with this legislation because of the loud howling from injured quarters. Dr. Gilbert Trachtman, head of New York State Psychological Association's school division, has now openly attacked the main provision of the bill. Directing his remarks against a practically identical N.Y. State bill, he charged: "In addition, many of the tests wouldn't mean anything to the untrained person. This bill would relegate professional responsibility to the layman instead of the professional person." Does this mean that your role as parents is simply to breed? It does if the child upon birth becomes the "professional responsibility" of the State and its guidance counselors. Your children would be mere chattels of the State and you, parents, are only their procreators for State purposes. You are, however, required to pay the taxes to support the counselors. That is unless you write to your Congressman to vote against the appropriation of \$14½ million for youth

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counselors in 1962 and 1963, appropriated under an extension of the National Defense Education Act. While the \$200 million originally asked for youth counselors in S-2345 and H.R. 7904 has slim chances of being passed we should not be content with this, but write Congressmen that not a single penny be appropriated for this purpose. \$7¼ million will be spent this year for counselors unless we stop it.

Try to get to Columbus Ohio, July 1, evening, and hear Rep. John Ashbrook speak on this problem.

**Note:** Morris Bealle, Author of **Capsule News**, a tough newspaper reporter of a unique Washington news weekly, is devoting a weekly column to the problem. He charges that youth counselor questions are designed to make children hate their parents. To subscribe, write to **Capsule News**, 1835 K Street, N.W., Washington 6, D.C., and tell him you are interested in his series on youth counselors.

#### **"Trial by Press Release" Rep. King, Utah**

There is a chance that H.R. 10058 to prevent prejudging trial by press release may come up for hearing this session. Rep. David King of Utah is pushing it hard, and lots of good support from very high and powerful sources has been enlisted. Rep. King appeared May 9 on the platform with Carlton Fredericks, Ph.D., before a large crowd in Carnegie Hall in New York. He devoted his entire message to explaining the need for the bill. Dr. Fredericks has now thrown his full support behind H.R. 10058. Although **no one has charged him with any offense at all**, the Food and Drug Administration and the Federal Communications Commission have given him a very un-American "trial by press release" because he dares to speak out for a sound diet and the virtues of pure food.

Although they weren't introduced until February 5 this year, this bill, H.R. 10058, and H.R. 10077 (identical bill) (Pike, N.Y.), are ready for hearings.

#### **Fluoridation—Funds for Ridicule Flashing Urgent Red Light!**

Hearings were held May 24 on S-917 which authorizes unlimited sums for grants to public and private agencies in furtherance of dental health. The hearing was scheduled on insistence of the American Dental Association. Testimony for the bill admitted it was their intention to use the money to "educate" the public on the "benefits" of fluoridation among other things. Congressman Baring warned against these bills (H.R. 4742 is the identical House Bill) in his speech of Wednesday, September 27, 1961. He stated: "Mr. Speaker, these are not good bills. They would permit uncontrolled use of Federal funds for promotional schemes not in the best public interest." He further said: "The American Dental Association through close co-ordination with the U.S. Dental Public Health Division has coercive access to control of vast Federal health funds. It has for years been persistently promoting fluoridation on a national scale, using promotional methods not in accord with the finest American tradition."

There is little chance that this bill can be defeated in the Senate Committee. Sen. Lister Hill (D) Ala. introduced the bill at the ADA's request. He is chairman of the subcommittee on health, and also heads the main Labor and Public Welfare Committee. S-917 is directly opposite from Congressman Baring's H.R. 516. This rips the mask off the pretended "neutrality" on Federal level. The best reprint to send along with your letter to your own Congressman is the Rep. Baring speech of September, 1961. Send for these reprints and other appropriate lit-

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erature to Greater New York Committee Opposed to Fluoridation, Inc., 342 Madison Avenue, New York 17, N.Y. **Our June issue can be sent, or quoted from.** This bill is on its way, and WE MUST STOP IT. Instructions from an eastern state PHS manual, "How to Get Communities to Adopt Fluoridation," now contains under the heading of "Handling the Opposition," the brief instructions: "**Ridicule Them**"!!! Tell your Congressman to oppose the bill that appropriates "**Federal Funds for Ridicule**"!!!—S-917.

#### **Mass Vaccination**

We predicted in our Washington Report of May, 1962, pp. 7-9, that either H.R. 10541 or S-2910 (identical) bills would have hearings. This is the "Vaccination Assistance Act of 1962." Hearings were held May 15 and 16 on the House Bill—H.R. 10541. Chairman Oren Harris (D) of Ark. was very fair and made it clear that he had introduced the bill "by request" of the Administration.

We testified against the bill, and proposed the following amendment: "**provided, that no one shall be required to be vaccinated or have their children or wards vaccinated if it is contrary to their belief, which belief may include but is not limited to religious beliefs.**" We supported the excellent testimony of Dr. Stokes, who represented the Christian Scientists, requesting religious exemption. The bill will be reported favorably. It is important that it carry our amendment.

When you write your Congressmen, be sure that they understand that it is not enough to have verbal or letter-written assurance that compulsion is neither stated, intended, or implied in the bill. It is important that this guarantee should be clearly stated in the bill by including our amendment.

Write to the Clerk of the Committee of Interstate and Foreign Commerce of

the House and request a free copy of the hearings.

#### **Grand Jury Investigation of FDA**

Still pending. Sparked by conflict of interest case involving Dr. Henry Welch, FDA's former director of Antibiotics Division. He was allowed to resign recently without conviction when it was discovered that he had received nearly a quarter of a million dollars for writing articles for drug journals while he was receiving a full salary from FDA. An honest investigation could result in a criminal conviction on the relationships between drug industry firms and executives of the Food and Drug Administration.

#### **Antismoking Legislation**

S.J. Res. (Senate Joint Resolution) 174 was introduced by Senators Maurine B. Newberger (D) Oregon, Frank E. Moss (D) Utah, Joseph S. Clark (D) Pa., Jennings Randolph (D) W. Va., Stephen Young (D) Ohio, Wayne Morse (D) Eugene, Oregon, and J. J. Hickey (D), Wyoming.

It authorizes and requests the President to conduct a **Strenuous Public Health Education Program** on the hazards of cigarette smoking, emphasizing the causal relationship between cigarette smoking and lung cancer, and to establish a Commission on Tobacco and Health.

**H.R. 10910** Paul Fino (R) Bronx, N.Y. is a bill to provide that cigarettes sold in interstate commerce shall be packaged and marked so as to show the nicotine content and the tar content of the cigarettes in each package. Both bills were introduced so late that there is little hope for action. However, encouraging mail should assure their reintroduction early next year. Both bills are sound approaches to a problem that has been difficult to legislate against. Both are green light bills. Encourage sponsors. Recent

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action in Italy and England has set the stage for legislation in this country which is long overdue.

#### **PHS Investigation. Whitewashed.**

A scandal inquiry into the Public Health Service ran from investigating rumors and allegations of misuse of whisky, drugs and personnel by key PHS officials to those of homosexuality and an abortion ring. But Secretary Ribicoff on receiving the report let it be known that any prosecutions would be "unlikely." "Most of the rumored criminal acts are probably beyond the statute of limitations." Some personnel changes may result, however. (In Washington this means firing in one department and hiring back at a slightly higher salary and title in another.) It was a complete whitewash. Only chance left for action is that five congressional committees have asked for the report. Little hope here because of lack of time at end of session.

### **Antismoking Legislation**

by Clinton R. Miller

S-21 Senator Wallace F. Bennett (R) Utah, and Sen. Frank E. Moss (D) Utah. This was one of the first bills introduced in the 87th Congress as its very low number indicates. It was introduced January 4, 1961. It "provides grants to the States to assist them in informing and educating children in schools with respect to the harmful effects of tobacco, alcohol, and other potentially deleterious consumables."

I am guilty of not reporting this bill sooner, so the N.H.F. has not supported this bill as it could and should. Letters of encouragement to the sponsors will insure it's being reintroduced in the 88th Congress, and we will follow up much more actively on it and other antismok-

ing legislation in our Legislative Workshop.

This is the identical bill submitted in the 86th Congress by the late Sen. Richard Newberger of Oregon and co-sponsored then by Senators Bennett and Moss of Utah.

### **N.D.F.A. Convention in San Francisco**

One of the best conventions held each year in the United States is that of the Dietary Foods Association under the able leadership of Stanley Phillipps of Cincinnati, Ohio.

The 24th annual convention of this great organization will be held this year at the Jack Tar Hotel in San Francisco, California, July 30 through August 3. All health-minded people living near San Francisco should mark this date on their calendar, as there will be at least 100 exhibitors of all types of dietary products.

### **Attention, Californians**

The Attorney General's Office has advised a Federation member, in answer to an inquiry as to whether there are any compulsory inoculation laws, other than polio, on the Statute Books of the State of California, in the following language: quote, "I know of no other laws requiring mandatory inoculations other than the one regarding polio," unquote. The advice was dated March 2nd, 1962.

So California does not have a law that compels a person to be vaccinated or immunized against smallpox, diphtheria or tetanus, etc.

Sign on a newly painted school wall: "This is a partition, not a petition. No signature required."  
—Line Material.

## **Washington N.H.F. Counsel Serves With American Bar Association Special Committee on Legal Services and Procedure**

By CHARLES O. PRATT, Washington N.H.F. Counsel

Suite 712, Barr Building  
910 Seventeenth St., N.W.  
Washington 6, D.C.

The President of the American Bar Association, John C. Satterfield, Esquire, invited your Washington Counsel to meet with the members of the Special Committee on Legal Services and Procedure, which has the responsibility of supporting Congressional Bills, the purpose of which is to protect the public from governmental and bureaucratic abuses by so-called regulatory agencies and departments. Two proposals of the American Bar Association presently pending in Congress are the Code of Federal Administrative Procedure and the Federal Administrative Practice Act.

Your Washington Counsel was invited to attend the meeting with the President of the American Bar Association and the lawyers serving as general counsel for the AFL-CIO, the Air Transport Association of America, the Association of American Railroads, the Life Insurance Association of America, the National Association of Securities Dealers, Inc., the National Small Business Men's Association, the Natural Gas Association of America, and the United States Chamber of Commerce.

The invitation to represent the National Health Federation as General Counsel along with the general counsel of the other ten great national associations is evidence of recognition of the work being done by your National Health Federation in fighting always for the protection of the legal rights of all our

people in matters of health and governmental fair play.

The Congressional Bills mentioned above contain provisions which would restrict any unfair procedure of governmental departments and agencies which now issue numerous press releases against persons and products which are damaging, derogatory and destructive before the person or product has had a chance to answer or defend. Such growing un-American procedure is called, by the bureaucrats, "education."

#### **Trial by Press Must Stop**

The great American associations representing business, labor and the professions throughout our country are alarmed. The millions of people represented by this small group of lawyers representing the associations have power, have influence and have the will to seek and obtain legislation which will correct or stop the abuses which have grown up in administrative procedures.

N.H.F. is proud of its role in Washington.

#### **Answer to "News Flash"**

In the May issue of the National Health Federation **Bulletin**, at page 12, there is a statement to the effect that your N.H.F. President has asked Charles O. Pratt to explain the ruling of the Federal Court and its implications and application to the health food industry. The ruling was made by the Judge of the

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United States District Court for the Eastern District of New York, that is, in Brooklyn, New York.

The ruling involved the Federal Food and Drug Administration case against a product labeled "CDC." The FDA contended that by a reference to a book, **Calories Don't Count**, the company making the reference thereby automatically adopts each and every reference therein to a specific disease as a specific therapeutic claim that the product will diagnose, prevent, mitigate, or cure said disease or diseases.

The U.S. Attorney, at the request of the Federal Food and Drug Administration, filed a libel of condemnation in the Federal Court requesting seizure and condemnation of a stock of "CDC" capsules and the accompanying promotional material which included copies of the book **Calories Don't Count** by Herman Taller, M.D. The Food and Drug Administration charged that this book was being used to make false claims that the CDC capsules are adequate and effective to control body weight, to reduce and maintain slimness even while consuming many thousands of calories daily, to lower and control the cholesterol level of the blood, for the treatment of arteriosclerosis and heartburn, to improve complexion, increase resistance to colds and sinus trouble, promote health, increase sexual drive, and for other purposes. The U.S. Marshals seized a quantity of the capsules and copies of the book.

The owners of the CDC capsules and the book filed a motion in court for a summary judgment dismissing all of the charges except the one involving weight control, on the ground that only part of the book was being used in the sales promotion.

The Food and Drug Administration argues that all references to diseases mentioned in the book were applicable as therapeutic claims for the capsules.

The Judge, John F. Dooling, Jr., of the said Court, did not rule for the owner or for the Food and Drug Administration. He did not grant the motion for Summary Judgment.

The Judge ruled that the question of the extent of the applicability of all the therapeutic claims in the book was a "question of fact" to be determined at the trial on the merits of the case.

The Court ruled, in effect, that there was an issue as to just how much of the book had been adopted as labeling for the product, CDC.

In view of the foregoing, the victory for the owner of the product was not an important blow against the Food and Drug Administration. Neither was it a blow against the owner of the product.

The ruling was technical and fair.

It is hoped that the final ruling on the merits of the case will hold that the owner of the product adopted as his labeling **only the therapeutic claims expressed or implied to which precise reference was made** in the promotional and advertising material of the product.

Your Washington Counsel feels that the Federal Food, Drug and Cosmetic Act is, in many respects, a criminal statute and that its terms should be construed strictly in favor of the defendant, person or product, when there is doubt or ambiguity as to the exact or real extent to which the defendant, in fact, did adopt any therapeutic claim in any book.

Such a precedent could be helpful in reducing the extravagant allegations of therapeutic claims in the "labeling" of a product when and if the owner of the product, in fact, never intended to make or imply such claims or to adopt every thought, idea or expression in a book. The Court said, in effect, that the claimant's advertising suggests reading the entire book.

To destroy a product or a person or a  
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## AMA Labors Mightily—for Itself

**WHICH GROUP** do you imagine was the biggest lobbyist in Washington during the first half of 1961? Which group spent the most money as a means of influencing legislation in the Congress of the United States?

It was none other than our old friend, the American Medical Association. For the first six months of 1961, a **Congressional Quarterly** study of spending reports shows, the AMA topped the 274 lobby organizations with half-year expenditures of \$146,894.

This was nearly \$80,000 more than the second-running group in the listings, the AFL-CIO. Most of the AMA money was spent in opposing the administration's proposals for medical care for the aged through Social Security.

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company by extravagant and unwarranted allegations could be as dangerous to the constitutional rights of every American as to use extravagant and unwarranted therapeutic claims for a good, healthy, safe food product sold and used to supplement the ordinary or usual diet.

The legal interpretive opinion expressed above is based upon knowledge gained in conferences, special releases, and government press releases. Such source material is not necessarily authentic or correct. It is more likely to be biased, prejudiced and misleading. All efforts to obtain a copy of the Judge's ruling have, up to this time, been unsuccessful.

When the Court renders its final decision on the question of the extent of adoption of the book in part or in its entirety, your Washington Counsel will endeavor to report such ruling or decision in the N.H.F. **Bulletin**.

**NOW THERE** is no doubt that the AMA has a right to do this—indeed, has a duty to do this if it believes such a program is against the best national interest. But what are some of the other bills that the AMA lobbied against—and effectively—during the year?

It opposed Social Security benefits for physicians, liberalized Social Security disability benefits, creation of a U.S. Commission on Aging, and several proposals for expanding medical treatment under the Veterans Administration.

And what did the AMA lend its support to? Bills to provide construction grants to medical schools, to give doctors and other professional people a tax break on income set aside for retirement, and to grant deductions for lobbying expenses.

In addition, the AMA said it was submitting this lobbying information "under protest," because it did not consider itself subject to the federal law regulating lobbies.

The bills the AMA supported would take money away from the U.S. Treasury, but the doctors are most zealous that no money be taken away by other segments of the population, where medical care is concerned.

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**NOW, THE AMA** has a legal right to do this—to ask as much for itself as it can get, and to oppose the milking of the Treasury by other groups. But then the AMA has no right to put itself on a pedestal and to resent criticism of itself as a trade association.

For this is what the record shows it to be—a group no better and no worse than

(Continued next page)

the labor unions, the farm interests, the truckers, the steamship companies, or the post-office clerks. Devotion to the public, and the sacred duty of medicine, have little to do with the case. It is time the AMA stopped posing as a friend to anyone except itself. From Chicago **Daily News**, December 13, 1962.

## U.S. Bans Sales of Drug Monase

### 4 Persons Who Used "Psychic Energizer" Have Died

A drug used in treatment of depressed patients has been ordered off the market by the Government after adverse effects were discovered.

The Food and Drug Administration confirmed today that it had requested the Upjohn Company of Kalamazoo, Mich., to remove Monase from the market.

Officials said the order had been made after the company reported that seven patients using the drug had contracted an acute blood disease and four of them died.

The disease, agranulocytosis, is marked by the destruction of the white corpuscles, which among other things combat disease organisms. As a result, the patient may succumb to infections. Symptoms are general weakness and ulcers in the mouth and other mucous membranes. The disease is often caused by other drugs, such as the sulfonamides and aminopyrine.

Monase is a "psychic energizer" drug used to stimulate depressed people, including mental patients, according to Food and Drug officials. The drug has been on the market about a year and has had national distribution. From **New York Times**, March 20, 1962.

## Life Memberships

Our campaign for life memberships continues to roll along. As of the date this item goes to press we have 51 members. Please give this matter prayerful attention, and if it is at all possible, we urge you to take one of these memberships. The number is limited to three hundred and when this quota is reached the only openings will be when some life member departs this world to enjoy that better life on the other side. We would like very much to have you as a member of the 300 Club.

If you do not have the entire amount on hand, send what you have, so long as you can pay the balance within six months. We want to have the 300 members by the time of the eighth annual meeting at this year's end.

The Federation has now laid the groundwork for a great move ahead and we need the proceeds from these memberships to properly equip the Federation for its 1963 tasks. It must be understood that these memberships are not designed to take the place of donations to the Federation's work. Donations are now given by members over and above their regular dues. Life membership fees are dues paid in advance. Through life memberships, members are advancing a few years' dues, and in return will receive a full membership in the 300 club in addition to membership in the Federation and a good many years of paid-up dues after the time that the \$100 life dues would have been used up by dues paid under the regular system of paying dues each year.

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Noah built and voyaged alone. His neighbors laughed at his strangeness and perished in style.

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What you love and what you hate reveal what you are.

## U.S. Is "Over-Medicated," Health Official Contends

NEW YORK, May 20—A physician-public health official describes America as "the most over-medicated, most over-operated, most over-inoculated country in the world."

It is also the most anxiety-ridden, adds Dr. Herbert Ratner, professor of preventive medicine and public health at Loyola University Medical School (Chicago) and commissioner of health at Oak Park, Ill.

Ratner sketched this picture of the average American in an interview made public today by the Center for the Study of Democratic Institutions:

"We are flabby, overweight, and have a lot of dental cavities. . . . Our gastrointestinal system operates like a sputtering gas engine. We can't sleep; we can't get going when we are awake.

"We have neuroses; we have high blood pressure. Neither our hearts nor our heads last as long as they should."

Ratner said that while the United States is the best place in the world in which to have a serious illness ("because of our technical talents") it is one of the worst countries in the world in which to have a nonserious illness.

"We impose our lifesaving drugs and techniques, intended for serious ailments, on minor, even trivial, illnesses—illnesses that . . . do better without interference from the physician."

The "most radical condemnation of our society and culture and American character," he said, "is that one out of 10 babies . . . will enter a mental hospital at some time in his life."

Ratner blamed the state of affairs on the public and the medical profession, which, he said, has become afflicted with a trend toward specialization.

From the **San Diego Union**, May 21, 1962.

## M.D.'s Warned on Penicillin Overdoses

An authority on antibiotics today jabbed a needle into penicillin-happy doctors.

He warned them penicillin can be a killer as well as a lifesaver—so they should stop giving the drug to people with colds and other "trifling infections."

"Fever alone is not an indication for penicillin unless some effort has been made to find the cause," Dr. Richard A. Kern added.

"The routine use of antibiotic medication before operations is not justified. Tooth extraction in a normal person does not call for penicillin."

Dr. Kern emphasized it is most important to cut down on use of all antibiotics in persons with "an allergic history or a strong allergic heredity."

**He said such patients—particularly those who suffer from asthma, hay fever, eczema or hives—should be told to ask their physicians and dentists to avoid antibiotics except in case of serious disease.**

The warning by Dr. Kern, who is with the Temple University School of Medicine in Philadelphia, was issued through the **Journal of the American Medical Association**.

Dr. Kern said penicillin is responsible for more sudden-death reactions than any other drug. It also causes more nonfatal kickbacks.

**He concluded**, "the reactions to penicillin are far outweighed by the usefulness of the drug."

"Nevertheless," Dr. Kern said, "this does not justify an attitude of complacency toward such reactions. . . ."

"No matter how rare the serious reactions are, a death is always a catastrophe to the patient, to the family and to the physician who induced it." Scripps-Howard Dispatch, Washington, D.C., on January 6, 1962.



## Polio Shots Not Required in California

Because so many California local school authorities are misleading the people regarding polio immunization, a member of the National Health Federation ran the following ad in the San Rafael Independent. It is his suggestion that other members do likewise in their local paper.

### POLIO SHOTS NOT REQUIRED

Your children can  
attend school next fall,  
without polio shots!

STATE LAW VERY  
CLEAR ON THIS

Parent simply files statement with school that polio immunization is contrary to his beliefs. It is not limited to a religious belief.

#### KNOW THE FACTS!

The law requires local schools to furnish exemption card or letters for parents to sign.

*This ad sponsored by  
a member of  
National Health  
Federation  
709 Mission, San Francisco*

## Chain Stores to Clamp Down on False Labels

LANSING—Representatives of Michigan's chain stores have pledged cooperation in a campaign to clamp down on short weights and false labels in food sales.

Gov. Swainson held a meeting Monday with members of the Michigan Food Industry Committee, spokesman for the major food chains.

"No industry is as controlled as we are," complained W. E. Fitzgerald, executive director of the committee, "but there is nothing you might ask us to do that we will not do."

W. A. Rosie, committee chairman, said chain stores are just as anxious to get rid of a dishonest manager as the public.

Spokesmen for the industry said they recognize food inspections for quality and weight are necessary and a good thing. They said a major problem is weight shrinkage in packaged meats.

Swainson has been urging the state Agriculture Department in a strict effort to clamp down on consumer frauds in retail food sales.

**Editor's note:** The party who sent this news item to us states that a chain store near her home has over its poultry counter the following: "Acronized, meaning Wholesome and Country Fresh." This is certainly mislabeling, as what the word acronized means is that the product has been dipped in Aureomycin, indiscriminate purchase of which from the drug store is forbidden because of the possible deadly reaction to the drug by allergic persons.

First Golfer (in trap): "The traps on this course are quite annoying, aren't they?"

Second Golfer (trying to putt): "They sure are. Would you mind closing yours?"—Line Material.

## AMA and Competition

(Continued from page 2)

Field neglected to say that the eight fully accredited chiropractic colleges give a minimum of 4,000 hours and recommend 4,400 hours of academic training. During his four years' training the doctor of chiropractic takes 954 hours of instruction and laboratory work in anatomy, including embryology, histology and neurology; 324 hours of physiology, 234 hours of biochemistry, 324 hours of pathology, 180 hours of bacteriology, 144 hours of public health and hygiene, and 1,960 hours in diagnosis and treatment following the principles and practice of chiropractic, including such subjects as roentgenology (X ray), neurology, nutrition, pediatrics, geriatrics, dermatology, obstetrics and gynecology, first aid, and other clinical subjects.

Mr. Field also failed to note that care by chiropractors has been endorsed by many insurance companies, the Civil Service Commission, the Veterans Administration and others. Yet he had the temerity to say that the AMA's campaign should "be positive, in that it should seek to dissuade and discourage youngsters from . . . enrolling in chiropractic schools."

### We Protest

We protest the questionable and possibly illegal action of the Food and Drug Administration in co-sponsoring the ill-disguised National Congress on Medical Quackery, in which the administration joined the American Medical Association in a movement to eradicate competition with the association. The National Health Federation is against fakers and all those who are using the health field for illegitimate economic gain, but we are unalterably opposed to government departments working with one sect of the healing arts against other sects because said sects do not follow the same philosophy of healing.

We protest the alliance of the Food and Drug Administration with the medical monopoly to the extent that the people of this nation are forgotten in matters of health. Not since Dr. Harvey W. Wiley was forced from the Food and Drug Administration he so well built has the public health been a matter of such prime importance. All activities appear to be directed toward the economic success of the drug industry and the dominance of the American Medical Association.

We protest the action of cabinet members and leading authorities in giving assent to the monopoly of one school of healing over others, even though the others represent one quarter of the members of the healing arts.

We protest the acceptance of propaganda and data from the medical monopoly, by the Food and Drug Administration, with little effort to determine whether the information is factual or just.

We protest the persecution by the Food and Drug Administration of individuals who propose possible cures for cancer. It is a well-established fact that no such proposed cure ever receives merited attention at government levels unless it originates within or can be controlled by the American Medical Association.

We protest the loading of the Food and Drug Administration with medical doctors only, whereas the other branches of the healing arts should be represented at least in proportion to their numbers.

We protest the continued display by the American Medical Association of a side show of horrible examples of medical quackery. **Most of the exhibits date back many, many years and have no current import. Yet they are trotted out with renewed fanfare whenever the medical boys think they need to drag the red**

herring across the trail of their own shortcomings.

We protest the voluminous unfair publicity given by government agencies to cases being tried or about to be tried in court. This is, in effect, public judgment before trial and is designed to ruin a defendant even though he may win his case. The fact that government agencies have unlimited facilities for such trials and their attendant publicity is a situation that should not be abused. Everyone should have equal status in court and in publicity issued in connection with a case.

#### **We Propose**

We propose, during this year 1962, to take the offensive along constructive lines and thus place the drug monopoly on the defensive. We have several bills already in Congress at this time and more are being introduced. These bills are in the interest of the public and will therefore irritate the members of the drug monopoly. To oppose these bills will force them to take a stand against the best interests of the people and will further expose to the public their duplicity and evil purposes.

We propose to ask Congress to investigate the complete circumstances surrounding the so-called National Congress on Medical Quackery. We are particularly concerned that one agency of the government should co-operate with and aid one sect of the healing arts and take action against all other sects that might offer any competition.

We propose to urge passage of H.R. 8389, the Health Funds Bill. This bill would deny tax exemption on the national level to all fund-raising organizations that do not render a full accounting of funds expended. We believe the people are entitled to know for what their contributed funds have been used.

We propose to take the leadership in

the fields of mental health, poisoning of water supplies and poisoning the minds of the nation's school children.

We propose to insist, at every possible opportunity, that when Federal funds are appropriated for health education and/or care that drugless doctors and their schools share in such funds in proportion to the number of such doctors who are in active practice. One fourth of all the doctors in the healing field are drugless and they minister to some 30 million people each year. The Federal government spends millions of dollars each year to help educate medical doctors. Is it not just and fair that they should be required to divide those funds with the 25 per cent of the doctors who believe that the natural way is best? They need educational and care facilities as well as do the medics. The 30 million people who patronize them pay their share of the taxes, so why should not their health be important enough to warrant their doctors receiving a just share of such funds?

We propose to defend the rights of the drugless doctors and the people who believe in the natural approach to the health problem, as well as those who minister to those needs through the distribution of the necessary products to accomplish that end.

We propose to urge passage of H.R. 8097, the Hospital Discrimination Bill, which would, in effect, deny tax exemption at the Federal level to hospitals that discriminate against medical doctors.

We propose to strive for the passage of the King-Pike bills, H.R. 10058 and H.R. 10077, which prohibit prejudging publicity, or "trial by press release."

We propose to introduce a bill into this Congress which will provide that **when statements on a label about a product are true, the truth shall take precedence over "the accepted medical opinion."**

## **Wall Street Journal Features Page-one Story on Chiropractic Profession**

### **Nation's Top Business Publication Pays Tribute to Enormous Gains Made by Doctors of Chiropractic**

The increasing interest and acceptance of chiropractic by the most important men and women in America was reflected recently by the publication of a front-page article on chiropractic in the **Wall Street Journal** of October 16, 1961.

Staff Reporter Thomas W. Bush, who wrote the article, describes some of the many recent developments which have helped place chiropractic on the preferred list:

"For the first time in history, a Federal public health measure—the medical assistance for the aged bill that Congress passed in the closing days of the Eisenhower Administration—makes provision for reimbursement to chiropractors.

"In the 11-state Midwestern Teamsters Conference, the giant union has begun paying from its health and welfare fund the claims of members who have been treated by chiropractors. Similar action has been taken by the union in Washington State. Payments are made through insurance carriers with whom the union has contracted.

"All told, more than 500 health insurance companies now recognize chiropractic, up from 200 only seven years ago. The number continues to mount steadily."

Discussing the up-grading of chiropractic education, the article presents the various state requirements for licensure:

"Almost all states now require four years of high school before admission to a chiropractic college, and some require two years of college. In a majority of states, four years of chiropractic college

is necessary for the D.C. degree. After chiropractic school, D.C.'s usually must pass a state examination and then may go directly into practice. Since chiropractors don't practice in hospitals, there is no internship."

Despite its recent advances, the chiropractic profession still faces official opposition from the American Medical Association. However, Mr. Bush cites an example of how individual medical leaders take a different position:

"A more charitable position on chiropractic is taken by Dr. Charles Bechtol, chief of orthopedics at the University of California at Los Angeles Medical Center. Orthopedics deals with the correction or prevention of deformities, especially in children.

"I teach manipulations I learned from a professor who in turn learned them from what are called 'bonesetters' in England," Dr. Bechtol asserts. "Chiropractic has a place in the healing arts. The only quarrel we medical men have is that many chiropractors think theirs is the only art."

"Dr. Bechtol believes 'established professions tend to look down their noses too much at professions which may not be so well established and therefore the older professions miss what good there can be in the newer ones.'"

Today there are many medical doctors who refer patients to chiropractors and chiropractors refer patients who require medical treatment to M.D.'s.

All this adds up to the fact that, as the **Wall Street Journal** put it, chiropractors are making "headway in bid for full acceptance." From **The Parish Monthly**.

## War Has Been Declared

The recent "quack" congress held in Chicago by the AMA concluded with some very definite decisions on what they are planning to do. They openly declared their intention of destroying the health food stores, all food supplements, and to eliminate entirely the chiropractic profession, referring to them as "quacks." With these threats, we feel now, more than ever, that it will be to the advantage of every chiropractor to join with National Health Federation in this fight to preserve our freedom of choice in these matters. Assembly Bill No. 1208 is now a law in California allowing the chiropractor to advise patients on food supplements. Let's keep this law in force! **Editor's Note:** The foregoing excerpt is from the **Bulletin** of the Long Beach Health Federation Chapter of N.H.F.

## ARE YOU INTERESTED IN CHIROPRACTIC?

Those of our readers who are interested in learning the facts about Chiropractic, what it is and how it works, should send 25 cents to the Public Affairs Institute, 312 Pennsylvania Avenue, S.E., Washington 3, D.C., and secure a copy of a 30-page booklet, **The Present-day Doctor of Chiropractic**, by Dewey Anderson. The table of contents follows.

- 2 **THE DOCTOR OF CHIROPRACTIC—TODAY**
- 4 The Roots of Chiropractic
- 6 Background and Training
- 8 Licensing
- 13 Experience
- 15 **THE CHIROPRACTOR AT WORK**
- 15 The Doctor's Diagnosis
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- 23 **QUACKS—CULTISTS—FADDISTS**
- 27 **A GROWING PROFESSIONAL REGARD**
- 27 The National Chiropractic Association
- 28 Chiropractic Faces the Future

## In Unity There Is Strength

By Clinton Miller

Courteous letters and resolutions are being exchanged between officers of the two national chiropractic groups. The purpose is to explore possible grounds for unity. Basic obstacle stems from a definition of scope of practice. I.C.A. (International Chiropractic Association) insists that chiropractic should be unified based on the original, limited principle and definition of chiropractic, not an amalgamation of chiropractic with physical medicine. The National Chiropractic Association maintains that the chiropractor should not be so limited in his scope of practice, and maintains that chiropractic should be allowed to work for a broadened license to practice to include other aids to chiropractic which would include, for example, things like diet (food supplements), mechanical or electronic devices, etc. The AMA, the Department of Health, Education, and Welfare, and all other national health organizations are carefully watching developments of this proposed merger. There are strong arguments on both sides. We only report the news in this instance. We make no attempt to evaluate the case.

### NEWS FLASH

**The Washington Office of the National Health Federation is endeavoring, as this issue of the Bulletin goes to press, to get a bill introduced into this session of Congress, which would, in effect, establish as law "that wherever the truth is published on the label of a product, such truth shall prevail, even though it is in conflict with the 'consensus of medical opinion.'" Such an act of Congress is needed, because courts have ruled "that where the truth is contrary to accepted medical opinion, the label is false and misleading," and the manufacturer or distributor is guilty of a crime punishable by a fine and imprisonment.**

# Chiropractic

. . . A Way of Life

**Frank B. Maurice, D.C.**  
**Immediate Past President**  
**California Chiropractic Association**

Today chiropractic stands in a permanent high place in the sun. Millions of patients now know from results in their own case or that of friends or relatives that not all has been done unless chiropractic care was included. In fact it is now scientifically and statistically evident that many conditions of distress and disease exist in human bodies for which no other corrective procedure exists except specific chiropractic correction.

How can this be in this age of science, you say? Very simple is the answer, once you understand the simplicity of the normal functions. Of course, one must have the skillful ability to restore normal function if found lacking. This chiropractic does.

Extensive research indicates that physiologists, anatomists, neurologists and internists agree that in the healthy, normal or "perfect" specimen of manhood, the brain and spinal cord constitute the master control system of the human body. Microscopic anatomy teaches that in the human embryo the brain and spinal cord are the first parts to develop to the point of identification as permanent structures. All other parts develop and take shape after this miracle of creation takes place. This is significant for two reasons. First, it reveals the providence of nature or the existence of the innate intelligence of the greatest marvel of all, the human body. Secondly, it is ob-

vious that the brain and spinal cord play a most vital role throughout the entire span of life.

Neurophysiology teaches that from the countless brain centers flow billions of brain cell impulses to sustain life in the trillions of cells that make up the living, functioning body. If the brain is the "source" of all normal function and life in the healthy and uninjured individual, why then could this same energy not be the source of all illness or disease in the injured or overworked individual? Chiropractic teaches that this is so.

The explanation to the above question is simple. If the brain as the source and the spinal cord as the transmission line or life line to the body are perfect and intact, normal health may be expected. It is only when minor deviations or error in the protective housing of the spinal cord occur that symptoms of abnormal nature appear. If these are unknown to the health seeker and allowed to remain, chronicity will result. In the case of multiple pressures or major pressures in a critical area of the cord such as at C-1 or C-2, major symptoms such as polio, multiple sclerosis, asthma, heart trouble, ulcers, arthritis, and countless other entities may occur.

What has happened to the normal or perfect specimen? In play, work or accident, pressures upon the spinal cord (vertebral subluxations) have developed

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by straining, twisting or abrupt impact. These pressures interfere with the normal flow of life-giving impulses. In cervical whiplash and similar accidents, the bio-electric energy flowing from the brain through the spinal cord to the body cells actually becomes reversed, just as a reversed polarity may occur in a storage battery or in certain electrical circuits.

This is what occurs in long existent conditions diagnosed by science as arthritis, rheumatic fever and other degenerative conditions. The body cell cannot function properly on a reversed polarity, hence the body literally "burns up" on its own life-giving energy.

The chiropractic approach to these conditions is to correct or reduce the spinal cord pressures (subluxations) so that normal polarity and an unrestricted volume of life-giving "brain impulses" may flow to the affected areas. Health results.

This seems too simple an explanation as to the cause of subnormal or abnormal conditions of the human body. However, the proof of the validity is the happiness of the millions of Americans who regain their health every year through chiropractic health service. Further, the spectacular results obtained through this wonderful service tend to prove that any system of healing that ignores the physiological fact that a reverse cycled or diminished brain energy is the cause of much of the illness and suffering of humanity is not a complete system of healing. In fact, any so-called system or healing art which does not have in its armamentarium the skill and knowledge to detect and correct spinal pressures may not be a healing art at all, for the simple reason that there is only one condition of absolute normal and that is accomplished only when there is a 100% continuous flow of cerebrospinal energy to every body cell. This a doctor of chiropractic strives to do, for that is his

specialized field. It is readily apparent then that a nonfunctioning body will not respond to medication or any forced external energy if normal directional flow is not restored in the spinal cord first.

Many groups in the scientific world have probed into these mysteries. In many instances where science has set out to disprove the basic explanation of the phenomenon of chiropractic, the end result of all tests comes all too close to proving the basic premise of chiropractic to be scientifically sound. Since the days of Crile's "Bi-Polar Theory" and Speransky's "Glass Bead Discovery," more and more interest has been focused upon research of the brain stem and of the upper spinal cord. A vast and extensive research project of this nature is being carried on at the UCLA medical center in Los Angeles.

While it has long been evident to many advanced students that more symptoms can be traced to their origin in the brain stem than any other area of the central nervous system, it is not generally known that the chiropractic profession has for 27 years had the only scientific method of correction and control of this area through a method of analysis and painless correction which is based upon the skillful use of ultra precision X rays and geometry and physics. Since geometry and physics are both recognized the world over as true sciences, it can be said that the chiropractic profession has contributed a most spectacular method of serving the ill and aching citizenry. It will stand the test by demonstration at any time. There is no more spectacular demonstration than when a sick body suddenly responds to its own resources and becomes functional.

All chiropractic procedures are in the drugless, nonsurgical category. They can best be defined and described as follows: The SCIENCE of chiropractic deals with  
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## CHIROPRACTIC 1962

By Charles C. Hayes, D.C.  
President, Chiropractic Heart  
Foundation  
522 East Main—P.O. Box 428  
Santa Maria, California

Chiropractic is the world's largest natural healing science and is only sixty-seven (67) years old.

The principle on which chiropractic is based is as old as the human race, but the understanding of its basic truths has been developing only since 1895 when Dr. D. D. Palmer gave his first spinal adjustment to a deaf man and restored his hearing.

You, in 1962, should have as great a desire to know what happens in your body when a vertebra becomes slightly displaced and interferes with the function of the nerve as did Dr. Palmer in 1895.

Chiropractic is based upon this scientific principle: Normal function can exist only when there is a complete and normal relationship between the nervous system and all organs. The area where disharmony originates is in the spinal

the relationships between the articulations of the vertebral column and the nervous system, and the role of these relationships in the restoration and maintenance of health.

The PHILOSOPHY of chiropractic is based upon the premise that disease or abnormal function is caused by interference with nerve transmission and expression, due to pressure, strain or tension upon the spinal cord or spinal nerves, as a result of bony segments of the vertebral column deviating from their normal juxtaposition.

The PRACTICE of chiropractic consists of analysis of any interference with normal nerve transmission and expression and the correction thereof by an

column because the movable vertebrae (24 in number) can and do become displaced due to the shocks, strains, and stresses of daily living.

The modern day doctor of chiropractic is trained in the art of locating the area of disharmony and establishing harmony by manipulation and adjustments of the spinal segments or surrounding tissue.

Educational progress in sixty-seven years has been constant and progressive—from the teaching of one man in 1895 to many chiropractic colleges in 1962 that teach basic sciences that qualify graduates to pass Basic Science Boards of the various states that have one basic examination for all of the healing arts. The 1962 chiropractic colleges teach a four-year course of study totaling between 4,000 and 4,700 class hours which equals or exceeds the requirements of many medical colleges.

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adjustment with the hands of the abnormal deviations of the bony articulations of the vertebral column for the restoration and maintenance of health, without the use of drugs or surgery. The term "analysis" is construed to include the use of X ray and other analytical instruments generally used in the practice of chiropractic.

Chiropractic is one of the greatest discoveries in the healing arts field. It was destined to grow and develop by urgent necessity forced upon it by those conditions not correctable by lesser sciences. It can and will gladly stand investigation by intelligent, rational people. It will continue to be the leading spinal health science.

The chiropractic student must gain actual experience in clinical practice before graduating, so all colleges have large public clinics where the student is trained in actual practice which includes case history, physical examination, laboratory examination of body and body excretions, X-ray procedures and the interpretation of the X-ray films as well as the laboratory findings.

The legal status of the doctor of chiropractic has changed as he has proved the need and value of his services. Legislative Assemblies in the various states have had hearings on the value of chiropractic procedure for the purpose of evaluating the need of controls for the new and rapidly growing profession.

The various states have passed laws regulating chiropractic by establishing Examining Boards that examined the applicants for license to practice chiropractic. Forty-eight states now have State Boards of Chiropractic Examiners. Some foreign countries now have Examining Boards also.

Public acceptance of chiropractic has progressed at a rapid rate and it is now estimated that the twenty-three thousand doctors of chiropractic have taken care of over thirty million people.

The demand and need of chiropractic health services has increased yearly because the public has come to better recognize the efficiency of this new healing science and art.

Today, chiropractic is included in Workman's Compensation Insurance policies and over six hundred of the major insurance companies pay chiropractic claims.

The California welfare plan for Old Age Security recognizes chiropractic as a valuable form of therapy so it is included in the State's welfare project.

The United States Government has

recognized the needs of the American people for chiropractic services so in some of the Federal insurance plans chiropractic is included. The United States Government, through the Veterans Administration, has sent hundreds of its veterans to chiropractic colleges under the G. I. Bill to become doctors of chiropractic.

Professional progress is constantly being made through research.

The Polio Foundation of California (chiropractic), a nonprofit California corporation, did some very fine research and produced a successful chiropractic therapy for polio victims.

In 1958 the State of California chartered the Chiropractic Heart Foundation, Inc. for the purpose of researching into the cause, prevention and correction of heart and vascular disease.

This foundation is doing research and teaching the doctors of chiropractic the latest technique of correction in cardiac dysfunction.

The doctors of chiropractic recognize the need of hygiene, sanitation, and complete and proper nutrition, as well as the proper adjustment and integrity of all structures.

Chiropractic is a natural healing science and art. Its colleges teach dedicated students the basic sciences as well as the art of being a doctor. The doctor of chiropractic is opposed to all factors that interfere with the natural expression of health and is for all factors and therapy that restore and maintain abundant health.

Hospitals are an essential part of progress in chiropractic. The building of hospitals with private funds is very difficult due to extreme costs but our profession can boast about the Spears Chiropractic Hospital in Denver, Colorado as one of the world's largest private

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## Is the Chiropractor Educated?

There is hardly an office that does not have the question asked, "But, Doctor, do you study that?"

What about the education of today's chiropractors? This subject has been used as the source of much abuse in the campaign against the young profession. The medical hierarchy has been most vicious in its attacks, most of which may have been indicated in the early decades of chiropractic, but which are scarcely valid now. Actually it has only been during the past forty years that there has been any appreciable progress in educating the professional men in all fields, including medicine. Forms of medical apprenticeship were acceptable in some of the Western states as late as 1927. It is not unusual to find other credible doctors still practicing who had little more than a year's training a few decades ago. Many law schools were criticized for their questionable educational standards. My own grandmother was allowed to teach school at 18. It is all the more to the credit of the leaders of the chiropractic profession that they accepted this

(See table at top of next page)

challenge along with all the other barriers thrown in their way by powerful and well-organized opposition.

Their schools were acquired by the "sweat of their brow," without tax support or tremendous foundation grants. Even more remarkable is the fact that chiropractic has no tremendous "money-making" products to sell, such as the fabulous drug industry which medicine has its disposal.

At the present time there are sixteen accredited colleges of chiropractic in the United States and Canada. The minimum academic requirements in all these schools to attain a Doctor of Chiropractic degree constitutes a full four-year course. The minimum total of hours which must be completed for graduation is 4,000 hours. Most students, however, complete nearer to 4,400 hours. Their curriculum compares very favorably to those in other scientific and professional fields. A comparative study of subjects and class hours between Johns Hopkins Medical School and The Palmer College of Chiropractic points this out:

hospitals having over eight hundred beds. This hospital has facilities for the care of most cases except those that require surgery. At Spears Hospital great progress has been made in the care and correction of many cases of polio, multiple sclerosis, arthritis, sciatica, asthma, and cardiovascular diseases, as well as many of the unusual conditions that cannot be handled in general office practice.

Chiropractic was born in 1895— it has

progressed at a steady but rapid rate in the field of education, legal status, research, insurance acceptance, industrial relations, and public acceptance, now having many of the world's most famous people as its patients and followers.

Leaders of the entertainment world, famous athletes, business tycoons, industrial giants, members of Congress, and thirty million Americans can't be wrong.

Subject	Johns Hopkins Class Hours	Johns Hopkins % of Total	*P.C.C. Class Hours	*P.C.C. % of Total
Anatomy	508	15.0	520	11.6
Physiology	256	7.3	520	11.6
Pathology	401	11.8	195	4.4
Chemistry	200	5.9	325	7.2
Bacteriology	114	3.4	130	3.0
Diagnosis	224	6.6	520	11.6
Neurology	112	3.3	130	3.0
X ray	48	1.4	292	6.5
Psychiatry	144	4.3	65	1.4
Obstetrics & Gynecology	198	5.8	65	1.4
Pharmacology	80	2.4	0	0
Psychology	16	.5	0	0
Medicine	656	19.3	0	0
Pediatrics	72	2.1	0	0
Surgery	352	10.4	0	0
Therapeutics	16	.5	0	0
Clinic	0	0	585	13.0
Hygiene	0	0	65	1.4
Chiropractic Technique	0	0	553	12.3
Chiropractic Philosophy	0	0	195	4.4
Public Speaking	0	0	65	1.4
NCM and NCG	0	0	65	1.4
Principle and Practice	0	0	130	3.0
Ethics and Jurisprudence	0	0	65	1.4
Total	3397	100%	4485	100%

This total does not include the two-year college pre-med course required of medical students and chiropractic students in some states.

\* P.C.C.=Palmer College of Chiropractic

Most chiropractors also take additional training in specialized areas even as the members of other groups, if they desire to specialize. Only in the area of internship is the young graduate chiropractor somewhat handicapped, due mainly to the medical nature of the general hospitals, and because there are so few chiropractic hospitals as yet. However, it is a fact that a great many young doctors of chiropractic start their careers in established offices or clinics in order to gain the invaluable experience of an older, successful practitioner. From **The Chiropractic Home** magazine, January 1962 issue, by special permission.

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\$3.00 per year; Foreign, \$4.00. Single copies of the current issue are 35 cents in the United States.

## "Smears" by Federal Agencies Assailed

M. Belmont Ver Standig, Washington advertising executive, yesterday took off the gloves and lambasted two Federal regulatory agencies.

At a luncheon meeting of Washington Chapter, American Marketing Association, in the Presidential Arms, mild-mannered Ver Standig turned loose a verbal onslaught that was unprecedented in the marketing group's history.

The Federal Trade Commission and the Federal Communications Commission were his targets.

"More and more," he said, "under the guilt-by-reference technique being uti-

(Continued bottom next page)

# Doctor of Osteopathy

By Dewey Anderson

Osteopathy is a school of medicine practiced by approximately 12,000 doctors. The profession is growing, having gained some 13 per cent in numbers in the last five years. Its rate of growth has settled somewhat from earlier years as standards of training and certification have been raised. Presently, Doctors of Osteopathy average one per every 12,139 people, and there is one D.O. for every 18 M.D.'s.

The osteopathic school of medicine was founded by Dr. Andrew T. Still, a medical doctor of the civil war era. He announced the principles of the system in 1874. Its first school was opened in 1892, with the avowed purpose to "improve our present system of surgery, obstetrics, and treatment of disease generally and place the same on a more rational and scientific basis."<sup>7</sup>

Dr. Still had long practiced the "regu-

lar" forms of medicine when he began openly to rebel against what appeared to him and a number of others as unwise and ineffective use of strong drugs and surgery. All during the 1880-1890's the "regular" doctors were using blood purifiers, purgings, and strong drugs in their practice. Yet, R. T. Stormont, M.D., writing in the **Food, Drug and Cosmetic Law Journal** for May 1953, said that "Before the turn of the century there were available few drugs of any significant therapeutic value." Dr. Still held much the same views more than half a century earlier, when he sought an appropriate substitute for the "drugging systems that were creating morphine, whiskey and other drug-taking habits. . . . All intelligent medical writers say by word or inference that drugs or drugging is a system of blind guesswork."

(Continued next page)

lized by headline-happy government administrators, the American business community is being portrayed to the world as a corrupt, self-seeking and self-serving group."

Ver Standig added that "there seems to be an attitude on the part of government that the American businessman is Public Enemy No. 1, which seemingly dictates that the businessman must be kept in check with more and more restraints, more and more red tape, more and more interference.

"How can we sell democracy to the world," he asked, "when our government so blindly provides the communists with a constant stockpile of smears against the very system of free enterprise to which we are traditionally dedicated?"

He noted that "governmental attitudes

are forcing both advertising agency and client into unbearable legal expenses."

He also criticized what he described as "trial by press release," adding that "often a businessman doesn't know he has violated an agency ruling until he reads about it in the newspaper."

Burdened by such prehearing publicity, he added, many businessmen "have been harassed into insolvency. Many, later cleared of the charges, never regain the losses, personal and financial, resulting from such premature publicity."

Concluding, he said: "Both business and government are members of the same family. I think it's high time we learned to live and work together with mutual respect, mutual understanding and mutual trust." From the **Washington Post Business**, March 2, 1962.

Despite this bias against drugs, Dr. Still did not rule out entirely their beneficial use, distinguishing between what he called drugs and antidotes. But the long practice of medicine had led him to state (in 1874) three fundamental principles which he believed should guide the practice of medicine, namely: (1) the body produces its own healing substances, (2) health depends upon structural integrity, (3) perverted structure is a fundamental cause of disease. He also perfected a manipulative therapy which he used in conjunction with drugs and operative surgery to form what he considered not only a more complete system of healing but an approach to maintaining health. Dr. Still repeatedly said, "The doctor's object should be to find health." His system of medicine was attacked immediately by members of the "regular" medical school. And even though osteopathy has assumed the prerogative to grow and develop, just as has all scientific groups, it is still under attack by the old guard of traditional medicine.

Osteopathy is not regarded by present-day leadership as a closed system, but rather as an approach to the problems of health and disease which focuses attention on treating the man rather than just the disease from which he may be suffering. Osteopathy holds that "... the musculo-skeletal system functions as an integral part in man's response to his internal and external environment. Early symptoms of functional disease may be detected first in the musculo-skeletal. The osteopathic physician, in his examination, seeks evidence of abnormality in this system in order to apply early corrective treatment. Normalization of such stress patterns aids in preventing the development of more serious condition. When the condition has already developed to the more serious state the return

of the musculo-skeletal system toward normal function assists the recuperative powers of the patient."<sup>8</sup>

Osteopathic physicians point out that the use of this approach has often made drugs and operative surgery unnecessary. But osteopathy does not rely exclusively nor even initially on manipulative therapy. For treatment proceeds from examination and diagnosis, and if the diagnosis warrants, drugs or operative surgery are used.

Present-day doctors of osteopathy are trained in one of six four-year degree-granting colleges that have been approved by the American Osteopathic Association. A minimum of three years' pre-professional college education is required for admission to the osteopathic school, but now approximately three fourths of entering students already have their A.B. degrees. Professional training covers a required minimum of 4,000 hours of work over a four-year period. But all osteopathic college courses give more than 5,000 hours of academic, laboratory and clinical work.

Teaching hospitals are connected with each college where the third and fourth-year students spend an increasing amount of their time in in-service training. Eighty-seven osteopathic hospitals have been approved for interning, with over 500 interns annually receiving this additional training. Ninety-eight per cent of the 1954 graduates interned.

The degree of Doctor of Osteopathy is unlimited—that is, it represents training covering the basic sciences and all branches of medicine, surgery, and in addition the particular techniques of osteopathic practice. The graduate takes a state board examination in the state

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where he wishes to locate and is thereby licensed to practice. State laws are not uniform, reflecting in some degree the time when osteopathy was recognized for licensing. But in considerable measure they are the result of the political struggle between osteopathic physicians and surgeons and the organized arm of traditional medicine, the American Medical Association.

Presently, thirty states and territories, known as "jurisdictions," grant licenses under an osteopathic board of examiners composed solely of doctors of osteopathy, fifteen under boards of medical examiners which have both doctors of medicine and osteopathy as members, and in seven jurisdictions osteopathic physicians and surgeons take examination under a board of medical examiners on which no D.O.'s serve. In twenty states they must also take a separate basic science examination prior to applying to the licensure board.

The broad training of present-day doctors of osteopathy in medicine, operative surgery and manipulative therapy is recognized by their usually being granted an unlimited license to practice. Of 50 jurisdictions, this license includes the right to care for all human ailments and diseases in their practice, but does not include any surgery or the prescribing of any drugs in five states.

Osteopathy has won general Federal Government recognition. In setting up the Medical Practice Act for the District of Columbia in 1929, Congress stipulated that "the degrees, doctor of medicine and doctor of osteopathy, shall be accorded the same rights and privileges under governmental regulations." Navy, public health, veterans, and government employees' programs have recognized osteopathic services in their appropriations and other acts, and amendments to the Social Security Act included specific rec-

ognition for osteopathic physicians and hospitals. An Army appropriation act in 1941 included osteopathic interns in medical corps hospitals for the duration of hostilities.

Yet where there is any body of M.D.'s in the Federal public service, doctors of osteopathy are not favored as staff physicians. The American Medical Association, to which most M.D.'s belong, still exercises what amounts to a boycott of osteopathy, for according to its code of "ethics" this school of healing is still regarded "officially" as sectarian medicine, and is per se "unethical." Association on a professional working level between members of the AMA and "unethical" practitioners is frowned upon by the regular medical organization.

While osteopathic physicians are on an equal legal footing with doctors of medicine in a majority of states, still the attempt continues to be made to prevent their use of hospital facilities and is usually successful. Likewise, pressures continue to be exerted to prevent their recognition in the community as equals of M.D.'s.

Prolonged negotiations have been carried on between the official bodies of the two healing arts, medicine and osteopathy, seeking to erase these differences and remove prejudices.

The osteopathic profession is organized in the American Osteopathic Association, "to promote the public health, and the art and science of the osteopathic school of practice of the healing art, by stimulating research, elevating the standards of osteopathic education and advancing osteopathic knowledge." The Association is a federation of societies organized within each state of the U.S. and each province of Canada. It has a Bureau of Professional Education and Colleges, a

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Bureau of Hospitals, Certifying Board for osteopathic specialists, and other functional groups which serve its membership and the public.

The Association publishes several technical-professional journals, and holds meetings and conferences seeking to maintain and strengthen the performance of the profession in its public service. While it seeks to improve the standards of training and performance, changing emphasis as new knowledge and scientific discovery requires, and while it insists on medicine, surgery and manipulative therapy, it continues to offer a form of healing which has sufficient distinctiveness to be maintained as a recog-

nizable school of healing.

<sup>7</sup>From the Special Charter of the first Osteopathic School as issued by State of Missouri, 1892.

<sup>8</sup>Division of Public and Professional Welfare, American Osteopathic Association—brochure on **The Osteopathic Profession**.

**Editor's note:** The foregoing was taken from a book, **Health Service Is a Basic Right of All the People**, by Dewey Anderson, Ph.D., Director, Public Affairs Institute, published by the Public Affairs Institute, 312 Pennsylvania Avenue, S.E., Washington 3, D.C. The price is 50 cents. Everyone interested in the natural approach to health should have a copy of this 70-page book.

## Why the Osteopathic Initiative Act Must Remain Unchanged

By David J. Rodgers, Executive Secretary  
Osteopathic Physicians & Surgeons of California  
2999 West Sixth Street, Los Angeles 5, California

When the electorate of California goes to the polls November 6, 1962, they will be asked to decide whether another step on the road to a medical monopoly shall be approved. The measure the people will vote on concerns proposed amendments to the Osteopathic Initiative Act of 1922. The principle involved is whether the Act shall be amended to eliminate licensing of any more osteopathic physicians in California.

The proposed amendments are three in number. The first proposal would remove from the Board of Osteopathic Examiners the power to issue new licenses to qualified graduates; the second would transfer the functions of the Osteopathic Board to the Medical Board when there are 40 or fewer licentiates; and the third would remove from the voters—and put in the hands of the Legislature—the right to make any further amendments to the Initiative Act.

This proposal to destroy the osteopathic profession is incorporated in a merger plan of the California Medical Association and the California Osteopathic Association. The plan was engineered by the political leaders of both professional groups without the full knowledge of their respective memberships. In addition, the public has been led to believe that this is a purely voluntary plan, whose sole aim is to improve public health care, and that it meets with the approval of “overwhelming” majorities of both groups. This impression ignores opposition within both groups, ignores recorded group opinions—both by vote and by poll in both groups—and it also ignores a sampling of public opinion that shows a definite rejection by the public of the idea of terminating licensing of future osteopaths in the State of California.

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The public will lose in several ways if this proposal is accepted. The first loss will be that of the right to choose the **kind of physician** they may wish to provide health care. In light of the declaration of the AMA about optometrists, dentists and chiropractors, as well as other members of the public health team, it is not hard to see that this is the first step toward medical monopoly, and the loss of any right to choose, by the public, of the **kind of practitioner**—whether drugless or physician and surgeon.

When the CMA has destroyed the profession in California with the same unlimited license to practice, then the next target for control will be those of lesser licensure who are not now under the control of the Board of Medical Examiners.

The second loss to the public will be the “plus factor” provided by the osteopathic concept embracing physical and natural methods in addition to drugs and surgery if indicated. The philosophy of consideration of the “whole man,” rather than just the symptomatic area, has many advocates in the thoughtful allopathic research groups as well as the osteopathic medical school of thought. To remove this kind of care from California, when many seek it, is a denial of the public's ability to choose this kind of care.

The third loss to the public will be 65 or more qualified physicians each year who cannot come to California to practice. The number of D.O.'s licensed in California each year has been rising—but the average of the three years 1958, 1959 and 1960 has been 125 each year. The former osteopathic college in California, which contributed most of its graduates to this figure, will, under allopathic medicine's control, graduate 60 or less each year. If licensure of future qualified osteopaths is terminated, the 125 or more D.O.'s who might be ex-

pected to seek licensure in this State—where there is a growing shortage of physicians—will be replaced by 60 or fewer medics graduating from the former osteopathic college.

The fourth loss to the public will be in tax dollars required to make up for the growing shortage of physicians. The new medical school planned for San Diego is expected to cost \$43,000,000 to build, and \$9,000,000 a year to operate. Five years from planning to operation is normal to expect. This means that the first class will graduate nine years after start of planning, and then they must spend another year in an internship before they can start practice. The loss of 60 or more doctors a year in the interim will mean 600 to 650 doctors lost to California, plus \$90,000,000 in tax funds—just to return to the present day. To make up for the lost doctors would require another school and another \$90,000,000—and another 10 years to be even.

All of these tax dollars and other losses are caused by shutting out in California the graduates of other osteopathic colleges, who cost Californians no tax dollars. California now depends upon the other states for seven out of eight physicians in practice.

The fifth loss to Californians is another informed voice in the Legislature when health programs are being developed and debated. To have only one voice available to the Legislature assures an organized medicine oriented program. If the Legislators know that there is a second responsible voice—backed by unlimited licensure practitioners in the field—then the programs can be more fairly oriented to the patients' benefit.

The sixth loss to the public may well be the heaviest blow to the American way of life, which recognizes the right of minority groups to exist with freedom

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from undue control by majority groups. To permit the destruction of a minority group would set a precedent for the destruction of other minority groups who provide a useful service in the health field. The logical extension of this policy would endanger the freedom of expression—or even of existence—of other minority groups based on religious, ethnic, or other grounds.

From the viewpoint of the osteopathic profession alone it would signal the first step in a state-by-state destruction of the profession nationally.

In short, this would be an immoral act, contrary to the accepted American recognition of the contributions each minority group can bring to the welfare of the nation.

The immoral destruction of a profession is not necessary to the merging of the CMA and the COA. Legislation is now in the statutes that will permit the D.O., who also holds an M.D. degree,

to practice under either one of his degrees (although not under both).

If the future of the osteopaths is not clouded by the termination of future licensing in California, then the holder of both degrees can have a free choice. If licensing is terminated, then he must choose between membership in a tightly controlled professional group with a future, or remaining in a dwindling, dying profession where his abilities to care for his patients will be steadily reduced and his economic future will be drastically limited.

It is for these reasons that Osteopathic Physicians & Surgeons of California, the nationally chartered state society of the osteopathic profession, opposes the passage of amendments to the Osteopathic Initiative Act of 1922, and urges the public to clearly understand the measure proposing such amendments that will be voted upon in California on November 6, 1962.

# Introduction to Naturopathy

By Oregon Association of Naturopathic Physicians

Naturopathy is at once a most ancient and a very modern school of healing. The name itself is of comparatively recent coinage, having first appeared in this country at about the turn of the century; and some of the methods it employs are as recent as the progress of science and technology makes possible. But the principles on which it applies its remedies are as old as mankind itself.

This is so because the object of its ministrations is man. And the pattern on which man is made and carries on his vital activities, including his recov-

ery from illness and injury, was laid down by nature so many eons ago as to make what used to be called "the mists of antiquity" seem no more remote than yesterday's passing haze. Place where you will the period in time when healers of any kind first appeared, the fact is that mankind had already been around a long, long time. So long in fact that doctors in any modern sense are but Johnnies-come-lately!

Obviously, this means that nature had already given human beings—as, indeed,

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she had also given all of her other creatures—great natural powers to resist and overcome infections, great powers of self-healing. This is not to argue that these powers were all-sufficient. For they were not. But they were sufficient to assure that enough individuals of each generation should survive at least long enough to reproduce their species. And for all of nature's other creatures this seems to have been all that she required. But for man this was not enough. And so, here, as in so many other spheres, "man sought by art to improve upon nature." Thus was begun the development of the art of healing.

To recite at any great length the story of the beginnings and early development of this art is clearly beyond the scope of this modest work.

## What Hippocrates Taught

We should like to emphasize a fundamental principle of naturopathic medicine, one also clearly enunciated and exemplified in his practice by Hippocrates twenty-five hundred years ago. It was the more positive side of his teaching and methods, the one without which he would never have come to be known as the Father of Medicine. "Do no harm" might still have earned him a good reputation as a teacher of ethics, but it would hardly have been of much help to those sick enough to need the services of a genuine healer. He realized that his coin must have two sides, the other being, in essence: Do all that you can to help the patient! And on this score he laid down some general instructions that are still so right and sound as to make him sound like a naturopathic physician.

He admonished physicians to study nature, to learn her ways, to understand what she was trying to do and how she was trying to do it, and to imitate her. They were to work with nature and not

against her. Only if they knew how nature was utilizing the powers and processes that she had given the body for its own defense and repair could they hope to aid in her healing efforts. Much careful observation, experience and a splendid capacity to sift, sort and select, gave him an amazing ability to distinguish between what would help and what would hinder the recovery of the patient.

He was aided in this by his knowledge of the experience and observation of others. For he seems to have been familiar with the teachings, not only of his contemporaries, but of the great healers of the past. Being also a discerning analyst, he was able to sort the gold from the dross in their teachings. And being a superb organizer and systematizer of knowledge, he was able to simmer down the best of it into the soundest system of principles and methods that had yet been devised. Obviously, he couldn't know all that was to be known, for the acquisition of knowledge was a continuing process stretching endlessly into the future. And so, though he could not possibly have foreseen the multiple and marvelous developments of knowledge that the scientific means and methods of the twentieth century would bring, he nonetheless formulated from the then existing knowledge a set of principles and practices which, to this day, are called "Hippocratic Medicine." And the best and most time-tested of these still lie at the very core of naturopathy.

## How Herbs Came to Be Used

The close association of foods and herbs in the naturopathic physician's thinking and practice is not accidental. For his understanding of the fundamental nature of man, growing out of his knowledge of the various biological sciences and what they have to teach

(Continued next page)

about the whole development—historic and prehistoric—of the human organism, makes this association completely natural and logical. From the very beginning, man, wherever he happened to be, had to live on the edible things nature provided. This inevitably included many different kinds of plants. And in the long course of time he—or again, more likely she—discovered that some of these plants did more than just nourish the body. Indeed, more than a few of them were discovered to be very helpful to the sick.

### Naturopathy Rich in Therapeutic Methods

But over and beyond his knowledge of such things as the effective use of herbs and psychosomatic (body-mind) interrelationships, your naturopathic physician knows and applies many other means and methods to support, marshal and even to augment the effectiveness of the body's own remarkable forces and agencies, its processes and functions. And here, for obvious reasons, we must bid both the tribal medicine man and Hippocrates goodbye. For though each, in the light of his own knowledge and understanding, did much to prove the soundness of some of the most fundamental principles of naturopathy—and we are happy to acknowledge our debt of gratitude to them—neither could have foreseen, much less understood, the many refinements of technique and the many new instrumentalities and apparatuses developed by modern science and technology for the more effective practical application of these principles.

A few brief explanations should suffice. These other techniques and methods are often referred to as physical medicine. And that in turn may conveniently be divided into two main classifications: one, manual manipulation and corrective maneuvering of the patient's body by the physician; and, two, various forms of physiotherapy. The two are often, though

not always, combined, depending upon the doctor's best judgment; and at certain points their effects overlap. In cases where their combined effects are required the doctor will use both; in other cases, the one or the other may be all that he deems necessary. But in either case, he has, in his "two good hands"—and his excellent training in the correct application of his therapeutic manipulations and maneuvers—and in the application of one or more of the various physiotherapy modalities he may think required, a battery of many of the best means and methods ever devised for enhancing the circulation, improving the nervous system and favorably influencing the vital organs and their functions.

We have not thought it necessary, in view of the wide general knowledge people now have about the many forms of physiotherapy, to enter into any detailed discussion of the many different types of physiotherapy apparatus or of the multiplicity of uses of such equipment. Nor have we thought it desirable in a work of this kind to launch into a dissertation on the respective merits of each. We therefore end this treatise with the simple statement that it is his possession of so many different means and methods, of so much training, experience and skill in their use, and of his sound understanding of the most basic and time-tested principles of the art of healing which make your naturopathic doctor one of the most versatile of physicians and the excellent general practitioner that he is.

**Editor's note.** The foregoing article is made up of excerpts from a booklet, **Introduction to Naturopathy**, published by the Oregon Association of Naturopathic Physicians, 2627 North Lombard St., Portland 17, Oregon. A copy of this interesting and informative booklet may be obtained from the foregoing or from your local naturopathic physician.

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(Mr. and Mrs. John Doe)

cc: School Board Director(s)  
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New Member

## SPECIAL BULLETINS

- 1—For the first time in its history the National Health Federation will hold an Eastern Convention.
- 2—This convention will be held in Washington, D.C. the last two days of September and the first day of October this year, 1962.
- 3—Those attending are assured of a very fine program, because Clinton Miller, our Washington Representative, is in complete charge of the program arrangements.
- 4—The September issue of the Bulletin will carry the complete program.
- 5—We urge our members to plan now to attend, as we desire to make a good showing at our nation's capital.
- 6—If a sufficient number of our members advise the Washington office of their desire to visit Mount Vernon and other historic sites, we will arrange special excursions for the day preceding the convention. If such is to be done, it is important that you write very soon to the N.H.F. Washington Office, 1012 14th St. N.W., Washington, D.C., to the end that proper planning may be done.
- 7—Any of our readers who desire a copy of the 132-page report of the hearings on the Mass Immunization Bill, H.R. 10541, can secure one by sending one dollar to the N.H.F. San Francisco Office. We have only 500; so first come, first served.
- 8—The National Health Federation continues to grow in numbers, power and influence. You have made it so. The Los Angeles County Health Federation now has over 2,000 members and the organization has pledged that it will add 2,000 to that number by December 31 this year, 1962.