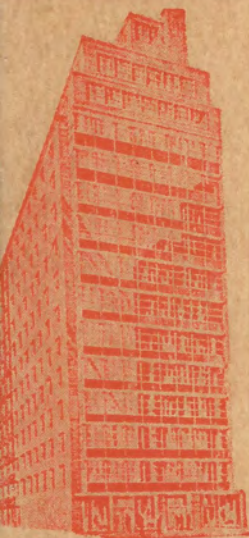


National Health Federation



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

CONTENTS

<i>FAMILY CIRCLE</i>	Page 3
<i>N.H.F. CONVENTION NOTES</i>	Page 4
<i>ADVERSE PUBLICITY BILL</i>	Page 8
<i>CONVENTION "THANK YOUS"</i>	Page 9
<i>REPORT OF WASHINGTON COUNSEL</i>	Page 10
<i>WASHINGTON NEWS</i>	Page 14
<i>FLUORIDATION BILLS</i>	Page 16



AMERICANS CRUSADING FOR BETTER HEALTH

Volume VIII — Number 3

March, 1962

BULLETIN

WASHINGTON OFFICE A BUSY PLACE

Your editor, pro tem, is happy to report that Clinton Miller, acting as Assistant to the President of the National Health Federation, and in charge of the Washington office of the Federation, has already made himself heard in many high places in our National Capitol.

We agree with all who have met him—to know Clinton Miller is to have confidence in him and to recognize his integrity, strength of character, courage and know-how. The result of his less than six weeks on the job is a deluge of requests from Congressmen and Senators, asking for information regarding health bills and/or regulations having to do with the well-being of the people. Unfortunately, Mr. Miller does not have any office help. An efficient secretary would permit him to almost double his effectiveness—and that would be a bargain for all of us. We are informed that such a secretary, in Washington, would cost about \$5,000 a year. As a former secretary in Washington, D.C., your editor, pro tem, can strongly attest to the value of a capable office secretary in that city.

MEMORIAL

So many have been sending in funds in memory of Mrs. Hart we are taking it upon ourselves, because we are sure it would be the wish of Mrs. Hart, to place such donations in a special fund to help hire a secretary for the Washington Office.

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New Federation Pin



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

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

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

Red and Green Lights

In connection with Federal Legislation we are trying to designate good and bad legislation by the use of Symbols, such as red light legislation and green light legislation.

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

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

The NATIONAL HEALTH FEDERATION BULLETIN

VOLUME VIII
NUMBER 3

Adventures on Health Frontiers
Published Monthly

MARCH
1962

The Family Circle

By Don C. Machan

The National Health Federation is made up of people who, in the main, consider themselves as part of a team—a vast team, if you please, working toward certain well-defined objectives in the field of health.

Whereas teamwork is a dominant factor throughout the membership, so is it a part of the operating philosophy of the staff. Teamwork means rising to a need, filling a "gap," "covering a base" for a member who has been temporarily prevented from fulfilling his usual tasks.

Thus it is that this month's Family Circle is written by a member of the team "filling in" for the man who created not only this feature, but who certainly may be credited with being, more than any other single person, the "father" of the organization itself, and of the organization's journal — The N.H.F. Bulletin.

Of course I mean our president—Mr. Fred J. Hart—the inspired human being who has given the biggest part of his long, active life in the service of others. He has made many important contributions to the citizens of California and the nation—in diverse fields—and he still is making a contribution.

Nearly a quarter century ago, after retiring from a career in agriculture, radio and publishing, he decided to use the remainder of his life in causes close to his heart. And so he became the guiding spirit in a non-profit organization which pioneered the electronic theory of

medicine—the Electronic Medical Foundation—which he served as the \$1-a-year president. And subsequently, as a founder and the \$1-a-year head of N.H.F.

A man does not do these things, of course, without the assent of his family. And Mr. Hart had that assent, that depth of understanding on the part of his mate of a lifetime, Eva Hart, and their daughter, Margaret (Mrs. Gordon Packard).

Today, Mr. Hart's family circle is broken. On the afternoon of January 26, 1962, at the age of 76, Eva Hart gave her spirit into the Lord, and has joined that vastly larger family circle. Last rites were conducted January 31 in the First Baptist Church of Salinas, Calif., and the body was laid to rest in the Oak Hill Memorial Park Mausoleum, San Jose.

Mrs. Hart had been in gradually failing health since a fall about two years ago. In recent months it became necessary for Mr. Hart to spend most of his time at home so he could be with her. He set up an office at home and from there carried on considerable work in connection with Federation business.

Early in January, Mrs. Hart contracted flu. Her condition worsened and finally it became evident that her time had come.

On a beautiful afternoon at the end of January her soul was committed to the Lord whose Word she had followed throughout her life. Fred and Eva Hart met during a conference of Christian

(Continued on next page)

young people half a century ago. She taught Sunday school classes for many years and was active in other phases of Christian work. During the years they operated radio stations she was an active partner in the business.

The kind of life she led was attested by the massive floral display at the service. And many others, knowing there would be many flowers from many friends, have remembered her passing in a different way—a way they know Mr. Hart appreciates—memorial gifts to the National Health Federation. This method of memorializing the passing of loved

ones is coming more and more into favor with N.H.F. members, it might be added.

Thus it is that the space this month is being written by a friend and associate. And we of the San Francisco and Washington offices know that you, the members, scattered across the length and breadth of this fair land and even in other countries, join in an expression of deep sympathy, coupled with abiding faith that He who is the greatest comforter will ease the burden which this separation cannot but cast on the heart and in the life of our beloved president, Fred J. Hart.

N.H.F. Convention Notes

By DON C. MACHAN

SAN DIEGO, Calif.—In an atmosphere distinguished by pleasant and functional service and accommodations at Hotel El Cortez, and marked by the fellowship generated when people with a common interest meet to discuss and learn, the seventh annual meeting and convention of the National Health Federation came to a successful conclusion January 1.

Paying tribute to those whose efforts made the four-day conclave a success, President Fred J. Hart declared: "It is a source of continuing satisfaction to work with dedicated individuals such as comprise our membership.

"These meetings always bring forth new personalities in the field of health, and provide a gathering place, too, for the stalwarts who are with us year after year, contributing their talents and knowledge and the benefit of their experience.

"All of us thoroughly enjoyed the spacious, modern facilities and the friendly, helpful service by the hotel staff of the El Cortez. And all of us appreciated the time given by the outstanding group of speakers, each of whom brought a message of vital importance. We are grateful to all who helped in arrangements, to the exhibitors, and to those who made it a point to attend."

On the opening day more than 100 persons made side-trips and enjoyed lunch at two nearby health resorts. Some went to Dr. Bernard Jensen's Hidden Valley Health Ranch, some to the Szekeleys' Rancho La Puerta in Tecate, Mexico. Meetings of the board of governors were held, results of the election of new members announced, and other business transacted.

Also introduced was Clinton Miller, 39-year-old Bountiful, Utah, baker and health food specialist, who has been named assistant to the president, and will be in charge of the Washington office.

Address by Jensen

"The Natural Approach to Health" was the subject of an address Friday evening by Dr. Jensen, who declared, "We haven't learned that people are more important than things, we haven't learned how to get along with our neighbors.

"I wonder if we'll ever realize we must get close to the earth, close to each other, and learn where our responsibilities lie? The more good you have, the more alone you go."

Observing that "we have a physical, spiritual and emotional body to work with," Dr. Jensen recalled that Ger-

many's Adenaur "climbs mountains at 84; India's Nehru plays tennis at 72; Truman takes long walks every morning.

"The work we're going to do depends on our health. We cannot do a good job if we lack good health. There is no substitute for right-living, no substitute for good food. The person who has a real problem is the one who is not at peace with himself. We know the mental thing causes desperate complications in our lives . . . And we know mental problems very well may originate in unbalanced diet or result from a metabolic breakdown. Experiments with animals have revealed that mental apparatus has broken down following an enforced deficiency diet. We know that for mental stability we must have iodine, manganese, phosphorus, sulphur."

Dr. Jensen advised "it is natural to leave the table just a little hungry, it is natural to be hungry at mealtime."

Speaking on the necessity for ultra-violet rays, he told of one man whose arthritis symptoms disappeared after he changed glasses for a type which permitted 99 per cent of the ultra-violet rays to enter.

"We need knowledge," he continued. "We need a health department getting out bulletins telling people how to prevent disease instead of take care of it. We need something more than guided missiles, we need guided men!"

Roundtable sessions were conducted by Ethel Adler and J. T. Clark, nutrition; Clinton Miller, organization; Laura Talian, pesticides; Dr. John E. Waters and Robey Day, pure water; Phil Arena, organic growing; Andrew Kerr, honey; Betty Morales, food additives; John E. Olson, M.D., mental health.

Tuckey Speaks

"The Place of Hydrochloric Acid in Your Diet" was the topic of a repeat lecture by Dr. E. Hugh Tuckey. The lecture has been so popular it was reproduced and made available by National Health Federation.

Dr. Tuckey says that in his years of practice, lack of HCL has been found to

be the cause of many health problems.

"Insufficient hydrochloric acid means proteins taken into the stomach are not properly broken down and prepared for the next phase of digestion, nor are the acid-fast bacteria destroyed," he asserted. Lack of HCL means food remains too long in the stomach and then begins constriction of the pyloric valve. Bloat, gastric distension follows.

"An insufficient amount of HCL in the stomach results in a change in liver and pancreas function, and then the glandular system is affected.

"When the suprarenals are malfunctioning, people are tired and anemic," Dr. Tuckey said. "Unless we have a normal function in the first stage—the stomach—it makes little difference if we eat organic foods. Ingested food which stays too long in the stomach becomes a poison."

The speaker said a gas-filled stomach brings pressure ultimately upon the heart, since "the gas must go somewhere." He said he has "seen hundreds of cases diagnosed as cardiac cases, and when given hydrochloric acid tablets the symptoms disappeared in five minutes."

He said most people with marked deficiency of HCL "have too high a starch intake. Many vegetarians are so affected."

Address by Dr. Lee

"The Iron Curtain in Nutrition" was the subject of an address by Dr. Royal Lee who cited example after example of suppression of nutritional information, starting in the days of the late Dr. Wiley, father of the Food and Drug laws, who finally quit government service in disgust because economic pressures from food processors interfered to an extent he did not believe he was effective in protecting the public health.

Dr. Lee (whose address, along with the others at the convention was taped and is available from Merle Enterprises, Box 145, Lombard, Ill.) told of experiments with cats which developed arthritis when fed pasteurized milk, "even with meat." This information has been published in

(Continued on next page)

medical journals, yet official government agencies state that science has not discovered the cause of arthritis. The cats also lost their teeth, developed liver diseases, gall bladder disease.

"If you eat natural foods you don't have diseases. There are said to be 22 million arthritics in this country. Once the bones are deformed, the deformity cannot be restored but the pain can be relieved . . .

"There are 750,000 deaths a year from heart disease, which in India and China is as rare as scurvy is here. Bleached flour pancakes, corn syrup and oleo bring on cancer. So does rancid oils . . . Refined sugars bring on calcium deficiency, and calcium deficiency is found in polio." Dr. Lee said sea water is "the best source of calcium."

Talks on Mental Health

The Saturday evening program was devoted to two addresses on the mental health problem. Mrs. Georgianna Elliott of Sacramento, Calif., described the case of Lt. Col. Leonard A. Gamage who was forced to take 15 shock treatments in an Air Force psychiatric ward. Col. Gamage has brought suit against those responsible, claiming he was in excellent physical and mental health and that the treatment was given to discredit him. Mrs. Elliott took an interest in the case after reading about it in newspapers and has assisted and encouraged him in pursuing legal adjudication.

"Mental Health, Its Implications," was the subject of an address by John E. Olson, M.D., Glendora, Calif., physician, who spoke on the basis of personal knowledge of injustices perpetuated by unscrupulous individuals upon unfortunate victims—people confined to mental institutions without proper justification.

Shields on Radiation

Radiation was discussed by Dr. Ivan Shields, plant pathologist, who tended to minimize the dangers to humans, although acknowledging that the number of microcuries "safe or not safe" is not known.

"Someone has said 30 is the low level. The highest reading we've ever gotten

was in 1958 when the U.S. bomb tests were completed."

Dr. Shields said that "in April or May, during the spring rains, I'd be very careful about eating unwashed leafy vegetables." This is when fallout from the Soviet tests will descend with precipitation.

The scientist put a Geiger counter to the microphone, counted the per-minute radioactivity. Of the 51-57 particles detected in 60 seconds, five per cent came from fallout, the remainder from rays penetrating the building from space, the ground, sky, cosmos.

"Mother Nature has seen to it that we can take a certain amount," he said. "Certain cells become ionized and cannot reproduce, but other cells take their place. Despite the fact we have been bombarded by cosmic rays and X-rays over the years we are not radioactive.

"Rays go through you, and there may be some damage. The same is true with food or water. We think of fallout as dust. This dust can settle on buildings, food, soil, water. If you eat or drink of it you can have some inside you, and for that period you are radioactive."

Holding a banana next to the counter he counted the radioactivity. Then he smeared some radioactive dust in water solution on it, and the increase in radioactivity was apparent. He peeled the banana, revealing it had not penetrated, and by peeling (or washing) could be removed.

When fallout dust is absorbed through a plant's roots, its radioactivity cannot be removed, he pointed out.

"About 2% of the fallout in an atomic blast is strontium," Dr. Shields went on. "A plant growing in the soil picks up half the amount that fell there. A cow eats the plant. She takes half of the 1% the plant took. You drink the milk and you get 20% of the 2%, so you get it about 100,000 times reduced. There is a process by which about 95% of radioactive substance may be removed from milk.

"Radioactivity remains active in bones to 27 years. There are indications it in-

creases the danger of leukemia. The amount of leukemia is now twice what it was in Nagasaki before the blast. Leukemia doesn't show up immediately, five or 10 years may elapse after exposure. It has increased from 10 per 1,000 persons to 20 per 1,000.

"High calcium in the diet permits the body to take calcium instead of strontium, so keep your calcium content high."

Fluoridation Waters' Topic

Fluoridation was discussed by John E. Waters, D.D.S., San Diego, who was instrumental, along with a few others, in removing fluorine from the city water supply several years ago.

"Since November, 1960," he told the convention, "about nine out of 10 communities voting on fluoridation have rejected it."

He urged those campaigning against it to avoid charging it is "part of a Communist plot, and rat poison."

"It is an unscientific form of mass medication, and an effective case can be presented on this type of evidence," he asserted. "If someone handed you a handful of aspirins and said, 'take some yourself, give some to your children, your husband,' etc. etc., what would you think? **Yet this is precisely what they do when drinking water is fluoridated.**"

Dr. Waters told of the discomfiture of dentists, PTA, Chamber of Commerce "and other misinformed groups "who beat the drums for fluoridation in Riverside, Calif. The health officer, after examining their water supply, had to report it **already contained the recommended amount of fluorine in natural form.**"

Vann on Oral Health

Dr. John Vann of North Hollywood presented an illustrated lecture in support of his contention the mouth reveals the degree of health or disease within the body.

"The only way to make a successful examination of the body is through the mouth," he asserted. "If you have bleeding gums, remember your intestinal tract

is of the same structure." Since cooking kills enzymes, he urged people to "cook as little as possible. Beets, cauliflower, broccoli, carrots should be eaten raw. You'd be surprised how much better you'll feel!"

Dr. Chatterton Speaks

Glandular health was discussed by D. B. Chatterton, D.D.S., a young dentist who went to study with the Page Foundation in an effort to find an answer to his own diabetes.

"There is only one degenerative disease—and that is deterioration," he declared. "Most doctors and dentists treat symptoms, not because they want to but because they know no differently.

Dr. Chatterton listed the body processes that support life as follows: Brain (the subconscious one controlling metabolism, heart-beat, etc.), digestive system, respiratory system, circulatory system, endocrine system, body cells.

"Into the digestive system we put food and water, into the respiratory system we put air or oxygen. Food is absorbed from the walls of the intestine, meets with air and is carried by the blood to all parts of the body. When we are born, if this system is made perfect, and if we follow through with proper food, water and air, we have the greatest chance to live long without disease.

"Cells have certain nutritional requirements that must be met. If they are unable to get what they need, distorted function results. An improper supply of food or foreign substances in it such as chemicals that don't belong there, can mess it up.

"Nutrition to me means not the food one eats, but the food, **plus its utilization.**"

"Known steps which we can recognize as leading to degeneration include nutritional deficiency, tissue depletion, biochemical imbalance, altered function, anatomical lesion. Tooth decay is lesion—or death of tissue—and ulcer is lesion.

"As a borderline diabetic a few years ago, and losing a brother at 46, I became interested in learning what I could about my own body. I went to study with Dr.

(Continued on next page)

Page. I am happy to report that I have completely recovered from diabetes. Sugar metabolism was my problem, not insulin. I had a hormone deficiency in the sex glands.

"The thyroid and pancreas are easy glands to study. I know of cases under Dr. Page who lowered their blood sugar 1,100 milligrams per cent by use of tiny doses of hormone. The chemistry supplied by the glands needs balance. Dr. Page's research on diabetes indicates there is use for tiny doses of gonadal hormones, and other deficiencies should be made up so there is balance.

"Stresses, emotional and nutritional, have strained the adrenals. The pituitary gland often needs support. Support the pituitary and adrenals properly and then the thyroid can be given the tiny support it may need. I put a woman on Protomorphagen for the pituitary and adrenals and she has gone off the additional amounts of thyroid she was taking.

"If we're going to treat the endocrine system, we must look at the entire picture. If there is a calcium metabolism problem it is an endocrine problem. I'm a dentist and I take people with dental problems."

Dr. Chatterton told how his 16-year-old epileptic daughter has completely recovered since she changed her eating habits (at the same time he did upon his return from the Page Foundation.)

Although doctors had said she might grow out of the condition during her adolescence, an electroencephalogram revealed her condition was worsening.

"She agreed to try what I suggested. We studied her endocrine pattern, made the necessary dietary changes. It has been two years ago since last Christmas that she had her last dosage of drugs. Six months after she went off that medication and onto the new program, she applied for a driver's license. At the request of the state, a complete physical was given the girl and she passed with flying colors."

Dr. Maurice Speaks

An "Eye Witness Account" of the A.M.A.-sponsored "Quack Congress" in

Washington was given by Harold Edwards. Dr. Frank C. Maurice, president of the California Chiropractic Association, spoke on the topic, "Drugless Healing—What Now?" He lauded the National Health Federation and Mr. Hart for the work being done toward neutralizing attempts to curtail freedom in the area of treatment. Dallas Roquemore, attired in a buckskin suit and coonskin hat reminiscent of Davy Crockett days, spoke on "A Real Survival Program."

Monday morning the President's Breakfast was held, at which pledges for the work in 1962 were taken, as well as cash contributions. V. Earl Irons presided. Later in the morning Eva Maloney brought a message from Natural Food Association. The afternoon session included a report from Charles Pratt, Washington counsel, and an address of Congressman David S. King of Utah.

Adverse Publicity Bill Introduced

On page 13 of this issue you will find the complete text of H.R. 10058, as introduced by Congressman David King of Utah, on January 5, 1962.

Although the bill, as introduced, closely resembles the tentative bill we printed in the January issue, we held up our submission of material to the printer in order that you might have the number and correct wording of the bill. Great credit is due Congressman King in getting the bill introduced so promptly, and to Clinton Miller, our Washington Representative, for riding herd on the matter and getting the bill to us in time for this issue.

It was the intention of Mr. Hart, your regular editor, to set forth the reasons for this bill in considerable detail in this issue. Due to the illness and death of Mrs. Hart a few days ago you will understand that a complete argument for the bill, and proposed procedures to effect its enactment, must wait until the next issue of the Bulletin.

Convention Thanks Many

Comments from convention-goers were many and lavish in their praise of the extraordinarily commodious facilities and service provided by the El Cortez Hotel and staff. Mr. and Mrs. Lee Anderson, who have been making conventions across the country for years, summed up what apparently was an unanimous opinion: "Exhibitors never had it so good! Accommodations for exhibitors are tops, fabulous; the hotel convention kitchen and delivery facilities are ideally located and equipped for those requiring such facilities for food preparation."

Many persons assisted with convention arrangements, including Charles Crecelius of Monrovia, Robey C. Day, Dr. R. J. McBride, Phil Arena, Mr. and Mrs. Warren Cook, and members and officers of the San Diego County Health Federation. The Cooks were in charge of a New Year's Eve party at which natural and unsprayed foods were served. Assisting were Mrs. Bonnie Brown, Miss Ellen L. Adams of Tropical Queen Distributors, Inc., Mr. and Mrs. Arena, Glenn Conover (Tilamook Cheese), Mrs. Eva Maloney (Foods for Life), Hunza House, Escondido, Jaffe Bros., Phil's Organic Products, Loma Linda Foods, H. E. Hanafin (Escondido Health Food Center), Pleasant House of Natural Foods, Mrs. Ethel Adler of Organic-Ville, Mrs. C. Beling, Mrs. Howard Burk, Mrs. Ferne Cathcart, Mrs. Sarah Herald, Dr. Dulcia Hinshaw, Mrs. Emil Keller, Mrs. J. Kulpinski, Mrs. Anna Lamb of Wichita, Kans., Mrs. Fern Lasser, Miss Helen Mac', Dr. and Mrs. H. J. McBride, Misses Julie and La Vera McLain, Mrs. Virginia Page, Mr. and Mrs. Charles Patterson, Mrs. Mildred Richards, Mrs. Mabel Walden and others.

YOUR CAMPAIGN KIT

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

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

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

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

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

Summary Report of Charles O. Pratt

N.H.F. WASHINGTON COUNSEL

San Diego, California—Annual Convention of the National Health Federation—December 29, 1961 - January 1, 1962.

Your Washington Counsel, at the request of the President of the National Health Federation, makes this brief summary report of the legal and legislative work rendered during the period of January 1 through December 31, 1961.

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

The Edifice of Constitutional American Liberty

The foresight and determination of men like George Mason and James Madison established our Central Government as one of limited powers and emphatically affirmed this position with the Tenth Amendment to the Constitution of the United States, which provides:

The powers not delegated to the United States by the Constitution, nor prohibited by it to the States, are reserved to the States respectively, or to the people."

In section 15 Mason contends:

"That no free Government, or the Blessing of Liberty can be preserved to any people but by a firm Adherence to Justice, Moderation, Temperance, Frugality, and Virtue, and by Frequent Recurrences to Fundamental Principles."

George Mason's Declaration of Rights is particularly significant because its principles, in large measure, serve as the basis for the Declaration of Independence, the Constitution, and its Bill of Rights, and most State Constitutions.

Drawing upon the Bible, and the experience in government of civilized nations and applying those precedents to a new theory of government "of the people, for the people, and by the people," George Mason and his co-workers

provided for us the priceless principles of constitutional liberty in a unique system of private enterprise. In a brief span as compared to the 900 years of the City-State of Athens, or 400 years of the Roman Empire, we have become both the richest and the freest nation of the world.

All of this heritage is now threatened from without by the forces of Communism, armed with nuclear weapons, and at home by those who would abandon the ancient landmarks, set by our forefathers, and take us down the road to socialism. We may survive a nuclear attack. But we cannot survive, any better than Athens and Rome, moral degeneration and the abandonment of fundamental principles. For as Daniel Webster said:

"Who shall reconstruct the fabric of demolished government? Who shall rear again the well proportioned columns of Constitutional liberty? Who shall frame together the skillful architecture which unites national sovereignty with States rights, individual liberty, security and public prosperity? No, if these columns fall, they will not be raised again. Like the Coliseum and the Parthenon, they will be destined to a mournful, a melancholy immortality. Bitterer tears, however, will flow over them, than ever were shed over the monuments of Roman or Grecian empires; for they will be the remnants of a more glorious edifice than Greece or Rome ever saw, the edifice of Constitutional American Liberty."

Your National Health Federation is one of America's Bulwarks of Freedom—freedom of the individual and the constitutional right of the people to inquire into all the methods of the healing arts professions. Freedom to gain and maintain good health. Freedom to buy, sell and use all kinds of foods — natural or processed as the individual may choose. This freedom does not mean the right to

impose upon the people any particular kind of health food or health care.

The National Health Federation was founded upon the fundamental principle that the citizens of the United States have been granted the freedom of choice in health care.

NHF believes that the freedom in the choice of health care carries with it the responsibility of not disobeying the letter or spirit of the constitutional laws of our land. However, this freedom does carry the philosophy that all our citizens have the right and the duty to work for good health laws and to oppose health laws that are unreasonable or monopolistic in nature and purpose. NHF will encourage the rights of health food stores to sell good health foods for dietary purposes only.

Washington Counsel's Services to NHF

Your National Health Federation, in furtherance of its broad principles of freedom in health care, established several years ago the Office of the Washington Counsel and assigned him legal, legislative public relations and judicial duties to perform.

Legal Services

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

Legislative Work

Your Washington Counsel has worked closely with your President, Mr. Hart, in studying legislative and Congressional

Bills introduced at the request of special interests which Bills, if enacted into law, would be unreasonable, and in some cases dangerous to the health rights of the people.

At times it has been necessary to oppose certain provisions in legislative Bills. NHF has been successful in opposing many unreasonable legislative proposals in Congress and in State legislatures.

It is not enough to oppose unreasonable laws; it is necessary to propose legislative provisions to protect rights that already exist. NHF has always been available to advise and assist the several kinds of professional organizations to broaden their professional rights in the healing arts professions, particularly the chiropractic profession. NHF has sponsored health laws, including the color additive law.

Your Washington Counsel has worked on legislation dealing with laws which would amend the Federal Food, Drug and Cosmetic Act. NHF worked for the passage of the Food Additives Law which was passed for the purpose of eliminating from food or drug products any ingredient that was carcinogenic or which was not generally recognized as safe.

NHF has encouraged the passage of the Hazardous Substances Act which was passed for the purpose of protecting the public from all kinds of dangerous chemical products that are on the household shelves today.

Public Relations Work of Washington Counsel

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

Recently, your Washington Counsel attended the much publicized Congress on (Continued on next page)

Medical Quackery held in Washington, D.C., under the joint sponsorship of the American Medical Association and the U.S. Department of Health, Education, and Welfare. This meeting appears to reveal the awareness of the strength of organizations fighting for freedom in health matters.

In addition to the above, your Washington Counsel attended several meetings held in Washington under the sponsorship of the U.S. Secretary of the Department of Health, Education and Welfare, to study food and drug matters under the guidance of the Federal, Food and Drug officials and the Food Law Institute.

The attendance of such meetings was for the purpose of gaining more knowledge in the health field and in getting better prepared to advise members of the National Health Federation and its officials on the interpretation of present laws and on the intended effect of proposed laws in food, drug and health matters.

Congressional hearings in the drug field were attended, especially the Kefauver Committee Hearing on the investigation into the monopolistic activities of the drug manufacturers and their influence on medical articles in medical journals.

Your Washington Counsel has advised with the NHF Washington Representative on numerous bills introduced into Congress which were sponsored by the National Health Federation. In Pennsylvania your Washington Council worked with others in successfully opposing legislation that would restrict the sale of dietary food supplements to drug stores or to doctors of medicine.

Federal Jurisdiction of Food, Drug and Health Laws

Congress has placed the jurisdiction over food, drug and health matters in the U.S. Department of Health, Education and Welfare, the Federal Trade Commission and the U.S. Post Office Department. Your Washington Counsel has worked closely with the said Departments to cooperate with them in the

urging of the passage of good health bills and in opposing bills that seem to be unfair, unreasonable, and to have little or no relationship to the aim for the protection of the public health.

New Horizons in NHF Health Programs

As was stated by your Washington Counsel in his report at the Peoria Convention of the National Health Federation, the American people are witnessing New Horizons in the health field.

NHF is concerned with the new and tremendous problem of nuclear fall-out and its effect on food, grains and especially milk. New laws of protection against fall-out will be studied and passed. New methods of food processing to minimize the dangers from fall-out will be passed in Congress and state legislatures in the near future.

Miracle drugs will have to undergo more rigid and effective tests for safety against side ill effects.

Since a unified concept of environmental health has gained a lot of ground, and picked up supporters, during this past year, it is necessary that NHF take an important position to urge more study to protect the public against illness and diseases caused by environment, such as industrial chemicals in water and carbon monoxide from automobiles.

New laws to strengthen and to unify metropolitan health planning, industrial health, radiological health, air and water supply, food and milk protection are being drafted.

Department of Urban Affairs

It has been indicated that metropolitan health planning may be one of the central interests of the proposed Department of Urban Affairs. NHF will watch this legislation, because it may encompass federal control over local urban health problems under the direction of more centralized power, irrespective of local practical needs and the reasonable wishes of the local people.

The American people are beginning to understand that there is more to health care than the use of the so-called miracle drugs on the market, many of which

have been discredited by the medical profession, and the Federal and State Food and Drug and Health Departments. The New Horizons of Hope are gradually appearing for the recognition of those who wish to use and promote freedom in health care within the legal and moral rights under applicable laws and the Bill of Rights in our great Constitution of the United States.

In the future, with the help of the thousands of people in the National Health Federation, there may be established a U.S. Department of the Consumer, designed to enforce honesty and integrity in the market place.

As the year's program unfolds in 1962, your Washington Counsel will endeavor to keep the members of NHF posted on events in his report from Washington as set forth in articles in the National Health Federation Bulletin.

Remember, your National Health Fed-

eration will grow in influence in the health field in proportion to its worthy aims and purpose to protect the public health and the individual and collective rights of all those seeking reasonable health rights. NHF will grow because there is a great need for its guidance and direction in health freedom problems. The program of NHF is positive in nature and purpose. NHF will serve as one of the bulwarks of freedom against tyranny in health matters.

In closing, I wish to say that it has been a pleasure working with the officials and members of NHF to carry out a worthy program, stupendous in the light of the ignorance of the value of natural food, good balanced diet, and the value derived by the people from all the healing arts professions operating within their legal rights.

NHF will serve as the forum for the presentation of health needs and rights.

87TH CONGRESS

2D SESSION

H.R. 10058

IN THE HOUSE OF REPRESENTATIVES

FEBRUARY, 5, 1962

Mr. King of Utah introduced the following bill; which was referred to the Committee on the Judiciary

A BILL

To amend the Administrative Procedure Act, to prohibit Federal agencies from issuing prejudging public statements on pending cases.

1 *Be it enacted by the Senate and House of Representatives of the*
2 *United States of America in Congress assembled, That section 10 (e)*
3 *of the Administrative Procedure Act (5 U.S.C. 1009 (e)) is amend-*
4 *ed by inserting at the end thereof the following new sentence:*
5 *"Where the reviewing court determines that, in the course of the*
6 *agency proceeding leading to the agency action being reviewed, the*
7 *agency issued or released any public statement tending to discredit*
8 *any party to, or subject matter of, the proceeding, the court shall*
9 *regard such statement as constituting a prejudging of the issues and*
10 *may set aside any agency action against such party, or enter any*
11 *other appropriate order."*

MARCH, 1962

NATIONAL HEALTH FEDERATION BULLETIN

Fluoridation and Congressman Walter S. Baring (D) of Nevada

By CLINTON R. MILLER

5 FLUORIDATION BILLS (3 Green Light—2 Red Light)

Dynamic leadership of Ernest R. Anderson and J. Robert Proctor, president and vice president of the Greater New York Committee Opposed to Fluoridation (342 Madison Avenue, New York 17, New York) has resulted in discovery of a statesman in Congress around whom we can rally our fluoridation forces. He is **Hon. Walter S. Baring** of Nevada. Nevada has twice as many senators as representatives. Because Mr. Baring has to represent the entire State of Nevada as its only representative, it is important that we do not clutter up his mail with letters that will take the time of his limited staff. Direct any questions and correspondence to the Greater New York Committee (see address above) and they will act as the go-between, thus saving the time and energy of Rep. Baring.

You do not need to worry about Mr. Baring weakening, or being intimidated, or bought out, or silenced. He is 100% American, fearless, respected, and as solidly opposed to fluoridation as any man in America. His speech in Congress on Sept. 27, 1961 is the most important political statement on fluoridation of this decade. It is available from the Greater New York Committee and from Miss Vera Adams, 342 Madison Ave., New York 17, N. Y., National Committee Against Fluoridation, Inc., 1311 G St., N.W. Washington 5, D.C. When you send for this speech, ask for their lists of reprints and articles on fluoridation so that you may have dignified, factual literature to enclose with the letters you send to your congressmen.

SEALS

You may wish to get seals from the N. Y. Committee to put on all correspondence. It looks good side by side with the N.H.F. stamp. I put both of them on all letters I write to everyone. Your local N.H.F. chapter can buy 25 of these

sheets at 10¢ per sheet (\$2.50). Send your order and money to Greater New York Committee, 342 Madison Avenue,



New York 17, N. Y. You can sell them at chapter meetings. They should be on all our mail until the last city in America has discontinued fluoridation.

5 FLUORIDATION BILLS (3 Green Light—2 Red Light)

HOUSE RESOLUTIONS 514, 515, 516,
(BARING (D), NEVADA).

GREEN LIGHT BILLS

House Resolutions (H.Res.) were chosen to launch the anti-fluoridation campaign for the following reasons:

1. A House Resolution is strictly a House matter. At present we have no identifiable opposition to fluoridation in the Senate. We have strong opposition in the House. When this resolution is passed, the Senate can do nothing to change or kill it. It is not submitted to the Senate.

2. A House Resolution does not have to be signed by the President to become effective. The President can do nothing to change or kill it, other than persuasion, etc. He cannot veto it. We have just two steps:

- A. Favorable committee action.
 - B. Favorable House action.
- Concentrate on H. Res. 514 and H. Res.

NATIONAL HEALTH FEDERATION BULLETIN

516. Write to all your congressmen (not senators) and request that they give you a "yea" or "ney" answer. When you get a commitment of support, notify the Greater New York Committee and your N.H.F. Washington Office at once. Flood your representative with firm and informative letters on these two resolutions. Tell him that he should support Rep. Baring. Include high-level, non-emotional literature with all letters, if you have such. The minute we have 219 of the 437 congressmen committed to you, their constituents, we will pry the resolutions from committee and get a house vote on it.

If things are quiet in your city or state, use your opportunity to attack. This is the first time in the history of fluoridation that there are more bills in Congress against fluoridation than for it. Let's "do" in '62!

* RED LIGHT BILLS (STOP THEM)

S (917) (Hill, Ala.) and H.R. 4742 (Harris, Ark.) are identical bills. S 917 is the bill to write to your senator about. H.R. stands for House of Representatives, and instructions are ditto to green light bills. Rep. Baring of Nevada warned Congress that these bills will authorize money to accelerate the high pressure fluoridation program of the U. S. Dental Public Health Division.

While the bills say nothing for or against fluoridation, unless we amend the bill to preclude the use of funds for this purpose, there is no doubt that they will be spent this way. Warning: Don't prejudice your congressman because he has not voted right in the past. Work hardest with those that need it most. Tell your congressman to contact your N.H.F. Washington office, R.Epublic 7-2333, at 1012 - 14th St. to support our amendment on S 917 and H.R. 4742 to preclude fluoridation.

(Editor's Note: *Green Light Bills are good bills and Red Light Bills are bad ones.)

CAUTION LIGHT BILLS

Whole fish flour bills. H.R. 9102 (by

Rep. Hastings Keith of Mass.); H.R. 9101 (by Rep. Pike of New York); H.R. 9331 (by Rep. St. Germain of Rhode Island). These three bills are identical. They have only one paragraph. It says:

"No processed seafood product shall be deemed to consist of any such substance or to be otherwise unfit for food because such processed seafood product is derived from whole fish, provided such product is processed under sanitary conditions and after processing is nutritious and in no manner harmful to the health of consumers thereof."

Washington offices advise yellow light (caution). Don't be too quick to parrot F.&D.A. charge that whole fish flour would be objectionable "aesthetically." George P. Larrick says it should be classed as "adulterated" because of the inclusion of "filth." The issue is whether or not certain parts of a fish in a ground product constitute "filth." Are the head, fins, digestive tract, tail, etc., of a clean fish "filthy"?

Some of our members have asked that we take immediate red-light action to oppose any standard that would allow the whole fish. Our investigation indicates that there are two sides to the problem. We urge all interested members to write Hon. Hastings Keith of Mass. and ask him for a copy of his remarks on fish flour given June 19, 1961.

The charge of "filthy" has been used quite freely by the F.&D.A. against clean raw milk, organically produced foods that are not washed in solvents, raw vegetable juices, compost, etc., etc. Already identified in opposition to whole fish flour standards are the milling industry, and other special interests who belong to the Nutrition Foundation (see Nov.-Dec. '61 Bulletin, p. 27). Some nutritionists advise that the head, organs, etc., of animals and fish, properly processed under sanitary conditions are, in fact, superior to the fleshy cut or fillet, i.e. liver, kidney, heart, brain, bone meal, gelatin (hoofs), etc. Move cautiously before lining up with the F.&D.A. and the refined food interests in this matter.

H. RES. 514

IN THE HOUSE OF REPRESENTATIVES

JANUARY 22, 1962

Mr. Baring submitted the following resolution; which was referred to the
Committee on Rules

RESOLUTION

1 Resolved, That there is hereby created a select committee to be composed
2 of five Members of the House of Representatives to be appointed by the Speak-
3 er, one of whom he shall designate as chairman. Any vacancy occurring in the
4 membership of the committee shall be filled in the same manner in which the
5 original appointment was made.

7 The committee is authorized and directed to conduct a full and complete
8 investigation and study of the problems involved in the fluoridation of potable
9 water for the purpose of determining whether the Congress should approve the
10 expenditure of Federal funds to promote or aid programs of mass medication
11 through fluoridation of this Nation's potable water supplies.

12 For the purpose of carrying out this resolution the committee, or any sub-
13 committee thereof, authorized by the committee to hold hearings, is authorized
14 to sit and act during the present Congress at such times and places within the
15 United States, exclusive of any Commonwealth or possession thereof, whether
16 the House is in session, has recessed, or has adjourned, to hold such hearings,
17 and to require, by subpoena or otherwise, the attendance and testimony of such
18 books, records, correspondence, memorandums, papers, and documents, as it
19 deems necessary; except that neither the committee nor any subcommittee there-
20 of may sit while the House is meeting unless special leave to sit shall have been
21 obtained from the House. Subpenas may be issued under the signature of the
22 chairman of the committee or any member of the committee designated by him,
23 and may be served by any person designated by such chairman or member.

24 The committee shall submit such interim reports on the results of its in-
25 vestigation and study as it may deem appropriate and shall submit a final report
26 to the House on or before December 30, 1962, of the results of its investigation
27 and study, together with such recommendations as it deems advisable. Any
28 such report which is made when the House is not in session shall be filed with
29 the Clerk of the House.

NOTE: H. Res. 515 provides funds not to exceed \$150,000 for expenses in con-
nection with H. Res. 514.

H. RES. 516

IN THE HOUSE OF REPRESENTATIVES

JANUARY 22, 1962

Mr. Baring submitted the following resolution; which was referred to the
Committee on Interstate and Foreign Commerce

RESOLUTION

1 Resolved, That it is the sense of the House of Repre-
2 sentatives that the Secretary of Health, Education, and
3 Welfare, in the administration of the laws of the United
4 States relating to the public health, should not approve any
5 program of a public or private agency to promote mass
6 fluoridation of potable water.

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

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Renewal

New Member

- 1—This is the first of the year and all dues are due for 1962, unless they have already been paid.
- 2—Many have already paid and the numerals after their names, as shown above, will end with the numerals 62 or 63.
- 3—It takes 30 days to process a name, so if you have sent in your 1962 dues within the past 30 days, ignore this plea for payment of dues.
- 4—Take a look at your address above and if the numerals do not read 62 or 63, your dues are due and payable.
- 5—Dues paid before June first can be paid at the old rate, thus saving \$2.00. After June first the regular membership dues will be \$5.00—so pay now and save money.
- 6—New members joining before June first can also join at the old rate of \$3.00 for a regular member.
- 7—We urge our members to read this issue carefully and write letters as suggested. 1962 is our year of opportunity. Let us make the most of it.