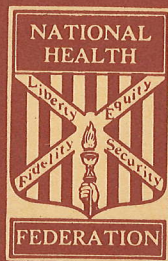
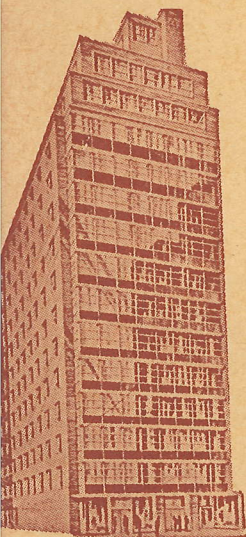


# National Health Federation



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## AMERICANS CRUSADING FOR BETTER HEALTH

Volume IX—Number 2

February, 1963

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

# BULLETIN



## Family Circle

By FRED J. HART

### A Special Investigation

At the annual meeting held in connection with the convention the Board of Governors appointed a special committee to thoroughly investigate both the legal and jail procedures which are said to have occurred in connection with the Hohense case. The purpose of the investigation is to ascertain the truth of what is said to have occurred during that trial, and to initiate any action the committee, after learning the facts, deems necessary to protect the civil and legal rights of individuals who happen, for one reason or another, to be arrested and tried in San Diego or any other county. In this connection it should be understood the National Health Federation does not defend individuals, but it does and will always insist that the civil and legal rights of individuals be protected and accorded to all individuals who are in trouble with the law because of their concern for their own health or that of the public.

Among matters the committee has ascertained to date is that all prisoners taken into custody in San Diego are sprayed with D.D.T. The formula used is one which states on the package: "To be used only on the order of and under the direction of a physician." The spraying in San Diego County is done by any jailor who happens to be in charge at the time, regardless of the instructions on the label mentioned above. The committee is now investigating the possibility of having a law introduced into the California Legislature (now in session) which would prohibit the spraying of prisoners with any toxic substance, and which would also provide that no spraying be done to a prisoner without his consent, and that in cases of emergency, where the prisoner objects, spraying

would be done only upon the orders of a doctor after proper examination and be done under his direction. This, roughly, is the thinking of the committee on this phase of the matter at this writing. The next issue of the *Bulletin* will inform you of the final action of the committee and procedures recommended.

### What Is the National Health Federation?

In this issue of the *Bulletin* you will find eight pages devoted to an explanation of what the Federation is, its purposes and its program for the year 1963, as well as its long-range plans, etc. After this issue is off the press, these eight pages will be reproduced in the form of an eight-page pamphlet, to be used by our members to secure new members or explain the plans and purposes of the Federation. The pamphlets will sell for four cents each in lots of ten or more.

### Convention Issue

The March issue will be devoted to the reproduction of some of the talks given at the convention, Washington Office activities, etc. The talk on fluoridation by Dr. Frederick Exner of Seattle was a masterpiece. It was not only factual, but logical and persuasive. It will be reproduced in the March issue. More and more the National Health Federation is being looked to for leadership by the majority of Americans who desire that their water supply be kept pure and who are opposed to its being used as a means of mass medication.

### The 1963 Program

Most of our members received in connection with their November issue of the *Bulletin* a complete statement of the proposed program for 1963. Each member was requested to number these pro-

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## The NATIONAL HEALTH FEDERATION BULLETIN

VOLUME IX

NUMBER 2

*Adventures on Health Frontiers*  
*Published Monthly*

FEBRUARY

1963

## N.H.F. EIGHTH ANNUAL CONVENTION

By DON MATCHAN

As 1963 got under way—highlighted again this year by the eighth annual meeting and convention of National Health Federation—a note of expectancy—of optimism—was clearly evident, and it seems as if the organization is in fact poised for a new level of development and achievement.

Held in the Breakers International Hotel, Long Beach, California, the pace was set by such speakers as President Fred J. Hart, Washington Representative Clinton Miller, recently-appointed Executive Secretary Howard C. Long, Washington General Counsel Charles O. Pratt, and by such others as Dr. Bernard Jensen whose opening remarks the first evening set the stage for an action-filled program running the gamut of speakers and topics from professional men to nutritionists, to fluoridation experts, to the entertaining last-night address of TV figure Pamela Mason.

During a few minutes Friday evening, 16 new life members were enrolled—perhaps another reason to believe the future is bright, even though the tasks ahead may appear difficult.

In summing up his reactions and evaluation of the four-day session, President Fred J. Hart declared: "Each time we

hold a big meeting, whether in the East or the West, we come away with renewed faith in the rightness of our cause and the conviction that we are gaining headway. The Long Beach convention was a repetition of this experience. It was a time when old friendships were renewed and when new friends were welcomed. The quality of the program—its variety and its concentration on subjects vital to the goals of the National Health Federation—was in line with the high standards members have come to expect and which they so loyally support. We do, indeed, believe we are on the threshold of a new plateau of progress and accomplishment!"

Sharing the president's optimism was the Board of Governors which, in annual meeting January 4, unanimously approved the selection of Executive Secretary Howard C. Long, youthful San Francisco health food store proprietor and for three years the aggressive secretary-treasurer of Nor-Cal, an organization of 102 health food stores in northern California and 26 manufacturers and wholesalers. (Three years ago, membership was 63, average attendance at meetings 35. Attendance now runs 155.)

(Continued next page)



### Howard Long Introduced

Mr. Long was introduced to the convention by another staff member, Clinton Miller, who paid tribute to his colleague's abilities and declared, "I believe we're extremely blessed to have Howard give up 16 years in San Francisco and come to live in the smog until he gets it cleared up!"

In a brief appearance at the podium the new executive secretary expressed his pleasure at having become a part of the N.H.F. staff and offered these suggestions: "I believe our approach in introducing N.H.F. to others should be with what is known in salesmanship as the 'soft-sell.' We can lead them to the trough but we can't make them drink. This is where our literature is important, getting it into the hands of prospective members. We must work together, participating in money-raising activities occasionally, such as bazaars and food sales. Let us be positive in our thinking. When I accepted the post with Nor-Cal I told them that in order to do a good job there would be times when I'd step on toes. I may step on some toes in this work, but you may be sure of one thing—the welfare and advancement of N.H.F. is my sole objective—and I shall work with you to build a strong organization which in turn can support our Washington effort—the place where the decisions affecting your life and mine are made."

Mr. Long paid tribute also to Stanley Phillips, secretary of National Dietary Foods Association, and a long-time friend and supporter of N.H.F.

### Mr. Hart Honored

A poignant note was struck when tribute was paid to President Hart as a part of the presentation to him of the organization's Humanitarian Award. A com-

plete surprise to him, he accepted it with a few simple words, and as usual expressed the thought that others were more deserving, commenting that "my family deserves it because they stayed home and looked after the business."

Inscribed on the plaque were these words:

"National Health Federation Humanitarian Award to Fred J. Hart, Founding Father of the National Health Federation, farmer, pioneer in electronic medicine, author, publisher, pamphleteer, philanthropist. In grateful acknowledgment and appreciation of his outstanding contribution to the health of America by fearlessly championing freedom of choice in matters of health and for organizing the National Health Federation to accomplish this end.

"This fifth day of January, 1963 in annual convention, Long Beach, California."

The presentation was made by Royal Lee, himself a recipient one year ago.

"In looking back over human history," he commented, "the progress of civilization has depended entirely upon a foundation of recognized fact. In reviewing the names of men responsible for the recognition of facts and their interpretation we may list such men as Jesus Christ, Confucius, Galileo, Columbus, Wiley, Einstein, Bechamp, Abrams, and Rife. Christ and Confucius were advocates of the Golden Rule, a simple philosophy that separates barbarism from civilization. Columbus realized the earth was round, that the oceans were highways to connect continents and that nothing but ignorance and fear were keeping men from the fruits of commu-

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nication and commerce. Dr. Wiley recognized the principle that food must be handled with the responsibility it deserves as the source of health and happiness. He will go down in history as the man who exposed the most colossal criminal conspiracy in history, causing the deaths of about 50 million victims by the illegal sale of adulterated foods, counterfeit foods, from synthetic dextrose, bleached flour, and hydrogenated fats to soft drinks for children with deliberately-added habit-forming drugs.

"Einstein recognized the law of relativity, by which time itself becomes a biological phenomena only, nonexistent outside of living things, requiring the physicist to build a new philosophy which he has as yet been unable to accomplish. It was the peculiar ability of Einstein to recognize the merit of a new hypothesis regardless of how ridiculous it might sound in view of previous concepts. The theory of the expanding universe is an example. But it is the only hypothesis that has ever offered the slightest possibility of explaining gravity and reconciling it with other physical laws.

"Bechamp showed that living cells change according to the nature of their environment, by which viruses and disease germs become results of disease instead of causes. The fact that they are capable of creating diseases in new victims with sufficient dosage has led unsuspecting followers of Pasteur to think that the microorganisms are primary causes of disease.

"I might digress here to explode that misapprehension with the observation of one of Bechamp's followers that there happens to exist in soil a microorganism that can live only on coffee grounds. He observed that if Pasteur was right in his hypothesis that all germs were primordially created, this particular one had to wait all the long centuries for an opportunity to find its normal sustenance

until some 14th century monk invented the process of brewing grounds and threw some coffee grounds out of the window.

"Long ago in researches on beriberi it was shown that if virus extracts were made from the tissues of beriberi-afflicted animals where Vitamin B deficiency caused the disease, and these extracts were injected into normally-fed animals they immediately showed the symptoms of acute beriberi. This of course confirms the hypothesis that polio is a form of beriberi; all its symptoms too are those of a Vitamin-B complex deficiency. And as Dr. Sadler has so well shown, eliminate refined sugar and you eliminate polio.

"Rife is a good example of the indefatigable research man who appalls the orthodox with discoveries too far ahead to be believable. His supermicroscopes were written up in the **Journal of the Franklin Institute** (Lee Foundation Reprint No. 47, Feb. 1944, page 103), but when he used one to detect the virus of cancer and show how cancer might be treated by destroying the virus by the proper frequency of short-wave radiation, organized medicine reacted with the same prompt efficiency they always do to a possible successful treatment of that disease, and Rife was eliminated from the thoughts of any doctor who expected

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### POSTAL WARNING

It is now against post-office rules to put any stamp of any kind other than a postage stamp on the front of any envelope or post card. Stamps can be placed on the back of envelopes.

We recommend that Health Federation stamps be placed in the upper left-hand corner of the paper on which you write a letter or note.

National Health Federation Bulletin, published monthly January through December, except July-August which are combined, at 211 West Colorado Boulevard, Monrovia, California, by National Health Federation, a nonprofit corporation. Fred J. Hart, Editor-Publisher. Subscription rate of \$3.00 per year. \$1.50 of the annual membership dues is paid as a year's subscription to the National Health Federation Bulletin. Single copies 25¢. Second-class postage paid at Monrovia, Calif.



to continue the practice of his profession. Today John Crane is sitting out a five-year sentence for an honest attempt to revive interest in Rife's valuable discoveries. . . . About 20 million persons have died of unnecessary causes since I wrote the booklet, "Your Health and What It Is Worth to the Racketeer," in 1940. Dead from American beriberi—heart disease.

"Dr. Albert Abrams is last on this list of benefactors who were smeared by opposition in fear of their abilities. To dissipate all doubt as to the merit of Dr. Abrams' diagnostic methods I cite a reprint on the Abrams method, based on tests made by the British government, and published in the *Journal of Parapsychology*. . . . Here we see why Dr. Andrew Ivy has been unable in 12 years to get a fair test on Krebiozen. . . .

"Fred Hart, in accepting the responsibility of directing the operations of Dr. Abrams' nonprofit Electronic Medical Foundation, knew what he might encounter. He had nothing to gain but the satisfaction of contributing to human welfare. It is men like Fred Hart to whom we owe all the benefits of the civilized world that we enjoy today. The price of progress is always ridicule and smear. When the celebrated Professor Ohm announced his framing of Ohm's Law, the most important principle of electrical engineering, his critics were so vehement that **Ohm was discharged from his professorial position and was forced to return to his home village and work as a blacksmith's helper for 10 years** before an international acceptance of his ideas overcame his detractors' comments and allowed him to resume his chosen occupation. Ten years at hard labor was the sentence in this case.

"So it gives me great pleasure to be the instrument to hand this award of the National Health Federation to our mutual friend, Fred J. Hart."

### Trips Precede Opening

The convention opened the day after New Year's with trips to Disneyland and Knott's Berry Farm, and visits to the new headquarters in Monrovia. In the evening, following the inspiring address by Dr. Jensen, there was a fellowship period and visit with exhibitors.

Round tables covering nutrition, pesticides, organization, chemotherapy, pure water, legislation, legal rights, and organic growing were held two mornings under the direction of Betty Morales, Laura Tallian, Mr. Hart, Clinton Miller, Charles Pratt, and Phil Arena. An hour-long round table on "Your Health Problems" was conducted by Dr. E. Hugh Tuckey, San Francisco, N.H.F. secretary-treasurer.

Thursday's sessions were marked also by presentation of the members of the Board of Governors who were in attendance; by delivery of the annual President's Report by Mr. Hart; by the annual report of the Federation's general counsel, Charles Orlando Pratt; by the annual report on the Washington scene by Clinton Miller; an address, "The Naturopathic Approach to Health," by Dr. J. W. Noble; and an address, "Poisons and Their Relation to Illness," by Dr. George Wilson.

Friday's sessions included an address by Dr. Royal Lee in the morning. "Gravity, an Important Concept in Physical Fitness" was the subject of a panel directed by Betty Morales, in which Dr. R. M. Martin offered an interesting approach to a subject to which relatively few persons give much thought or attention.

### Dr. Martin on Gravity

Pointing out how and why the embryo remains in the uterus usually head down, and surrounded by fluid, and with motion continuing to the last possible stage of pregnancy, Dr. Martin reminded that

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in the beginning of life cells are "quite globular and 50 per cent or more of fluid. If you hold a balloon full of water it becomes tear-shaped, whereas if suspended in a bowl of water it is round—all because of gravity.

"We are what we are because of the pull on individual cells, and thus on organs, and the body as a whole. In our young days we are narrow of hip, broad of shoulder—cone-shaped if you please. But as we go along and get into middle age we develop the middle-age spread, which is not according as nature would have it.

"Tissues, formed of globular cells in the beginning, gradually settle, sink and warp due to lack of blood supply, proper drainage and oxygen. This produces changes, and ultimately death."

Dr. Martin said, ". . . the human being is a law unto itself. It is time we considered ourselves as human beings, not animals. No ape can stand erect, but man has the capacity to take any posture." He said that stress lines of gravity cause lines in the face, and that "if the pull toward the heavens was as great as the pull to the earth, we'd all be tall instead of losing height gradually after we're 20. If we fail to use the laws of gravity, I don't believe we can increase longevity or gain the utmost from nutrition."

Dr. Martin recommends exercises utilizing a bar for suspension by the arms (and legs if desired); standing on the hands; and bending backwards. He demonstrated the latter, and said it is a good remedy for backache and other maladjustments. "Put two pillows on the floor, get on your knees, have someone take your hands while you bend backward until your head rests on the side or top of the back of the davenport. Continue until you can do this 10 times without help. Then bend to the seat of the davenport, repeating until you can do it without assistance, and finally,

until you can touch your head to the floor. Then throw away the pillows and do it 100 times."

Hanging from a bar, bending knees so that feet are off the floor, and swinging is a good exercise and "you'll be younger for doing it," he said. His "answer to backache" is "not to crawl around on all fours," but to "correct leg muscles so that posture will correct itself. Get down on your knees, spread them and point the toes backward, bending backward at the same time."

When learning to stand on the hands—he recommends this instead of standing on the head—fingers should be spread, and elbows held rigidly with arms shoulder width. Anyone, except perhaps a cripple, can learn to do this regardless of age, he maintains. He says that such conditions as varicose veins, ulcers, wrinkles, hemorrhoids, and bursitis undergo changes with properly executed exercise. Dr. Martin has written a book, as yet unpublished, detailing his ideas on gravity and its relation to health.

### Linda Clark Speaks

Declaring that she feels "you've been led into N.H.F. and chosen to conduct a fight for the good," Linda Clark of Carmel Valley, California, author of *Stay Young Longer*, said the world is "sick in spirit and body because we're trying to outsmart nature."

She believes there are rays of hope for the future, however, in that "one doctor is urging establishment of nutritional chairs in universities," but "we may not see it in our lifetime." (**Ed. note:** Such a project presently has the attention of authorities at Asbury Theological Seminary, Kentucky, under the direction of Dr. Martha R. Jones, San Francisco, and President Emeritus MacPheeters.)

The speaker said it is reported that a Madison Avenue firm has been retained by the chemical industry "at \$250,000 a

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year to undo the good Rachel Carson's book is doing." She said her book "not only tells what's wrong, but it states the solution—symptoms and cure are pointed out. I wrote **Stay Young Longer** after 10 years of research in medical literature to find the scientific support for nutritional aids to health recovery. My husband and I started life as invalids. When we found the answer in nutrition we wanted to tell people about it."

The fight in which N.H.F. is engaged, she continued, "calls for effort as well as money." She urged listeners to "fight with facts," suggesting that "you comb the papers, read about cases in which side-effects of drugs have caused suffering and death; date them, identify the newspaper in which the item appeared, and after you have three or four send them to your congressman with the simple concluding line, 'We want safe food.'

"It is your government and you must let it know what you want. Don't criticize or vituperate people on the other side; this only weakens our cause. It is so much better to fight with facts."

#### Address by Paul Bragg

"The Natural Health Movement Yesterday and Today" was the subject of an address by Paul Bragg, pioneer health lecturer who claims to have opened the first health food store in this country more than 50 years ago. Diet is "only a small part of the program of long life and health" he asserted. He counseled also against harboring hatred of one's opponents since "this is a violation of the body and hate comes back."

Mr. Bragg, a bombastic type of speaker, said he has been arrested 28 times, the first time with Bernarr Macfadden in 1908 when he was held "in a cold jail 17 days, was brought out with double pneumonia and it is only through prayer and the help of God that I'm here to-night."

As a young man he suffered with tuberculosis, went to Lausanne, Switzer-

land, where he started on the road to health recovery after being "fasted for three days on an open porch." Although his father wanted him to become a medical doctor, Mr. Bragg chose the natural approach to healing and has lectured throughout the country for many years. He also manufactures a line of products. He knew the late Jack Carson, "who used to call me the 'hayburner' at the golf club," and Dick Powell, "whose mother used to listen to me in Pennsylvania."

Mr. Bragg was critical of some elements within the National Dietary Foods Association, declaring, "I organized the N.D.F.A. and now it has become just a money-making group; some of the powers-that-be smoke cigars and eat conventional food. I'm not a hypocrite."

#### President's Breakfast

The annual President's Breakfast from 8 to 10 a.m. Saturday sparked the closing day of the convention. Attended by the largest crowd yet, the meal consisted of organic and natural foods supplied by El Molino Mills, Altadena Dairy, and Foods for Life. V. Earl Irons, Boston, chairman of the Board of Governors, presented the address on "The Natural Approach to Health—Its Future and the Part Each of Us Must Play." He predicted that "the time will come when the medical men will be our best friends—the percentage, that is, not controlled by Morris Fishbein."

Mr. Irons decried the fact that "science uses natural laws, such as gravity, when putting a man into space, but in the last 100 years medical science has ignored these laws. It is known in physiology that every cell in the body is nourished by the blood. Nothing cures except the bloodstream. Why don't the doctors accept that? If you accept the idea that blood nourishes the cells, then you must accept the theory that when anything happens, the material in the

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bloodstream isn't what it should be. Science follows the natural law outside the body but won't follow it inside the body."

#### Attorney Pratt on Legal Rights

In a speech titled "Legal Questions Relating to Food Supplements and Your Rights as a Citizen," Attorney Pratt of Washington was cautiously optimistic about the future, declaring, "I do believe the sun is shining behind the clouds, and that you can carry on, with increasing success, your noble crusade to help the American people." Mr. Pratt quoted several articles from the Constitution to remind the audience of "precious rights you possess as citizens of this great country."

#### Pesticides Expert Is Speaker

A comprehensive review of the pesticides issue, particularly as it affects Californians, was presented by Laura Talian of Sunnyside, California, a retired high school teacher who has done extensive research and is a familiar figure at public hearings in which the pesticide issue is under discussion.

#### The Washington Picture

Legislative prospects in 1963 were discussed by Clinton Miller. He reviewed the role of N.H.F. in deleting from immunization legislation the mandatory clause the original bill carried. He said he has asked Senator McNamara, chairman of the subcommittee investigating "frauds on the aged," for a breakdown of the \$500-million-a-year alleged fraud. Mr. Miller said that N.H.F. has also requested to testify at the hearings. The \$500 million figure was first used by a spokesman for the American Medical Association at the so-called Quackery Congress in Washington two years ago. "If this figure is correct," Mr. Miller said, "it is twice the amount of the entire volume of business done annually by the health food industry. We are also declaring that the Food and Drug Administration misled congressmen when some

of its officials sent letters following the avalanche of requests for a hearing on the proposal to revise regulations pertaining to the dispensing of certain vitamins and minerals."

He suggested that individuals within N.H.F. adopt "three fortresses":

1. N.H.F. believes in freedom of choice in matters of health where the exercise of that freedom does not endanger the health of someone else and thereby deprive him of equal freedom.

2. Dr. Jonathan Forman's contention that "no one should be forced to do that to his body which he believes to be harmful."

3. No one should be prevented from doing to his body that which he believes to be beneficial.

"If we keep these as our fortresses, we are on solid ground, and we can talk to the point always," he asserted. "I would suggest, also, that as an organization we seize the initiative, as is done in military strategy. There may be times when it is strategic to retreat, certainly, but when we are on the offensive, so to speak, we are in a stronger position."

#### Addressed by "Honey Man"

"The Double-Duty Honey Bee" was the topic discussed by Andrew Kerr, San Diego beekeeper whose recent experience with county and state FDA authorities because he agreed to testify in behalf of Adolfus Hohensee in San Diego also makes interesting reading.

Mr. Kerr was visited by representatives from the district attorney's office the night before he planned to testify for the defense, and was asked what the nature of his testimony would be. "I told them I couldn't very well say in advance," he reported, "and they replied, 'You tell the truth as you see it, but whatever you say, we won't agree with you.'"

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Before he could be called by the defense to testify, the prosecution put him on the stand—a somewhat unusual procedure—and defense attorneys considered this a blow to their case.

Mr. Kerr said he was threatened by authorities with economic reprisals, and that indeed he learned from customers that state FDA officials had asked to look at records of some of his customers, alarming them. He also said that two local officers entered his home at 9:30 one night, brushed past his wife to the couch on which he was sleeping, awakened him by pushing him, and subsequently manhandled him while taking him to jail on an alleged failure to have paid a traffic violation fine. When he produced a check showing the penalty had been paid a year earlier, the judge simply said that he was sorry, "It's one of those things."

"Due to the method of questioning, many requiring simply a yes or no answer, and the fact that I never say yes to any question relating to medicinal qualities of honey, my testimony was not to the advantage of the defense for whom I had intended to testify. During the trial the prosecution indicated that the words 'ambrosia' and 'elixir of the gods' were not to their liking, and suggested that to use them in describing honey was 'misleading.' For thousands of years, of course, those words have been used in connection with honey. The Greeks, it is believed, were the first to use them.

"The prosecution tried to show that if honey had medicinal qualities it could be classified as a drug. It is a fact that bacteria cannot live in honey; there's something in it which draws moisture from the bacteria, killing it. It is good for pregnancy, will not produce miscarriages, seldom gives rise to labor pains. It contains nothing harmful to the kidneys. White sugar is a dead food while honey is a mixture of enzymes, vitamins and 20 known amino acids. It clears

sores, brings to a point and heals carbuncles and running sores, strengthens the heart organ. It is also good for inducing sleep, is good for liver ailments. It aids bone formation and teething, increases hemoglobin, is good for the voice. Many have found that a drop of eucalyptus honey, warmed so that it flows easily, put into the outside of the eye, will help a cataract condition.

"Still incomplete and thus unreleased tests in a university show that honey results in only one fourth of the decay in teeth as is caused by sugar. I have documentary proof, also, that royal jelly has inhibited cancer cell growth in mice."

Mr. Kerr says he defines raw honey as "unblended, unheated, unfiltered, and obtained from areas in which no spray is used." In filtering, he continued, the pollen content is altered and the protein, nitrogen, vitamins, enzymes, and amino acids are largely removed, leaving it "mostly invert sugar."

"If honey does not crystallize within five or six months, you may be sure it has been heated," he continued. "The darker the honey, the more food value it has (because there's more pollen in it to diffuse the light). Unused honey gradually loses food value. Usually, the thicker honey is better, unless it has been heated to caramelize," Mr. Kerr concluded.

#### **Dr. Hayes on Heart**

"Cardiac Health Is Possible" was the subject of an informative address by Dr. Charles C. Hayes, Santa Maria, authority on chiropractic treatment of heart conditions. He gave many valuable tips on exercise and nutrition as related to heart health, and told of cases he has treated, many termed terminal by other branches of medicine, which responded at once to his techniques. Dr. Hayes has lectured throughout the United States on this subject, his specialty.

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#### **"Health Stores in Trouble"**

John Quinn, active in So-Cal and the National Dietary Foods Association, discussed "The Place of the Health Food Store, Now and in the Future." Key point of his talk was an appeal to listeners to continue to patronize their health food store whether or not a health foods line has been introduced into a local supermarket.

He said six stores had closed in southern California in 90 days and a score more were expected to close by June. "Talking about health foods does no good unless we can buy them," he declared. "The health food stores pioneered this field, not the supermarkets and grocery stores. Yet, when health food items are put on conventional store shelves, many former health food store customers flock to them.

"Health food store owners in the main are health-minded people, in business to live, but also to serve. Unfortunately, most of our manufacturers don't fit into this classification. Around New York City is a group of manufacturers which has controlled our organization for 24 years. Part of the trouble we're having with the government is our own fault; we've taken too much liberty in telling the truth on labels. People in the manufacturing group don't have the same kind of interest that you'll find among health food store owners. Often, people who open a health food store are inexperienced or undercapitalized but they're still your best bet to get food. When you spend money in the grocery store, whether you buy it on their health counter or otherwise, you're helping the people we're talking about. Re-examine your shopping habits; shop as much as you can in your local health food store."

Mr. Quinn said that a group of owners in southern California are considering "bringing out a new set of labels, available only in health food stores. Eventually they may establish a foundation "to

experiment and find out about getting ideas for developing and supporting scientific work in the field of nutrition."

During the question period one woman challenged the speaker's views, declaring, "I should think you'd be thrilled that health foods are becoming available in other stores; thousands of new families are thus exposed to them." Another woman in the audience said the store in which she trades refuses to stand behind any product in it, even to "a can of blackstrap which blew up in my face while I was opening it. The owner simply tells me to see the manufacturer. As far as I'm concerned, the minute another market starts stocking health foods I'll go there, and it won't bother me a bit if the man in the health food store goes broke."

Mr. Quinn replied that "not all owners are perfect by any means, nor the best merchants. But they're still your best bet, and they're in trouble and need your help." He added that persons unfamiliar with health foods will pass by that section in a supermarket, "which means that people who buy from those shelves are former health food store customers."

#### **Betty Morales Disagrees**

Rising to disagree sharply with Mr. Quinn was Betty Morales, co-owner of Organic-Ville, one of Los Angeles' largest health food stores.

"I have accepted as truth," she declared, "that this nation was founded on the thought that we would have freedom of choice, competition if you please. If we do anything to stop that, I think we're cutting our own throats." Mrs. Morales said that after Mr. Quinn came from the East and opened a health food store not far from her store, "At first we were hurt. But we didn't cry about it, we took a look at ourselves. We found we had gotten too big for our own good, and we were forgetting to best serve our most important asset, the customer. We

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changed some things and ultimately our business doubled in size."

### Greetings from NFA

Eva Maloney, co-owner of Foods for Life, Glendale, California, and president of the California branch of Natural Food Associates, brought greetings from that organization and called for co-operation between the two groups, "to bring better nutrition to more people in '63."

She described the last annual convention of NFA in Cincinnati as "the largest and biggest, with a spirit of co-operation, enthusiasm and unity such as I've never seen. That's the bright side. In 1962 there have arisen new problems to deter or slow down the organization's work. But the only objective of NFA is to produce better food on good soil." She listed as "the most significant thing to happen in 1962," the writing and publication of Rachel Carson's *Silent Spring*.

### Priority Projects

As he opened the meeting on the evening of the final night of the convention, Mr. Hart said four projects have high priority on this year's N.H.F. program:

1. Further work toward establishment of a youth group modeled after 4-H Clubs organizationally.

2. Establishment of a long-range plan to set up a legal department with volunteer panels in various parts of the country staffed by attorneys sympathetic to N.H.F. aims, purpose of the network being to assemble case histories of court cases involving FDA and individuals or organizations, assembly of laws pertinent to the field, and of court interpretations. The Federation is not set up to defend individuals, he said, but will see to it that "individuals are treated as citizens."

He revealed that the Board of Governors had authorized appointment of a committee of four to investigate incidents occurring in connection with the trial in San Diego of Adolfus Hohensee,

"to try to determine if a principle has been violated."

3. Seek to amend the Food and Drug Act: (1) To reinsert the word "Pure" in the title, as it was in the beginning, and (2) Separate the Pure Food section from that connected with Drugs and remove its administration from under the jurisdiction of the Department of Health, Education, and Welfare.

4. To consider having the enforcement division of the Pure Food Act included within a consumers' department, proposed as a cabinet department by the administration, and designed to work solely with consumer groups and promote consumer interests.

Recalling that in the past, "all things in history have been started by small groups—Abraham, our Lord, Martin Luther, those who came on the *Mayflower*, often being confronted by a hostile world," he commented that so also will the objectives of N.H.F. be fulfilled, thanks to the dedication of a small group and the blessings of Divine Providence.

### Pamela Mason Speaks

The final session was held in the large Municipal Auditorium to accommodate an expected larger crowd to hear TV personality Pamela Mason, an engaging speaker who drew repeated chuckles and laughs from the big audience.

Born and reared in England, Mrs. Mason came to this country in 1946, a vegetarian of six years at that time, but since has returned to a former diet, "because I don't have the gumption to not eat something I like."

While in her teens, she recalled, her father was suddenly taken critically ill. The family doctor diagnosed appendicitis and ordered him to the hospital for surgery. When he balked "because he had an important business meeting the next day, he had a fear of doctors and hospi-

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tals, and was a close friend of Gandhi who fasted frequently," he was told by the physician he could not live more than 48 hours if he refused surgery.

"So the next morning he attended his meeting. And he did not go to the hospital. And he stopped eating. For 25 days he took only water; the pain was great, but he didn't die. And then for 15 days he took orange juice. And at the end of 40 days, he was well! He is now 73, is such a bore, climbs over the fence, almost lives in the swimming pool, lives entirely by what he believes is good nutrition, and frequently tries to remind me by leaving a book on my bed. He travels here and there around the world, runs his businesses. . . . So I know it isn't true that you'd starve to death in three days if you didn't eat."

The speaker said that as a young woman she spent some time at a health spa in England, Chantneys, and met many who had been given "from 10 days to 10 months to live, but who were getting well with their diet and way of life."

During the war, because she wouldn't work in a bomb factory, she settled on 2½ acres and raised vegetables and chickens to help the war effort. Chickens, she said, "developed many diseases we humans have, such as cancer, tumors, tuberculosis, skin itch. And I discovered you can cure cancer on a hen in a very short time.

"I discovered that with cod liver oil they'd lay big brown eggs, but when they didn't get the oil, before long they would stop laying; then they'd eat their own toenails, they became vicious and mean, and even tried to eat each other. Back on cod liver oil and they returned to normal almost overnight.

"We were on low-fat diets, only two ounces of butter a week, yet I never had a doctor in the house, didn't have a headache, never needed an aspirin. I said when I started that I don't know the

terms and words involved in nutrition, but from what I have seen with my own eyes, I know there is something to this business of eating right. You can prove it—as I have—when you breed animals, and children. Wanting to live and feel good till you die is a natural thing, and if you have these inclinations, you're not a nut!"

### Dr. Exner on Fluoridation

"Fluoride vs. Freedom" was the subject of the concluding address by Frederick B. Exner, M.D., Seattle, one of the leading authorities opposing fluoridation of public water supplies. Dr. Exner stated that although a favorite argument of those promoting fluoridation is that it is A.M.A. approved, "the American Medical Association has never actually endorsed fluoridation. As late as 1961 a letter from the A.M.A. said that the A.M.A. did not endorse nor engage in the approval, endorsement or acceptance of fluoridated or unfluoridated water.

"In 1951 the House of Delegates of the A.M.A. did approve the 'principle' of fluoridation, but the chairman of the committee that wrote the report told me it was merely a way of getting rid of a hot potato without saying anything.

"In 1956 the Council on Drugs of the A.M.A. submitted a report that it was too early to know what the effects will be. And a letter from A.M.A.'s legal department said it was not true that the A.M.A. guarantees the safety of fluoridated water; nor has any group that advocates fluoridation guaranteed its safety."

Dr. Exner recommended "four basic arguments" as useful in opposing fluoridation:

1. Any argument that hearers are not emotionally prepared to accept is not a good argument. Fluoridation is not a communist plot. Originally it was prepared by American big industry and seized upon by bureaucrats.

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2. You don't win any argument by starting a different one. Stick to the argument bearing directly on the question.

3. Don't let promoters of fluoridation limit to 1 ppm the amount consumed, with an alleged consumption of one quart of water per day. The effects of fluoridation are determined by the total amount taken into the body from water, food and air.

4. The economic side: In general, out of \$10,000 spent for fluoridating, less than \$5 goes to achieve the effect for a child of 10 getting one quart of water per day.

#### **Paxton Given Plaque**

On the afternoon of the last day a group of N.H.F. friends of Roy Paxton of Carlock, Illinois, staged a surprise reception for him, presenting him with a plaque expressing appreciation for his interest in and co-operation with the organization and its program stressing freedom in health matters. Mr. Paxton has been active in the Illinois N.H.F. movement and regularly attends the conventions.

### **FAMILY CIRCLE**

(Continued from page 2)

posals in the order of their importance. So many of our members responded that we have not yet been able to complete the renumbering in accordance with the wishes of the members. This information is given to explain why the program as it appears in the special eight pages which are included in this issue of the **Bulletin** still has the old order. In reading these eight pages, members will note an additional project connected with Food and Drug legislation. This is a very important item.

#### **Membership Dues**

This note is to all members who have not paid their 1963 membership dues. All membership dues in the Federation—

except life memberships—are due and payable on the first day of every year. This means that if you have not already paid your 1963 dues, when you read this item, your dues are due and payable. How can you tell whether or not you have paid your dues? Next to your name as it appears on this issue of the **Bulletin** you will find a series of numerals. The last two indicate the year for which your dues are paid. If the last two numerals are 62, then your dues are not paid for 1963. If the last two numerals are 63, then your dues are fully paid. It would be a wonderful help to the work of the Federation if you would send in the renewal dues payment at your earliest convenience.

As an inducement to you to act promptly in this matter, we are making you the following offer. If you will pay your dues before the end of March, we will give you a six months' subscription to **Let's Live** magazine for the sum of one dollar. This offer applies only to folk who are not at this time subscribers to this wonderful magazine. **Let's Live** magazine is outstanding in the health field and one that all health-minded people should be taking regularly. To make this offer plain, if you send in your 1963 membership dues to the Federation before the last day of March, you send \$5 for your dues and \$1 for **Let's Live**, making \$6 in all, and thus you will have paid your dues and will receive a six months' subscription to this wonderful health magazine. This offer applies to new memberships as well.

### **Pesticides Kill Ducks**

DENVER, Dec. 17—Heavy traces of the pesticides Aldrin and Dieldrin have been named as the killers of as many as 2,000 wild ducks annually at three small industrial lakes near here.

## **SUMMARY REPORT of CHARLES ORLANDO PRATT, WASHINGTON COUNSEL of the NATIONAL HEALTH FEDERATION**

#### **Legislative Work**

Your Washington Counsel, at the request of the President of the National Health Federation, Mr. Fred J. Hart, makes this brief summary of the Annual Report of the legal, legislative and judicial work rendered by him during the period of January 1 through December 31, 1962.

This Annual Report will set forth a brief outline of the high lights of the legal, legislative, judicial, administrative, and public relations work undertaken in Washington, D.C., and elsewhere from Pennsylvania to California.

During the year 1962, after returning from the San Diego Convention by way of a visit at N.H.F. Headquarters, San Francisco, California, your Washington Counsel, in addition to the usual day-to-day work for N.H.F. and its members, attended and took part in several conventions for the purpose of discussing the food and drug laws.

The conventions attended, in chronological order, were the American Chiropractic Association Convention at Los Angeles, California; the Nor-Cal Association Convention, the Northern California affiliate of the National Dietary Foods Association at San Francisco, California; the Central Illinois Health Federation Convention at Peoria, Illinois, which is the largest and most active branch of the National Health Federation in the State of Illinois; and then followed the National Health Federation Convention in July at Columbus, Ohio; and after this great meeting, your Washington Counsel attended and took part in the Convention of the International Electronic Research Society at Tiffin, Ohio.

At all of the above conventions, other than the N.H.F. conventions, the work of N.H.F. was pointed out.

Not only was it necessary for your Washington Counsel to answer hundreds of inquiries concerning federal and state food and drug laws, state health laws, and miscellaneous state laws relating to such matters as fluoridation and required vaccination, it was necessary also to study and interpret bills introduced into the several State Legislatures and into Congress which bills related to health and food matters.

The months of July, August and September were largely spent in analyzing the proposed revisions of the food supplement regulations. Based upon the study of the proposed revisions, and study of the present laws, your Washington Counsel prepared an exhaustive brief in opposition to said proposed changes and setting forth the legal and practical reasons therefor.

As a result of the opposition briefs prepared and filed in behalf of N.H.F. with the Hearing Clerk of the U.S. Department of Health, Education, and Welfare, along with hundreds of other briefs and thousands of letters and cards in opposition, the Federal Food and Drug Administration announced that it would take a second look at its proposed revisions; and would undoubtedly make many vital changes in its original proposals. The new proposals will be submitted to the public sometime in the spring of 1963, when they will appear in the Federal Register. At that time, it will be necessary again for your Washington Counsel to study the proposals and to prepare and submit another brief in opposition to any unreasonable proposals that are not necessary to protect

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the public and which would restrict the sale of good dietary food supplements.

#### **Senatorial and Congressional Contacts**

During the N.H.F. campaign opposing the unreasonable and unnecessary proposed changes in the food supplement regulations, your Washington Counsel had the privilege of conferring with U.S. Senators and Congressmen and their top-level aides to explain to them the real meaning of the Food and Drug Administration's proposed changes in the said proposed revision of the food supplement regulations.

Your Washington Counsel was successful in enlisting the aid of several of the U.S. Senators and Congressional leaders in demanding a full hearing before the FDA should adopt any changes in the food supplement regulations. Many letters were written by members of Congress to FDA officials demanding a full open hearing and requesting that no changes be adopted which would have the effect of restricting the people in their right to have and use good dietary food supplements.

#### **Legal Articles Written by Washington Counsel for N.H.F. Bulletin**

Every month your Washington Counsel spent much time in preparation, research and writing of legal articles for the monthly **N.H.F. Bulletin**. The purpose of the articles was to acquaint the readers with the legal problems in the health field and to set forth the legal, professional and constitutional rights of every citizen to use reasonable methods of health care in their pursuit of good health.

#### **Washington Counsel Stops Unlawful Restriction of Vitamins Based on Potency**

Your Washington Counsel was notified of another victory over the drug or pharmacy interests in the city of Washington, D.C. For years, the Pharmacy Board

here, as in other cities, issued regulations on the sale of patent or proprietary remedies for the District of Columbia. These regulations contained an unauthorized and unlawful restriction against the health food stores to the effect that they could sell vitamins **restricted to less than twice the minimum daily requirement**.

There was no law for this restriction, either federal or state.

Your Washington Counsel pointed out to the Pharmacy Board of the District of Columbia and to the Department of Occupations, Government of the District of Columbia, that the restriction was unfounded and illegal; and as the result of his conferences and legal opinions, the Government of the District of Columbia officially notified your Washington Counsel that "reference to the sale of vitamins, 2 X mdr, has been deleted at your request."

The above incident illustrates that whenever you doubt that a governmental agency has authority to restrict you or your practice in the healing arts field; then, in that event, you should demand proof of the existence of such law or the legality of such a regulation.

#### **Defense Policy**

It is and has been the policy of N.H.F. to co-operate in the defense of those subject to civil or criminal court actions. This co-operation is based upon the theory that an unfavorable or unreasonable court decision in one state or in one case sets a serious road block or legal precedent that could be harmful to those engaged in the healing arts professions or the health food field in other states.

N.H.F. recognizes that it is of course necessary to carry on your business or profession under and in compliance with the applicable federal and state food and drug laws; and in the case of the non-allopathic healing arts professions, the doctors should not exceed their licensed

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rights; but when there is an honest and practical difference of opinion concerning legal or administrative action by governmental agencies, then, in that event, your N.H.F. officials will aid you in your fight in every legitimate and legal manner to sustain your position. However, it is the policy of our officials to co-operate with government officials in a friendly and courteous manner, even in the matters of disagreement, on the ground that we can accomplish more effective and favorable results this way. We must show respect for the government position with which we disagree, in order to obtain and retain the government's respect for our honest contrary position. However, we need never give up our right to have our day in court to present our views.

#### **Unfair Attacks on Food Supplement Industry Must Be Stopped by Law**

Almost every day, we learned of unfair, unreasonable and unfounded attacks by medical associations and societies and the spokesmen of the Federal Food and Drug Administration on the food supplement industry and the health food store business. Such attacks against a whole industry or a whole business are not justified and those injured by such attacks should take the matter to the state and federal courts for a permanent injunction and for recovery of financial damages, if justified.

Your N.H.F. and your Washington Counsel believe that no person in America should be ridiculed or criticized publicly because he believes and says that "the American people are overfed and undernourished" from the standpoint of eating devitalized and over-processed food and failing to eat a balanced diet.

In this connection, your Washington Counsel worked with members of Congress to get bills introduced "To Prohibit Prejudging Publicity for Trial by Press Releases."

In furtherance of this program, your Washington Counsel was appointed by the President of the American Bar Association to serve on a Special Committee on Legal Services and Procedure.

This Bar Committee worked with members of Congress with the purpose of eliminating abuses that have grown up with the ever-increasing power of governmental regulatory agencies.

Your Washington Counsel during the year has worked with many great national associations and labor unions and their general counsels to urge the passage by Congress of a bill introduced by Congressman King of Utah to prohibit trial "By Press Releases."

#### **Washington Counsel Represented a Chiropractor Who Demanded a Reasonable Interpretation of a Pennsylvania Law That Could Restrict Chiropractors in Their Use of Food Supplements, Vitamin, Mineral and Proprietary Products**

Your Washington Counsel was engaged to represent a Pittsburgh chiropractor who was charged on local radio and television shows with practicing "shadow medicine." The TV-radio combination hired a private detective agency to send make-believe patients to the chiropractor and his associate chiropractor to entrap both of them.

Pennsylvania had just enacted a new law which requires a license to sell "drugs," and it defines "drugs," but the definition is subject to reasonable interpretation. Your Washington Counsel took the position that vitamin products are not drugs, but foods for special dietary uses; that over-the-counter grocery store proprietary products are not drugs under the said act; and that the chiropractor did not "prescribe" any drug products to any patients.

Your Washington Counsel attended the hearing held by the Pennsylvania State

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Board of Chiropractors which, under pressure of the TV-radio publicity and the local medical society, filed a complaint requiring the chiropractors to appear at the hearing and show cause why their licenses to practice should not be taken away from them.

Your counsel and his associate combined forces with counsel from two large California firms sent to Harrisburg, Pa., to defend the other chiropractor charged. We co-operated in the defense of the two chiropractors and we believe we pointed out to the Chiropractic Board that the defendants were not guilty on any count.

If these two Doctors of Chiropractic had not been represented by your Washington Counsel and the other counsel, they undoubtedly would have lost their licenses, and all chiropractors in Pennsylvania would have lost their right to sell dietary food supplements and over-the-counter proprietary products.

The above is just another illustration of the legal services available to those engaged in the nonmedical healing arts professions, as well as in health food store business and the food supplement industry.

#### Landmark Case

##### United States Court of Appeals

One aim of your Washington Counsel and of the N.H.F. is to help to bring to the attention of all those engaged in the healing arts professions, the dietary food supplement business and the health food store business the realization that they all have legal and constitutional rights which they should understand and protect, bearing in mind that even the government, in taking legal action, assumes certain facts and certain interpretations of the laws involved. The facts presented have been found to be wrong; and the interpretation of court decisions used as precedents by the government have been wrong also at times.

The defendants in government cases must know the nature of their products

and the full significance of the food and drug laws applicable to them.

Your Washington Counsel is at present handling a case for a member of N.H.F. whose product was condemned and who himself was fined, convicted and sentenced to prison for many years, because, apparently, neither the defendant nor his counsel in the trial court knew that **the product was not a "drug,"** but was, in fact, a food for special dietary use, under the provisions of the Federal Food, Drug and Cosmetic Act and its applicable regulations.

We took the case to the United States Court of Appeals for the Seventh Circuit in Chicago, Illinois, and asked that appellate court to reverse the fine and conviction of the defendant on the ground that the product was not misbranded.

A hearing was held and the defense presented strong arguments for the introduction of new evidence which the court for the first time admitted into evidence.

We do not know the outcome of the Court of Appeals decision at this time; however, we do know that the defendant and his corporation have had a fair and full hearing on the true merits of the case.

This case on appeal will set a precedent. If the Court of Appeals fails to reverse the decision of the United States District Court which tried the case, it will be absolutely essential that the matter be taken to the Supreme Court of the United States, because of its importance to the whole food supplement industry, health food stores and all those using food supplements in their professions.

Your National Health Federation, through its Washington Counsel, has opened the door for the American people, and has thereby revealed to them their rights and their responsibility to understand and to protect themselves.

## Senator Humphrey Castigates FDA

By CLINTON MILLER

Assistant to the President of N.H.F.,  
in charge of the Washington Office

"I am convinced that the only way to keep the FDA on its toes is to make a public fuss about its shortcomings." So said Senator Hubert Humphrey recently in Washington. Lest anyone assume he is going to "let George do it," the Senator declared that he has filed a private report with President Kennedy asking for a drastic overhaul of the agency.

Senator Humphrey knows something about drugs. His father owned a drugstore in Doland, South Dakota. Mr. Humphrey is a graduate pharmacist, and has worked in this capacity in his own family's drugstores long enough to know when "experts" are trying to cover their tracks by excess verbiage. Arrogant smart-alec degree-laden pseudo scientists cannot bluff him by mumbling something in Latin when they appear before his Committee. The sacred mantle of "we-know-but-can't-explain-it-to-you science" which has cloaked many a crime against the Food and Drug Law has been lifted frequently by this able Senator.

#### White House Prodded

Mr. Humphrey explained that nothing less than White House action can eliminate the laxity and lethargy of the FDA. He warned that new drug safety legislation recently enacted will have little or no impact "if the Food and Drug Administration is permitted to wobble along with the same sloppy and weak administration it has had in the past."

The ex-pharmacist heads a Senate Government Operations Subcommittee. It is the proper function of this Committee to see that the **intent** of Congress is carried out after the laws are once made. When the Committee functions properly, it provides the all important follow-up

which is too often neglected. "It is one thing to pass new laws, and it is another thing to make them operate," Humphrey said. **"I intend to use my Government Operations Subcommittee to actively police the agency (FDA)."**

#### Excellent Staff

Mr. Humphrey explained that he has been made aware of the deficiencies in the FDA for many months as a result of his subcommittee staff. Mr. Julius Cahn, one of Washington's ablest and hardest working administrators, heads this excellent staff, who are not only aware of the tremendous life-and-death importance of their work, but are very capable and dedicated. This office is distinctive in the reception they give a casual inquirer. No indifference here. It hums. They are anxious to receive constructive, well-thought-out suggestions on what can be done to make FDA function properly. They want to know where it has failed. A committee staff can either subtly scuttle, or guarantee the success of a congressional action. The Minnesota Senator has picked a tremendous and loyal team. They are sincerely convinced that they can do something to correct the maladministration of FDA. Their primary concern has been with the drug side of the Food and Drug Administration, so far. It doesn't matter which door a man opens, the important thing is that once an honest appraisal of the FDA is made, one soon realizes that there is much **preventable** sickness and death in America because of two main breakdowns in FDA law enforcement.

1. Timid or no enforcement where real hazard to life and health exist, primarily regarding **drugs**;

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2. Ridiculous, arbitrary, and destructive extremes in enforcement where no hazard to life exists, resulting in a suppression of freedom of choice in matters of health.

#### Meet Senator Humphrey

FDA's most critical Senate voice will be that of Mr. Humphrey, who was Kennedy's rival for the 1960 presidential nomination. Mr. Humphrey had a head start on the thalidomide question. He had hearings on the drug long before the issue became front page headline news. He didn't like what he uncovered. To Americans who thought thalidomide was only a rare unpreventable accident, he warned, "Most of the iceberg—in effect the most dangerous part of the iceberg—has lain below the surface." The Minnesota Senator paralleled the National Health Federation's views on human guinea pigs. He stated "... nobody knows how many thousands of drugs have been tested, have caused harm, have been shelved and never reported, never discussed." He was not impressed or intimidated by FDA or industry's assurance of careful research. His reaction was, "so-called scientific 'controls' have been a virtual mockery of genuine scientific standards."

"The testing," he added, "has often not been phased, that is, not performed in stages, first in various species of animals, then in small groups of humans, under strict control conditions, then in larger groups under ambulatory conditions, and so forth. Instead, the whole process has often been 'telescoped.'" The ex-Minneapolis mayor felt that sincere doctors were anxious, but unable to protect their patients because of FDA's inability or unwillingness to vigorously warn about drugs. Impatiently, he charged, "Weasel'-worded so-called warning letters have often gone out; they have been phrased so slyly that it has often been difficult for even a specialist to understand their true significance."

#### FDA in a Vacuum

The Senate majority whip's sharpest criticism concerns lack of medical coordination between FDA bureaus! It is in this area that his subcommittee has jurisdiction and control and is best equipped to function. He summarized, "Generally speaking, the scientific units of the Food and Drug Administration appear to have functioned in a vacuum. The Bureau of Medicine, for example, has had little or nothing to do with the medical responsibilities of the Agency's work on vitamins or pesticides or food additives or other phases which crucially affect the public health."

His pointed interrogation of Dr. James Shannon, Director of the National Institutes of Health, brought the following fantastic confessions as found on page 102 of the verbatim transcript:

"Senator Humphrey (to Dr. Shannon). I would like to ask, has the Public Health Service, and particularly the National Institutes of Health, established a CENTRALIZED, COORDINATED SYSTEM FOR HANDLING RESEARCH INFORMATION on the many hundreds and thousands of drugs that are seeking a place in the market?"

"Dr. Shannon. We have not, Sir. . . ." "Page 105:

"Senator Humphrey. Now, doctor, I understand that THERE IS NO COMPREHENSIVE SYSTEM of handling research information in the National Institute of Allergy and Infectious Diseases. Yet literally hundreds of drugs have adverse allergic effects."

"Dr. Shannon. THAT IS CORRECT, SIR."

#### Aware of Gaps on the World Scene

The Minnesota Democrat's tentative judgment: "THERE IS INADEQUATE INTERNATIONAL COMMUNICATION AND COORDINATION OF INFORMA-

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TION WITH RESPECT TO NEW DRUGS."

Dr. and Mrs. Waldbott in *The National Fluoridation News* have proved the value that could come from coordinated international information.

#### Let's Introduce the NHF to

##### Senator Hubert Horatio Humphrey

A capacity to understand and to learn has been Senator Humphrey's sturdiest asset. The *Saturday Evening Post* stated in a recent article that "He has been charged with mental shallowness and 'going off half cocked.' But those who have challenged him in debate have learned to their dismay that the Senator from Minnesota does his homework. Opponents may not agree with his conclusions, but they rarely best him on questions of fact."

As the President's No. 2 man in the Senate leadership, he has become a valued member of the administration team. Being Senate Majority Whip, he says with a smile, "gives me an opportunity of seeing the President at least once a week and I don't mean just socially."

#### Send Facts for His Homework

Suffice it to say that Mr. Humphrey is worth writing to. He has the potential and capacity to understand our goal of responsible health freedom. He says of himself: "Mine are the politics of conviction and idealism." His great interest in health matters may soon overshadow his other interests. It all depends on how much of the iceberg he uncovers. In the area he has explored so far our views have run amazingly parallel. I only disagree with him in one major point. Mr. Humphrey believes FDA needs more money. I don't. I believe they could honestly enforce the law on one third of their present budget. Complimentary letters on his past stands, and encouragement to increase activity in this field by our members COULD focus his attention on a field where he is well equipped to carry on Dr. Harvey

Wiley's work. We should welcome the 48-year-old lawmaker to the scene. Of this you may be sure. If he introduces a bill, or gets behind any legislation, it will not "die without a hearing."

In the 87th Congress, he introduced a bill which is now public law 87-88 which outlawed certain kinds of water pollution. Rep. Blatnik of Minnesota introduced a companion bill in the House, and together they got it passed!

Senator Humphrey, father of four, is a bustling bundle of energy and boundless vitality whose love of action is matched only by his passion for talk. In the 88th Congress, he is going to start out by talking about health and the FDA. Anybody like to help him stay on target with a letter, pamphlets, or a book?

#### Teachable

When it was suggested that Humphrey had made a mistake in a recent course of action, the Senator threw back his head and raucously laughed. "Mistakes? Man, I invented 'em." Humorous self-appraisal is a refreshing habit of Senator Humphrey.

#### FDA Is Preoccupied With Nonsense

Mr. Humphrey has shown little or no interest yet in the foods or cosmetic side of the Food and Drug Administration. Our job is to show him that the reason that the FDA has failed in its proper function of protecting us against dangerous drugs is that it has been improperly preoccupied with non-harmful food supplements in what it chooses to call "nutritional nonsense."

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#### N.H.F. MIDWEST ANNUAL CONVENTION

The PLACE: Akron, Ohio

The DATE: September 25 through 28

IT WILL BE THE BEST

PLAN NOW TO ATTEND

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## Court KILLS FREEDOM

### YOUR Constitutional RIGHTS Are Again Challenged

Have you no longer the right to the health method of your choice? Do minority rights apply to every group except the healing arts? Is it murder when a patient dies, except under orthodox medical care? If the Phillips' decision stands, the answer to these questions will be a definite Yes!

As you know, the Phillips' case was the much publicized case of the Sherman Oaks chiropractor, Dr. Marvin Phillips, who was charged and convicted of murder in the second degree because for three weeks he treated a girl who had cancer and subsequently died 4½ months after leaving his care.

As the Fifth Federal Circuit Court of Appeals stated in the England Case (1958) (259 F 2d 626): "Under all of the cases we think it is that the State cannot deny to any individual the right to exercise a reasonable choice in the method of treatment of their ills, nor the correlative right of practitioner to engage in the practice of a useful profession."

The chiropractic profession itself is on the direct line of fire, especially in view of the fact that there was no evidence introduced into the trial that in any way indicated that Dr. Phillips was practicing outside the scope of his license, or that he did anything that was in any way harmful to his patient. In fact, there was testimony to the effect that he was practicing legally and that a Doctor of Chiropractic may, under his license, render chiropractic care to any patient regardless of the condition. Scope of practice was not an issue. Any Doctor of Chiropractic or any other licensed doctor in the State of California may render care to a patient with cancer, but must not

promise to cure or arrest the condition. The following is the legal definition of the California Cancer Law:

"It is a misdemeanor for any person willfully and falsely to represent a device, substance or treatment as effective to arrest or cure cancer. Nothing in this section shall abridge the existent rights of the press."

(Section 1714, Health and Safety Code)

The following is Dr. Phillips' own sworn account of the events leading to the indictment and subsequent conviction:

"On July 21, 1961, Mrs. Epping called from the U.C.L.A. Medical Center, stating that her child had a rhabdomyosarcoma of the left orbit and that immediate surgery was recommended. She said she did not want surgery and had phoned Cologne, Germany, and various places in the United States trying to find a non-surgical treatment for their daughter, but without success, and asked if I could cure this condition. I told her that I did not treat cancer and I recommended that she follow the advice of the doctors at U.C.L.A. and go ahead with the surgery. She asked if she could please see me and talk to me as one of my patients had highly recommended me to her. She sounded so disturbed that I agreed to see her at my office that afternoon.

"When she came to see me she told me that the doctors at U.C.L.A. wanted to perform surgery but held out little hope for the child's survival. She again asked me if I could cure this condition. I told her I could do nothing but attempt to build up the little girl's body by the use of chiropractic adjustments and dietary supplementation in an effort to in-

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crease the child's chances as a surgical risk and to prolong her life. I tried to explain that surgery was necessary and that it was better to lose the eye than the child. She said she would rather have the little girl dead than to go through life mutilated. At the end of our conversation she told me that she didn't know whether she should take the child out of the hospital or not. I then replied, 'I cannot tell you what to do, Mrs. Epping; you will have to make up your own mind.'

"The parents left my office and the mother called me that evening. She stated that they had taken the child out of the hospital and wanted me to do what I could for the child. I felt it my duty to do what I could. Because of the responsibility the parents were asking me to assume, I requested \$500 in advance for three months' care, plus the cost of dietary supplements. The \$500 was computed at \$7.00 per visit, six days per week, for a period of three months.

"I cared for the child for a period of three weeks: from July 22, 1961 to August 12, 1961. During each visit the child received chiropractic adjustments and the dietary supplements as an adjunctive procedure. During this time also I told the mother that the eye would have to come out soon, but she seemed unwilling to accept this. On August 12, I told the mother that immediate surgery was necessary and that I could do no more for Linda until after surgery had been performed. I advised that she take the child back to U.C.L.A., which she refused. I then made arrangements for an ophthalmologist to see the child. When I called that evening she told me she had not consulted with the ophthalmologist; that she had decided against surgery and was placing the child under the care of an M.D. who was going to administer an experimental Mexican cancer drug (which was not approved by the FDA to be used on human beings). I advised

against it, but just as before, she would not listen.

"About a month later the parents called me and demanded the entire \$500 plus the amount that was spent on dietary supplements refunded. I told them that they were entitled to \$375 which was the unused balance, but that the child had used the dietary supplements and this amount could not be refunded. The father told me, 'If I don't get all of the money, you're going to be sorry!' About three weeks later, an attorney called me and threatened prosecution if I did not pay the entire amount back to the parents, stating, 'I know you fellows, you are all quacks and charlatans.' I also told him that they were entitled only to \$375, but he still said that he would send the parents to the District Attorney's office if I did not send the entire amount.

"On November 22, 1961, I was arrested for grand theft. On December 29, 1961, 4½ months after I had last seen the child, the father called me and stated that the child had died that day and that I was responsible. On February 28, 1962, four days before the preliminary hearing, the grand theft charge was dropped and I was indicted for murder by the grand jury. Immediately after the arrest and months before the trial, I was tried and convicted by the newspapers and TV!"

\* \* \* \* \*

**These being the facts, how was it possible that Dr. Phillips was indicted and ultimately convicted?**

#### INDICTMENT:

The easiest way to secure an indictment is through the grand jury. The District Attorney in almost all cases is the only one who calls witnesses. There is no representation of the defendant. With this in mind, it can be seen how easily an indictment may be obtained,

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especially with the expert opinions rendered on one side only. Once the indictment is obtained, of course, the motion for dismissal is almost automatically denied.

#### TRIAL:

##### (a) Selection of the Jury.

The jury that was empanelled in this case was specifically limited by the prosecution's use of peremptory challenges to individuals who had had no contact with chiropractic or Doctors of Chiropractic. In fact, one prospective juror was even excused because one of his tenants was a chiropractor. All jurors were qualified as to having a personal family physician who was an M.D. Prospective jurors were also asked whether or not they ever had any contact with Christian Science or any belief of any nature contrary to medical procedure. No jurors were accepted who answered Yes to these questions. The jury that was finally empanelled was, therefore, already prejudiced.

##### (b) The Witnesses.

The only expert witnesses who testified at the trial were for the prosecution: the Chief of Ophthalmology at the U.C.L.A. Medical Center and a pathologist from the County Coroner's office.

Because of insufficient funds no expert witnesses testified for the defense. The prosecution's expert witnesses offered the only testimony as to Dr. Phillips being the cause of death in that he accepted the case and their statements were the only attempts to establish direct cause of death. Despite the cross-examination which revealed the complete lack of any reliable statistics as to prognosis in this rare condition, they were allowed to state their opinion that the deceased, to a reasonable medical certainty, would have survived past the actual date of her death if she had had the recommended surgery prior to coming under Dr. Phillips' care. Cross-examination revealed

that the Chief of Ophthalmology had never operated on or treated a case of rhabdomyosarcoma of the eye; had seen only approximately six to eight cases, mostly very briefly, in his entire career; and could not state any specific case that had survived an appreciable length of time.

The pathologist admitted that he had never performed nor even seen an autopsy performed on a case of rhabdomyosarcoma. It was also brought out that neither expert witness had any knowledge of statistical breakdown in regard to age, sex, or survival rate with or without surgery in this rare condition.

The defense did introduce into evidence several authoritative textbooks on ophthalmology. This medical evidence stated unequivocally that with or without surgery, children with rhabdomyosarcoma of the orbit have, at best, a slim chance of survival.

Dr. Phillips' version, as given here, was corroborated on the most crucial points by testimony brought out under cross-examination of the prosecution's own witnesses.

(1) The Chief of Ophthalmology at U.C.L.A. Medical Center admitted that there had been no written consent to surgery, explaining that they scheduled it assuming the parents would go along. There is also a letter from the ophthalmologist to the man who did the first biopsy stating that the parents were planning to take the girl to Germany and had refused surgery. The ophthalmologist also admitted that surgery, even after leaving Dr. Phillips' care, would have prolonged her life.

(2) Dr. Brock admitted prescribing an unorthodox Mexican experimental cancer drug, after the girl had left Dr. Phillips' care. He also testified that the parents, despite his urging, refused to consider surgery because they said they had

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no guarantee of survival from the U.C.L.A. Medical Center. Dr. Brock also had seen the girl about two days after starting with Dr. Phillips, at which time, according to his testimony, the father had a dream that someone would cure his daughter.

(3) The parents admitted that Dr. Phillips recommended surgery at least once; admitted attempting to find a non-surgical treatment; admitted calling Dr. Phillips first by referral; admitted filing a malpractice suit in the amount of \$100,000 against Dr. Phillips; and admitted taking the child to Dr. Brock after Dr. Phillips released her; and from there they admitted taking her to a Christian Science practitioner under whose care she died 4½ months after leaving Dr. Phillips.

However, despite this information and these discrediting admissions, the jury chose to accept their opinions.

The prosecution left no stone unturned in attempting to produce a strong emotional prejudice against Dr. Phillips by the use of inflammatory statements and evidence such as pictures of the girl's eye and elaborate descriptions of the appearance of the girl during the illness and after death.

The jury, in order to convict, according to the Judge's instructions, had to find the following to be true beyond a reasonable doubt and to a moral certainty:

A. That Dr. Phillips committed grand theft by obtaining money under false pretense knowing he could not help the child.

B. That it was only because of Dr. Phillips that the child was kept from surgery.

C. That only surgery would have definitely prolonged the child's life.

They were required to find him guilty of A, B and C, which would bring it under the felony-murder rule, which states that a death **resulting** from a felony (grand theft), without any intervening factor,

is murder in the second degree.

This being a confusing legal structure to follow, some of the jurors were led to believe by other jurors that any one of these elements being present was sufficient to convict; whereas, in fact, all three elements had to be present. Actually, none of these elements were present, but the jury was led to believe that they were because they misinterpreted the Judge's instructions and because of the prosecution's attempt to prejudice them.

This is borne out by the following notarized statements taken by the Court Reporter from some of the jurors 2½ weeks after they rendered their verdict:

#### Statement of Ruth Duxler (Juror No. 7)

Q Were there any members of the jury who had a difficult time understanding the court's instructions?

A Yes.

Q Would you care to venture a guess as to how many?

A I don't know.

Q Would you say a small portion, half of them?

A I don't know. I only know that I had difficulty in understanding. I wanted them to read it over. I was very disappointed because we were not allowed to have the instructions in the jury room.

Q Which particular instruction gave the jury the most difficulty?

A It was not the difficulty . . . when you hear so many instructions you cannot remember them all. I tried to take it down in shorthand and he talked so fast I could not keep up with him.

#### Statement of Manual Mingura (Juror No. 6)

Q Do you feel at the end of the case, prior to deliberation, do you feel that you had full understanding as to the points of law that you were to deliberate on?

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A Not quite. Twice we asked the Judge for particular instructions.

Q What phase did you not particularly understand, as to the points of law?

A Well, at first I did not understand so well because they were read so fast. . . . I don't know how to put it . . . by the fact of him starting the whole thing. He read it all so fast I could not understand the meaning of it. We went back and had it read three times, I think. I didn't understand that too well. I think possibly three times we went back.

The foregoing being facts, the truth and nothing but the truth, it can readily be seen that a dangerous precedent affecting all the healing arts is being set in this case, which is borne out by the following opinions.

#### OPINIONS:

"A decision based upon the omission of Dr. Marvin Phillips to refer the patient to a medical doctor will be a precedent representing a serious inroad upon the practice of chiropractic in that it will not only be a flat rejection of the treatment of cancer by the chiropractic profession, but it will create great confusion as to the test to be employed by a chiropractor in accepting or rejecting a patient."

Morgan, Beauzay & Holmes  
Attorneys at Law  
San Jose, California

"It is important that this decision be overturned, as to let it stand would be disastrous to the drugless professions. It could also be used by the A.M.A. against any medical doctor whom they decided to destroy."

Mr. Fred Hart  
National Health Federation

"I am sure you realize the dangerous trend this case brings for chiropractors and medical doctors. What was primarily a basis, perhaps, for at most a civil

lawsuit, now is a basis for a criminal action since the verdict was brought in in the above case."

Extract from letter to Committee  
from law offices of  
Brody & Grayson  
Attorneys for Dr. Phillips

And many more too numerous to mention in this printing.

#### SUMMARY:

1. In accepting the case, Dr. Phillips truly believed he could help the child.
2. Chiropractic care could only help to prolong the child's life, not shorten it.
3. Dr. Brock broke the chain of events by administering the experimental cancer drug.
4. The mother was against surgery for fear of mutilating the child.
5. The parents removed the child from U.C.L.A. of their own volition.
6. There was no proof that surgery would have prolonged the child's life.

To reiterate, plus setting a precedent denying the right of the public of selecting the doctor of their choice, does the above information justify a conviction of second degree murder? If you feel that it does, do nothing to help. If you feel that this drastic conviction is a gross miscarriage of justice; that this is an obvious case of medical suppression; that Constitutional rights are being grossly violated . . . then send in a donation to aid in appealing this case to the higher court, for it is only through a costly appeal that we have hope of overturning this terrible injustice. Send your donation now, payable to the CHIROPRACTIC COMMITTEE FOR JUSTICE, 725 South Long Beach Boulevard, Compton, California.

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Quitters never win; winners never quit.—Hugh Chalmers.

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## The National Health Federation

### What It Is

The National Health Federation is composed of men and women from all walks of life and residing in all parts of the United States. These Americans are engaged in many vocations and belong to many different religious faiths but **they have two points in common—a dislike for medical monopoly and a desire for individual freedom in matters relating to health.**

The people who comprise the membership of the National Health Federation feel that organized medicine, the pharmaceutical industry and other special interests have been responsible for many laws, rules and regulations which very often better serve the interests of these groups than the interests of the American public. They believe that through the activities of these groups monopolies in the field of health have been created and thus that American free enterprise is threatened, and that freedoms of the American people are being lost in matters relating to health.

Believing that these monopolistic activities exist today because there has been no strong, unified voice to speak in behalf of the American public and the nonmedical factions in matters relating to the health of the public, the people who compose the National Health Federation feel that the only hope for correction of these conditions lies in banding together into one large, powerful organization which may then speak with honesty in behalf of the best interests of all Americans in these matters relating either directly or indirectly to health.

It was for this purpose and by such people that the National Health Federation was founded in January, 1955. It is a nonprofit, nonmembership liability corporation having its principal office at 211 West Colorado Boulevard, Monrovia, California, with a branch office in Washington, D.C.

### The Need

for an Organization of the Type of the  
National Health Federation

For nearly a half century the powerful voices of organized medicine, the pharmaceutical industry, the food refiners and certain chemical manufacturers have been relatively unopposed. Thus, our Congress, state legislatures and government bureaus have yielded to the pressure from these quarters. This has resulted in the enactment of laws and the making of regulations which have furthered the interest of their proponents but which, oftentimes, have not been in the best interests of the public. It has made possible the building of monopolies, if not conspiracies, in the fields relating to the health of the people.

The National Health Federation believes that individuals, groups or organizations responsible for such monopolies are directly or indirectly guilty of acts which have been detrimental to the health and welfare of this nation's people, have restricted free and honest enterprise and have denied citizens of certain freedoms supposedly guaranteed by the Constitution of the United States.

The existence of such perilous conditions within our country demands the creation of a strong organization composed of freedom-loving Americans for the purpose of speaking with honesty and authority for and in the best interests of the people in matters related to health, to protect the health freedoms of all Americans and to crusade against all monopolistic efforts in fields which have a bearing upon the health of the people or those engaged in the healing professions. The National Health Federation was organized to fill this great need.

The following facts are worthy of the deepest concern by all Americans. They point up the need for an organization of the type of the National Health Federation to serve as the "watchdog" and

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guardian over matters affecting the health of the American people, lest our citizens lose even the last vestige of freedom in these matters and be completely subjugated to the wishes of monopolies. Some of the following facts imply conditions which are unbelievable; nevertheless, they are based on actual conditions and documentary evidence proving their existence is readily available.

1. Those who have sought independently to develop effective methods of combating the so-called incurable diseases have been subjected to unbelievable pressure, ridicule, threats and persecution at the hands of powerful, organized medical groups in spite of the fact that courts have recognized the effectiveness of the methods of treatment. This, it would seem, suggests the presence of a conspiracy to prevent the development and use of cures for certain of the so-called incurable diseases, notably those diseases for which fund-raising organizations have been formed.

2. The efforts of lay groups as well as the efforts of humanitarian-minded physicians to establish facilities for low-cost hospitalization and medical care have been bitterly opposed by the American Medical Association. This strongly suggests that the A.M.A. desires to monopolize the field of healing by destroying everything it cannot control and seeks to keep the cost of medical care at a high level.

3. During each legislative session, bills are introduced into the legislatures of several states which would prohibit the sale of even such harmless products as vitamin and mineral supplements except on the prescription of a medical physician, thus forcing the citizens to consult a medical physician in order to procure even the simplest health aids. This again suggests a monopolistic intent of organized medicine.

4. Through the years, many bills have been introduced into the legislatures which, if passed, would have the ultimate effect of seriously restricting and, in some instances, annihilating the non-medical professions. Again, this suggests the desire of organized medicine to monopolize the field of healing and deprive Americans of their freedom of choice in selecting the type of doctor they wish to consult.

5. Some of our most commonly used

foodstuffs are processed and adulterated in manners prohibited by law (the U.S. Supreme Court has upheld the validity of the law in these cases), yet, this is done with the approval of the Federal Food and Drug Administration. Inasmuch as these laws were made to safeguard the health of our population, the health of our people must surely suffer as long as these practices are permitted.

6. By arbitrary regulations, the Federal Food and Drug Administration has prohibited the sale of certain harmless but effective substances (even food factors) except on prescription of a medical physician. This has denied many persons the valuable and even lifesaving benefits afforded by such substances, denied the nonmedical professions of their use, and denied all but pharmacies the right to sell such products.

7. The Federal Food and Drug Administration, by arbitrary action, has made such restrictive regulations concerning the labeling and advertising of nontoxic and harmless remedies and devices that it has become virtually impossible for the manufacturers of these products to make an honest and reasonable presentation of their products. This has restricted free enterprise, denied the public of valuable information, and denied many persons of the benefits to be derived from the use of such remedies or devices.

The above are but a few of the points which might be enumerated. These points, we feel, indicate a definite monopolistic trend and a trend which gradually deprives Americans of certain of their fundamental freedoms. These trends can be combated only by united effort.

### Its Purposes

As stated in the previous page, the National Health Federation is organized for the primary purpose of serving as the "watchdog" and the guardian over matters which either directly or indirectly affect the health of this nation's people. The organization proposes to institute remedial legislation to correct present abuses and inequalities and to vigorously oppose the passage of new, proposed laws which have a monopolistic intent.

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In addition, the National Health Federation serves as a coordinating body through which the efforts of the smaller organizations having similar purposes may be unified and directed towards the accomplishment of a single program. To further augment this coordinating function, the legislative councils of the National Health Federation will seek to enlist the support of other large and powerful organizations who may be induced to give active legislative support to particular items on the legislative program of the Federation.

It is still an added purpose of the National Health Federation to carry on an educational program through which the public may receive honest and unbiased information concerning health matters and be made aware of existing conditions which are inimical to its health and welfare.

### What the Organization Is Not

1. **It is not an organization to oppose medicine as a system of practice, medical physicians or the American Medical Association as an organization of practicing physicians.** However, the National Health Federation will oppose the acts of the American Medical Association and any other association or organization when such acts have a monopolistic intent or are contrary to the best interests of the people.

2. It is not an organization for the purpose of opposing or promoting any particular system, method or school of healing. Rather, the National Health Federation will work to guarantee to all licensed doctors the right to practice in freedom from persecution or harassment from those who may disagree with the methods of treatment being used.

3. It is not an organization for the purpose of providing individual protection to any manufacturer of products coming under the jurisdiction of the food and drug agencies.

### The Plan of Organization

The National Health Federation is a democratic structure inasmuch as its policies and program are formulated by a Board of Governors, the members of which are elected by the members of the organization.

### Local Chapters

The Regular Member is the bulwark of the organization. It is the Regular Members who make up the Local Chapters. A Local Chapter may have ten or more members. A Local Chapter when formed elects a president, vice-president, secretary-treasurer and designates one of its members to represent the Local Chapter on the County Federation's Board of Directors.\* Example: If there are ten Local Chapters in a county and each elects a representative to the County Board, the County Health Federation would have ten Directors on its Board plus at least seven Directors-at-Large. These Directors-at-Large are elected each year by the Board of Directors of the County Organization, who, as stated previously, are representatives of the Local Chapters. The Directors-at-Large may or may not be selected to represent different county health organizations.

### County Health Federation

In this manner the County Health Federation becomes a reality. Its first order of business is to elect a president, a vice-president, a secretary, and a treasurer. It is now a county-wide organization equipped to study health problems which are county-wide in their effect on the health of the people.

### State Health Federation

Each County Health Federation when its organization setup is completed will elect one of its members to represent it on the Board of Directors of the State Health Federation. To illustrate: If a state has twenty-five county organizations the State Board will consist of these twenty-five County Delegates who have come up from the people. These delegates will then elect not more than fifteen Directors-at-Large to hold office for one year. These Directors-at-Large may or may not be representatives of some state-wide health organization. The twenty-five County Delegates plus the fifteen Directors-at-Large become the

\* Directors are designated in the Federation's bylaws as members of the Board of Governors.

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governing board of the State Health Federation. Their first order of business is to elect a chairman of the Board, a president, a vice-president, a secretary, and a treasurer.

### National Health Federation

Each State Health Federation when completed will designate or elect one of its members to be its representative on the Board of the National Health Federation. To illustrate: If there are thirty State Health Federations the National Health Federation's governing board would be composed of thirty Directors representing these thirty State Health Federations plus twenty-seven Directors-at-Large who may or may not represent some nationwide health group. Nine of these Directors-at-Large are to be elected each year for a three-year term.

This election will take place at the annual meeting of the National Health Federation. Those voting in this election will be the men and women who are members of the County or State Health Federations' governing Boards, plus active and sustaining members. Voting may be done by mail or in person at the annual meeting. No one may vote by proxy. (This provision is made to keep any one individual from collecting proxies and thus be able to unduly control the election.) The Directors who are designated as the Board of Governors of the National Health Federation shall each year elect from their group a president, a vice-president, a secretary, and a treasurer.

With the foregoing organizational setup we have

1) A National Health Federation made up of and controlled by representatives of the State Health Federations.

2) State Health Federations made up of and controlled by representatives of County Health Federations.

3) County Health Federations made up of and controlled by representatives of Local Health Federation Chapters.

4) Local Health Federation Chapters made up of and controlled by the Regular Members of the Chapters.

### Regular Members Control

In this organizational setup of the National Health Federation the power of

the organization is in the hands of the Regular Members. Their wishes come up to the National Health Federation through the Local Chapters to the County Health Federation and from the County Health Federation to the State Health Federation and from the State Health Federation to the National Health Federation. In this manner the National Health Federation becomes the united voice of all the members because its program and policies are dictated by the Regular Members acting in their Local Chapters.

Information concerning all nationwide or world-wide matters in the field of health which have value to the Regular Members reaches them by a reverse process—from the National Health Federation to the State Health Federation, from the State Health Federation to the County Health Federation and from the County Health Federation to the Local Chapters and through the pages of the National Health Federation monthly **Bulletin**. In this manner a Regular Member has access to the facts without prejudice and can therefore intelligently develop a program which will ultimately become the program of the National Health Federation.

**Local chapters of the National Health Federation are not designed to be large groups of members. It is best that they be kept in size from 10 to 20 in number.**

This keeps the chapter to a size where it can be entertained in the home of one of the members. In this manner, it is easier to get acquainted with each other. It is easier to have member participation in the program of the chapter. It serves to train more people to lead and discuss health problems. When a chapter gets too large to meet in a member's home, it should divide itself into groups of 10 or more for the sake of meetings, and once each four months have a joint meeting of its sub-chapters, or it could set up a new chapter with the excess members. At times, one local chapter could entertain another or a group of chapters with the program presented by the entertaining chapter. Local chapters should hold monthly meetings. The program of meetings with small groups, such as is suggested for local chapters, could be social, have refreshments, review legislative matters, health matters, health liter-

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ature, and such other matters as have to do with health and health liberty.

### County Federation Public Meetings

The County Health Federation should hold at least four county-wide meetings per year. At such meetings they should have a good speaker on health matters, and as an addition to the program, should have program contributions from some of the chapters. A county with one or more large cities should have one in every section of the county plus extra chapters in proportion to about one chapter to each 500 population; thus a town of 1,000 population should have at least two chapters, a town of 10,000 could well have 15 to 20 chapters. If these chapters are scattered throughout the town, city or county, you can readily see what a wonderful educational medium it would be, and on the other hand, what a power it would be in the local community, county, state, and nation. Every governmental employee and every elected officeholder would know about it and would respond to any right, reasonable and fair request, etc.

A County Federation Board meeting should be held each month.

Most organizations which wither and die do so because they strive to make their units too large and cumbersome. The National Health Federation's organizational setup is designed to overcome that weakness.

### Regular Members Not Affiliated With Local Chapters

It is anticipated that many applications for Regular and Sustaining Memberships will be received directly from interested individuals as a result of publicity given to the National Health Federation via radio and magazines. Thus, these individuals will not be members of a Local Chapter when they join. It is not required of a Regular or Sustaining Member that he or she affiliate with a local chapter but he or she will be urged to do so if such a chapter exists in the vicinity.

### How the Money Is Spent

Members of the National Health Federation are assured that every dollar

received by the organization will be spent only after much forethought. Actually, every dollar is stretched and made to do the work of two. The Federation has no income other than the money received for membership and donations from members. These modest fees and funds support the following:

1. The maintenance of an office for the national headquarters with the smallest staff possible consistent with efficiency.

2. Maintaining a legal and legislative office in Washington, D.C.

3. The carrying on of an active membership campaign in order to insure growth of the organization.

4. The publishing of the monthly **Bulletin** as well as other educational literature.

5. The maintenance of a department for the purpose of collecting and compiling facts concerning health matters of a general and specific nature which truths will aid the organization to arrive at sound conclusions as well as enable its representatives to present the true facts before legislative and regulatory bodies.

### The National Health Federation

Crusades vigorously for what is fair and right in matters affecting people's health.

Proclaims the truth in health matters—no matter whose ox is gored.

Works for beneficial legislation, opposes detrimental legislation.

Endorses no particular method of treatment, but will fight for your privilege to use the method of treatment of your choice.

Opposes medical monopoly and resulting high cost of health care.

Insists that our food and water be free from injurious chemicals of any kind.

Insists that all money raised for health research be used for that purpose alone.

Seeks to compel health fund-raising organizations to give a yearly detailed account of expenditures of all funds collected.

Endeavors to secure fair and impartial health law and regulation enforcement.

These are the things the National Health Federation is organized to do. We invite you to join its ranks and take part in this vital effort on behalf of all America.



# National Health Federation

## Suggested 1963 Program

FOR—Pure food, water, air, and beverages.

FOR—Mental health freedom.

FOR—Honest, fair and efficient law enforcement in health matters.

FOR—Freedom of choice in all matters relating to health.

FOR—A bill, to be reintroduced, which would deny tax benefits to any charity organization soliciting funds on a nationwide scale, or connected with a nationwide organizational drive for health purposes, unless, previous to such solicitation, a detailed budget, or financial report, shall have been submitted to the Internal Revenue Department, and unless such organization shall hold its books open to audit by the Federal Revenue Department, should such audit be deemed necessary. This is similar to the requirements of Community Chests and United Fund Drives. It is the feeling of your organization that the passage of such a law will (1) remove the present objection of such organizations taking part in Community Chest and United Fund Drives, and (2) will stop the apparent waste of funds collected from year to year. The only financial report such organizations now file is a very, very brief one, which does not answer any of the questions to which the public has a right to know the answers. This bill should have the support of all right-thinking men and women everywhere.

FOR—a bill, to be reintroduced, designed to set medical doctors and medical researchers free to care for the sick and to search for remedies to humanity's ills. This bill is simple in nature and long overdue. The bill will deny tax benefits to any medical facility in the United States which discriminates in its service or the use of its facilities because a medical doctor, with a proper state medical license and associated qualifications, belongs to or does not belong to the County, State or National Medical Association, etc. There is no justifiable reason why your medical doctor cannot practice in or use our medical hospitals and institutions if he holds a proper medical license in good standing. This bill is also in keeping with the purpose of the National Health Federation, to wit, medical freedom.

FOR—An amendment to the Federal Administrative Procedure Act in line with the recommendation of the Hoover Commission, which reads as follows: "Agency publicity found by a reviewing court to have been released for the purpose of discrediting any person under investigation or a party to an agency proceeding may be considered by the court as a pre-judicial prejudging of the issue, and the court may set aside any agency action against such a person or party or enter other appropriate order."

FOR—A thorough investigation of the Food and Drug Administration by the Senate Anti-Monopoly Committee on the ground that its activities appear to be promoting a medical monopoly.

FOR—Legislation which will provide that when federal money is involved in the training of individuals, or aiding institutions for the education of individuals in the art of healing, there shall be no discrimination as between the different schools of healing, regardless of whether they are medical or drugless.

FOR—Legislation, both state and national, which will protect the constitutional rights of individuals in relation to mental health matters. Improperly handled, the mental health program, as now being pushed in the United States, could destroy the American way of life. The National Health Federation will be active in this matter, in the county, the state, and the nation.

Against all legislation and/or regulations in the health field which are not in the best interests of the public.

Organize and promote a "National Youth Health Club Movement," patterned after the 4H Club idea.

Organize and operate a Health Speakers Bureau, the purpose of which would be to provide competent speakers on diet and other health matters. The medical monopoly and the Food and Drug Administration are rapidly driving our well-known health speakers from the platform.

Organize a Legal Department, the purpose of which will be to initiate litigation against any group which is a monopoly or works toward the creation of a monopoly in the health field, or which takes unjust or illegal action against an individual, corporation or organization in the field of health.

Work to amend the Food and Drug Law to put the word "Pure" back into the law and separate the "Food" portion of the act from the "Drug" portion.

Strive to have a separate department of government with cabinet status established to protect the consumer. This department to have no conflict of interest.

Move the enforcement of the Pure Food Act from the Department of Health, Education, and Welfare to this new department of the Federal Government, when and if established.

# N.H.F. and the Healing Arts

The term medicine as used here is the dictionary definition, to wit: The science and art dealing with the PREVENTION, cure or alleviation of disease.

The National Health Federation believes the basic points for a Healing Arts Act to be as follows:

1. The scope of practice of all practitioners should be based upon the philosophy of each particular system of healing and the educational qualifications of the practitioner.

2. That all states should recognize and license the practice of allopathic medicine and surgery, osteopathic medicine and surgery, chiropractic medicine, and naturopathic medicine.

3. Each system of medicine should have its own examining, licensing and administration board. The police power of investigation should not overlap from one board to the other. In other words, each profession should clean its own house.

4. In order to define adequately the various systems of medicine, namely: osteopathic medicine, chiropractic medicine, and naturopathic medicine, something must be and should be done which all of these years has never happened; allopathic medicine and surgery must be defined. Otherwise, how are the peace officers to know when one profession has

stepped out of its scope of practice?

Therefore: Drugs should be defined as "any substance, oral, intramuscular or intravenous, which would be poisonous, destructive to tissue or deleterious to the physiology of the human body."

5. Major surgery should be defined as "the entrance by surgical or mechanical means into any of the five body cavities, or a gross amputation."

Minor surgery should constitute all forms of surgical procedure other than that defined as major surgery in the foregoing paragraph.

6. The osteopathic physician and surgeon should enjoy recognition of practice equal to that of the allopathic physician and surgeon by reason of the fact that he is as well trained in medicine and surgery as the M.D., and in addition, has knowledge of osteopathic manipulation.

7. The scope of practice the chiropractic and the naturopathic physicians should enjoy should be determined by the philosophy of each system and by the curriculum of their schools submitted for the purpose of showing how extensively and thoroughly they are trained.

Every family in America should belong to the National Health Federation TO:—

- 1 Protect their health
- 2 Know the truth about health matters
- 3 Reduce the cost of health care
- 4 Work for beneficial health legislation
- 5 Oppose detrimental health legislation
- 6 Secure fair and impartial law and regulation enforcement
- 7 Put a stop to injurious chemicals being added to food and drink
- 8 Maintain health liberty and freedom of choice
- 9 Have a strong and united voice in all health matters
- 10 Insist that all money raised for health research and care be used for that purpose and no other
- 11 Compel all health fund-raising organizations to give a yearly detailed account of the expenditures of all funds collected

THESE ARE THE THINGS THE NATIONAL HEALTH FEDERATION IS ORGANIZED TO DO — SO JOIN ITS RANKS AND TAKE PART IN THIS VITAL EFFORT ON BEHALF OF ALL AMERICA.

FEBRUARY, 1963



## Where Can You Get So Much for So Little?

AS A MEMBER

1. You receive the **Bulletin**, our monthly magazine, to keep you up to date on health matters.
2. You can use our Washington Office to support beneficial and oppose detrimental health measures.
3. You can read the advice and use the assistance of our Washington counsel through his articles in the **Bulletin**.
4. You can learn the truth about food and have a strong voice in health matters.

- ☐ I wish to become a **REGULAR MEMBER** of the National Health Federation and am enclosing \$5.00 as dues, \$1.50 of which is for a subscription to the **Bulletin** for the current year.
- ☐ I wish to become an **ACTIVE MEMBER**. I am enclosing \$5.00 as dues for the current year, \$1.50 of which is for a subscription to the **Bulletin**. Please send me a kit containing applications for enrolling regular members, including literature and instructions. I understand that I must procure a minimum of 10 regular members in order to qualify for this preliminary membership and to be recognized as a qualified active member and chapter leader.
- ☐ 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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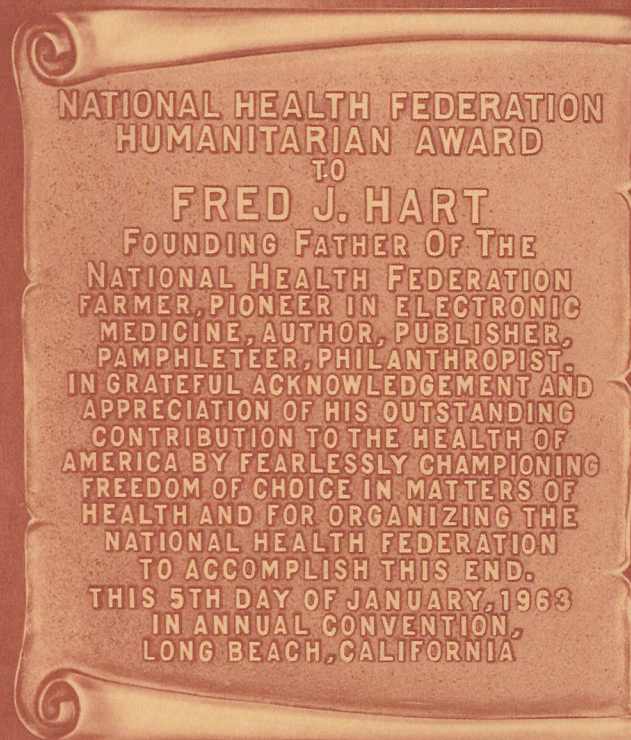
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# The Night I Will Never Forget

By PATRICIA BRAGG

The night of January 4, 1963 will have a tremendous meaning to me all my life! It demonstrated to me for the first time in my life just what my father's ideals and purposes were in giving his life to the natural health movement. True, I have traveled the world over with my father, hearing him deliver the message of natural living to the four corners of the earth, but the night of January 4 was entirely different from any of the hundreds of meetings I have attended.

It all started quite simply. Howard Long (Secretary of N.H.F.) stepped onto the platform, leaned toward the mike and said, "Tonight we have the granddaddy of the entire health movement as we know it today. We have with us the father and the founder of the natural health movement—the man who opened the first health food store in America. Let's welcome our beloved pioneer, Paul C. Bragg."

My dad leaped onto the platform with the strength of a youth. His lean, strong, fit body sparkled with radiant health. (Yet he is a great-grandfather!) My dad practices what he preaches. He is constantly fasting and purifying his body. He practices all the principles of natural living—breathing, exercising, sun-bathing, correct eating—but above all my dad works for and with God and nature.

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HERE

He sincerely told the group the history of the natural health movement as it began in this country around 1824. He told how these dedicated men gave their lives to bring the light to the sick and suffering. He told how they were disgraced and in many instances ruined by the rulers of that day and age. But dad told them that for every leader they knocked down a new one appeared, for "Truth crushed to earth will rise again." And from a long hard battle we have reached our place where we stand today. But even now the evil forces want to destroy us and will use any foul means to crush us!

My father cried out to the N.H.F. Convention crowd that Friday night: "The future of the natural health movement is in your hands. What you do tonight will make history. We are either defeated or we go forward. We need memberships in the National Health Federation. We need money for our Washington office and to carry our battle into every state in the Union. We're fighting for the health of each and every American."

The response of the group was tremendous! Many joined; a large number became life members and pledged \$100 or more! Never in my life have I seen a group so full of the fire of goodness! I am proud to be a member of the National Health Federation, proud to be a part of such a dedicated group. It gave me new spiritual strength to work with and for the Federation. It will be a night I shall never forget.