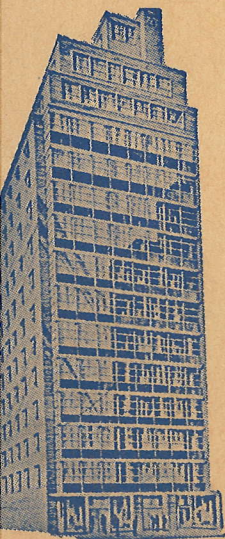


National Health Federation



25¢



N.H.F. FIGHTS FOR FREEDOM

<i>Family Circle</i>	Page 2
<i>Your Rights Under the Constitution</i>	Page 3
<i>N.H.F. Statement Before Committee on Aging</i>	Page 7
<i>From the Secretary's Desk</i>	Page 14
<i>Food and Its Function as the Foundation of Health</i>	Page 15
<i>N.H.F. Urges Congress to Treat all Branches of the Healing Arts Justly</i>	Page 19
<i>Fluoride versus Freedom</i> By Frederick B. Exner, M.D.....	Page 22

AMERICANS CRUSADING FOR BETTER HEALTH

Volume IX—Number 3

March, 1963

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

BULLETIN

Family Circle

By Fred J. Hart

Another 30 days has rolled along, a wonderful convention has come and gone, and we at headquarters, along with Clinton Miller at Washington, are girding ourselves for battle. A battle it will be because the drug and chemical interests now realize that the natural approach to health and pest control lies in co-operating with nature rather than working against her, and this procedure will upset their economic well-being.

These interests also realize that the people have organized to defend the purity of their food and drink and the natural approaches to health and happiness. They have also arrived at the conclusion that the people intend to put an end to the present practice of Federal Bureaus being used as a cat's paw to pull their chestnuts out of the fire. Although they realize this, yet they are ignorant enough to think that by putting on an all-out drive to destroy all those who are preaching, teaching and practicing the drugless approach to health and advocating the return to natural practices in raising food, they can keep the status quo.

Now Is the Time

We have never, during my lifetime, had such an opportunity, so far as health is concerned, to win victory for the people, provided we get busy and secure members that the National Health Federation may increase in power and influence and have sufficient funds to properly carry the battle to ultimate victory.

War Has Been Declared!

There is no longer any middle ground—it is either survive or perish on the altar of greed and economic gain at which the producers of chemicals and drugs worship. I, for one, do not propose to either worship or perish before that altar. This is still America and the peo-

ple when aroused still rule. I herewith dedicate myself anew to the task of once again making this government a government of the people, for the people, and by the people, instead of a government of the Bureaus, for the Bureaus and by the Bureaus, such as Congress has allowed it to become.

To this end I intend to donate more time, effort and funds and I invite each of you to join me in this dedication and resolve.

We Shall Win!

I say we shall win for the following reasons:

1. Most of our members are praying people.
2. The vast majority of Federation members believe in fair play.
3. The vast majority believe that what is right is worth fighting for.
4. Because I know that right, crushed to earth, will rise again for God is in His Heaven and hates evil and loves good and no power on earth can withstand Him.

So

Let's move on to victory in this year 1963. We can do it—we must do it—we will do it if we pray, work and give, even though it means sacrifice, and tell others about the Federation and what fate is facing America unless the people wake up, unite and speak with a strong voice.

Conventions

Start planning now. The Federation's Midwest Convention will be held in Akron, Ohio, September 25, 26, 27, and 28. We have already started the planning of the program. We have started early because we want each succeeding convention to be better than the one which

(Continued to page 34)

The NATIONAL HEALTH FEDERATION BULLETIN

VOLUME IX

NUMBER 3

*Adventures on Health Frontiers
Published Monthly*

MARCH

1963

Your Rights Under The United States Constitution

By Charles O. Pratt, Washington Counsel,
910 Seventeenth Street, N.W.,
Washington 6, D.C.

Your Washington Counsel during the past year has been advised by many members of the National Health Federation that they or their friends have not been treated with dignity and respect by governmental authorities who were engaged in the enforcement of federal and state health laws.

At the recent N.H.F. annual convention at Long Beach, California, reports came to my attention that defendants, in cases involving the application of the Federal Food and Drug Laws, have been denied fundamental rights of decency, especially the right to be released from custody upon supplying a reasonable bail bond. In this case, it was alleged that the defendants suffered the infliction of cruel and inhuman treatment.

Because of such allegations made to me, I deemed it advisable to discuss in my speech before the convention the rights of U.S. citizens as set forth in the applicable Articles in the Constitution of the United States.

No Cruel and Unusual Punishments Shall Be Inflicted

It occurred to me that, perhaps, many other persons throughout the country might be subject to excessive jealousy

and cruel and unusual punishments on the part of law enforcement officers; and even including at rare times the unreasonable actions of biased judges of the lesser courts which have little or no understanding of the healing arts professions or the business of selling and using health food products.

In view of the foregoing, your attention is called to Article VIII of the U.S. Constitution which provides:

"Excessive bail shall not be required, nor excessive fines imposed, nor cruel and unusual punishments inflicted."

Unreasonable Searches and Seizures Shall Not Be Tolerated

On occasion, members of N.H.F. have called my attention to the unreasonable and abusive manner in which governmental agents have entered their offices and homes in search of personal property, products, devices, and records including personal and confidential correspondence.

U.S. citizens under our great U.S. Constitution are protected from any unreasonable searches and seizures; and in this connection I call your attention to Article IV thereof which provides as follows:

(Continued next page)

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

No Person Shall Be Compelled in Any Criminal Case to Be a Witness Against Himself

Over the years, I have received phone calls, letters and had personal conferences with doctors and people engaged in the healing arts professions and health food business, the subject of which has been to call my attention to the unreasonable and unlawful effects of governmental enforcement agencies' representatives, inspectors and agents who have, when making an investigation, demanded records, correspondence and statements, written and oral, for which no court warrant had been issued for probable cause based upon a charge under oath.

My advice under such circumstances is that no person in a criminal case shall be compelled to be a witness against himself. That no person shall be deprived of any property, records, correspondence, devices, or equipment without a court warrant authorizing and ordering the seizure based upon an accurate description of the articles to be seized.

No person shall be deprived of life, liberty, or property, without due process of law; nor shall private property be taken for public use, without just compensation.

In this connection, the United States

Constitution provides in Article V as follows:

"No person shall be held to answer for a capital, or otherwise infamous crime, unless on a presentment or indictment of a Grand Jury, except in cases arising in the land or naval forces, or in the Militia, when in actual service in time of War or public danger; nor shall any person be subject for the same offence to be twice put in jeopardy of life or limb; nor shall be compelled in any criminal case to be a witness against himself, nor be deprived of life, liberty, or property, without due process of law; nor shall private property be taken for public use, without just compensation."

The Accused Shall Be Informed of the Nature and Cause of the Accusation Against Him

I have been advised on occasions that law enforcement officers have arrested and put in jail individuals without informing the accused of the nature and cause of the arrest. This is unlawful procedure.

The authority for holding such arrests unlawful is set forth in the United States Constitution in Article VI, which provides as follows:

"In all criminal prosecutions, the accused shall enjoy the right to a speedy and public trial, by an impartial jury of the State and district wherein the crime shall have been committed, which district shall have been previously ascertained by law, and to be informed of the nature and cause of the accusation; to be confronted with the witnesses against him; to have compulsory process for obtaining witnesses in his favor, and

(Continued next page)

to have the Assistance of Counsel for his defence."

If Executive Officials Fail to Protect Your Constitutional Rights, the Judicial Branch of Government Must Bring Them Within the Confines of Their Duty

In the recent case in the United States Court of Appeals, No. 16,723, Armour and Company vs. Orville L. Freeman, Secretary of Agriculture, et al., the Court had under consideration whether watered ham was ham plus water or imitation of ham. The Armour Company argued that watered ham was ham with water and that it was not imitation ham. The Government had ordered that the watered ham be labeled **Imitation Ham**.

The Court held that watered ham was ham plus water and not an imitation ham, for instance a manufactured luncheon meat containing grains and other ingredients.

The Court further said, "I suggest that when the customer realizes that genuine and ersatz are alike required to be labeled 'imitation,' her faith in the processes of the Government to protect her in her purchase of food for her family will surely dissolve into disbelief of the rawest sort. A serious infraction of the faith upon which our citizens live and upon which the Government exists would be in the making. It would start, not in some cloistered, contemplative atmosphere, but on the shelves of the markets where people in the mass come into direct contact with the Government and its operations. Faith in government at this point, faith in the veracity, the objectiveness, the accuracy of government agencies at this level, in affairs such as these, are the priceless, irreplaceable ingredients of democratic government. We should brook no loose handling in these mundane but delicate matters. If executive officials fail here, or grow autocratic, the judicial branch of gov-

ernment must bring them within the confines of their duty." (Brougham v. Blanton Mfg. Co., 249 U.S. 495,5000.)

The foregoing case is an excellent illustration where the judicial branch of our Government did bring the executive officials within the confines of their duty.

Article I of U.S. Constitution Provides That Freedom of Speech Shall Not Be Denied

Frequently, in connection with my handling of cases under the Federal Food, Drug and Cosmetic Act, my attention is called to the fact that persons and devices believe they have been or are being denied freedom of speech because the Food and Drug Administration charges that the products so promoted are misbranded by oral or written therapeutic claims for them in the speech or lecture.

The freedom of speech protection under the U.S. Constitution does not mean that anyone can make therapeutic claims for a product which would result in misbranding the product.

Freedom of speech does mean that anyone can give a public lecture on health matters or the nutritional or therapeutic effects of products, provided the lecturer is **not** selling the products, or provided he has no financial or eco-

(Continued next page)

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.

conomic interest in the products discussed in the speech.

N.H.F. Washington Counsel Wins, for Defendant in Food and Drug Case, Reversal of \$4,000 Fine and Three-year Federal Prison Sentence

The United States Circuit Court of Appeals, Seventh Circuit, Chicago, Illinois, based upon the Brief and Oral Argument of Charles Orlando Pratt, your Washington Counsel, reversed a judgment for \$2,500 against the defendant Corporation and for \$1,500 against the individual defendant and vacated a federal prison sentence of three years of a nine-year sentence of which three years were suspended.

Your Counsel has filed a Motion to Stay the Execution of the remaining sentence; and has filed a Petition for Rehearing on the two remaining counts for the purpose of asking the Court to consider again the setting aside and vacating of the remaining judgments thereon.

If the Petition for Rehearing is denied, then a Petition will be filed in the Supreme Court of the United States requesting a hearing and a reversal of the remaining part of the judgment.

In summary, it is suggested that, in serious cases, it is advisable to appeal judgments of lower courts if they seem to be unfair and not based upon law.

N.H.F. Plans Its Convention Programs Months Ahead

We have asked Catharyn Elwood, author of **Feel Like a Million**, to be a featured speaker at the next Midwest N.H.F. Convention at Akron, Ohio, September 25, 26, 27, and 28. We have asked her not only because she knows her onions, but because she is planning a great trip to the most famous spas of Europe. What is more, she is going to

take moving pictures in color of these famous places.

To make it even more interesting, she has agreed to take along all N.H.F. members who would like to see these places. All 41 days will be packed full of excitement and health. Catharyn is a wonderful person and hostess. If you are interested in making the trip, we suggest you write at once for information and costs to Catharyn Elwood at 279 East 4 North, Ogden, Utah.

Don Allen Introduces Bill on Detergents

Reported January 20, 1963

Assembly Bill 228, introduced by Assemblyman Don A. Allen, Sr. of the 63rd district, may prove to be one of the most important bills introduced in the past 25 years, the assemblyman contends. The bill adds section 4037 to the health and safety code of the state.

It prohibits sale or use of any detergent designed to be used in place of soap which is not biologically degradable.

Many of these detergents, washing machine and dishwashing, now appearing on the market are not soluble and therefore are a threat to the water supply of the entire state, he said.

Recent research disclosed that this detergent pollution was found in the subterranean water supplies of the lower San Joaquin Valley and two other areas: one near Barstow and the other in the Santa Ana basin.

The water is now being used for irrigation purposes only, but it foretells the imminent danger threatening the domestic water supply throughout the state, Allen continued.

A similar measure is being introduced into the national congress by congressmen from the Midwest and east coast who have had considerable areas of their districts completely destroyed by detergent pollution.—**Calif. Legislature.**

Statement of the National Health Federation Before the Special Committee on Aging United States Senate

By Clinton R. Miller
Assistant to the President
January 17, 1963

Mr. Chairman and Members of the Committee:

We wish to compliment this Committee and its Chairman for investigating fraud against the elderly.

The National Health Federation believes in freedom of choice in matters of health where the exercise of that freedom does not interfere with the safety or health of another and thereby deny him an equal freedom. This belief in freedom has certain limitations which are determined by an individual's chronological age. It is proper to give parents responsibility and authority over the health choices which must be made for minors. Once a person becomes of legal age, however, it has never been suggested by any previous free civilization that this freedom to make choices should be limited again just because a citizen grows older. Indeed, quite the contrary philosophy has dominated history.

It has been assumed that when one is free to make choices, he will make mistakes. Some learn and remember the lessons well, some do not. Those who skillfully apply their experiences, learn from making mistakes and avoid repeating the same error are called wise. Most stable civilizations have a place of reverence and respect for "wise old men and women." Far from limiting the freedom of choice of these wise ones, we traditionally allow them almost unlimited rights to make judgments "based upon experience." This honored place is not allowed them because they get stronger physically as they grow older. The very fact that they "lasted" is

proof that they made more right choices than those who didn't. If we now propose that someone take this honored place from the aged and place someone in a position to make choices for them, whom shall we choose? If we can't trust the aged with freedom, then whom can we trust? Shall we put minors over seniors to prevent oldsters from making choices that might be wrong? Certainly it would be without precedent. History yields no pattern for guidance. Natural law seems to indicate that our trial would fail.

When does excessive responsibility begin and where does proper concern stop? Our members insist that if an error is to be made in matters of health it should be made on the side of freedom. We have thousands of aged members, and not a single one wants to give up any right to make his own choice in matters of health. Our aged insist on freedom. They insist that no one shall be prevented from choosing the book, service, or product believed to be helpful to his health. They demand that they not be forced to do that to their bodies which they believe to be harmful.

The Right to Be Wrong

Even our oldest and wisest members know that if they have freedom they will still make mistakes and will suffer for them, but so long as some human must make choices about their own health, they prefer to play that role themselves. They regard with more suspicion an overly solicitous politician who professes undue concern over their well-

(Continued next page)

fare than they do a merchant or salesman or doctor who is willing to offer his wares in the free competitive American market place.

Excessive Responsibility

On the contrary, I am instructed to report to them those pompous officials who deem it their right to appropriate to themselves excessive responsibility for choices in matters of health. They properly consider these men as far worse frauds and far worse charlatons and far worse quacks than any in the field of health, for they are despots and tyrants who would force their will on another on so intimate and sacred a matter as that of health.

My role is to report to them any official, elected or appointed, who has become so arrogant that he has assumed that his duty is to force a man to be well or go to jail. When we discover these self-appointed high priests over health, we work to remove them from office by due process.

Tyranny in matters of health is our greatest tyranny within America today, and the National Health Federation is organized for the specific function of opposing it.

At this time I wish to state our complete accord with the stated purpose of this investigative committee.

While we fight for freedom we insist that laws be passed and enforced to punish fraud. This Committee is formed to investigate fraud against the elderly and we now submit for your consideration areas of fraud that are long overdue for Senate investigation.

Fraud No. 1 The Fraud Against the Food and Drug Law

The most important book ever written in America to protect American citizens from fraudulent practices against their food and drugs was authored by Harvey W. Wiley, M.D., the acknowledged father of the Food and Drug Administra-

tion. It is entitled **The History of a Crime Against the Food Law—The Amazing Story of the National Food and Drugs Law Intended to Protect the Health of the People Perverted to Protect Adulteration of Foods and Drugs**. We recommend its use as a textbook for your deliberations. This book is not a free-flowing novel for the shallow mind. With scissors and paste pot, Dr. Wiley collected and assembled the evidence, just before his death in 1930, which reveals the greatest fraud against not only the elderly, but every American who has lived under the maladministration of this law since control of its enforcement was seized by the very commercial and professional segments that it was meant to regulate.

Agencies End Up Being Regulated by Those They Were Set Up to Regulate

Unless extreme care is taken by Congress, the agencies they set up to protect the citizens against frauds are soon controlled by those criminal elements they were meant to police.

Dr. Harvey W. Wiley charged and we maintain that this is precisely what has happened in the greatest fraud in American history. From the time of takeover that Dr. Wiley records in his book until the present, the Food and Drug Administration has been controlled by the financial and monopolistic interests whose fraudulent practices the law was specifically written to limit.

Statesmen lawmakers in Dr. Wiley's time valiantly fought to pass the Pure Food Law of 1906. The interests who fought this bill, failing in their control of Congress, immediately seized control of the enforcement agency, the FDA. Dr. Wiley spent the first part of his life fighting to get the legislation passed. In this he was joined by Theodore Roosevelt. Dr. Wiley spent the last part of his

(Continued next page)

life trying to honestly enforce the law he had fathered. In this he failed, and this **long suppressed** book reveals the fantastic incident that caused President Theodore Roosevelt to become an enemy of Dr. Wiley and not only withdraw his support, but set up the pattern by which the FDA could be maneuvered and controlled by the monopolistic and fraudulent interests who had so bitterly fought passage of the legislation.

I respectfully request that at the end of my statement that the following abstracts or articles be included in the records of this Committee hearing:

1. Pages 372-402 from Dr. Harvey W. Wiley's book, **The History of a Crime Against the Food Law**. These pages briefly summarize Dr. Wiley's amazing story of how the national food and drugs law, which was intended to protect the health of the people, was perverted to protect adulteration of foods and drugs.

2. An article, "A Concept of Totality," by Dr. Joe D. Nichols, M.D., Chairman of the Board, Atlanta National Bank, Atlanta, Texas. This short article was taken from an address before the 68th Annual Convention of the Texas Bankers Association of Galveston on May 12, 1952. Dr. Joe Nichols is President of the Natural Food Associates, Atlanta, Texas.

3. A letter and clippings from Vol. 40 and Vol. 41 of the **Journal of the American Dietetic Association**. These contain a sincere **retraction and apology** from the **Journal** for calling Dr. Royal Lee and others "notorious food faddists and quacks."

4. An editorial from the **New Orleans Tribune**, 4-8-41, which comments on the Supreme Court decision which found the American Medical Association guilty of criminal conspiracy to monopolize the practice of the healing arts.

5. An open letter from Dr. Walter F. Chappelle to Dr. Frederick J. Stare.

6. A letter from Dr. Roger J. Williams,

Professor of Chemistry, and Director of the Clayton Foundation Biochemical Institute, University of Texas, to the Hearing Clerk of the Dept. of HEW, August 2, 1962.

7. An article, "The Re-appraisal of Today's Nutrition," by Dr. W. Coda Martin, M.D.

8. A pamphlet, **Your Health—What It Is Worth to the Racketeer**, by Dr. Royal Lee, D.D.S.

9. A program announcing a lecture, "Living Should Be Legal," by Carlton Fredericks, Ph.D.

10. An article, "Food and Cancer," by John Lear, of **Saturday Review**.

11. A speech by Representative David S. King, "Recent Action of the Food and Drug Administration," July 19, 1962, taken from the **Congressional Record** of that date.

Fraud No. 1—A The Illegal Sale of Foods Containing Alum, Benzoate of Soda, Saccharin and Sulphur Dioxide.

On page 399 of Dr. Wiley's book, **The History of a Crime Against the Food Law**, he stated: "The most important of these remaining steps is to repeal the permission given by the Remsen Board of Consulting Scientific Experts to add alum, benzoate of soda, saccharin and sulphur dioxide to our foods. From the earliest days of food regulation the use of alum in foods has been condemned. It is universally acknowledged as a poisonous and deleterious substance in all countries. The United States is the only country which permits, of course illegally, the addition of alum to our food supply."

Fraud No. 1—B The Illegal Sale of Bleached Flour and Coca-Cola.

On page 400 of Dr. Wiley's book, he stated: "The next most important step is to secure from the officials enforcing the Food and Drugs Act recognition of the actions of the courts under the opera-

(Continued next page)

tion of the Food and Drugs Act in convicting the manufacturers of bleached flour and Coca-Cola. In all these cases judgments of the Court condemning the use of all these substances were secured, but in no case was any effort ever made by the enforcing officers to follow up the Court decision. By reason of this fact, interstate commerce in foods containing bleached flour, benzoate of soda, sulphur dioxide and sulphites, together with soft drinks containing caffeine, such as Coca-Cola, go on unimpeded and unrestricted in all parts of the United States. The health of our people is constantly threatened by the use of these articles in our food.

"It is a matter of common knowledge that the practice continues today despite the Court decisions establishing its illegality."

Fraud No. 1 — C FDA Approval of Saccharin in Foods for Non-medicinal Purposes.

Section 125.7 of the Food, Drug and Cosmetic Act, published June 20, 1962 in the **Federal Register**, is a proposed reversal of the original intent of the Pure Food Law, protecting the consumer from the use of saccharin and other coal tar nonnutritive sweeteners except those specifically manufactured and labeled with appropriate warnings for medicinal purposes. On page 401 of his book, Dr. Wiley stated: "If the Bureau of Chemistry had been permitted to enforce the law as it was written and as it tried to do, what would have been the condition now? **No food product in our country would have any trace of . . . saccharin, save for medicinal purposes**" (emphasis ours).

The above proposed FDA ruling will allow saccharin in all foods. It is a complete reversal of the intent of the American people, their Congress, and Dr. Harvey Wiley. This is real fraud. Not only does Mr. Larrick's FDA refuse to prosecute in this field, but he now proposes

to compound the crime by making legal the universal use of this toxic adulterant.

Here are the economic motivations. Saccharin costs \$1.50 per pound. It is 350 times sweeter than sugar, and one pound can replace 350 pounds of sugar at an average cost of \$35.00. For every pound of this coal tar toxic chemical that can be used to replace 350 pounds of sugar, there is a profit of \$33.50. Where is a greater fraud than this?

FDA's Smoke Screen Attack on "Health Foods Quackery" and "Food Fanatics"

Why does Mr. Larrick's FDA attack Dr. Harvey W. Wiley's followers as "food fanatics"? Whenever past Congresses have been prodded by Dr. Wiley's followers to ask embarrassing questions of FDA, which revealed preventable deaths and injury because of FDA's refusal to prosecute the real food and drug criminals as Dr. Harvey Wiley did, they throw out a smoke screen to set Congress off the scent, and play a cracked record that shouts over and over, "food fanatic," "nutritional nonsense," "health food quackery," etc. etc. ad nauseam. It must be admitted that in the past it has temporarily baffled Congress, and effective investigations have been side-tracked. However, before this Committee, the false charges of quackery came early enough in the 88th session that future hearings will give a chance for Congress to hear the other side and judge just who is responsible for frauds and crimes against the Food and Drug laws of our country.

In this regard, the National Health Federation sincerely compliments the Honorable Senator McNamara for holding his hearings so promptly after the opening of the 88th Congress. Although many of the first witnesses were "smoke screen" witnesses, we are sure that future hearings before this Committee will

(Continued next page)

reveal the real fraud against the health of the aged and all other Americans that will substantiate Dr. Harvey Wiley's charges.

Which Are the Real Villains — Whole-some Health Foods or Dangerous Drugs, Pesticides, Preservatives and Additives with Fatal and Deforming Side Effects?

Mr. Larrick submitted to your Committee a tabulation showing the enforcement activities that have been brought into the Federal Courts in the 18-month period ending December 31, 1962. Mr. Larrick proudly boasted that there were twice as many prosecutions against harmless food products as there were against drugs! He said: "Very briefly, there were 97 seizures of food supplements, . . . and 49 seizures of drugs; . . ."

He then listed 41 pages of actions taken in Federal Courts in the last 18 months against admittedly perfectly harmless, clean, safe and wholesome vitamin products, sea salt, sea water, vinegar, honey, herbs, protein tablets, vegetable juices, safflower oil, molasses and whole wheat cookies, millet and sesame seed pancake mix, wheat germ, dehydrated fruits and vegetables, etc. Nowhere is it claimed that these products were harmful to health.

By comparison, not a single jail sentence, not a single arrest or fine, not even a single listing of any manufacturer of thalidomide or Merk 29 (which resulted in the death of 53 people) appears anywhere in the record to indicate that there was a single punitive action taken by the FDA in these matters. Mr. Larrick has deliberately ignored the real danger areas where deaths and deformities could have been prevented by honest FDA enforcement but proudly boasts of his record of harassment in prosecuting "health foods" manufacturers of sea salt, vitamins, vinegar and honey and assumes that he has been successful in

convincing both the Congress and the American public that these are the real villains against whom the FDA was organized to act.

Who Is the Father of This Statement: "\$500 million in Health Foods Quackery"?

This figure was first invented at the AMA-FDA Congress on Medical Quackery in 1961 and seems to be without an author. No one will accept responsibility for making the original statement, nor will anyone break it down. To see how deliberately vicious this statement is, consider the following facts: The entire health foods industry does less than \$100 million of business a year. So obviously \$400 million of the \$500 million is something other than "health foods." It may be drug quackery, or grocery quackery, or some other form of quackery, but it is extremely unfair to attack "health foods" as a two-word preface to a figure of \$500 million when the entire industry is not one fifth that large. When "pinned down" for an exact estimate of the dollar volume of the legitimate health foods industry that is "quackery," these AMA-FDA spokesmen who are so careless with their smears before a dignified Senate committee back away in pretended innocence. They assure both Congress and the press that they aren't talking about health food stores. If they aren't, then whom are they talking about? How irresponsible can one be in smearing an entire industry?

Smear-and-Run Tactics

The National Health Federation draws this matter to this Committee's attention with a respectful request that in all future hearings quackery be listed without a smear preface that reflects unfairly upon the honest activities of thousands of sincere and hard-working American business people. The N.H.F. deplores the smear-and-run tactics of the AMA-FDA spokesmen before your Committee in

(Continued next page)

attacking an entire reputable American industry in this reprehensible manner.

"Food Fanatic"

One of the most important tasks that this Committee can accomplish is to bring to earth a definition of a "Food Fanatic." Harvey W. Wiley was called a food fanatic by those who opposed the passage and enforcement of the Pure Food Law. Those who follow him today are likewise labeled. What are a "Food Fanatic's" beliefs? Are his beliefs a threat to the health and safety of others?

One of the things that caused early religious "fanaticism" was the discovery of the printing press. The wider distribution of books, especially the Bible, caused certain men to read and to disseminate new "fanatical" interpretations of Scripture. Is there a similarity between those who today demand freedom of choice in matters of health and insist on reading about and choosing nonorthodox roads to health and those early martyrs who insisted on freedom of choice in matters of religion? If a "food fanatic" today is sincerely concerned about Rachel Carson's book, *Silent Spring*, and tries to get foods without poison pesticide residues through health food stores, does he then become a subject for inquisitorial legislation?

Freedom of Press in Matters of Health

Earlier witnesses attacked books and their publishers that advertised what they described as fake cures. Among those mentioned were *Bee Venom*, by Dr. Joseph Broadman, published by Putnam; *Arthritis Can Be Cured*, by Dr. Bernard Ashner, published by Julian Press, and *Arthritis and Folk Medicine*, by Dr. D. C. Jarvis, published by Holt, Rhinehart and Winston.

National Health Federation strongly defends these and other publishers' rights and insists that it is their constitutional duty to publish any book they want on health. We deplore the arro-

gance of any individual or association who would assume the right of prior censorship of all health literature.

(Editor's Note: Here for lack of space we are leaving out a number of pages of the brief which have to do with Dr. Joseph Broadman's book.)

Both Sides Should Be Heard

The National Health Federation again emphasizes that it is not defending the theories of Dr. Broadman. We do maintain, however, that Dr. Broadman and Putnam publishers should be given a chance to appear before this Committee and publicly present their side. To give any publisher or physician the unfavorable publicity that was given to Putnam, Dr. Broadman and others without a chance to be heard is certainly unfair. It amounts to a trial by press release without a chance to reply. This Committee is certainly not responsible for statements made by witnesses before it, but it is completely responsible for the agenda, and the National Health Federation urges it to hold further hearings and schedule those who were unfairly smeared by its first witnesses.

Muzzling of the Medico

The American Medical Association is attempting to enforce upon the American public an unlimited prior censorship of the press on everything involving health. The top echelons of the AMA and the FDA have apparently joined hands in a deliberate, well-organized criminal conspiracy to enforce a medical monopoly in all matters of health upon the American people.

Prior Censorship Is Unconstitutional

The National Health Federation urges this Committee to consider carefully the unguarded attacks by prior witnesses upon some of America's greatest publishing houses—G. P. Putnam's Sons; Holt, Rhinehart and Winston; and Julian Press.

(Continued next page)

The N.H.F. will fight for the constitutional right of any person to publish or read any book or literature on health that he desires. We are deeply alarmed at the inroads into this freedom that have been made by the AMA through its hidden influence and control of FDA, FTC, FCC, and the Post Office. The N.H.F. intends to expose this conspiracy, and regards it as one of the most serious menaces to American freedom today. By listing books and literature as labeling, the AMA-FDA has extended censorship power to areas that were never intended by Congress. This must be corrected.

The National Health Federation does not need to defend or be responsible for the theories on health that are published in order to defend the right of publishers to freedom of the press. Freedom means the right to have and publish wrong theories, as well as right ones. A mistake in health can be fatal, it is true, but we allow freedom in religion, where a mistake could be eternal. In the fundamental things of life a man must be free.

The National Health Federation compliments the Chairman and members of this Committee for early and timely investigation into frauds against the aged. A serious problem does exist in this field and we encourage you to probe until you have fully uncovered the greatest fraud of all—that which was revealed by Dr. Harvey W. Wiley.

February 5, 1963

Mr. Clinton R. Miller,
Assistant to the President
National Health Federation
1012 14th Street N.W., Room 303
Washington 5, D.C.

Dear Mr. Miller:

You are to be congratulated for the splendid work you are doing on behalf of the entire health food industry. The

reply you filed with Senator McNamara is the sort of thing we need more of because there is no question but that the FDA has gone completely out of hand.

It seems unthinkable that government agencies can spend the taxpayer's money in their effort to promote only one side of the picture—the side they favor, and not to be impartial as they should be.

We enclose \$100.00 as a contribution to your fund—it is not a very large sum but we hope it will be of some assistance.

Keep up the good work.

Sincerely,

DETROIT VITAL FOODS, INC.
A. J. Feldten

Editor's Note: We publish the foregoing that our readers may know that those who believe in the drugless and natural approach to health appreciate the work of the National Health Federation. We think Mr. Feldten has chosen a very practical way of expressing his appreciation.

Chloromycetin No. 1 Culprit

By John Troan

Scripps-Howard Science Writer

An expert AMA "study group" reported it has found enough "direct or circumstantial evidence" to show "a specific cause-effect relationship exists" between certain drugs and a variety of blood disorders.

The drug-induced ailments range from mild anemias to a vicious type called aplastic anemia which usually is incurable.

The AMA group emphasized that "there is always a calculated risk in administering drugs to patients" and cautioned physicians to be extra careful when prescribing these.

No. 1 Culprit

The group indicated that chloromycetin is the No. 1 culprit and seems to have a "definite toxic action on the bone marrow," where blood cells are made.

From the Secretary's Desk

Howard C. Long, Executive Secretary

The year 1962 promised to be a fairly good one in business and my activity in NORCAL (Northern California Nutritional Food Retailers' Association) as Secretary-Treasurer held forth many challenges. I had no idea that by the end of the year I would retire from the health food business, from NORCAL, and leave a city I had loved for eighteen years.

During my almost six years in business as owner-manager of Howard's Natural Foods in San Francisco, I had frequent occasion to call Mr. Fred Hart. In some instances it was to get information and in others to give assistance through NORCAL or to apprise him of a situation where N.H.F. could become very equitably involved. I did not, however, meet this gentleman until the fall of 1962. It was at this meeting that Mr. Hart proposed I join N.H.F. as Executive Secretary. My reaction was one of being humbled and flattered as Mr. Hart is a well-known, successful, demanding person of great stature even in the health food field. I gave the matter much consideration, prayed, talked with my wife, and in less than a month accepted his offer. N.H.F. to me epitomized the combined efforts of thousands of intelligent, honest and dedicated persons pursuing their rights and privileges in matters of health.

As the innate workings of N.H.F. were not known to me I could only theorize on the breadth of scope when it came to actual operations and involvements. I did know, however, that I could pursue a course I long ago set for myself—to educate knowledgeable people **truthfully** in matters of health and health rights and to give stature to areas of

our economy which are being down-trodden. I speak now of the health food industry, the chiropractors, the osteopaths, and such endeavors. My father told me that there is some good in every encounter in life. If you can believe this—as I do—you **cannot** arbitrarily disregard anybody or anything, nor should you take an active part in destroying a profession dedicated to health and healing simply because you do not agree with it. Such acts to me are likened to Hitler's destruction of the churches during World War II.

Friends, I just finished reading a report on the 1962 Congress on Medical Quackery, Mr. Larrick's report to McNamara's Special Committee on Aging and Milstead's report on nutritional nonsense. If each of you could read these you would become immediately incensed. It is obvious to me that our learned opponents are sworn to **eradicate any person, group or profession** not dominated completely by the AMA or the FDA. Their spoken half-truths are odious, and what is most depressing is the fact that these spokesmen are intelligent beings not expressing the whole truth. Now, consider their constituents! The majority of persons in the audiences on the three occasions I have mentioned are there seeking knowledge. They believe in their "leaders" and want to aid them in destroying anything that is harmful to the public. This is an altruistic, honest motivation. But what information did they receive? What message will they take home with them? They have heard information indicating to them that they should

(Continued bottom next page)

Food and Its Function as the Foundation of Health

By Royal Lee

of The Lee Foundation for Nutritional Research

Dr. McCollum, of vitamin research fame, says that only perishable foods are wholesome, but we must eat them before they spoil.

If foods are refined to make them keep, by taking out the minerals and vitamins that attract insects and bacteria, they are no longer wholesome, according to this philosophy. I cannot see how anyone could argue with this premise. If they do, let us look into their reasons for prejudice, for they must be falsifying for a reason. You will in such cases discover that they owe their living to some phase of the refined food industry.

Many foods are refined after they have spoiled, to permit their reintroduction into commerce. Practically all of our fats and oils that are available in stores and supermarkets are in this category. It is impossible to get oil-bearing seeds and nuts such as coconut, peanut, cottonseed, or corn into an oil-processing plant with-

out much of the material becoming rancid before beginning the oil extraction. The custom has always been to take such products as they come, good and bad, run them through the oil extraction process, then refine the oil by deodorizing and decolorizing methods that take out any remaining minerals and vitamins, for the rancidity itself is a very potent destroyer of vitamins.

We have here a situation that grew up before the vitamin presence in foods was even suspected, and in which the food processor created his refining methods before knowing that they were destructive of food values. With literally billions of dollars invested in processing machinery that now became obsolete if the existing laws were enforced, the only way to save the cost of reform was to corrupt the food and drug law enforcement personnel.

The story of that corruption is well told in Dr. Harvey W. Wiley's book, **The History of a Crime Against the Pure Food Law**, published by him in 1930.

Dr. Wiley was unable to find a publisher who was willing to incur the wrath of the law violaters, so he had it printed at his own expense.

His death in 1931 resulted in his widow refusing to permit the sale of the book, and refusing to permit anyone to even quote from it under threat of copyright prosecution. I am told that she changed her attitude on this point after the death of her son from a heart attack at age 35. Heart disease, we know, is the commonest disease that results from refined foods. It is so easy to prove; all any

(Continued next page)

doctor needs to do to prove it is to record the heart sounds of each patient who is examined in his office, and provide the right food to correct the murmurs, the missing second sounds, the coronary incompetence, the angina pains, or the skipped beats that are so easily eliminated or controlled by the proper food.

In many cases, a normalizing of the sound occurs in a few minutes. I am sure that if every doctor in the country checked every patient in this way, heart disease would soon become almost as rare as it is in China and India, instead of being our leading cause of death.

In the war in Korea, autopsies of our soldiers showed that 76 per cent had serious coronary disease already, at the average age of 22. Korean soldiers also examined at similar autopsies showed no signs of such coronary disease.

If your doctor is not aware of these facts, you had better find a more competent medical adviser. He is an example of the power of the refined food industry in defiling and corrupting the medical literature of the country.

Such heart reactions are simply beriberi in action. Beriberi is the refined food disease that usually kills by a terminal heart attack after a series of symptoms of degenerative disease that may include neuritis, angina pectoris, muscular cramps, swollen ankles, and liver disease.

Your Doctor Not to Blame

Do not blame your doctor if he is not informed. Blame the corrupt Food and Drug Administration, which refuses to allow the truth to be told. The quickest way to get into jail seems to be to tell of the dangers in refined foods. No medical school is permitted to tell the truth in these matters. If they do, they get no more grants for research or other "philanthropies."

Following is a news item from the **Milwaukee Journal**, Feb. 2, 1960:

"Harvard Receives Gift of \$1,026,000

Cambridge, Mass. -AP—Nathan M. Pusey, Harvard University president, Saturday announced a 'momentous' gift totaling \$1,026,000 over 10 years from General Foods Corp., for expansion of the nutritional laboratories of the Harvard school of public health.

"The laboratories will study heart disease, obesity and other problems related to nutrition."

Rancidity an Enemy to Health

All cereals that are allowed to remain in contact with air after the grain is reduced to flour, or otherwise processed into breakfast foods etc., become rancid in a few days unless kept in a very dry atmosphere or packed in an inert gas. That is why it is impossible to retain health on common cereal products in stores. In the old days, a grain mill was a part of every community, and fresh flour and meal was constantly available, just like we now get fresh milk. Flour, in fact, is more perishable than milk. The rancid oils that are in stale cereals are known to be carcinogenic. I am sure that is why cancer follows the use of "civilized" foods, white bleached flour, and synthetic shortenings made from refined rancid oils.

Alfred McCann reported years ago Senator Robinson's experience in New York State in feeding stale white bread to his pigs. They became susceptible to pneumonia and to various other infectious diseases.

Mink fed rancid food develop stomach ulcers. Cereals cannot be fed to mink unless **fresh ground**, by reason of this.

We have repeated Senator Robinson's involuntary experiment with identical results: **virus pneumonia**. The Canadian

(Continued next page)

Medical Association some years ago published their findings showing how almost **any food deficiency**, of minerals, vitamins or amino acids, created an increased susceptibility to infectious disease. (See Lee Foundation Reprint No. 115.)

The Federal Food & Drug Administration is on record as stating that no food deficiency can cause disease. (In the Nutrilite Case.) (Testimony of Dr. Elmer Nelson.)

The synthetic glucose sold as corn syrup is another carcinogenic danger to the uninformed. It is also the only sugar that will cause diabetes in test animals, as shown in 1946 by Drs. Lukens and Dohan at the University of Pennsylvania.

Dr. Wiley, when he was the first head of the Federal Food & Drug Administration, predicted that corn syrup would cause diabetes, and tried to stop its false labeling as "corn syrup" because it was not a natural corn product at all, but a synthetic chemical that was made by chemical treatment of corn or other starches.

This was back in 1910. It is no wonder that diabetes today is our fastest increasing disease. That is the price we pay in permitting corruption to exist in the administration of the Pure Food Laws.

Food as Nature Made It

It has become common today to add chemicals to foods. Some of our more ignorant self-appointed "experts" in the nutritional field have gone so far as to say that all foods are chemicals. It is true to say that all food may be reduced to chemicals, but once you have taken apart the food and separated the components, you **do have** chemicals, but you cannot assemble these again into a food that is a success for food purposes.

It is something like taking a watch, extracting the brass, gold, sapphire jew-

els, steel springs and pivots, screws and ratchets, listing them as chemicals, then shaking them together in a chemist's flask and restoring the watch to running order.

Once you dissolve the metal of the watch in your acids to make the quantitative assay of component elements, and make pure identifiable compounds required to deserve the name "chemical" (for to be a chemical it must be both identified and purified or refined), it will require the services of not only metallurgists, but also gem cutters and technologists to roll the metals into sheets, wire and springs before the watchmaker does his stuff to create a watch anew that will keep time. Foods are just as much harmed by slapdash amateur methods as a watch.

Enzymes Living Mechanisms

We cannot live without certain enzymes in our food. Enzymes by definition are **living mechanisms, not chemicals**.

I might cite only one, the **phosphatase**, that we must get in raw foods to metabolize our organic minerals. When a cow eats bran or whole grains, the phosphatase breaks down the **phytates**, the magnesium- calcium- inositol- hexose-phosphate otherwise known as **phytin**, and builds perfect bones and teeth from the components.

When you feed your children whole-wheat bread made from freshly ground flour, the enzymes in the yeast, bran and wheat germ make these bone- and tooth-building materials available before the bread is baked and the enzymes destroyed by the heat, for we know that the low heat of milk pasteurization destroys phosphatase and contributes to tooth loss and the bone disease of arthritis.

(Continued next page)

Do not forget Dr. Francis Pottenger's tests on nine thousand cats, where he showed that pasteurized milk caused loss of teeth and the death of the cats from arthritis. Condensed milk was still quicker in causing damage. Raw meat failed to act as an antidote.

Most of the organic minerals of foods as well as most of the vitamins are bound up in enzymes, and are released by cooking just as the brass in a watch and the mainspring is released if you run the watch through a rock crusher. Both processes destroy the mechanism in your possession, and embarrass the functions that are in need of such normal protection to insure normal activity.

At the University of Alabama a recent survey of 500 pregnant women showed that in a dental inspection with a new gadget to measure the looseness of teeth, every woman had loose teeth **except** those taking **vitamin supplements**.

Commercially Canned Fruits

To look at the canned fruits in the supermarket, what do you find? You find pears, peaches, etc. in **heavy syrup**. What is **heavy syrup**? Simply **corn syrup**, one third as sweet as cane sugar but half the price. So you get a phoney, counterfeit, synthetic sugar that may be carcinogenic and diabetogenic, thanks to the Federal authorities permitting the use of a synthetic component in foods without telling **you** that it is there. That is a criminal offense going on millions of times a day. It was reported as such by Dr. Wiley, but is ignored to this day by the law enforcement authorities who put Earl Irons in jail for saying that our health is endangered by refined foods and worn-out soils.

Prepared Cereals—Breads and Pastries

Take the commercial cereal products—the breakfast foods, the cakes,

pies, breads, crackers, and macaroni—out of your diet, and the canned fruits, preserves and syrups, the refined sugar and candy and soft drinks, the synthetic fats made from rancid oils by chemical manipulation (falsely labeled **Vegetable Shortening**—no more vegetable than the grease in your automobile transmission), and what have you left? You have fresh fruits, milk (badly bent by pasteurizing), fresh vegetables, eggs, and meats.

Why is it that the simplest thing prepared at home tastes better than the same thing in any restaurant? Simply because you use fresher components; you would not think of using yesterday's grease to fry an egg or potatoes.

You Can Have a Brighter Tomorrow

Since your body of **tomorrow** is no better than the food you eat **today**, why not use a little discretion, and see that honest components are used in that food pattern. The housewife has a serious responsibility in buying and preparing food. The health of the family is at stake.

If your doctor bill for the year is more than nominal, you need to take heed. I have been told by many businessmen who had high incomes and high doctor bills for a small family—often two or three thousand dollars a year—that their medical expenses after adopting a **health food** program fell to nothing. But you cannot measure the misery of ill-health in dollars and cents. You cannot measure the ten years that Dr. Thomas Parran, Surgeon-General of the U.S., said at the United Nations Health Conference in 1943 was chopped off "the average life span" by malnutrition in **dollars and cents**.

(Reference on rancid oils and cancer, Oberling's **The Riddle of Cancer**, Yale University Press, 1952.)

Statement of Clinton R. Miller

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

Before the House Committee on Interstate and Foreign Commerce
Wednesday, February 6, 1963

Mr. Chairman:

The National Health Federation is a national organization, composed of thousands of members who believe in freedom of choice in matters of health where the exercise of that freedom does not endanger the health or safety of another and thereby deny him an equal freedom.

We are primarily concerned with an apparent oversight in H.R. 12 which, if left uncorrected, could lead to a further monopoly in the healing arts that now exists.

It is only natural that in order to have freedom of choice in matters of health, we should watch jealously to see that all the healing arts are fairly represented in any bill before Congress. When we take tax money from everyone in America and spend it to increase opportunities for training of the health professions, it is of the utmost importance that **ALL** of the healing professions be provided for in the language of the bill.

We respectfully request that this Committee amend H.R. 12 so that we can be sure it will not prevent the Secretary of Health, Education, and Welfare from extending aid under the program to chiropractic and other drugless healing art colleges, otherwise qualified.

Many Approaches to Health

A careful reading of H.R. 12 makes it apparent that no mention has been made of chiropractic, the major drugless healing art, or any other drugless healing art. There are many health professions, and it should not be necessary to mention them all in order to express the intent

of Congress to be fair in distributing tax money which is collected from all citizens, some of whom go to drugless in preference to allopathic doctors of their own free will and choice.

I am certain that it is not the intent of any Congressman to discriminate against the drugless health profession by this legislation. I am not so sure about the Department of Health, Education, and Welfare. The Food and Drug Administration, which is an agency of HEW, has clearly indicated in recent actions that it intends to impose a medical monopoly on the public. The joint AMA-FDA attacks upon the drugless professions have been so violent, and with such clear monopolistic intent, that it should be a major consideration whenever any health legislation is considered to be absolutely certain that every possible safeguard is written into the law to prevent the repetition of the present deplorable AMA control of an agency of the Federal Government to further its monopolistic aims.

The American Medical Association has openly solicited the help of the FDA, the Post Office Department, and the Federal Trade Commission to help it dissuade and discourage youngsters from enrolling in chiropractic schools. It has publicly stated its monopolistic intent to destroy chiropractic, the major drugless healing art, by the use of this specific attack on its competitor's schools. With an ugly arrogance, the AMA has then predicted that chiropractic will dry up for want of nourishment to its roots—namely, matriculants in its schools. The current up-

(Continued next page)

ward trend in these chiropractic colleges is encouraging proof of increasing attractiveness of this form of professional education. The current census report shows a 10% increase in the number of practicing chiropractors in the past decade.

It is important to remember here that the AMA has already been found guilty of criminal conspiracy to monopolize the practice of the healing arts. Their attempt now to use agencies of the Federal Government to do that which they could not legally do as an association should be anticipated and curbed by appropriate language by this Committee.

The National Health Federation respectfully requests that this Committee consider language somewhat as follows to amend H.R. 12:

On page 1, line 7, following "osteopathic," add the words, "chiropractic and other drugless healing professions." The following pages should be amended to include appropriate language which spells out this intent—pages 3, 6, 8, 13, 14, 17, 18, and 19.

Section 725 on page 14 should be amended to have in the Public Health Service National Advisory Council on Education for Health Professions a fair representation of homeopathy, chiropractic, and other drugless healing health professions. We respectfully suggest that there should be at least one who is particularly concerned with training in homeopathy, chiropractic and other drugless healing arts. The council could be expanded from 16 to 19 members.

Accreditation Should Be Reasonable and Fair

On page 3, line 20, add the words: "It is the intent of Congress that reasonable and fair standards for accreditation shall be set up by the Commissioner of Education to accredit chiropractic, and other drugless healing schools, and the Commissioner will take extra safeguards to prevent unfair accreditation require-

ments by which the standards of one recognized health profession are imposed on another."

It should be a major concern and consideration of Congress to curb monopolies. Monopolies in the health professions are as dangerous and destructive of freedom as in any other field, if not more so.

Thank you.

N.H.F. Gains National Standing

Because the National Health Federation is a true voice of the American people in matters of health, and because its requests are fair, just and honest, its activities are now receiving national news coverage.

Hundreds of papers throughout America are now running news items telling of the work of the Federation. We appreciate the many clippings of such items being sent in by our members. Dr. E. E. Branscome of Hendersonville, North Carolina, in sending in such a clipping, made the following comment:

"You may be interested to know that today's issue of the Sunday **Miami Herald**, with a circulation of over 300,000, carried an article, 'Medical Monopoly Charged—Health Group Answers AMA.' The article is almost a full column and quotes from Clinton R. Miller's testimony before the Senate McNamara Committee. It is a very fine article. The Federation is to be congratulated. There are thousands of tourists here in Miami now, where we stay for the winter, and so many thousands must have read the article."

I think you should send information regarding N.H.F. activities to the **National Chiropractic Journal**, Webster City, Iowa, and the **Palmer College of Chiropractic** publication, Davenport, Iowa. Along with the report, state that it takes funds to do the job and that donations are needed and that such donations

(Continued next page)

should be sent to the Federation headquarters at Monrovia, California, P.O. Box 686. I also feel that **Prevention** magazine should tell of the work of the Federation and urge its readers to join.

Editor's Note: The article referred to is the one reprinted below and which appeared in the **Philadelphia Inquirer**, with a Sunday circulation of 1,004,122.

'Medical Monopoly' Charged

WASHINGTON, Feb. 2 (UPI).—A health organization asserted Saturday that the American Medical Association and the Federal Food and Drug Administration have teamed up to impose a "medical monopoly" on the public.

The National Health Federation, a nonprofit group with 10,000 members, said such a monopoly would be much more harmful to the country than quacks and frauds which the AMA and FDA are out to suppress.

The federation made the allegation in a statement filed with the Senate subcommittee on aging which is investigating frauds against older persons.

Chairman Pat McNamara (D. Mich.) permitted the federation to reply to testimony taken last month from AMA and FDA spokesmen. They linked the federation with "food fanatics" who, they said, were bilking older persons of millions of dollars a year through false claims.

The federation agreed that "a serious problem does exist" in such frauds. But it said that stamping out minority opinion in the health field would create a more serious one.

The federation was organized to promote freedom of choice in health matters. It was successful last year in passage of an amendment requiring doctors to obtain consent of patients before

launching a mass vaccination testing program.

Clinton R. Miller, Washington spokesman, said the federation holds no brief for any type of cure or health food. But he said the AMA and FDA had persecuted "the entire health foods industry" while neglecting to crack down as much as it should on harmful drugs.

Philadelphia Inquirer, Sunday circulation 1,004,122.

Smoking Affects Heart

Cigarette smoking is now said to be a cause of coronary heart disease as well as cancer. Samples of the lung tissues of 240 deceased males were taken for a survey on the relation of smoking to lung cancer. The American College of Chest Physicians was told that a high incidence of coronary heart disease could be seen among the heavy smokers.

Dr. E. Cuyler Hammond of the American Cancer Society, Dr. Oscar Auerbach of the Veterans Administration Hospital, East Orange, N.J., Dr. A. P. Stout of the College of Physicians and Surgeons of Columbia University, New York, and Lawrence Garfinkel believe that smoking contributes to heart disease in that inhaling cigarette smoke eventually tends to increase the work of the heart and reduce the amount of oxygen available to the heart muscle. Also, the nicotine in the tobacco causes the rate of the heartbeat to temporarily speed up. Coronary heart disease would probably only occur when other complications are involved, such as hardening of the arteries.

A survey by Dr. Henry I. Russek of the U.S. Public Health Service Hospital, Staten Island, N.Y., led him to believe that inability to give up smoking is linked with coronary heart disease.

Fluoride vs. Freedom

by F. B. Exner, M.D., F.A.C.R.
Seattle, Washington

One day a school child brought a rabbit to school, to show in their "Show and Tell" period. The question was raised whether it was a boy-rabbit or a girl-rabbit. The child didn't know, and neither did the teacher—nor did anyone know how to tell a little boy-rabbit from a little girl-rabbit. It isn't easy. Finally one child raised her hand and said she knew how they could decide. "How, Suzy?" said the teacher. Suzy said: "We can vote on it."

It sounds funny when we tell it; but is it so funny? How did Suzy differ from the American Medical Association when it voted that: "Fluoridation of public water supplies is a safe and practical method of reducing dental caries during childhood"? How did she differ from the American Dental Association when it voted that: "The fluoridation of water supplies is a safe, economical and effective measure to prevent dental caries"? How did she differ from the Russian Government when it decided that Lysenko's theories of heredity were true and must be accepted by all?

To go a step further: How does she differ from all those who believe—and tell us—that fluoridation **must** be safe because the AMA and the ADA voted it safe; and that Lysenko's theories must be true because the Russian Government decided that they were? How does she differ from former Secretary of Health, Education, and Welfare Arthur Flemming when he said that all communities should fluoridate their water supplies because "Virtually every authoritative public health and medical organization recommends fluoridation"?

Of course, the voting must be by "the

right people." The American Dental Association tells us that: "The value of a scientific discovery... cannot be determined by a show of hands among members of a congressional committee." This is true. A state legislature once considered accepting the proof offered by an ex-schoolteacher that the true value of that essential but inconvenient number "pi" was not 3.1415926536... , and on indefinitely—but an even 4.0. The consequences of such a measure are amusing and a bit appalling to contemplate; but actually it would have been just as bad for the legislature to vote that the true value was an even 3.14159265.

Despite Suzy, the AMA, the ADA, and the Russian Government, facts are not established by counting noses; and in the eyes of any intelligent layman, when the AMA and the ADA vote that fluoridation is safe—or when my own county medical society votes that water with one part per million of fluoride "has been proven by medical, pharmacological and toxicological studies to be harmless to all forms of animal or plant life"—all they do is to make themselves appear ridiculous. Unfortunately, however, not all laymen are that intelligent.

Legend has it—with some foundation—that science was born when Galileo dropped balls of different weight from the leaning tower of Pisa and, when they reached the ground at the same time, proved that both Aristotle and the Church were wrong. Since then, up to quite recently, authority has had no place in science; and no scientific organization worthy of the name adopts any official position on matters of scientific fact.

(Continued next page)

The British Royal Society has been one of the world's truly great scientific organizations for more than 300 years. In 1753, it said: "It is an established rule of the Society, to which they will always adhere, never to give their opinion as a Body upon any subject either of Nature or Art, that comes before them." The principle was reaffirmed by its President, in 1955, when he said: **"It is neither necessary nor desirable for the Society to give an official ruling on scientific issues, for these are settled far more conclusively in the laboratory than in the committee room."**

And we can say in behalf of the American Medical Association that, except for occasional lapses like when it voted fluoridation "safe," it espouses the same principle. In fact, it defines a "sectarian" or cultist as "one who in his practice follows a dogma, tenet or principle based on the authority of its promulgator to the exclusion of demonstration and experience."

Moreover, **the American Medical Association has never actually "endorsed" fluoridation;** and as recently as March, 1961, a letter from the Law Department of AMA said: "The American Medical Association does not engage in the approval, endorsement, guarantee or acceptance of any food, drug, cosmetic or medical appliance." And a letter in September, 1961, repeated the statement and added: "Similarly, the AMA does not engage in the approval, endorsement, guarantee or acceptance of unfluoridated water or of fluoridated water."

Some of the officials at AMA headquarters try to make people believe that the AMA has endorsed fluoridation; but it has not—and the reason I am spending so much time on this is that it is important for you to know the facts. It is important because one of the most effective

arguments of the fluoridators is to claim that it has been endorsed by the AMA.

The only body that can set policy for the AMA is its House of Delegates. In 1951, the House did endorse "the principle" of fluoridation—whatever that means. Even the committee that wrote the statement doesn't know—much less the House that adopted it. Does it mean the principle of using the water supply as a vehicle for drugs? Was it the principle of forcible invasion of bodily privacy? Was it the principle of uncontrolled, unsupervised, and indiscriminate medication? No one knows; and the chairman of the committee that wrote the statement told me that it was merely a way of getting rid of a political hot potato without saying anything.

In any case (and remember, that was in 1951), in 1952, and again in 1954, Dr. George Lull, who was Secretary and General Manager of AMA, told committees of the U.S. Congress that the House "did not urge or recommend that any communities undertake to fluoridate their water supplies."

The next action of the House was in 1956, when it ordered the AMA Council on Pharmacy and Chemistry (now known as the Council on Drugs) and the Council on Foods and Nutrition to form a joint committee to study all aspects of fluoridation and report back the next year. I was one of four experts invited to testify before the Councils in the course of their investigations.

The report was submitted to the House in December, 1957, and was referred to a five-man "reference committee" for recommendation as to what should be done with it. The reference committee recommended that the report of the Councils be accepted, and it was. It is now official AMA policy.

(Continued next page)

At the same time, the reference committee, of five doctors who had made no investigation, reported that in their opinion "fluoridation is a safe and practical method of reducing the incidence of dental caries during childhood." This was also adopted by the House, and is official AMA policy. You should note, however, that the House did not say that fluoridation is a good safe way, or a recommended safe way, or a desirable safe way. It merely said it is a safe way.

But now comes the pay-off, because the Councils' report which was also adopted by the House says that fluoridation is NOT safe. Dr. James Leake, who actually wrote most or all of the report of the Councils, told me before the report was even submitted to the House that he didn't think either side was going to like the report very well.

The Councils' report says that the effects of water with one part per million of fluoride would vary almost unpredictably, depending, among other things, on what other minerals were in the water; that it was too early to know what the effects of artificial—as contrasted with natural—fluoridation would be; that we don't know, and have no way of finding out, how much fluoride any person can take without harm (although we should be able to determine what the effects **on the population** will be); that changes in the appearance of the permanent teeth are "the most delicate criterion of harm from fluoride ingestion"; and that such changes **are to be expected** from water with one part per million of fluorine.

But the report also says that if the level in the water is kept so low that there will be no disfigurement from the fluoride, there will be more decay and more disfigurement from decay. It says that methods of individual administration of fluoride are "measures obviously dependent on factors of cooperation which are by no

means so regular or certain as fluoridation of the public water supply." It also says that the harm is expected to be "minimal" and to be "outweighed" by the benefit in the way of reduced tooth decay. It would seem that whether harm is outweighed by benefit should be for the harmed individual to decide—not the AMA or the Public Health Service.

Moreover, one important point is overlooked by those who say the AMA "adopted a policy favorable to fluoridation." The Councils said: "Ideally, the measurement of fluoride ingestion, particularly in the determination of the amount that can be taken without harm, would be based on the total amount of fluoride taken per day, not merely on the number of parts per million in the liquid or food consumed." And both the Councils and the reference committee recommended that in warm climates "or where **for other reasons** the ingestion of water **or other sources** of considerable fluoride content is high, a lower concentration of fluoride is advisable."

Now let's get that straight. In plain English: the AMA says that people who drink a lot of water or get much fluoride from other sources should have less in their water supplies; and since that applies to some people in every community, and people can't have different amounts of fluoride in the same water supply, this recommendation cannot be met if the community supply is fluoridated.

Let's put it still more plainly. This is the only recommendation the AMA House of Delegates has ever made regarding fluoridation. It is that people who drink much water or get much fluoride from other sources should have less fluoride in their water. It doesn't say that people who don't drink much

(Continued next page)

water or get much fluoride in other ways should have more in their water; and insofar as it has any bearing on fluoridation, it is a recommendation against rather than for adding fluoride to our water supplies.

Now let me warn you not to play "Suzy" and think that these things are true because the AMA voted to accept the report. There are other things in the report which definitely are not true. However, this report was by men who had, presumably at least, spent a year studying the evidence; whereas the report which says fluoridation was "safe" was by men who had made no study, and had evidently not even **read** the Councils' report when they recommended its adoption. They had merely listened to about four hours of testimony, much of which would have been outright perjury if given under oath.

Now, just one more thing and we can forget about the AMA. The month following these actions, a letter from the Law Department of AMA said: "It is **not** true that the AMA guarantees the safety of fluoridated water and assumes the responsibility of any possible damages to persons." And "not" was underlined.

The point is that the AMA recognized that an "endorsement" implies an assumption of responsibility. Other people and organizations have not. Not one of the people or organizations that urge you to fluoridate your water has offered to assume any responsibility for possible damage to people or property, or has any intention of being held liable.

In fact the American Dental Association, in its promotion of fluoridation, has assured cities that they cannot be held responsible for resulting damage. It quotes an opinion of the Attorney General of Michigan that: "Before lia-

bility could be established, it would be necessary that the plaintiff show negligence on the part of the utility or municipality furnishing the water and show that his injuries resulted from such negligence." And the New York City Board of Health told the Mayor that the State Attorney General had said: ". . . no negligence could be attributed to either the City or the State on the introduction of fluorine into a city water supply upon the recommendation of the Department of Health, if the amount of fluorine introduced is only such as has been found by scientific studies to be safe. The municipality would be liable for negligence if amounts were introduced, intentionally or through negligence, in excess of such as scientific knowledge discloses to be safe."

What, then, about "the amount of fluorine (that) has been found by scientific studies to be safe." In 1951, the Wisconsin State Dental Health Officer said: "When . . . we have decided that fluoridation or any other procedure is a public health measure, then we must tell the public that they should adopt that program and explain to them how and why we arrived at these conclusions without creating any unnecessary doubt or suspicion in their minds."

And the following year, he told the Fourth Annual Conference of State Dental Directors: "If there is anything in your mind that you can't hit directly, then don't say it. . . . The question of toxicity is on the same order. Lay off it entirely. Just pass it over."

The same year, **Public Health Reports**, the official publication of the U.S. Public Health Service, editorialized that "physical fitness, for civilians as well as for troops, was a duty owed the nation." And the above-mentioned

(Continued next page)

Fourth Annual Conference was told: "We have reached the stage in public health where we have to go in for more and more complicated definitions of public health. For example, if the state health department wants to engage in an alcohol program, they have to look at the definition of public health, and if that definition doesn't cover a program like alcoholism, they have to embroider the definition a little bit and make it a little more complicated, and then it's justified."

They have "embroidered the definition of public health" to include not only alcoholism but also tooth decay, heart disease, mental health and cancer. An editorial about the same time in **Public Health Reports** said:

"In recent years we have been witnessing a steady broadening of the horizons of public health. . . . This has brought us closer to the roots of individual and family health but has also made our job more complex and thrust on us many new responsibilities.

"... The goal for each person suffering from ill-health or disability of any kind, for example, is a multiple one. The person must be found, he must be given the best medical treatment that can be provided, he must be physically and mentally rehabilitated, and he must retake his place in society, insofar as possible, by making full use of all his resources."

Nothing was said or implied about getting the consent of the victims. How would you like to be "mentally rehabilitated" by the health department without your consent? But we will have more to say about that later.

Any disease that was prevalent in the community was to become a responsibility of the health officials, but they hedged their bets in case it should be decided to limit them to contagious diseases. To this end, they have "em-

broidered" the definition of **contagious** and are now trying to tell us that both tooth decay and mental illness are contagious diseases.

But to get back to the question of the safety of fluoridation. In 1953, Surgeon General Scheele told the State and Territorial Health Officers and mental health authorities:

"In the advancement of dental public health, the fluoridation of public water supplies needs to be skillfully interpreted to the people of our communities. . . . The skeptics must be convinced that our epidemiological and laboratory studies are valid."

This was an order, but the trouble was that there were no epidemiological or laboratory studies proving that fluoridation was safe, so it was necessary to "embroider" the definition of safety. In fact, the process had already been started. Water was to be considered "safe" so long as it didn't do too much harm to too many people.

Water works people had always held that the public water supply must offer maximum feasible safety to every consumer; but, in 1950, the Director of the National Institute of Dental Research, Dr. Francis A. Arnold, Jr., wrote that fluoridation "demands a complete change in the general philosophy concerning the treatment procedures consistent with furnishing a group population with a good and safe water supply."

I was present when the same Dr. Arnold testified under oath, some years later, that fluoridation is completely safe. But, on cross-examination, he was forced to admit that he had no scientific basis for believing that no one would be harmed. He said:

"To date the only thing I can say is that I know of no evidence whatsoever that would indicate that the treatment

(Continued next page)

of a water supply at the level of one part per million will produce a deleterious effect upon the population consuming that water."

He had "embroidered" the definition of "safe," and when he said that fluoridation had been proved safe he didn't mean what you or I would mean, or what he wanted us to think he meant. Ignorance that a population would be harmed was offered as knowledge that no person could be harmed.

All the studies that are alleged to prove fluoridation "safe" are statistical studies. Statistical studies, by their very nature, apply only to populations, and prove nothing about what will happen to individual people. Even so, Dr. Arnold had admitted, again under oath, that only one study has been done in this country in which they examined adults with known long-term exposure to high-fluoride waters and in which they looked for possible fluorine damage. This was the Bartlett-Cameron study in Texas in which they compared 116 people from Bartlett, with 8 parts per million of fluorine in their water, with 121 from Cameron with 0.4 ppm of fluorine. They say they found no difference except more mottled teeth in Bartlett; but as Dr. Geoffrey Dobbs, in Britain, has pointed out, the damage would have had to be of truly catastrophic proportions to have been detected by the methods used. The death rate among the middle-aged group in Bartlett (the high-fluoride city) was six times as high as in Cameron; but the Public Health Service tells us that the difference was not "statistically significant."

And what about the disfigured teeth that the AMA says are "the most delicate criterion of harm from fluorine ingestion." Drs. Dean and Arnold had found, and reported in 1941 and 1942,

disfiguring mottling from as little as 0.4 ppm of fluorine in the water. So they "embroidered" the definition of "mild" mottling to make people think that no one but a trained dentist could see the disfigurement. To make the story good, Arnold published an article in the **Journal of the American Dental Association** in which he grossly misquoted his own findings in the 1941 study at Aurora, Illinois.

In 1954, I told a committee of Congress about the misrepresentation. In 1955, Dr. Arnold told me, and in 1956 he told the Cleveland City Council, that this had been a mistake in copying, and that it had been corrected in everything that had gone out from his office since the "mistake" was brought to his attention. Actually, no correction has ever gone out; and in 1962, the Public Health Service **republished**, in a book called **Fluoride Drinking Waters**, the statement which was, by **Dr. Arnold's own sworn admission**, false, and Dr. Arnold signed the preface to the book!

Now, what has all this to do with freedom? The fact is, as a brilliant lawyer friend told me in the mid-forties, the most serious threats to American civil liberties today lie in the fields of public-health law and the laws relative to the insane. And the purpose of fluoridation, in the eyes of the Public Health Service, has nothing to do with tooth decay. Its purpose is to serve as legal precedent for compulsory treatment for the prevention of noncommunicable disease. It is to make possible the "broadening horizons of public health" in which people can be "mentally rehabilitated" without their consent.

And don't think this is just a nightmare. In 1957, the California legislature considered a constitutional amendment whereby the public or private

(Continued next page)

proprietor of any public water supply was "authorized to . . . add to and distribute with the water . . . fluorides and other substances which it may determine from time to time to be beneficial to its consumers." And, in 1953, Surgeon-General Scheele, of the Public Health Service, in discussing mass application methods for preventing non-infectious diseases, said fluoridation of water supplies was a case in point, and that such a community-wide attack on "far more serious diseases than dental decay" probably would be forthcoming after laboratory tests had paved the way. He mentioned, specifically, cancer, heart trouble, and mental disease. Nelson Rockefeller shared the platform; and it would be interesting to know, before he becomes our next president, how he feels about all this. We know he is in favor of fluoridation.

Twice, at least, the promoters of fluoridation have stated, in so many words, that those of us who oppose fluoridation are "mentally ill." We are used to personal attack, and can smile at those who have not better arguments. But we need to think a bit before we laugh too hard.

In Nazi Germany, people were declared "politically insane" because they opposed the Hitler regime; and later they were classified as "undesirable persons" and exterminated or used as experimental animals. And don't think the Germans were any more "savages" than we are. They just didn't notice what their rulers were doing.

We haven't yet reached that point; and this matter of fluoridation has done more than anything in 50 years to make the American people realize what is happening to their civil liberties. But I wonder how many of you noticed what happened to General Walker in connection with the troubles over integration in Mississippi.

I know nothing about what the General actually did to offend the authorities; and I am not concerned with the merits of integration or the methods used there to enforce it. These things are not at issue; nor is even the question of whether the General was or was not insane. It was later decided that he was sane. Sane or insane, what happened to him should scare the living daylights out of everyone who dares to oppose the Washington bureaucrats.

A government psychiatrist who had never even met General Walker decided on the basis of what he had read about him that he must be mentally ill. He wrote a "memorandum" to that effect; and on the basis of that memorandum, a federal judge in Mississippi, without even having Walker appear before him and without even having Walker within his jurisdiction at the time, ordered Walker to be arrested and held indefinitely, without trial and without bail, for a psychiatric examination. Don't laugh too hard when the fluoridators say you must be mentally ill. Some federal judge somewhere might just take it seriously and have you, too, committed indefinitely without trial or bail.

But, to get back to fluoridation, the real issue behind fluoridation has nothing to do with tooth decay. Children can have fluoride without putting it in the water; but fluoridators don't want them to have it any other way. They only want it in the water.

There is no proof that it will reduce tooth decay. Tooth decay cannot be measured, so reductions in decay can't be measured either. Neither are there any proofs that it is safe in the doses that some people will get from fluoridated water. There is every reason to believe that it is not.

But, if fluoride can be used both

(Continued next page)

safely and effectively as a drug to prevent decay, it can't help but be safer and more dependable if given individually, in prescribed and measured doses, when it is wanted, than if you put it in the water and trust to luck that every child will get the desired amount. You know they won't because they consume widely different amounts of water; and if any one child gets the desired amount, others are bound to get far too much for maximum safety, or far too little for maximum benefit. And individual administration can be much cheaper.

The only reason for putting the fluoride in the water rather than to give it individually is the desire to make its use compulsory. As the AMA said, individual administration is dependent upon factors of cooperation.

We all recognize the responsibility of government in the control of contagious and environmental diseases; but tooth decay is neither contagious nor water-borne. Holes in my personal teeth harm no one but me. They are my private affair, to prevent, treat, or endure as I please. The fact that others have holes in their teeth gives neither them nor the government any right to dictate what I shall do about mine. But do we have the same right of choice with regard to our children? That is the issue—and the only real issue—behind fluoridation. The attorneys for one city said:

"It is admitted and agreed that fluoridation goes one step further than vaccination, inoculation, etc., in that it compels wayward parents to allow the benefits of dental protection to their children despite their own personal antipathy toward the same."

A parent is "wayward" if he wants his child cared for by his personal physician or dentist rather than by the health department.

I deny that the government loves your children more than you do, or that the health care of your child should be decided by the city fathers or by the vote of your neighbors. Neither do I believe that the health officials know better than your personal physician what is good for **your** child. Children are people, and their needs are all different.

I further contend that people who deliberately and knowingly, for ulterior motives, try to deprive people of the opportunity to use fluoride as it should be used if used at all, in prescribed and measured doses, and force on everyone a method they know to be less safe and less dependable—I say that such people are not fit to be trusted with anyone's care, much less the care of children.

An example of such is Dr. Leona Baumgartner, long-time Health Commissioner of the City of New York. Like the American Dental Association, she doesn't think mere laymen like the members of Congress or the New York City Board of Estimates should have any say in such things as fluoridation. She recognizes that the actual power to decide resides with them, but thinks they should passively rubber-stamp whatever "the experts," meaning herself, of course, dictate.

But she goes much further than that. Like the Public Health Service (as voiced in the editorials I quoted), she doesn't think people should have any voice in their own medical care.

In a recent article she bemoans the fact that laymen have kept fluoride out of the New York water. She also tells us that when a former President of the United States was critically ill, "a team of eminent consulting doctors" said an operation was necessary at once. The family physician, on the other hand, said he couldn't survive the operation.

(Continued next page)

Taking this advice, and with her husband unable to make the decision for himself, his wife refused to permit the operation.

Despite the fact that he recovered without operation, and might have died otherwise, Dr. Baumgartner deplores the fact that "the choice of treatment was made by a lay person who, though intelligent, did not understand all the case facts."

Another case in point is Arthur Fleming, former Secretary of the Department of Health, Education, and Welfare, and, as such, boss of the Public Health Service, the Food and Drug Administration, and of Social Security. Then, and since, he has promoted fluoridation with statements he knows he can't prove and has every reason to believe false.

But most American physicians are not like that. They may be a bit gullible and swallow unthinkingly the fluoridation propaganda. They may not realize that you can't be a little bit socialized any more than you can be a little bit pregnant. (Sooner or later the condition catches up with you.)

But, fundamentally, they are intensely concerned over the rights and welfare of their patients as **individuals**, and when the issues are clear will fight for their rights, including their right to have a different doctor or no doctor at all. The right to "free choice of physician" is merely a single aspect of the right to have **no** medical care except what one freely chooses to accept.

I might pause in that connection and point out that licensure by the state is not, **and cannot be**, certification that the person who receives the license is wise, or that what he believes is true, or that the things he proposes to do are proper. Such things cannot possibly be determined by government or by its agents.

Licensing laws are essentially laws

against fraudulent representation. The public has a right to know that people who represent themselves as learned in matters of health, and as willing to accept payment for advising or treating people in health matters, have the qualifications that are usual among those who claim to be physicians or dentists or optometrists, or osteopaths, or chiropractors, or whatever the case may be. People have a right to choose to be treated by a blacksmith so long as he doesn't claim or imply that he has any qualifications other than those of a blacksmith.

But, to get back to our subject: Tens of thousands of American physicians, organized as the Association of American Physicians and Surgeons, adopted the following resolution **unanimously**:

WHEREAS, the right to determine what shall be done to one's own body is fundamental, and

WHEREAS, water is necessary for life, and

WHEREAS, many people are dependent on public supplies for water.

THEREFORE, BE IT RESOLVED that the Association of American Physicians and Surgeons, Inc., assembled in San Francisco, California this 12th day of April, 1958, condemns the addition of any substance to public water supplies for the purpose of affecting the bodies or the bodily or mental functions of the consumers.

Fluoridation was not specifically mentioned but was the violation principally in mind. The resolution was intended to be, and is, much broader and condemns use of the water supply as a vehicle for **any** drug. Nothing was said about safety or effectiveness, and they were not even considered relevant. The method is morally wrong and that is all that mattered.

All of this being the case, what

(Continued next page)

can we do about it? We can dedicate ourselves to the fight against fluoridation, remembering that it is, as of now, the most vital and at the same time the most vulnerable aspect of a general attack on our American liberties and our American way of life. And to act effectively, we must give thought to some matters of strategy.

In the first place, we must remember that we are cursed with an excess of good arguments. There are literally hundreds of them, any one of which should be sufficient without the others. But when you give 30 reasons for something, people wonder why you need 30 reasons if any one of them is any good. On the other hand, no one argument appeals to all people, so you need enough arguments to appeal to different points of view. Basically, I believe we should stick to four: a medical argument, an economic argument, a moral argument, and a political argument, which I will take up shortly; and no matter how attractive some other argument may sound—**don't use it except in rebuttal.**

But before I go into the arguments to use, let me tell you of some **not** to use, and of some traps to avoid. In the first place, you must always remember that any argument which your hearers are not emotionally prepared to accept is a bad argument **regardless of how true it may be.** In the second place, always remember that you don't win one argument by starting a different argument.

A good example is the frequently heard argument that fluoridation is a communist plot. In the first place, it is not. It was originally proposed for economic reasons, which I have gone into elsewhere, by American big industry, and was seized upon by power-hungry bureaucrats in what is now the Department of Health, Education, and Welfare. Some of the latter may well be

communists, but probably only a few. Most of them are just power-hungry bureaucrats, and that is bad enough.

It is true that the communists are for it. The **Daily Worker** has promoted it, which should be proof enough. Communists will jump on any band wagon that furthers their ends; but fluoridation is not their band wagon and never was. They merely climbed on board.

But the important thing is that most people are not prepared to believe that fluoridation is a communist plot, and if you say it is, you are successfully ridiculed by the promoters. It is being done, effectively, every day. My friend, Geoffrey Dobbs, says that some of the people on our side are the fluoridators' "fifth column."

But what is still more important is that if, after long argument, you could convince people that fluoridation is a communist plot, you still haven't necessarily convinced them that fluoridation is bad. After all, even the communists can't **always** be wrong. To be always wrong requires almost as high a degree of infallibility as to be always right; and I don't even claim that for myself.

In other words, you don't win an argument over whether to put fluoride in the water by starting an argument over whether fluoridation is a communist plot. And this applies to many other arguments that are being used. As I said: you don't win one argument by starting a different argument. Stick to arguments that bear directly on the question and that people, generally, are prepared to accept as true, at least, if not convincing.

In the second place, don't let the promoters limit the discussion to the effects of water with one part per million of fluorine. The effects are not determined by the amount of fluoride in the water. If they were, all you would have to do

(Continued next page)

would be to have a bucket of water with one ppm of fluoride around somewhere and you wouldn't even have to drink it. The effects of fluoride, either good or bad, are determined by the amounts of fluoride taken in daily from all sources, water, food and air. The effects of ten glasses of water with one ppm fluorine are exactly the same as the effects of one glass with ten ppm. Any effect that is at all common where the water contains ten or even twenty parts per million will be found in a few people where there is one ppm.

Most people, and even most doctors, don't really realize how much difference there is in the water consumption by different people. Some children consume almost no water, getting almost all their fluid as milk or juices. Others consume unbelievable amounts.

There is a case on record of a 13-year-old child weighing 84 pounds who, while in the hospital under observation, consumed 93 per cent of his body weight of water in 24 hours. He had diabetes insipidus, which can't be treated with insulin, and he had to have the water in order to live. This amounted to about 37 quarts of water a day, if I remember the figures correctly; and he would get as much fluoride in a day as a child who drank only a tenth of a quart per day would in a year.

The second edition of the **AMA Handbook of Nutrition** says that people at hard work in hot surroundings may lose 2½ liters (which is about 2½ quarts) per hour. In an 8-hour day, this would be 20 quarts, which is 20 times as much as the Public Health Service and the American Dental Association tell us the "average person" consumes. All this, of course, has to be replaced together with the body's normal requirement for water.

Also, some people get dangerous amounts of fluorine in their food, or at

their jobs, and any added to the water increases the hazard—and the harm if harm results. Just don't let them confine the argument to one part per million with an alleged "average consumption" of one quart per day.

Next, don't make the mistake (and this is **very** common) of claiming that fluoridation will cause any type of harm except to disfigure the teeth. This we can prove out of their own writings plus such things as the report of the Councils of the AMA. But don't claim any other type of harm. If you do, you will be asked to prove it, and you are playing right into their hands.

When it is proposed to add a known chronic, cumulative poison with a narrow (if any) margin of safety, such as fluoride, to the public water supply for purposes other than purification, it is not up to us to prove what harm it will do, or to how many people. It is up to the promoters to prove that it can have no ill effect of any kind on any consumer, whatever his age or state of health or individual susceptibility or how much water he consumes or how much fluoride he gets from other sources. This, of course they cannot do. You will remember that the Director of the National Institute of Dental Research admitted under oath that he had no scientific basis for believing that no one would be harmed.

Having no proofs that fluoridation is safe, they try to confuse "no proof of harm" with "proof of no harm." The two are, of course, as different as night and day. To avoid having to prove that there will be no harm, they demand that we prove there has been harm; and if we make ANY claim that there has been or will be harm, we have fallen right into their trap.

It is all right, though not always wise, to demand that they prove that it will

(Continued next page)

not produce any of the known effects of long-continued daily doses of fluoride such as stunted growth, loss of weight, nausea, vomiting, constipation, diarrhea, lessened milk production, stillbirths, sterility, muscle pain and tenderness, altered reflexes, altered sensations such as itching, burning and crawling sensations, plus such reasonably suspected effects as shortened life-span, kidney stones, hardening of arteries, mongolism, and countless others. The trouble is that the proved possible effects of chronic fluorine poisoning are so many and so varied that if you even mention them you are open to successful ridicule. Also, most of them can be produced by other causes, and it is impossible to prove that they were, in any particular case, caused by fluoride. But neither can our opponents prove that they were not.

The best thing to do, in my considered opinion, is to insist and keep on insisting that they prove complete safety; and never let them get by with pretending that "no proof of harm" is a substitute for "proof of no harm." And, for goodness sake, don't ever help them by making any claims that harm will actually result and having to prove your claims. It is sometimes hard not to fall into the trap, but don't do it.

It is often possible to avoid this whole area of argument by simply pointing out that even if fluoride can be used both safely and effectively to prevent decay, which has not yet been proved, but even if it can, it can't help but be safer and more effective if given individually, in prescribed and measured doses, when it is wanted, than if you put it in the water. That is the first of the medical arguments I mentioned.

No doctor in his right mind hands out a potent drug and says: "Take as much as you like; you are sure to get the right amount." Neither does he give

it to the whole family because one or two need it, nor make you take it the rest of your life because you needed it when young. Fluoridation is simply medical insanity.

Also, when fluoride is added to the water, parents who want their children to have fluoride in measured doses are prevented from giving it; and physicians and dentists who want their patients to have fluoride in measured doses are prevented from prescribing it.

Next, as to economic arguments: Fluoridation is extravagantly wasteful. In general, out of every \$10,000 spent for fluoridation, less than \$5 goes for the intended purpose which is to provide every child under ten with about a quart of water a day.

Also, individual administration, which is safer and more effective, can also be cheaper. You can pay fancy prices, but you don't need to. Two cents' worth of drug-grade fluoride will last a child about two years. The only cost is for weighing it out, and need not be high.

Moreover, the quoted costs of fluoridation do not include the costs of effective mixing which is rarely if ever achieved, or the costs of adequate checking to assure uniform concentrations at all times and in all parts of the city. Neither do they include the possible costs of accelerated corrosion of water-works equipment, water mains, or plumbing and equipment in homes.

Next, as to moral arguments: First, we cannot justify forcing compulsory medication, especially when the public safety is not involved.

Secondly, we cannot justify injuring one person, even to the extent of disfiguring his teeth, in the hope of benefiting someone else. In the case of fluoridation the harm is not just reasonably anticipated. It is actually expected by the promoters.

(Continued next page)

And finally, the political reasons which I have fairly well covered but will summarize: Perhaps the most important of our civil liberties is the right to determine what shall be done to our own bodies—the right to bodily privacy. When we lose that right, all our other so-called liberties become essentially meaningless.

And secondly, when public servants are given the power to drug people without their consent when the public safety is not even involved, there is no limit to what they can do, or to whom. We dare not entrust such power to anyone—or even entrust ANY power to those who desire such power. We must weed them out relentlessly from all positions of power and responsibility.

Keep your water pure. Take your drugs, if you take them, on the advice and under the direction of a physician or dentist responsible personally and directly to you. And, above all, preserve, cherish and defend your right and your neighbors' right to decide for yourselves what drugs you will take or give your child. In other words, keep fluoride out of your water. Get it out if it is there. And regard everyone who tries to put it in as a dangerous enemy of American liberty, to be dealt with as such.

Given at
N.H.F. EIGHTH
ANNUAL CONVENTION
January 5, 1962
at Long Beach, Calif.

Reprints of this article may be had for
25 cents for one copy. In lots of 100 or
more 6 cents each.

Family Circle

(Continued from page 2)

went before. The annual meeting and convention recently held at Long Beach was so outstanding that we have a high mark to shoot at.

September is a month of beauty in the East, as well as a month of good weather. It's good to get away and enjoy fellowship with folk who believe in the better way and the better things of life. Please plan to be present. More details will be given in later issues.

Next year's annual meeting and convention will be held in Los Angeles, January 1, 2, 3, and 4. It will be bigger and better than ever, so folk who can attend should start planning now. We are considering having buses to take folk to the Rose Parade. These buses will have spots reserved for them so that those who are on the buses may see the parade from the buses, etc. Those who are interested in such a trip should start now to make their reservations. Send no money; you can cancel your reservation later if you cannot attend. We must start planning this trip within the next 60 days. Space and buses are at a premium for the parade.

We Also Have Under Consideration— a plan to hold a one-day convention in San Francisco in the month of May, a one-day convention in Dallas, Texas, and a one-day convention in Miami, Florida during the month of July. These conventions will be held on Saturdays. It would help us a great deal if our members within reach of these locations would write us as to whether this is a good move and as to whether they would or could attend if such extra conventions were to be held.

Please Be Patient

Howard Long, the Federation's new executive secretary, has just come on the job. He is proving to be much better
(Continued next page)

than I had hoped, but please remember that he is new to the workings of the Federation and he may, while learning, stub his toe now and then. When he does, he wishes you would call the matter to his attention so that he will not repeat the stubbing. He is a wonderful man, the kind you and I like, and above all, he is dedicated to the work. He is a great help to me and he comes at a time when I have reached the limit of my strength. He desires an interest in your prayers.

Life Members

We are past the two-hundred mark. We must reach the three-hundred quota by the end of March at the latest. Please remember that the \$100 dues pays your membership for life, but that it is not intended that these funds replace the donations members send in to help with the work. The funds received from these memberships are for a revolving fund to enable the Federation to move quickly into any situation which arises as a part of the Federation's crusade for health liberty and natural approaches to health.

The Mental Health of Our Children

To those of you who are concerned about the mental health of America's school children you will be interested to know that the Federation has had printed thousands of copies of a 12-page section of the **Congressional Record**.

On these 12 pages appears a speech by Congressman Ashbrook on the subject of the brain-washing of our school children. As a part of this presentation, Congressman Ashbrook has included entire questionnaires now being used in our schools in many places. It is factual and to the point.

The Network of Patriotic Letter Writers, with headquarters in Pasadena, is cooperating in a splendid fashion in the distribution of copies of this section of the **Congressional Record**. To date they have distributed over 10,000 copies. It is our hope that our members will continue

to distribute the January issue of the **Bulletin**, with the Blackie pictures (January, 1962 issue), and also these 12 pages of the **Congressional Record**. We must get these into the hands of every minister of the gospel and every local branch of the American Legion. The mental health of our children is being sabotaged. The public must be appraised of what is going on in many of the nation's schools.

The Ashbrook Bill, which would forbid the use of such questionnaires unless such have been shown to the parents and they have given their consent to their children taking said tests, and further, they as parents be allowed to see the questionnaires when they have been completed, will be introduced in the House by Congressman Ashbrook and will be supported in the Senate by Senator John G. Tower of Texas.

The January issues of the **Bulletin** mentioned sell for 25 cents each, eight for one dollar. The copies of the **Congressional Record** sections sell for 25 cents each and in lots of ten or more are five cents each. Send all orders to National Health Federation, P.O. Box 686, Monrovia, California.

THE MORE MEMBERS THE FEDERATION HAS, THE MORE POWERFUL ITS VOICE. EVERY LOYAL AMERICAN SHOULD BELONG AS A REGULAR MEMBER AT \$5.00 PER YEAR. SEND YOUR MEMBERSHIP OR DONATION OR WRITE FOR MORE INFORMATION TO NATIONAL HEALTH FEDERATION, P.O. BOX 686, MONROVIA, CALIFORNIA.

NATIONAL HEALTH FEDERATION

P.O. Box 686
211 West Colorado Boulevard
MONROVIA, CALIFORNIA

Return Postage Guaranteed
Entered as Second-class Matter

Subscription: \$3 Per Year (to nonmembers)

PRICE FOR ADDITIONAL COPIES OF THIS

ISSUE

25¢ each - 7 for \$1.00 - 35 for \$5.00 - 100 for \$12.00

UNCONSTITUTIONAL

It is declared to be unconstitutional to deny anyone: "The right to life, liberty and the pursuit of happiness." It must follow that it is also unconstitutional to deny anyone the right to choose whatever he may feel to be adequate and desirable in solving his own health problems.

However, the term "medicine" during the past forty years has been conventionally expanded to include all the healing arts as well as "remedies." This expansion of definition has become so comprehensive that no school of thought within the healing arts can be defined legally without encroaching upon the alleged rights of the allopathic profession. The enlarged definition of the term "medicine" has become the tool by

which the rights, privileges and practices of other schools of the healing arts have been confiscated and placed under allopathic control, or destroyed.

"Please Think"

For over ten years Dr. Errington, N.D., with others, has fought a battle against the A.M.A. and its cohorts so that you might be able to have freedom of choice of natural healing or otherwise. We have spent thousands of dollars to perfect the legal issue of Naturopathic Medicine (N.D.) vs. Allopathic Medicine (M.D.) for consideration by the United States Supreme Court, because the two must be separated for they are not the same; the philosophy of the one is contrary to the philosophy of the other.

PLACE
4¢ STAMP
HERE

However, we lack the necessary funds to complete this step. So, to the readers of **N.H.F. Bulletin** we make this appeal—not only for ourselves but to all who believe in the drugless way of life. These funds we must raise NOW! If each one of you who reads this will sit down and mail fifty cents or one dollar, or more if you can spare it, to:

Naturopathic

Constitutional Rights Committee
100 East 63rd Street, Kansas City 13, Mo., we shall have enough to complete this case. Thank you!

Editor's note. We're running this item because a favorable decision on this case will be a real blessing to the sick folk of America.