

JUNE 1976

National Health Federation BULLETIN

**Federation
Revs Up
For
Another
Crusade!**

'Nontoxic Therapy A Patient's Right!'

*The Case Is Carried to
California Legislature*

**Campbell Bills Permit Use of Such
Substances As B-17, Herbs, Diet**



MILES ROBINSON, M.D.

**RDA Defender Grilled
by Astute M.D. Who
Seeks to Establish
Conflict of Interest
Ties With Industry**

**Aspartame Figures in
Cross-Examination**

Dedicated to the Protection of Health Freedoms

THE
NATIONAL HEALTH FEDERATION
BULLETIN

Protection of Health Freedoms

Published Monthly

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The Bulletin serves its readers as a forum for the presentation and discussion of important health issues including the presentation of minority or conflicting points of view, rather than by publishing only material on which a consensus has been reached. All articles published in the NHF Bulletin — including news, comments and book reviews — reflect the individual views of the authors and not necessarily official points of view adopted by the Federation.

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'Official Harassment Must Stop'

NHF in Drive to Rescind Cancer 'Antiquack' Law

Convinced that the only way to stop official harassment of patients and the arrest of doctors using nutritional therapy — including Vitamin B-17 (Laetrile, amygdalin) — is to attack the problem at the legislative level, the National Health Federation has launched a massive effort to persuade California legislators to amend the Health and Safety Code.

Three bills have been introduced by Assemblyman William Campbell to permit doctors to administer nontoxic therapy to patients desiring it.

While the bills are specifically aimed to lift the restrictions on availability of Laetrile, the Federation makes it clear that its position is not an endorsement of any particular modality, but rather "the right of the patient to whatever treatment he desires."

California led the nation 15 years ago in setting up restrictive laws aimed at banning use of any modality in treatment of cancer except surgery, irradiation, and chemotherapy. Some other states have followed suit.

STOPPED AT BORDER

At the federal level, customs officials are making it difficult to impossible for patients to obtain Laetrile from Mexico where it is manufactured. The crackdown has

included arrest of Robert W. Bradford, president of the Committee for Freedom of Choice in Cancer Therapy, Inc., Los Altos, Calif., charged with illegal possession of nearly 4,000 vials of Laetrile and a handgun; and Donna Schuster and Don Hanson of Rochester, Minn., a case which has attracted nationwide attention. U.S. officials seized the supplies, bank account and records of Spectro Foods, New Jersey, importer and distributor of amygdalin manufactured legally in Germany.

In a syndicated column released February 10, James J. Kilpatrick described government efforts to ban the use of Laetrile as "bizarre and outrageous," referring to the Rochester arrests as "the case of the Great Apricot Kernel Gang."

In spite of government tactics, Andrew R. L. McNaughton, long involved in the Laetrile picture, has announced intention to open a Laetrile "bulk" plant in San Ysidro, Calif., and a Laetrile clinic in Nevada modeled after the one he opened in Tijuana — Clinica Cydel — in August last year. He says he also is negotiating with a major pharmaceutical company to synthesize Laetrile, since he believes the natural supply (California apricots) will be exhausted when the substance is legalized.

(Please turn the page)

'CHANGE THE LAW'

The National Health Federation decision to meet the issue "head-on" was reached by the Executive Committee in February, as a result of the conviction of Dr. James R. Privitera in Covina, Calif., of using Laetrile in cancer treatment, as well as developments in other parts of the country.

"We believe it is time the law itself is changed so that nontoxic substances such as Laetrile can be made readily available to persons who want it," said President Charles I. Crecelius. "Doctors administering Laetrile rarely see a cancer patient who has not already gone the route of conventional medicine—surgery, irradiation, perhaps chemotherapy. These people are literally fighting for their lives, and the chances for survival when the cancer has recurred is not a very cheerful statistic—a survival rate of one in three. And the cancer death rate is increasing steadily.

"The National Health Federation does not endorse any particular kind of treatment. We do support to the hilt the right of the dying individual to say what he wants to put into his body in an effort to live. This is a basic right of every human being, and it is on these grounds that we will endeavor to persuade the California legislature that the right to make life-and-death decisions no longer shall be confined to the tightly-knit little hierarchy of medico-political officials."

The Federation has launched a campaign to educate the public and urge support of these bills

(which may be amended later): A.B. 4196, A.B. 4197, A.B. 4198. Form letters are available at NHF headquarters.

LETTER TO LACKNER

In a letter to Dr. Jerome A. Lackner, director of the California Department of Health, Mr. Crecelius voiced the Federation's "strong support" for legislation "which would return to the doctors and the people the right to secure any food or food component they might wish. Although this might seem to be an unnecessary request, the denial of Vitamin B-17 is a point of issue . . . After introduction of legislation aimed at returning to the public the right to freedom in health decisions, we will mount an intensive campaign to secure passage. We do not want to embarrass your administration, since we feel it has been an enlightened one. However, we predict that our effort will present to legislators a volume of mail unequaled in its history. Do you have any personal objection to this kind of legislation? . . ."

Within two weeks after that letter had been mailed, two separate developments were reported from Sacramento: (1) J. R. Jackson, supervisor of the Fraud Unit, Food and Drug Section, California Department of Health, revealed that regulations are being prepared by state officials "to warn the populace of possible cyanide poisoning" from apricot kernels. (2) The State Department of Health March 27 submitted a report to the legislature asserting that "cancer fraud

Scientologists Bring Libel Actions Against AMA

The American Medical Association has been sued for libel by the Church of Scientology, Evanston, Ill., in an article seeking \$5.6 million damages as result of an article in *Today's Health* in Dec. 1968. The church charges the AMA with distributing the "false and defamatory" article about the church to three Washington reporters in an alleged attempt to discredit the in-

stitution and to retaliate against its criticism of the physicians' group.

A similar action was filed against AMA last October by the Minnesota Church of Scientology. It seeks damages of \$1.9 million and objects to distribution of the article in *Today's Health* to government agencies in Minnesota.

has become a major health problem" in the state. The report said "the fraud involves an international market in which cancer victims are exploited . . . and thousands die prematurely . . . A nationwide ultraconservative organization appears to be the spearhead for a national distribution system utilized by the promoters and shippers from the Bay Area. There is a reason to believe that at one time organized crime figures in the country became interested in this now very lucrative fund."

BRADFORD STATEMENT

Asserting that "the anti-Laetrile statutes in California are based on a fraudulent, 23-year-old report by the California Cancer Commission," Mr. Bradford issued a press release lambasting the Health Department's report and calling for legislative hearings "on the merits of Laetrile therapy."

He characterized as "an outright lie" the reference in the report to "organized crime figures" and said "it smacks of a witch

hunt." He denied that the Committee is involved "in the trafficking and distribution of Laetrile," and said that while the "California Health Department would have Californians believe there is a federal law against Laetrile, there is none.

"The real ripoff," he continued, is "the \$30,000 cost per cancer victim in the U.S.A. through approved medicine, and the \$12 to \$16-billion-per-year cancer industry.

"The enormous expenditure of taxpayer time, energy, funds and manpower in hounding and harassing the purveyors, users and advocates of a harmless, nontoxic apricot kernel extract in California—a state where marijuana has been partly legalized and which has been flooded by heroin and other hard drugs—is an indictment in and of itself. The fact that Laetrile, which never killed anyone, remains technically banned in California, while aspirin—which kills 100 babies a year—is available over the counter, is another indictment . . ."

The Answer's in Sacramento . . .

It was a coincidence that just at the time officials in the California Department of Health were plotting to prejudice legislators and issue dire warnings in new regulations to restrict the use of the lowly apricot kernel, the National Health Federation had decided to tackle the issue at the roots — in the legislature.

That is where the monstrosity (the regulation banning it as "unsafe and ineffective") back in the early sixties was born. And that is where the long-suffering public must go to get the law off the books. A brain-child of a tiny clique of politico-medics with a vested interest in the lucrative field of cancer treatment, Section 1700 of Chapter 7, of the Health and Safety Code makes a criminal of the doctor who dispenses Vitamin B-17 (amygdalin, Laetrile). And it robs human beings of the right to choose that therapy if they want it. Cancer makes a comfortable living for tens of thousands — a gruesome business, really — where very little of that commodity known as love shines through — from the doctor who recommends the starting treatment to the friendly undertaker at the end of the line.

As one who has been close to the cancer syndrome for more than two decades, this editor can no longer be compassionate with the forces aligned against use of nontoxic modalities in the fight to contain cancer. Frankly, I call them barbaric. In late March a man in St. Louis, inquiring about the treatment given by Dr. Francisco Izundegui in Villahermosa, Mexico, (whose work was described in the March issue of *The Bulletin* — he does not use Laetrile), revealed that the doctor treating his cancer-afflicted wife had administered DES to her for 14 days until the husband insisted it be discontinued. A cancer patient in Pocatello, Idaho, told me her Salt Lake City "cancer specialist" had put her on the "Cooper program," five powerful drugs, and at the same time told her she should discontinue taking vitamins. If you can believe that!

As the story in this issue of *The Bulletin* states, the National Health Federation is not beating the drums for any particular substance in combating cancer. We do believe that when a person faces death from cancer, it is a moral, a spiritual right that he or she be free to say what will be put into that body, or left out of that body, to try to hold on to life.

This can be done when California Legislators take a deep look into their consciences as they prepare — probably many months hence — to vote on Assembly Bills 4196, 4197, and 4198 — the Campbell Bills.

— D.C.M.

4115 Marina Drive,
Santa Barbara,

Calif 93110.

March 30th 1976.

Dear Sirs,

May I have four copies of
your March 1976 edition of your
National Health Federation Bulletin.

I have just returned from
Dr. Izundegui cured of cancer & should
like to spread the good word.

Enclosed please find \$1.00 plus
four stamps.

Thank you,

Anna Hooper (Mrs).

Natural Therapies at West Germany Clinic

Restoration of every patient "to the highest health potential" is the goal of Sanosta Clinic for Biological Regeneration, located in the smog-free countryside of West Germany, an hour from Hannover.

Betty Lee Morales and her husband, John T. Clark have visited the institution twice, the most recently last September. Built by a group of German medical doctors, it offers treatment of "the whole person, using nontoxic, natural therapies."

Dr. Karl Otto Heede is in charge of the center, described by Mrs. Clark as "a wonderful place to go for a vacation, even if there's no need for therapy." But the \$50-per-day charge includes not only a semi-private room and meals, but a thorough basic physical examination.

"West Germany is the home of the leaders in biological medicine in Europe," she said. "Sanosta Clinic is having marvelous results in treatment of multiple sclerosis, arthritis, diabetes, and is doing interesting work in cancer. A cancer

detection test, reported to be 91% accurate, is available for an additional \$100. There is an additional charge of course for medications, including amygdalin and cellular therapy if desired.

"The policy is based on the concept that 'only the body heals.' Food and nutrition play an important role, most of the food is produced without chemicals. Diagnostic techniques include an acupuncture pulse test, and iris diagnosis. Classes are offered in food selection and preparation, with consideration for individual needs. Also available are mineral baths, professional massages, hydrotherapy, sunbathing. The menu is lacto-ovo-vegetarian, with fish and lamb for persons long accustomed to meat."

The clinic is located at Wilhelm-Dahl-Street 16, 87 Wuerzburg, West Germany. Upon confirmed reservations, patients can be met at the airports at Frankfurt/Main or Hannover. The telephone number is 931-47091.

Nutrition, Additives Awareness Traced to Impact of Inflation

Today's shoppers have an aversion to foods "that have been tampered with in any way," Debora Johnson of Needham, Harper & Steers, Chicago, told the annual meeting of the Food and Nutrition Liaison Committee of the Nutrition Foundation (an industry-subsidized organization). Awareness

of nutrition and additives, was brought about, she said "by the onset of the worst impact of inflation about two years ago."

Describing a recent study, Ms. Johnson said that in the minds of many shoppers, "tampered foods are bad for you, and such foods contain sugar, additives, artificial

Proxmire Vitamin Bill Termed 'Disaster'

FDAers Decry 'Emotional Politicking, Insanity'

The Feb. 9 issue of *Food Chemical News* carried a summary of the three-day annual meeting in Naples, Fla., of the Food and Nutrition Liaison Committee of the Nutrition Foundation. The article was headed: "FDA-ers Call Proxmire Bill a Disaster . . ."

Among interesting quotes was this one from FDA's Dr. Allen Forbes, Associate Director for Nutrition and Consumer Services, Bureau of Foods, describing the FDA attitude toward the Delaney

coloring or flavoring, and are almost always man-made. 'Natural' is 'a buzz word' for nutrition, although it may have lost some of its zip. Now, instead of a natural claim, shoppers tend to look for products they know are natural and are good for them, such as fresh fruits and vegetables. Peanut butter also remains a current hero. . . . Thus, while not aware of doing so, in effect they list the four basic food groups and some representative foods from each."

She said concerns of women shoppers are "topical, with red food dye a current top-of-mind bad guy. Women distrust additives because they don't know what long-range harm additives will cause, or because they are convinced they do know what harm additives cause, and insist additives cause cancer."

bill to prohibit fluoridation: "The National Institute of Dental Research has responded in a very thorough manner, but, our view is that the insanity which surrounds us . . . is not a trivial legislative matter."

Dr. Forbes told the conference that if the Proxmire bill prohibiting FDA authority to classify vitamins and minerals as drugs becomes law, "it will require a total revamping of the Food and Drug Administration programs in nutrition." Bureau of Foods Director Howard Roberts characterized the Proxmire Bill - S. 988 - as a "disaster," and said "the only way FDA can recoup if the bill passes will be to devote much more attention to toxic effects of nutrients." He said "it is not debatable that Congress is trying to regulate by legislation."

Dr. Albert Kolbye, Jr., Associate Director for Sciences, FDA, decried "emotional politicking" in public policy concerning cancer and other policy decisions, ranging from Red No. 2 to polychlorinated biphenyls. Regarding specific issues, he said:

A dialogue between the federal agencies on a consistent cancer-testing policy is beginning, but "we're not there yet."

There still is no adequate correlation between mutagenicity testing and effects in man.

(Please turn the page)

Aspartame Prominent in RDA Dietary Food Hearing

Aspartame, the artificial sweetener which, if approved for general use could become a billion-dollar-a-year industry—about which *Bulletin* readers have been treated to some divergent views in recent months—figured prominently in proceedings at which Dr. Alfred E. Harper, chairman of the Committee on Recommended Dietary Allowances (RDA), National Academy of Sciences, was cross-examined by Dr. Miles H. Robinson on behalf of himself, the Federation of Homemakers, the National Health Federation, and four citizens: Karl B. Lutz, Ralph P. Glaser, James A. Meeter, and Mary S. Hill.

Dr. Robinson won the right to cross-examine Dr. Harper in a court ruling after he challenged methodologies employed in devel-

There is mounting pressure for "third-party testing" of additives and other compounds.

There is pressure for translating "good science into all sorts of standards and guidelines," (but) "there is no way to condense the science of toxicology into 10 pages of Federal Register print."

To Dr. Mark Hegsted of Harvard's comment that action must be taken despite the difficulty of interpreting data, Dr. Kolbye replied, "I would not subscribe to an interpretation of ignoring the data,

opment of RDAs, the scientific appropriateness of FDA's use of RDAs, and raised the possibility of bias and conflict of interest.

He was unsuccessful in getting Dr. William H. Sebrell, the original FDA witness, on the stand for cross-examination. FDA Counsel filed an explanation that Dr. Sebrell is now 75 and "It was felt the stress and strain of testifying at this reopened hearing could have a detrimental effect on his health. Additionally, he is unfamiliar with the post-1968 evolution and development of RDAs, and furthermore, is employed by Weight Watchers, Inc., a for-profit organization and member of the food industry . . ."

INCOME FROM SEARLE

Dr. Harper, head of the Department of Nutritional Sciences, Uni-

but I don't believe in a lynch mob either."

Dr. Gio Gori, Deputy Director of the Division of Cancer Cause and Prevention, National Cancer Institute, while stating NCI "cannot support the Delaney bill" to ban fluoridation, told the conference that "diet" ranks second on the list after smoking as a factor for which "cancer clues" exist. Cancer incidence might be reduced 50% if cigarette smoking and "unclassified" factors in diet could be eliminated, he said.

versity of Wisconsin, who earlier held a General Foods-sponsored faculty chair at Massachusetts Institute of Technology, testified that fees from G. D. Searle and Company, aspartame manufacturer, "could represent close to 20%" of his annual income. He also has received consultant fees from Procter & Gamble, Pillsbury, McGaw Laboratories, General Mills, Chattem Drug Co., Abbott Laboratories, and Cutter Laboratories.

His connection with G. D. Searle, he said, "posed no conflict of interest because that company does not produce vitamins or minerals or foodstuffs."

Asked if aspartame is a food, he did not respond directly, but answered: "It's a flavoring substance, a chemical compound that consists of two amino acids which can be nutrients, but . . . no chemical substance by itself is a food. A food is a composite of nutritive and non-nutritive substances, and sometimes chemicals that may be nutrients have other purposes than nutrients, and this happens to be one of them. The quantity used is so small it contributes negligibly to any nutritive value."

OBJECTION FROM FDA

The attorney for the Food and Drug Administration, Howard Holstein, objected to the inquiry into aspartame by Dr. Robinson, who replied, "the Appeal Court in New York has . . . given us the right to inquire into conflict of interest, it has taken judicial notice of our charge that companies manufactur-

'HORRENDOUS' SAYS RDA CHIEF HARPER

This story is gleaned from testimony at the remand hearing before an Administrative Law Judge in Rockville, Md., at which Dr. Miles Robinson got his chance to quiz the chairman of the Committee on Recommended Dietary Allowances, National Academy of Sciences, Dr. Alfred E. Harper, University of Wisconsin. Interviewed by the *Capital Times* in Madison after the hearing, Dr. Harper was quoted as saying about the cross-examination: "The most horrendous experience of my life." He also "roasted" the National Health Federation, and tossed another barb at Senator William Proxmire with whom he has "carried on a feud for some time" (*Capital Times*), charging he is sponsoring a (food supplement) bill that "will legalize fraud."

ing food have a financial advantage in low RDAs because it costs money to grow vitamins or food with high vitamin content, and to preserve food with high vitamin content. I am attacking Dr. Harper's connection with a food company, in that they conceivably could bring pressure to bear on him through the large income they send him, not only to enable him to serve them on aspartame, but also to bring pressure on him to take the view that is profitable to them, prejudicing him consciously (Please turn the page)

or unconsciously to support low RDAs."

The presiding judge, Daniel J. Davidson (whom Dr. Robinson tried unsuccessfully to disqualify on grounds of prejudice) ultimately ruled against further discussion of aspartame, but not before Dr. Robinson had drawn out some interesting points, and made his own statement in the form of a question which was overruled—that G. D. Searle was reported by *Food Chemical News* as "being investigated as to falsifying its research data on aspartame."

DATA FALSIFICATION?

"I wanted to ask you, Dr. Harper, whether the Food and Drug Administration has been investigating any question of falsification of your data on aspartame?"

The judge sustained the objection of Attorney Holstein that the question was irrelevant.

Dr. Robinson pursued the issue, addressing the judge as follows: "With regard to the question of whether the Food and Drug Administration has been investigating the truth or falsity of Dr. Harper's research on aspartame, my grounds for that question are, first, that is like a voir dire question—it goes to his qualifications, and secondly, it is part and parcel of the whole inquiry of conflict of interest with regard to this nutritive substance being made by the Searle Company. I feel it would bear strongly upon his qualifications as a scientist, and if he answers that they have not been investigating him for that, he is high and clear. If they

have been investigating him, I think the hearing record ought to know it."

Mr. Holstein interjected that it was his "understanding that whatever FDA investigation may be going on involving G. D. Searle does not involve aspartame but some drug claim they made."

Continued Dr. Robinson: "If I am doing the right thing, I would object to the testimony by Mr. Holstein about what it involves because I have here a *Food Chemical News* and I have a dozen of them, about the investigation of Searle and aspartame and the falsification of data by Searle."

The judge cut off further discussion by saying, "We have gone far enough with aspartame. Initially, the aspartame inquiry was of marginal relevance only with respect to whether or not aspartame could be classified as a nutrient to such an extent its manufacture and the person or company manufacturing it would be in a position if they had any monetary or financial arrangements with the witness to be considered conflict of interest. Now, that is on the record. We have used an awful lot of time on aspartame, and I think we have gone enough into it . . ."

DANGEROUS

In answer to a question from Dr. Robinson, "is it not true that a lack of vitamins in young animals or young people would make aspartame more dangerous?" Dr. Harper replied: "There is an implication in that question that the substance is dangerous. In my view when

one opens this issue up, one raises the question of the level at which the substance is being used or consumed. Almost any chemical can be innocuous at some level. It may be therapeutic at some level, and it may be toxic at still another level. So one cannot answer that question without defining the quantities being consumed and establishing whether those levels would be toxic to begin with."

"Well," persisted Dr. Robinson, "hasn't it been found in young animals when they are fed a diet deficient in certain vitamins that they are more susceptible to harmful effects from the amino acids in general, and the one in aspartame in particular?"

Replied the witness: "I wouldn't say the one that is in aspartame 'in particular.' I would say that animals deficient in certain vitamins do not tolerate excessive quantities of amino acids as well as those having an adequate diet."

HALF MILLION A YEAR

Dr. Harper revealed that the department he heads receives about \$500,000 a year in grants, \$350,000 of that from the state of Wisconsin, the remainder from federal sources. He said he did "not believe the Department of Nutritional Sciences has any grants at the present time from commercial interests."

In the past decade, he said, he has been granted federal research funds approximating \$800,000.

GENERAL FOODS

He said he was "not familiar with the financial details" of either General Foods or the Searle Com-

pany, but he does know "they are planning to use aspartame," when asked by Dr. Robinson, "Isn't it a fact that General Foods put up \$15 million to build an aspartame plant for the Searle Drug Company?"

He said he never had discussed RDAs with the Searle Company, but it "is conceivable" he may have discussed them at scientific meetings "on an informal basis" with General Foods personnel.

When he became head of the Committee on Recommended Dietary Allowances in 1969, he said he "filled out a conflict-of-interest form" for the National Academy of Sciences.

The questioning by Dr. Robinson revealed he was the first to hold the General Foods Professorship at Massachusetts Institute of Technology (1961), that the grant remained at MIT until 1975 when General Foods established a \$50,000 "chair of nutrition" in his Department at U. of Wisconsin.

THE BORDEN AWARD

When Dr. Robinson asked Dr. Harper about the Borden Award of the American Institute of Nutrition (held by him 1962-65), the FDA attorney again objected to the question on grounds it was not within the prescribed time period.

To which Dr. Robinson replied: "Your Honor, I am developing, or attempting to develop a pattern of where this witness' loyalties may be because of various substantial sums of money from the food industry connected with his position, his work. This question goes back to 1965, only three years before

(Please turn the page)

the other vitamin hearing, and I would request he be allowed to answer this last question."

When the judge suggested Dr. Robinson "Come right out and ask the witness what you want to know, then if you're not satisfied with answers you can probe a little bit beneath to see if there is any inconsistency," the doctor replied, "I have been attempting to ask him exactly what I wanted to know. I am developing specific questions. I cannot just ask the man, 'Are you afflicted with conflict of interest?'—like poliomyelitis."

NONE FROM INDUSTRY

So Dr. Harper proceeded to respond: ". . . I have had no grants or awards from the food industry. I have had some research support from the Nutrition Foundation which is not a food industry, but its funds do come through the food industry. I have had limited research support from the National Livestock and Meat Board, not a food industry but an organization I assume is funded by the people who raise beef animals or meat sources . . . I don't recall that in the last 15 years I have had a direct grant for research support from a food or chemical company.

"The Borden Award, funded by the Borden Company, is an annual award of the American Institute of Nutrition, the recognized professional society for nutritionists in the United States."

NUTRITION FOUNDATION

When Dr. Robinson pressed the

question, "Isn't it a fact that the Nutrition Foundation is owned and controlled by the food industry?" Dr. Harper replied: "I would not characterize it that way myself. I would say, 'It is a foundation set up to function with a great degree of independence with funds provided in relatively limited amounts by a wide variety of food and related industries.'"

He said that when he "had anything to do with it," the funding (by perhaps 40 or 50 firms) averaged "under \$100,000" per company, per year.

Members of the Scientific Advisory Committee of the Nutrition Foundation, he said, "functioned without any salary. We passed on the scientific merit of the grants . . . and provided initial limited support for young scientists beginning careers." He said he held such a grant from 1955 to 1961, before going to MIT.

Returning to the aspartame issue, Dr. Robinson continued, "I have one more question. It has to do with conflict of interest and how Dr. Harper may be embroiled in a conflict of interest with this substance which he has said will be used by food processors, the food industry, General Foods. The question leads directly into his connection with aspartame, the food industry, and the issue which we charge—that the food industry has an interest in having these RDAs lower than we, from a scientific standpoint, think they should be."

THAT TRANSCRIPT

"This letter from the National

Academy of Sciences contains or appears to be a transcript you might recognize. The first page says, 'There have been reports from Dr. Sigita in Japan,' and I would like to ask, were you referring to research work? The printed record of a hearing entitled "Sweeteners," page 182, appears to be a transcript of your remarks, and the printed record does not contain any reference to Japan. My question: "When you responded to this letter from the National Academy of Sciences, did you delete that reference to Japan when you sent the transcript back for publication?"

FDA Attorney Holstein promptly objected to the question, saying, "I fail to see how that has any relevance whatsoever to the subject we are supposed to be discussing which is bias and conflict of interest."

JAPAN DELETED

Replied Dr. Robinson: "The question has to do with the promotion of aspartame and why a reference to Japan was apparently deleted. We intend to show that this reference to Japan was deleted because in Japan is located the largest maker of monosodium glutamate which has been implicated as causing brain damage in children when combined with aspartame. The question is, does Dr. Harper's interest in this substance extend to the point he would alter the record of his remarks, and—forgive me, Dr. Harper—in order to play down the fact this work was done in Japan, and then tied up with this

great firm of Asyomoto that is paying for all this research on aspartame? I just wanted to ask him why he apparently deleted the reference to Japan in the published version, because it would possibly bear on a lack of objectivity with regard to this substance aspartame which we have been talking about."

DR. HARPER'S VERSION

To which Dr. Harper responded: "This document is a transcript, and I don't know whether Dr. Robinson has had the experience of having a transcript of this type returned to him and been astounded at the spelling of some words, and the way some statements come out. I was in error in the transcript in that reference. So in the final document I put the correct reference in. Unfortunately it does not appear at the foot of the table. It came up in discussion, reported on Page 193, and it was not a Japanese reference but the reference had been given to me by a Japanese scientist. I made the mistake of attributing it to him in the transcript. It is actually the reference Newman, Hayward, Palmer, Barry, Edwards and Norton, published in *Toxicology*, Vol. 1, Page 197, 1973."

To which Dr. Robinson responded: "It says in the transcript, 'There have been reports from Dr. Sigita in Japan of administering four brands of glutamic acid per kilogram of body weight to monkeys, et cetera.' Weren't you referring to research work done in Japan which would indicate this substance was safe?"

(Please turn the page)

Dr. Harper: "I was referring to a report that had been given to me orally by a Japanese scientist that I had initially attributed to him in the transcript. The report I got was from, and I am not sure whether that is his exact name either, but subsequently I checked the reference and this was the article he was referring to."

Dr. Robinson: "But isn't it a fact that research was paid for with Japanese money?"

FDA OBJECTS AGAIN

"I object to the line of questioning," FDA Attorney Holstein cut in. "The purpose of this hearing is not to get involved with the safety of aspartame."

Judge Davidson: "I sustain the objection . . . The witness has answered the basic question. My only query is, does the transcript cover all the material necessary so the record can show exactly what the witness' answer was to your question, or is there something lacking from that portion of the transcript? If you don't know, Dr. Robinson, maybe Dr. Harper knows."

SAFETY, THE TOPIC

Dr. Robinson: "Yes I do know, Your Honor. The transcript is talking about, as Mr. Holstein said, the safety of aspartame according to certain research work. Isn't that right, Dr. Harper?"

Dr. Harper: "Yes."

Dr. Robinson: "And I was just endeavoring to find out if there was any desire on the part of Dr. Harper to conceal the fact that this work was done in Japan with money provided by the largest

maker of monosodium glutamate in the world."

Dr. Harper then told the judge: "Dr. Robinson has the transcript, not of my original presentation but of the discussion that continued after the formal presentation where I was recalling from memory a number of bits of information I had gathered. At the time of the discussion I did not have the exact reference, and it shows here on the first page of this exhibit in mimeographed or xerox form."

Dr. Robinson: "Isn't it true that the printed book account leaves out the word 'Japan' entirely?"

Dr. Harper: "Yes, it does."

Dr. Robinson: "Thank you sir. I wonder if we could break for lunch now."

To which the judge agreed.

Here endeth the lesson.

OCEAN DUMPING VICTORY

The proposed dumping of nearly 3 million cubic yards of dredged-up waste from the Groton River in Connecticut into Long Island Sound has been successfully challenged by the Natural Resources Council, 15 W. 44th St., New York. The dumping site, the Race off Fisher's Island, has one of the fastest currents in the world, and the sludge-sewage, toxic industrial chemicals, and other harmful substances are likely to be dispersed over a wide area. NRDC won a lawsuit against the Navy Department and Army Corps of Engineers, claiming the environmental damage which could be caused has been seriously underestimated.

Manufacturer of Sweetener May Face Criminal Charges

Aspartame Out, FDA Audits Searle's Tests for Safety

The Food and Drug Administration will bar a powerful sugar substitute from the market because agency investigators have raised new questions about the integrity and sufficiency of the manufacturer's safety data.

An FDA order of Dec. 5, 1975, reversed a July 1974 agency decision holding the synthetic sweetener, aspartame, to be safe.

With the ban on aspartame, which is 180 times sweeter than sugar, saccharin remains the only approved chemical substitute.

The early data on aspartame "looked good," but now the agency "can't exclude the possibility" of a criminal prosecution of the manufacturer, G. D. Searle, Inc., although the FDA is still analyzing the data, an FDA spokesman said.

Searle has been legally free for 16 months to market aspartame, but has refrained from doing so because of a pending demand for an FDA hearing filed by consumer advocates who say aspartame causes liver and brain damage in test animals.

In Skokie, Ill., a Searle spokesman said the firm "is in contact with FDA" to find out the reason for the agency reversal, which was "not expected."

The FDA action is the second in four months to question publicly the validity of animal-safety ex-

SEARLE SWEETENED POT WITH \$MILLION

G. D. Searle & Co. said it had paid more than \$1 million in bribes to employees of foreign governments from 1973-1975 in an effort to improve business abroad. The company said some of the payments had been deducted from its U.S. tax returns. In voluntary disclosures to the Securities and Exchange Commission, Searle reported bribes of approximately \$179,000 in 1973, \$726,000 in 1974, and \$398,000 in 1975. It reported worldwide sales figures of \$498 million in 1973, \$621 million in 1974, and \$523 million in the first nine months of 1975. Part of the payments, Searle said, "were unintentionally deducted" from its tax returns, and the company would file amended returns.

— Los Angeles Times
(Jan. 11, 1976)

periments and results submitted by Searle, a leading pharmaceutical house with worldwide sales of \$621.3 million in 1974.

About 20 FDA investigators are auditing all drug-safety data that Searle has submitted to the agency since 1968, and are expected to submit a report shortly to Commis-

(Please turn the page)

sioner Alexander M. Schmidt. The audit is the first of its kind the FDA has ever undertaken.

The auditors recently raised "red flags" about the aspartame data, the FDA spokesman said.

KENNEDY ASKED FOR IT

Schmidt ordered the full-scale audit in July at the request of Sen. Edward M. Kennedy, chairman of the Senate health subcommittee.

Before that, FDA scientists and inspectors had started to investigate safety data Searle had given the agency in connection with two drugs prescribed for millions of persons annually.

The drugs are Flagyl, for minor vaginal infections, and Aldactone, for inhibiting salt retention. The latter also is combined with a diuretic in a widely prescribed product Searle calls Aldactazide.

In a statement yesterday, Sen. Kennedy said the "ominous" aspartame findings are "strikingly similar" to sworn allegations made by FDA scientists at a subcommittee hearing in July.

The testimony — vigorously denied under oath by Searle — was essentially that Searle appeared to have suppressed and possibly falsified cancer data from animal tests with Flagyl and Aldactone.

Schmidt said at the hearing that Searle faces possible criminal prosecution in connection with those drugs.

Recently however, FDA rejected a petition by the Health Research Group, affiliated with Ralph Nader, to ban Flagyl.

Schmidt testified that he was

"profoundly disturbed" by the Searle case because the whole system of FDA regulation assumes that data submitted by drug companies, however differently scientists may interpret it, is of unquestioned integrity.

Re-emphasizing that point yesterday, Kennedy said the aspartame findings raise questions whether the FDA had approved other Searle products "on the basis of sloppy, misleading, inaccurate, or even fraudulent scientific data."

If the FDA's "landmark investigation" shows that Searle has been able to market drugs after providing unreliable data, Kennedy said, the agency should then check the data of other companies as well, in order to assure the nation that its drug supply is safe.

— MORTON MINTZ
Washington Post

CONFLICT OF INTEREST IN FDA UNCOVERED

The General Accounting Office says that more than 150 employees of the Food and Drug Administration, many in regulatory positions, had financial holdings in 1974 conflicting with the agency's own regulations, reported the Associated Press. GAO reviewed financial disclosure statements of 2,500 FDA employees and 900 consultants and found that 159 had a total of 208 "prohibited interests" investments in business they regulated. The conflicts involved financial holdings in property and businesses, as well as creditors. As usual, GAO did not name names.

Cancer-Tied Data Gap Laid to Searle by FDA

Records of animal data linking three of the firm's best-selling drugs to cancer were withheld by G. D. Searle & Co. from the Food and Drug Administration, and much of the data that was submitted was "of questionable scientific validity," FDA Commissioner Alexander Schmidt said in Washington.

Testifying before the Senate Health Subcommittee on Aldactone and Aldactazide, both prescribed for congestive heart failure and high blood pressure, and Flagyl, widely used in treatment of minor vaginal infections, Dr. Schmidt said that an investigation FDA began last summer had revealed serious discrepancies, including:

- Records kept on test animals showed that the same animal checked off as dead on one date later would be counted as alive and then dead again — making it impossible to determine what the data meant.

- In rat studies on Flagyl, two pathologists disagreed about the significance of autopsy findings, but the company sent only the more favorable opinion to FDA.

- In rat studies on Aldactone, "tissue masses" were cut out of three live animals, and two of the masses later turned out to be malignant. None of this was reported to FDA, although all three animals continued to be part of the experiment.

- "Alarming findings" on rats that developed tumors of lungs and testes in another Aldactone study were not reported either, although this is required by law.

Schmidt told Subcommittee Chairman Edward M. Kennedy that similar "discrepancies" had turned up in the animal data on aspartame, Searle's noncaloric sweetener, and with regard to a number of its other drugs and the CU-7, an intrauterine contraceptive device. Whether the problem is unique to Searle, he could not say, "But," he added, "prudence dictates we assume the presence of an industry-wide problem until the assumption is proved wrong."

— DAILY NEWS
New York (1/21/76)

BOB HOFFMAN FLOAT FIRST IN PARADE

The Bob Hoffman "Declaration of Health" float in the annual Cherry Blossom Parade in Washington, D.C. won first place, it was reported by Trudy Engel, public relations consultant to York Bar-Bell Company, Mr. Hoffman's food supplement manufacturing firm.

Among those riding on the float were Mr. Hoffman, signing the "Declaration of Health." The float also carried a large sign publicizing his crusade to "Save the United States."

'He Put the People Back Into Democracy'

Ed Koupal, 'One of God's Angry Men,' Dies of Cancer at 48

Memorial services were held April 3 in Sunrise Chapel, Altadena, Calif., for 48-year-old Edwin A. Koupal, Jr., who died March 29 in a Los Angeles hospital of cancer



of the liver. He had undergone surgery for removal of a portion of the colon in January.

Mr. Koupal, founder of People's Lobby in 1968, was the moving spirit in reviving the initiative process in California to make it an instrument of the people's will. A tribute from Ralph Nader described him thus: "He worked indefatigably and selflessly to put the people back into democracy. More than anyone else, he has revitalized the use of the initiative, referendum, and recall, and put these vital citizen-tools back into the mainstream of state politics. He was a citizen's citizen."

He was as courageous in meeting death (which he himself induced by disconnecting the oxygen) as he was in facing the verbal abuse heaped upon him by those who resented his challenges to the status quo. The *Los Angeles Times* reported that "Death came quietly to the big and determined political activist who had been described as 'one of God's angry men.' On Sunday night he decided he wanted no further oxygen or in-

travenous treatment. With him at the time was his wife of 27 years, Joyce, and a People's Lobby worker, Faith Keating.

"He told us not to cry," said Ms. Keating. "He said he was satisfied with what he had done and what he had stood for. We played Benny Goodman tapes and drank wine. He didn't even die like anyone else."

At the memorial service his work was eulogized by the Rev. C. Morris Fisher, and by "some who Ed touched": Hijinio Romo; Senator David A. Roberti; Tom Quinn, chairman of the state Air Resources Board; William M. Bennett, former Public Utilities Commission member; and Attorney Roger Jon Diamond who has handled People's Lobby litigation since the organization's inception.

Mrs. Koupal wrote in the memorial leaflet that "Ed told me he was a student of people, but I know he was a teacher of all of us. Ed rough-drafted a political movement which is his living legacy. The complete serenity of his last hours, and his last words to me, 'We've got it made—you don't have to cry,' tell the story. He had thought it all through and decided he had completed the rough draft for us to finish. So we are the living tribute to the living Ed Koupal."

People's Lobby was successful, along with Common Cause, in

On Fluoridation Front:

On the fluoridation front during the last three months, two cities are due to be fluoridated, it has been rejected in a third; one Ohio city has been ordered by a district judge to fluoridate, while another is "off the hook" because its residents voted within the correct time-frame against fluoridation.

Here's the way it stacks up: In Maitland, Fla., a fluoridation proposal passed by a vote of 919-814. A year earlier the council voted 4-1 to fluoridate, but after heavy protest, agreed to put it to a referendum.

A dentist in Altamonte Springs, Fla., was successful in an 18-month campaign to persuade the council to fluoridate, after which he started

lobbying for a bill introduced by a fellow Altamonte Springs resident, Representative Bob Hattaway, which would mandate fluoridation throughout the state. The dentist, Dr. B. M. Sharp, has said his crusade may lose him "patients and money." He told a newspaper reporter, "They say fluoride causes cancer. Well, I read something last week in a medical journal that stated the cancer level for people in areas with fluoridated water was actually lower than in other areas." He also said that to become poisonous, "you'd have to add a dump truck full."

In Maitland, Ind., after a two-hour discussion of pros and cons,
(Please turn the page)

qualifying a political reform initiative for the ballot in 1974, and it won despite heavy opposition. People's Lobby also qualified the Nuclear Power initiative (No. 15) for the June ballot. And People's Lobby supported the antifluoridation forces in the Los Angeles election in early 1975.

Senator Roberti characterized Ed Koupal in these words: "He was crazy, he was obstinate, he was stubborn. He was the most demanding person I've ever met, and he was nasty. And he *cared*. And he leaves with us the strength of purpose, and the knowledge that if you care enough, if you fight long enough, you'll win."

Mr. Quinn observed: "You

couldn't meet a more difficult person, yet inside he was a tender man. The kind you don't meet very often. We are all here today because we've been touched by him. . . . There's only one thing we can do—that he'd want us to do—and if he's looking down now he's wondering why we're here—he'd want us to be out getting petitions signed . . ."

Attorney Diamond described him as a man "ahead of his times . . . a person who never gave up, and who took on everybody. He had a fantastic sense of humor, and he did not treat those who opposed him on a personal basis. He was sincere, totally committed."

Federation Hopes to Block Fluoridation in Missouri

An attempt to legislate mandatory fluoridation throughout the state of Missouri may have been thwarted by the timely intervention of the National Health Federation.

The organization received an S.O.S. from a member in Missouri that legislation had passed the House. Over the signature of President Charles I. Crecelius, letters

the town board voted 3-2 against adding fluoride to that city's water system.

Residents of Middletown, Ohio, will not be forced to drink fluoridated water against their will. Health Commissioner Paul Asmusen was advised by the Ohio Environmental Protection Agency that Middletown is exempted from the mandatory provisions of a law requiring fluoridation statewide, since voters in 1970 rejected fluoridation. The OEPA official said Middletown's status differed from that in Cincinnati and Canton, since Middletown voters had rejected fluoridation "within a required time-frame after the law became effective in 1969."

In Lebanon, Pa., Judge G. Thomas Gates in mid-February ordered the city to reintroduce fluoride within 30 days. It was halted in August, 1975, after a leak developed in a fluoride tank at the water treatment plant. The court ruling was made in response to a petition signed by doctors and dentists.

went out to members alerting them of the action and suggesting a letter campaign to senators. Letters also were mailed to the Health Committee and the governor urging that the House action (105 for the bill, 17 opposed) not be repeated in the Senate.

At the end of the month, NHF Science Director John A. Yiamouyiannis, Ph.D. flew to St. Louis and with Dr. Al McCone spent two days contacting Senators including the president pro tem of the Senate and chairman of the Health and Welfare Committee, Senator William Cason, now a candidate for governor. He agreed to refer the bill to the Committee on Local Government whose chairman, Senator Lawrence J. Lee, reportedly is not in sympathy with mandatory fluoridation legislation.

NHF members are urged to write their senators, and the committee members, that the bill be permitted to die in committee. Those senators are: Lawrence J. Lee, 9 Arundell, St. Louis, Mo., 63105; Donald J. Gralike, 648 Buckley Road, St. Louis 63125; Hardin Cox, 605 Bluff St., Rock Port, Mo., 64482; Norman Merrell, P.O. Box 111, Monticello, Mo., 63457; John C. Ryan, Walnut Hills-Rte. 3, Sedalia, Mo., 65301; Ike Skelton, 712 Highland, Lexington, Mo., 64107; Emory Melton, 201 West 9th, Cassville, Mo., 65625; and William Cason, 215 E. Franklin, Clinton, Mo., 64735.

Yiamouyiannis Meets With New Jersey EPA

NHF Science Director John A. Yiamouyiannis, Ph.D., presented data from his studies of the link between cancer and fluoridation at a 2½-hour meeting of the New Jersey Department of Environmental Protection, represented by Dr. Glenn Paulsen, Assistant Commissioner, and Dr. Peter Preuss, special assistant to the commissioner.

Also present was Mrs. Dorothy C. Pennell, New Jersey Citizens Opposing Forced Fluoridation. Mrs. Pennell reported that her group was "very pleased with the way Dr. Yiamouyiannis presented his facts, and the reception he received" from the officials.

"We came away from the meeting feeling that at long last the issue finally is being discussed on a highly scientific basis," she said. "We were particularly pleased that Dr. Preuss asked for another conference to be attended by New Jersey EPA Commissioner Bardin, the New Jersey Commissioner of

YIAMOUIYIANNIS WANTS FLUORIDATION CLIPS

Dr. John A. Yiamouyiannis, NHF science director, asks that National Health Federation members send him clippings (with name of newspaper and date) of articles pertaining to fluoridation. Thus he is able to "keep his finger on" events across the nation. He believes the campaign to fluoridate is being heightened. His mailing address is 6439 Taggart Road, Delaware, Ohio 43015.

Health, representatives from the National Cancer Institute, and Dr. Yiamouyiannis, Dr. Dean Burk, and Dr. W. Edwards Deming, statistician.

The New Jersey Public Health Service has received a \$100,000 grant to study why New Jersey has the highest cancer death rate in United States.

A PLUG FOR NATIONAL FLUORIDATION NEWS

One of the most prolific sources of information on the fluoridation front is *National Fluoridation News*, Route 1, Gravette, Ark. Issued quarterly (\$2 a year, \$3.50 for two years), by Editor-Publisher Ethel H. Fabian, the publication is a continuing source of up-to-date information dealing with general as well as scientific aspects of the is-

sue, on a national and international level.

"Editor-Publisher Fabian is a dedicated person who is in close touch with personalities and events involved in the fluoridation battle," said NHF President Charles I. Crecelius. "Subscribing to the *National Fluoridation News* is a good way to keep abreast of developments in this field."

3 Children Die After Eating Rat Poison

A pest exterminator has been charged with second-degree manslaughter in the deaths of three children who ate cookies laced with fluoroacetate, a deadly substance used to produce rat poison.

The children found the cookies in a coffee can in the truck parked near an apartment house in Durant, Okla. A dog also died and six other children were hospitalized after eating the poisoned vanilla wafers.

The agriculture department said the pesticide containing sodium fluoroacetate (compound 1080, 500 times as strong as sodium fluoride) is used in three trade-name rat-poison products, none of which is registered in Oklahoma. "Anyone, regardless of where compound 1080 is obtained, is in violation of the law for even using it," said James Curtis, director of entomology and plant industry.

While it's against the law to use sodium fluoroacetate for pest control in Oklahoma, it's not against the law to pollute drinking water with sodium fluoride, also a deadly toxin.

Readers Write

Fluoridation Fighters Lose Round, Urgently Need Funds

EDITOR:

Readers of the *NHF Bulletin* are entitled to know the current situation in the East Bay where, unless present trends are reversed, 1.2 million persons soon will be subject to forced ingestion of fluoride.

The California State Director of Health, in response to a letter demanding to know whether fluorides are (1) safe, (2) unsafe, or (3) that the Department does not know whether they are safe or unsafe, has replied in writing that the Department is studying the matter and takes a "neutral" position. Nevertheless, he has declined to cancel the permit to fluoridate issued by a predecessor who presumably felt they were "safe."

The Board of the local water

district (EBMUD) claims to be bound by the narrow 51% vote in November 1974 by the electorate—a vote taken before the conclusive Burk-Yiamouyiannis studies appeared.

Now a Superior Court judge to whom we turned for relief has blandly ignored the 1975 Burk-Yiamouyiannis evidence of the carcinogenicity of artificial fluoridation and dismissed our complaint by quoting a 1973 opinion of another California court that fluoridation "is no longer an open question." This despite the fact the other complaint was brought on other grounds than safety, and the further fact the 1975 evidence post-dates the 1973 opinion and hence

Readers Write

Dr. Clydesdale Not on M.I.T. Faculty

EDITOR:

It has come to our attention that in the April 1976 issue of the *National Health Federation Bulletin* there is an article describing a speech given by Dr. Fergus M. Clydesdale to the National Automatic Merchandiser's Association. The article, in its headline and lead sentence, identifies Dr. Clydesdale as "an M.I.T. nutrition professor."

According to our records there is not now, nor has there been, a Dr. Clydesdale on the staff at M.I.T. There is a Fergus M. Clydesdale in the Food Science and Nutrition Department at the University of Massachusetts in Amherst, Mass. I presume that Dr. Clydesdale, as well as M.I.T.,

has completely changed the situation.

Either of our two options — to appeal the judge's ruling, or work for another election — will take more money than we have. In the 1974 election the "pro" side collected between three and four times as much money as we were able to collect.

Contributions are *urgently needed*, and should go to EBCAF, Inc., Box 11050, Oakland, Calif. 94611.

— YALE MAXON, PH.D.
Secretary
EBCAF
Box 11050
Oakland, Calif. 94611

would appreciate accuracy of attribution.

— BARBARA SCOTT NELSON
Assistant to the President
and Chancellor
M. I. T.
Cambridge, Mass.

(ED. NOTE: Indeed, Ms. Nelson is right. The editor takes the lumps for this one! Strictly a case of carelessness).

FLUORIDATION OKAYED BY ENGLISH DOCTORS

Without saying "fluoridation is safe," the Royal College of Physicians nonetheless has produced a report recommending that drinking water in England be fluoridated.

Terming it "a scandalous piece of literature, a carefully-worded blanket endorsement of fluoridation," Anna R. Cooper, secretary of the National Pure Water Association in Worcester, said a "detailed analysis of the Royal College of Physicians' report's shortcomings" is being prepared in the form of a critique. A news release condemning the report was issued in the name of eight organizations and six individuals in England.

**YOUR CONTRIBUTIONS
TO N.H.F.
GET THE JOB DONE**

Book Review

Linda Clark's Latest Book, 'Color Therapy,' Fascinating

Linda Clark has done it again! This well-known author in the health field—second editor of *NHF Bulletin*, by the way!—isn't happy if she isn't digging into some topic that will help others, and then putting it together in a book.

Her latest—published in March by Devin-Adair, One Park Avenue, Old Greenwich, Conn. 06870—is all about color, of all things! And it's fascinating! As she notes in a preface, color therapy was used for healing by Pythagoras 500 years before the birth of Christ. And as Devin A. Garrity points out, it is ridiculed by the American Medical Association and banned in the practice of medicine by the U.S. Food and Drug Administration. That's why the author didn't identify some doctors and lay practitioners who are achieving results, "many of them spectacular." But she had plenty of material to work with—she combed the literature, drawing upon every important document on the subject. The book culminates 20 years of research.

Whether or not you know anything about the healing properties of color—psychologically as well as physically—if you haven't lost a zest for the new and challenging, if you like to be exposed to experiences ranging from the believable to the "far out," I'll guarantee you a pleasant experience if you add

Color Therapy (\$6.95) to your library. I found it titillating as well as immensely informative. You'll find the nuggets from the foremost practitioners of the art of light and color therapy—including Dr. John N. Ott, an old friend of *Bulletin* readers.

It's not a long book, and Ms. Clark's writing moves the reader along effortlessly, getting in the bases she wants to cover without a fractionated second of boredom to the reader.

Her opening sentence probably spells out in a few words what I've been taking inches to say: "I am interested in anything that can improve health naturally."

Leading off with a chapter on "The Beneficial Effects of Light," she takes us into the areas of natural vs. artificial light, how light and color work, the psychological impact of color (with ample proof, if you please!), to color and physical health, color and nutrition, color therapy for eye problems, how to apply color therapy, properties of individual colors, gem therapy and amulets, auras, and finally, "Breathing Color."

When she first heard about the ancient art of using color as a healing agent, she was skeptical. But the more she dug into color and its therapeutic properties, the more convinced she became that the en-

Dr. Doughty-Beck Honored at Testimonial Event

Dr. Frederick J. Doughty-Beck was honored by friends across the country at a testimonial dinner Feb. 26 in the Tchaufuncta Country Club. St. Tammany at Covington, La. A tribute to his years of dedicated service to health freedom, and particularly his effective leadership in the struggle to permit Dr. Ray Evers to maintain Meadowbrook Hospital and the chelation therapy available there, the event was master-minded by Mr. and Mrs. Charles Brooks.

It was a surprise affair for Dr. Doughty-Beck, and included presentation of a Certificate of Merit from the Adelle Davis Foundation and the Association of Physical Fitness Research headed by Howard Long, former NHF executive, and a television set, as well as gifts

tire subject needed to be explored. Starting with the premise that sunlight heals, and that its components are the many colors of the rainbow, she examines these colors separately for individual properties. Thus, a blue light has been found to induce restful sleep in an insomniac. Painting gray machinery a light orange improved morale and lessened accidents in a factory. When Blackfriars Bridge in London was repainted green, suicides dropped by one third. The influence of color extends to the classroom, hospital, the walls of our bedroom, and the clothes we wear. But—see what Linda Clark has to say about it!

— D.C.M.

from guests, among whom were Dr. and Mrs. Evers, Mr. and Mrs. Ben Reich, Dr. Mercer Parker, Mr. and Mrs. Herbert Stahl, and Mr. and Mrs. Joe Codina.

WHEN APPLIED to meats, fish, beans and eggs, the phosphorous in lemon juice "digests" the protein.

BEQUESTS and GIFTS

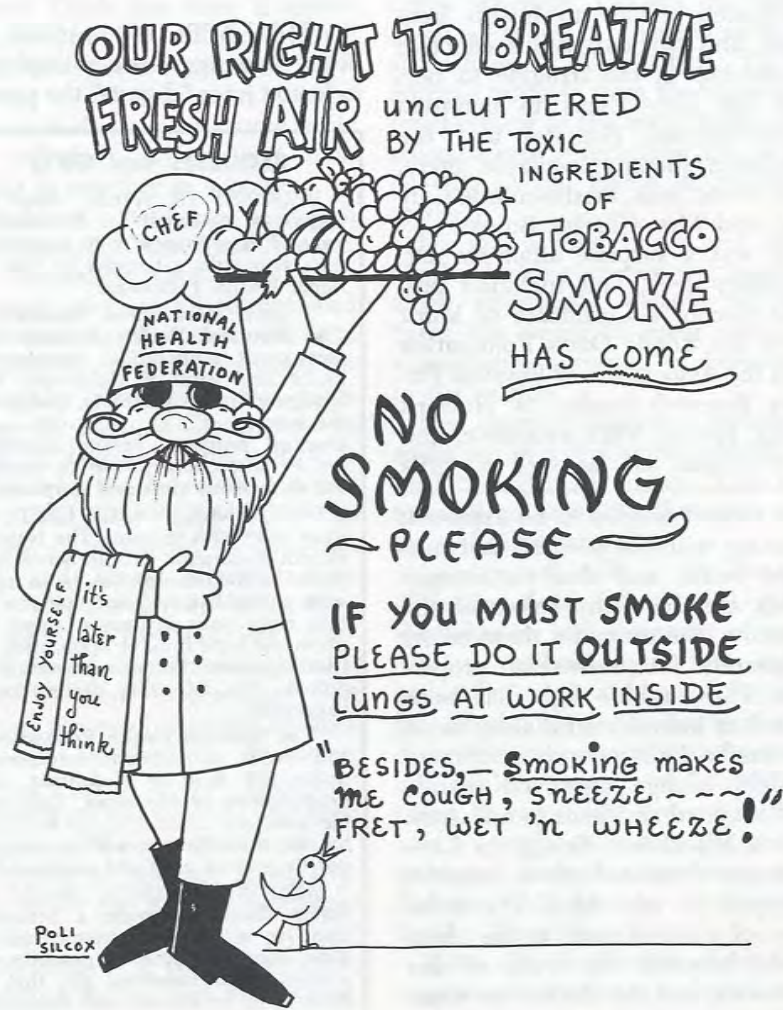
BEQUEST IN WILL: Here is a suggested statement for the convenience of those who wish to incorporate into their wills a bequest to The National Health Federation:

"I give, devise and bequeath to The National Health Federation, a non-profit corporation, incorporated under the laws of California, with headquarters at Monrovia, California, the sum of.....(\$.....) (and/or property herein described) for its discretionary use in carrying out its general aims and purposes."

INSURANCE POLICY GIFT: For those who wish to name The National Health Federation as sole beneficiary, or one of the beneficiaries, in an insurance policy, it is suggested that you obtain from your insurance agent the necessary legal form or application for your signature, before witnesses if required. The following designation is suggested:

"The National Health Federation, a non-profit corporation, incorporated under the laws of California, with headquarters at Monrovia, California, the sum of.....(\$.....) for its discretionary use in carrying out its general aims and purposes."

MEMORIAL FUND: Should the donor desire to create a Memorial Fund in a will or insurance policy, state, after the sum of property described in the beneficial gift, that the fund is to be known and designated as the "....(name).... Memorial Fund."



Bill Would Reimburse Cost of X-rays by Chiropractors

A bill to extend Medicare coverage to permit payment to chiropractors of the X-ray fee, and eliminate the mandatory X-ray if the subluxation can be shown by other chiropractic procedures to exist, is in the Congressional hopper.

Introduced by Congressman James C. Corman of California, H.R. 11290 is cosponsored by six other colleagues: Mrs. Martha Keys of Kansas, Henry Helstoski of New Jersey, James R. Jones of Oklahoma, Joseph R. Karth of Minnesota, Abner J. Mikva of Illinois, and Charles B. Rangel of New York. All are Democrats and members of the House Ways and Means Committee.

In remarks preceding introduction of the bill, Congressman Corman said: "... The protection of health care consumers under Medicare requires that chiropractic patients, just as the patients of doctors of medicine and osteopathy, should have the full benefit of

physical examinations and necessary laboratory tests. Here again, the nonreimbursement of such necessary health procedures can virtually deny their availability to the chiropractic patient. This legislation would authorize reimbursement not only for appropriate X-rays, but also for 'physical examination and related routine laboratory tests' which the chiropractor is authorized by state law to perform.

"Such physical examination and laboratory tests will improve patient care because they will better enable the doctor of chiropractic immediately to refer to other health practitioners cases for which chiropractic therapy is neither appropriate nor suitable, and to provide the kind of chiropractic care most suitable for the patient's ailment. The amendments proposed by this bill are in precise conformity with what the Congress adopted last year in amendments to the Federal Employees Compensation Act..."

Changes in NHF Executive Committee, Board

Terrence Leremond, Green Bay, Wis., a Life Member of NHF, has been appointed to the National Health Federation Board of Governors to fill the vacancy left by the death of Dr. John W. Noble, Portland, Ore. The term expires in December, 1977.

Raymond H. Houser was ap-

pointed member-at-large of the Executive Committee. He also is chairman of the NHF Library Board. Another new member of the Executive Committee is Paul Virgin, Altadena Dairy, who was appointed to fill the unexpired term of Dr. Emory W. Thurston, treasurer, resigned.

Change Habits? Goodness No! Even If It Kills Us!

A lot of folks would rather live with hazardous habits and appetite than change their dietary way of life — even if it may mean a heart attack and early departure from the human plane.

This is the conclusion from findings of an educational program in Long Beach aimed at teaching the public how to reduce risks of disease — an effort which “failed miserably,” according to Dr. Wilbert S. Aronow, UC Irvine cardiologist.

Adults participating in the study — even those with symptoms of heart disease — were “apathetic, and their doctors were indifferent,” said the professor, adding, “How do you modify people’s lifestyles when they do not feel acutely ill? How do you get them to lose weight and take medication for blood pressure when they don’t feel sick?”

Well — he learned — you don’t! Reporting the study’s results at a meeting of the American College of Cardiology in Houston, Dr. Aronow revealed that he and his colleagues screened 2,524 adults without previous history of heart disease. They looked for six risk factors: high blood-pressure, smoking, high blood-sugar level, marked obesity, high cholesterol level, high triglyceride (fat) level in blood.

Each received results of the tests, and copies were mailed to each patient’s doctor so the doctor could

take preventive measures. Half the group received special education materials including four mailings of literature about reduction of risk factors, and four evening lectures.

Ten to 11 months later, all 2,524 subjects were asked to report for another screening. Only 1,817 showed up, and only 872 were from the “educated” group. There was “no significant difference” in prevalence of any of the six risk factors between the 707 who took part only in the first screening and the 1,817 who took part in both screenings. About the same number of persons in the educated group had a high cholesterol-sugar level, smoked and were overweight after the second screening as after the first. Moreover, prevalence of high blood-pressure and high triglyceride level had significantly increased by the time of the second screening.

“There is no doubt in my mind that the most sensible approach to heart disease prevention is to reduce risk factors,” Dr. Aronow told *Los Angeles Times* Medical Writer Harry Nelson. “But there is tremendous resistance to reducing the risk factors by doctors — at least those in Long Beach. So doctor-indifference accounts for part of the program’s failure, and the difficulty of motivating people at risk

A Victory for ‘Our Clint’?

Utility Axes Huge Power Project Near Utah’s Parks

Clinton Miller’s campaign for nomination on Utah’s Republican ticket for U.S. Senator has been swinging along, with appearances before university and college groups emphasizing his opposition



to construction of a giant power-generating plant at Kaiparowits.

Sixty per cent of the output was destined for California. “If it’s as good as they say, let them build it in L.A.,” he told a student rally. “Coal, oil and old tires are far too precious and much too dirty to burn. If they can be burned clean, as proponents maintain, then let’s burn them in the heart of Los Angeles. But if they burn dirty, as anyone with a nose knows, the worst place to burn them is in or near Utah’s national parks.”

He was the first Republican candidate to take the position that clean environment and energy are

is the other part.”

He suggested a more intensive educational program, saying, “We need to educate all physicians, including pediatricians, to practice good preventive medicine in order to reduce prevalence of risk factors in asymptomatic people as well as the ill.”

not incompatible. Since he entered the fray on the side of the environmentalists, Southern California Edison Company has announced abandonment of the project into which millions already have been poured.

The candidate — NHF lobbyist in Washington — believes wind-power is a substitute which should be receiving government and industry attention in the search for clean, cheap energy.

His campaign — the first phase of which will be decided this month — also stresses “a responsible approach to government spending, and eventual retirement of the enormous public debt.”

He has indicated that campaign funds “are in short supply, and would be welcomed.” His headquarters are at 3074 So. 2700 East, Salt Lake City, 84109.

EGGMEN FIGHT BACK

Aroused because of the advertising campaign by Standard Brands touting a substitute egg product as cholesterol-free, United Egg Producers and a Georgia egg producer have filed suit charging false and deceptive advertising and unfair competitive practices “designed to decrease egg consumption and increase sales of its product.”

Food Processors 'Infiltrating' Youth Market With School 'Teaching Aid Kits'

Many American consumers are becoming more knowledgeable about nutrition and food-buying. But far too many still are prey to the makers of junk snacks, trick cereals, instant gyms marketed in the guise of food—especially the stuff advertised on children's TV programs and offered in gimmicky packages.

The processors of high-profit packages have even invaded schools with "teaching aid kits," usually offered free, along with attractive "teaching supplements" for teachers. These include coloring sheets illustrating the industry's idea of a proper breakfast—featuring largely the cereals that have had their best ingredients processed out, and depending on the addition of milk for nutritional value. Work sheets also are included—emphasizing information on the package, such as name of cereal and manufacturer. This is known in the food business as "establishing early-brand loyalty."

Are such outside commercial materials and other "educational" publications coming into your local schools as "educational aids"?

Conversely, what would the food industry do about any attempt to introduce basic nutrition-teaching in the public schools—if it downgraded the sugar-coated dry cereals and junk snacks?

Unfortunately, consumers buy-

ing the expensive gimmick foods are mostly the young and the poor . . . It is obvious that basic education in nutrition is needed by consumers—but how is it to be achieved? . . . There are some hopeful trends: Younger food editors are beginning to break out of the commercial vise, many even want consumer news printed on food pages. And Congressional leaders such as Moss, Proxmire, Delaney and Hart have led in investigations of food hazards, deceptions, labeling . . .

— Charles A. Wells,
Between the Lines

C.C.S. CONVENTION SET FOR JULY 3-5

The Fourth annual convention of the Cancer Control Society will be held July 3-4-5 in the Ambassador Hotel, Los Angeles. Speakers will include Biochemist Ernst Krebs, Jr., San Francisco; Dr. Dean Burk, Washington, D.C.; Charlotte Gerson Straus, South Bend, Ind.; and Betty Lee Morales, president of C.C.S.

ROASTED UNTIL it cracks open, lemon may be given to cough and cold-sufferers of all ages. The juice, with brown sugar and fresh pineapple juice, produces "digestive" enzymes that aid in clearing throat mucous.

NATIONAL HEALTH FEDERATION ANNUAL CONVENTION (1976) CASSETTE TAPES

	No.	Total
DIANA DEIMEL - "Vision Victory Via Vitamins, Vital Foods & Visual Training" \$2.50	_____	_____
IDA HONOROF - "Our Government Agencies Violate Their Own Laws" \$2.50	_____	_____
GYPSY BOOTS - "Secrets to Youth and Vitality" \$2.50	_____	_____
PAUL VIRGIN - "The Nutritional Benefits of Certified Raw Milk as Compared to Pasteurized Milk" \$2.50	_____	_____
BETTY LEE MORALES - "New Horizons for NHF" \$2.50	_____	_____
PAUL KEENE - "Give Back to the Soil More Than You Take" \$3.00	_____	_____
BOB HOFFMAN, Ph.D. - "Health Practice and Opinions" \$2.50	_____	_____
PAAVO AIROLA, N.D., Ph.D. - "How To Be Young At Any Age" \$3.50	_____	_____
AN EVENING WITH THE NATIONAL HEALTH FEDERATION STAFF: Charles I. Crecelius, Dr. Kurt Donsbach, Clinton R. Miller, and Dr. John A. Yiamouyiannis. \$3.50	_____	_____
BERNARD JENSEN, D.C. - "Vital Keys to a Long Life" \$3.00	_____	_____
KURT W. DONSBACH, N.D., D.C., B.T.S. - "Nutrition in Action" \$3.50	_____	_____
JOE NICHOLS, M.D. - "Prevention and Treatment of Metabolic Diseases" \$3.50	_____	_____
RUTH DESMOND - "Let's Speak Out for Wholesome Foods, Or Let's Expose the Imitations" \$3.00	_____	_____
EMORY W. THURSTON, Ph.D., Sc.D. - "It's Fun To Be Healthy" \$3.00	_____	_____
BEATRICE TRUM HUNTER - "Food Additives and Federal Policy: The Mirage of Safety" \$3.00	_____	_____
DR. HANS KUGLER - "Slowing Down Your Aging Process" \$3.00	_____	_____

ELECTED FEDERATION OFFICERS

Charles I. Creelius — President and Executive Head of the Federation.
Address: P.O. Box 688, Monrovia, California 91016.

Betty Lee Morales — Secretary

Dorothy B. Hart — Vice-President

Kurt W. Donsbach — Chairman of the Board of Governors and Executive Assistant to the President.
Address: P.O. Box 688, Monrovia, California 91016

V. Earl Irons — Vice Chairman of the Board of Governors

PAID FEDERATION STAFF AND THEIR FIELDS OF ACTIVITY

Clinton R. Miller — Vice President in charge of the Washington Office, which includes Legislation and Regulations.

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Convention Bureau — Plans and co-ordinates all convention activities.
Address: P.O. Box 688, Monrovia,
California 91016
Phone: (213) 358-1155

Don C. Matchan — Editor of
NHF Bulletin.

THIS IS THE NATIONAL HEALTH FEDERATION

The National Health Federation is America's largest, organized, noncommercial health consumer group. It is a nonprofit corporation founded in 1955. Its membership is comprised of men and women in all walks of life, belonging to a variety of religious faiths and political persuasions, and engaged in nearly every profession and trade.

Its members believe that health freedoms are inherently guaranteed to us as human beings, and our right to them as Americans is implied in the words, "life, liberty and the pursuit of happiness." Yet, frequently, these freedoms and rights have been and continue to be violated. Too often, as a result of the unopposed pressures from organized medicine, the chemical industry, pharmaceutical manufacturers, and others, laws and regulations have been imposed which better serve these special-interest groups than the public at large. We see and hear of new instances daily. To name a few: spiraling health-care costs, consumer exploitation by leading industries, excessive devitalization and adulteration of our foods, restriction of certain types of treatment, banning of certain health books from the mails, the harassment of those who advocate natural methods of healing and natural foods, the poisoning of our air, water and soil through greed and carelessness, and many other health-related issues.

The NHF opposes monopoly and compulsion in things related to health where the safety and welfare of others are not concerned. NHF does not oppose nor approve any specific healing profession or their methods, but it does oppose the efforts of one group to restrict the freedom of practice of qualified members of another profession, thus attempting to create a monopoly.

The public needs a strong voice, such as the NHF provides, to speak and act in their behalf in these health-related matters. Legislators need your support to balance the pressures exerted upon them by the special interests. The National Health Federation, through a special legal and legislative staff in Washington, keeps its members apprised of all health legislation, opposes inadequate or undemocratic health legislation, while supporting or drafting bills to protect the individual's health freedom.

Will you join us in this worthy effort?

Opinions expressed in *The Bulletin* are those of the writers of the articles and are not necessarily the opinion of the National Health Federation.

V. EARL IRONS - "Vibrant Health Attainable to Anyone Who Accepts the One True Cause of Disease"	\$3.00	_____	_____
AN EVENING DEVOTED TO CANCER - featuring G. Edward Griffin	\$3.50	_____	_____
WALTER HODSON, N.D., DD., Th.D. - "The Aging Process and What Happens to Food Before and After"	\$3.00	_____	_____
KIRKPATRICK W. DILLING - "Our Continuing Legal Battles...Victories But No End in Sight"	\$2.50	_____	_____
DEAN BURK, Ph.D. - "Fluoridation and Cancer"	\$3.50	_____	_____
IVAN POPOV, M.D. - "Multi-therapeutic Approach to Aging"	\$3.00	_____	_____
HAROLD W. HARPER, M.D. - "Degenerative Diseases - Causes and Treatment" (2 Cassettes)	\$3.50 & \$4.50	_____	_____
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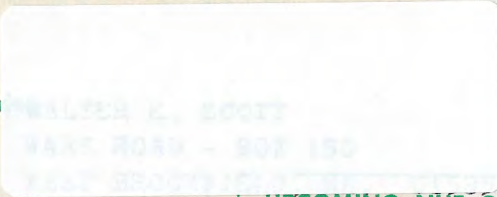
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Every family in America should belong to the National Health Federation to —

1. Support the principle of freedom of choice and liberty in health matters.
2. Be a part of a strong and united consumer's voice in all health matters.
3. Work for beneficial and needed health legislation and, at the same time, oppose proposals which are detrimental to the health interests of the people or which do not provide for equality of recognition of all legally established health professions.
4. Support a united effort to reduce the cost of health care.
5. Oppose insults upon our ecology which have an impact on health
6. Oppose the use of chemical food additives which have not been proved absolutely safe or which are not needed.
7. Secure fair and impartial enforcement of food and drug laws and regulations.
8. Insist that all monies raised for health research and care be used exclusively for these purposes.
9. Compel all health fund-raising organizations to disclose in an annual report, the amount of funds collected and how the funds were expended.

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



UPCOMING NHF CONVENTIONS

171-EXP-DEC-76

Northern California — June 19-20

Airport Marina Hotel — Burlingame
(1380 Old Bayshore Highway)

Northwest Regional — July 10-11

Sheraton-Portland — Portland

Midwest Regional — Sept. 25-26

Holiday Inn O'Hare/Kennedy
5440 No. River Rd. — Rosemont

HELP SAVE OUR HEALTH FREEDOMS