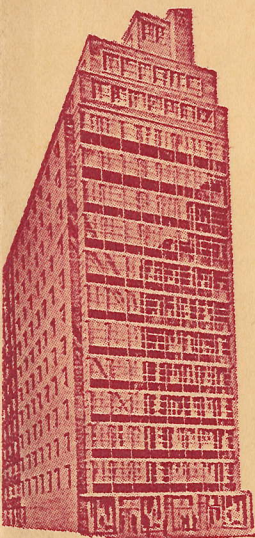


National Health Federation



25¢



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**AMERICANS CRUSADING FOR
BETTER HEALTH**

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

Volume IX—Number 12

December, 1963

BULLETIN

The First National Congress on Health Monopoly

The National Health Federation sponsored the **First National Congress on Health Monopoly**, October 25 and 26 at the Sheraton-Carlton Hotel in Washington, D.C.

The object of this first conference was to bring together major and minor American groups who are really concerned about preserving freedom of choice in matters of health.

This congress explored charges that an unholy alliance exists between the American Medical Association and the Food and Drug Administration. It investigated collusive actions by these organizations that, if left uncorrected and uncontested, would completely destroy originality and competition in the healing arts.

Chairman of the congress was Miles H. Robinson, M.D. In announcing the meeting, Dr. Robinson said, "The congress will try to determine the extent to which the FDA and AMA policies are dominated by giant food, drug, and chemical companies, and to point out wherever their financial interests have led them, however gradually and unintentionally, to neglect the health of the American people."

Dr. Robinson further stated that, "The congress examined evidence relating high medical costs to a lack of competition in the healing arts.

"It examined evidence that the FDA is unduly harsh on small, independent food and vitamin manufacturers and unduly lenient with giant food and drug companies.

"The congress determined whether our government is protecting minority health groups and practitioners; or whether, on the contrary, it is destroying every dissenting voice."

The congress concerned itself with health on a broad front, including the contamination of water and air, pesticides, and personal and environmental factors in general.

Editor's note: Other pages of this issue will carry information concerning the results of this Congress on Health or Medical Monopoly.

Opposing Groups to Meet on Health

The National Health Federation is hoping to re-enact the battle of David and Goliath this week when the Second National Congress on Medical Quackery gets under way here.

The Congress will be co-sponsored by the American Medical Association and the Food and Drug Administration Friday and Saturday in an effort to make the public less gullible to what they consider quackery.

The N.H.F. hopes to challenge the two giants of the health field by staging simultaneously the first National Congress on Health Monopoly.

At the First National Congress on Medical Quackery in 1961, the AMA and FDA aroused the ire of the N.H.F. by attacking so-called health foods. The N.H.F. believes a person should have the freedom to choose any type of food he wants to eat, and if he wants to pay \$20 for a bottle of sea water in hopes of improving his health, that is his business.

In the Second Congress on Quackery, the FDA said, "The program primarily will explore why people are vulnerable

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NATIONAL HEALTH FEDERATION BULLETIN

The NATIONAL HEALTH FEDERATION BULLETIN

VOLUME IX

NUMBER 12

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1963

David and Goliath

EDITORIAL

David is what the United Press dubbed the National Health Federation and its "Congress on Health Monopoly," while on the other hand it dubbed the AMA and the Food and Drug Administration "Congress on Medical Quackery" Goliath. These two congresses, held on the same days in October in Washington at two different hotels, the press likened to the contest between David and Goliath. They inferred that N.H.F. was small like David and that the AMA was a giant like Goliath.

We think this to be a very true picture. On the one hand we have N.H.F. as the voice of the people, as well as an instrument of the people, chosen by the people to defend their rights against this giant which protects those who profit from the illness of the public, and which, because of size and strength, has cowed the public into submission.

Those who have read the Bible story know that Goliath was chosen by the hordes who were oppressing the chosen people, to taunt, humiliate and oppress them. The chosen people were at the end of their rope, as none of their mighty men were willing or able to cope with Goliath in battle. It was then that an all-wise Providence sent along David, a

shepherd boy, small in stature but mighty in faith, to be their deliverer. He could not wear the traditional armor as he was too small of stature. He could not wield the arms of the mighty men, but he could use a slingshot. He had faith to believe that the cause of his people was just and that the God of his fathers would be with him and deliver the giant into his hands. He carefully selected a stone which he felt was the needed one and committed the battle and himself to the God of his fathers. David threw his stone. It hit the giant in his most vulnerable spot, the giant fell flat on his face on the ground. David then drew Goliath's own sword and cut off the giant's head. The hosts of those he represented fled in haste, and the chosen people were delivered.

We think the David and Goliath analogy is a good one. The press said in a dispatch that N.H.F. is small but powerful and recently demonstrated its power by flooding Congress and the Food and Drug Administration with many thousands of letters in opposition to the Food and Drug Administration's attempt to regulate the health foods and drugless approaches to health out of business.

It is true that N.H.F. is small com-

(Continued bottom next page)

DECEMBER, 1963

Official Message of Fred J. Hart, President of the National Health Federation, to the Congress on Health Monopoly

Ladies and Gentlemen:

I sincerely regret that I am unable to be with you today to present a most cordial welcome on this most important occasion, but I am happy in the thought that the Federation has grown to the place where its duties can be performed

(Continued from page 3)

pared to the AMA, but, like David, its cause is just and thus it can expect Divine Providence to bless its efforts to free the people from the host of those who would profit at the expense of the sick folk of the nation.

N.H.F., like David, is not equipped with the up-to-date armor and finances of the enemy, so it must fight like David, trusting in Divine Providence to guide, direct and assist it, as it moves into battle, armed as it were with but a sling-shot, with but a single stone, that of opposition to health monopoly. **N.H.F. selected this stone with great care**, and we believe that with it Goliath can be slain and the people freed from the health monopoly which grows more dangerous and menacing each day. In any event, N.H.F., like David, has cast its stone, Goliath is on the ground, and it but remains for the David of this age to cut off the head of this monster and thus free the people. David of old had no trouble locating the head, but N.H.F., as the modern David, must find that head and expose it to the executioner's axe and thus set the people free.

The press says that N.H.F. is small but powerful and that it is made up of people who are dissatisfied with health conditions as they are today and intend

by others than its president. I have requested the Federation's able Executive Secretary, Howard C. Long, to act in my behalf in calling this meeting to order and placing its program in the hands of Miles H. Robinson, M.D., a

(Continued on page 6)

to wage battle. **We appeal to the people therefore to rally to the cause, and whether they are members of N.H.F. or not, support the organization with sufficient funds to keep moving forward.**

To this end, this issue of the **Bulletin** is devoted to recording the evidence presented by competent authorities to the Congress on Health Freedom, that you may judge the seriousness of the situation and use this issue of the **Bulletin** to get new members and donations to help in this contest between David and Goliath. See back cover for cost of additional copies.

Footnote: It is to be distinctly understood that we of N.H.F. are not even implying that the many thousands of doctors who are members of the AMA are the culprits. Our fight is not with them but with the semi-private organization which controls them, and, which, as many of the congress speakers intimate, is itself ruthlessly controlled. It is the desire of N.H.F. to set them free to the end that they may practice their profession within the scope of their license, experience and education without being coerced either by an overhead organization or by a bureaucrat on either a state or national level. Freedom for the doctor and for the patient is the watchword of the National Health Federation.

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NATIONAL HEALTH FEDERATION BULLETIN

Health Freedom Battle Is on

By H. C. LONG, Executive Secretary

An Eyewitness Report

The battle of David and Goliath is being waged all over again in the nation's capital during the two-and-a-half-day Congress on Health Monopoly sponsored by the National Health Federation. Goliath is presenting himself in the person of the AMA-FDA Congress on Medical Quackery, and the first of many battles of the three-day session is **ours**.

A Great Response

The response to our program is overwhelming. Some of the biggest names in Washington are with us—or represented. The press has had a total of nine releases within a 36-hour period, television has had three camera crews shooting the proceedings, and the original press section which was set for ten reporters had another table added to accommodate another four. The anteroom was buzzing with activity all day and the addresses of the eminent personages on our program kept the tempo in high gear.

Two Meetings in Contrast

The audience was originally planned for a select few who were there by invitation. (The Congress was deliberately kept quiet to avoid undue pressures from our formidable opponents.) Despite the planned lack of activity, the seating had to be rearranged to accommodate an additional 100 persons.

And what is happening in Goliath's camp? The program is slow and boring. Two speakers did not appear and one had to "leave early." The theme is the same threadbare dirge by the same unfortunate group of "experts" and political and economic henchmen. The modalities and books on display are the

same "terribly dangerous" items such as honey and vinegar. The "culprits" are the same dedicated men they drag through the mud with regularity—Fred Hart, Dr. Lee and others making up the list of the AMA-FDA "Terrible Ten." I am given to understand at this writing that "Dr." Stare is very disturbed at our presence in Washington—but he will be more disturbed this morning.

New Healing Arts Organization Proposed

In a late session last night (October 26), George W. Crane, Ph.D., M.D. was encouraged by us to carry on with his plan to develop an **organization in opposition to the AMA** in accordance with the announcement he made in his presentation to the Convention. Dr. Crane advocates an organization embracing all the healing arts, an intelligent charter and constitution, and a continuing program of bettering medicine, not developing a labor union or becoming the largest lobby in the United States.

Now perhaps you can grasp a little of the exhilaration we feel this morning. Perhaps you can realize how we know that we are on the side of right. David has won again. A small initial victory, perhaps, but this day won't be forgotten in America soon. Through their own lies, deceit, dishonesty, and willful degradation and defamation, the AMA-FDA combine is having its jaded patina scarred and blackened. Isn't it wonderful to see "by the dawn's early light" that this is still America?

Conclusions Obvious

The obvious conclusions after yesterday's actions were that the AMA-FDA

(Continued on next page)

DECEMBER, 1963

were involved in an unholy alliance, that lies were rampant in America and were being circulated by their complacent, ill-advised hierarchy. It was also obvious that the press and radio (and television and magazine) writers were having their eyes opened. When we got the repeated questions about the "records" of Mr. Hart, Dr. Lee and the others, we noted that the charges involved in smearing these men were not criminal and that the other 44 directors didn't have any such record. The surprise was delightful. The usual reply was, "Oh, do you have other directors?" We went on from there and many men got the proverbial earful. Memberships are pouring in and reporters are asking to be put on the mailing list and for complimentary subscriptions. Neither are being solicited at this affair.

N.H.F. Passes Milestone

Former Federal Trade Commissioner Lowell Mason, attorney Milton Bass, James Stephenson, M.D. (whose entire talk was televised), Miles H. Robinson,

M.D., and attorney Kirkpatrick Dilling spoke yesterday. The milestone passed was the largest in the history of N.H.F. and the road ahead looks straight. The reward at the end of our planned journey will be an end to unbearable tyranny and a return to dignity and equanimity in the medical society of America.

Keep the N.H.F. Goal Clear in Your Mind

N.H.F. has spent much time and money to begin this crusade and we won't stop. It will be interesting to see what AMA-FDA (Goliath) has planned for us, but remember—evaluate the articles you read—keep our goal clear in your mind. And **work** harder than you have ever worked before. Don't let N.H.F. and America down now. The cards are on the table. David is on the battlefield. Get those new memberships in—get those donations in—get your civic and church groups alerted by addressing them or sending them literature. Work today for freedom tomorrow.

(Continued from page 4)

respected and capable doctor of medicine, who will act as Master of Ceremonies and official spokesman for the Congress.

The National Health Federation, in sponsoring this Congress, does so in order that those of the American people who have for some time felt that there is now: 1. a medical monopoly, 2. one presently being formed, or 3. a conspiracy to that end, may have an opportunity to express their views and deliver evidence to a body of selected citizens, called together to listen to and evaluate their presentations. It is hoped, by the officers of this Federation, that a course of action will be developed as a result of this Congress which will effectively eliminate any collusive or monopolistic

trends or conditions in the field of health which are detrimental to the well-being of the American people.

It is to be distinctly understood that the National Health Federation, in sponsoring this Congress on Health Monopoly, is not thereby saying there is a health monopoly, but is stating, that if the evidence gathered by this Congress indicates such, the Federation will take whatever action this Congress here assembled is convinced should be taken.

The National Health Federation, as a voice of the people, is dedicated to the cause of the right of the American people to choice in matters of health. To protect that right the Federation is prepared to, and is desirous of, pursuing a course to remedy any situation in the

(Continued bottom next page)

First National Congress on Health Monopoly Sponsored by the National Health Federation

Sheraton-Carlton Hotel
Washington, D.C.

OCTOBER 25, 26, 27, 1963

Friday, October 25, 1963

MORNING

- 8:30— Registration
- 10:00— Opening of Congress—Howard Long, Executive Secretary, National Health Federation—Statement of Fred J. Hart, President
- 10:15— **DECLINE OF COMMON SENSE AND PERSONAL RESPONSIBILITY IN HEALTH MATTERS**
Miles H. Robinson, M.D.
Washington Medical Advisor to the National Health Federation, and Chairman of the Congress
- 11:00— **THE AUTOCRAT OF THE BREAKFAST TABLE**
Lowell Mason
Former Federal Trade Commissioner
- 11:45— Short Panel or Questions and Answers
- 12:00 - 2:00 Lunch where you wish
- AFTERNOON**
- 2:00— **THE EROSION OF THERAPEUTIC FREEDOMS IN THE TWENTIETH CENTURY**
James Stephenson, M.D. (of New York)
- 3:00— **HOW FDA FOSTERS HEALTH MONOPOLY**
Kirkpatrick W. Dilling
Attorney at Law (of Chicago)
- 4:00— **REGULATION VS. REGIMENTATION**
Milton Bass
Attorney at Law (of New York)
- 4:45— Panel
- 5:00— Dismiss

Saturday, October 26, 1963

MORNING

- 10:00— **BOOK BANNING IN "LAND OF THE FREE"**
Curtis Wood, M.D. (of Philadelphia, Pa.)
- 11:00— **MERGER AS THE TOOL OF MONOPOLY**
David Dobrer, D.O.
President of Osteopathic Physicians & Surgeons of California
- 11:30— Panel or Questions and Answers
- 12:00 - 2:00 Lunch where you wish
- AFTERNOON**
- 2:00— **A REPLY TO AN UNJUSTIFIED ATTACK**
Joseph Broadman, M.D. (of New York)
- 3:00— **LEGAL AND LEGISLATIVE ASPECTS OF HEALTH MONOPOLY**
Charles Orlando Pratt, Attorney at Law (of Washington, D.C.)
General Counsel for the National Health Federation
- 4:00— **SCIENTIFIC VS. SMEAR TACTICS IN MODERN MEDICINE**
George W. Crane, M.D., Ph.D., of Mellott, Indiana
- 5:00— Dismiss

Sunday, October 27, 1963

MORNING

- No sessions
- AFTERNOON**
- 2:00— Summary of Congress, Findings and Resolutions

(Continued from page 6)

field of health which this Congress, through adopted resolutions, indicates should be remedied. The Federation is prepared to undertake future proceedings such as this Congress on an annual basis to consider and deal with matters vital to the health and health rights of

the people as such may arise from year to year.

I wish you Godspeed and guidance in your deliberations.

Fred J. Hart, President
National Health Federation
211 West Colorado Boulevard,
Monrovia, California

The Decline of Common Sense and of Individual Responsibility in Health Matters

By MILES H. ROBINSON, M.D.

Chairman of the First National Congress on Health Monopoly
Sponsored by the National Health Federation
Sheraton-Carlton Hotel, Washington, D.C.
October 25, 26, 27, 1963

Distinguished Guests, Ladies
and Gentlemen:

It is an interesting fact that there are two separate meetings being held today, in this great city, at this same hour, in hotels of almost the same name; and, we would hope, for fundamentally the same purpose: to advance the health and welfare of mankind.

Truly, the great Roman emperor, Marcus Aurelius, was right when he said 1,800 years ago that "Men exist for the sake of one another. Teach them then, or bear with them."

The Word Health

May I begin with the word "health." It comes from the Anglo-Saxon word "hal," meaning whole, sound, uninjured, not broken up into parts. In the Bible we are told in Matthew IX, verse 12, that "They that be **whole** need not a physician." So a healthy person is a well-organized, harmonious unit, in which every part is in good communication with every other part. Physiology tells us that every instant there is a tremendous volume of nerve messages going out to every part and coming back to the central nervous system from every part, as well as chemical influences distributed through the blood from all the glands and other tissues. Note that in the commonest mental disease, schizophrenia, the name itself denotes that the mind is cut into one or more parts; one part can no longer get across the separation to know what the other part is thinking.

How Healthy Are We?

How healthy are the people of the United States? Harvard University visiting professor of preventive medicine, Dr. Osler L. Peterson, said last year (*Washington Post*, August 30, 1962) that in a comparison between the United States, England, and Sweden, our country was behind both these other countries in infant mortality, and longevity and in adult longevity, despite the fact that we have more doctors per capita, visit our doctors more, and spend more of our gross national product on medical care. The figures on the latter are 5.3% for us, 4.5% for England, and 3.5% for Sweden. In 1959, the rate of rejection in drafting our men into the armed forces was 73% of all applicants. It is reasonable, therefore, that we examine the problem of health in this country.

Not Man, but His Environment, Has Changed

Let us first consider the physical nature of man himself. Here we are in 1963, living in a fantastically different environment from the ancient world in which we were created. We mostly do not walk, or work outdoors, or even eat as ancient man did when he was a nomadic hunter or a settled farmer.

Consider the simple diet of the Roman soldiers, men who for centuries dominated the world by their physical strength and agility as swordsmen and their mental capacity as organizers and engineers. Men who built 2,000 years ago movable wooden towers 150 feet

(Continued on next page)

high to surmount the walls of any city. The eminent English historian, Leonard Cottrell, tells us that their "Food was extremely simple. Corn [grain] was the main item, with soup, bread, vegetables, and lard. Meat was rarely eaten. In fact, Tacitus tells us that during the siege of Tigranocerta the soldiers only ate flesh food when threatened by starvation. . . . The main drink of the ranks was vinegar-and-water . . . when the Roman centurion offered Jesus Christ a sponge soaked in vinegar, he was performing a charitable act. It was his [the soldier's] own standard drink." (*The Great Invasion*, 1962, p. 73.) There have been great environmental changes since that time, but has man's body changed?

The answer is no. The late professor of anthropology at Harvard, Dr. Hooton, advised us that for at least 30,000 years, and probably for three times that long, man has had the same anatomy, the same way of walking, the same almost unlimited variety and precision in the movement of his hands, and the same enormous, highly organized and capable brain as he has today.

This means that man's body needs for health today the same things it has always needed for thousands of years, regardless of all our modern conveniences, the automobile which keeps him from walking, the electric light which keeps him from sleeping, and all the rest including electric toothbrushes. I see **Consumers' Research** is kindly comparing for us the different varieties of electric toothbrushes to help us decide which to buy.

Nine Important Health Factors

The chief things our bodies need today, as in ancient times, are proper clothes and shelter, wholesome food, pure water, sunshine, fresh air, exercise, sleep, suitable work, and the good mental attitude

which thrives in a generally decent and honest civilization.

These factors sound more simple than they really are, but I will leave that question for a moment. What do the American Medical Association, the Food and Drug Administration, the food growers and processors, and the pesticide industry say about such factors? They say these fundamental factors are available to almost everyone, and then they dismiss the subject. They do not really analyze these factors to see whether modern humanity is really getting them.

Important Unsolved Problems

There are a number of important health problems which people like myself feel must be caused by some basic defect in our American way of life, and we feel that the most searching scrutiny should begin with food. I have mentioned the draft rejection rate. Another question is, why are so many men in the prime of life dying of heart attacks with no warning? Professor Ancel Keys of Minnesota, who has worked closely with Dr. Paul Dudley White, points out that those countries which have the most coronary artery disease indulge most heavily in rich, fatty meals. Dr. John Yudkin in England believes that a high sugar consumption is even more closely correlated. Dr. Gullickson of the University of Minnesota showed in 1949 that in cattle fed a diet devoid of natural vitamin E, the cattle lived normally for one to five years, but then died without any warning from heart attacks (*Annals N.Y. Acad. Sci.*, 52: p. 256, 1949). This calls to mind the astonishing discovery during the Korean War when it was found that autopsies on our soldiers showed that 77.3% of them had gross evidence of coronary arteriosclerosis (*JAMA* 153: p. 1090).

Fortune magazine for September 1958 has a long and excellent article on world-
(Continued on next page)

wide studies linking food to heart disease.

I mention all this to refute the contentions of AMA spokesmen like Dr. Frederick Stare of Harvard and Dr. William Darby of Vanderbilt, who insist that American food is perfect and that anybody interested in improving it is a food faddist. Can these men give an impartial opinion, in view of the fact that they get large sums of money for their research either from drug houses or from the Nutrition Foundation? This foundation is simply a front for all the great food-processing corporations in this country.

They try to tell us that commercial bakers' bread is perfect, whereas most of it has had all the valuable minerals and vitamins taken out to feed the farmer's livestock and keep his animals healthy. If synthetic enrichment of bread is adequate, why don't we enrich the animals' grain, not ours?

The answer is that synthetic enrichment is not adequate, and a farmer would be ruined unless his animals are in perfect health, vigorous, bright-eyed, shining coat, and all the rest.

But man? Rosy cheeks, bright eyes, shining hair, bouncing vitality? Well, let him go to the doctors. Pep him up with male hormones. Pep her up with female hormones. Give them drug nostrum after drug nostrum, year after year.

The truth is that commercial bread, the staff of life we ask for in the Lord's prayer, is so emasculated and so doctored with 70 chemicals (Ancel Keys, *Eat Well and Stay Well*, 1959, p. 109) for profit purposes that a doctor's prescription should be required to buy it. I believe it will be shown someday that man cannot eat less meat like the Roman soldier unless the grain and bread are absolutely first class.

I will have more to say about food

later, but I would now like to dwell briefly on some of the other nine basic factors of health which I mentioned to you.

Exercise

Take the problem of exercise. It is a physiological fact that the blood flow through an exercised muscle is of the order of 40 times greater than through a muscle at rest. And remember, fresh blood to an organ is of first importance to its health.

Why is it that we do not ever see a campaign to stop the pernicious business of ill-designed, pointed shoes that bear no resemblance to the foot which God and Nature designed, shoes in which neither man nor woman in this country can take a really beneficial walk? Thomas Jefferson in his letter to his favorite nephew in 1785 said, "Walking is the best possible exercise." And so far as horseback riding is concerned, he said, "Nothing has occasioned so much the degeneracy of the human body. An Indian goes on foot nearly as far in a day for a long journey, as an enfeebled white does on his horse; and he [the Indian] will tire the best horses." Look how far we have slipped in 200 years! Nowadays, to ride a horse instead of in a car is considered a splendid accomplishment in exercise!

Sunshine (Ultraviolet)

Consider sunshine. The late Dr. Walter E. Garrey, head of the department at Vanderbilt Medical School and one of the grand old men in cellular physiology, often told me that there was much sub-clinical rickets even in adults, contributing to malaise and fatigue, especially in wintertime. How many know that the old wives' tale that washing a baby too much gives him rickets is scientifically sound because it removes oil from his skin? This was proved on pigeons years ago, by removing the oil gland under

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the tail. Whereupon 100% of the birds developed rickets because, when preening feathers, the birds no longer could oil their feathers for the sun to irradiate the oil into vitamin D, followed by absorption of the oil through the birds' skin. How much unwashed and unpowdered skin do you expose to the sun? No longer are you an ancient hunter or peasant, laboring in the sun, oiling your skin with sweat, and making your own vitamin D. I am inclined to think that nothing really replaces the vitamin D we make ourselves.

Sleep

Consider sleep. Almost no one in this country sleeps on the kind of bed that makes a person strong, such as some modern equivalent of the old horsehair or corn shuck mattress, or the thick rush pads of the orientals. Instead, we sleep on poorly insulated iron springs which do not properly support the body and all night take our body heat and throw it by radiation under the bed.

Sugar in the Food

Why is nothing said about the American consumption of sugar, the highest per capita in the world, which is by far the most important cause of tooth decay? And a decaying tooth means other decay in other tissues of the body. Every dentist knows that the standard procedure to produce tooth decay in animals is to feed them sugar, and last year the English government took appropriate action when it put a tax on sweet stuff designed to bring in exactly the \$140 million dollars a year which the National Health Service pays dentists to repair the damage.

Rather than offend the candy, ice-cream and soda-pop people, we ignore the truth and put rat poison in our drinking water. Certainly fluoride helps tooth decay in children, but at incalcul-

able long-time hazard to the population as a whole.

The fluoridation of drinking water is a gigantic red herring drawn across the trail to divert us from the real cause of tooth decay, which is our harmful sugar intake.

On the subject of pesticide poisons in the food, I refer to Rachel Carson, to the **Bulletin** of the Natural Food Associates, to the publications of the English Soil Association, and to a variety of excellent, thought-provoking, and well-documented books by such authors as Linda Clark, Cathryn Elwood, William Longgood, Adele Davis, and others. These books have been condemned by the last "Congress on Medical Quackery," which is a pretty good recommendation that they are worth reading.

Keep in mind that the recent President's report said that the pesticide hazard is greater than the hazard from fallout.

The AMA, the food processors, and the pesticide manufacturers are inclined to dismiss the matter of poison in our food with a wave of the hand, and then to proceed, as Kipling said, to develop the unessential.

A Synthetic Drug for Every Infirmary

Generally speaking, the AMA and its friends want to sell the public on the preposterous idea that everything wrong with it can be fixed up with a pill. Emboldened by the splendid success in the last 20 years of the antibiotics and the vitamins, they encourage our biochemists to turn out an infinite number of metabolism twisters, each one good for doing just enough to a sick patient so he can notice an effect, however temporary, and be willing to pay a fee for it. A pill for constipation, a pill for a headache, a pill for tennis elbow, a pill for anxiety of any kind in the world, a pill to calm you down, a pill to pep you

(Continued on next page)

up. Talk about medical quackery! Talk about the gullible public being taken in! Never in the history of the world has there been such quackery on such a wholesale and respectable - appearing scale!

But what can you expect from the AMA, since it gets about half its income from drug advertisements in its many journals?

Unnecessary Surgery

Even medical surgery is not exempt from a wrong emphasis. We probably have more fine surgeons in this country than anywhere else, scholars and gentlemen who have so much common sense that they have done a lot to hold down the drug racket I have been describing. Some years ago, however, I observed at close range a prominent surgeon in a large western city who did an expensive slipped disc operation almost every other day on patients from all over the country, a large majority of whom probably did not need the operation. The surgeon told me he didn't bother to analyze their symptoms, because he felt that by the time they came to him they must have tried enough other treatment for their backache to justify the operation. What these people really needed was psychiatric help, or antibiotics for low-grade infection, or exercise, or exercises, or a hard bed, or vitamins, or massage and manipulation, or all of these things; anything but a \$1,500 back operation leaving them with a stiff spine for life.

I venture to say that no so-called "quack" which the self-righteous spokesmen of the AMA can cite could outdo the prominent doctor in question.

How about comparing this doctor with the vitamin manufacturer in Boston whom the FDA put in jail for a year because he said his vitamins were good for many diseases? Which man did the most harm?

Brushing Aside the Fundamentals

This is what comes of brushing off the fundamentals. Granted, we live in a highly complex, mechanized society in which it is not easy to live the healthy life of our ancestors. It isn't even safe to walk and take exercise in this city after dark. It is hard to get good water, hard to get unpoisoned food, very hard indeed to buy a decent pair of shoes one can really walk in for less than \$75 a pair.

Deceptions

But let us keep our eye on what counts. Let us not have the authorities telling the farmer that he had better fight for pesticides or else the chemical companies will go into some other business (**Successful Farming**, April 1960, p. 56), while at the same time other authorities publish to the public in every newspaper the terrifying warning that without pesticides America will starve; while at the same time other authorities reveal that the United States is the largest exporter of agricultural products in the world (**Frederick News Post**, September 3, 1963, p. 8) and the "chicken war" with the European Common Market makes headline after headline describing how we have so many chickens our international balance of payments will suffer a heavy blow if we can't export them against European tariffs (**Washington Post**, October 15, 16, 19, et seq., 1963).

Is this what bureaucracy has brought us to? We the public are treated like the rabble populace of fading Rome. Left in ignorance, we are told any story that fits some vested interest of the moment.

If we need these vast surpluses of food made possible by poisoning the land with insecticides, poisoning the food raised thereon, and poisoning the people who eat thereof, in order to use food as a weapon of policy abroad or to store here

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against some calamity, let us do so with our eyes open and the risks known. The people of this country have the necessary common sense and the necessary patriotism to endure what has to be endured. **A democracy is strong only when the people know the truth about great issues.**

The "Quackery" Red Herring

Let us have done with dragging massive red herrings across the trail to because the American public in health matters. The AMA has got the country on a chemical binge and Thalidomide was the monstrous result of that binge. It is inevitable that there will be more accidents of the Thalidomide type unless we have more common sense and individual responsibility taking care of our health.

It does not contribute to common sense to raise a great hue and cry over "quackery," quackery which the AMA says is committed by many people interested in health but who do not happen to be under AMA protection. What better way to hush up Thalidomide, to hush up Mer 29, to hush up Mersalid, to hush up the fact that peanut butter is no longer peanut butter, that cottage cheese has plaster of paris in it, and so on! Yes, the AMA loves to accuse its competitors of quackery!

AMA Power and Tyranny

You might well ask the question: since there are 180,000 medical doctors in the country, why is there not enough variety and competition among them to give the people a free choice between the chemical and the nonchemical methods of healing? Why do we need doctors with a different philosophy such as the homeopathic, osteopathic, and chiropractic physicians? Why should we let the public do as much do-it-yourself healing as possible, including the self-administration of vitamins and food supplements?

The answer lies in the tremendous increased central power of the AMA which largely controls the \$16 billion a year of prepaid medical insurance, while at the same time, its power over the local county medical society has vastly increased. Thus the AMA has the final word as to what kind of medical treatment is ethical and effective.

This AMA power is directly exerted on every medical doctor by control of his hospital privileges, in accordance with the standard provision of all hospitals requiring the doctor to be a member of the county branch of the AMA.

Any doctor who objects to orthodox types of treatment may promptly find himself subject to a ruling from the AMA in Chicago from which there is no appeal.

Furthermore, in any dispute within the county medical society, an independent doctor in many states will discover that the ancient rules of the society which guaranteed his rights by due process—right to be heard, to know any charges against him, to question his accusers, to be present in any society deliberations against him, and so forth—these rights in many parts of the country have largely been destroyed by Star Chamber type of grievance committees which act in concert and largely at the direction of the AMA in Chicago.

Every women's club knows that without definite and democratic rules of procedure, for example as laid down in **Robert's Rules of Order**, the rights of an individual member cannot be preserved and he is subject to gang rule and injustice.

To show you that justice within the AMA is a mockery, I will quote you what a chairman of the Judicial Council, the highest court of the AMA, said not long ago. He was referring to the rules and procedures of the Council.

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Quote: . . . we make a change in the rules as we go along . . . something comes up and we make a new rule . . . we make some rules known . . . rules and procedures that govern the operation of the Council depend on the will of the Chairman. Unquote. (Depositions of various AMA officials, case # 55C1053, USDC, No. Dist. Illinois, Eastern Div. 1955.)

No doctor can appeal from this AMA travesty of judicial procedure to the civil courts until the AMA has rendered its final decision, no matter if years of delay take place, during all of which time the doctor is denied his hospital privileges, because it is the law of the land that no law court is permitted to interfere in the affairs of a private society until the aggrieved member of that society has exhausted all his internal remedies within that society.

So here we have a giant private society, the AMA, which spends half a million dollars a year on public relations, a large part of it here in Washington; which has full police power over the practice and livelihood of 180,000 doctors, which has almost complete power to dictate what is good treatment and what is bad treatment, which has almost complete power to decide how over \$16 billion *of prepaid medical insurance money shall be distributed to the doctors and hospitals under its control. (*Social Security Administration Report, N.Y. Times, December 24, 1959.)

Is it any wonder that most countries in the world have found that it is not safe to entrust such tremendous power to a private association, which inevitably is tempted to favor medical treatments which are most lucrative to its members?

The AMA dominates the field of health, and yet the public has no control over it. Nor do the AMA's own members have a proper control of the AMA because, first, the AMA's Judicial Council

is nothing but a rubber stamp; and, secondly, AMA meetings are too short to give minorities a chance, very little is done in the public view of the members, and doctors busy with their practice have no time to influence policies. In fact, the national delegates from the state medical societies to the AMA meet only twice a year in one or two half-day sessions to ratify the activities of the AMA oligarchy.

Doctor Hugh Cabot, the distinguished surgeon of Boston, has said, Quote: The AMA deliberately suppresses and falsely reports the views of doctors who differ with it in medical economic and medical political matters. Unquote (**The Patient's Dilemma**, Reynal & Hitchcock, 1940, p. 258-260.)

The AMA has simply become too powerful. The Maryland State Medical Society warned its members, Quote: . . . the national organization has become so powerful . . . whether we like it or not . . . control is going into the hands of those who are active and perhaps the results will not be to our liking. . . . Unquote (**Maryland State Medical Journal**, 1955, p. 565.)

The AMA has long had delusions of grandeur. Observe what a past president of the AMA said in 1956, "If it [the AMA] remains independent, it can control the destiny of the United States." (Binghamton, (N.Y.) Press, report of speech by AMA President Hess, April 5, 1956.)

Nothing shows more clearly the arrogant new power of the AMA than the repeated statements by an AMA official at the AMA- and FDA-sponsored Congress on Medical Quackery in 1961 that chiropractic is "a fraudulent system of healing." (Proceedings, p. 63.)

It means nothing to the AMA and to the Food and Drug Administration that the legislatures and people of 51 states,

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territories and the District of Columbia see enough value in chiropractic to issue official licenses for its practitioners.

In this 1961 Quackery Congress, the AMA and the FDA also proceeded to damn a variety of health books, none of which a government agency has a right publicly to slander and condemn. The next step could be a Hitler-type of book burning in the public square. Health food stores were subjected to a similar condemnation on this government-sponsored program.

The Remedy

What is the remedy? I do not say it should be socialized medicine on a European model, although at the rate which the AMA is throwing its weight around, this may come a whole lot sooner than the AMA realizes. But it is clear that we must re-establish some better balance of power. The least we can do is to protect non-AMA doctors from slander by government agencies. Allow the public to give itself vitamins without going through a doctor for a prescription. Let the public buy premium health foods if it wants to spend its money on them instead of on palliative, synthetic, chemical "metabolism twisters." Require rigid testing and labeling of every new drug to protect the public from injury.

The least we can do is to forbid the AMA to take money from drug companies. This conflict of interest is deadly to the American people, and must be eliminated.

We must pull the Food and Drug Administration out of the AMA's hip pocket, and require the FDA to treat any licensed health practitioner with the consideration his license entitles him to. Let the FDA act more as an educating agency and less as a Gestapo police force.

Finally, before we put any more vitamin manufacturers in jail, let us consider what the proper punishment should

be for the perpetrators of Thalidomide, Mersalid, and MER 29.

Two Philosophies of Health

The country has arrived at a point in health matters where we have two philosophies. The philosophy of the AMA, the FDA, certain big drug companies, the food processors, and the pesticide makers is that most of the sickness in the country has nothing to do with the nine fundamental health factors I have mentioned, but is due to some other mysterious factors connected with modern civilization, and that it is perfectly all right to treat all this sickness with synthetic chemical concoctions.

The other philosophy privately held by many doctors, AMA and non-AMA, natural food people and citizens and scholars of all sorts is that most sickness comes from wrong living, including wrong food, and that it is foolish and dangerous to stuff into people drugs which have no relation to food while neglecting ancient tried and true principles of health.

The Fruits of the AMA Philosophy

I am reminded of two phrases in the Bible. Jesus was asked by the people how they could know true prophets which might come in the future. He answered, "By their fruits shall you know."

It seems to me that important fruits of AMA policy are the tranquilizers (one out of three prescriptions, \$200 million worth a year, 7,200 tons in this country alone), Thalidomide, and a thousand other synthetic chemical metabolism twisters ranging all the way from hormones to suppress the fertility of women to substances to relieve tennis elbow.

The National Institutes of Health recently warned about the danger of producing human monsters if male sperm is suppressed by drugs (**Medical Tribune**, September 30, 1963). Woman has

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a more primitive physiology than man which may react more slowly, so there may be an equal danger in suppressing women's ovulation.

America's Strength

The great strength of America lies in its free society, free to exchange ideas, free to compete in an open market, so that every individual has the opportunity to learn new ideas and to cultivate his powers of responsibility as he makes judgments on how to spend his time and money.

A dictatorial Big Brother American Medical Association will not make us strong, especially when it enlists the aid of our own government to smear and ridicule other philosophies of health which might decrease the power of the AMA and decrease the income of the AMA.

It is obvious that the 160,000 doctor members of the AMA on the whole render indispensable service to the country. We could not do without them. **But**

neither they nor the AMA have all the answers to health, and far too much medical thinking and medical research is off the track. The problem is large, and will take many minds, both professional and lay people.

Let us put first things first. When man was filtered through the creative sieve through years of exposure to this earth's environment, none of our modern synthetic chemicals were in that sieve, and the ultimate long-range danger of them to us cannot be calculated.

Man is a wonderful creature which an ancient environment produced. We must beware of trying to remake what God and Nature made. Among the chief factors in the long-range health of man have always been wholesome food, pure water, sunshine, fresh air, exercise, adequate sleep, suitable work, and a good mental attitude which thrives in a decent civilization. **Many great wars of history have been fought to achieve these very things. Let us strive after them peacefully while there is yet time.**

BIOGRAPHICAL SKETCH MILES H. ROBINSON, M.D.

Born in Swarthmore, Pennsylvania, 1912. Quaker. Swarthmore College, B.A., 1934. University of Pennsylvania Medical School, 1938. Interned Pennsylvania Hospital 1938-1940. Licensed physician and surgeon in Washington and Maryland; engaged in private practice of internal medicine, Potomac, Maryland. Member, Montgomery County Medical Society, Maryland State Medical Society.

Following work as a research assistant in Pharmacology, Dr. Robinson served as an Instructor in Physiology in the Navy's V12 Program at Vanderbilt Medical School 1942-1945, then went to the University of Pennsylvania Medical School as an Instructor in Pharmacology, 1945-1946.

Dr. Robinson's original medical research has been published in *Anesthesiology*, *The Journal of Laboratory and Clinical Medicine*, *The American Journal of Physiology*, and *The Journal of Pharmacology and Experimental Therapeutics*.

He is a member of Sigma Xi and Delta Upsilon.

He married Ruth Ann Johlin of Nashville, Tennessee (Swarthmore B.A., Oberlin M.A.) and has three children.

In Numbers There Is Strength

Join the

National Health Federation

and Make Your Voice Effective

P.O. Box 686, Monrovia, California

A salesman in Missouri was held up in a small town because heavy rains had caused a railroad washout.

"This looks like the flood," he observed to a waitress in the local hotel.

"The what?" she asked.

"The flood," he repeated. "You know—the flood, when Noah saved the animals on the ark. You must have read about that."

"Mister," replied the waitress, somewhat exasperated, "on account of all this rain, I ain't seen a paper in four days."

The Autocrat of the Breakfast Table

Remarks of **LOWELL B. MASON** before the
First National Congress on Health Monopoly
October 25, 1963, at 11 a.m.
Sheraton-Carlton Hotel, Washington, D.C.

Doctor Robinson, Ladies and Gentlemen:

"One must create a devil if one doesn't have one."

Thus spake Eric Hoffer, author of the **True Believer**.^{*} Hoffer is a modern Lord Acton and Alexis de Tocqueville rolled into one. The latter chronicled the virtues of a new form of government, dedicated to the dignity of man and his emancipation from servitude to the state. Hoffer, with the honesty of a Diogenes and the keenness of a Voltaire, describes the technique of the present-day governing elite. They would push the individual back into his former status of a gelatinous amorphous blob swaying to the will of the state. What the Madison Avenue boys call "Togetherness."

Under the loving care of HEW-FDA-SEC-FTC and all the other letters in the government alphabet, man will become like Edwin Markham's famous character:

Quote: . . . dead to rapture and despair, a thing that grieves not and that never hopes, stolid and stunned, a brother to the ox. Unquote.

Only modern man won't have a hoe in his hands. He'll sit in front of a TV and be rich in everything—but himself. Doctors will no longer advise their patients what medicine to take or food to eat. The FDA will tell them what is efficacious and what is not. Idaho potatoes and Wisconsin cheese will no longer be Idaho or Wisconsin, but sold under their generic terms. In strict obedience to your master, the FDA, *Solanum Tuberosum* and *Caseus Lactis Caprini* is

what you will buy. The Federal Government will move into your bedroom when you are sick, and be the **Autocrat at Your Breakfast Table** when you are well.

In order to wipe out free enterprise (that last bastion of capitalism here) the Federal Trade Commission will force merchants to advertise what their products won't do, and anyone caught taking more than their minimum daily requirement of vitamins will be indicted for violating the Food and Drug Act.

(Personally, if I like to take two yeast tablets I want no damned bureaucrat breathing his fluoridated breath down my neck.)

How can all this regimentation come about?

Well, if you are a competent two-fisted bureaucrat in Washington and want to make a try at it, I suggest you go out and buy Hoffer's book. If, on the other hand, you are just an ordinary citizen who doesn't like being pushed around, perhaps you should buy **The Language of Dissent**,^{*} written by a fellow whose name modesty forbids me to mention.

Hoffer's analysis of how Hitler gulled the good solid German people into the arms of his Federal Government is biting and not funny. Rule number one: "If you haven't got a devil—create one!" Hoffer's documentation is new, but all of us have seen what I call "devil quacking" many times before. In a long and varied experience in and out of government service I have observed my share of it. I first saw it as a health official
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^{*} **Language of Dissent**, written by Lowell B. Mason; published by Long House, New Canaan, Connecticut.

^{*} A Mentor book, New American Library.

in the city of Chicago, and later as Chairman of the Illinois State Senate Committee on Public Health. We drafted the first medical practice act to be held constitutional by the Illinois Supreme Court. Before the passage of the Mason Bill only a little coterie of one school of practice in the healing art was recognized.

It was not difficult to get a sensible law through in those days. There weren't a lot of bureaucrats around who wanted to tell druggists and doctors how to practice their professions, and no cop dared to tell folk what they should eat. But we had a certain amount of "devil quackery" even then. As a child I remember the American Protective Association which whispered around how the Pope was hiding guns in the basements of Catholic churches. Then there was the Yellow Peril and the **White-sheeted Ku Klux Klan** from the south and its modern-day opposite, the **Black Muslims** from the north. Each had its own pet phoney devil. Of course, the greatest devil quacker of all time was Adolph Hitler. When asked if he thought the Jew should be destroyed, he replied: "No! We should have then to invent him. It is essential to have a tangible enemy, not merely an abstract one."

Hitler is long gone, but we still have some pretty good small-fry devil quackers around here in Washington. Any area of a million souls, dominated by an officialdom anxious to perpetuate itself and at the same time swell its authority and ranks, is a breeding place for people who like to express great concern over things they really don't believe.

Attacking a phoney devil justifies their pleas for enlarged congressional appropriations and greater power. It also unites with them the very folk they expect to later exploit.

"Hatred," says Hitler, "is the most accessible and comprehensive of all uni-

fying agents. It pulls and whirls the individual away from himself and makes him oblivious of his own welfare."

I saw Hoffer's law in full operation this morning. There are two Sheraton hotels in Washington. I got in the wrong one by mistake. The Sheraton-Carlton houses this conference but the Sheraton-Park shelters a much more distinguished and august assemblage of high government officials.

And what do you know! They all had their arms affectionately around the necks of the very people they will later jerk the hell out of. I refer to the captains of the radio and television industry which government secretly regards as a vast wasteland. And sitting up there with them, nice and meek and mild, was the American Medical Association, whose members (according to the consensus of informed bureaucratic opinion) shouldn't be allowed to listen to those goofy detail men from pharmaceutical houses. Detail men are minions of capitalism out to make a buck.

A doctor could be a great help to what the Ph.D.'s call Sociological Universalism (welfare state to you) if he would just slam the door in the detail man's face and phone his patients' symptoms into HEW for diagnosis, prognosis and generic prescription.

For two years the Federal Trade Commission has been begging Congress to let it punish citizens in private enterprise, without waiting to try them—like the Queen in Alice in Wonderland—"verdict first, trial afterward."

This came to mind when I got in the Quackery Congress by mistake. It was sort of a secret affair, so I left, but not before taking a quick look at the FDA and the FTC sitting up on the stage, while down in front were four groups of private citizens—doctors—executives—advertising media—and professors.

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"Four others followed them,
And yet another four,
And thick and fast they came at last,
And more, and more, and more."

I didn't have my glasses on and I was in a hurry but I swear the FDA and the FTC looked like the Walrus and the Carpenter. Down in front were a lot of little oysters.

The chairman opened the meeting:
"Oh, Oysters, come and walk with us!"

The Walrus did beseech.
Four groups of oysters hurried up
All eager for the treat . . .
"The time has come," the Walrus said,

"To talk of many things:
Of quacks and quails
And puppy dogs' tails—
For that's what common people
Are made of."

"But wait a bit," the Oysters cried,
"Before we have our chat;
For some of us are out of breath,
And all of us are fat!"

"No hurry!" said the Carpenter.
They thanked him much for that. . . .

"Now, if you're ready, Oysters dear,
We can begin to feed."

"But not on us," the Oysters cried,
Turning a little blue. . . .

The Walrus—
With sobs and tears he sorted out
Those of the largest size;
Holding his handkerchief
Before his streaming eyes.

I understand after lunch the Walrus and the Carpenter and such oysters as remained listened to Abraham Lincoln, Senior—not Hal Holbrook, he's Junior—but the other one, Raymond Massey. After all, even the devil quackers have to have something worth while.

We wonder what the original Abe Lincoln, who freed the slaves, would have

to say about the modern slavery bureaucracy is advocating? We will never know, but if you read Hoffer you'll know what makes some people go for it. It's the simplest form of devil quacking I have ever heard. It's a simpler gag than the Pope hiding guns in the basement. But then, Washington bureaucrats never did have much imagination. They have even stolen a phrase I have been using for years—"devil quacking." Only they have dignified it a bit—dressed it up for public consumption.

They are holding the Second National Congress on Medical Quackery at the Sheraton-Park, and the devil they are valiantly uniting to fight is your great-grandfather's medicine show, and all the vitamins, blackstrap molasses and whole-wheat bread in the world.

Then there is Krebiozen!

I hate to mention the subject, because, as Eleanor Langer, medical editor of **Science** (the official journal of the American Association for the Advancement of Science) pointed out last June:

Quote: The bureaucratic and political extravaganza that has grown like Aladdin's genie out of a test tube of Krebiozen has already featured a full-scale investigation by the Illinois legislature, the forced resignation of the President of the University of Illinois, a \$350,000 libel suit, and serious tests of both academic freedom and freedom of the press. . . . The question, not fully answerable, is whether the procedures that have been developed to protect science against frauds may not make it difficult for unorthodox, but nonfraudulent propositions to get a fair hearing. Unquote.

I have long known Andrew C. Ivy, the distinguished professor of physiology, as one of the great public-spirited citizens of my state. His devotion to the cause of Krebiozen is enough, standing

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alone, to make any hint of fraud ridiculous.

The scientific discussion of its merits I leave to others more competent. But the Krebiozen cause celebre has another facet to it which hitherto has escaped the attention of the public.

Why did bureaucrats—and I use the term in its most general and complimentary connotation—why did they, especially scientific bureaucrats, go off the deep end in this imbroglio?

And why did little state senators like myself and big United States senators like Paul Douglas of Illinois and Ke-fauver, Bayh, Case, Engle, Holland, Javitz, Keating, Pell, Proxmire, Scott, Smathers, Symington, Williams (Delaware), Williams (New Jersey) and Yarborough look on l'affaire Krebiozen with more judicial eyes?

Men in political life are the cynosure of all eyes. And being the cynosure of all eyes is a chastening experience not vouchsafed the cloistered scientists. United States Senators know you can't legislate all the know-how in the world (especially scientific know-how) into federal bureaucracy or any place else, for that matter.

Who in the Senate knows the problems of pharmacy better than Hubert Humphrey? His September 26 memorandum as Chairman of the Senate Subcommittee Studying FDA makes it painfully plain how inadequate even a well-run agency could be. If it weren't for the sharp tongue of a legislator there is no telling the extremes to which an arrogant official could go in dealing with the public. Bureaucrats not only live in a never-never land where they think what they say must be the law, but often they let (as Shakespeare puts it) "malice bear down truth."

This is not so with legislators. I think the balanced Senatorial view of Krebiozen is well expressed in the language

of **Consumer's Report** for September, 1963. You will notice I am quoting from no partisan source in my talk. Certainly no one would accuse **Consumer's Report** of any but a mercilessly cold-blooded analysis of any drug controversy.

Speaking of Krebiozen tests it says, Quote: Scientific ideas like clay pigeons in a perpetual trapshoot must be tossed up, with hits and misses all duly reported, and no one barred from presenting himself as a future target simply because his idea has been hit. Unquote.

This is what United States Senators have to do—toss up their ideas like clay pigeons to be shot at. This is the very lifeblood of the democratic process.

Freedom of choice is the American heritage. Freedom for the testing and striving and seeking new fields and new goals in the fight against disease and decay—the dread scourges of man—for these I say let's have as many clay pigeons of research (unorthodox as well as orthodox) in the air as we can—all the time.

Evidently the Illinois legislature felt the same way about scientific research, for when the president of the State University shut off study of Krebiozen, he was invited out. I understand he received the Academic Freedom Citation of the American Civil Liberties Union for his resistance to legislative indignation. I am a member of the District of Columbia Civil Liberties Union and their adviser in matters of administrative law. I shall suggest to the Illinois branch of our Civil Liberties Union that they issue a Freedom Citation to the state legislature for efforts in behalf of freedom of scientific research.

Anyone can be as skeptical about Krebiozen as the next fellow, but I am haunted by the vision of the enemies of Lister, Pasteur, Dr. Oliver Wendell Holmes, and Semmelweis. And I am

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haunted by memories of what people said about my father, the late Senator William E. Mason, from Illinois, who, long before Dr. Wiley came up with pure food legislation, introduced the first bill in Congress to stop adulteration of flour with chalk from the White Cliffs of Dover. For his pains he was called a peanut statesman.

That made quite an impression on my young mind. A child doesn't like his father called names, but instinctively I knew the people attacking him had a selfish reason at heart. That made their venom a cross I was willing to bear. Just as the members of this Federation are willing to bear the jeers and ridicule of many. I used to think the scoffers all had financial interests in selling adulterated flour. But of course that wasn't so. There were not that many flour millers.

Out of this mistake in my youthful judgment I offer this friendly counsel. Some members of the Federation would ascribe the attacks on liberty of choice in matters of health treatment to the opposition's hope of financial gain.

It is dangerous to thus misassess their motives. Only when you know why some academic scientists and why some government bureaucrats want to enslave people are you properly equipped to defend that freedom against their sophistry.

Hope for financial gain is a tremendous driving amoral force—good or bad, according to its use, but the president of a university who shuts off scientific inquiry—the bureaucrat who says that healthful, life-giving foods are illegal—the official who threatens to arrest those who differ from his opinions—the man who says you must drink fluorides—these men are not driven by money. It's a force much stronger than gold. Stronger because they think it carries with it no taint of shame. They are dominated by an overwhelming ambi-

tion to make the world over in their own image.

Unleavened by the salt of politics, they are so intolerant of opposition that they refuse to let their inferences be troubled by actual facts.

"For inferences and facts are two different things. Their standing might be compared to mistresses and wives.

"Inferences are compliant things, swaying to the whim of those who draw them. While facts, like wives, can be harsh, unbending, and often block the selfish aims of those who must live with them; they do nevertheless carry a badge of legitimacy that no unsupported inference has ever been able to achieve."*

And now I want to say at the end of this talk what most speakers say at the beginning—how glad I am to be with you.

This is saved for the last for a very special reason. When I address businessmen and corporate executives I find their responsibilities to their stockholders sometimes cloud civic aims. When I think of those poor oysters walking with the walrus I can't find it in my heart to do anything but make fun of them. If we look into our own hearts, which are we, Don Quixote or Sancho Panza?

George Orwell says there is one part of us that wishes to be a saint and another part is the little fat man who sees very clearly the advantage of going along and staying alive with a whole skin. Already the helping hand of the Federal Government is so close to the throat of private enterprise that many business executives prefer to be invisible when honest criticism should be leveled at the State.

Today I am talking to people who
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* P. 70, *Language of Dissent*. Taken from in re Moog. FTC Docket No. 5723. Dissenting opinion of Commissioner Lowell B. Mason

Scientific vs. "Smear" Tactics in Modern Medicine

By GEORGE W. CRANE, Ph.D., M.D.

Five years research scientist with the National Research Council of America and the Carnegie Institution of Washington, D.C., newspaper columnist (250 papers) and textbook author.

The term "quack" is now being used as a smear device to damn drugs, ideas and methods that are innovations in medicine.

For orthodoxy today was often branded as heresy yesterday.

Dr. Alexander Fleming, famous pioneer of Penicillin, said:

Quote: Penicillin remained on my shelf for 12 years while I was being called a quack by orthodox practitioners. Unquote.

And George Washington was bled repeatedly to lower his fever while the scientific, though minority treatment, was denied him because it was deemed quackery to keep a pneumonia patient warm.

Orthodoxy thus indirectly killed the Father of our Country, though a life-saving treatment was already in existence, but vetoed by the majority of practitioners as "radical."

William James, Father of American Psychology, and himself a physician, has aptly described the three stages encountered by any new treatment:

(1) Entrenched orthodoxy calls it quackery and nonexistent.

(2) Then it is admitted to exist but is written off as unimportant or useless.

(3) Finally, its foes exultantly claim, "We helped discover it!"

Krebiozen offers a current case in point. Although no wild claims were
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(Continued from page 21)
have a refreshing disregard for this dread power.

It's the kind of courage America can use more of.

Right now I think it very much in the public mind to admire those who would rather die on their feet—than live on their knees.

Thank you.

BIOGRAPHICAL SKETCH

LOWELL B. MASON

Lowell B. Mason was born in Chicago in 1893 and received his LL.B. from Northwestern University in 1916. A practicing lawyer since that time, he has served as Assistant Corporation Counsel of the City of Chicago (where he was an assistant to Big Bill Thompson) and as a member of the Illinois State Senate. He worked closely with Clarence Darrow on the National Industrial Review Board and was later counsel to two United States Senate subcommittees. Originally appointed to the Federal Trade Commission by President Harry S. Truman in 1945, he was reappointed in 1949 for a seven-year term.

The Wall Street Journal, September 23, 1963, said, "Mr. Mason is one of those rare creatures—a free enterprise 'bureaucrat' who joined the FTC in order to fight it from within. Known as 'The Great Dissenter' during his 11 years as a commissioner (1945-1956) he participated in over 1,400 opinions. Over one-half of his dissents which were appealed either to the Circuit or Supreme Court were upheld in part or in full." Commissioner Mason authored *The Language of Dissent* which the Wall Street Journal called "one of the most fascinating and informative books yet written on the anti-trust laws."

In such chapters as: "The Essence of Tyranny—Unequal Justice Under the Law," "The Attack on the Right to Compete," and "Big Brother in Washington," "Mason's Law" is propounded: "Bureaucracy will arrogate to itself all power available under a statute in spite of the limitations against tyranny in the Constitution." Another aspect of the "law" states that "tyrannous precedents must acquire the dignity of age before being blatantly and universally enforced."

He charges that the federal agencies' growing authority has not been acquired "by amendments to the Constitution or by enactment of statutes, but under Mason's Law."

He reminds us that "in this country one sees a growing acceptance of [the] thesis that violation of the economic commands of the state are more dangerous to our material welfare than criminal offenses, and therefore can be punished without due process."

made as to its ultimate effect, its use by 3,000 physicians on 5,000 patients apparently showed enough promise that Dr. Andrew C. Ivy, world-famous physiologist, felt it merited a fair clinical test.

But the Food and Drug Administration took a hostile view.

Visualize, if you will, Dr. Ivy in competition with this federal bureaucracy.

By analogy picture Mickey Mantle in the recent world series as at bat, with Sandy Koufax as the pitcher.

Wouldn't it be stupid to let Mickey Mantle serve as BOTH the batter and ALSO the umpire? It would be ridiculous to permit him to call the balls vs. strikes that Sandy Koufax was pitching to him!

So—in baseball and all other sports—we have a third party, called the umpire, to adjudicate such a contest.

But the Food and Drug Administration disagrees with Dr. Ivy about Krebiozen, yet then serves as the judge and jury, too, which is an intolerable situation, don't you agree?

And, supported by the billions of dollars poured into HEW (for about \$5 billion per year are now spent by that department) the Food and Drug Administration tries to smear and ridicule America's greatest living medical scientist, namely, Andrew C. Ivy.

For in early September it tried to belittle Dr. Ivy as a chemist by having the picture of a giggling coed undergraduate released via newspapers as saying Krebiozen was simply creatine!

Any high school chemistry student knows that if they were the same substance, then they would react alike.

Yet Dr. Ivy has shown that they do NOT react alike, for Krebiozen is soluble in #9 mineral oil; creatine is NOT. And their melting points as well as their spectrographs are not alike, either.

In addition to this smear by press release, the FDA also resorted to another

evidence of typical Gestapo methods, for its agents invaded the private chemical and microanalytical laboratories which had tested Krebiozen.

At Champaign, Ill., for example, its agents demanded the data sheets on Krebiozen, and when the doctor in charge of this laboratory refused, saying such data were confidential information, paid for by his client, the agents acted like Hitler's Gestapo by threatening that famous scientist with a prison term and heavy fines.

This dastardly evidence of Gestapo pressure was also tried on the head of the spectrographic chemical laboratory, himself a prominent scientist.

Despite their threats of prison terms and heavy fines, this scientist went into the next room and telephoned his own private attorney, who personally ordered the governmental agents off the premises.

Doesn't it seem un-American for our tax-supported bureaucrats to try to intimidate and regiment scientists in this manner?

But that wasn't all!

The FDA then appointed ITS OWN DOCTORS to rule on 504 cases that had been treated with Krebiozen.

Although Senator Paul H. Douglas of Illinois, himself a Ph.D., a former university professor and famous scientist, had a bill pending in the U.S. Senate to require a "fair test," meaning a test by an impartial committee not biased in favor of either the Food and Drug Administration or of Dr. Ivy, the FDA loaded the committee with its own adherents!

Now notice how they played footsie with their bureaucratic FDA sponsor. First, they disallowed 216 cases on the grounds that they didn't have adequate hospital records on such patients.

That may SOUND plausible on first

(Continued on next page)

glance, **BUT do you know why Dr. Ivy has not been able to obtain the original hospital records?**

Chiefly because of intimidation of the hospitals! For when a terminal cancer patient, who has been given up to die by the usual orthodox doctors, then wishes to try Krebiozen, he can't get his records released by the hospital lest it might thereby vindicate Dr. Ivy and Krebiozen!

And if you think I am exaggerating, kindly consider the case of one of our most famous Chicago surgeons who was dropped from the hospital staff in Chicago on September 13, 1963, just because he was using Krebiozen on patients.

Now this surgeon was a former **teacher** at our University of Illinois Medical School. He was author of one of the most famous textbooks in his field and he had performed over 8,000 surgical operations!

Yet the hospital dropped him under the threat that it **would lose its accreditation for hospital internships if it kept him on the staff!**

Undoubtedly, the hospital regretted this drastic action but it was coerced under threat. So please consider the case of any **young** doctor, only recently entering private practice and absolutely dependent on being on a hospital staff to practice his profession.

If medical professors, textbook authors and nationally famous surgeons can thus be dropped, do you think young medics can buck this concerted pressure of the federal Gestapo in the realm of medicine?

Remember, too, that Dr. Ivy obtains many of his patients **ONLY** after other doctors have cut them up by repeated surgical operations and burned them with all the deep X-ray that they can stand! So Dr. Ivy's patients are obtained from those obviously sent home to die as hopeless, incurable cases.

Yet Dr. Ivy has logical evidence that would favorably influence any fair-minded American jury.

For example, the 216 cases were disallowed for lack of hospital records, X-rays, original pathological reports, etc. But that wasn't all.

Then this "stacked jury" also denied the use of "subjective" reports on freedom from pain. In a sizable percentage of cases, dying cancer patients, writhing in terminal pain that our usual medical drugs and opiates will not alleviate, are given a miraculous surcease from pain within 48 to 72 hours after their first shot of Krebiozen.

Even if Krebiozen did not prolong the life of a single cancer patient, if it surpasses morphine and other opiates in reducing cancer pain, that fact alone would amply merit the "fair test" of Krebiozen demanded by Sen. Paul H. Douglas' bill in the U.S. Senate.

"But freedom from pain is a subjective reaction," argued the stacked jury that the FDA used to try to write off Krebiozen as quackery.

Well, how else does the FDA expect ANY pain-killing drug to be evaluated? How can morphine be tested if we do not ask the patient for his psychological report on his own pain?

The FDA thus routinely employs "subjective" reports on all other pain-killing drugs—but suddenly disallows that accepted method just for Krebiozen! WHY?

On September 13, 1963, I saw a group of formerly hopeless cancer patients demonstrated by Dr. Ivy at the Hilton Hotel in Chicago. Four of these were presented as "dead or dying." The audience didn't fully comprehend Dr. Ivy's sarcasm.

For those four patients were described in the **Journal of the American Medical Association** way back in 1951 as "dead or dying." They were hopeless. Nothing

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short of a miracle of God was supposed to be able to keep them alive more than a few weeks.

But 12 years have elapsed and they are now apparently healthy and back at work—with nothing but weekly shots of Krebiozen to explain this miracle.

Perhaps one trouble with the Food and Drug Administration is the fact that it is headed by a nonscientist, who holds neither an M.D. degree nor even a Ph.D. in chemistry.

And—during the 12 years that it has vetoed Krebiozen—almost three million Americans have died of cancer, often in agonizing pain.

So you can probably do a little psychoanalysis of the FDA's panic and terror over the Krebiozen matter. Just suppose Sen. Paul H. Douglas' bill in our U.S. Senate passes shortly and Krebiozen is finally vindicated before an IMPARTIAL, instead of a stacked, jury!

Even if Krebiozen were to prove effective in only three cases out of 10, can't you see why the Food and Drug Administration is almost petrified with fear?

For that would mean that almost a million men, women and children have died needlessly in the last 12 years, just because the FDA has coerced medics into calling Krebiozen a quack remedy.

Imagine the cry of anger from the relatives of those million cancer victims who would thus have died needlessly! It would cause such an upheaval that an entire housecleaning would be demanded of Congress. Then the Food and Drug Administration would be in danger of mass discharge of bureaucratic employees.

In fact, it is an unnecessary duplication, anyway, for the FDA to be testing drugs at the expense of us taxpayers when you realize we have over 2,000 American colleges and universities with superb chemistry departments.

And the biochemists, like famous Dr.

Joseph Muhler, of the Indiana University Dental College, could do all of this testing at no expense to taxpayers!

For our college chemistry departments are literally hungry for Ph.D. thesis topics to assign to graduate students. And the large food or pharmaceutical firms would gladly offer fellowships to such colleges to provide the expenses of three-year graduate research fellowships leading to Ph.D. degrees.

So why should we have a competing Food and Drug Administration that wastes our taxes on Gestapo-like inquiries of private chemical labs? Why should the FDA be allowed to intimidate innocent citizens?

And if you think I am exaggerating, let me give you another and very personal case.

Three years ago, in my syndicated daily newspaper column, I released the new biochemical view of modern medical treatment. Since many of our human ailments are not due to any known germ or virus, but are regarded as caused by some chemical deficiency, biochemists believe that MAYBE we could prevent such deficiency ailments if we could furnish the human body access to those depleted trace chemicals that have been washed out of our soil and hence are largely missing from much of the vegetables, grain and meat produced on our farms.

Biochemists feel that it is POSSIBLE that if we thus offered our internal glands and tissue cells what I term a chemical smorgasbord via sea salt or sea water, then those organs might help themselves to the raw materials which they require to manufacture their proper quota of insulin, thyroxine, bile, gastric juice, etc., etc.

Now, please mark you, I am a scientist with five years' experience as a research scientist with the National Research

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Council and the Carnegie Institution of Washington, D.C. I am both a Ph.D. college teacher and also an M.D., and have a college textbook that has had over 1,000 college classroom adoptions. I mention these qualifications not because of egotism, but to show the "smear" tactics resorted to by the Food and Drug Administration.

For it released articles in newspapers nationwide, as well as in various magazines, trying to make out that I was a charlatan and "quack." And to depreciate my own scientific background, it claimed that I said if you drink sea water or use sea salt you will be cured of everything from dandruff to cancer.

Actually, I NEVER made any claims! All I had said in my writings—and they are in print where everybody can see them—all I said is that the trace chemical theory MAY prove to be the greatest advance in medical therapeutics in this entire 20th century, even exceeding the sulfa drugs and our antibiotics.

And that is a defensible scientific claim, For we medics don't know very much at this early stage in biochemical research as to what may or may not lie ahead.

But the Food and Drug Administration demonstrated the old adage that "Fools walk in where angels [and scientists] fear to tread," so it pooh-poohed the trace chemical theory altogether as "quackery."

It even cited statements that medics had analyzed the sea water 60 years ago and had found NOTHING of any medical value therein!

Then it stubbed its toe terrifically by actually releasing a report from the FDA itself pointing out that there is nothing in the sea of ANY medical value!

Odd, don't you think, that such a stupid statement should come from a supposedly scientific federal bureau devoted to testing drugs?

For well within the past 60 years we added (1924) a trace of iodine to commercial salt and thus have almost entirely banished simple goiter. Fluorine and iron and calcium and cobalt and numerous other trace chemicals found in sea water are routinely employed by us physicians in our combined vitamin-mineral ampules.

But the Food and Drug Administration apparently thinks we are all quacks who think there is anything of medical value in the sea!

Yet all the water-soluble chemical elements that God Almighty placed on this planet earth are in the sea! Originally, they were also in the soil of our continents when those continents first raised up out of the oceans. But with every rain or melting snow, some of these water-soluble elements kept dissolving and flowing back to the oceans.

At present, our soil is often sadly depleted of many of these trace chemicals. Yet they are ALL in the sea.

God Almighty must have expected us human beings to ingest these chemicals every day. For they are all dissolved in our blood, which in itself is essentially water.

The body thus cannot utilize any chemical elements that will not dissolve in water. And ALL of such chemicals are in the sea!

Since modern medicine admits that many ailments, such as gray hair, baldness, psoriasis and dozens of others, even possibly including cancer itself, are due to some unknown chemical deficiency;

And since all the chemical elements that our bodies can possibly use are in the water-soluble chemicals already in the sea;

Ergo, as we used to say in high school geometry, isn't it at least plausible to think that MAYBE, if we drank a little sea water daily or used whole sea salt,

(Continued on next page)

we might build up resistance to such deficiency ailments?

Biochemists all agree on that, and so do most of our medics and dental surgeons. **But the Food and Drug Administration considers this rank "quackery."**

Indeed, it even used typical Gestapo tactics in trying to intimidate laymen who tried to bottle sea water or sell sea salt—even though these laymen have certified to me that they made no medical claims as to any cures whatsoever!

Let me show you the asinine Gestapo tactics of the FDA in Columbus, Ohio, where a big supermarket was selling sea salt on its counter. It had learned about the sea salt from my syndicated newspaper column in the Columbus **Citizen-Journal**. And it even had a few copies of the green-backed newspaper booklet outlining the biochemical views about trace chemicals released to laymen via some 250 newspapers.

A bureaucrat then invaded that Columbus supermarket, and, in a dictatorial or Gestapo manner, told the proprietor that he could not have his salt on the same counter with Dr. Crane's newspaper booklet for that was deemed by his Gestapo superiors as "implied endorsement."

After they haggled for a time, the Gestapo agent of the Food and Drug Administration said it would be O.K. if Dr. Crane's booklet were on another counter, at least 20 feet away! Note that 20-foot proviso! He apparently made it up as he went along just to fit his own side of the case!

Next day, however, another agent arrived and demanded that Dr. Crane's booklet had to be 40 feet away! And the third day the entire salt supply was confiscated, plus those green-covered newspaper booklets, and locked up in the federal building in Columbus.

But I had first learned about this sea salt from Dr. A. L. Miller, a former U.S.

Congressman and Director of the Division of Saline Waters, in our own U.S. Department of the Interior, right here in Washington, D.C.

He had written to me, approving my newspaper article that portrayed the new biochemical theory of trace chemicals. And he had told me about the Admiral salt of Houston, Texas, which, Dr. Miller added, was a smooth-flowing pure sea salt that he had learned about in his work on de-salting ocean water.

So, relying on this great scientist from our own U.S. Department of the Interior, I had mentioned the Admiral sea salt. But the FDA cracked down on that firm and I have even seen veiled attempts to intimidate my own newspaper patrons, just because **I had relayed the latest medical facts about trace chemicals and the biochemical approach to modern medical therapy.**

In summarizing, therefore, may I warn you against the mob psychology strategy of calling medical or health minorities "quacks."

For the minority scientific ideas of today will often become the orthodox or accepted doctrines of tomorrow!

What we need here in America is not only a two-party political system but also a dual medical organization to permit one group to challenge another.

Whenever monopoly exists too long, the salaried personnel at the home office soon begin to feel as dictatorial as Hitler and then they even resort to intimidation of the Gestapo sort, which is totally alien and unAmerican under our great Constitution.

Our Republic is unique in that it contains IN WRITING the guarantee of basic rights and liberties, implied in which is the right of every man to select his own doctor or his own method of treatment.

And there is certainly no justification
(Continued bottom next page)

(Continued from page 2)
to medical quackery and how the public can be made less gullible."

Conference speakers will include Anthony J. Celebrezze, Secretary of Health, Education, and Welfare; AMA President Edward R. Annis, Deputy Postmaster General Sidney W. Bishop, and Paul Rand Dixon, chairman of the Federal Trade Commission.

The chairman of the rival conference will be Dr. Miles H. Robinson, a Doctor of Medicine from Potomac, Md.

"The Congress will explore charges

(Continued from page 27)
for the FDA's unbridled hurling of that smear word "quack" at any allied field of medical therapy.

Perhaps the time may have now arrived where we need a new health federation that includes physicians, osteopaths, dental surgeons, podiatrists, optometrists, registered nurses, and all those other groups that work toward keeping America healthy as well as free.

What good will it do us to be healthy if we are dominated by a Hitler type of Gestapo?

Better that we have the right to be sick but breathe the air of freedom, than that we become perfect health specimens who are robots and slaves of bureaucrats.

So let's oust the "armchair" theorists

BIOGRAPHICAL SKETCH GEORGE W. CRANE, Ph.D., M.D.

George W. Crane, Ph.D., M.D. is known as "Mr. Psychologist" to millions. His textbook, *Psychology Applied*, has had more than 1,000 college classroom adoptions. These 1,000 include Harvard, Northwestern, Loyola, Baylor, Brigham Young, and about 400 other church colleges, plus the leading state and private universities. His "Worry Clinic" daily newspaper feature (The Hopkins Syndicate, Inc. of Mellott, Indiana), plus his "Test Your Horse Sense" quiz column, reach 65 million readers every day. Also 158 leading radio stations broadcast Dr. Crane's dramatic daily "Radio Smorgasbord," covering love, marriage, child-rearing, etc.

Three million Americans have heard Dr. Crane in person from the lecture platform. These include a million teen-agers who have been warned by Dr. Crane's indictment of cigarettes, liquor, trial marriage, school drop-outs, etc.

Twenty-five hundred Catholic priests, Jewish rabbis and Protestant ministers now serve as counselors for Dr. Crane's Scientific Marriage Foundation (See *Reader's Digest*, February, 1960).

For 28 years, Dr. Crane has conducted an adult Bible class in the huge Chicago Temple, the famous downtown Methodist Church. When he is out of town, his class is taught by an equally famous physician, Dr. Andrew C. Ivy.

Dr. Crane spent five years as research scientist with National Council and Carnegie Institution of Washington, D.C.

that an unholy alliance exists between the AMA and the FDA," Dr. Robinson said.

From **The Washington Post**, October 20, 1963.

Little Annie had been to school for the first time.

"Well, darling, what did you learn?" asked her mother on Annie's return.

"Nothing," sighed Annie hopelessly, "I've got to go back tomorrow."

in the FDA so they can no longer regiment medical and health advances.

Let's thereby reduce the terrific outlay of taxes for the FDA by turning back to the chemistry departments of our 2,000 colleges the testing of all new drugs, foods and cosmetics.

And let's quit trying to smear minority groups with the vicious epithet "quack." Instead, let's work together for a free, healthy America!

All those who labor in the health field, even when united, represent barely one per cent of the total population, so we should stand together, else we shall lose what is just as important as our political and religious freedoms; we shall lose our scientific freedom!

I thank you.

Editor's note: Emphasis is ours.

Family Circle

By **FRED J. HART**

This part of the **Bulletin** will be very short due to lack of space.

Life Members

We still need 26 to make our 300 quota. Who will be the next? A \$100 life membership pays the member's dues for life. No more yearly dues to plague you. We need the funds to keep up with the program of the Federation.

Cancer in California

The Federation has again moved forward and employed one of California's most prominent lawyers to be its General Counsel. His first duties will be that of testing the legality of the recent decision of the California State Board of Health in arbitrarily outlawing all methods of cancer treatment except those of surgery, X-ray and radiation.

While the foregoing will be the first order of business, he will at the same time advise the Federation on legislative matters and assist those in the health field who are unjustly harrassed by the powers that be in medicine. This is not to say that our General Counsel will himself defend such cases, but he will be available to assist with advice and to counsel the attorney who may represent such a person in trouble. As General Counsel he will not undertake to defend a person who has knowingly and willfully broken a law of the land.

N.H.F. has now reached a period in its development where it is able to move forward in a positive manner and it intends, with the cooperation of the people, to continue in that direction.

Membership

N.H.F. is growing faster than ever before in its history, but because of the contest we are now engaged in, we must increase our membership threefold. You

can now be proud to invite your relatives and friends to join the Federation.

Donations

Thanks to each one of you who responded to our call for donations to the special fund to finance the California cancer fight. This fight has national significance, because if the California Medical Association and the State Department of Public Health go unchallenged, it is the purpose of the medical monopoly to put this type of action into effect in every state of the Union.

To date we have only 30% of the \$5,000 needed to finance this fight. We must have the entire amount on hand, for once we have started we have to keep moving forward. **This is America;** only you, as individual citizens, can keep this a free America. The time has come when we must sacrifice in order that the fight for freedom may be won. **We are counting on each one of you, even though it means a sacrifice, to do your part.**

January Issue

The January issue of the **Bulletin** will bring you more of the talks given at the Congress on Health Monopoly. It will also contain the legislative summary of the past Congress. We are sorry to have had to omit some of our regular features.

VOTE!

**Please fill out, cut out
and mail the ballot on
page 34 immediately.**

NATIONAL HEALTH FEDERATION NINTH ANNUAL CONVENTION

JANUARY 1, 2, 3, AND 4, 1964

SHERATON-BILTMORE

LOS ANGELES, CALIFORNIA

Only nine years of age and already the largest and most influential health organization in America. Why is this so? The answer: "It is an organization of the people who have an interest in their health and that of their children." It is their voice crying out against present abuses and advising all and sundry that these abuses must stop. **This is still America and the people still rule.** Under the leadership of the National Health Federation the people intend to see to it that their interests in the field of health are protected, and that the sick folk of this nation shall not be used as pawns in the political and economic schemes of those who would destroy America and prey upon its sick.

The Federation invites you to attend its Ninth Annual Convention and learn firsthand about its work, what lies ahead and what you can do to keep in good health. The speakers have been chosen with care, to the end that the facts you will hear may be accepted by you as fundamental and true.

The program of this convention is designed to bring practical information to those who attend, which, if applied, will produce good health and more abundant living.

You need not be a member of the National Health Federation to attend any or all of the meetings. This convention is educational in nature. The speakers are all authorities in their respective fields and the information they impart will be both practical and helpful. For the sake of your health and that of your children we urge you to attend.

The program will be presented as set forth below. Each speaker will discuss the subject assigned to him. **All speakers will start and stop on time.** All features and lectures will also run absolutely on schedule. The program schedules plenty of recesses to allow the audience to relax as well as visit exhibits.

Ninth Annual Convention NATIONAL HEALTH FEDERATION

LOS ANGELES, CALIFORNIA

JANUARY 1, 2, 3, AND 4, 1964

Wednesday—January 1, 1964

- 9:00 a.m. to 12:00 noon Registration
- 10:00 a.m. to 11:00 a.m. Visit Exhibits
- 10:00 a.m. to 4:00 p.m. Trips to Disneyland and Knott's Berry Farm
- 11:00 a.m. to 12:00 noon Round Table, Main Auditorium—Federal Air Pollution Legislation—by Clinton Miller, Washington Representative
- 11:00 a.m. to 12:00 noon Round Table in Special Room—How to Avoid Problems Now Facing the Healing Arts and Purveyors of Health Foods—by Charles Orlando Pratt, Washington N.H.F. General Counsel

Lunch Recess

- 1:00 p.m. to 1:30 p.m. Opening Exercises and Announcements
- 1:30 p.m. to 2:30 p.m. The Secret of Health, Lifetime Youth and Happiness—by Paul Bragg, Ph.T., Author, Lecturer, Consultant
- 2:30 p.m. to 2:45 p.m. Questions and Answers
- 2:45 p.m. to 3:15 p.m. Can We Live in a Poisoned World?—by Esles Smith, Noted Educator, Author and Lecturer
- 3:15 p.m. to 4:00 p.m. Recess—Visit Exhibits
- 4:00 p.m. to 4:30 p.m. Health Helps to Take Home—by Linda Clark, Authoress
- 4:30 p.m. to 4:45 p.m. Questions and Answers
- 4:45 p.m. to 5:15 p.m. Survival in a Modern Economy—by Lucille Landers, Businesswoman, Lecturer

(Continued on next page)

Dinner Recess

- 7:00 p.m. to 7:30 p.m. You Are Controlled—by Howard C. Long, Executive Secretary, N.H.F.
- 7:30 p.m. to 8:45 p.m. Your Key to Health—by Bernard Jensen, D.C., Author, Lecturer, Manufacturer, Health Consultant
- 8:45 p.m. to 9:00 p.m. Dynamite—by John T. Clark, Co-owner, Organicville, Author-Lecturer and Consultant

Thursday—January 2, 1964

- 9:00 a.m. to 9:30 a.m. Pesticide Legislation—by Betty Lee Morales
- 9:30 a.m. to 10:00 a.m. Pesticide Controls—by Laura Tallian
- 10:00 a.m. to 11:00 a.m. Recess
- 11:00 a.m. to 12:00 noon Round Table—Acid-Alkaline Balance—a Cue to Health—by George A. Wilson, D.C., Author

Lunch Recess

- 1:30 p.m. to 2:00 p.m. The Nation's Health and You—by Fred J. Hart, President, N.H.F.
- 2:00 p.m. to 2:15 p.m. Questions and Answers
- 2:15 p.m. to 2:45 p.m. Annual Washington Activities Report—by Clinton R. Miller
- 2:45 p.m. to 3:00 p.m. Questions and Answers
- 3:00 p.m. to 4:00 p.m. Recess
- 4:00 p.m. to 5:00 p.m. Today's Mental Health Problems—by John E. Olson, Jr., M.D.

Dinner Recess

- 7:00 p.m. to 8:15 p.m. "Rachel Carson's Silent Spring"—Film—with introduction by John T. Clark, Organicville
- 8:20 p.m. to 9:00 p.m. Chemical Hazards in Our Daily Lives (Fluoridation and Pesticides)—by Granville Knight, M.D., F.A.C.A.
- 9:00 p.m. to 9:15 p.m. Questions and Answers
- Visit Exhibits until 10:00 p.m.

Friday—January 3, 1964

- 9:00 a.m. to 10:00 a.m. Round Table—Legal Matters Affecting Your Health—by C. O. Pratt
- 10:00 a.m. to 11:00 a.m. Recess
- 11:00 a.m. to 12:00 noon Round Table—The Importance of Nutrition in Infection and Allergy—by Granville Knight, M.D., F.A.C.A.

Lunch Recess

- 1:15 p.m. to 2:00 p.m. Why Glands?—A Comprehensive Review of Why You Are as Old as Your Glands—by Dr. E. Hugh Tuckey
- 2:00 p.m. to 2:15 p.m. Questions and Answers
- 2:15 p.m. to 2:45 p.m. Live Food Versus Dead—by V. Earl Irons
- 2:45 p.m. to 3:00 p.m. Questions and Answers
- 3:00 p.m. to 4:00 p.m. Recess
- 4:00 p.m. to 5:15 p.m. Excellent Film of Hunza Land and Its People—by Rene Taylor, Authoress, Lecturer, Explorer

Dinner Recess

- 7:00 p.m. to 7:30 p.m. Invitation to Concern Yourself with Tyranny—by C. R. Miller
- 7:30 p.m. to 8:30 p.m. Does Food Influence Glands?—by Pamela Mason, Lovely TV Personality
- 8:30 p.m. to 8:45 p.m. Questions and Answers
- 8:45 p.m. to 10:00 p.m. Visit Exhibits

Saturday—January 4, 1964

- 9:00 a.m. to 10:00 a.m. Round Table—Federal Health Legislation—by C. R. Miller
- 10:00 a.m. to 11:00 a.m. Recess—Visit Exhibits
- 11:00 a.m. to 12:00 noon Round Table—Nutrition—by Dr. Royal Lee

Lunch Recess

- 1:00 p.m. to 1:30 p.m. California's Cancer Situation—by Betty Lee Morales, Co-owner, Organicville, Author, Lecturer, Consultant
- 1:30 p.m. to 1:45 p.m. Questions and Answers
- 1:45 p.m. to 2:30 p.m. Reaching Your Health Potential—by Adele Davis, Internationally Known Author, Lecturer and Nutritional Consultant

(Continued bottom next page)

Vitamins and Their Value

By H. C. LONG, Executive Secretary, N.H.F.

PART TWO

Vitamin B complex represents a group of vitamins within a vitamin. This group is "complex" and constant research continues to precipitate new discoveries. The first part of this complex we will discuss is B-1—also known as Aneurine and Thiamine. This vitamin is necessary to all persons. Because of tremendously varying needs, an intelligent analysis of a daily need is not possible. It is generally accepted by the authorities that a minimal amount of 1.2 mg. daily will adequately sustain life. Therapy (intramuscular or intravenous) may indicate dosages up to 150 mg. but toxicity can occur and, in some cases, death. Oral ingestion is not known to produce toxic effects

Vitamin B-1 is used for prophylaxis and treatment of neurasthenic conditions, edema, serous effusions, enlarged heart, congestive heart failure, sudden circulatory collapse, anorexia, irritability, easy exhaustion, muscular tenderness, loss of weight, and beriberi.

This vitamin is available in **raw untreated** foods in abundance. Unfortunately, cooking, canning, heating, freezing and drying destroy the essential vitamin and it is **not** stored in the body. Best sources are (first) cereals, yeast, pork, liver, eggs, milk, green leaves, and tubers. Rice husk (or polish) is another good source. This information is from approximately 1,000 references.

(Continued bottom page 35)

(Continued from page 31)

- 2:30 p.m. to 2:45 p.m. Questions and Answers
2:45 p.m. to 3:45 p.m. Recess—Visit Exhibits
3:45 p.m. to 4:15 p.m. Cooking for Health—by Agnes Toms, Authoress, Lecturer, Educator
4:15 p.m. to 4:30 p.m. Questions and Answers
4:30 p.m. to 5:00 p.m. What N.H.F. Plans to Do—by Fred J. Hart, President, N.H.F.
5:00 p.m. to 5:15 p.m. Questions and Answers

Dinner Recess

ADMITTANCE FREE

- 7:00 p.m. to 7:40 p.m. Can Mental Illness Be Connected to Air Pollution?—by Chandler Phillips
7:40 p.m. to 7:55 p.m. Questions and Answers
8:00 p.m. to 8:45 p.m. Scientific versus Smear Tactics in Modern Medicine—by George W. Crane, M.D., Ph.D., Author, Lecturer, President, Ivy Cancer Research Foundation, Syndicated Columnist
8:45 p.m. to 9:00 p.m. Questions and Answers
9:00 p.m. to 10:00 p.m. Recess—Visit Exhibits

Admittance to the convention sessions will require the showing of a registration badge or proper ticket. This badge or ticket will be given to each person when he registers. The registration fee will be \$5.00 for the four days or \$2.00 for each day. The four-day \$5.00 fee covers all the meetings of the convention during the four days. The one-day fee covers all the meetings of the convention held during the day for which the fee is paid. If a person elects to attend only one session or lecture the minimum charge will be \$1.00. All meetings are open to the public at the rates quoted above.

The Saturday night program will be open to the general public FREE—no admission charge. This meeting will run from 7:00 p.m. until 10:00 p.m. and will be outstanding.

Washington Report

Water Pollution Bill Passes Senate, Goes to House

By CLINTON R. MILLER

Senate Bill 649 is a "Green Light Bill" expanding Federal efforts to eliminate water pollution throughout the nation. It is now awaiting action by the House Committee. It passed the Senate October 16, 69-11.

The bill increases the limitations on Federal grants for construction of sewage treatment works, and authorizes the Federal Government to match local outlays for projects which would demonstrate improved methods of controlling sewage disposal.

The Secretary of Health, Education,

and Welfare is directed to promulgate quality standards for interstate waters if, following his request, state and interstate agencies fail to develop standards.

The discharge of matter into interstate waters which would reduce the quality below the established standards would be subject to enforcement procedures.

Senator Cooper (R., Ky.) tried to have this new Federal control over quality standards postponed pending further hearings, but was beaten on a voice vote.

(Continued next page)

Candidates for N.H.F. Board of Governors

(See ballot on next page)

Doris Hill—businesswoman
237 N. Park Ave.
Warren, Ohio

Mr. V. Earl Irons—
supplement manufacturer
470 Commonwealth Ave.
Boston 15, Mass.

Admiral A. I. Malstrom, USN (Ret.)
7838 Aberdeen Rd.
Bethesda 14, Md.

Mr. A. F. Grepke—businessman
2223 Lafayette Road
Indianapolis 22, Ind.

Anna E. Lamb—businesswoman
813 West Douglas
Wichita 13, Kansas

Dorothy Abeel—housewife
7229 Arsenal St.
St. Louis 17, Mo.

Lillie Mients—housewife
2445 Broadway
Fort Wayne, Ind.

James Stephenson, M.D.
66 E. 83rd St.
New York 28, N.Y.

C. L. Engleman—ret. naval captain
729 15th St., N.W.
Washington, D.C.

John Lust—publications
343 Lexington Ave.
New York 16, N.Y.

(Continued from page 33)

The National Health Federation backed the Senate bill, which was steered to passage by Senator Muskie (D., Maine), and provides for a new Assistant Secretary of HEW to supervise all activities relating to water pollution control.

Another feature of the bill directs HEW to set up a technical committee composed of department officials and representatives of the soap and detergent industry to evaluate progress in the development of detergents which would not contribute to pollution of surface or underground waters. The N.H.F. will have to watch this committee carefully to see that the industry spokesmen do not dominate the committee and reverse the intent of the law.

The Senate committee said in its report that manufacturers of detergents recognize the problem of decomposability and are taking steps to find a solution. While it is admitted that the newly developed detergents are not 100% degradable, they are many times better than the present detergents. The fact that one company is now competing with another to make its detergent the most completely biologically decomposable means that the water pollution pendulum has slowed down, and may soon be swinging back. The problem is extremely serious and will be for many years, but the indifference of a few years ago is now replaced with concern, and the concern has produced legislation that should pass in the 88th Congress. It may even pass before the first session adjourns this year.

CUT OFF AND MAIL

NATIONAL HEALTH FEDERATION BALLOT-1964

Your Nominating Committee submits the following names of members as candidates for the Board of Governors. The names have been carefully selected from our most active members, with due consideration being given to geographical locations and to names suggested by members on their ballots in preceding elections. Ten names are submitted. You will find blank spaces below where you can write in the names of persons whom you would desire to serve on the Board instead of any one of those listed above.

	Yes	No
V. Earl Irons
A.I. Malstrom (Adm. Ret.)
Arthur F. Grepke
Anna E. Lamb
Doris Hill
Dorothy Abeel
James H. Stephenson, M.D.
Christian Engleman
John Lust
Lillie Mients
.....
.....

Do you feel that one of the chief projects for N.H.F. for 1964 should be to cause investigation of AMA and FDA? Yes..... No.....

Annual meeting January 1, 2, 3, and 4, 1964, Los Angeles, California. Ballots must be in by December 26 in order to allow time for them to be tabulated for the meeting. Each member should vote.

N.J. Court Ends Injustice

Trenton, N.J.—The New Jersey Supreme Court declared unconstitutional a portion of a state law that gives the state medical society monopoly control over the medical insurance business.

The law gave the medical society power to approve or veto appointment of the trustees of any medical-surgical plan. The only plan ever to have won approval of the medical society is the Medical-Surgical Plan of New Jersey (Blue Shield).

In a 7-0 decision, the high court said: "We think that such a power to restrict, or indeed, to prohibit, competition in a field so vitally connected with the public welfare may not constitutionally be placed in the hands of a private organization such as the medical society,

which has an interest in promoting the welfare of the only existing medical service corporation in the state."

—C.C.A. Journal, July 1963

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(Continued from page 32)

If you are not eating some raw, natural cereals, brewer's yeast, brown rice or raw vegetables (green leaf) daily, do so.

The second part of the B complex we will discuss is B-2—Riboflavin (E). This vitamin is necessary for all persons and is used in the prophylaxis and treatment of ariboflavinosis, cheilosis, dermatitis, dermal lesions, burning of the eyes, failing vision, visual fatigue, blurring vision, burning and itching of eyes, and soreness and swelling of eyelids. These symptoms, incidentally, are also related to many other disorders.

Daily intake of up to 3 mg. is excellent. Here again is a vitamin that is not stored in the body. It is available from muscle meats, yeast, milk, eggs, and green leaves. This vitamin is destroyed primarily by light and age. Cooking will destroy up to 30%, however. No toxic factors are noted in approximately 400 references.

Have you heard of Vitamin B-3? It

is a rare term for nicotinamide which we will discuss later in the articles. Also, we have vitamin B-4, a rare term for adenine (a matter found in animal and vegetable tissues combined with niacinimide, it has been isolated from rice hulls). Vitamin B-5 is a rare term for pantothenic acid and has been used to designate nicotinic acid. None of this group is used, per se, in medicine, although their counterparts (nicotinic acid, pantothenic acid, etc.) have and will be discussed later. In the next issue I will discuss vitamins B-6 to 12 with you.

At the January convention we will give you a full report on the Congress on Health Monopoly we held in Washington. Be sure to be with us.

Also let me again remind you about the stuffer machine we so badly need. Thus far we only have 41 books of green stamps. Please try to help us out. It would be a good project for the chapters, too, if they would get together. We need a total of 296 books!

NATIONAL HEALTH FEDERATION

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

Name

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FLUORIDE MAY RETARD CELLS

LONDON—(AP)—Two medical researchers say they have found laboratory evidence that the growth of human cells is slowed by sodium fluoride.

They called for more research into the effects of fluoridation of water supplies.

The results were reported in the **British Medical Journal** by Dr. Roger Berry, an Oxford University radio-biologist, and Wilfred Trillwood, director of pharmaceutical services for an Oxford hospitals group.

The sodium fluoride used in their experiments, they said, was only one-twentieth the strength of that in fluoridated drinking water. But they added that their results did not necessarily mean fluoridation of water is unsafe.

They pointed out that the condition they obtained in a "test tube" environment "may not reproduce the condition which exists in the human body where body cells may be protected from the harmful effects of drugs and chemicals by protective mechanisms."

"We believe that more research is needed into the effects of fluoride on the whole human body," they said.

— From San Francisco News-Call Bulletin