

National Health Federation



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N.H.F., AS DAVID, MOVES FORWARD

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AMERICANS CRUSADING FOR BETTER HEALTH

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

Volume X—Number 2

February, 1964

BULLETIN

Editorial

By Fred J. Hart

The year 1963 has been a very eventful year for the National Health Federation, and the year 1964 augers well that it will be even more eventful.

Great progress was made in 1963 and even greater progress will be made in 1964, provided Federation members continue to cooperate and the Federation remains humble, unbiased, tolerant and courageous as it moves forward in its crusade for health freedom and the mental and physical well-being of the American people.

For the first time in the history of this country, there is now public recognition of the fact that there is an organization of the people, controlled by the people, to represent the people and to fight for the health and welfare of the people. With this recognition comes the responsibility of being fair and honest in all endeavors, whether such endeavors be for or against a given objective or activity. It shall be the aim of the National Health Federation officers during 1964 to measure up to these responsibilities. In doing so, we shall not fail to oppose vigorously the evils that now beset and enslave the sick folk of America, but we shall more and more move forward with a constructive and worth-while program of health for all the people.

We shall also endeavor to keep the public informed as to what is happening in the field of health, both good and bad, to the end that public opinion, based on a knowledge of the truth, will prevail against the evils that exist, and by the same token will bring to pass beneficial projects which will redound to the welfare of this and succeeding generations.

We believe that an annual "National Health Congress," which the Board of Governors of the Federation voted, at the Ninth Annual Meeting, to establish, could well become one of the most constructive projects ever undertaken in the interest of the public. We shall, with your cooperation, work toward that end.

Over the years, there being no organization of the people to look after their health and welfare, many evils came into being and became so well established as to almost defy dislodgment; thus it became the duty of the Federation, not only to oppose them, but to expose them to the public gaze. This caused many people to think of the Federation as being a sort of an anti-organization. For example: the American Medical Association as the natural front for the makers of drugs and such nostrums has, along with the drug manufacturers, initiated many programs to which the Federation has had to take violent exception. This has caused many folk to feel that the Federation would like to destroy the AMA. Nothing could be further from the truth, for the AMA has many worth-while deeds to its credit, and the medical doctors of this country need such an organization to look after their interests; but it is the considered opinion of the officers of the Federation that the time has come for the doctors of America to recapture the control of their organization, a control which they do not at the present have, and which the public must insist on their regaining.

The Federation is not opposed, as an organization, to the use of drugs in the treatment of disease, but it is opposed to the present misuse of drugs and the abuse of doctors who have the courage to refuse to be a part of such misuse.

We invite all like-minded folk to join the Federation in its crusade for health and health freedom and thus make 1964 a banner year in the march of the public toward better health and health care. (See back cover for membership application.)

NATIONAL HEALTH FEDERATION BULLETIN

The NATIONAL HEALTH FEDERATION BULLETIN

VOLUME X

NUMBER 2

*Adventures on Health Frontiers
Published Monthly*

FEBRUARY

1964

Annual Washington Report January 1, 1963 to January 1, 1964

By Clinton R. Miller

The Washington Office of the National Health Federation was able to accomplish a phenomenal amount of work in 1963 because most of the year we have had an excellent, full-time secretary. We have doubled our office space, for use of our increasing professional staff. We now have a four-room modern suite, one of which is used as a reception room for the secretary, one for our professional staff, one for a supply room, and one for the writer.

Two major events overshadowed our year's work—Krebiozen, and the First National Congress on Health Monopoly.

The 88th Congress Has Been a Good One

As a born optimist, the writer has never doubted for an instant that eventually we Americans would win the same freedom with responsibility in matters of health that our ancestors fought for and gave us in matters of speech, press, and religion. The first session of the 88th Congress, however, has far exceeded my most optimistic prediction of a year ago. The 88th is tough. In health matters it is by far the best Congress in a decade! There are more health-minded statesmen of both parties in this Congress than ever before.

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

Early in January 1963, the Washington Office prepared a 6,000-word statement, which was printed in Part 1 of the 1963 Hearings on Frauds and Quackery Affecting the Older Citizen.

Dr. Lamont-Havers of the Arthritis and Rheumatism Foundation and Dr. Gerald D. Dorman of the American Medical Association had teamed up to misuse dignified Senate hearings as a publicity platform to attack and smear all nonorthodox approaches to health. They tried to make it appear that any nutritional-oriented therapy was fraud and quackery, using the senior citizen as a special target.

The N.H.F. testimony exposed this assertion as a smoke-screen attempt to divert an increasing public awareness that the real problem is a medical monopoly. We then charged that the fraud against the aged is the criminally dishonest AMA-controlled enforcement of the Food and Drug Law.

Extensive publicity was given to our statement by the United Press Inter-

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national. For millions of Americans, as well as some of the Senators and staff members who had up till then only heard one side of the health question, the record was set straight for the first time.

N.H.F. "Green Light" Air Pollution Bill Becomes a Law

The N.H.F. "Green Light" Air Pollution Bill passed the House and Senate, and was signed into Public Law 88206 December 16, 1963 as one of the first bills signed by President L. B. Johnson.

The bill grants a healthy \$95 million to stimulate research by states by matching two federal for each state research dollar. California and Florida are already notably ahead of the federal research air pollution program, especially in air-fluoride pollution research. The law extends federal power over air pollution if states fail to act.

N.H.F.'s Washington Legislative Advocate gave a 6,000-word written and oral statement to the committee exposing the Public Health Service attempts since 1957 to de-emphasize and its refusal to report airborne fluorine pollution.

As part of our testimony, we were able to get Dr. Frederic B. Exner's classic 5,000-word paper on the "Economic Motives Behind Fluoridation" into the printed House Committee Hearings. (See pages 15 to 27 of the May 1963 N.H.F. Bulletin.) This testimony shows the universality of fluorine as an environmental hazard.

Leading Gas Engineer Joins N.H.F. Scientific Advisory Staff

Extensive research was done for the N.H.F. in the preparation of our testimony by one of America's most brilliant gas engineers, Mr. Francis Silver, of Martinsburg, West Virginia. Mr. Silver

appeared with me before the committee. His own scholarly and reasonable statement as an N.H.F. witness won us tremendous prestige. He is continuing as scientific adviser on air pollution to the Washington Office. Mr. Silver's addition to the N.H.F. Washington scientific staff will assure that the N.H.F. will continue to play a significant leadership role in all federal air pollution legislation.

Congress on Health Monopoly

The Washington Office of the N.H.F. put on the First National Congress on Health Monopoly in Washington, D.C., October 25 and 26. It was purposely timed to meet, head-on, the AMA-FDA sponsored Second National Congress on Medical Quackery. It did just that, and more! With a fraction of the AMA-FDA budget, we were able to share their staging, and in many cases, dominate the publicity that their elaborate and costly public relations had developed.

As Others See Us

A sample of the fairness with which we were treated by the press follows.

From the highly respected October 25th Washington, D.C., **Evening Star**: Under the sub-headline, "Dignity and Logic" "... The settings of the two congresses were just as confusing as the topsy-turvy accusations. . . . The National Health Federation meeting sported no snake oil salesmen or cure-all electronic machines. Its session was marked by dignity and reasonably logical disputation.

"The entrance to the AMA-FDA conclave, on the other hand, was decorated with flashy blowups of terrifying quack devices. At the door a large sign proclaimed: 'Cherry Tonic Sold Here.'"

The **Pink Sheet**, a \$150 a year spe- (Continued on next page)

cialized weekly newsletter for executives in the drug and related industries, devoted five pages to reporting our Congress on Health Monopoly, but only two pages to the AMA-FDA Congress on Medical Quackery.

The Associated Press (AP), United Press International (UPI), Radio and TV fairly and objectively reported different phases of our Congress from one to five times each, thus exposing U.S. Congressmen and tens of millions of Americans to the N.H.F.'s arguments for freedom vs. monopoly in matters of health.

The November 9, 1963 **New Republic**, in commenting on the opposing AMA-FDA Congress on Medical Quackery, said: "You left this two-day convention with the feeling you had been at a training camp for finks who on their return home could make a collect telephone call any time to the Food and Drug Administration to rat on any doctor not a member of the American Medical Association, the one credential agreed by all to be as authentic as an FBI badge."

The UPI compared the N.H.F. to David, and the AMA-FDA to Goliath.

Miles H. Robinson, M.D., Fearless Fighter for Freedom

The high tone of our entire Congress was set and maintained by Dr. Miles Robinson of Potomac, Md., who was catapulted into the national spotlight by his role. With dignity, fairness and firmness, he was able to verbalize the persecution of the health movement by the AMA and FDA in quotable copy that obviously delighted the press.

Months of Preparation

Months of careful and necessarily secret groundwork preparation preceded this Congress. Those allies to whom the principal credit is due modestly choose to serve anonymously.

The imagination and sympathy of many heretofore indifferent but poten-

tially influential friends was sparked by the audacity of N.H.F., and the skill and good taste with which we conducted our Congress.

Hoping for another similar windfall in 1964, I wrote the FDA asking about their plans for 1964.

The following letter was received December 13, 1963, from the FDA:

(to) "Mr. Clinton R. Miller. . . . In reply to your letter of December 4, the Food and Drug Administration has made no plans to hold a third 'Congress on Medical Quackery' in 1964."

Chiropractic

The National Health Federation has clearly become a first line of defense for those who want freedom to practice and patronize chiropractic, or any other properly licensed healing art.

The AMA and FDA have shifted their number one target from chiropractic to the National Health Federation.

Chiropractic was mentioned 23 times by seven out of 19 speakers at the First National Congress on Medical Quackery. It was clearly the major target for destruction by the AMA-FDA in 1961.

At the Second National Congress on Medical Quackery, chiropractic wasn't mentioned once. They were too busy defending themselves from the attacks of the National Health Federation which we launched from our First National Congress on Health Monopoly.

Organically Grown Apples to Senator Ribicoff

Testimony before Senator Ribicoff's Select Subcommittee this year has found the chemical industry spokesmen insisting over and over that it is pure fancy or nonsense to talk in 1963 of raising fruits and vegetables commercially without pesticides. So the Washington Office arranged to have one of its members, the internationally famous Mr. A. P. Thompson of Front Royal, Virginia, pre- (Continued on next page)

National Health Federation Bulletin, published monthly January through December, except July-August which are combined, at 211 West Colorado Boulevard, Monrovia, California, by National Health Federation, a nonprofit corporation. Fred J. Hart, Editor-Publisher. Subscription rate of \$4.00 to nonmembers per year. \$1.50 of the annual \$5.00 membership dues is paid as a year's subscription to the **National Health Federation Bulletin**. Single copies 25¢. Second-class postage paid at Monrovia, California.

sent Senator Ribicoff and his staff with two beautiful boxes of apples that were grown organically in the truest sense. Neither toxic sprays nor chemical fertilizers were used. Mr. Thompson, despite one of the worst eastern droughts in years, had an unbelievably heavy yield. Apples are perhaps the most heavily sprayed of all fruits, so we deliberately used this fruit. The gesture was so successful that we plan to do much more of the same in 1964.

Note: Mr. Thompson's organically grown apple juice is now available through health food stores.

Goldwater Amendment Won and Lost

The Senate Committee on Labor and Public Welfare unanimously voted in October to amend the National Defense Education Act to provide that no testing program financed under the bill "... shall provide for the conduct of any test, or the asking of any question in connection therewith, which is designed to elicit information dealing with the personality, environment, home life, parental or family relationships, economic status, or sociological or psychological problems of the pupil tested." It is substantially identical to the amendment offered in 1961 by Senator Goldwater and rejected by the same committee at that time. The N.H.F. then alerted America to the "School Counselor Problem" in our January 1962 best-selling **Bulletin**. We supported Goldwater's position. We also backed the Ashbrook amendment which would prohibit improper testing without parental consent. The Goldwater amendment is the stronger.

It was generally felt that with a unanimous vote of the Senate Committee members favoring the amendment, and no objection from the House Committee, the amendment was "In." However, powerful Senator Wayne Morse (D. Oregon) strongly opposed the

amendment in conference, and was able to have the Goldwater Amendment omitted.

Senator Goldwater (R. Ariz.) and Senator Tower (R. Tex.) will try again in 1964 to have this N.H.F. "Green-Light" amendment passed.

Fluoridation

At the encouragement of the National Health Federation, Representative Walter S. Baring (D. Nev.) reintroduced his "Green-Light" fluoridation resolutions, now **H. Res. 191, 192, and 193**. There is presently little hope for hearings in 1964.

We have worked to kill or amend "Red-Light" bill **S. 1208**. In spite of our efforts, the Senate Committee reported out the bill favorably and it is awaiting action by the Senate. It may pass the Senate in 1964. We'll fight it in the House.

New York Marathon Fluoridation Hearings

At the request of the Metropolitan New York Chapter of the N.H.F., I appeared as a witness against fluoridation of the New York City water supply. The hearings had lasted 20 continuous hours when my turn came at 5:50 a.m., November 19.

Mayor Wagner, who said he favors fluoridation, rejected proposals to hold a city-wide referendum. Fifty-two speakers voiced support for fluoridation, and 53 opposed it. The pros and cons were very fairly given alternate hours until every witness had spoken. The Council then voted 19 to 4 to fluoridate.

Former New York Water Commissioner Dominick F. Paduano is working to get a referendum by petition. He was joined in his opposition testimony by Carlton Fredericks, Dr. Simon Beisler, Chief of Urology, Roosevelt Hospital; Dr. Fred Squier Dunn, Dr. Frederick Exner, Dr. Jonathan Forman, Repre-

(Continued on next page)

sentative James J. Delaney (D., N.Y.), Dr. Allen London, chairman of the 1,600-member Medical-Dental Committee on Evaluation of Fluoridation, and many other prominent doctors, dentists and citizens.

Mrs. Emily Mehr, president of the Association for the Protection of Our Water Supply, Inc.; and Mr. Ernest Anderson, head of the Greater New York Committee Opposed to Fluoridation, coordinated the opposition forces.

Mental Illness and Mental Retardation Bills

We attempted, unsuccessfully, to amend the mental health legislation given number one priority by President Kennedy. In our 8,500-word statement, we pointed out the need to have some provision for nutritionally oriented research into mental illness legislation. We challenged the psychiatrically dominated approach to the problem.

The House did eliminate a major feature—funds to facilitate staffing of mental health centers in their formative years. The bills became laws (P.L. 156 and P.L. 164) with President Kennedy's signature in one of his last official acts.

Libonati Krebiozen Bill—H.R. 3408

The Washington Office gave supporting testimony before the House Subcommittee on Public Health and Safety supporting Representative Libonati's pro-Krebiozen bill. Hearings were held on this bill because of the great flood of postcards mailed by N.H.F. members favoring hearings. The bill is presently awaiting action by the House.

1962 Proposed Vitamin Regulations

The Washington Office has watched carefully during the entire year of 1963 for any sign of further FDA action on their preposterous June 1962 proposal to limit the number of vitamins to eight and the number of minerals to four

that could be sold in a multiple vitamin formula. The FDA excuses their long delay with the explanation that their Division of Nutrition has been studying the voluminous file of objections.

The year-and-a-half delay, while encouraging, does not mean the matter has been dropped. Far from it! It should be remembered that the FDA has been buried in the work required to set up the 1962 Kefauver-Harris drug law for administration. Krebiozen, too, has been hard to "bury." Action is expected in 1964.

Senate Sizzles in 1963

At the 1963 annual N.H.F. convention, the Washington Office was directed by Mr. Fred J. Hart to concentrate our major legislative effort through the Senate during 1963. Only four Senators had identified themselves with our work during the 87th Congress.

At the end of the first half of the 88th Congress, we have 17 Senators co-sponsoring the "Green-Light" Krebiozen bill and 18 Senators on the "Green-Light" air and water pollution control bills. Support from Senate staff and committee members has been unbelievably enthusiastic. Senators Humphrey, Douglas, Ribicoff, and Gruening have set the stage for even more significant success in 1964. Previous to 1963, we could only hope to initiate legislation in the House. Now we are proportionately stronger in the Senate, even though we are twice as strong in the House as we were a year ago.

House Support Holds

The great strides made in the Senate were not made at the expense of our previously stronger House position. For example, we had 19 strong supporting Representatives in the 87th Congress. We already have 31 Representatives co-sponsoring the N.H.F.-backed Krebio-

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zen resolution, and we have been averaging a new one each week.

Public Relations

Several articles from the Washington Office or quoting from congressional testimony given by the Washington Office appeared in **Prevention**, **Let's Live**, **Herald of Health**, **Truth**, **Health Foods Retailing**, **Saturday Review**, **Health Bulletin**, the **FDA Pink Sheet**, and several other magazines or newsletters.

Action taken by the Washington Office was noted and reported for the first time by the **Journal of the American Medical Association**, **Business Week**, **Advertising Age**, **Medical World News**, and several other medical and drug journals.

More than a dozen UPI or AP releases gave the nation's 10,000 newspapers a month by month accounting of our aggressive program. Several new syndicated columnists ran stories on the N.H.F. Washington activities.

We appeared on or arranged programs for more than a dozen TV and radio programs.

Danger of Addiction in Tranquilizers Stressed

CLEVELAND—A federal addiction expert warned Sunday that seven well-known tranquilizers can cause intoxication and be habit-forming if taken in excess.

Dr. Carl F. Essig of the National Institute of Mental Health said withdrawal symptoms are similar to those for barbiturate addicts and alcoholics: anxiety, vomiting, delirium tremens and convulsions.

Abrupt withdrawal of large doses of the drugs has been associated with the death of two tranquilizer addicts, he

Krebiozen

During the entire year, Krebiozen has had priority rating in our Washington Office. We have acted within the limits of our finances to encourage, counsel, direct and aid in every possible way the Washington efforts of patients surviving on Krebiozen.

We were instrumental in getting the Krebiozen resolutions introduced and in securing a constantly increasing number of co-sponsoring Congressmen.

We have played a key coordinating role by placing our office and staff at the disposal of the pro-Krebiozen forces.

The year ends with a most encouraging 80-page report placed in the **Congressional Record** December 6, 1963, by Senator Douglas which was prepared by his No. 1 aide, Howard Shuman, Dr. Miles Robinson, and other scientists. It reveals the incredible harshness, dishonesty and hostility of the FDA in their "unimpeachable" charge that Krebiozen is creatine. Hearings may be held next year.

told the American Association for the Advancement of Science meeting here.

Dr. Essig named the following tranquilizers as "drugs of addiction": Miltown and Equanil (both made of meprobamate), Doriden (glutethimide), Valmid (ethinamate), Librium (chlordiazepoxide), Noludar (methyprylon) and Placidyl (ethchlorvynol).

Doses at which addiction begins varies according to the drug, although it is not yet known for several of the compounds. Usually it is three to six pills daily of the largest single dose available.

From Los Angeles **Times**, December 30, 1963.

Summary Report of Charles Orlando Pratt, Washington Counsel of the National Health Federation

Delivered at Los Angeles, California, at the Eighth Annual West Coast Convention January 1-4 inclusive, 1964

There is set forth below a brief outline of the high lights of the legal, legislative, administrative, judicial, and public relations work undertaken by your Washington General Counsel.

The N.H.F. was organized and established during the past decade for the purpose of providing a forum for the American people through which they could express their desires for freedom of choice in health matters and for the purpose of providing counsel and aid in connection with all matters relating to legislation, administrative action and court proceedings which have restricted the rights of our citizens to enjoy freedom in health matters.

In pursuance of the aims and purposes of the N.H.F., your Washington Counsel has had the opportunity of discussing the legal, statutory and constitutional rights of our citizens in their efforts to avoid the many problems now facing the healing arts professions and the purveyors of health foods and natural food produced on farms without the use of dangerous insecticides and fungicides. In this connection, your Washington Counsel has delivered talks at the National Health Federation Convention in Long Beach, California, in January 1963; at the National Health Federation meeting at Cleveland, Ohio, in September 1963; at the Ohio State Society of Chiropractors meeting at Cleveland, Ohio, September 1963; at the National

Congress on Health Monopoly in Washington, D.C., in October 1963, and in addition thereto, your Washington General Counsel delivered talks in Washington, D.C., on the legal and professional rights of doctors engaged in the practice of naturopathy; and in addition thereto has delivered a talk before the Laymans League of Homeopathy in Washington, D.C., on the problems involved in maintaining and encouraging the growth and expansion of the homeopathic specialty of the medical profession.

Court Appearances

In furtherance of the effort of the American people to protect their rights in courts, both federal and state, and in administrative hearings held by officials of the FDA, your Washington General Counsel attended such hearings on behalf of clients in Kansas City, Missouri, Detroit, Michigan, Pittsburgh, Pennsylvania, and an FDA injunction hearing in the U.S. District Court, Toledo, Ohio. The hearings were for the purpose of giving the shippers of food supplements the right to show cause why they should not be prosecuted in a federal criminal court for shipping in interstate commerce food supplements and food products which were alleged to be misbranded because of therapeutic claims made or implied for the products. In connection with these hearings, your Washington General Counsel is pleased to report that the FDA did not send any of these cases to the U.S. Department of Justice for criminal prosecution.
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tion. Your Washington General Counsel worked on these cases with officials of FDA to modify or correct the labels and labelings of the products involved so as to bring them into compliance with applicable federal food and drug laws.

Your Washington General Counsel was successful in forcing the FDA to change some of its regulations and instructions to its officials in regard to FDA jurisdiction over the sale and distribution of dietary food supplements sold "over the counter" to a consumer-purchaser in the defense of a manufacturer and distributor of a dietary food supplement. Your Washington General Counsel was successful in convincing U.S. Court of Appeals, 7th Circuit, Chicago, Illinois, that the government had no right to criminally prosecute the defendant for the sale of a liquid food supplement "over the counter" to a Food and Drug Administration inspector who posed as an ordinary citizen consumer. This decision was sustained in the Supreme Court of the United States.

Power of Truth

Today, those engaged in a non-allopathic healing arts profession and in selling and distributing natural and organic foods are suffering public criticism, ridicule, and in some cases prosecution only because of the fact that such professions or handlers of natural foods have not successfully conveyed the truth concerning their products, the purpose and use of their products, and their right to sell and the consumers' right to use such products. It has been my experience that the courts throughout the country have been fair to the defendants in their defense and the defense of their products in all cases in which the court was fully informed of the nature and purpose of the products and the purpose of the food and drug laws applicable to such nonmedical products.

Congressional Hearings

Your Washington General Counsel attended congressional hearings in Washington, D.C. and discussed legal aspects of proposed legislation affecting the rights of our people who are engaged in the non-allopathic healing arts professions and in presenting the story of the need for legislative understanding of these professions, particularly the profession of chiropractic.

Public Relations Work of Washington General Counsel

Your Washington General Counsel has answered hundreds of letters of members of N.H.F. and their friends who have presented legal problems in connection with problems arising under federal and state food and drug laws as well as in connection with legal criminal prosecutions of doctors charged with practicing medicine without a medical license. In such cases, your Washington General Counsel has advised and assisted in every way possible the local attorneys representing the defendants in such cases.

In connection with the assistance of the members and friends of N.H.F. your Washington General Counsel has advised them of their rights and privileges under the provisions of the Constitution of the United States. He has pointed out and discussed the articles in the U.S. Constitution which provide that no cruel and unusual punishments shall be inflicted; unreasonable searches and seizures shall not be tolerated; no person shall be compelled in any criminal case to be a witness against himself; the accused shall be informed of the nature and cause of the accusation against him; that freedom of speech shall not be denied. In addition thereto, your Washington General Counsel has pointed out that if executive officials fail to protect your constitutional rights, the judicial branch

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of government must bring them within the confines of their duty.

Everyone Charged with Violation of Food and Drug Laws and Professional Licenses Should Be Defended in Court by Competent Counsel

N.H.F. has always carried out a policy of urging that anyone who has been charged with food and drug law violations or practicing medicine without a license should have competent legal counsel to defend him. These laws are highly technical, and the courts should be fully informed not only of the nature and extent of such laws, but of all of the statutory limitations of such laws. These laws are criminal laws and, therefore, must be construed strictly by the courts in favor of the defendants involved.

There Is a Need to Know

Your Washington General Counsel has pointed out some of the needs of the American people to know of their rights in connection with the natural approach to health care. In 1964, it will be one of the aims and purposes of this office, as well as of N.H.F. generally, to point out from time to time some of the needs, which are as follows:

In every county, city and state of the United States, there is a need for freedom in health matters, in the right to have and use so-called health food products, natural foods as distinguished from highly processed foods, or fruit and vegetables which have not been subjected to all kinds of chemical sprays, some of which have been found to be dangerous to health.

There is a need for the American people to have the right to know the difference between dietary food supplements, such as foods for special dietary uses, and synthetic vitamins sold and used as drugs and medicines.

There is a need for the people to have

the right to have equal space in the newspapers, radio programs, television, and all news media to present their side of the questions involved in the physical and mental health care and procedures in this country.

There is a need to have the right to sell, buy and use so-called natural foods without being subjected to public ridicule, slander and libelous statements by public officials and other national associations engaged in the healing arts professions.

There is a need for a farmer to have the right to produce fresh fruits and vegetables on his farm without the use of chemical sprays, insecticides and fungicides and to label his products accordingly.

There is a need for the people to have the right to fight publicly for fresh water instead of fluoridated water, without the fear and embarrassment of public ridicule.

There is a need for the American people to have the right to believe and to state publicly that they believe that food crops grown on soil-depleted land are not so nutritious as food grown on farm land which is not soil-depleted.

There is a need for people to have the right to purchase whole milk which has not been pasteurized, homogenized or sterilized.

There is a need for the people to have the right to buy food products, fruits and vegetables and other healthful products at a so-called health food store without the stigma of being publicly called food quacks, nutritional quacks or gullible.

The Blessing of Liberty Can Be Preserved

The N.H.F. during the past year has grown in service to the people and has gained and earned greater power and

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influence in Congress and in the state legislatures concerned with health matters. The blessing of liberty can be preserved to the American people by a firm adherence to justice, moderation, and temperance in matters relating to the laws affecting the health of the American people. The N.H.F. will continue to work for the priceless principles of constitutional liberty in our unique system of private enterprise and freedom of action as provided in our Bill of Rights. We shall continuously point out throughout the year to our National Congress, to our State Legislatures and to the courts that the 10th Amendment to the Constitution of the United States provides that "The powers not delegated to the United States by the Constitution, nor prohibited by it to the States, are reserved to the States respectively, or to the people."

In conclusion, your Washington General Counsel, as in the past, will continue to fight for the right of the American people to determine what foods shall be included in the American diet, provided such foods are not adulterated, dangerous, deleterious, or toxic.

With foresight and determination, your N.H.F. will grow in strength and influence and will thereby further the broad principles of freedom in health care throughout the length and breadth of our country and will take every step possible to insure the freedom to buy, sell and use all kinds of foods, natural or processed, as the individual may choose, which products are healthy, bearing in mind that this freedom does not include the right to impose upon the people any particular kind of health food, health product or health care.

This freedom carries with it the responsibility of not disobeying the letter or spirit of the constitutional laws of our land.

Your Washington Counsel is ever

Five Nations Bar Drugs to Pregnant Women

THE HAGUE, Nov. 26 (UPI)—Five European countries have halted over-the-counter sales of drugs likely to be used by expectant mothers, as a precaution against possible birth deformities.

Following the action by Italy, Denmark, Sweden, Norway and Spain, Dutch Government investigators began checking out the weight-reducer Preludin and other suspected drugs. The concern over Preludin developed when doctors in England reported a woman had given birth to deformed twins after having taken the drug.

The Italian Ministry of Health stopped the sale of Preludin and 13 other drugs on Friday.

Manufacturers of Preludin in Spain published warnings to women not to use the drug until investigations are completed.

Sweden, Norway and Denmark banned the use of the drug Postafen without prescription. Postafen is an anti-sea-sickness drug.

From *New York Times*, November 26, 1962.

BRUSSELS, Nov. 26 (AP)—Belgium today placed seven tranquilizer drugs on the list of drugs obtainable only by medical prescription.

From *New York Times*, November 26, 1962.

ready and willing to assist in the carrying out of the worthy aims and purposes of its Board of Governors and its officials.

We shall all work with faith and hope for positive legislation and the protection of reasonable rights in health matters.

Charles Orlando Pratt
Washington General Counsel
National Health Federation

Family Circle

By Fred J. Hart

You should have been there. It would have thrilled you through and through to have heard the addresses and to have listened to the progress reports of the officers of the Federation. This has, indeed, been a year of progress, and you would have been very happy to realize the part you have played in making the Federation the fine organization it has grown to be. Without your prayers, sacrificial giving and hard work, very little could have been accomplished.

The convention was dignified, well ordered and very educational. The friendly spirit and fellowship which prevailed was remarked about by many who attended for the first time.

The exhibitors were extremely cooperative, and those who were in charge were well versed in their particular approach to health and thus became an educational force in themselves.

Those who attended went back to their homes determined to help build the membership of the Federation, in the year 1964, to twice its present size.

Start now to plan for next year's annual meeting and convention which will again be held over the New Year holiday period in Los Angeles. The exact dates will be given later.

Life Members

The enthusiasm engendered by the program of the convention caused enough folk to take out life memberships to over-subscribe the original quota of 300.

At a meeting of the life members, held on the last day of the convention, because of the expanded program of the federation (particularly the decision to

hold an annual National Health Congress in Washington, D.C.), the members present voted unanimously to expand the goal from 300 to 500 members.

What is a life member? The answer: anyone may become a life member by paying into the treasury of the National Health Federation the sum of \$100. This sum pays one's dues in the Federation for as long as he shall live and entitles him to all the privileges of membership, the same as though dues were paid each year. What it amounts to is that one who becomes a life member advances to the Federation the amount it would cost him to belong to the organization for 20 years. This gives the Federation extra funds to use at a time when it is most needed and thus enables it to launch out on much-needed projects, rather than having to wait for a more opportune time.

The payment of the \$100 life membership fee means, to the member, that he will not have to bother with paying his dues each year, and it also protects him against increases in dues which are bound to come as the program of the Federation expands in the years that lie ahead. If a life member lives more than 20 years from the date he or she joins, the remaining years are free. If a life member passes on before the 20-year period has expired, the balance of the \$100 will be helping to carry on the program of the Federation after the member has departed this life.

Life membership dues are payable in cash, if possible. If not, then a deposit may accompany the application and the balance can be paid as the member

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wishes, as long as the balance is paid during the first 10 months of 1964.

Perpetual Memberships

Under the inspiration and suggestion of a member by the name of Anne Winlow, who has since passed away with cancer, the Federation established what is now a part of the membership setup, a roll of perpetual members. To explain: Anne, when confined to her bed with cancer with no hope of recovery, decided that the work of the Federation was so important to this and future generations that she, though departed from this life to be with her Master, whom she loved and served, wanted still to be helping with the program. To accomplish this, she mailed the Federation a check for \$1,000 and suggested that she be made a perpetual member.

This suggestion appealed to us so much that we decided to establish such a membership, thus to afford individuals an opportunity to serve the cause after they depart this life, as well as to establish a vehicle by which others may honor departed loved ones. Your president thought so well of the idea of perpetual membership in the Federation that he presented the Federation with a check for \$1,000 in order that his first wife, who departed this life to be with her Lord on January 17, 1962, might be listed as the second perpetual member, her name to be inscribed on the bronze plaque which hangs on the wall of the reception room of the Federation at 211 West Colorado Blvd., Monrovia, California.

During 1963, the name of William Kullgren of Atascadero was added to this list. His entire gift totaled well over \$3,000. While Bill, as we affectionately call him, still lives, he is assured that when he does depart this life he will still be helping with this great work to which he has given so much time and money.

To those of you who do not know Bill Kullgren, we want to say that in our opinion he is one of God's noblemen. Bill has given his life and his fortune in the service of his country, his God and his fellow man. Bill and the writer do not always see eye to eye, but in this we do agree: a man should serve his Lord and his fellow man in a manner in keeping with the way he is led, and have the courage to so serve, even though he stands alone. That, my friends, is Bill Kullgren.

The perpetual membership roll now has inscribed on it the names of Anne Winlow, Eva Porter Hart, William Kullgren.

Have you a departed loved one whose name you would like to honor in this manner?

Would you like to have your name inscribed on this roll when you depart this life?

If you would, we would be very happy to send you needed information, if you so desire.

A National Health Congress

So successful was the National Health Monopoly Congress, sponsored by the National Health Federation and held in Washington, D.C., October 25-26, that the Board of Governors of the Federation, with the approval of the members who attended the Ninth Annual Meeting and Convention held at Los Angeles, January 1 to 4, decided to hold a "National Health Congress" in Washington, D.C., each year. This congress will not be a meeting against something, but rather a public forum sponsored by the people, where all angles of the national health problem, good and bad, can be presented to the press and the public. It is the feeling of the Board that this could well become the greatest meeting for good each year, as well as an instru-

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ment through which true solutions to the health problems of the public can be encouraged and given to the public. The proper sponsorship of such a congress by the Federation will add some \$20,000 to its budget, which funds will have to come from increased membership and/or donations.

Bulletin

The Board of Governors of the Federation decided that the time has arrived for the Federation, through its **Bulletin**, to bring to the members, and through them to the public, the truth about vitamins, minerals, herbs, and food supplements. To accomplish this purpose, it was decided to add eight pages to the **Bulletin** and devote up to eight of the now regular pages to this important work.

As it is the desire of the Federation to always print the truth, and as the foregoing subjects are so important to the health and well-being of the public, it was decided to secure someone to edit this section of the **Bulletin** in order that its contents would be so well documented that a member could quote freely from it without fear of successful contradiction. It was the unanimous opinion of the board that Linda Clark, author of the outstanding book, **Stay Young Longer**, would be the ideal person for this position. Linda has agreed to give it a try, and we are hopeful that we can start this new service not later than the April or May issue. This project will again add several thousand dollars to the Federation's budget, the funds for which must come from increased membership and/or donations.

Membership

We are happy to report that memberships in the Federation are coming in four times as fast as they have ever been received before. The 1964 program will cost, if we are to carry on with the

projects suggested by the board, approximately \$30,000 more than the 1963 program cost the Federation. This means we must have more members and more donations.

Some have suggested that, to raise additional funds, the Federation should sell books, take advertising in its **Bulletin** and resort to other fund-raising schemes. The position of the board and of the Federation's president on this matter is: "The Federation must not enter into the commercial field in any manner, for to do so would be to make the employees feel that they must please those from whom this extra money is being received, rather than the membership. So long as all funds received by the Federation come from members, then the employees will feel that they must serve the members and no-one else, if they themselves are to prosper." One of our criticisms of the AMA is that so much of its funds come from the drug interests that its program is tailored to please that industry.

If the Federation allows itself to be drawn into the commercial field, its usefulness will be curtailed in many ways, some of which will be: 1. It will become biased in its views. 2. It will be vulnerable to the controls of the federal and state governments. 3. It will be unable to speak the truth at all times, regardless of who may be affected thereby. 4. It will no longer be respected as the true voice of the people.

Let us always insist that the Federation's bills be paid by the members, and so carry on that on initiation of any project that is good for the public in the health field, the public, as represented by the members of the Federation, will provide the funds needed. If the members fail to do so, it will mean that the Federation should drop the

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project, or carry it only as far as funds will allow.

Cancer Project

Six weeks or more ago, we sent an appeal to members who were interested in the Federation's going to law to stop the state and national Departments of Public Health from illegally making unavailable cancer treatments other than X-ray, surgery and radiation. Our members have responded in their usual wonderful and enthusiastic manner. Since making that appeal, we have explored the situation and find that, in addition to the California situation, the Federation must enter into the Krebiozen controversy, and also the Muchoricin matter in Pennsylvania, where the Federal Food and Drug Administration is attempting to, as we believe, illegally stop the manufacture and distribution of these useful products without giving such products a fair and scientific test.

Because of the foregoing, we have now made our appeal for funds for this project on a national scale. To those who feel that the Federation should carry this fight to the courts and who have not so far sent in a donation to the Cancer Fund, may we urge that you give this matter your earnest consideration, and send in whatever contribution you feel you can afford. All funds received are kept in a separate bank account and will be used only in the cancer fight.

In Numbers There Is Strength

Join the

National Health Federation

and Make Your Voice Effective

P.O. Box 686, Monrovia, California

From time to time, a financial report will be sent to those who donate to this fund.

Green Stamps

We thank each of you who have sent in Green Stamps and other kinds, also. We can use the other kind to trade in on Green Stamps. We still need about one hundred books to enable us to purchase the machine we need for stuffing envelopes. We are sure our members will make the needed sacrifice and that we will receive sufficient trading stamps to get this much-needed piece of machinery.

Howard Long

Your president thanks the Lord for sending Howard Long to join the staff of N.H.F. Without Howard I would not have been able to carry on the work, and I can assure you that the Federation would not have been able to make the wonderful progress it has made. The convention which the Federation just held was planned, conducted and made a success by Howard, who was ably assisted by the wonderful speakers and the more than 50 exhibitors. You will be glad to know that during the last two days, in spite of the hotel's putting in 100 extra chairs, there was standing room only. Howard informs us that over 1,500 people were registered during the convention.

Clinton Miller

The talks given by Clinton were enthusiastically received. This was so, not only because Clinton is a good speaker, but because they were based on his experiences at Washington and the very wonderful job he is doing there for the Federation. We are very thankful that we have Clinton as our assistant. Clinton is a wonderful Christian character, a great believer in the natural approach

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to health, an intelligent crusader, and a real American, with the courage of his convictions.

Charles Orlando Pratt

I am very proud of the work Charles has done and is doing for the Federation as its Washington General Counsel. I am proud because I requested Charles to become the Federation's Washington General Counsel the very year the Federation was organized. It took two years before certain circumstances allowed him to accept. His advice and counsel have been of untold benefit to us and to the general public interested in their health and health freedom. Charles made some fine contributions to the recent convention.

Julia Trayor

Who is she? She is the lady at headquarters who does all the work that no one else does. The Federation is her life, and she, in turn, gives her life to it. As assistant secretary, she keeps things in order at headquarters and sees to it that every job is done on time. Julia is ably assisted by Eleanor Deacon, while Howard has as his secretary, Shirley Fazzio, who works part time. Shirley is one of the best secretaries the Federation has ever had, and we have had some able ones. You will be surprised to know that the total payroll of the Federation headquarters is less than the payroll of the Washington Office.

Dues

The Board of Governors of the Federation, due to the large expense necessary to maintain the Washington Office, has voted that, rather than raise the present \$5 dues to \$7, we ask our members who believe in the work being done on the Federal level that they, if they are financially able to do so, include an extra two dollars for the Washington

Office when they send in their regular \$5 dues.

Health Insurance

The Federation is working on a contract with a large insurance firm that has as one of its lines health insurance similar to Blue Cross and other such insurance plans and which will include drugless doctors in its coverage. If the Federation is successful in its negotiations, any member desiring to carry health insurance can do so at the reduced rate of what is termed group insurance. This will amount to a considerable saving to a member who elects to carry such insurance. More details will be given in a later issue of the **Bulletin**.

Book Discount Stamps

Late in January there was mailed to each paid-up member for 1964 a set of ten book discount stamps. Along with the stamps were sent three mimeographed sheets listing health books and where they could be obtained. N.H.F. book stamps entitle a member of the Federation to a 20% discount. Example: If a book is listed at \$4, a member can paste a 1964 discount stamp to his order and then send only \$3.20 for the book.

We Have Hogged This Issue

Family Circle has sort of taken over this issue, but the Federation belongs to you and we felt you should be brought up to date on our activities. On other pages you will find Clinton Miller's and Charles Pratt's reports, as well as Betty Lee Morales' presentation, as the Federation representative to the legislative committee having under consideration the subjects of food additives and pesticides. We feel sure you cannot read this issue without feeling rather proud of what you have been able to accomplish by working together with other members of the National Health Federation.

National Health Federation Program for 1964

It is my duty as president to recommend to you, the Board of Governors of the National Health Federation, a program for 1964. In general I recommend the re-adoption of the 1963 program which is a continuation with additions of the Federation's program since its organization in 1955. In addition, I recommend to this Board that the National Health Federation:

1. **As of January 15, launch an all-out program** to secure a Congressional or Attorney General investigation of the health situation in America to determine if the Food and Drug Administration and the AMA are conspiring to create a monopoly in the health field.

2. **Urge Congress to step up its investigation** of the drug interest to determine if by conspiring together they have not created a drug monopoly as it relates to prices and practices in the United States.

3. **Urge Congress to investigate** the drug industry of America to ascertain if it has not created a drug monopoly throughout the world which has an adverse effect on the American people.

4. **Sponsor an annual health congress**

designed in such a manner as to create a public forum where all matters relating to health can be presented to the public.

5. **Continue its efforts** to have declared illegal recent action by the California State Board of Health regarding cancer remedies.

6. **Enter the Krebiozen controversy** in a legal manner if and when such reaches a stage where it would appear that our entering the case would be beneficial to cancer sufferers. (It being understood that it has never been the policy and it will not be the policy of the Federation to endorse Krebiozen or any other drug, but that we will always contend for a fair and impartial clinical testing.)

7. **Hold one large annual meeting** and convention each year, and in addition to sponsoring a National Health Congress, the Federation hold as many one-day conventions as possible.

Editor's Note: The above recommendations were adopted by the Board of Governors of the National Health Federation in addition to the following basic 1963 program.

Basic Federation Program

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

FOR—Mental health freedom.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

FOR WILLS

For the convenience of those who wish to incorporate into their will a bequest for use in research and the general work of the National Health Federation.

I give, devise, and bequeath to the National Health Federation, a corporation, located in Monrovia, California, the sum of \$..... (or property herein described) to be used by its Board of Governors as they deem advisable for the benefit of said institution and its program.

Should the donor desire to create a Memorial Fund, insert after "property herein described," the same to be known and designated as the "..... Memorial Fund."

A Battle Ahead

You Can Help Win It by Getting

a New Member Now

U.S. Indicts Merrell for Drug Data

WASHINGTON (UPI)—One of the nation's oldest major drug firms was accused by a Federal Grand Jury Friday of keeping secret laboratory evidence that a new drug may have caused serious damage to research animals.

A 12-count indictment was returned here against the William S. Merrell Co., a division of Richardson-Merrell Inc. of New York. It charged that when the company asked for Government approval of the drug "MER/29," it failed to include damaging results from tests on animals.

The indictment said false reports about damage to the eyes, ovaries and bloodstreams of monkeys, rats and dogs used in testing the drug were given to the Food & Drug Administration (FDA). It said the firm concealed the fact that several rats died before experiments were completed.

The drug was on the market for 22 months and had been prescribed by doctors for about 400,000 heart patients. It was withdrawn from sale by the company in April, 1962, under strong pressure from the FDA.

R. H. Marschalk, president of the parent firm, denied any intent to deceive the Government and said he was confident a "fair appraisal" would vindicate the company.

From Akron (Ohio) **Beacon Journal**, December 21, 1963.

Cancer Study to Aim at Chemicals in Food

WASHINGTON—Chain reactions in our chemically loaded environment may be triggering cancer hazards in food reaching American dinner tables.

To gauge the potential menace, the U.S. government has ordered a study of 40 common substances, including pesticides and chemicals used to process, package and store food. The first phase of the study will be financed by a \$645,000 Public Health Service grant to Bionetics Research Laboratories, Falls Church, Va.

The Food and Drug Administration (FDA) already bars from the market food containing any traces of additives known to induce cancer in animals. Yet scientists are beginning to suspect monitoring cannot be limited to individual substances.

One unique aim of the study is to try to simulate, with animals, the way man absorbs multiple ingredients into his system.

Already, scientists have shown how weather conditions can convert the separate chemicals of air pollution into a dangerous element — ozone. Sunlight shining through the gaseous hydrocarbon wastes triggers a chain reaction climaxing in ozone. In sufficient volumes this can kill.

Spraying of Crops

Is something similar happening on the conveyor belt between the time a farmer plants a crop and when it reaches your table as food?

The experts sum it up this way: a crop is planted in June and sprayed. Not until October, after it is warmed by the sun and drenched by the rain, is the crop harvested. A pesticide may have roved harmless before. But what, if anything, have time and weather done to it? And what happens after man ingests it?

From **Los Angeles Times**, December 30, 1963.

The great pleasure in life is doing what people say you cannot do.—**Bagehot**.

National Health Federation Statement on Pesticides

To: California Senate Fact-finding Committee, Virgil O'Sullivan, Chairman

Re: Pesticides (October 22nd & 23rd, 1963)

By: Betty Lee Morales, Chairman, N.H.F. Pesticides Committee

Mr. Chairman and Committee Members:

The National Health Federation is a nonprofit group dedicated to one objective: freedom of choice in all matters pertaining directly or indirectly to health. The Federation is concerned that such freedoms, enjoyed by previous generations of Americans, and taken for granted under the guarantee of "life, liberty and the pursuit of happiness," are fast slipping away.

As evidence of this, California citizens may no longer choose any treatment for cancer other than the specific three methods (radiation, X-ray and surgery) to which the American Medical Association restricts their members. The fact that not one single documented cure of internal metastasized cancer has ever been effected by any or all of these methods is ignored. Pesticides, particularly those designated as the chlorinated hydrocarbons and synthetic organic phosphates, have been undeniably connected with degenerative diseases, and particularly with cancer.

It is not an exaggeration to claim that forced exposure of our citizens to known carcinogens, then thusly restricting the type of treatment they may choose if they fall victim to cancer, is a macabre form of monopoly, intentional or otherwise, unparalleled in history. To continue the use of carcinogens in agriculture and in industry in the light of pres-

ent knowledge of their danger and possible long-delayed reactions is not justified for any reason whatsoever. Human rights exceed property rights, and must be so recognized.

The time has come for re-examination and re-evaluation of all of the previous evidence upon which legislative bodies have based their actions pertaining to the use of these chemicals, followed by a new set of rules.

Qualified medical authorities¹ have stated that continued exposure to repeated if small amounts of chlorinated hydrocarbons and synthetic organic phosphates is definitely carcinogenic. Poor resistance due to diets high in over-processed and over-refined foods enhances susceptibility, it is further claimed. Some medical doctors have correlated high titers of DDT in patients with the presence of dozens of diseased conditions.² Poisoning by phosdrin, a synthetic organic phosphate pesticide, through skin contact with clothing contaminated by as little as five drops of the pesticide, caused serious reactions requiring hospitalization. Before the true cause of the illness was definitely determined, other diagnoses included diabetic coma, encephalitis, bulbar polio, rheumatic fever, influenza, brain tumor, and nonspecific gastroenteritis.^{2,3} Many similar cases are on record, and it is known that DDT poisoning alone is known among doctors as "the phantom," because it can mask over 40 other conditions of disease and few doctors know how to recognize or diagnose it.

In 1959 the National Health Federation presented evidence regarding chlorinated hydrocarbons and synthetic organic phosphates to Governor Brown's (Continued on next page)

Committee of Fifteen Experts, appointed to determine what the public policies should be regarding pesticides. Every claim made by the Federation at that time has since been elaborated upon, and brought more graphically before the public, by Rachel Carson in her book, **Silent Spring**, designated by Chief Justice Black as the most important chronicle of our time. The Federation stated in 1959, and re-states their position now, concurred in by Miss Carson, that no recommendation is made that all chemicals be banished from agricultural practices, or that pesticides should never be used. This may be desirable, but it is not practical.

The National Health Federation did, in their 1959 recommendations, and still does take the stand that there is no justification for the use of chlorinated hydrocarbons or synthetic organic phosphates in the production of fodders or food. Any beneficial claims which might be made in their favor are surely outweighed and outnumbered by the known and definite lethal dangers. The continued contamination of our soils, our air and our underground water sources is already of prime concern to those responsible for the public safety. The far-reaching dangers of air spraying are formidable.⁴

The National Health Federation recognizes that the State Department of Agriculture has done a noteworthy job in policing, with the manpower and budget to which they are limited. To expect the comprehensive effective control to which consumers are entitled is unrealistic and impractical. The Federation therefore recommends that this fact-finding committee recommend the outlawing of all chlorinated hydrocarbons, synthetic organic phosphates and all other known or suspected carcinogens for application in agriculture and in industry.

Obviously, since agriculture is California's number one industry, some reasonable substitute must be provided. The Federation submits that ample evidence from authoritative sources is available to demonstrate that better soil husbandry and farming practices, plus greater use of biological controls, can obviate the later necessity for repeated crop sprayings and dustings. In emergencies, when such practices are required to save a crop, only applications of non-carcinogenic materials should be permitted. Many of these have been proved effective, and more research should be allocated to their fullest use.

For untold centuries, topsoil, together with weather, has largely determined crop yields, because soils were kept fertile and productive through the addition of humus and organic matter. Chemical farming largely bypasses such old-fashioned methods, and depends more heavily each year upon constant cropping through constant additions of synthetic fertilizers. With farm lands in our state soaring in price, it becomes impractical for farmers to let their fields lie fallow while turned-in cover crops decay.

The practical solution to this problem may be furthered by the recognition of the following substantiated facts:

1. Synthetic fertilizers are **soluble**; natural soil and plant nutrients are **insoluble but available**.

2. Not until organic matter, such as green cover crops, animal manures, crop wastes, etc., are completely decomposed (composted) do they become available as **plant food**. If applied to the soil prior to complete composting, the immediate effect is literally to lock in soil nutrients while soil bacteria degrade them, preparing them for plant food.

3. Soil bacteria, furnished through organic matter (compost) perform the

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function of **chelation**, making soil minerals available for plants' use.

4. Synthetic fertilizers not only do not supply soil bacteria, but actually tend to burn out those present in the soil, causing mineral depletion.

5. With a poverty of soil bacteria and humus, crops of low resistance are produced, requiring frequent dustings or sprayings to protect them from the predators nature provides to convert organic matter of low energy potential back to "soil"—or compost—completing the "wheel of return." Life begets life—demonstrating the interdependence which exists between all living things, despite the ridicule directed toward such basic, age-old truth, perpetuated largely by those vested interests which have commerce to gain through sales of products.

6. The claim is often made by the agricultural departments of our universities and the chemical industry that there is not enough organic material economically available for commercial farming use.

7. Under present practices, this is true. However, our state, as well as every other state in the Union, is spending billions in taxed dollars for the unsatisfactory and often unsanitary disposal of sufficient organic wastes from industries such as canneries, fisheries, municipal waste basket trash, garbage, sewage, etc., to supply every acre of topsoil under cultivation with ample humus to insure continued fertility, year after year, crop after crop.

8. The commercial composting of these organic wastes, by mechanical means, is now available at a cost far below that of present total disposal costs, which are rising constantly. If every city were forced to operate their disposal systems within the established laws of sanitation, a good many of them would be in trouble tomorrow morning.

Municipal composting would end this, and would accrue in multiple benefits to taxpayers, farmers and consumers.

In North Miami, Florida, a new municipal disposal contract has been let. An Arizona corporation called "Garbage Disposal Service, Inc." got the contract and is building a giant 2½-million-dollar composting disposal system under their patents. They have initiated a soil reclamation program based upon the proven biological activity of compost in insuring soil fertility and health. Their tests have shown that compost eradicates nematodes, a scourge costing California farmers millions annually, and under present chemical farming practices, calling for repeated applications of synthetic chemicals to the soil. How much this contributes to underground water contamination is not known, but such practices, along with spraying and dusting, cost the farmer many times more than sufficient compost would.

In Oslo, Norway, municipal wastes are mechanically composted and sold to farmers for sufficient revenue to pay for the disposal costs. Their national reforestation program utilizes compost, and has demonstrated that pine and fir seedlings produced in composted forest soils produced seedlings one-third larger than those planted in un-composted soils.

In tropical countries it has been recently demonstrated that pineapples have been increased in size and flavor through the use of compost.

We have reached and passed the point where carcinogenic chemicals can longer be tolerated in agriculture or industry. Our national health continues to decline, and it can no longer be denied that synthetic chemicals contribute adversely to this alarming state, even when ingested in exceedingly small amounts only recently declared "safe."

At this point the National Health

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Federation would like to point out the following:

1. Billions are spent through grants and subsidies to support chemical farming practices, to justify stated "safe levels" for human ingestion of known poisons, although qualified medical scientists have stated that there is no known safe dose of any poison, due to individual intolerances and susceptibility.

2. The state, through college departments of agriculture (Berkeley and regional branches) should provide a subsidy fund for farmers, including dairy farmers, who will cooperate in a program eliminating known carcinogens from their use, for a given period, providing they cooperate fully and submit written reports periodically on their findings.

A service providing for chemical analyses of produce and products to determine the presence or absence of carcinogens and the nutritive quality of food and fodders should be available at nominal or no cost during this program.

3. Post-harvest treatment of grains is a challenge. The Pesticides Committee making this report has investigated a nontoxic treatment for stored grains passed by USDA, under the nomenclature of "Perma Guard," developed and used widely in the State of Arizona for more than five years. Recommendation is herewith made that the State of California investigate this method, and if found reliable as claimed and guaranteed, adopt this method of grain storage and treatment, including all grains for feed and fodder, and for human consumption.

4. Proof now exists that exposure to toxic chemicals is not limited to those which are ingested or breathed in. Mothproofing of clothing, carpets, etc., which employs heavy concentrations of insecticides, for which there is presently no

inspection or control, should be prohibited. Bedding, wall- and shelf-paper, paint, waxes, bug bombs, household sprays, among hundreds of other items commonly contacted in our daily lives, offer continuous exposure to dozens of different combinations of carcinogens. These too, including chlordane pellet "bug lamps," should be outlawed by the State of California in intrastate commerce.⁵

Exhibit No. 3, a complete copy of which is attached to the copy of this report designated for the chairman of the committee, is an article co-authored by four medical doctors and printed in the April 27, 1963 issue (pp. 266 through 268) of the **Journal of the American Medical Association**. It is titled, "Clothing-Borne Epidemic." In brief, it is the tragic report of six Fresno children who fell victim to phosdrin poisoning (a synthetic organic phosphate) due to wearing jeans which, **eight months before**, had been contaminated with phosdrin during shipment via truck.

Although a bill has since been introduced in the California legislature making it illegal to transport dangerous chemicals with food or clothing, it is known that farm workers' clothing is often splashed or impregnated with small amounts of poison sprays during application. Many itinerant farm workers do not read English; hence label warning becomes ineffective. As little as five drops of phosdrin spilled on clothing can kill a human being! There was enough of it spilled on the blue jeans in question to kill 9,000 eight-year-old children.

Quick action by an alert health department doctor saved the lives of the six children who were known victims, although tests showed that erythrocyte values rose only very slowly over a period of 100 days following exposure,

(Continued on next page)

and were apparently limited to the production of new erythrocytes. There was no laboratory evidence of enzyme regeneration, through the applied treatments, and no one can say with any certainty what the long-range effects may develop. Will it be leukemia?

Within the past month, Federation members contacted many different medical doctors to inquire if they made biopsies to determine DDT titers from human tissues. Without exception they stated that they did not. When asked where such tests were done, several answered that to their knowledge only through the County Coroner. These same members also contacted various testing laboratories and were told that they had been "encouraged to discontinue such tests," which they stated they had previously done for some interested M.D.'s.

The National Health Federation herewith recommends and urges that the State College be directed to research the feasibility of a test made other than through biopsy which can determine possible accumulations of DDT in humans. It is the understanding of this reporter that DDT is excreted as DDA in urine. If this is true, then only the methodology and evaluation techniques need determining for such tests.

The Federation herewith strongly recommends and urges financial help to qualified laboratories in completing this research, and the speedy development of such a methodology to aid doctors in recognizing and diagnosing DDT toxicity.

There is good reason to believe that the rapid increase in diagnosed epilepsy, for which the state has recently been petitioned for funds, is due, at least in part, to exposure to carcinogens, sometimes through the practice of cities in spraying trees in residential areas during early morning hours, without warn-

ing to residents to keep their windows closed, or to vacate the premises during the time of spraying.

It is the opinion of the legal counsel of the Federation that this and other irresponsible practices in the application of toxins places cities, counties and the state in a position of financial responsibility for damages sustained.

The National Health Federation respectfully calls to the attention of this committee an opportunity to initiate legislation regarding these recommendations which will tend to restore the public confidence. Our great state is looked upon as a leader on the national scene. Let us forthrightly lead in the direction of curtailing all practices that expose citizens to cancer and other degenerative diseases through exposure to known carcinogens. Let us return to the American free enterprise concept of "building a better mousetrap." By doing so, we will help to conserve our greatest wealth—the youth of our country.

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Air, Water, Cigarets, Lipstick and Cancer

GENEVA—(UPI)—The World Health Organization (WHO) said yesterday there are inherent dangers of cancer in air, food and water as well as cigarette smoking, alcoholism and cosmetics.

WHO described likely causes of cancer and ways to control them following a private meeting last week of its first expert committee on the prevention of cancer.

It said cigarettes, alcohol and lipstick can be accepted as possible causes of cancer.

Other "principal agents that may play a part in the development of cancer in man," WHO said, included air pollution, ionizing radiations, some concomitants of industry, food additives, medicaments, food and drinking water, lack of sexual hygiene, and chewing of betel and tobacco.

"It is generally accepted that there is a causal connection between cigarette smoking and lung cancer," WHO said.

Tobacco tars are known to contain cancer-causing substances, it said. The "fact that pipe smoking is only minimally associated with the hazard and cigar smoking hardly at all is difficult to understand unless inhalation, frequent with cigarette smokers, plays an important role," WHO said.

The methods of making cigarettes should be investigated, the committee suggested.

"While some filters do remove a proportion of tar, there is no evidence that filters introduced so far are completely effective in this respect," WHO said.

Medicaments

Atmospheric pollution is an important factor in causing lung cancer, WHO said, and evidence shows there are higher cancer rates in urban as compared to rural areas which cannot be

explained by differences in smoking habits.

The health organization noted that some food additives have been withdrawn from use following proof they can cause cancer in animals and "extreme caution" must be used in introducing new additives such as coloring, flavors and antioxidants.

"Cosmetics and toilet preparations have so far received less attention than food additives although similar hazards are to be expected," it said. "Of the various components in use (uncontrolled color in lipstick, for example) some are known to cause cancer in animals."

On medicaments, WHO said, some preparations "containing hormones, tar and arsenic, as well as oral contraceptives, are under study."

The chewing of betel and nass causes higher incidences of mouth and throat cancer, WHO said, and this is the same when tobacco is used with betel.

WHO said also there is an association between excessive use of alcoholic beverages and cancer of the mouth, throat and gullet.

Sheep Getting Vitamin Shots

ALPINE, Tex., Nov. 5, 1963 (AP)—Even sheep are being given vitamins these days. An injection of Vitamin A has proven effective in curing blindness in ewes which sometimes occurs after lambing.

The blindness is attributed to the lack of green feed when the lambing starts, which means a Vitamin A deficiency. When the ewes are penned and given the shots some recover after the first shot, but all recover after the second.

Starr-Gazing

By Oliver Starr, Jr.

From Gary, Indiana, **Post Tribune**
December 18, 1963

If Krebiozen, the controversial cancer drug, ultimately receives a fair test, the day of Friday, December 6 may well be remembered as the turning point.

Krebiozen had come to its darkest hour as the Federal Food and Drug Administration had banned interstate shipment of the drug and was talking of pushing prosecution of its backers in Illinois.

Then Sen. Paul H. Douglas of Illinois stood up in the United States Senate and leveled some of the most serious charges against the Federal Food and Drug Administration and the National Cancer Institute that have been heard against any government agencies in recent years. Specifically he charged that the FDA had overlaid the graphs of spectrographic tests to give a deceptive result, and that the NCI had set "extremely harsh and severe" standards for reviewing 504 cases of patients treated with Krebiozen.

This was no spur-of-the-moment speech. Douglas and his staff had been at work three months in gathering the evidence to be presented. Douglas had three large display boards brought into the Senate chamber for his speech, and also illustrated it with 4-by-6-foot enlargements of the FDA's spectrographic graphs. He told the Senate that he had been "shocked and surprised" by the FDA's September announcement that it had established that Krebiozen was only creatine, and therefore worthless in treating cancer.

The Illinois senator said that he decided to launch his own probe because of his great respect for Dr. Ivy whose scientific research has gained him world renown, and because he (Sen. Douglas) has interviewed as many as 100 patients who have been treated with Krebiozen.

"Many of these patients have told me they were on the point of death from cancer until Krebiozen treatments arrested their decline.

"Knowing of the way the medical profession has often historically persecuted its pioneers and pathbreakers, I resolved to push on and to continue to ask for an honest test."

Douglas appointed Dr. Miles H. Robinson of Potomac, Md., to make an independent appraisal of the FDA and NCI findings. Robinson located two Illinois scientists, Dr. Scott Anderson and H. C. Clark, a chemist, both of whom had been conducting independent tests of Krebiozen over a number of years. They were joined by Douglas' administrative assistant, Howard E. Shuman, in drawing up the final report after three months of investigation.

They reported to Sen. Douglas:

- That in 1951 the Abbott Laboratories had offered Dr. Durovic \$1.6 million for 200,000 ampules of Krebiozen, and that the Lilly Research Laboratories made offers totaling at least \$2 million for its formula and patent. Dr. Durovic told the investigators that he turned down the offers because he could not get the companies to agree on a ceiling price that would be charged to patients.

- That the Food and Drug Administration "has been grievously biased, and that the claimed identity between Krebiozen and creatine definitely is mistaken." And that the "deceptive result" was obtained because the Food and Drug Administration did not squarely overlay the Krebiozen and creatine graphs, but dropped one graph 7½ per cent below the other to obliterate the areas of maximum differences.

- That the National Cancer Institute's committee of 24 cancer experts met in secret, refused to allow Dr. Ivy to appear before them and "imposed unduly harsh and severe standards of judgment upon Krebiozen which apparently they do not impose upon most, if any, of the other substances which they test." Many of the cases appeared to have been thrown out for reasons

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which were questionable or not adequately explained.

As a result of his investigation, Douglas made five specific requests of the Senate:

(1) That an appropriate Senate committee conduct an open investigation of the accuracy of the public statements made by the FDA and the NCI in regard to Krebiozen.

(2) That an independent scientific investigation be made of Krebiozen and creatine to determine whether they are, as the FDA charges, identical.

(3) That the case records of the 504 cases submitted by Dr. Ivy and Dr. Durovic be re-examined by neutral scientists.

(4) That the FDA "retract the false statements it has made about Krebiozen and Dr. Ivy and Dr. Durovic and apologize to them for the reflections they have made upon their characters."

(5) That the Department of Health, Education, and Welfare reply to Douglas' letter in which he asked searching questions about the criteria used in appraising Krebiozen.

N.H.F. Editor's Note: The National Health Federation is standing squarely behind Senator Douglas in his drive for a fair test for Krebiozen and for the other four points enumerated above, and congratulates the *Gary Post Tribune* for publishing such an honest and fair appraisal.

Drug Industry Opens Counterattack on Critics of Its Pricing Policies

NEW YORK—The drug industry has launched a blistering counterattack on "newspaper" and "congressional" critics of its policies.

Harry F. Bliss, Jr., assistant managing director of Cyanamid International, told the New York Patent Law Association last night that "Congressional attacks on the pharmaceutical industry, spurred by adroit misuse of data and misleading

headlines . . . made the industry the object of vilification throughout the world."

Bliss said the attack on the drug industry overseas had reached the crisis stage and was threatening the structure of patent law.

He said some Latin-American nations were advocating forced sale of drugs by their generic or common names rather than by trade names, regardless of patent coverage, in order to reduce prices.

The focal point of the patent struggle, he said, is not in Latin America, but in this country's newspapers and the halls of Congress.

Bliss termed it a "Tinkers-to-Evers-to-Chance double play combination with Latin-American politicians playing second base."

Both the Senate anti-trust and monopoly subcommittee and the Justice Department are conducting investigations of a world cartel allegedly set up to illegally control and regulate drug prices.

Secret documents outlining the plans and operations of the cartel were obtained by the *New York Herald Tribune*. Included were specific details—names, places, dates—of how the cartel operated in Latin America.

The *Herald Tribune's* research team, pending an on-the-spot investigation of the problem in Colombia, learned that McKesson & Robbins was selling 76 drugs there at an average of one-seventh the prevailing rates. Of the drugs, two were protected by patents. Both these drugs were bought from the patent holders, or licensees, paying full patent protection prices. One of the drugs was selling on the world market, generically, at prices lower than those paid by McKesson.

From *New York Herald Tribune*, November 13, 1963.

The Rising Peril of Toxic Drugs

Case by case the public learns of the dangers that can lurk in drugs improperly used:

A thalidomide scandal, with its tragic evidence in babies born deformed, causes a public outcry.

A publicized study of the misuse of hormones reveals an extraordinary variety of dangerous side-effects from careless prescriptions—diabetes, infections, high blood pressure, psychosis, and even suicide.

But cases like these, in the opinion of a distinguished Baltimore scientist, are only the "floating top of the iceberg" that reach the public's knowledge.

The problem of toxic drugs, he declared, is difficult, widespread and growing greater with every medical advance.

Warning

This warning came yesterday from Dr. Louis Lasagna, associate professor of medicine and pharmacology at Johns Hopkins University, who has long been a strong critic of shoddy, inadequate testing and high-pressure marketing methods in the launching of new drugs.

Dr. Lasagna was one of a series of speakers at a symposium entitled "Man Against Himself," sponsored by the Kaiser Foundation at the Fairmont Hotel. The symposium explored the many ways in which modern man is altering his own environment—and thereby creating a multitude of vexing problems.

Poison

Many of the poisonous effects of drugs, Dr. Lasagna said, are "subtle, unpredictable and unsuspected." The chemicals can often be tested in animals and found harmless; in man they may turn out to be devastating.

Even when a drug's effects can be

found in animals, their subtlety can defeat experimenters, he said.

For example, a toxic effect that occurs once in every hundred cases in man is unacceptable.

But to be 99 per cent sure of detecting the effect at all can require experiments on 450 animals in a row. And rarer side effects may demand thousands of animals—an almost impossible requirement.

There are many drugs that are absolutely vital to modern medicine—yet they too can be dangerous—Dr. Lasagna noted.

Antibiotics

Antibiotics, for example, can wipe out the normal bacteria of the human intestine and leave it wide open to new infections.

Many anti-cancer drugs can help a cancer victim, but at the same time may expose him to serious infections by depressing the level of his disease-fighting white blood cells.

A recent study in Baltimore, Dr. Lasagna said, disclosed that the average hospital patient was receiving seven different drugs a day—and some were getting as many as 35.

"Some of the drugs were treating the patients' symptoms," Dr. Lasagna said, "but I'm sure that many of them were treating the symptoms that the first drugs caused."

Side-effects

A random selection of 100 hospital patient records, he noted, showed that seven per cent of them suffered from the side-effects of drugs.

There has been much "pharmacologic mischief," Dr. Lasagna said—in poor manufacturing techniques, in over-pre-

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scribing of drugs by doctors, in failure by patients to read or heed directions, and in "surreptitious self-medication" by patients.

"But we must do more than engage in guilt-laden breast-beating and cries of 'mea culpa,'" Dr. Lasagna said.

Strong action must accompany the expanding use of drugs, he said.

From San Francisco **Chronicle**, October 20, 1963.

N.H.F. Editor's Note: Those of our readers who want more detailed information on this subject should send for the December 31, 1963 issue of the **Post** (formerly **Saturday Evening Post**). That issue of the **Post** carried four pages under the title of "Doctor-caused Diseases." We think the title should have read "Drug-caused Diseases" because the doctors are very often the innocent intermediaries. You will be shocked to the core.

WASHINGTON, Nov. 26 (UPI)—The Public Health Service and the Food and Drug Administration urged women today to check with their doctors before taking any drugs during pregnancy.

Surgeon General Luther H. Terry and George P. Larrick, FDA Commissioner, issued the warning after new reports were received from Europe that drugs were suspected of causing birth deformities.

The FDA said it had not traced any deformed American babies to use of Preludin and Postafen. An FDA spokesman said both drugs were on sale in the United States, probably also under different names.

From **New York Times**, November 26, 1962.

Claim Drug Deaths

LONDON (UPI)—A U.S. drug expert said Wednesday **aspirins** account for half of all **drug deaths** of children and barbiturates cause half of all accidental drug deaths of adults in the United States.

From Billings (Montana) **Gazette**, September 5, 1963.

Blood and Diagnosis

Medicine's dream of a universal diagnostic test, one which would spot and identify every conceivable disease in its earliest—and most easily cured—stages, is still unrealized. But some cautious hope seems justified by research being carried out at the Johns Hopkins University. The very preliminary results reported by Dr. W. H. Price and his colleagues suggest that ailments as different as cancer, tuberculosis and schizophrenia may be identifiable early through the characteristic changes they produce in a hitherto obscure constituent of blood—the serum mucoids, which are complex combinations of proteins and carbohydrates.

If the present study of blood as a universal diagnostic tool proves successful, much of the credit will belong to the chemists—notably the Swede, Arne Tiselius—who pioneered the technique of electrophoresis which the Johns Hopkins researchers are employing.

This technique takes advantage of the fact that in a liquid mixture of different molecules there are differences of amount and kind of electrical charge carried by each substance. In an electrical field, molecules of different charge move at different speeds and, therefore, the original mixture can be broken down into a series of bands, each consisting primarily of a single constituent. **The hope now is that each disease has its own unique and invariable band pattern that can be identified when the serum mucoids in a patient's blood are subjected to analysis by electrophoresis.**

From **New York Times** (Western Edition), December 28, 1963.

"Capsule News" Is Rushing in Where Others Fear to Tread

Those who wonder why the state of the nation's health is so low that doctors' offices and hospitals are filled to overflowing need only to read the series of articles on patent medicine and nostrum advertising over television, currently running in **Capsule News**, to find out. **Capsule News** is operated by Morris A. Bealle, long America's leading evangel for the right of every American citizen to the doctor of his choice. Some people think Mr. Bealle hits the nail on the head too hard at times. Others think he is 20 years ahead of his time. None can deny that he prints the truth where all other newspaper publishers fear to tread.

This series started November 16 with Anacin. Mr. Bealle had all TV drug commercials monitored for three weeks. He took their claims and contrasted them with what he found about them in **Clinical Toxicology of Commercial Products**, **Merck's Index** (bible of the pharmaceutical profession) and **Dorland's Medical Dictionary**. The results will astonish you.

Aspirin's ad writer says it won't harm the heart and is "gentle" on the stomach. **Capsule News** quotes a report from the University of Pennsylvania Medical School which says that 70% of their test cases showed that aspirin causes bleeding of the stomach. Aspirin is simply a drug called acetylsalicylic acid, made by the Bayer Company (a subsidiary of Standard Oil). When it is put out by Whitehall Laboratories (with caffeine added) it is called Anacin. Bristol-Myers calls it Bufferin. Bristol-Myers also calls it Excedrin—working two sides of the street.

Quoting from **Merck's Index**, **Capsule News** says that aspirin (no matter what

trade name it goes under), when used in average or large doses, causes tinnitus (ringing in the ears), nausea, vomiting, diarrhea, and gastrointestinal bleeding.

Large doses may cause, in addition, auditory impairment (deafness), vertigo, headache, hypernea (abnormally rapid breathing), acidosis, fever, diaphoresis (profuse perspiration), thirst, blurred vision, tachycardia (fast heartbeat), hallucinations, delirium, stupor, coma, convulsions, circulatory collapse, respiratory failure, and death.

The article says that aspirin is doubly dangerous because it not only piles up toxins for an overworked nature to get rid of, but, in covering up the pain by deadening the central nervous system, gives you the false impression that everything is all right.

"Through the sensory system," it continues, "is the only way nature can inform you that something is wrong in your body and that she needs assistance. So, instead of heeding this warning, many just take an aspirin and tell nature to go dig a hole, jump in and then get out the best way she can. But it is they that have to get out. The condition should be corrected by stopping the overeating and overindulging that caused it."

During 1963, **Capsule News** gave a pungent picture of aspirin, Anacin, Bufferin, Excedrin, and Dristan. During 1964, health-saving information will be given (each week) on Feen-a-Mint, Tums, B-C Headache Tablets, Nujol, Stanback, Carter's Little Bowel Pills, Anahist, Ex-Lax, 4-Way Cold Tablets, Listerine, Pertussin, Sleep-eze, Sominex, Metrecal, Sucrets, Micrin, Pepto-Bismol,

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Bisodol, Romilar CF, Unicap vitamins, Listerine, the Phillips and Fletcher nostrums, Vick's Tri Span, Contac, Congestaid, Spectrocin-T, Tegrin, Dondril, and Alka Seltzer. "Coffin Nails" will be the subject of several installments.

Those who want this invaluable guide to health should subscribe to **Capsule News** and ask that all back issues from November 16 be sent. The subscription price is \$10.00, but a special price of \$8.00 is granted members of the National Health Federation. Simply state that you belong to N.H.F. and the \$8 rate will be extended to you. The address is 1081 18th Street N.W., Washington, D.C. 20006.

Louder Voice for Consumers

Johnson City, Texas, January 4, 1964.
—President Johnson yesterday named Assistant Secretary of Labor Esther Peterson as special presidential assistant for consumer affairs.

He said he wanted the voice of the consumer to be "loud, clear, uncompromising and effective" in the highest Government councils.

By executive order the President also set up a special committee of consumer interests, to be headed by Mrs. Peterson. "For the first time in history," the President said in a statement, "the American consumer's interests—so closely identified with the public interest—will be directly represented in the White House."

Mr. Johnson charged the new group with **guarding consumer rights—for safety in products, information, choice of product and "the right to be heard."**

The President declared "an unrelent-

ing fight must be waged against the selfish minority who deceive or defraud the consumer, who exact unfair prices or levy unfair charges."

Mrs. Peterson, at a news conference in which her appointment was announced at Austin, Tex., after a meeting with the President at his LBJ ranch 65 miles away, said she was thrilled with her new job. She is taking it on in addition to her Labor Department post.

Housewives

She said she would welcome letters from American housewives on what problems they encounter in the market place, so that her committee can plan to help correct any bad practices.

The 56-year-old native of Provo, Utah, was named an assistant secretary of labor by President John F. Kennedy on August 17, 1961.

N.H.F. Editor's Note: Let us hope that this means that representatives of the public can reach the President with the public's story from time to time. We have requested the N.H.F. Washington Office to work with Esther Peterson.

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

Cigarettes Found a Cause of Many Fatal Diseases

Washington, D.C.—A blue-ribbon jury of medical scientists yesterday returned the unanimous verdict that cigarette smoking is a cause of lung cancer and several other deadly diseases.

It said smoking is enough of a hazard to the national health to warrant "appropriate remedial action" by the Government.

These were the key findings of a committee of ten distinguished scientists appointed by U.S. Surgeon General Luther L. Terry to weigh all available evidence concerning the effects of smoking on health.

Report

After 14 months of investigation the committee issued a 150,000-word report which expressed "the judgment that cigarette smoking contributes substantially to mortality from certain specific diseases and to the over-all death rate."

The committee did not specify what kind of "remedial action" the Government might take. But Dr. Terry told a news conference the Public Health Service will look into this immediately.

In the meantime, he said, "I would advise anyone to discontinue smoking cigarettes."

Some of the high lights of the committee's findings:

Death Rates: In any given age bracket, the over-all death rate averages 70 per cent higher among male cigarette smokers than among non-smokers.

Combining the results of seven different population studies, involving the

medical histories of 1,123,000 men, "the mortality ratio of cigarette smokers over non-smokers was particularly high for a number of diseases."

"For lung cancer, the most frequent site of cancer in men, the death rate is nearly 1000 per cent higher," the committee said. "For chronic bronchitis and emphysema, which are among the leading causes of severe disability, the death rate for cigarette smokers is 500 per cent higher than for non-smokers."

Other diseases cited, with the increased mortality ratio of cigarette smokers, were cancer of the larynx, 440 per cent higher; mouth cancer, 310 per cent; cancer of the esophagus, 240 per cent; peptic ulcer, 180 per cent; circulatory diseases, 160 per cent; and coronary artery disease, 70 per cent.

Lung Cancer: The report states flatly that "cigarette smoking is causally related to lung cancer in men." It says that the data for women is "less extensive" but "points in the same direction."

A member of the committee, Dr. Walter J. Burdette, head of the department of surgery at the University of Utah School of Medicine, told a news conference the committee intended the phrase "causally related" to mean that "cigarette smoking is a major causal factor in lung cancer."

Other Types of Cancer: The committee found that "pipe smoking appears to be causally related to lip cancer" and "cigarette smoking is a significant factor in the causation of cancer of the larynx."

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"The evidence supports the belief that an association exists between tobacco use and cancer of the esophagus, and between cigarette smoking and cancer of the urinary bladder. Data on an association between smoking and cancer of the stomach are contradictory and incomplete."

Heart and Circulatory Diseases: "Male cigarette smokers have a higher death rate from coronary artery disease than non-smoking males." While there is as yet no clear proof that cigarette smoking plays a "causative role" in coronary attacks, "the committee considers it more prudent from the public health viewpoint to assume that the established association has causative meaning than to suspend judgment until no uncertainty remains."

Chronic Bronchitis and Emphysema: "Cigarette smoking is the most important of the causes of chronic bronchitis in the United States, and increases the risk of dying from chronic bronchitis and emphysema," the committee said.

Studies

In all population studies to date, overall death rates for pipe smokers, and for men who smoke less than five cigars daily, are "little if at all higher than for non-smokers." Death rates for men smoking five or more cigars a day are "slightly higher—from 9 to 27 per cent higher—than for non-smokers."

The report said that smokers of pipes and cigars appear to run far less risk to their health than cigarette smokers. The difference is reduced, however, if the pipe or cigar smoker inhales.

N.H.F. Editor's Note: For a very fine detailed summary of this report, we refer you to pages 22 and 23 of the San Francisco Chronicle of Sunday, January 12, 1964.

A Message from Linda Clark

Many requests have come in asking for President Lyndon Johnson's rules for getting people to like you, reported by Linda Clark in her speech to the National Health Federation in Los Angeles. Here they are:

1. Learn to remember names. Inefficiency at this point may indicate that your interest is not sufficiently outgoing.

2. Be a comfortable person to be with so there is no strain in being with you. Be an old-shoe, old-hat kind of individual.

3. Acquire the quality of relaxed easy-going so that things do not ruffle you.

4. Don't be egotistical. Guard against the impression that you know it all.

5. Cultivate the quality of being interesting so people will get something of value in their association with you.

6. Study to get the "scratchy" elements out of your personality, even those of which you may be unconscious.

7. Sincerely attempt to heal, on an honest Christian basis, every misunderstanding you have had or now have. Drain off your grievances and resentment. (Don't carry a chip on your shoulder.)

8. Practice liking people until you do so genuinely.

9. Never miss an opportunity to say a word of congratulation upon someone's achievement, or express sympathy in sorrow or disappointment.

10. Give spiritual strength to people, and they will give genuine affection to you.

—From **The Magic of Thinking Big**, by David Schwartz, Prentice Hall, 1959.

Reprints Now Available

The following is a listing of items available from N.H.F. They have been carefully selected and reproduced to provide you with the best material on the subject. They are excellent for your health library, your chapter or club work, general knowledge, or friends. The cost listed includes postage and handling. It is hoped that as interested members you will avail yourselves of this material.

	Less than ten Each	Lots of ten or more Each
1. Is Fluoridation Safe?08	.03
2. Province of Ontario, Canada, Takes Stand Against Fluoridation08	.03
3. Washington Office Report on Congress Quackery10	.04
4. The National Health Federation—What It Is10	.04
5. The History of a Crime Against the Food Law15	.10
6. The Decline of the Medical Profession in Public Esteem50	.35
7. Is Cancer Curable?	1.00	.90
8. A.M.A. Discovers Truth About Salk Vaccine —Reprinted from the Journal of 1-21-5608	.03
9. Use of Humans as Drug Guinea Pigs Charged08	.03
10. Health Foods and Death Foods50	.50
11. The Fluoride Curtain25	.25
12. Polio Exemption Letter08	.05
13. How Keen Is Your Reason?08	.03
14. N.H.F. "Worker's Kit"	1.50	1.50
15. Manual of Deficiency Disease	1.50	1.50
16. Three Opinions of the "Death Food Propaganda"10	.08
17. The Effects of Fluoride on the Human Body08	.04
18. Medical Reasons Why You Should Not Drink Fluoridated Water10	.07
19. What's in the Hoxsey Treatment?08	.05
20. Why Fluoridation?08	.03
21. Statement by Karl B. Lutz15	.10
22. New Storm over Polio Vaccine?08	.03
23. Sentence of "Health" Lecturer for F.D.C. Act Violation Upheld08	.03
24. A.M.A. Links 48 Drugs to Blood Damage08	.03
25. Fluoride vs. Freedom15	.13
26. Corruption in the A.M.A.25	.25
28. Medical Monopoly Charged—Health Group Answers A.M.A.08	.03
29. Are We Starving to Death?15	.13
30. Your Health—What It Is Worth to the Racketeer25	.18
31. North Dakota Agricultural College Bulletin No. 72: Bleaching of Flour25	.18
32. Chemicals in Food25	.18
33. How Our Government Subsidizes Malnutrition and Disease25	.18
34. The History of a Crime Against the Food Law25	.18
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FEBRUARY, 1964

NATIONAL HEALTH FEDERATION BULLETIN

NATIONAL HEALTH FEDERATION

P.O. Box 686

211 West Colorado Boulevard
MONROVIA, CALIFORNIA

Return Postage Guaranteed
Entered as Second-class Matter

Subscription: \$4 per year (to nonmembers)

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1964 TO BE A YEAR OF PROGRESS

1. It is a wonderful feeling to observe the team of which you are a part moving forward to VICTORY.
2. Your team has been able to make progress only to the extent you have paid your dues, given according to your ability, worked hard for the cause, and prayed earnestly that Divine Providence would keep it always in the right and therefore prosper it.
3. All Federation members' dues are due and payable on the first of each year, regardless of what time of the year they have joined.
4. If you will look at your address on this "Bulletin," you will find printed in connection therewith a series of numerals; if the last two of these numerals read 64, then your dues are paid up in full for this year, 1964.
5. If the last two numerals read either 62 or 63, then your dues are now due and it would help the Federation program if you paid them at once.
6. Due to the increased cost of the Washington program, we hope, if you can spare the money, that you will add \$2 to your regular dues for the support of the Washington program. Liberty is worth fighting for.
7. The next issue of the "Bulletin" will bring, among other things, presentations made by Howard Long, Clinton Miller and Charles Pratt to Senator Williams' committee which recently met in San Francisco in connection with medical frauds etc. You are on the job at all times through your Federation.

☐ I wish to become a REGULAR MEMBER of the National Health Federation and am enclosing \$5.00 as dues, \$1.50 of which is for a subscription to the BULLETIN for the current year.

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