

# National Health Federation



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**AMERICANS CRUSADING FOR  
BETTER HEALTH**

**Volume X—Number 9**

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# BULLETIN



# Family Circle

By Fred J. Hart

**Chicago, Here We Come:** In about five days from the time you receive this **Bulletin**, we hope to greet many of you folk who will be enjoying the Eighth Annual Midwest Convention of the National Health Federation at the Sherman House in Chicago. September 10 to 13 are the dates. This will be a very important event, because many matters of significance to your future health and health freedom will be discussed. Please do your best to be there.

**Life Members, Attention:** On one of the days of the Eighth Annual Midwest Convention a luncheon will be held for all life members in attendance. The luncheon will be "Dutch Treat" and it is our hope that we will have a good attendance, since we have several items we would like to discuss with our life members. The day and time will be announced from the rostrum, but it tentatively appears that we will hold the luncheon on Saturday at noon.

**Liberty Stamps:** We are pleased that some of our members were prompt in sending in their Liberty Stamp donation, in response to our appeal. Many thanks to each of you for your thoughtfulness and generosity. However, there is much room for improvement, since only 40 per cent of our membership has responded as this is written. Our goal was ten thousand dollars. If another 20 per cent of our members respond as well as the 40 per cent have done, we will reach our goal. **We must** reach the goal in order that we may pay our just debts and carry on with the Federation program. **We are praying** that those of our members who have not yet sent in their donation for Liberty Stamps will give

serious consideration to doing so at once. Thank you.

**This Issue of the Bulletin:** We have prepared this issue of the **N.H.F. Bulletin** in such a way that it can be used as a membership getter. We suggest that each member buy seven extra copies, if he can afford to do so, and send them to friends who are health minded, or should be. **You can obtain seven copies for one dollar.**

**Perpetual Memberships:** In the October issue you will find a reproduction of the bronze plaque on which is listed the names of our perpetual members. This plaque occupies a place of eminence on the wall of the reception room of the Federation, in Monrovia. You will note that the Federation has four perpetual members. A perpetual member is one who has paid \$1,000 to the Federation to either make himself or herself a perpetual member, or to honor a loved one. What better way is there to honor a loved one than in this manner?

**The Tenth Annual Meeting:** The program for the Tenth Annual Meeting is now being prepared. The meeting will be held in Los Angeles from December 30, 1964 to January 2, 1965. Mark your calendar now. It is good for like-minded folk to meet and enjoy fellowship together.

Is yours a "faith to fall back on" or one which leads you ahead and makes every experience of life meaningful? It is the difference between God as a last resort and the thrill of living daily with God.

## The NATIONAL HEALTH FEDERATION BULLETIN

VOLUME X

NUMBER 9

*Adventures on Health Frontiers  
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1964

### The National Health Federation

What it is . . .

The Need . . .

P.O. Box 686, Monrovia, California

How to organize . . .

Local Chapters . . .

#### What Is N.H.F.?

The National Health Federation is comprised of men and women in all parts of the United States, Americans in all walks of life, belonging to a variety of religious faiths and political persuasions, possessing two points in common: a distaste for medical monopoly, and a desire for the right to exercise personal choice—individual freedom—in areas relating to health. Members believe that organized medicine, the pharmaceutical and chemical industries have been responsible for laws and regulations which often better serve the special-interest groups than those of the public. They believe monopolies in the field of health have been created, that American free enterprise is threatened, and that freedom of choice is being eroded.

Convinced that such monopolistic activities exist because of the lack of a single strong voice to speak for the public and the nonmedical segment of the healing profession, it is the hope of National Health Federation members to correct these conditions through formation of one large and influential organization able to speak with integrity and authority.

For this purpose the Federation was

incorporated as a nonprofit, nonmembership-liability corporation under the laws of California in January, 1955. Headquarters are in its own building at 211 West Colorado Blvd., Monrovia, Calif., and the national legislative and legal offices are in Washington, D.C. From a modest beginning, the organization has grown steadily in membership and influence, now has Local Chapters throughout the country and a few in Canada.

#### Why Is It Needed?

For nearly a half century the powerful voices of organized medicine, the pharmaceutical industry, the food processors and chemical manufacturers have been relatively unopposed. As a consequence, the Congress, state legislatures, and government bureaus have yielded to the pressures from these quarters, and laws and regulations have evolved, some of which have been for the express benefit of the special groups and, unfortunately, detrimental to the interests of the people.

To counteract these influences, to endeavor to obtain legislation which will assure genuine protection to the public

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in the entire field of health, the National Health Federation maintains a comprehensive educational program as well as the staff work essential in achieving such a goal. It is committed to a policy of uncompromising opposition to monopoly, of devotion to free enterprise in all channels of activity including the health field.

The following seven points are worthy of the deepest concern by all Americans. They point up the need for an organization of the type and scope of the National Health Federation to serve as the "watchdog" and guardian over issues affecting the people's health, lest we lose even the last vestige of freedom in these matters and be completely subjugated to the dictum of the monopolies. Some of the following facts imply conditions which though seemingly incredible, nonetheless are based on fully documented evidence.

1. Doctors and scientists who have sought independently to develop effective methods of combating some of the so-called incurable diseases have been subjected to intense pressure, to ridicule, to threats as well as to persecution at the hands of factions within organized medicine despite the fact that in certain instances courts have confirmed the effectiveness of the treatment under fire. This, it would seem, suggests the presence of a conspiracy to prevent the development and use of treatments for certain of the diseases labeled as incurable—notably those diseases for which fund-raising organizations have been formed.

2. Efforts of lay groups as well as humanitarian-minded physicians to establish facilities for low-cost hospitalization and medical care have been bit-

terly opposed by the American Medical Association. This suggests that the A.M.A. desires to monopolize the field of healing by stifling or destroying that which it cannot control, and that it seeks to keep the cost of medical care at a high level.

3. During legislative sessions, bills are introduced by various states seeking to prohibit the sale of even such harmless products as essential vitamins and minerals unless prescribed by a medical doctor, thus compelling people to consult a medical physician to procure even disease-preventing nutrition. Again, this suggests a monopolistic intent on the part of organized medicine.

4. Through the years, many bills have been introduced seeking to restrict and ultimately annihilate the nonmedical branches of the healing art. This further suggests the desire of organized medicine to not only dominate but to monopolize the field, depriving Americans of the right to choose the type of doctor they wish.

5. Some of our most commonly used foodstuffs are processed and adulterated in clear violation of the law (the U.S. Supreme Court has upheld the validity of the law in these cases), yet the violations occur with the approval of the Federal Food and Drug Administration. As long as such practices are permitted, the public health cannot help but be adversely affected.

6. Through arbitrary regulations, the Federal Food and Drug Administration has prohibited sale of certain harmless but effective substances (even food factors) except on prescription of a medical physician. This has deprived many per-

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sons of the valuable, in some cases the life-saving benefits, afforded by such substances; it has denied the nonmedical professions their use; and it has denied all except pharmacies the right to dispense such products.

7. The Federal Food and Drug Administration, by arbitrary action, has imposed such restrictive regulations concerning the labeling and advertising of nontoxic and harmless remedies and devices that it has become virtually impossible for the manufacturers to make an honest, reasonable presentation of their products. This has resulted in restricting free enterprise, denying the public valuable information, and depriving them of many of their benefits.

These are but a few examples of what is happening in the field of health in this country. They emphasize, it seems to us, that the trend toward limiting the individual's right of choice, and the trend toward total monopolization of the healing profession by a single branch can be countered and perhaps halted only if aroused citizens, alert to the dangers inherent in such a development, unite and act where action counts—in the legislative chambers of this country.

#### Its Purposes

It was precisely because of the steady encroachment of these medico-political interests into the area of individual liberties that a small group of aware and dedicated citizens several years ago took action to reverse, if possible, the trend toward ever greater control by the power-clique. The National Health Federation was created to serve as a "watchdog" and as the guardian of the health needs and interests of the people of the United States of America. It maintains legislative and legal staffs in Washington for the specific purpose of examining every piece of proposed legislation affecting the public health; it

initiates legislation designed to correct abuses and inequities; and it vigorously opposes passage of restrictive laws aimed at further limiting the right of self-determination and freedom of choice. It supports legislation aimed at curbing pollution of air, water and plant-life.

In addition, the National Health Federation serves to coordinate the efforts of smaller organizations with similar purposes, and to solicit the support of large, powerful organizations to effect a unified approach in developing solutions to problems of mutual concern.

A further function is operation of a comprehensive educational program which provides the membership and the nation's leadership with objective information concerning health issues and thus provokes discussion and consideration of means of coping with conditions detrimental to the public health.

A monthly **Bulletin** is published containing up-to-minute information on the legislative front in Washington; a regular feature by the organization's legal counsel in Washington; editorial comments by its President, and authentic articles dealing with multiple aspects in the whole broad field of health.

Another important phase of the Federation's educational program is the library of tape recordings of lectures of prominent personalities in the health field as well as officials close to the legislative scene. These are available to members at nominal charge, and serve as the basis for excellent programs at Local Chapter meetings.

#### A Positive Program

The National Health Federation concentrates on positive attitudes and constructive policies, evaluating and measuring on the basis of relationship to the public interest.

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For example, it does not oppose the practice of medicine as a system of healing; it does not oppose medical physicians or the American Medical Association as an organization of practicing physicians. However, it does stand ready to oppose specific acts of the American Medical Association or of any other organization when such acts imply a monopolistic motive or are contrary to the best interests of the public.

The National Health Federation was not organized to oppose or promote any particular system, method or school of healing. Rather, it advocates that all licensed doctors be guaranteed the right to practice free from harassment even by those who may disagree.

The National Health Federation was not organized to provide individual protection to any manufacturer of products falling within the jurisdiction of food and drug agencies.

#### Membership Eligibility

Three types of membership are available: Regular, \$5 annual dues; Sustaining, \$25 annual; Life, \$100; Anonymous, \$500; Perpetual, \$1,000. Membership is open to families and individuals subscribing to the goals of the Federation and desiring to support the growing effort to maintain a healthful environment, which in turn means healthier citizens. A membership includes both husband and wife except in the case of a perpetual membership.

#### Organizational Structure

With policies and program formulated by a Board of Governors elected by and responsible to the membership, the National Health Federation is a democratically structured organization.

It consists of four "layers" of membership and responsibility: (1) The **Local Chapter** comprised of Regular Members. (2) **County Health Federations** made up of and controlled by rep-

resentatives of Local Chapters. (3) **State Federations** comprised of and controlled by representatives of County Federations, and (4) the **National Health Federation**.

#### County Health Federation

To recapitulate: Each Local Chapter delegates one of its members to serve on the Board of Directors of the County Health Federation. The County Board thus is made up of one director from each Local Chapter **plus** at least seven Directors-at-Large appointed to one-year terms by the County Board of Directors. The County Board elects a president, vice-president, secretary, and treasurer. It is recommended that County Federation Board meetings be held monthly, and that at least four county-wide meetings be held each year. A lively program providing a good speaker on health problems, with program contributions from Local Chapters, will create public interest and spark new membership applications. It is easy to visualize the influence several small but active chapters can have in a county, and that active local and county chapters can have on a state legislature, or on the representatives and senators in Washington. And this, of course, is the secret of a functioning, effective organization.

#### State Health Federation

The County Board then elects one of its members to serve on the Board of Directors of the State Health Federation. To illustrate: If there are 25 County organizations, the Board of Directors of the State Federation would consist of 25 members (one from each county) plus not more than 15 Directors-at-Large appointed to one-year terms by the State Board of Directors. The Directors-at-Large may or may not be representatives of some state-wide health organization. The State Board, of course,

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chooses from among its members a president, vice-president, secretary, and treasurer.

#### National Health Federation

Following the same pattern, each State Board selects one of its members to serve on the Board of Governors of the National Health Federation. The size of the National Board of Governors, then, is established by the number of State Federations, **plus** 27 Directors-at-Large, nine of whom are elected each year for a three-year term, at the annual meeting of the National organization. These Directors-at-Large are voted upon by members of the County and State Boards, and by the Regular, the Sustaining, and the Life Members. Bal-lots are cast by mail or in person at the annual meeting. No voting is done by proxy, thus avoiding the possibility of control being seized by an individual or group seeking power by circumventing democratic methods. The Directors comprising the Board of Governors elect a president, first and second vice-presidents, secretary, and treasurer.

#### Regular but Unaffiliated Members

Many members enter the National Health Federation directly upon application to the national office, having heard or read about the organization's work through various media. Thus, these individuals will not be members of a Local Chapter at the start. It is not required that a Regular or Sustaining Member be a member also of a Local Chapter, but if a Chapter exists in the vicinity it will be advantageous to affiliate, certainly. The bylaws do provide that all members of a Local Chapter must be or become members of the National Health Federation.

#### Local Chapter

And this brings us to one of the most important portions of this manual: the

Local Chapter, how it's organized, why it's the cornerstone of the entire organization, and how **you** can take the lead in starting one, or more, in your community.

It is not being specious to state that the Regular Member, at the local level, **is the bulwark** of the organization, the most important part of the whole.

How to go about forming a Local Chapter? Really it's very simple, not at all complicated. As we have noted before, the first requisite, of course, must be the **desire**, the conviction that this is something worth supporting, a movement worthy of a little of our time and financial resources.

This decision made, and having decided that one would be proud to become associated with the thousands of other Americans concerned about these truly fundamental questions—questions if you please which involve life-and-death decisions—start talking about it to a few friends you think might also be interested. Hand them the little "Invitation" folder which you probably have read, available at the national office, and get their pledge that they'll read it through. (The national office has other literature, too, that explains in detail why it's so important to get behind the movement.)

Order a copy of a suggested simple constitution and bylaws from the national office. Find out if there are members near you so you can contact them also. Then invite a few people in—as few as two to four is enough to start off—and spend part of an evening talking about these problems, what they mean to us as ordinary people, how, in an organized way, we can actually **do something** to correct some things we don't like. When it's clear the group would like to form a Chapter, adopt the

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constitution and bylaws, name temporary officers—a president, vice-president, secretary, and a treasurer. Then apply to the national office for a Charter, and you're on your way! These officers will serve long enough to complete the organizational duties, get a program in motion, etc. Before the first annual meeting is held (a date you provided in bylaws) a nominating committee of at least three members must be named to choose a slate for the first full year's permanent officers.

Local Chapters should be kept small enough so meetings can be held in homes. They are built around a leader who believes in and will give dynamic support to the national program. With 3,000 such Local Chapters scattered throughout the nation, the National Health Federation would become known by those who make our laws as "super-powerful." When issues of urgent nature are being decided in Washington, a campaign of telegrams and/or letters can be activated on a moment's notice, and its effect on policy-makers is beyond all proportion to actual size of membership. We are in a fight, let no one think otherwise, and we can win it, for the people, if we are compactly organized for instantaneous communication.

The program of the Local Chapter must of course be that of the national organization, actively devoted to the support and purposes of the National Health Federation by: Preparing and developing a dynamic program for the interest and benefit of members at the local level; by maintaining a continuing campaign for new members; by maintaining vigilance in defeating detrimental health legislation and supporting beneficial proposals; by obtaining favorable local publicity relating to health issues.

Success of the Chapter depends upon enthusiastic leadership and the active and creative interest of individual mem-

bers and constructive monthly programs. Chairmen should be named to prepare programs, work on membership, report on legislation, and handle publicity. The **Bulletin** is always the source of instructive program material, for discussion, action. Perhaps a speaker can be obtained for some programs. And there's no more effective way to help produce constructive legislation than by letters to Congressmen expressing your views on pending bills. Chapter discussions should be confined to health-related topics. Avoid discussions on religious, economic or political topics, since this can disrupt organizations and defeat our purpose.

Telephone "circles" are valuable during crises in legislative halls. On short notice members can be alerted for letters or wires, and action can be triggered to meet any emergency.

Programs, it may be repeated, should be in keeping with the objectives of the Federation and should provide a measure of sociability to promote warm, co-operative relationships. Business should be conducted in orderly manner, each program should include one or more features designed to inform, inspire and challenge every member to work more diligently for the cause of **health liberty**.

A lending library may be maintained by the Chapter. Health books are contributed and loaned by members, with a volunteer serving as librarian.

Members find it worth-while to exchange favorite health recipes and hostesses frequently serve samples as refreshments following the meeting.

Another service Local Chapters are in a position to perform for members is to compile a directory of sources of organically-grown, unsprayed, unprocessed food. And a supply of N.H.F. literature and **Bulletins** should be kept on hand for distribution to friends and visitors.

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Consistently live, informative programs will build interest, and this in turn builds membership. Small groups are most effective, and when the size reaches 10 it is well to think of forming a second group. This makes for easy home entertaining, and encourages group participation. Occasional joint meetings of Chapters are worth-while.

Local Chapter programs can be built around transcriptions of recordings of all speeches and lectures made at national conventions for the past six years. These are available at small cost from Merle Enterprises, Box 145, Lombard, Ill. A catalog will be furnished on request.

To summarize: The Local Chapter is self-governing. It plans its own activities, it cooperates with its County, State and National organizations. It is the foundation upon which is built an effective County, State and National organization.

### How the Money Is Spent

Members of the National Health Federation are assured that every dollar received will be spent only after careful deliberation. Actually, every dollar is "stretched," made to do the work of two. Sole income is from membership receipts and donations, and these funds are used to maintain an office for the national staff, **small but efficient**; to maintain legal and legislative staffs in Washington, D.C.; to carry on an active membership campaign; to publish the monthly **Bulletin** and other educational literature. A complete financial report is submitted to the members each year, as soon as it is completed by the Auditor.

### Accomplishments

The National Health Federation crusades vigorously for what it conceives to be equitable in issues affecting the public health. It proclaims truth "without fear or favor." It supports beneficial

legislation, opposes detrimental legislation. It endorses no particular method of treatment but stoutly upholds the individual's right of choice. It opposes medical monopoly and the resultant high cost of health care. It insists that our food and water be free from injurious chemicals. It insists that money subscribed by the general public for health research be used solely for that purpose. It seeks to compel health fund-raising organizations to give a yearly detailed account of expenditures of funds collected. It endeavors to secure fair and impartial health law and regulation enforcement.

These are the things the National Health Federation is organized to do. We invite you to join our ranks and take part in this vital endeavor on behalf of all America. Use the accompanying membership application blank today!

### New Literature

The foregoing information will be printed in an attractive folder in size 3½ by 8 inches and so set up that it can be addressed and mailed without being enclosed in an envelope. These folders can be had from the Federation for the cost of printing and mailing. A single copy may be had for ten cents. In lots of ten or more the cost will be five cents per copy.

The Federation is now recognized as the voice of the people in matters of health by those in authority, but the public at large knows nothing about the Federation, its aims and purposes, accomplishments and projects ahead.

Those of us who do know must get the news to the public. This new pamphlet will do that job, provided our members secure it and mail it to their friends and others who should be interested in the health of their loved ones and friends.

These pamphlets are now on the press, so send in your orders for as many as you can use. The address: National Health Federation, P.O. Box 686, Monrovia, California.



# Gardening Without Poisons

By Beatrice Trum Hunter

*A Subject of Interest to All and Beatrice Hunter Tells How to Accomplish It.*

In the months since the publication of **Silent Spring** by Rachel Carson, millions of Americans have become aware of the dangers stemming from the indiscriminate use of lethal chemicals to control insects and plant diseases on our farms and in our gardens. What we are still largely unaware of are the natural controls developed by modern science that will in the long run be much safer and more effective than the deadly chemicals with which we are now poisoning our own environment.

**Gardening Without Poisons** is an expansion of Mrs. Hunter's widely circulated pamphlet with the same title. Robert Hines, illustrator for Rachel Carson's **Edge of the Sea**, has done the drawings for this very timely book.

In her forthcoming book Beatrice Trum Hunter shows how natural protections against insect plagues and pestilence work and how we can make these forces help us if we understand them. Sound gardening practices and healthy soil are essential in helping plants to resist bugs and blights. When trouble comes, strong poison is not the best or only answer, although such materials have their place when used with precision and a knowledge of their effects. Often one of the biological controls developed by modern science will do what is needed. Mrs. Hunter tells us what these controls are and when to use them.

There are, for example, viruses which will attack specific caterpillars. Dormant ladybugs can be purchased ready for release in the garden. A preparation is now available that will cause Japanese beetle grubs to sicken and die but will not affect other insects or the birds that feed on them. There is a beetle that attacks nothing but the Klamath weed,

destroyer of miles of Western pasture. Through these and many other recently developed techniques we can maintain healthy gardens without the use of hazardous chemicals.

Many have argued that we must either run the risks involved in widespread use of chemical poisons or suffer the unchecked depredations of harmful insects and plant diseases. Mrs. Hunter shows that, in fact, we are not faced with such a cruel choice. There is a middle way, based on a combination of age-old biological principles and ongoing scientific research, that will free us from the dilemma. From **Gardening Without Poisons** each of us can learn what to do in his own garden—and in his town and state—to introduce such safe and sound techniques to enjoy the benefits of them.

Beatrice Trum Hunter wrote this book, on which she worked for more than five years, in response to the growing demand she encountered as she lectured on this subject before garden clubs and women's clubs throughout the Northeast. The book contains a source list of materials mentioned—names and addresses of manufacturers, and in some cases distributors, and names of products.

In 1960 Mrs. Hunter won an award from Friends of Nature for her work in educating the public to the hazards of pesticides. She is also known for her work on food and consumer problems. She is an honorary vice-president of the American Academy of Applied Nutrition and author of **The Natural Foods Cookbook**.

Formerly a teacher of visually handicapped children in New York and New Jersey public schools, Mrs. Hunter now lives in the foothills of New Hampshire's White Mountains.

Houghton Mifflin Company, price \$5.

# Legislative Report

By Clinton R. Miller

Director of the N.H.F. Washington Office

## Health Committees Close Shop

The House Interstate and Foreign Commerce Committee has closed shop on any more legislation during 1964. The Senate Labor and Public Welfare Committee is through, also.

The last bills passed were (H.R. 10042) a nursing aid bill and (H.R. 11083) a public health training bill.

## Krebiozen Resolutions

Representative Lesinski (D. Mich.) is the latest to introduce the Krebiozen Resolution, H. J. Res. 1099. He introduced this at the request of the National Health Federation.

A total of 17 Senators and 37 Representatives (54 Congressman in all) have introduced the Krebiozen resolution.

## Lesinski Bill to Create a National Institute of Nutrition

Representative John Lesinski (D. Mich.) has promised to introduce a bill this year which will amend the Public Health Service act to provide for an Institute of Nutrition. Already much work has been done on the bill. A discussion draft has been sent by Representative Lesinski to the NHF, and in turn by the NHF to key scientists and nutrition pioneers for their comments, study and criticism.

The preliminary discussion draft has been returned to Representative Lesinski, and a final draft is now in the works.

At the present time, the National Institutes of Health have nine separate institutes. None of them are directly concerned with prevention of disease with proper nutrition.

Mr. Lesinski is a ranking member of the House Committee on Appropriations, and was instantly sympathetic and friendly to the NHF testimony in which we pointed out the need for nutritional research, separated and distinguished from drug research.

Congress appropriated over \$1 billion this year for the National Institutes of Health. This amounts to an average of over \$100 million per institute. When we get an Institute of Nutrition, its appropriate share of NIH grants will likewise be over \$100 million annually. At the present time less than \$2 million is earmarked for federal nutritional research, as compared with over \$1 billion for drug oriented research. The \$2 million is given to the department of nutrition of the U.S. Department of Agriculture.

One outstanding doctor wrote the NHF, in replying to our request for a response to the discussion draft of the bill, that "The principle involved is a sound one but as a matter of practical workings, Frederick Stare or his equivalent would certainly find himself as Director of this Institute and we would have a barrage of scientifically biased information and a good deal of misinformation of the orthodox variety disseminated under the seal of approval of the United States government and your lot and mine would be much worse than they are now."

**The bill is being redrafted at the suggestion of NHF to anticipate and forestall just such an eventuality. We will clearly spell out in the bill and in the legislative history the need to have directors of the Institute free of any conflict of interest.**

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Representative Lesinski's bill starts like this:

"There is hereby established in the Public Health Service an institute for the conduct and support of research and training, relating to nutrition, with a special emphasis upon first determining the components of a healthy and nutritious diet, by means of study and observation of the healthy peoples throughout the world. Such research shall include a study of the relationship between soil fertility and the nutritiousness of foods grown thereon and comparative studies of animals and humans fed identical quantitative diets from food grown on soils of varying fertility."

For our part, our members should contact their congressmen as they return home for campaigning, and tell them that we want them to co-sponsor the Lesinski nutrition bill as soon as they are elected, or return to Congress in 1965.

#### FDA '62 Vitamin Regulations Final Order Still Several Months Off

Over two years ago, the Food and Drug Administration (FDA) proposed to update the dietary food regulation on vitamin and mineral food supplements and other special dietary foods. To do this, the proposal was made by FDA to limit the "shot-gun" formulas to 8 vitamins and 4 minerals, which would have brought the regulations up to the 1930's or thereabouts.

Strong protest was made by the NHF (over 70,000 postcards and letters), and, encouragingly, the big guns of the food and drug industry. FDA was busy elsewhere with setting up machinery to put the '62 Kefauver-Harris law into effect, so a long and careful study at the lower echelon was made of the protests. There were about 1,500 pages of scholarly comment. Over 90% were opposed.

It has taken a long time to consider

all the comments and review the various viewpoints.

It was discovered by your reporter that at press time there is still not agreement on several crucial points between the different officers and scientists of the FDA. Currently, letters and memorandum on the matter are being circulated between the staffs and offices of the General Counsel, the FDA's Division of Nutrition, the Assistant Commissioner for Regulations (Mr. M. R. Stephens), the Bureau of Regulatory Compliance and the Advisory Opinions Branch of the Bureau of Education and Voluntary Compliance. Some people describe the tortuous procedure simply as "red tape."

The usual FDA or other agency procedure of issuing new regulations is:

1. Proposal (By the FDA published in the Federal Register)
2. Comment (Made to the FDA by those affected)
3. Final Order (By the FDA)

Every day dozens of unchallenged regulations are quietly made into "law" by the FDA and other agencies by this procedure. FDA and other agency proposals are usually reasonable and nearly what everyone wants and expects they should be, and the comments, if made at all, are minor in nature, and are either ignored, or amended into the final order. The final order is published in the Federal Register, and unless successfully challenged in the courts, it becomes binding regulatory "law."

But part of the FDA's proposal to update the dietary foods law was unreasonable, unnecessary, and unfair. In fact, parts almost seemed vindictive. According to Washington, D.C.'s *Evening Star*, the proposed regulations "produced more mail—and more critical mail—than officials can remember ever receiving

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## Statement of the National Health Federation

Before the House Committee on Interstate and Foreign Commerce

By Clinton R. Miller

Director of the N.H.F. Washington Office

July 2, 1964

Mr. Chairman and Members of the Committee:

I am Clinton Miller, legislative advocate of the National Health Federation. I wish to make a brief oral statement, and submit a written statement for the record if I may.

Mr. Chairman, the National Health Federation, which is a national organization with thousands of members, was

organized to help its members exercise a responsible, reasonable and informed freedom of choice in matters of health. We believe that there is a proper and an improper role for the Federal Government to play in helping its citizens exercise this health freedom. We believe that the Federal Government should deter, if not prohibit, the sale in interstate commerce of products that are known  
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on any single subject." If protests and comments result in "substantive changes" in the regulations, the FDA may, and could well decide, to drop the original proposals, and instead of issuing a final order, issue another original proposal, and invite comment which starts the whole procedure at the beginning again.

The significant point to be made here is that there is by no means unity **WITHIN** the FDA on their reaction to NHF and industry response. Some FDA officers and scientists are fighting for a more reasonable and fair regulation. In the present case, Mr. M. R. Stephens will be the one to sign any proposal that's published in the Federal Register. His office is acting as the liaison between the various divisions and branches of the FDA.

A telephone call to Commissioner Larrick, who is just out of the hospital, after a six-week illness following minor surgery, indicated that action may be delayed more than the three or four months reported in the *Evening Star* article of June 21, 1964 which said:

"Mr. Larrick said an FDA order may

come in the next three or four months."

When I asked specifically whether or not it would come this fast, Mr. Larrick replied that two major lawsuits have just been started against the FDA by the Pharmaceutical Manufacturers Association and the American Cosmetic Industry. This has so tied up the FDA's top echelon, key lawyers and administrators that it may be held up a little longer.

The FDA is definitely not stalling. The regulations are not forgotten. They will not be dropped. The lower echelon work is just about completed, and the work of correlating each other's work is in process. The finishing touches must be done by those at the top. Mr. Larrick told me that he just hasn't been briefed on the matter yet. He has several weeks' back work because of his illness.

The regulations have taken a back row temporarily to make way for the current lawsuits, but they are most certainly in the "top ten" items of business to be completed by FDA. This writer will be very surprised if any final agency action is taken before 1965.



# Washington Report

By Clinton R. Miller

to be harmful to human health. By the same standard, they should encourage the sale of wholesome, healthful food products. By some incredible twist, the Federal Government now seems to have reversed its proper role, and is encouraging the sale of products that are known to cause cancer, and prohibiting the sale of those which have shown the greatest promise in preventing or controlling cancer. The Federal Government has subsidized the tobacco industry, and harassed, unreasonably, the health foods industry. This is improper. This is wrong. This is a form of tyranny that does not breed respect of its citizens for the law. How can any just and reasonable man condone the campaign of the Federal Government's health agencies against wheat germ, carrot juice, and safflower oil, while it encourages the sale of tobacco by subsidy?

I should like to request that the chairman include in the record of these hearings the actions taken against the tobacco industry by the Food and Drug Administration, and compare it side by side against the actions taken against the health foods industry. It will show a rank injustice and maladministration of the law.

## Jurisdictional Control

We wish to draw the attention of this committee to the lack of concern about jurisdictional control when it comes to harmless health foods. The Food and Drug Administration, the Post Office Department, the Federal Trade Commission, the Department of Agriculture, and the Department of Justice all have jurisdiction over health foods. No one seems to be worried here about overlapping of these agencies. Indeed, they are encouraged to gang up on the health foods industry to destroy it utterly from the American scene.

Our Federation office is constantly asked why the FDA, FTC, PO, and Jus-

tice departments are so incredibly harsh upon the special dietary foods industry, and so unbelievably lenient with the tobacco, alcohol, candy and soft drink industries.

This committee's attention is drawn to the report of the Food and Drug Administration's relentless campaign against what they choose to label "nutritional nonsense, or nutritional quackery." This report indicates that the Food and Drug Administration, at the same time they ignore any responsibility for tobacco health hazards, has used its tremendous police powers to seize, and in many cases destroy completely, harmless, clean, wholesome, and admittedly nutritious wholewheat cookies, wheat germ cookies, watercress, kelp, parsley, honey, vinegar, yeast, liver tablets, comfrey tea, carrot juice, beet juice, celery juice, concentrated ocean water, wheat germ, soya flour, gelatin, peanut flour, egg white, dried fish flour, wheat germ oil, soy oil, rice germ oil, safflower oil, Vitamin C, Vitamin A, halibut liver oil, sea salt, and even health books.

In not a single case is it claimed by FDA that there was a hazard to health by these nutritious and harmless food products. Yet the Food and Drug Administration and the Federal Trade Commission and Post Office Department and Justice Department have attacked an entire industry devoted to the manufacture of these wholesome products and have ruthlessly persecuted the health foods industry while completely ignoring the interstate traffic of cancer-causing tobacco products.

If the tobacco industry has successfully lobbied against control by the Food and Drug Administration in the past, it is high time this matter was corrected by legislation. Every governmental agency that has overlapping control over

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## GOP Changes View on Role of FDA & FTC

The Republican Party has officially declared a brand-new view of the Food and Drug Administration's role which is about 180° away from what it was just four years ago.

Compare the see-no-evil-in-the-FDA Republican plank of 1960 with the see-much-evil-in-the-FDA plank of 1964:

### FROM GOP 1960 PLATFORM

**"The Eisenhower-Nixon Administration's initiative has resulted in doubling the resources of the Food and Drug Administration and in giving it new legal weapons. . . . We will continue to give strong support to this consumer protection program."**

### FROM GOP 1964 PLATFORM

**"We Republicans . . . pledge . . . an end to power-grabbing regulatory actions . . . such as [those of] . . . the Food and Drug Administration and the Federal Trade Commission to dominate consumer decisions in the market place." (Emphasis mine)**

harmless health foods should have the same control over the sale, advertising, and labeling of tobacco. It is incredible that they don't. When they have this power, they can then begin to enforce our laws to protect us against harmful products, and stop their whipping boy harassment of a responsible and important industry such as is the food supplement industry.

SEPTEMBER, 1964

The GOP FDA-FTC plank came as a complete and unwelcome surprise to both agencies. Surprisingly enough, no organized drug-industry effort was made to get the plank.

Credit for nailing down the '64 FDA-FTC plank in the GOP platform is claimed by Robert B. Heiney, director of the National Canners Association. NCA wrote its members, "Major points were presented by the canning industry before the Republican Platform Committee." The major target of the NCA was Senator Hart's "Truth-in-Packaging" bill. The language of the plank, however, seems tailored-to-measure for the National Health Federation. It is certainly broad enough in principle to encompass FDA's relentless efforts to "dominate consumer decisions" by censoring our choice of doctors and diets through their antivitamin, anti-mineral, anti-food-supplement, anti-Krebiozen, anti-chiropractor, or anti-drugless and religious therapist programs.

The wording of the '64 plank should also logically extend to cover the U.S. Public Health Services (USPHS) "domination of consumer decisions" by their promotion of fluoridation of all public water supplies.

The GOP '64 health platform has excellent language. However, it is up to us to educate, then pin down each GOP candidate for political office to a specific commitment or pledge to end the aforementioned FDA and USPHS "domination of consumer decisions."

## FDA Loses Dextra Sugar Case Appeal

The Washington law firm of Arnold,

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Fortas & Porter convinced the 5th Circuit Court of Appeals in New Orleans that "Almost any diet can be nutritionally improved by the use of Dextra Fortified Cane Sugar in place of sweetening agents containing only 'empty' calories—calories unaccompanied by nutrients."

The United States District Court of Florida had ruled in favor of Dextra Sugar early last year (see **NHF Bulletin**, April 1963, pp. 15-24, for the full District Court decision). The FDA appealed the adverse ruling and abandoned all issues except the truthfulness of the above statement.

Scolding the FDA, the Court of Appeals said: "The government [FDA] based its entire case here on the proposition that proof . . . showed that the average American diet is adequate without the need to be 'nutritionally improved'. . . . In the light of the fact that any purchaser of food products could elect to maintain his present 'average' diet with sufficient nutrients in it, or, if he wished, change to a different diet and substitute Dextra fortified cane sugar for some other item, we conclude that the trial court was not in error in finding as a fact that the challenged statement was not false and misleading."

The case was brilliantly prepared and argued by Stuart J. Land, Esq., a partner of the Arnold firm.

#### **The FDA will not appeal the 5th Circuit's decision to the Supreme Court.**

Arnold, Fortas & Porter is currently defending Rodale Press against the Federal Trade Commission charge of false advertising in the sale of their health books. The same firm was retained by Carlton Fredericks in his encounter with the Federal Communications Commission (FCC).

Three cheers for Dextra for having the spunk and spending the "sugar" to fight the case. Shame on the FDA for

wasting the taxpayers' money by appealing the case and harassing a small struggling company with needless and expensive litigation.

Honest enforcement would demand an FDA prosecution of the sugar companies who remove vitamins and minerals from sugar, not those companies that have researched and pioneered a process to add vitamins and minerals back to sugar. (Dextra has also patented a process to make sugar without removing the nutrients in the first place.)

#### **Doctor-owned Pharmacies Face Anti-trust Hearings**

Senator Philip A. Hart (D-Mich.) has scheduled six days of hearings by the Senate Antitrust and Monopoly Subcommittee.

"On the face of it," Senator Hart said, "it would seem not unlikely that restraints of trade might develop when a doctor stands to benefit financially by prescribing one drug over another, or by giving business to one pharmacy over another."

"Therefore, restraints of trade and unfair trade practices arising from this apparent conflict of interest will be our principal area of inquiry."

These will be the first hearings on drug matters that will have been held by the Senate Antitrust and Monopoly Subcommittee since the death of Senator Kefauver last August.

#### **Orchids to the FTC for Ordering Warnings on Cigarette Packs**

The Federal Trade Commission (FTC) has issued a rule requiring that by 1965 all cigarette labels and advertising inform the public "that cigarette smoking is dangerous to health and may cause death from cancer and other diseases."

Cigarette package labels must have

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this warning by January 1, 1965, and advertising must include the warning by July 1, 1965, the FTC said.

The Food and Drug Administration (FDA), on the other hand, says it has no authority to act without additional legislation. Tobacco would have to be defined as a drug for the purposes of the act, which would be a simple enough legislative act. FDA has jurisdiction over foods, drugs, cosmetics and devices, and that's all. Tobacco presently comes under none of these headings.

FTC insists they don't need any additional legislation. Charles A. Sweeny, Chief of the FTC's division of Food and Drug Advertising, told NHF that on January 1, 1965, if he finds there are any packages of cigarettes sold without the warning, that he will recommend to the commissioners (FTC) that complaints be issued against all vendors.

FTC seems quite ready and very willing to take this one up to the Supreme Court.

#### **Esther Peterson's Salt Lake Conference "Disappointing"**

Esther Peterson's second regional conference in her home state of Utah is reported to have left much to be desired when compared to the sizzling St. Louis opener. (See June **NHF Bulletin**.) Criticism of drugs was studiously avoided in Salt Lake City but encouraged at St. Louis. There seemed to be a reluctance to allow an attack on anything worse than the air at the top of a corn flakes box at the Utah meeting, leaving the serious and significant consumer issues way in the background.

#### **Senator Neuberger Weds M.D.**

Senator Maurine B. Neuberger (D-Oreg.) married Dr. Philip Solomon of Boston, Massachusetts, July 11, 1964. Dr. Solomon is Professor of Psychiatry at Harvard Medical School and is Chief

Psychiatrist at the Boston City Hospital. The Oregon senator gave the American Medical Association a blistering rebuke last January from the Senate floor for accepting \$10 million from the tobacco industry for further research following the Surgeon General's Report on Smoking and Health.

#### **FDA vs. American Heart Association**

This battle ought to be a blast.

The FDA—with a straight face—has warned oil manufacturers that if they continue to put unsaturated oil in bottles they will be prosecuted as criminals if they put it on the label. The truth, says FDA, is misleading.

**The FDA has even hired a psychologist to explain to oil manufacturers why it's naughty to be honest.** He says that consumers know so much about unsaturated oils that just to put the word on a label misleads him to believe that he has been promised a cure or preventive of heart disease. And, to make the plot more interesting, the co-conspirator with the misleading oil mislabelers is the heartless American Heart Association.

You see, the American Heart Association has strongly recommended a reduction of total intake of fats as a possible way to cut down the risks of heart attacks and strokes, and recommended "reasonable substitution" of vegetable oils and other polyunsaturated fats for animal fats.

Undaunted, the FDA has issued its ukase banning the truthful use of the words "polyunsaturate," "unsaturated," or "low in cholesterol" on labels of vegetable oil products. Under the proposed ban, the FDA would have to seize as mislabeled any oil product that dared quote the American Heart Association on its label or accompanying literature.

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Now wouldn't that make a nice court case for the newspapers to play with?

The American Heart Association seems as sure of the relationship of high intake of saturated fats to heart attacks and strokes as the American Cancer Society is of the relationship between cigarettes and cancer.

Kinda makes you want to stick around and see who boils whom in which oil.

#### Drug Sales up 7%

A Pharmaceutical Manufacturers Association survey of member firms shows global pharmaceutical sales by U.S. companies at \$3.5 billion in 1963, or up 7% from 1962.

#### FDA Commissioner Larrick Is Well Again

FDA Commissioner George Larrick is well again following a serious staphylococcus infection of his back. Mr. Larrick became very ill as he was recovering from a minor hernia repair operation.

#### "Our Poisoned Earth and Sky"

Rodale Books, Inc., of Emmaus, Pennsylvania, has recently published a 735-page book which is so comprehensive and useful that I should like to recommend it to all serious laymen and concerned scientists. Price is \$6.95. The fourth section on "The Air We Breathe" is the best abridgement of the subject matter I've found. For those who want to do their "homework," **Our Poisoned Earth and Sky** covers, not just the insecticide problem, but the whole environmental pollution problem with excellent constructive suggestions for solving them.

Before man can successfully plan to work and remove a danger, he must be able to recognize and clearly define it. This is not "negative thinking." A seeker of facts is not a negative person. The first positive step toward correction is a careful study of the scope of the prob-

lem. Then positive, well organized steps can be taken to solve it.

Rodale Books have compiled some unpleasant facts that will be most helpful to pleasant people. It has been my observation that really intelligent citizens, really happy people, do not shy away from an orderly and scholarly presentation of problems that need to be solved. It is these responsible crusaders who will be most grateful to add **Our Poisoned Earth and Sky** to their working library.

#### How to Express Yourself

What is the best way to express a personal opinion on a public issue or complain against a consumer malpractice?

You may write a letter to Mrs. Esther Peterson, special assistant to the President, The White House, Washington, D.C., or you can write a letter to a public official, either state or national. You can write to your local newspaper or your favorite magazine. It is more impressive to enclose a clipping, a label or other proof to strengthen your complaint.

If your message is short and you wish to attract immediate attention, send a telegram. Western Union has made a special rate for this purpose. A message of not more than 15 words can be sent to a governor, lieutenant governor, or member of the state legislature, addressed to your state capitol, for only 85 cents. You may also send a personal opinion message to a congressman, the president, or vice-president of the U.S., this also for 85 cents.

#### More on Denver

As this issue of the **Bulletin** goes to press, the health food industry is meeting in Denver. We will report on it in the **October** issue.

## National Health Federation Washington Legal and Regulatory Report

By Charles Orlando Pratt  
Washington General Counsel

Suite 712, Barr Building, 910 - 17th Street N.W., Washington, D.C.

#### FDA Laws Should Be Amended to Restrict Payment to Doctors of Medicine for Using Experimental Drugs on Patients Without Their Consent or Knowledge That the Drugs Are Experimental

Before the 1962 Amendment to the Food and Drug Act was based, the NHF endeavored to get an amendment which would require a doctor of medicine to disclose to his patient that he was giving that patient an experimental drug, the safety and efficacy of which had not been approved by FDA and that he should, after so notifying the patient, not administer the unproved product to the patient without his or her consent. The pressure from the drug interests, the medical profession and the FDA prevented this amendment and when the law passed, the doctors had the right to use patients as guinea pigs by administering to them experimental drugs without their knowledge or consent.

In the May issue of FDA Report on Enforcement and Compliance, the Commissioner of Food and Drugs warned that FDA will recommend to the Department of Justice vigorous action against anyone who falsifies research for presentation to the agency.

This warning revealed that a doctor of medicine "pleaded 'no contest' May 4, 1964 to five counts of an indictment charging him with willfully causing the submission to the Government of false, fraudulent and fictitious reports of clinical studies to support New Drug Applications for five new drugs."

The drugs involved as charged in the indictment were manufactured by five drug corporations, some of which are among the largest in America.

Your National Health Federation is still strongly opposed to the practice of large drug corporations of paying (or bribing) a doctor of medicine as much as \$100.00 to \$150.00 for his experimental use of an unproved drug on a patient without his knowledge or consent. The record before Congressional Hearings has revealed that doctors of medicine have been paid as high as \$12,000 for using the experimental drugs on patients without their knowledge or consent on the ground that such unproved drugs were used for so-called experimental purposes.

In the same FDA Report for May, 1964, FDA reported that the "Court rules 'Folk Medicine' books misbranded vinegar and honey products."

#### Two Firms Fined Total \$80,000 for Falsifying Findings on Mer-29

The headlines described above appeared in the **Washington Post** on June 5, 1964. The article stated that the Judge of the U.S. District Court for the District of Columbia, after receiving pleas of "no contest" to charges of falsifying laboratory reports on the drug, fined the manufacturer \$10,000 on each of the six counts and a subsidiary corporation \$10,000 on each of the two counts. The Judge placed on probation for six months three of the firms' research scientists who pleaded no contest to the falsification charges.

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The newspaper story stated further that "The indictment stated that the firms had failed to tell the FDA about the adverse effects suffered by monkeys and rats that were given Mer-29."

These effects included loss of hair, infertility, impotency, cataracts and blood disorders.

Judge McGuire said that he did not think the defendants intended to deceive the Government. He said:

"I have taken the view that the responsibility in the background of this case is a failure . . . of proper executive, managerial and supervisory control; and the responsibility for what happens falls upon the company and its executive management."

The NHF, I am sure, is pleased to know that FDA took the appropriate action against this large drug corporation and its subsidiary and its officials in order to protect the public. It is true that FDA does not set the punishment for the crime, because that is a responsibility of the Court. However, it is significant to note that some people who have been charged with the violation of FDA laws in connection with the use of harmless food supplements which are not dangerous, deleterious, adulterated or toxic are ordered by the Court to serve prison sentence for a period up to 9 years in the Federal penitentiaries and yet those held responsible for selling perhaps millions of dollars worth of Mer-29 were not required to spend even one hour in the penitentiary, notwithstanding the fact that the product was causing serious harm to the innocent patients on whom it was used without their knowledge of its danger.

FDA says in the brochure "Science Working Through Law to Protect Consumers" that the "law requires that drug establishments be inspected once every 2 years. The average for food in-

spection is about once every 4½ years." Your Washington Counsel has just received this brochure published by the U.S. Department of Health, Education, and Welfare. This brochure points out that FDA received an appropriation from Congress for the year beginning July 1, 1963 of \$35,805,000. FDA pointed out that because it needs more money it cannot sample all the products or inspect all the places in which the products are located, and that they can cover only a fraction of the foods and drugs bought by the American public and that enforcement was, therefore, being selective.

On a number of occasions recently, it has been reported that notwithstanding the great burden upon the FDA to protect the public against dangerous drugs, devices and adulterated foods, FDA inspectors have had time to visit a small dietary food supplement plant three or four times in one year.

With the great responsibility of the FDA to administer all the food and drug laws, amendments and related laws under its jurisdiction, it would seem advisable to notify those dealing with food supplements or just plain natural foods that their labels or labeling of their products should be modified or changed, rather than to file criminal actions against the manufacturers or distributors of such harmless products.

On many occasions those who sell food products which are not even alleged to be adulterated, deleterious, dangerous or toxic find themselves faced with a "Notice of Hearing" to show cause why they should not be criminally prosecuted on the ground that their products are misbranded by some statement on the label of the products or in a book, or pamphlet, discussing the merits of vitamins and minerals some of which are

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ingredients in the natural products. Your Washington General Counsel believes the handlers of such food products would welcome an administrative hearing by FDA at which they could be advised by appropriate officials of FDA as to any label or labeling, or statement, oral or written, which is not in compliance with the letter or spirit of the food and drug laws. Certainly to sell a product such as a dietary food supplement or natural foods, which are not dangerous in any respect to health, should not justify the threat of a criminal action by the Government with all the attendant embarrassment, public ridicule and expense of defense.

The procedure followed by FDA to file a seizure action against the product in the Federal Court was most reasonable and fair to any person who claimed the product because such person could go to Court without a threat of criminal action against him to defend the product and ask the Court to return it to him.

Recently FDA issued a Notice of Criminal Hearing to someone who shipped in interstate commerce an enzyme food product which, for 14 years, was sold as a food product without objection by FDA. The person cited to appear at the Hearing was charged with shipping in interstate commerce a "prescription drug" instead of a food product. **FDA changed its policy on this matter considering an enzyme product a drug instead of a food; and to the knowledge of the shipper or your Washington Counsel, FDA had never issued a uniform regulation or press release to all of the industry to the effect that it may consider enzyme food products to be drug products.** The very thought of a criminal action was enough to frighten the shipper of this product into not only discontinuing the product, but to closing up his business entirely.

It would seem fair and reasonable for FDA to issue appropriate announcements of its changing policy before it seizes food products which, for some reason, FDA considers should be sold under the drug regulation instead of the food regulation. I have attended two Hearings recently in connection with Notices of Hearings involving enzyme products; and in both Hearings I requested a copy of any authoritative notice to the industry that it is a violation of the FDA Act to sell or ship in interstate commerce enzyme food products as foods. To date, I have not received any such notice.

It is my experience that those engaged in the sale and distribution of natural foods and food supplements do sincerely wish to comply with not only the letter, but the spirit of food and drug laws which were based to protect the health and welfare of the American people. The food and drug laws are extremely technical and many of those who sell natural foods, food supplements or so-called "health foods" would be in a position better to comply with the applicable laws if they were given more education, guidance and less threat of criminal action.

#### **Do Not Make Written or Oral Therapeutic Claims for Food Products**

Frequently, thousands of dollars of good, nutritious foods such as food supplements, natural foods or so-called health foods are seized and destroyed by the Courts at the request of FDA on the ground that such products are misbranded because the products have been "labeled" by alleged written or oral statements which constituted expressed or implied therapeutic claims for the products. Such therapeutic claims under the food and drug laws make the

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product "drug" and therefore should be sold pursuant to all of the laws and regulations applicable to drugs. The fact that the product may be "good for" any specific disease is beside the point. It is still considered as a drug product under the law.

In view of the foregoing, members of the NHF who are in the business of selling any food product whether it be honey and vinegar or unsprayed fruit or fruit juices should not make therapeutic claims for such products. Just sell such products as good, wholesome and nutritious foods.

The NHF believes that Congress is concerned with the health of the American people and wants to pass laws to protect the health and welfare of all its citizens. NHF will cooperate with Congress and with the U.S. Department of Health, Education, and Welfare, by calling to their attention the need for new laws to protect the constitutional rights of the people and to restrict any unauthorized and unreasonable administration of the law.

### News Flash

As this issue goes to press, we are advised by the Monrovia office of N.H.F. that we are \$4,200 short of the \$10,000 goal set for our Liberty Stamps drive. Forty-five per cent of N.H.F. members have responded with a donation, but fifty-five per cent have not. If you are one of those who have not responded, please, for your own sake and that of your children and future generations, send in a contribution in accordance with your ability to do so. **WE MUST REACH THIS GOAL IF N.H.F. IS TO KEEP UP WITH ITS PROGRAM.** Thanks in advance for your kindness in this matter.

## News Flashes

By Linda Clark

✓ In a report to the American Heart Association, investigators announced that drinking five or more cups of coffee a day produces an increased risk of heart trouble.—**Clinical Physiology**, Vol. 5, No. 4, 1964

✓ The Royal Victoria Hospital, Montreal, has learned that a woman who adds supplements to her diet (vitamins and minerals) produces a larger, healthier baby in proportion to the time her diet is supplemented.—**Herald of Health**, May 1964

✓ Nature is being pushed farther and farther into the background. Shelf life (in the store) is increased. A new technique has been added. "Carrots and other foods are being exploded from a special gun to make them light for shipping, as tasty as fresh food, and much faster to cook. . . . Scientists are also using this new process on apple slices, blueberries, pieces of beets, turnips, potatoes and sweet potatoes.

"Explosion-puffed foods are cheaper to ship and store, save time for the housewife, and take a shorter time for cooking. . . ."

—**Science News Letter**, April 11, 1964

✓ There's money in food!

The Borden Company has acquired a substantial interest in Gallina Blanca, a leading food company of Spain. The concern manufactures ready-mixed dehydrated soups, salts for carbonating water, flavored soda salts for making carbonated beverages and chewing gum.—**Wall Street Journal**, April 15, 1964

✓ Isidore Alterman, president of a chain of 55 Big Apple supermarkets, reports that he expected sales to rise above \$100

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## Wheatgrass --- God's Manna

By Ann Wigmore, D.D.

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Much has been written during the past two years regarding wheatgrass mannas and the simple diet. Stories about its wonders have been translated into the Japanese, Spanish and French languages, and practically every health journal throughout the world has had favorable comments to make about it. But today, let us look at a short summary of what it is and what it seems to mean for suffering humanity everywhere.

A good start is to say that eminent scientists admit that if the human body is kept in a comfortable environment and receives everything the Almighty intended it to have in the way of nourishment, fresh air and sunshine, it can go on living indefinitely, immune to any disease. At the rate the gristle of the human skeleton calcifies, the average life span of an individual should be close to 1,000 years. Therefore, the logical conclusion is that if you are sick it merely means that your body has not received the nourishment the Almighty intended it to have.

But unfortunately, there is no machine to tell us what nutrient or nutrients may be missing from our ailing bodies, and no group of specialists, no matter how learned, can do anything but guess at what the sick body lacks. And, as this country now bears the disgraceful badge of the "sickest civilized nation on earth," those guesses in the past must have been rather faulty.

With the foregoing as a sort of introduction, let us see where the wheatgrass therapy comes into the picture.

Dieticians say that the human body

consists of probably 20 major minerals and some half a dozen trace elements. With that conclusion I cannot agree. My simple "kitchen experiments" have proved such limits unsound. The Bible tells us that the Almighty fashioned the human form from "dust" and as that dust consists in all probability of a little of each of the 103 known minerals which make up the earth, the lack of any one of those nutrients might well be the cause of sickness. My spiritual faith rebels against the idea that the Almighty selected a score or so minerals from the "dust" when He constructed the human form. Of course, careful analyses may only show some 20 major minerals in the composition of the body but the trouble is with the analyses and not with a wrong interpretation of the meaning of the Biblical "dust." Perhaps there are minerals used in the human body where a single grain is sufficient for the entire mechanism and if that single grain is missing, ill health may result. This is not as farfetched as it may seem at first glance. The hairspring of a watch weighs less than one-tenth of one per cent of the weight of the entire mechanism, and yet if it is missing or is broken, the watch is useless. To use a health term—the watch is "sick."

And now to the grass itself.

Grass is the only vegetation that will healthfully support an animal from birth to a prime old age. And a human being is only a higher type of animal. And soil experts are agreed that grass that is sprouted from wheat and allowed to develop its allotted green juice is the "king" of all the 4,700 species of grass,

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from the 100-foot bamboo of the tropics to the inch-high, hair-like growth of the arctic tundra. What is even more interesting is that soil experts are also agreed that the grass sprouted from ordinary wheat, in soil, contains the greatest variety of minerals, vitamins and trace elements of any vegetation and, if taken alive when it is positive, it probably gives to the body a little—not necessarily enough, but a little—of every one of those 103 chemical elements which make up this earth.

Our hundreds of “kitchen experiments” with “incurables”—the human wrecks who have been abandoned by medical science as beyond the reach of either medicine or surgery—have, without a single exception, brought forth miracles of bettered health. These experiments with “incurables” were conducted under the eyes of their regular medical physicians.

At this point it might be well for me to state that I have no products to sell—not even wheat. I merely want to share this priceless knowledge with all who may need it. Wheatgrass may be grown by anyone, all through the year, in any part of the world. It requires no direct sunlight and grows better in boxes indoors than outside in the sunshine. But wheatgrass juice is a most fragile liquid and lives less than three hours after extraction from the blades of the grass.

Thousands of persons are using wheatgrass juice regularly, homegrown, and these unfortunates have been suffering from about every type of disease modern science has labeled. In not a single instance have I ever heard of anyone who followed the simple directions who was not bettered materially in health.

I will be glad to send data to any interested person on receipt of a self-addressed, stamped envelope—a large one preferred.

And God bless you all.

## News Flashes

(Continued from page 22)

million in 1965 and profits to be considerably higher than in the current year.

J. S. Rhinehart, president of Shop-Rite Foods, Inc., expects sales to increase from over \$97 million in 1963 to \$106 million in 1964. Shop-Rite operates 75 Piggly Wiggly supermarkets.

—Wall Street Journal, April 13, 1964

✓ Modern drugs and certain food additives and other contaminants may produce reactions which mimic various diseases, according to Dr. Thomas H. Sternberg and Dr. Stanley M. Bierman, UCLA Medical School.—Archives of Dermatology

✓ How are drug firms faring financially? Chas. Pfizer & Co. reported a record first quarter (three months) earnings of over \$11 million in 1964 as compared to over \$10 million in the last quarter of 1963. John McKeen, president, announced that he views the rest of 1964 with “buoyant optimism.”

—Wall Street Journal, April 28, 1964

✓ Three science writers, Earl Ubell, Stuart Loory and Joseph Hixson, report these interesting facts about the tie-up between the AMA and the drug industry. “The AMA maintains the world’s biggest clearing house for medical information. Its journals, conventions and councils pour out thousands of works on the practice of medicine.

“In return, the AMA receives much of its income from these activities. Almost half of its multi-million-dollar budget comes from [drug] advertising in its journals, although the AMA has denied repeatedly that money has anything to do with its siding with the pharmaceutical industry in the latter’s war against federal control.

(Continued inside back cover)

# The New Cataract Picture: Cure Without Operation

Irving A. Kurinsky, Director  
Council for Research & Autogenic Training  
to Improve Defective Sight, Inc.

We report a significant advance—perhaps unprecedented—in the mastering of cataract, without operation, by a member of the N.H.F. After a dozen years of concentration on the investigation, control and reduction of this condition without surgery, these results are ready to be reported.

In over 90% of the cataract patients worked with, the following effects were attained:

1. The cataracts stopped developing, completely (in both eyes), within five appointments.
2. The cataracts already present reduced regularly and the vision improved.
3. The need for operation was eliminated.

Today, practically all the medical experts, from the American Medical Association to the distinguished eye specialist, to the general practitioner, will tell you there is only one satisfactory approach to the problem of cataract: diagnose, let it develop, operate. In most cases the second eye is affected as well. The usual procedure is to operate to remove the crystalline lens from the more affected eye, then later, at what is considered the proper time, the second eye is operated on in its turn. Then usually a series of heavy cataract lenses are fitted to replace the missing lens. These glasses have to be worn for the rest of the patient’s life. Without them he is blind.

Doctors will tell you that after the operation the sight is never as good as with the normal eye. In time, after the

operation (if it is “successful”), the vision straight ahead through the glasses is comparatively satisfactory, but the side vision is said to be lost. For this reason two recent cataract patients traveled 1,200 miles to Los Angeles to get help for the second eye because “I didn’t want to go through it again.”

The most frequent cause of blindness in older people, senile cataract, is obviously a serious problem here and in the rest of the world. The search for its solution has been pursued since the earliest times but no satisfactory answer was found. Consider the more than 200,000 cataract operations performed annually in the United States. No patient prefers to have an operation. This article points out how most patients with cataract (including diabetic cataract) can end the cataract developing process within themselves, improve their sight, and escape operation.

The writer is an Eye Trainer who is interested in the more serious vision problems. Cataract was (and of course, still is) said to be unable to be helped. Knowing a little about the ability of the body to respond, this attitude seemed unduly hopeless. People recover from all kinds of grave conditions. Why should cataract be the exception?

Only cataract was dealt with. It impressed this investigator that all cataract patients he interviewed:

1. Had similar personality traits in that there was always a basic sensitivity;
2. Had undergone some type of long-continued stress;

(Continued on next page)



3. In more instances than not, there might have been a nutritional deficiency and some area of abnormal health elsewhere in the body.

Only a very unobservant observer would fail to sense a possible connection. There seemed the possibility of a cause-and-effect relationship.

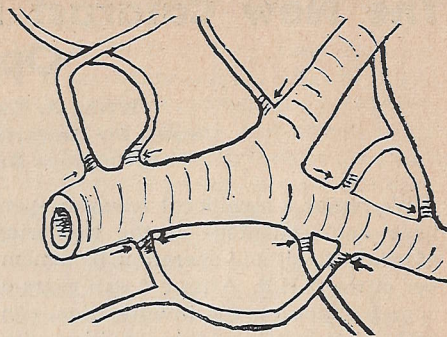
Was this similarity an important clue? No authority on cataract indicated stress as the cause. But significantly, neither was there any success in its treatment—only surgery. Patient years of investigation followed.

Slowly but surely logic seemed to indicate that tension was the important villain here. The proof of the pudding would be to see what results would be forthcoming when a state of greater relaxation (the opposite of tension) was brought about. Revolutionary devices were originated to help the patient attain the desired relaxation. The results reported at the beginning of this paper seem to attest to the correctness of this approach.

It seems now that cataract is a psychosomatic "disease." It is caused by the body. It can be cured by the body.

We have two nerve-muscle systems: the voluntary (which we can direct) and the involuntary (which is **not** under our control). Voluntary muscles are called "striated"; involuntary muscles are called "smooth." Please keep in mind that both the striated and the smooth muscles can act in only one way: both can only contract and relax.

The food we eat makes our blood. This circulating blood feeds all our organs and tissues **INCLUDING THE CRYSTALLINE LENS OF THE EYE**. This lens is the part affected in cataract. In the operation it is cut out and discarded.



A greatly enlarged drawing of the arteriole, and the smaller capillaries with their sphincter muscles (see arrow).

The blood is carried to every part of the body through the blood vessels. These vary in size from the very large arteries to the smallest capillaries. The drawing illustrates an arteriole (much enlarged) and the smaller capillaries formed from the arteriole.

Most of us are not aware of this significant fact: the walls of the blood vessels are interwoven with muscle much as a design is woven into cloth. These are "smooth" muscles and are not under our control. They tighten up automatically in the presence of tension.

The large blood vessel in the picture that looks like a "Y" lying on its side is an arteriole. The small blood vessels formed from it are the capillaries. They are the small vessels which nourish the lens. Directly where the capillaries are formed from the arteriole is a round muscle called a "sphincter." (The six small arrows in the drawing point to sphincters.) When we are exposed to stress, these sphincters contract and tighten up around the entrance to the capillaries whose function it is to nourish the lens. The flow of blood is reduced or stopped entirely; the lens gets

(Continued on next page)

insufficient nourishment; the tissues "starve" and deterioration sets in. This is called "cataract."

Wind a rubber band tightly around your finger. Let it remain for a few minutes. (But please don't let it remain for as long as you've had cataract!) Do you notice that the part of the finger past the rubber band becomes abnormally white? This is because the normal blood flow has been interfered with. The other fingers are as pink as before. The tight rubber band illustrates the blood-retarding action of the sphincter muscle under stress.

Now remove the rubber band. The blood flow is released and the finger regains its normal color.

**Scientific American** magazine, in its January 1959 issue, published a research article titled "The Microcirculation of the Blood." The following paragraph, quoted from this article, seems to give scientific corroboration to our own analysis of the cataract problem, derived not from the laboratory but from practical experience and inference.

"In a large blood vessel the tube of endothelium is sheathed in fibrous tissue interwoven with muscle. The fibrous tissue imparts to the vessel a certain amount of elasticity. The muscle is of the "smooth" type characterized by its ability to contract slowly and sustain its contraction. The muscle cells are long and tapering at both ends; they coil around the vessel. In the tiny arterioles, in fact, a single muscle cell may wrap around the vessel two or three times. When the muscle contracts, the bore of the vessel narrows; when the muscle relaxes, the bore widens."

So we have derived this principle: "Tension is the main cause of cataract; relaxation is cataract's cure."

Readers may find it strange when we

state that when working with a cataract patient he is never directed to do anything "with the eyes." Understand that cataract is not a **cause** of an eye condition but an end **result** of tension within a sensitive person, and anything we may do directly with the eyes will be useless. It might possibly bring on even more strain and make the matter worse. Specific relaxation techniques have been developed for the **whole person**. Then the cataract condition improves by indirection. The body "lets go"; the circulation is released; the cataract reduces; operation becomes unnecessary.

## Thank Your Denver N.H.F. Members

We have just returned from Denver, where we attended a one-day meeting of N.H.F. members living in Denver and vicinity. The speakers were extra good, the attendance and enthusiasm all that could be expected, in spite of the fact it was put on as a last-minute project. The result was as follows:

1. A new determination on the part of those attending from the Denver area to more than double the membership and to cooperate 100% with N.H.F. if we will hold a similar meeting in Denver next year.

2. N.H.F. secured three new life members at \$100 and ten new regular members.

3. One doctor pledged to send in ten new members immediately from among his patients and thus set up a chapter of N.H.F. (The N.H.F. organization plan, as you will see from reading pages 3 to 9 of this issue, is to have hundreds of **small** chapters, rather than a few large ones.)

All in all, it was a wonderful meeting and we came away with new inspiration and determination to keep pressing forward for health freedom. **Thank you, Denver.**



## 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 Fluoridation .....	.08	.03
3. Washington Office Report on Congress on Quackery .....	.10	.04
4. The National Health Federation—What It Is .....	.10	.04
5. A.M.A. Discovers Truth About Salk Vaccine— Reprinted from the Journal of 1-21-56 .....	.08	.03
6. Use of Humans as Drug Guinea Pigs Charged .....	.08	.03
7. Polio Exemption Letter .....	.08	.05
8. Three Opinions of the "Death Food Propaganda" .....	.10	.08
9. The Effects of Fluoride on the Human Body .....	.08	.04
10. Medical Reasons Why You Should Not Drink Fluoridated Water .....	.10	.07
11. What's in the Hoxsey Treatment? .....	.08	.05
12. Statement by Karl B. Lutz .....	.15	.10
13. New Storm Over Polio Vaccine? .....	.08	.03
14. A.M.A. Links 48 Drugs to Blood Damage .....	.08	.03
15. Fluoride vs. Freedom .....	.15	.13
16. Medical Monopoly Charged—Health Group Answers A.M.A. ....	.08	.03
17. Trials and Tribulations of a New Remedy (Cancer) .....	.10	.02
18. Food You Eat .....	1.00	.80
19. Chapter 19—Harvey Wiley's Autobiography .....	.25	.10
20. F.D.A. Campaign of Deception .....	.50	.40
21. Senator Ashbrook Report on School Tests .....	.25	.10
22. Who Is Tampering With the Soul of America? .....	.25	.10
23. Who Murdered This Girl? (Cancer) .....	.10	.03
24. Intensive Immunization Hearings .....	1.00	.80
25. The Biological and Political Consequences of Malnutrition .....	.10	.02
26. Carcinogens in the Human Environment .....	1.10	.90
27. The Phillips Case .....	.10	.02
28. Health for All Life .....	.10	.02
29. Citizens Cancer Rights—Morales .....	.15	.05
30. Twelve Questions—Cancer .....	.15	.05
31. The Pittsburgh Trial—Cancer .....	.80	.50
32. Book Banning in a Free Land—H. Curtis Wood .....	.25	.10
33. Resolution Concerning Trial by "Press Release" .....	.25	.10
34. Legal and Legislative Aspects on Health Monopoly—N.H.F. ....	.25	.10
35. Scientific vs. "Smear" Tactics in Modern Medicine by Dr. G. W. Crane, Ph.D., M.D. ....	.25	.10
36. Regulation vs. Regimentation—Milton Bass .....	.25	.10
37. Twentieth Century Erosion of Our Therapeutic Freedoms by James Stephenson, M.D., D-HT .....	.25	.10
38. L. B. Mason's—The Autocrat of the Breakfast Table .....	.25	.10
39. Monopoly as an Approach to Quackery—David Dobreer, D.O. ....	.25	.10
40. A Reply to an Unjustified Attack—Joseph Broadman, M.D. ....	.25	.10
41. Are We Starving to Death? .....	.15	.13
42. Your Health—What It Is Worth to the Racketeer .....	.25	.18
43. North Dakota Agricultural College Bulletin No. 72: Bleaching of Flour ..	.25	.18
44. Chemicals in Food .....	.25	.18
45. How Our Government Subsidizes Malnutrition and Disease .....	.25	.18
46. The History of a Crime Against the Food Law .....	.25	.18
47. Congressional Record—86th Congress, 1st Session: Health of the American People .....	.08	.05
48. Peril on Your Food Shelf .....	.08	.05
49. Three Blood Transfusions Out of Four Are More Likely to Harm Than to Heal .....	.15	.13
50. New Cancer Menace in Foods .....	.15	.13
51. The Despotism Misuse of Our Federal Pure Food Law .....	.15	.13
52. Pure Food and Pure Fraud .....	.08	.05
53. Hidden Dangers in White Bread .....	.10	.08
54. The Great American Tragedy—Our Health Is Being Destroyed by Four Food Traps .....	.10	.08
55. N.H.F. Return Envelopes .....	.10	.02
56. Take Off That Blindfold .....	.10	.04
57. Are We Living in a Fool's Paradise? .....	.10	.04
58. Certified vs. Pasteurized Milk .....	.10	.02
59. Cancer—A Nutritional Deficiency .....	.15	.08
60. The Nutritive Adequacy of Our Food Supply .....	.15	.08

## Macrocystis Pyrifera (Sea Water) as a Source of Trace Elements in Human Nutrition

Read at the Second International Seaweed Symposium of the  
Norwegian Technical Institute at Trondheim, Norway, on July 14th, 1955

George L. Seifert, M.D.

H. Curtis Wood, Jr., M.D.

Philadelphia, Pennsylvania

### Introduction

In the United States of America there is a slow but definite increase of interest, on the part of the medical profession, in the general subject of trace elements in human nutrition. Whereas formerly this whole field was largely under the influence of the cultist and food faddist, it is now being actively promoted by many of the best pharmaceutical houses in America. They are constantly informing the physician of recent advances in nutrition which emphasize the importance of an adequate supply of vitamins and minerals all through life, from infancy, through adolescence, middle age, and especially in old age. There are indications that some day the average American may be as well fed as his pet dog or his black Angus cattle!

With the development of the antibiotics, vaccines and other compounds, nearly all the infectious diseases have been brought under control and are seldom the problems they used to be. This means that the degenerative diseases are becoming more and more important with nutrition frequently playing a major role. Vitamins are now generally accepted and minerals are slowly assuming the position they deserve. It is probably true that minerals may actually be more important than vitamins for good health and resistance to disease, some author-

ities having stated that many vitamins are functionless in the absence of minerals.

### Organic vs. Inorganic

Because of the great strides that have been made in chemistry, it is possible to synthesize many of the vitamin and mineral compounds that are used in medicine. Once again we find two main schools of thought: those who believe that the natural, organic trace element is much better utilized by the human body than is the synthetic one, and those who honestly feel that it makes very little difference. After more than 20 years' experience in this field, the authors are convinced that, at least in the case of certain trace elements, the organic form is better assimilated than is the synthesized product. A very simple example is that of iron. Various inorganic compounds of iron have been produced in many laboratories for the treatment and prevention of anemia. Yet it seems that no matter which product is used there is always a number of patients who report intestinal disturbances and we find that a large percentage of the iron is not absorbed. This is rarely the case if the iron has gone through plant metabolism and is in the vegetable, organic form. It is, then, our conviction that, by and large, the or-

(Continued on next page)



ganic trace elements are more beneficial and can be better utilized by the human than can the inorganic products.

### Soil vs. Sea

It is well known that soils used for farming may easily become exhausted or deficient in certain important substances. Plants, like people, apparently differ in their trace element requirements and in their ability to adjust to various deficiencies. Cauliflower, for example, will develop a brown ring unless there is at least one part per billion of molybdenum in the soil in which it is grown. Other plants are able to flourish without it. It is almost impossible for any farmer to supply his fields with all the many trace elements in just the proper concentrations. Therefore, many of the vegetables that come to market are deficient in some minerals, because the soil in which they were grown was lacking. While two carrots may look identical, chemical analysis will show that their iodine content varies from 20 parts per million to as high as 1,000 parts per million. The same crops from different areas of the world will differ in mineral content, depending on the soil and the manner in which they were grown.

The ocean is the greatest storehouse of minerals and, while the exact composition of its waters may differ slightly, the mineral content is relatively constant, as compared to the soils of the world. In a single cubic mile of sea water there are, on the average, 166 million tons of dissolved salts, and in all the oceans of the earth there are about 50 quadrillion tons. It is in the nature of things for this quantity to be gradually increasing over the millennia, as the rivers carry precious topsoil ever seaward. Every hour of every day, the earth is getting poorer and the ocean richer, as far as minerals are concerned.

Therefore, vegetables that grow in the sea are much more constant in their mineral content than are earth-grown plants. Furthermore, because of the wealth of minerals in the sea and their ready availability, ocean-grown plants tend to have more minerals in greater quantity than the land-grown species, making them more valuable in some respects for human consumption.

Such was the reasoning which prompted the authors to undertake the use of *macrocystis pyrifera* as a source of trace elements. The preparation selected was harvested from the Pacific Ocean, washed, dried and compressed into tablets. Chemical and spectroscopic analysis failed to show the presence of cobalt, and since this mineral and folic acid are both helpful in blood formation, these two substances were added to the powdered plant. The vitamin preparation used in this study is a high-potency B complex and Vitamin C capsule. The two products supply a total of 35 minerals and vitamins. Their analysis is as follows:

#### MINERAL TABLETS

Moisture .....	17.5 mg.
Protein (crude) .....	26.2 mg.
Fiber (crude) .....	25.2 mg.
Nitrogen-free Extract .....	157.3 mg.
Fat .....	1.19 mg.
Ash .....	122.5 mg.
Iodine .....	.56 mg.
Calcium .....	3.67 mg.
Phosphorus .....	1.18 mg.
Iron .....	1.29 mg.
Copper .....	.0028 mg.
Magnesium .....	2.5 mg.
Manganese .....	.0052 mg.
Sodium .....	13.9 mg.
Potassium .....	39.0 mg.
Chlorine .....	45.7 mg.
Sulphur .....	3.5 mg.
Folic Acid .....	.25 mg.
Cobalt .....	.05 mg.
Riboflavin .....	.00115 mg.
Niacin .....	.0192 mg.
Choline .....	.134 mg.
Carotene .....	.0077 mg.

Spectroscopic analysis showed the following: Barium, Boron, Chromium, Lithium, Nickel, Silicon, Silver, Strontium, Titanium, Vanadium and Zinc.

(Continued on next page)

#### VITAMIN CAPSULES

Thiamin HCl .....	10 mg.
Riboflavin .....	10 mg.
Pyridoxin HCl .....	2.0 mg.
Vitamin B12 .....	3 mg.
Ca. Pantothenate .....	10 mg.
Nicotinamide .....	100 mg.
Ascorbic Acid .....	100 mg.
Brewer's Yeast .....	113 mg.

The recommended dosage of these food supplements was three tablets and one capsule daily, taken all at once and preferably at breakfast time, to insure regularity of use.

#### The Study

50 questionnaires were sent out and 157 replies were used. The information requested included: 1. The average number of colds contracted per year before and after taking the food supplements. 2. Any change in the severity or duration of colds after use of the minerals and vitamins. 3. Had there been any improvement in energy and the ability to withstand fatigue after use of the preparations? 4. When weight control was a problem, did the vitamin and mineral consumption make it easier for these individuals to limit their food intake, possibly through the satisfaction of "hidden hunger"?

Those reporting had been using the preparations for from one month to seven years, with an average period of 22.1 months. We realize that questions of this kind are too subjective, from a statistical standpoint, for an altogether accurate analysis. However, the results have definitely corroborated the clinical observations of the authors as to the value of trace elements and their contribution in the control of colds, fatigue and appetite.

Table No. 1 shows the details of the study.

1. Vegormin Tablets.
2. Vegorvite Capsules. Distributed by Crestmont Laboratories, Philadelphia 36, Ph.

SEPTEMBER, 1964

Table No. 1

Data from 157 Replies to Questionnaires

	Minerals Only	Minerals & Vitamins B Complex & C
78 people took minerals only.		
79 people took minerals and vitamins.		
1. Average number of colds per year prior to taking supplements .....	202	183
2. Average number of colds per year after taking supplements .....	50	38
Incidence of colds reduced by .....	75.8%	79.2%
3. Less discomfort from colds (cough, sore throat, sinusitis) .....	35	40
Reporting less discomfort .....	45.4%	50.6%
4. Colds of shorter duration .....	22	22
Reporting shorter duration .....	28.5%	27.8%
5. No noticeable change in the number or duration of colds .....	10	3
Reporting no improvement .....	11.7%	3.8%
6. Increased energy and resistance to fatigue .....	52	46
Reporting less fatigue .....	67.5%	58.2%
7. No change in energy .....	18	22
Just as tired as before .....	23.2%	27.4%
8. Easier to control appetite and weight—less hidden hunger .....	23	27
Reporting less appetite for food .....	29.9%	34.2%
9. No easier to control appetite .....	37.6%	34.2%

#### Frequency of Colds

Those who took the mineral tablets only reported a 75.8% reduction in the number of colds, while those who supplemented their diets with both minerals and vitamins showed a reduction of 79.2%. These figures are close enough to suggest that the chief factor in lessening the frequency of colds is the minerals, rather than the B complex and Vitamin C. Since the United States Public Health Service has estimated that Americans will have a total of some 500 million colds in 1955, a reduction of 79% on a nationwide basis would be of great value both to the individual and to industry.

(Continued on next page)



### Severity of Colds

45.4% of those who answered this question reported a decrease in the discomfort of colds when taking the minerals alone and 50.6% found that their colds were less severe when they took the combination of minerals and vitamins.

### Duration of Colds

Many people have found, after taking trace elements for a reasonable period of time, that if the symptoms of a cold do start it never fully develops and is gone in a few days time. The study showed almost identical figures for those on minerals only and those taking both—28.5% and 27.8% feeling that their colds were of shorter duration than they used to be.

### No Change in Severity or Duration of Colds

11.7% of the people using minerals stated that they had been unable to detect any change in the discomfort from colds, nor had they been of shorter duration. Only 3.8% of those taking both minerals and vitamins felt that there had been no improvement along these lines.

### Less Fatigue

One of the commonest complaints voiced by Americans to their doctors is that they are tired. Fatigue is, of course, the result of many factors—some psychological, some emotional and some physical. It is quite possible that macrocystis pyrifera tablets help to relieve abnormal degrees of fatigue by improving the blood picture, or perhaps through stimulation of the thyroid gland because of the high iodine content. Whatever the exact mechanism, 67.5% of the people taking only the minerals reported less fatigue and an increase in energy. This figure was a little higher, strangely enough, than the 58.2% reported by those taking both the food supplements.

Similarly, only 23.2% of those on minerals alone reported that they were just as tired as ever, while 27.4% of those taking both could feel no difference as far as fatigue was concerned.

### Easier to Control Appetite

Many of the 157 individuals reported that excessive appetite and obesity was no problem for them, but 29.9% said it was easier for them to control their appetites and eat less when they took the mineral tablets. As might be expected, a slightly greater number—34.2%—felt that the combination of minerals and vitamins was helpful in this regard.

### No Change in Appetite Control

37.6% on minerals alone reported that there had been no difference in their desire for food, a figure which was close to the 34.2% of those taking both.

### Improvement in Hemoglobin Level

It has been said that two out of three women in America between the age of 15 and 50 are anemic. The vast majority of these cases are the result of dietary deficiencies. Pregnancy predisposes to anemia and tends to make such women more anemic as the pregnancy progresses.

400 pregnant patients, consecutive cases in private practice, were placed on three mineral tablets a day and their hemoglobin levels were ascertained at each monthly prenatal visit. This series of women started out with an average hemoglobin of 65%, showed a consistent rise each month, and after eight to ten weeks of medication they ended up with an average hemoglobin level of 83%. Furthermore, this average rise of 18% units during the pregnancy was accomplished without any of the gastrointestinal disturbances so often associated with inorganic iron therapy.

(Continued on next page)

### Other Patients Reported Benefits From Macrocystis Pyrifera

Over the years, individual patients have reported a great many benefits which they have credited to the minerals used as a food supplement. Time does not permit enlarging upon this aspect of the subject, other than to list a few of them.

1. Improvement in the color and quality of the hair.
2. Less brittle finger nails.
3. Less fragile capillaries, as evidenced by less bruising.
4. Relief of certain skin conditions.
5. Increase in virility.
6. Marked improvement in arthritic cases.
7. Relief of eye conditions, such as iritis and cataract.
8. Less constipation.
9. Increased sense of well-being.

### Conclusions

Macrocystis pyrifera is an effective and inexpensive source of trace elements and is useful in human nutrition.

Reprints of this article may be secured from the National Health Federation, P.O. Box 686, Monrovia, California.

Price: single copies, 25¢; in lots of 10 or more, 10¢ each.

### \$6 Million Suit Filed by Doctor

A \$6 million damage suit was filed against four San Francisco hospitals and several medical societies by a young surgeon who claimed his career faces ruin because he backed President Kennedy's Medicare program.

Dr. Stanford W. Ascherman, of 450 Sutter St., said his failure to follow the official policies of the societies led to his dismissal from the staffs of the French, St. Joseph's, Franklin and Hahnemann Hospitals.

In the suit, filed late Thursday in Superior Court here, the 36-year-old doctor alleged the societies, hospitals and a long list of "John Does" acted "both separately and in conspiracy with another ... to injure and destroy the plaintiff in the exercise of his profession."

The doctor said he publicly questioned the activities of the SIM and Whitehall on Jan. 9, 1962, challenging the society's "lobbying activities" in attacking the Medicare bill.

Soon after that, the suit alleges, the defendants caused him to be dropped from the medical staffs of all nonprofit general hospitals here.

The doctor said the Mutual Liability Insurance Co. refused to renew his malpractice policy, although he has never been sued for malpractice.

His suit also charges he ceased receiving any calls from the Direct Wire Telephone Service, which refers persons who phone for a doctor to its clients.

The doctor's suit seeks a court order preventing any of the defendants from "continuing their conspiracy." He asked that the four hospitals be enjoined from continuing to exclude him from their staffs.

Dr. Ascherman, who has practiced here since 1959, is a staff surgeon at Polyclinic Hospital and house physician at the Press and Union League Club.

He was graduated from Stanford University and took his medical degree at the University of Illinois.—From San Francisco News Call-Bulletin

Truth in labeling can go too far. Imagine Omar Khayyam wooing his girl friend with: "A loaf of bread, calcium propionate added to retard spoilage, a jug of wine, color added, and thou."

—Changing Times, The Kiplinger Magazine



## Book Review

### The Emotions in Sickness

**The Emotions in Sickness** is more than a book on the emotions. It explains the nature, the prevalence and what to do for nervous and emotional disorders; covers a broad philosophy of life, one that explains human nature—why people are what they are and why they do what they do; and explains the part nutrition plays in the cause and correction of emotional and behavioral problems.

The author of the book, Dr. George A. Wilson, a retired chiropractor, is not unknown to our N.H.F. members. Two of his books have in the past been mentioned in the N.H.F. **Bulletin** and he was a popular speaker at our Long Beach Convention last year.

Dr. Wilson has been active in research for many years, having been the Research Director for four years at the large Spears Chiropractic Hospital of Denver, Colorado, is now the Director of Research for the International Chiropractic Biophysical Research Society, and is the author of eight books, written on his original research findings, mostly in nutrition.

**The Emotions in Sickness**, regular price \$5.95, is available to N.H.F. members for \$4.50 and an N.H.F. discount stamp by writing Dr. Wilson, 6455 Don Julio St., Long Beach 15, California 90815.

## 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."

## F&D Sleuth Faults Devices Employed by Medical Profession

"Thousands of instruments and mechanical devices used by physicians throughout the country . . . have been found to be defective, a federal medical sleuth reported in the past week."

This quote is a reminder that the "holiness" boys, who so severely criticize chiropractic for employing diagnostic and therapeutic devices they deem evidences of **quackery**, are not entirely without fault. A surgeon of the Food and Drug Administration revealed the shortcomings of widely-heralded medical and surgical devices at the (New York) State Medical Society convention recently, according to an article in the N.Y. **Sunday News** by Richard Lyons, Science Writer for the publication.

Dr. Martin Dobelle, in his report to the Society, cited a scalpel manufacturer who recalled 127,000 blades because, it was found, "some did not undergo any sterilization whatever."

Furthermore, he said that imperfectly implanted "pacemakers" (to regulate heart action) were so poorly designed that patients ran a risk of being electrocuted when the gadgets were recharged.

Other faults were cited, among them a pin to hook broken hips together was found to be so badly designed that it broke easily; yet it was used on 3,000 patients.

Criticism also applied to plastic tubes that broke when slipped inside the heart, killing several patients. Syringes and needles were named among "troublesome items" unearthed by the F&D Enforcement Division.

(Continued on next page)

Of course, none of this places blame on the medical profession! However, legislation is pending to correct existing evils. As matters now stand, the government must prove an instrument or device defective. Pending law would place the burden of proving the quality of his product on the manufacturer. . . . Sort of like the failure, damage or death in vaccination cases. Fatalities or crippling aftermath are never iatrogenic (doctor caused) but blamed on the manufacturer. (Source material furnished by Dr. Frank J. Owen, Jr.)

Editorial from the Denver, Colorado, **Sanigram**.

## News Flashes

(Continued from page 24)

"A third of its money comes from membership dues, \$35 per member per year, delivered to the local medical societies, many of whom compel their members to join the AMA as well."

Another example: "A \$100,000 grant to the student loan program of the AMA's Educational Research Foundation has been made in 1964 by the Chas. Pfizer & Co. The same drug firm made identical grants in 1962 and 1963."

—**San Francisco Examiner**, June 23, 1964

✓ "Many people were shocked recently to learn that not all physicians are required to swear to the Hippocratic oath upon receiving their M.D. degree. A survey of American medical schools showed that about one in four does not administer professional oaths of any kind. At a time when so many ethical problems both old and new are being hotly discussed in the field of medicine, is it possible that the Hippocratic oath has lost its value?"

Some of the promises included in the Hippocratic oath are:

"I will apply dietetic measures for the

benefit of the sick according to my ability and judgment. I will keep them from harm and injustice.

"I will neither give a deadly drug to anybody if asked for it, nor will I make a suggestion to this effect.

"I will not use the knife, not even on sufferers from stone, but will withdraw in favor of such men as are engaged in this work.

"Whatever houses I may visit, I will come for the benefit of the sick, remaining free of all intentional injustice, of all mischief. . . ."—Louis Lasagna, M.D., associate professor, Johns Hopkins Medical School.—**New York Times** magazine, June 28, 1964

✓ What about the FDA's influence? Here is one opinion: "The U.S. FDA, which everybody has to listen to whether or not it knows what it's talking about, has decided that everyone is confused, and that it is its bounden duty to protect people from their own unintelligence. Hence it has issued an order that no food manufacturer can even mention whether its fats are saturated or unsaturated."—From an editorial in the **Wall Street Journal**, June 12, 1964

"We must not condemn our critics. We must inform them."—Joe D. Nichols, M.D., president, Natural Food Associates.

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## SPECIAL

- Chicago:** The Midwest Convention of the Federation will be held at the Sherman House this year. The dates will be September 10, 11, 12, and 13. It is our plan to make this the most outstanding convention the Federation has ever held in the Middle West.
  - We still need \$350** worth of trading stamps to cover the cost of the folding and stuffing machine. We now have it installed, and you have no idea what a time and labor saver it is proving itself to be. We do thank those who have already sent in Green and other stamps.
  - If you live west of the Rocky Mountains**, start planning to attend the Tenth Annual Meeting and Convention to be held at Los Angeles, California, December 30 and 31 and January 1 and 2. Later Bulletins will give you the details.
- Last year, we had by far the best ever held**, and this year will be better as our plans are much more elaborate.
- Attend the convention nearest you** and meet your fellow workers while absorbing truths about health which will help you to live a more abundant life. We are planning one-day conventions for Seattle, Washington, for October 3, and Portland, Oregon, for October 4 this year.
- The charge for attending the one-day conventions will be as follows:**  
For the full day, \$2; for one session or one lecture, the charge will be \$1.

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