

National Health Federation

BULLETIN

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*Americans
Crusading
for Better Health*

25¢

December 1964 • Volume X—Number 12

Published Monthly

Family Circle

By Fred J. Hart

MY ERROR: In the July-August issue we had an item about washing fruit and vegetables with a detergent. Boy, oh boy! Did we get in Dutch! Our excuse—we were not thinking of the substance used by most folk for washing clothes or dishes. Guess we are so brain-washed that we automatically think of all such substances as detergents. What we were talking about was that new product, Amway, which is organic because it is made from substances which are not harmful to human beings, nor will its use damage the septic tanks used by many people. It is so harmless that it can be used for brushing the teeth or for a hair shampoo, etc. When added to the water, it makes the water more wettable and thus it penetrates better. I guess I had better stop right here or you will think we are writing an ad for Amway. That would be a waste of energy because Amway is a product that sells itself.

WE CONGRATULATE THE GORDON BAKING COMPANY, because LeRoy G. Zakicek, a N.H.F. member, writes that this company is marketing a white bread made from pure, natural ingredients and which contains no chemical preservatives. This bread is marketed in the region of Chicago, Detroit and New York. Its brand name is **Silvercup Bread**. When a bakery tries to get back to nature, we feel we should give it a boost.

FLUORIDE TEST FAILS: LONDON (Reuters)—Fluoride in toothpaste has no effect at all in preventing tooth decay, a team from the London Hospital medical school dental college says in an article.

The article in the **British Dental Jour-**

nal says a scheduled four-year experiment among 1,059 children at four schools in southeast England was abandoned after two years.

Some of the children, all between 11 and 13, were given ordinary toothpaste while others received fluoride toothpaste.

A HEAP OF CALORIES: TOP-RANKING SCIENTIFIC GROUP URGES "EAT LESS": Latest word on the amount of food you should eat may shock you. The Food and Nutrition Board of the National Academy of Sciences—National Research Council now recommends a drastic cutback in the calories consumed by the average American. This top-ranking scientific group of nutrition experts declared that people are fat, and the calorie charts need to be revised. Reason for the sudden change is the discovery that Americans today exert much less energy than had been supposed.

LABOR BACKS FOOD PROBE: Full AFL-CIO support was announced last week behind President Johnson's proposal to establish a National Commission on Food Marketing to investigate the nation's \$70 billion food industry.

Andrew J. Biemiller, AFL-CIO legislative director, in a letter to Chairman Warren G. Magnuson (Dem., Wash.) of the Senate Commerce Committee, voiced "full support" of the measure.

ANNUAL MEETING: On another page of this issue you will find the program of the Tenth Annual Meeting and Convention of the National Health Federation. You will note that on New Year's Eve we will have a special watch-

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NATIONAL HEALTH FEDERATION BULLETIN

The NATIONAL HEALTH FEDERATION BULLETIN

VOLUME X

NUMBER 12

*Adventures on Health Frontiers
Published Monthly*

DECEMBER

1964

Your Right to Refuse Immunization in International Travel

By Clinton R. Miller, N.H.F. Washington Representative

Many requests have been made to the National Health Federation for information on the immunization laws for international travel. Some are surprised to learn that it is not at all necessary to be immunized to freely leave or return to the United States if they are willing to accept isolation or surveillance when required. Occasionally, uninformed or misinformed local public health officials imply that international travel without immunization would be nearly impossible, or at best accompanied by so many inconveniences or unpleasant delays that it would ruin one's trip or vacation even to attempt it. Such is certainly not the case. Every year, thousands of unimmunized tourists travel in and out of the United States with little or no inconvenience or embarrassment. Actually, every day, because of vastly improved sanitary and health standards in other nations of the world, there is less and less reason for immunization. The day is not too far in the future when it will be as unheard of to be vaccinated to travel abroad as it now is for interstate travel. The trend is away from immunization. However, in 1963, more than 92,000 cases of smallpox were reported world-wide, an increase of 20% over the previous year. This is the highest num-

ber reported in five years. In recent years there has been a marked upsurge of cholera in Southeast Asia and the Western Pacific. Twelve countries reported 76,000 cases in 1963. For your convenience, in case you encounter an overzealous, inexperienced, uninformed, or misinformed public health official at home, or at the port of entry, the National Health Federation has prepared this explanation of the regulations and practices covering this matter.

Departure

When you get your passport application, you will receive an immunization certificate. This is an international form approved by the World Health Organization. There are no "right" answers. It is just as acceptable to state that you have never been immunized for any disease as to state that you had every shot for every disease that day. You must fill this out only if you claim you have been immunized. It must be filled out by your immunizing physician and stamped with an approved stamp. (The stamp of the local or state health officer of the area in which the immunizing physician practices.) However, if you do not claim to have been immunized,

(Continued on next page)

DECEMBER, 1964

you are saved the inconvenience of having the form filled out by a physician. **The form does not have to indicate that you have ever been vaccinated for any disease for you to depart or re-enter the United States.**

Upon departure from the U.S., you will probably be told about health requirements for return to the United States, and the entry requirements to other countries you plan to visit. You will not be subjected to vaccination or immunization of any kind in order to depart.

An Unfair Practice That Needs to Be Changed

If you request information from the public health officer at the point of departure, you may possibly be **urged** to be vaccinated. You may even be told that vaccination will provide you personal protection. You will not be informed, however, about the known side-effects and health hazards of immunization. If you have strong convictions against vaccination, it is not necessary and probably not prudent for you to express them at this time. The National Health Federation will work for a change in the present procedure where a departing citizen is told only one side of the vaccination controversy. A more proper procedure would be for the health officer to be entirely neutral, and to simply give the traveler a brochure which presents the pros and cons of vaccination. The tourist could then express his preference and the officer could explain the procedure he would then follow.

If the health officer or travel information agent prior to departure goes beyond his proper role and assures you that vaccination will facilitate entry on

return (which implies that nonvaccination will make re-entry difficult), thank him courteously for the information, but tell him **firmly** that you have made the choice to leave and return to America unvaccinated. It is improper for an officer or travel information agent to ask you why you have made your choice. Over 99 per cent of our public servants will respect your rights and limit their concern over your health to that required by law.

Re-entry

When you return to America, you will be **offered** vaccination but **under no circumstances will you be forced to accept it**. Even if you left a country where everyone in the country had smallpox when you left, you would not have to be vaccinated on re-entry to the United States.

Other Measures

The medical officer in charge of the quarantine station, however, in order to meet his responsibility to protect the public health, will take certain **other measures** depending upon how great a risk he thinks you present.

Surveillance (close watch)

You probably will be put under surveillance. This simply means that you return unvaccinated to your home anywhere in America and together with the local health officer keep a close watch for any suspicious signs or symptoms. You will probably be required to report periodically to your local health officer for a period of up to 14 days from the time of departure from the foreign country. If you notice any

(Continued on next page)

outbreak or symptom, you must immediately turn yourself in and submit to quarantine or isolation. In actual practice, even if a person has been vaccinated, if there is an outbreak of smallpox on board ship, or in the last country visited, the vaccinated and supposedly immunized person may be required to submit to the same surveillance, isolation, or quarantine procedure required of an unvaccinated individual.

Because relatively few people have known about or used the sensible, safe, and perfectly acceptable alternative to vaccination, few have used it. Consequently, you may find, as a N.H.F. member did recently, that you have to help explain the surveillance procedure to your home-town public health officer. In the case cited, the public health officer didn't know how often he was to check on the returning citizen, for it seems that the regulations are not very specific on this point. So the N.H.F. member suggested that the public health officer tell her what symptoms and signs to watch for, and she promised to call him if any developed before two weeks. That was all there was to it. However, it is likely that surveillance will as a rule entail several checkups by the local health officer.

In the eventuality that you are confronted with the same situation, it will be helpful to have the actual regulatory language. It may be wise to carry this article with you, for it assures you that under no circumstances will you be forced to accept vaccination or unreasonable or unfair harassment or delay because of your choice. The pertinent regulation follows:

"FOREIGN QUARANTINE REGULATIONS

"Part 71, Title 42, Code of Federal Regulations, as amended June 28, 1963 (28 FR 5229)

"Par. 71.86: Smallpox: Persons, general.

"(a) All arriving persons shall be subject to vaccination against smallpox unless they present evidence satisfactory to the medical officer in charge of successful vaccination, or of a revaccination within 3 years prior to arrival or of a previous attack of smallpox.

"(b) Any person subject to vaccination under this section shall be **offered** vaccination; **if he is not vaccinated, he may be placed under surveillance**, the period of surveillance being reckoned from the date of his departure from the last territory visited prior to his arrival.

"(c) Any person subject to vaccination under this section who has visited a smallpox infected local area within 14 days prior to arrival may be required to be vaccinated, **or may be placed under surveillance**, or may be vaccinated and then placed under surveillance; **if he refuses vaccination, he may be isolated. The period of surveillance or isolation shall be reckoned from the date of departure from the infected local area.**" (Editor: emphasis mine.)

Isolation

Isolation means that for a maximum of 14 days the public health officer can require you to be isolated in a hospital with board and room at the government's expense. The choice between isolation or surveillance belongs to the health officer. Isolation is the worst alternative to vaccination that you face. It is very, very rarely used any more,

(Continued on next page)

**READ THIS ISSUE
AND THEN
MAIL IT TO A FRIEND**

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Nutrition News

By Linda Clark

and as previously explained, when conditions warrant isolation, the vaccinated person is just as likely to be isolated as the unvaccinated. **There were less than 70 isolations required last year out of 17½ million incoming passengers or only one in each 250,000 incoming passengers.**

Surveillance Order

The odds are better than 99 in 100 that when you return unvaccinated you will be released quickly and with a minimum of fuss under a Surveillance Order. This Public Health Service form is made out in four copies.

The original is given to you to inform you of the legal requirements for reporting to a health department at your destination, or to a physician or health department immediately if you become ill en route to your destination.

The second and third copies of the form are sent to the local health department at your home town (destination) and to your state health department.

The fourth copy stays at the quarantine station at the port of entry.

The local health department at your destination returns its copy to the quarantine station at the port of entry with a report of the results of your surveillance after two weeks.

The Surveillance Procedure

On your copy, you will have instructions to report to the nearest health department officer on arrival home, to show him the Surveillance Order, and to comply with his instructions. The law does not specify the exact method by which he shall conduct his surveillance of you. It will be fair and reasonable.

What About Entry Requirements of Other Countries?

Generally speaking, most other countries consider America as a "clean" country and make no entry immunization requirements. A "clean" country

is a country not infected with a quarantinable disease. The United States has not had an outbreak of smallpox or other quarantinable disease known to have been introduced from abroad since 1947. The United States Public Health Service Division of Foreign Quarantine is justly proud of this excellent record, and will cooperate with you to help you enjoy your trips abroad without vaccination provided that you in turn willingly comply with the reasonable and sensible alternative public health safeguards guaranteed to you by law.

Other countries, of course, are not bound by our regulations, and may change their laws as they see fit. If, however, you notice a requirement for immunization for entry, it is fair to assume that they will have the same reasonable alternatives listed above.

Yellow Fever—Cholera—Typhus—Plague

Yellow fever has a six-day surveillance or isolation period. **Cholera** has a five-day surveillance or isolation period. In **Typhus**, the primary emphasis is on freedom from louse infestation. With **Plague** there are no immunization requirements. The same reasonable enforcement for the unvaccinated applies to these diseases.

No Religious Exemption

You will note in the regulations that there is no special mention of exemptions granted the Christian Scientists or other religious denominations who do not believe in vaccination. Members of these religions invoke the same provisions for their right to travel without immunization as you will. Thousands of Christian Scientists and others travel abroad every year without immunization. So may you, if you so desire.

The National Health Federation wishes you a happy, healthy and safe trip.

Health from the Sea

It is well known that iodine is required in the diet to prevent goiter, but a new use for iodine has surprised researchers at University of Washington School of Medicine. Because histories of thyroid disease were found present in more breast cancers than formerly suspected, mice were fed a diet deficient in iodine. Only 10 of 73 mice survived this diet and autopsy showed invasion of cancer in thyroid and neighboring areas. This means that iodine can be at least one protective agent. One source of iodine is kelp.

—*Science News Letter*, Oct. 17, 1964

An extract of kelp has been found helpful for protection against fallout. At McGill University, Montreal, Dr. Stanley C. Skoryna stated that this extract, derived from seaweed kelp, acts as a binding agent in the intestine against the invasion of strontium. In rats receiving kelp extract, strontium absorption dropped as much as 50 to 80 per cent. There was also a 60 per cent strontium drop in blood levels as well as a 75 per cent fall in bone absorption.

—*Medical World News*, July 3, 1964

Prior to the publication of the book, **Health from the Sea and Soil**, by Charles B. Ahlson, an agronomist for the U.S. Department of Agriculture Soil Conservation Service for 23 years, the use of small amounts of clean sea water for health was labeled a "fad." Sea water analysis shows the inclusion of 44 minerals. Mr. Ahlson writes, "Sea water is a most suitable environment for living cells, since it contains all of the chemical elements essential to the

growth and maintenance of plant and animal protoplasm."

Added proof of the value of sea water—and sea plants—has been discovered. Russian scientists have found that vitamin B2 (riboflavin) exists in sea water, eelgrass and big sea weeds.

—*Science News Letter*, Oct. 17, 1964

Which Is Better—Natural or Synthetic?

The **Healthful Living Digest**, Vol. 24, No. 2, supplies this answer: "The chemist will probably never give up his dream of 'outdoing' Mother Nature, and producing better foods and drugs in his laboratory than Nature can in her fields and forests.

"Physicians are undoubtedly grateful for some of the synthetic 'wonder drugs' developed by the modern chemist. But most physicians still agree with John E. Eichenlaub, M.D. who just a few months ago declared, 'No chemist alive can manufacture many of the most important substances which your body needs. At least a few important elements remain entirely unidentified: nutritionists do not even claim the power to mix a sludge of manufactured chemicals upon which an animal or man can thrive as well as upon natural foods.'

"When it comes to choosing vitamin and/or mineral supplements for our diet, an ever-increasing number of doctors and nutrition experts have begun to show a marked preference for the natural, as against the purely synthetic, supplements. They believe that brewer's (nutritional) yeast or desiccated liver makes a very good vitamin B complex

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supplement; that rose hips are a good vitamin C supplement; bone meal an excellent calcium supplement; soybean lecithin a very good nerve tonic food; kelp tablets a generous source of natural iodine plus other valuable trace minerals.

"Kenneth C. Hutchin, M.D., the well-known British medical writer, in his book, **Your Diet and Your Health**, declares: 'Even when vitamins have to be given in the form of pills it is better to use natural substances rather than synthetic vitamins.' (Dr. Hutchin served as a Major in the Royal Army Medical Corps. He witnessed the failure of synthetic B vitamins in rehabilitating prisoners. He witnessed the success of natural vitamin B derived from rice polishings in rehabilitating these same prisoners.)"

Letter to Ann Landers

"Dear Ann: I just read the letter from the woman who was mad at her husband because he started to paint the inside of the house two years ago and hasn't finished it yet. What is the matter with her? Is she a cripple? We live on a farm. There are 10 rooms in our house and I painted every one of them. I also painted the outside of the house. I put-tied and repaired the broken windows and put a tile floor in the bathroom. If the plumbing goes on the bum, I can fix it. This fall I think I will put in a fireplace. The baby loves to sit on my lap when I drive a tractor. I can work alongside my husband in the field and he says I am worth two farm hands any old day. When I hear women complain because their husbands won't repair things around the house, it gets my goat. I'm writing this between milking and egg-gathering time. It's 6 A.M. and I've been up since 5:00. Good Morning!"

Ann Landers congratulated this woman on her glands. Could be, but, we ask, what feeds her glands? She is living proof of the computer study which showed that people who ate fresh farm foods were in the best health and didn't need to see their doctors as often as people who ate refined foods from stores.

Bring on the farm-fresh foods. We need more people like this in N.H.F.!

New Chapter of N.H.F. in Chicago

An enthusiastic, newly formed chapter of N.H.F., known as the Greater Chicago Chapter of N.H.F., set a precedent with its first meeting.

George Hamilton was elected president; Ron Rundelman, advertising director for Montgomery Ward & Co., vice president. There is a program director (Mrs. Fout) and 10 board members to form an active, working nucleus.

The first meeting had 101 registrants of which 18 were nonmembers. Signs were professional looking. There was tape recording and photography. One door prize was a gift certificate; another a \$12.50 bottle of vitamins. The November door prize will be a \$90.00 juicer; the December prize, valued at \$200, will be given by Bonwit Teller, who will also put on a style show.

Nine of the nonmembers have become regular members, and two have become life members. Congratulations, Greater Chicago Chapter. May your tribe increase!

In Numbers There Is Strength

Join the

National Health Federation

and Make Your Voice Effective

P.O. Box 686, Monrovia, California

NATIONAL HEALTH FEDERATION BULLETIN

Statement of National Health Federation on Cancer Control Act

Presented by Howard Long, N.H.F. Executive Secretary

STATEMENT OF NATIONAL HEALTH FEDERATION ON CANCER CONTROL ACT

The following statement was given before the Cancer Control or Cancer Council hearing, held in Los Angeles October 22, by Howard Long, Executive Secretary, at the request of the President of N.H.F. It is so well thought out and so much to the point that we are printing it in this issue of the "Bulletin." We suggest you keep it for reference this coming year as the Federation crusades to kill this Act or amend it so that it will compel the Cancer Council to so administer the Act that it will be a blessing to humanity and not a weapon through which a group of men may put to death cancer sufferers by denying them access to remedies that are helpful to them, without doing actual clinical research on animals and humans, as the bill intended they should do. Mr. Long is to be congratulated on this presentation.

October 22, 1964

State of California
Department of Public Health
Cancer Advisory Council
California State Building
217 West First Street
Los Angeles, California

Gentlemen:

The National Health Federation is a nonprofit California corporation. We are primarily educational and have no commercial interests whatsoever. We do not recommend or endorse any company, product or person, nor advocate any treatment. Our interest is to protect the citizen's right to freedom of choice in matters of health where that choice does not harm others.

Our appearance here today concerns the activities of the Council and their apparent desire to prohibit the prescription, administration, sale or other dis-

tribution of the Beard Anthrone Test and Krebiozen.

It is a known fact and a matter of medical record that Krebiozen has been effective in alleviating pain in some cancer patients and apparently stopping the progress of cancer in the same and other patients. Krebiozen is non-toxic.

It is a known fact and a matter of medical record that the Beard Anthrone Test is effective in diagnosing cancer. The test is not harmful in any respect.

It is a known fact that neither Krebiozen nor the Beard Anthrone Test has been clinically tested by this Council.

When considering Krebiozen and the Beard Anthrone Test, it is also necessary to consider this Council and the Thompson Act of 1959 and I ask your indulgence in doing so at this time.

Any discussion of the so-called Thompson Act of 1959, which created the Cancer Advisory Council in the State Department of Public Health, must necessarily begin with the expressed intention of the California Legislature that adopted it. This Act is codified as sections 1700 through 1721 of California's Health and Safety Code.

As an introduction to the Act itself, the Legislature found it necessary to set forth its own purported findings on the subject of cancer. Among other things, it found that "accurate and early diagnosis of many forms of cancer, followed by prompt application of methods of treatment **which are scientifically proven**, either materially reduces the likelihood of death from cancer or **may** materially prolong the useful life of individuals suffering therefrom."

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What does this language mean? Obviously that "science"—and I use the term within quotes—has "proven"—again in quotes—that "many forms of cancer" treatment either reduce the likelihood of death from cancer or materially prolong the useful life of individuals suffering therefrom. It is therefore quite clear that the Legislature did not find that there is any treatment for cancer "scientifically proven" to be a cure.

The 1959 Legislature went on to find that it is in the public interest that "there be provided means for testing and investigating the value or lack thereof of alleged cancer remedies." And, most important of all, this same Legislature stated that it recognized the importance of continuing scientific research to determine the cause or cure of cancer, and directed the Department of Public Health to administer the Cancer Act with due regard for the importance of bona fide scientific research and "the clinical testing in hospitals, clinics, or similar institutions of new drugs or compounds."

The Legislature's intent that scientific and clinical testing of new drugs and compounds be uppermost in the minds of its members is strongly indicated throughout the directive sections of the Act itself. For instance, in Section 1704 it directs the Department to "secure the investigation and testing of the content, method of preparation, efficacy, or use of drugs, medicines, compounds, etc."

It will be noted that the clause "investigation and testing" thus far quoted is in the conjunctive. Our legal counsel advises us that when two or more directives are joined by the word "and," the phrase or clause is interpreted as including each and every directive, as distinguished by a phrase or clause in the disjunctive—when one thing or another

thing is indicated, but not both. In the introductory sections of the Cancer Act—which, incidentally, is only persuasive, and not mandatory—the Legislature expresses itself as favoring both "investigation" and "testing."

In Section 1710 we first detect a grammatical parting of the ways. This section begins, "the investigation or testing of any product"—meaning not both "investigation and testing" but either investigation or testing. Under "cease and desist orders," Section 1711 begins, "following an investigation or testing," and later in the same section it provides "In the investigation or testing required by this chapter," etc.

Thus it appears that someone squeezed in between the intent of the Legislature and the Cancer Act. Or to put it another way: Whenever the Legislature was merely speaking without the compelling force of law, it wanted both investigation and testing. When the Legislature directed by force of the law, the Department might merely "investigate."

Hence it is that the cease and desist orders are also predicated upon an investigation followed by a vote of the Cancer Advisory Board. In the final analysis, the findings, thus ascertained, are merely a set of opinions—and not impartial opinions at that.

It is our opinion that this Cancer Act of 1954 is dishonest. While it is probably true that no one reads the statutes of the Legislature except lawyers and legislators, this Act is drawn in such a manner that the average person will be led to believe that hospital and clinical testing is required. If the Cancer Advisory Council or the Department of Public Health has done any such testing, we are unaware of it.

Until the Department or the Council can truthfully say that they have in-

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General News Items

Fertility Drug Boomerangs

An experimental fertility drug, Pergonal, which contains human hormones, apparently works, but carries things a little too far. After six childless years of marriage, one woman bore quadruplets. Columbia-Presbyterian Medical Center has given the drug to 21 women in all. Fifteen have become pregnant. To date, three have had single babies; three have had twins; and then, of course, is that woman who had quads.

Other researchers are reporting many cases of multiple births. Swedish scientists have found the drug also produces as many births as twins or more, including one set of septuplets, born dead.

—Associated Press Release, September 29, 1964

Whatever Happened to Free Enterprise?

Farming? Gone are the days when a farmer can raise hogs, plant corn or cotton without government restrictions.

Medicine? Bound by medical monopoly, better known as "medical consensus," individuals are deprived of their

freedom of choice; the doctor has no freedom to practice; the patient has no freedom to choose the treatment he wishes, even for cancer. Krebiozen has been denounced as worthless except by those who have used it to prolong their lives, "long after the medical profession had written us off."

As one Los Angeles woman said, after being medically diagnosed with first one tumor followed by another, "Although I was aware of the American Medical Association's judgment that Krebiozen was useless, I decided to try it because I had nothing to lose. After two injections, I had five pain-free hours, the first in two and a half years."

This woman, who has to fly to Chicago to get the ampoules, says the tumors are shrinking. Is she an over-imaginative housewife? No. She is a former chief technician at the department of electrocardiography, Peninsula Hospital, Burlingame, California.

(Continued on next page)

investigated and clinically tested an alleged cancer remedy or treatment, reasoning men must reject their findings.

Thousands of cancer patients will be summarily sentenced to pain and financial burden if the Council bans Krebiozen and the Beard Anthrone test. The Act would be abominable, and worthy of all abhorrence, revulsion and loathing. It would be beneath the dignity of this Council and debase the very precepts of our constitutional structure. The time is at hand when all Americans and citizens of this wonderful State must work together for the good of all and make the precedents it establishes precedents for the good of all—not, un-

wittingly or otherwise, those that serve the political and economic interests. The National Health Federation will gladly pledge its support to assist, through its 18,000 California members, in matters of legislation where this Council is involved if that legislation is, in fact, of benefit and not detriment to the citizenry.

We pray that this Council will re-evaluate its position and not ban Krebiozen or the Beard Anthrone test in California.

BY ORDER OF THE PRESIDENT:

HOWARD C. LONG
Executive Secretary

Thousands of others are living proof that through the use of this non-toxic, harmless medication, their cancers have been controlled or overcome.

Fluoridation?

According to the Journal of the Michigan House of Representatives, 72nd Legislature, Regular Session of 1964, the Committee on Water Fluoridation has called for a two-year moratorium on fluoridating water supplies in the state.

The report noted that "Illnesses from

fluoride in water and acute and chronic fluoride intoxication have been reported in numbers," and that "no control of fluoride intake into the human body is possible. Intake from sources other than water, namely food, drugs, and air contaminated by fluoride, is unpredictable. Even if a constant fluoride level in drinking water could be maintained throughout a water system, the amount of water drunk varies from person to person and tolerance to drugs differs in individuals."

Money Supposedly Collected for Research?

FUNDS RAISED BY NINE HEALTH AGENCIES

*(And Amounts Allocated to Research)**

| Agency | Funds Raised | Allocated to Research |
|---|--------------|-----------------------|
| National Foundation for Infantile Paralysis | \$18,669,299 | \$2,479,617 |
| National Tuberculosis Association | 18,665,524 | Unknown |
| American Cancer Society | 13,221,069 | 3,300,000 |
| American Heart Association | 2,502,176 | 250,000 |
| Arthritis and Rheumatism Foundation | 222,606 | None |
| National Committee for Mental Hygiene | 217,624 | 45,237 |
| National Multiple Sclerosis Society | 147,967 | 62,368 |
| American Diabetes Association | 91,366 | 300 |
| National Association to Control Epilepsy | 33,373 | 8,482 |

*Based on a compilation made by the Albert and Mary Lasker Foundation, New York, N.Y. Figures are for 1948, the latest year available.

Vitamins and Minerals?

Under the Food, Drug and Cosmetic Act, manufacturers are not allowed to print what they know—and can prove—to be true of the effect of supplements if the truth happens to conflict with "medical consensus."

The National Health Federation will not accept defeat. It will continue to fight for the individual's freedom of speech, freedom of the press, freedom of thought and justice, and liberty.

A third grade teacher asked her pupils to draw a picture of what they wanted to be when they grew up. The drawings came—pictures of nurses, space cadets, firemen, etc. But one little girl handed in a blank sheet of paper.

"Don't you know what you want to be?" asked the teacher.

"Sure. But I don't know how to draw it. I want to be married."

—N.Y. Herald-Tribune

Dangerous Rays from Your TV Set

"The television set in your living-room may be a source of physical danger to you," Professor M. Westergaard of Copenhagen University warned recently.

"The X rays emitted from television screens cause great concern among radiologists because we are dealing with radiations to which large groups of people are submitted for long periods," he declared.

N.H.F. Editor's Note: Keep young children from sitting too close to the TV screen. They should be at least 10 feet away.

National Health Federation Power, Influence and Legal Responsibility

By Charles Orlando Pratt

N.H.F. Washington General Counsel
Suite 712, Barr Building, 910 Seventeenth Street, N.W.
Washington, D.C. 20006

National Health Federation Power, Influence and Legal Responsibility

The National Health Federation, with the whole-hearted backing, encouragement and support of more than ten thousand members and more than thirty thousand persons who are friends and relatives of the members, has become the most effective and powerful influence in America in its worthy crusade for freedom in health matters in Congress, in State Legislatures, and in Federal and State Courts throughout this land of ours.

The National Health Federation has assumed and will continue to assume its **responsibility**. With this ever-growing power and influence which is serving as the bulwark of freedom in America for the millions of men, women, and children who are suffering from ill-health, physical and mental, because of the failure of the so-called miracle drugs and because of malnutrition, N.H.F. will be reasonable.

Your National Health Federation, its officers, Board of Governors, and legal counsel, both in Washington, D.C., and California, **will stand with anybody who stands right, stand with him while he is right and part with him when he goes wrong.**

Court Actions Should Be Brought Only for the Purpose of Defending a Right and to Oppose a Wrong but Not for Publicity

Your Washington General Counsel, carrying out the policy of our President, Fred J. Hart, and that of the Board of

Governors, has not in the past, and will not in the future, prepare and file in any Federal or State Court a law suit for publicity, but the National Health Federation will cooperate in defending in the courts the rights and dignity of those unjustly and maliciously attacked.

Every case brought by any Federal or State governmental agency which is instituted without statutory, constitutional or proper regulatory authority merely to destroy a business, a person's reputation, or unreasonably to promote the medical monopoly in this country, must and should be defended with the help and guidance of the National Health Federation. The decision to defend such cases, of course, is the personal responsibility of those attacked.

The National Health Federation must not, and should not, take part in filing law suits which are primarily based upon what the courts have called malicious, immaterial or scurrilous charges, no matter how much unreasonable and malicious publicity the government has promoted and obtained on the radio, television, or in the press. Sound legal and constitutional defenses should be presented by the defendant with a view to victory.

There Is Always a Valid Legal Answer to Malicious Attacks and Publicity

The only effective defense against wrongful and malicious governmental action is to demand proof, to deny dishonest statements, and to defend your rights in a proper court action.

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There is a good answer to government charges which are based only upon "policy to extend the law's power" beyond the legislative authority granted in the Act of Congress administered by the said government agency which induces the U.S. Department of Justice to demand prosecution by a U.S. attorney. Your Washington General Counsel has obtained court decisions which have been sustained by the Supreme Court of the United States. These decisions have stopped the Federal Food and Drug Administration from engaging in the practice of "illegally" charging violations of the food and drug laws when **neither FDA nor the federal courts had any jurisdiction over the defendant or his products in certain charges in the criminal complaint.**

Injunction Suits to Stop Government Agencies from Exceeding Their Authority or to Demand a Fair Test of a Drug Product for the Treatment of a Dread Disease Must Be Based on Legal Procedure

Recently, your Washington Counsel was requested to prepare and file an injunction suit on behalf of patients who have been denied the use of a drug.

The research story of the problem arising out of alleged unfair procedure of the government and others was presented to me in the nature of a tentative petition and brief with the request that I file such material or embrace substantially all of such material in my **Petition for a Mandatory Injunction.** This I deemed to be inadvisable to do because much of the material could be stricken by the court from the record on the ground that it would constitute pleading evidence, and it would not be pertinent to the petition, but would be primarily useful for publicity.

Your President, Mr. Hart, independently of me, after reading the material

presented, advised me that N.H.F. should not become involved in filing such a petition embracing the evidentiary material. Therefore, the National Health Federation proceeded no further with the matter.

A dignified and proper Petition for a Mandatory Injunction could have been prepared and filed demanding that the government give the drug a fair test, and demanding that government, private corporations, associations, societies, and individuals cease interference with the proper testing and use by the patients of the drug under consideration.

Since such a practical and reasonable injunction procedure, without the inclusion of, or the embracing of, the evidentiary material presented, obviously would not serve as the basis for publicity, which was desired by those who worked so diligently to prepare the history of the case, the matter was dropped, and subsequent events seemed to prove that your President and Counsel acted in the best interests of the National Health Federation and its members.

FDA Inspectors Must Be Stopped By Federal Courts from Threatening and Intimidating Users of Food Supplements or Drugs Not Approved by FDA

Recently, and on previous occasions too, it has been called to my attention that FDA inspectors and representatives have gone to persons using food supplements and/or drugs which have not been approved by FDA and they have verbally threatened and intimidated such people to discourage their continued use of such products. FDA inspectors or representatives do not have any legal authority in such matters when the persons only consume the products and do not sell or distribute such products to others. People so threatened or in-

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timidated should request local legal advice on such matters, and they should report to their Congressmen or State Legislative Representatives any unfair or unreasonable treatment by any government agent or representative. You have your constitutional rights to be free from search and seizure in your home or on your person without a court order or legal warrant issued by the court.

Cruel and Inhuman Treatment of a Non-allopathic Doctor by Local Police Must Be Stopped

Under our U.S. Constitution, everyone charged with a crime has the right to a fair trial after legal service of a complaint clearly alleging the crime committed and the law violated. He has the right to be defended by his lawyer. He has the right to a trial by a jury, and he has the right to be treated with respect. The police do not have the right to inflict upon him cruel and inhuman treatment.

Any doctor charged, by local authorities at the request of the AMA or the local medical society, with practicing medicine without a license has no choice but to demand that he be defended by his own attorney or by an attorney appointed by the court if he cannot afford an attorney. The Supreme Court of the United States recently, in a Florida case, reversed a conviction of a defendant because he was denied a defense attorney.

Remember, everyone in the United States is entitled to due process of law and the equal protection of the law, and no governmental authority can demand that a person testify against himself.

You are entitled to a public trial by an **impartial** jury, to be informed of the nature and cause of the accusation, and to be confronted with the witnesses against you.

Please, everyone, read and reread the Bill of Rights set forth in the first ten articles of the United States Constitution.

Eternal vigilance is the price of freedom. Government officials and employees are the servants of the people—not their masters—in our country.

Your National Health Federation, as in the past, will continue to work through proper legal procedure for freedom in health matters.

Consumer's Corner

Many people ask about the safety of artificial sweeteners. Such sweeteners do not really solve the problem. Don't delude yourself that by substituting a little artificial sweetener for sugar, the pounds will roll off, or stay off. The real secret of handling sweets is to overcome that sweet tooth! And you will be surprised how easy it is. We know that the more sugar you eat, the more you want, and vice versa. If you will gradually cut down on your sugar a little bit at a time (and this means sweet desserts, too) you will reach the point where sugared foods taste sickeningly sweet. I have proved this to myself and I hear dozens of others who agree.

There is an even more important reason for not using artificial sweeteners, or artificially sweetened foods. In 1955, and again in 1962, the National Research Council sounded a warning against one sweetener, cyclamate. They warned, "The question of safety of cyclamate for all classes of people is not settled . . . its safety for expected use levels cannot be guaranteed. . . ." The conclusion was that more research is needed before cyclamate can be declared safe for **anyone**. Medical consultants for Consumer's Union are not only concerned about the

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use of cyclamate, but saccharin as well, for pregnant women and nursing mothers. People with chronic diseases of kidneys and intestines as well as diabetes are urged not to use it. Sucaryl, according to **Consumer Reports**, October 1964, contains both cyclamate and saccharin.

In spite of this warning, five new plants are now opening to produce more cyclamate. It is being added to breakfast foods, diet drinks (colas), diet fruits, puddings, toppings, syrups, and even such things as canned chicken dinners. Read your labels!

If you wish more complete information, read the October 1964 issue of **Consumer Reports**.

Meanwhile, every time you are tempted by a sweet, chant this limerick to yourself:

A student whose name was Eileen,
Ate meals from a candy machine.
She earned her diploma,
While still in a coma,
And expired when she was eighteen.

—From Max Huberman's **Health Limericks**

Mother of a small boy to child psychiatrist: "Well, I don't know whether or not he feels insecure, but everybody else in the neighborhood certainly does!"

—Gerber News

—:—

The janitor reported 10 minutes late for work and the manager asked:

"What did they do in the Army when you were 10 minutes late?"

"They all stood up and said 'Good morning, Colonel.'"

—Great Northern Goat

—:—

When you're playing golf nothing counts like your opponent.

—N.Y. Journal-American

—:—

Diet: Triumph of mind over platter.

—Solar Flashes

Another Perpetual Membership Memorial

We are very pleased to announce the receipt of a \$1,000 check from Mrs. Etta Mangold, given in memory of her son and other loved ones who have gone before. By doing this, Etta Mangold's one-thousand-dollar gift will be honoring these loved ones long after she herself has joined them in that better land.

This brings the number of Perpetual Memberships to seven and still there is room. What better way can be found to honor loved ones than to be a part of the National Health Federation's Crusade for Better Health and Freedom of Choice?

Chiropractors' Board Approved Practices That Court Barred

Examiners voted 4 to 1 for use of psychotherapy, vitamins, food supplements.

Use by chiropractors of vitamins, food supplements and psychotherapy in their practice has been officially approved by the Missouri Board of Chiropractic Examiners despite an appellate court ruling prohibiting their use, the **Post-Dispatch** learned today.

Minutes of the board's May 12, 1964 meeting show that, by a vote of 4 to 1, the board approved a motion by Eugene M. Silver, St. Louis chiropractor, that "the use of psychotherapy for the enhancement of normal effects of chiropractic adjustments and promoting normal body functions and the use of vitamins or food supplements as a natural supplement and not for any specific diseases is not illegal or unethical."

Ed.—Emphasis ours.

"The great and direct end of government is liberty. Secure our liberties and privileges, and the end of government is answered. If this is not effectually done, government is an evil."

—Patrick Henry

Washington News Report

By Clinton R. Miller

ANDREW IVY CHARGED ON CONSPIRACY: CHICAGO (Nov. 18, 1964)

—A federal grand jury today indicted Dr. Andrew C. Ivy, world-renowned physiologist, and other backers of the controversial cancer drug Krebiozen on charges of conspiracy, mail fraud, and making false statements to the government.

The 49-count indictment was the most drastic government action to date against the drug which has been a center of one of the century's greatest medical debates for more than a decade.

It marked the first time that Ivy, who at 71 has staked his scientific reputation on Krebiozen's worth, was the direct target of government action. Ivy refused comment on the charges.

It was also the first grand jury indictment specifically attacking Krebiozen as worthless in the treatment of cancer. An indictment against other Krebiozen sponsors returned last October 29 charged violation of federal rules against interstate sale of the drug.

Also named in the 49-count indictment were Dr. Stevan Durovic, developer of Krebiozen; Marco Durovic, his lawyer brother; the Promak Laboratories, where Krebiozen is manufactured; the Krebiozen Research Foundation; and Dr. William Phillips of Chicago, a Krebiozen backer.

HOW THE CANDIDATES VOTED

In recent years has been summarized by the American Farm Bureau Federation. The record shows that Goldwater voted with the AFBF position 66 times and opposed it twice. Johnson voted with the AFBF 12 times and opposed the Farm

Bureau 40 times. Vice-presidential candidate Miller voted with the AFBF 30 times, opposed it six times. Senator Humphrey voted with AFBF five times, opposed it 63 times.

THE ADMINISTRATION STALLED

a Republican move in Congress to hold up the Supreme Court's June 15 reapportionment decision that forces state legislatures into districts of equal population in each house. Now only a ground swell from the country could force a vote on a constitutional amendment in time to keep your state from having to scuttle its traditional area representation in one House. "Equal population" districts will move state control to cities, lose representation for farms and rural towns, and increase Federal control over states. If you have an opinion, get it to your Senators and Congressmen pronto.

THE GOVERNMENT EXPECTS TO HAVE ONE MILLION PEOPLE ON FOOD STAMPS by next June—there

were 392,000 at the peak this year. If Congress will put up the money, the program will expand to two million the following year. The five-year goal is to be passing out food stamps to four or five million people in 1,600 counties—everywhere direct food distributions are made to needy families.

FARMERS ARE TRYING TO IMPORT WORKERS from the Bahama Islands, Canada and Mexico, under Public Law 414, now that the Mexican bracero program is coming to an end December 31. Labor unions frown on it, and so the Labor Department, which must certify

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the need for such labor, is balking. Growers are telling Congress that many processing plants will fold up, truckers will lose business, and food will cost more. Some operations are leaving this country for Mexico, where the labor is.

YOU CAN EXPECT CONTROL OVER WATER TO TIGHTEN. Congress will consider two bills next session. The first would set up a Federal agency to crack down on pollution in interstate streams. The other would coordinate plans to make the best use of water across the nation.

FLUORIDATION: The Supreme Court of the United States has just received a petition to review the adverse fluoridation decision of the Supreme Court of Illinois. The powerful petition was filed by attorneys Dilling and Dilling of Chicago, Illinois, in behalf of Alice Schuringa, Anna C. Fout, Dr. Paul Thorelius, and Jose M. Lenone (a Christian Scientist), the petitioners.

The basic constitutional question raised is whether or not a Christian Scientist can be compelled to drink medicated water without violating his freedom of religion as guaranteed by the 1st and 14th Amendments to the U.S. Constitution. Dilling's petition is the most exhaustive judicial investigation ever conducted as to fluoridation.

KREBIOZEN, CHICAGO: A great American judge, Joseph Perry, waived a half-million-dollar bond demanded by the Department of Justice attorneys on both Dr. Stevan Durovic and his brother Marco. The fair federal judge allowed them to give their personal bond without surety. It was a tremendous defeat for the government case. The U.S. Marshall wanted to arrest the Durovic brothers and drag them into court wearing handcuffs so that the hostile Chi-

cago newspapers could start a trial by press.

With the notable exception of the **Chicago American**, and sometimes the **Chicago Tribune**, the Chicago newspapers are rabidly pro AMA.

The Durovics' able lawyer, Mr. Friend, frustrated the prosecuting attorney's plot to have the Durovics arrested, photographed in handcuffs, and then placed under such an excessively high bail that they would have to go to jail before the trial even started.

The Federal Prosecutor's scheme was to get the Grand Jury to render a "suppressed indictment," which they did. He then planned to stage the arrest of the Durovics by making it appear that they were trying to flee the country. It flopped. The police cars swooped down on the Durovics' house, and the searchlights started to play over the yard. It was a vicious act, intended to terrorize two American citizens who had fled Nazi Germany only a few years ago. But they weren't home. In the meantime, Mr. Friend went into federal court and asked for its protection so that he might bring the Durovics before the court while the sealed indictment was opened so that they might see if they were in the indictment. The U.S. Marshall begged Mr. Friend to turn the Durovics over to him so that they could be arrested BEFORE THE INDICTMENT WAS EVER OPENED. Federal Judge Joseph Perry granted Mr. Friend's request, and prevented the Federal Prosecutor from slapping handcuffs on the Durovics as soon as they presented themselves to the court. Orchids to a fearless judge and an able attorney. Justice triumphed October 30, 1964. (Mr. Friend is of the New York law firm of Bass and Friend. They recently won another tremendous victory against the

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Federal Trades Commission in the Vio-Bin Wheat Germ Oil incident.)

CHIROPRACTORS' BLUNDER: Dr. Emmett J. Murphy and Dr. Dewey Anderson are no longer at the helm of America's largest chiropractic organization's legislative and education program. They were unceremoniously fired by the new executive board of the American Chiropractic Association (ex-National Chiropractic Association).

Dr. Murphy has done more to get chiropractic accepted by unions, insurance companies and government than any man in America. He and Dr. Dewey Anderson had shown chiropractors how they could have two and possibly three ACCREDITED colleges in a year. They even showed the chiropractors where they had enough money for the job.

Dr. Anderson had just completed a costly and conclusive educational survey which proved that chiropractic, by upgrading their schools just a little more, could be accredited by the U.S. Department of Education. Dr. Dewey Anderson is one of America's outstanding intellectuals.

Dr. Murphy stands unequaled in his 30-year lobby efforts in behalf of chiropractic. He has won respect and favors for chiropractic no one thought possible. His intimate friends are Senators who have supported his stands because of their high personal regard for him. Whoever takes his place in Washington will labor under a tremendous handicap.

Just as chiropractic seemed ready to take its largest stride forward, get its schools accredited, and thereby justify its practitioners a total therapy, it slipped back (we hope only temporarily), and junked its ablest staff members. The AMA is jubilant.

The N.H.F. has supported chiropractors in their efforts to get fair play in Washington. Congressmen who are

friendly and helpful have said, "If they could only get their schools accredited, it would be so easy to support them."

FEDERATION OF HOMEMAKERS: Mrs. Ruth Desmond, President of the Federation of Homemakers, was the speaker at the October meeting of the Washington Chapter of the National Health Federation. She asked the N.H.F. to join the Federation of Homemakers in requesting a full committee on Health and Public Safety in the House of Representatives. Her idea was well received. Mrs. Desmond pointed out that the present Health Committee is not a full committee at all, but a subcommittee under Interstate and Foreign Commerce. Much more time is given to commerce matters than to health matters. As a result, much valuable legislation on health never comes up for a hearing, even though the chairman of the subcommittee, Rep. Roberts of Alabama, would be glad to hold hearings. For example, Rep. Roberts said he would be glad to hold hearings on the 50 or more Krebiozen resolutions, but was prevented from doing so by the chairman of the full committee, Mr. Oren Harris.

Most of us believe that health matters in America are in need of much corrective legislation. Mrs. Desmond has discovered a real weakness and has made a sound suggestion to correct it. All of the Federation of Homemakers' efforts in behalf of Americans are on the same high level. New members are welcome. Dues: \$3.00 for one year. Address: 922 North Stuart Street, Arlington 3, Virginia.

VITASAFE CASE: The Vitasafe case has been appealed to the United States Court of Appeals. An *amicus curiae* brief has been filed in the crucial case by Dilling and Dilling in behalf of the

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National Association of Food Supplement Manufacturers and Distributors.

The district court ruled, and if a higher court does not overrule the decision, it will be the law, that there is an "average" or "ordinary" diet in America, and no one need supplement this diet, for it is adequate in all respects.

Dilling's brief states "... the claim [of the government] that an 'average' diet should apply to everyone in the U.S. makes the same sense as contending that everyone in America has an 'average' or 'ordinary' income."

CANCER: Breast cancer deaths among American women are six times higher than among Japanese women and double those of Chilean women, according to a report made by Dr. Lester Breslow of the California Department of Public Health to the fifth National Cancer Congress.

ROYAL JELLY: Representative Vernon W. Thomson (R. Wis.) has protested the use of foreign aid funds to send royal jelly to China.

The congressman stated: "Unbelievably, for instance, to the Republic of China went \$13,500 worth of 'royal bee capsules' described as a sex rejuvenator, although the Food and Drug Administration is unconvinced."

The State Department had authorized the funds through AID (Agency for International Development), but had made a claim for reimbursement when the Congressman noticed the item.

MER/29—THALIDOMIDE: The Richardson-Merrell drug company's claim to fame is based on their introducing American customers to both Thalidomide and MER/29. A grand jury indicted the company this year on eight counts and the court imposed the maximum fine of \$10,000 on each count (a total of \$80,000) for withholding information from the government on MER/29.

Drug liability suits against Richardson-Merrell for damages from the two drugs are still being filed at the rate of more than one a day.

By the end of August, 1964, 584 damage suits, totaling \$300,089,000, had been filed.

While the number of suits on Thalidomide is not large, several of them are substantial.

At the time Merrell de-marketed MER/29, sales volume was running \$9 million a year. Investigation by Sen. Humphrey's subcommittee prompted the grand jury action.

Latest reports indicate that Merrell isn't hurt at all. The drug company has regained all the volume ground lost when they were forced to stop selling MER/29. Profits are up, and they have just won the first two court cases that were tried on MER/29. But the show isn't over. There are still nearly 600 lawsuits to go.

WATER ALLERGY: Some people are allergic to plain water, says a University of Pennsylvania dermatologist and pathologist, and nobody can explain why. **The Journal of the American Medical Association** has the full article in the September 21 issue.

FDA vs. VITAMINS: "The Coming Struggle Over Vitamin-Mineral Pills" is the title of a speech given before the American Bar Association in New York on August 12 by William W. Goodrich, General Counsel of the Food and Drug Administration.

Free copies of this speech can be obtained from: Bureau of Education and Voluntary Compliance, Industry Information Branch, Food and Drug Administration, Washington, D.C. 20204. FDA is back-peddling a little.

(Continued on next page)

KARPOVICH: Professor Karpovich, who was discovered to have used dishonest and unfair testing methods as the Federal Trade Commission's star witness in their abortive attempt to stop and discredit VioBin Wheat Germ Oil advertising, has shown up again. (See July-August **N.H.F. Bulletin**, page 26.)

This time we find that he is the darling of the National Institutes of Health. During the past two years, he has received nearly \$45,000 in research awards. Not only that, but a fresh grant is being contemplated. Write your Congressman today protesting any further NIH appropriations to Karpovich.

SEN. NEUBERGER: Senator Maurine Neuberger of Oregon has praised FDA's pamphlet, "Your Money and Your Life," and said it helps fulfill the need for widespread education to stamp out medical quackery. The pamphlet is an FDA catalogue of vitamins, minerals, and some devices, all of which FDA improperly labels fakes or swindles.

In a speech delivered before an Oregon Conference on Nutrition and Medical Quackery co-sponsored by the FDA and AMA, Sen. Neuberger said she "worried about the plight of the ordinary person, the consumer, who spends so much for various nutritional materials and books which may not actually hurt him but which cost him so much money." The woman Senator, however, was not the least worried about the cost or needlessness of drugs or medical care. The Senator, recently married to an M.D., said there is need for more medical research and increased quality in medical education.

The Oregon Senator has carried on a good fight against cigarettes, but seems to have been offended at some time or other with the idea of taking vitamins and minerals or food supplements. She has seemed unreasonably hostile to any

nonmedical effort to improve one's health. Perhaps we could start on common ground by reminding her that cigarettes were introduced in drug, not health food stores.

ESTHER PETERSON: Mrs. Esther Peterson, President Johnson's special assistant for consumer affairs, was attacked editorially by **Printer's Ink** in their September 11 issue as "the most pernicious threat to advertising today."

Printer's Ink is a trade magazine for the advertising industry. It said Mrs. Peterson's office was created to tell the Government what consumers want. Instead, it said, she is bent on telling consumers what they **should** want.

N.H.F. believes the files should be left open so that critics like **Printer's Ink** and others can see for themselves "what consumers want." If they are not, Mrs. Peterson invites unnecessary criticism.

New Cure for Senility?

What makes old folk forgetful, torpid, depressed, argumentative, aggressive? Those are symptoms of senility, and our society has generally assumed that the cause is hardening of the arteries of the brain.

This may not be the cause in some cases, Dr. Murray Miller, a Pennsylvania physician, reported to the American Medical Association. The trouble may be a too-high level of carbon dioxide in the blood, depriving the brain of oxygen; and the cause may be inadequate breathing, or "ventilation." The evidence: In a 27-month study, Dr. Miller treated ostensibly "senile" patients with a respiratory stimulant drug called Emivan. Symptoms disappeared or were reduced. Dr. Miller gave Emivan by mouth. In the past it has been used in respiratory disease, emphysema, and by injection in coma caused by illness or drug overdose.

Family Circle

(Continued from page 2)

night program. We feel this would be a good way to close the first decade of the Federation's life and usher in the next decade.

WHILE WE ARE WRITING: You will be receiving a letter in the mail from the President of the Federation, together with a list of accomplishments during 1964, plus an appeal to send in your next year's dues as soon as possible, and where you can, a request to add \$2.00 or more extra for the Washington Office. In the envelope we have also included a new piece of Federation literature which we urge you to read and then pass on to a friend. It is very important that we receive more money for the support of the Washington program as well as the general program of the Federation.

LAST MONTH, DAVID STONED GOLIATH in Portland, Oregon, and did a good job of it. This month, on November 20, in New York, the Federation is called upon to do the same kind of a job. The AMA and the Food and Drug boys are staging another so-called Quackery Congress, and the Federation must again engage in a battle with Goliath. It is the plan of the Federation to keep doing this as long as our members provide the funds to battle this effort to capture the lives of free Americans and make of them pawns to the medical and chemical interests.

THANK YOU, LONG BEACH CHAPTER: In today's mail we received a letter from Robert Howell, D.C., with a check for \$300, with the explanation that this was the result of an all-day convention, staged not by the National Office, but by the Long Beach Chapter of the Federation, under the able leader-

ship of Dr. Howell of Long Beach. Howard Long and Executive Vice-President Charles Crecelius attended and they report it was an outstanding event. Dr. Howell is an outstanding young man, and we venture the opinion that he will become a great leader in the health movement.

TIME FOR YOU TO VOTE: On another page of this issue you will find:

1. A ballot for members of the Board of Governors for the coming year, and
2. A ballot on a suggested program for the next year. This latter will be in two parts: A. The basic program which has been the Federation's general guide, and B. Several special projects which we feel should be given the most emphasis during the coming year. Please mark these in the order of your preference, and write in, where space is provided, any other item which you feel should have major emphasis during 1965. The Federation belongs to you, and its officers desire the Federation's program to be what you wish it to be. **SO TEAR OUT THESE PAGES, MARK THEM, AND MAIL TO HEADQUARTERS SO THEY WILL BE THERE NOT LATER THAN DECEMBER 24.**

PLAN NOW TO ATTEND the Tenth Annual Meeting and Convention of the Federation. Why not make a year-end holiday of it. Come in your car. Get some of your friends to come along and share the expense. Seattle, we challenge you to charter a bus and pick up others in Portland and way places. You will be surprised to see how cheaply this can be done. Contact your local Greyhound Bus or Trailways people and see what can be done. San Diego, Salt Lake and Phoenix, we issue you the same challenge, and the same to both Oakland and San Francisco.

Tenth Annual Convention

NATIONAL HEALTH FEDERATION

Americans Crusading for Health Liberty

Nutrition — Health — Legislation

You are invited

December 30 and 31 and January 1 and 2

**THE INTERNATIONAL HOTEL
6211 West Century Boulevard**

At the Los Angeles International Airport

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

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

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

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

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

ADMITTANCE TO CONVENTION

Admittance to the convention sessions will require the showing of a registration badge or proper ticket. This badge or ticket will be given to each person when he registers. The registration fee will be \$5.00 for the four days or \$2.00 for each day. The four-day fee covers all the meetings of the convention during the four days. The one-day fee covers all the meetings of the convention held during the day for which the fee is paid. If a person elects to attend only one session or lecture, the minimum charge will be \$1.00. All meetings open to the public at above rates. **THE SATURDAY EVENING, JANUARY 2, SESSION WILL BE FREE OF CHARGE.**

NATIONAL HEALTH FEDERATION

Tenth Annual Convention

WEDNESDAY, DECEMBER 30

- 9:00 a.m. to 12:00 noon—Registration
 10:00 a.m. to 11:00 a.m.—Visit Exhibits
 11:00 a.m. to 12:00 noon—Federal Controls on Pesticides and Air Pollution
 A Round Table—Clinton R. Miller, N.H.F. Washington Representative
 11:00 a.m. to 12:00 noon—Problems Facing the Health Food Industry and How to Solve Them
 A Round Table—Dr. Walter J. Hodson, D.C., N.D., Th.D., D.D.
 12:00 noon to 1:00 p.m.—Luncheon Recess
 1:00 p.m. to 1:30 p.m.—Opening Ceremonies
 1:30 p.m. to 2:00 p.m.—A Coach Looks at Health—Walter De Land
 2:00 p.m. to 2:15 p.m.—Questions and Answers
 2:15 p.m. to 2:45 p.m.—N.H.F. Legislative Program for 1965—Senator Jack B. Tenney, N.H.F. Legal Adviser
 2:45 p.m. to 3:00 p.m.—Questions and Answers
 3:00 p.m. to 4:00 p.m.—Visit Exhibits
 4:00 p.m. to 4:30 p.m.—Medical Delusions—E. E. Rogers, M.D., C.M.
 4:30 p.m. to 4:45 p.m.—Questions and Answers
 4:45 p.m. to 5:00 p.m.—Convention Business
 5:00 p.m. to 7:00 p.m.—Dinner Recess—Visit Exhibits
 7:00 p.m. to 7:30 p.m.—They Said We Couldn't Do It—Howard C. Long
 7:30 p.m. to 8:30 p.m.—"Strengthening Man's Kingdom"—Bernard Jensen, D.C.
 8:30 p.m. to 9:00 p.m.—Report of the Executive Vice President—Charles I. Crecelius
 9:00 p.m. to 10:00 p.m.—Visit Exhibits

THURSDAY, DECEMBER 31

- Note: Board Meeting at 9:00 a.m.—Rose Room West
 9:00 a.m. to 10:00 a.m.—Pesticides—Betty Lee Morales
 A Round Table
 10:00 a.m. to 11:00 a.m.—Recess—Visit Exhibits
 11:00 a.m. to 12:00 noon—Acid-Alkaline Balance—a Cue to Health—Dr. George C. Wilson
 A Round Table
 12:00 noon to 1:30 p.m.—Luncheon Recess—Visit Exhibits
 1:30 p.m. to 2:00 p.m.—Ten Years With N.H.F.—Fred J. Hart, President
 2:00 p.m. to 2:15 p.m.—Questions and Answers
 2:15 p.m. to 2:45 p.m.—Annual Washington Report—Clinton R. Miller
 2:45 p.m. to 3:00 p.m.—Questions and Answers
 3:00 p.m. to 4:00 p.m.—Recess—Visit Exhibits
 4:00 p.m. to 4:30 p.m.—Where the Quackery Is in Health—Walter J. Hodson
 4:30 p.m. to 4:45 p.m.—Questions and Answers
 4:45 p.m. to 5:00 p.m.—Convention Business
 5:00 p.m. to 7:00 p.m.—Dinner Recess—Visit Exhibits
 7:00 p.m. to 8:30 p.m.—A Tribute to Rachel Carson—John T. Clark
 8:30 p.m. to 9:00 p.m.—Dr. I. N. Frost Looks at Cancer—Elsa Welch
 9:00 p.m. to 9:15 p.m.—Questions and Answers
 9:15 p.m. to 10:00 p.m.—Recess
 10:15 p.m. to 11:00 p.m.—Special Wildlife Film
 11:00 p.m. to 12:00 p.m.—Special New Year Celebration

FRIDAY, JANUARY 1

- Note: Life Member Luncheon at noon—Rose Room
 9:00 a.m. to 10:00 a.m.—Legal Matters Affecting Your Health—Charles Orlando Pratt, N.H.F. Washington General Counsel
 10:00 a.m. to 11:00 a.m.—Recess—Visit Exhibits
 11:00 a.m. to 12:00 noon—Cooking Foods Properly—M. Brenner (a demonstration and lecture)
 12:00 noon to 1:30 p.m.—Luncheon Recess—Visit Exhibits
 1:30 p.m. to 2:00 p.m.—Organic Foods and You—Betty Lee Morales, Chairman, N.H.F. Nutrition and Pesticide Department
 2:00 p.m. to 2:15 p.m.—Questions and Answers
 2:15 p.m. to 3:15 p.m.—Live Food Versus Dead—V. Earl Irons
 3:15 p.m. to 4:15 p.m.—Recess—Visit Exhibits
 4:15 p.m. to 5:15 p.m.—Nutrition and Your Health—Gladys Lindberg
 5:15 p.m. to 7:00 p.m.—Dinner Recess—Visit Exhibits
 7:00 p.m. to 8:00 p.m.—Mineral Metabolism—Dr. M. Dikkers
 8:00 p.m. to 9:00 p.m.—My Health Secrets—Pamela Mason
 9:00 p.m. to 10:00 p.m.—Visit Exhibits

SATURDAY, JANUARY 2

- 9:00 a.m. to 10:00 a.m.—Federal and Legislative Programing for 1965—Clinton R. Miller
 A Round Table
 10:00 a.m. to 11:00 a.m.—Recess—Visit Exhibits
 11:00 a.m. to 12:00 noon—The Suppression of Truth by FDA and AMA and Its Relation to Professional Ethics—Dr. Royal Lee
 12:00 noon to 1:00 p.m.—Luncheon Recess—Visit Exhibits
 1:00 p.m. to 1:30 p.m.—A Chiropractor Looks at Health—Leonard Savage, D.C.
 1:30 p.m. to 2:00 p.m.—Health Hints to Take Home—Linda Clark, Author of *Stay Young Longer*
 2:00 p.m. to 2:15 p.m.—Questions and Answers
 2:15 p.m. to 2:45 p.m.—Medical Hypnosis in Dentistry—John C. Vann, D.D.S.
 2:45 p.m. to 3:00 p.m.—Questions and Answers
 3:00 p.m. to 4:00 p.m.—Recess—Visit Exhibits
 4:00 p.m. to 4:30 p.m.—Laetrile—an Effective Cancer Treatment—Ernest T. Krebs, Jr.
 4:30 p.m. to 5:00 p.m.—Introduction of 1965 N.H.F. Board—Fred J. Hart
 5:00 p.m. to 7:00 p.m.—Dinner Recess—Visit Exhibits
 7:00 p.m. to 7:30 p.m.—Special Address—Howard Long or movie star Clint Walker
 7:30 p.m. to 8:00 p.m.—Your Changing N.H.F.—George Hamilton
 8:00 p.m. to 9:00 p.m.—What's Happening to Nutrition?—Adelle Davis
 9:00 p.m. to 9:15 p.m.—Questions and Answers
 9:15 p.m. to 10:00 p.m.—Visit Exhibits

RESERVATION INFORMATION

CONVENTION HOTEL— THE INTERNATIONAL

Single rooms \$12.00 (50 guaranteed)
 Double rooms \$16.00 (200 guaranteed)
 \$3.00 each additional person
 Reservations must be in by December 16 and they MUST mention N.H.F.
 Good parking BEHIND hotel, 25¢ per hour, \$2.00 per 24 hours. Valet parking in front of hotel costs you an extra 50¢.

Additional rooms at
THE RAMADA INN
 9620 Airport Boulevard
 Four blocks from the International
 Singles \$9.50, Doubles \$13.50
 Bus service—also walking distance
 Reservations, mentioning N.H.F., should be made by December 20.
 Good 24-hour restaurant

TIVOLI MOTOR HOTEL 4861 West Century Boulevard

One mile from the International
 Singles \$7.00, Doubles \$9.00
 \$2.00 each additional person
 Only 26 units available
 Bus service
 Reservations, mentioning N.H.F., suggested.
 No restaurant

CAESARS 4652 West Century Boulevard

One mile from the International
 Singles \$7.00, Doubles \$9.00
 \$1.00 each additional person
 Bus service available
 Make reservations through Mr. Hawley, mentioning N.H.F., and try to have them in by December 20.
 Nice, inexpensive 24-hour restaurant

Got a Cold?

Here is brief information on the common cold for the guidance of the family besieged by drugs ads. Colds are caused, not by a "virus," but by baffling complexes of viruses, **upon which antibiotics, among other things, have no effect.** Some virus complexes seem to produce different results at different times, and at other times different virus complexes seem to produce identical effects.

Medicine does not yet have a cure for most illnesses caused by a virus—and that includes colds. One authority says that conquest of the common cold will be at least thirty to fifty times as difficult, complex, and expensive as the conquest of polio. Your best preventatives are a good diet, warm clothing in cold weather, and avoidance of people who have colds. **When you get a cold, rest. Unpleasant symptoms can be alleviated with simple, standard remedies. Scientists are beginning to feel that the fewer medicines we take and the less we fiddle around with our symptoms the sooner the cold may end.**

Editorial from *Midnight*, page 12, December 5, 1960.

SILVER LINING

I learn as the years roll around
And leave the past behind.
That much I've counted sorrow
But proves that God is kind;
That many a flower I longed for
Has a hidden thorn or pain,
And many a rugged by-path
Led to fields of ripened grain.

—Anon

What a difference a comma makes.
Girls are pretty, generally speaking.
Girls are pretty generally speaking.

—Baltimore Sun

An optimist is a man who marries his secretary and thinks he can go on dictating to her.

—Industrial News Review

Well Spoken

"Man's environment today is a synthetic one which he himself has largely created through scientific advances," states Dr. Luther R. Terry, Surgeon General of the U.S. Public Health Service.

"The survival of the human race depends on finding the solutions." Dr. Terry points out that 21 years ago no one complained of smog; and that there is today nearly six times as much pollution in our rivers, streams and lakes as 60 years ago and the amount is increasing.

He adds, "Every year more than 500 new chemicals and chemical compounds are introduced into industry . . . except with the most toxic materials there is necessarily a time-lag between the introduction of a new material or process and the recognition of deleterious effects. . . ."

"Furthermore, it illustrates the interdependence and interrelationship of all facets of environmental health, as well as the intimacy of its association with every aspect of natural resource management."

—From a lecture to Kettering Laboratory, University of Cincinnati Medical Center, April 1, 1964.

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

NATIONAL HEALTH FEDERATION BULLETIN

PROS and CONS

By Linda Clark

Be prepared with facts to oppose the future campaign against vitamins.

"High-potency vitamin supplements will require a doctor's prescription if FDA is successful in establishing the new dietary food regulations it has in the works. Although an item like a high-powered vitamin C tablet won't do any harm, FDA will likely claim that the average person can't determine if he really needs it so therefore it should be sold only on prescription.

"The Food and Drug Administration is cranking up a campaign against self-medication. [Their excuse: nostrums make one feel temporarily better, but really mask serious illnesses.] . . ." On the other hand—

"At least one psychiatrist has already suggested that it may not be healthy for people to run to the doctor with minor problems. . . . In England the situation is just the reverse and a campaign is under way to get more people to treat themselves. . . ."

—*Health Bulletin*, September 12, 1964

The medical director of the FDA has announced that the effectiveness of 13 categories of drugs will be tested by the FDA. Dr. Joseph F. Sadusk said, "This doesn't mean we will necessarily take any of these drugs off the market, but it does mean we have a relatively high degree of suspicion about them and hence will look into their claims."

The list, in order of priority for review by the Bureau of Medicines, contains some good, some questionable products, and some potentially dangerous drugs. However, No. 4 on the list is nonprescription iron preparations, including all vitamin pills and capsules containing iron. No. 9 on the list: bio-

flavonoids, obtained from the skin and seeds of citrus fruits and "claimed to promote health."

—Associated Press Release, Oct. 9, 1964

Here is how you can answer the questions raised against these products, one a mineral, the other a natural vitamin C complex.

Iron:

Some children, both infants and young children, fail to thrive. An important finding—that the problem is often an easily correctable iron deficiency—has been discovered by physicians at Harvard University and Children's Hospital in Boston. Lack of iron was found to produce intestinal abnormalities, insufficient stomach acid, as well as imperfect absorption of vitamin A, sugar and fat. After receiving oral iron, 14 infants and children became healthy. The intestinal abnormalities disappeared.

—*Pediatrics*, Vol. 33, p. 83

"The diet should contain at least 15 milligrams of iron daily. About 10 milligrams are excreted from the body. It has been estimated that the average iron content of the average diet is rarely more than 10 mg., while it is frequently as low as 5. In these circumstances, ill-health is likely to arise. This takes the form of anemia, especially in infants and women of the child-bearing time of life. Pregnant women need 20 mg. of iron daily. It is apparent, therefore, that the average diet is not varied enough to provide a sufficiency of this most important element."

—Excerpts from *Nutrition and Health*, by Sir Robert McCarrison, M.D., former director of Research on Nutrition, India;

(Continued on next page)

and H. M. Sinclair, director of the Laboratory of Human Nutrition, Oxford University, England.

"I feel that the intake of calcium and iron is substandard in many American diets. . . . Since the body has no storehouse for iron, a steady supply is needed to keep enough red corpuscles on the job. . . . When people eat enough iron-rich foods there is generally no need to worry about a diminished supply of rich, healthy blood. Sometimes, however, the body's iron resources fall short of its needs. When this occurs, iron deficiency or nutritional anemia results. There are many forms of anemia, some that are not caused by lack of iron. But the most prevalent of all so-called 'thin-blood' conditions is simple anemia due to iron shortage. Recent estimates of iron deficiency range as high as 30 to 40 per cent in certain age groups. . . . The National Research Council has raised the recommended allowance to 15 mg. per day for girls from the age of nine up through the childbearing years. This amount is difficult to come by unless one regularly consumes iron-rich foods. . . ."

—Dr. George M. Briggs, chairman of the department of Nutritional Sciences, University of California, Berkeley
Bioflavonoids:

Doctors from every part of the world have reported dramatic results from the use of bioflavonoids for disturbances including bursitis, arthritis, hemorrhaging eye conditions, miscarriage, colds, tuberculosis, and a host of other diseases.

Morton S. Biskind and William Coda Martin, both M.D.'s, have used citrus bioflavonoids successfully with respiratory infections, flu, colds, bursitis, and diseases due to fragile capillaries.

—**American Journal of Digestive Diseases**, Vol. 21, No. 7, July 1954, p. 177
International Record of Medicine and General Practice Clinics, Vol. 168, No. 2, February 1955, p. 66

Walter R. Lowe, M.D. treated 50 cases of eye hemorrhage and all "responded favorably" with bioflavonoid treatment.

—**The Eye, Ear, Nose and Throat Monthly**, Vol. 32, No. 2, February 1955, p. 108

Dr. William B. O'Brien, superintendent of the Rhode Island State Sanatorium, reported his success with bioflavonoids in the treatment of tuberculosis. In 133 cases of TB treated with the bioflavonoids, bleeding was stopped in every one. Dr. O'Brien, who found that 500 to 600 mgs. daily were needed for best results, said, "It is my impression that this is a worth-while drug [vitamin?] and that it should be used routinely in the treatment of TB hemorrhage."

You will find other cases of illnesses treated successfully with bioflavonoids, with suggested dosages, in Catharyn Elwood's book, **Feel Like a Million**. Medical documentation is cited.

We Goofed in the September Issue

As the heading of an article which appeared on Page 29 of the September issue, we had "Macrocystis Pyrifera (Sea Water) as a Source of Trace Elements in Human Nutrition." The heading should have read, "Macrocystis Pyrifera (and Sea Water) as a Source of Trace Elements in Human Nutrition."

It has been pointed out to us that with the omission of the conjunction—and—it would lead one to believe that Macrocystis Pyrifera was sea water, when, in fact, it is kelp, which, of course, is a marine plant and grown in sea water. We are sorry we GOOFED.

Frowning psychiatrist to office nurse on the phone: "Just say we're terribly busy—not 'It's a madhouse.'"

—**Denver Post**

Basic National Health Federation Program

- ☐ FOR—Pure food, water, air, and beverages.
- ☐ FOR—Mental health freedom.
- ☐ FOR—Honest, fair and efficient law enforcement in health matters.
- ☐ FOR—Freedom of choice in all matters relating to health.
- ☐ FOR—A bill, to be reintroduced, which would deny tax benefits to any charity organization soliciting funds on a nationwide scale, or connected with a nationwide organizational drive for health purposes, unless, previous to such solicitation, a detailed budget, or financial report, shall have been submitted to the Internal Revenue Department, and unless such organization shall hold its books open to audit by the Federal Revenue Department, should such audit be deemed necessary. This is similar to the requirements of Community Chests and United Fund Drives. It is the feeling of your organization that the passage of such a law will (1) remove the present objection of such organizations taking part in Community Chest and United Fund Drives, and (2) will stop the apparent waste of funds collected from year to year. The only financial report such organizations now file is a very, very brief one, which does not answer any of the questions to which the public has a right to know the answers. This bill should have the support of all right-thinking men and women everywhere.
- ☐ FOR—A bill, to be reintroduced, designed to set medical doctors and medical researchers free to care for the sick and to search for remedies to humanity's ills. This bill is simple in nature and long overdue. The bill will deny tax benefits to any medical facility in the United States which discriminates in its service or the use of its facilities because a medical doctor, with a proper state medical license and associated qualifications, belongs to or does not belong to the County, State or National Medical Association, etc. There is no justifiable reason why your medical doctor cannot practice in or use our medical hospitals and institutions if he holds a proper medical license in good standing. This bill is also in keeping with the purpose of the National Health Federation, to wit, medical freedom.
- ☐ FOR—An amendment to the Federal Administrative Procedure Act in line with the recommendation of the Hoover Commission, which reads as follows: "Agency publicity found by a reviewing court to have been released for the purpose of discrediting any person under investigation or a party to an agency proceeding may be considered by the court as a prejudicial prejudging of the issue, and the court may set aside any agency action against such a person or party or enter other appropriate order."
- ☐ FOR—A thorough investigation of the Food and Drug Administration by the Senate Anti-Monopoly Committee on the ground that its activities appear to be promoting a medical monopoly.
- ☐ FOR—Legislation which will provide that when federal money is involved in the training of individuals, or aiding institutions for the education of individuals in the art of healing, there shall be no discrimination as between the different schools of healing, regardless of whether they are medical or drugless.
- ☐ FOR—Legislation, both state and national, which will protect the constitutional rights of individuals in relation to mental health matters. Improperly handled, the mental health program, as now being pushed in the United States, could destroy the American way of life. The National Health Federation will be active in this matter, in the county, the state, and the nation.
- ☐ Against all legislation and/or regulations in the health field which are not in the best interests of the public.
- ☐ Organize and promote a "National Youth Health Club Movement," patterned after the 4H Club idea.
- ☐ Organize a Health Speakers Bureau, the purpose of which would be to provide competent speakers on diet and other health matters. The medical monopoly and the Food and Drug Administration are rapidly driving our well-known health speakers from the platform.
- ☐ Organize a Litigation Bureau, the purpose of which will be to initiate litigation against any group which is a monopoly or works toward the creation of a monopoly in the health field, or which takes unjust or illegal action against an individual, corporation or organization in the field of health.

The space before each of the foregoing is left blank. Please write a numeral before each of the projects to indicate the order of importance of these projects as you see the picture. This information is needed by the Board and Federation staff, to the end that they may chart the coming year's work in accordance with your wishes.

Please Rush

This ballot should be in the hands of the Federation by December 24 in order that it may be tabulated in time for Board action on December 30-31, 1964.

DECEMBER, 1964

Based on the N.H.F. Basic Program

It is suggested that the following bills be pushed, ahead of all others, during 1965, if the same meets with the approval of the Board of Governors and the membership.

1. Bill to set up a separate Department of Nutrition to study health and not disease. The bill would be the same as the one which appeared in the September 1964 issue of the **Bulletin**.
2. Bill to require charity organizations to give complete financial accounts before making yearly drives.
3. Bill to stop governmental departments from issuing bad and damaging publicity before a hearing or trial.
4. Bill to allow whole-fish flour to be sold on the American and foreign market.
5. Bills to stop air and water pollution; this item will also include pesticide control bills.
6.
7.
8.

If you, as a member, feel that other bills should be included in this preferential list, please so indicate on the blank lines above.

NATIONAL HEALTH FEDERATION BALLOT-1965

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

INCUMBENTS

| | Yes | No | |
|--|-------|-------|--|
| Fred J. Hart, Salinas, California | | | Mark in order of preference. The nine receiving the highest number of "yes" votes will hold office for three years, the balance for two years. |
| Wm. Liddon, Phoenix, Arizona | | | |
| Chas. Crecelius, Monrovia, California | | | |
| Royal Lee, Milwaukee, Wisconsin | | | |
| F. Doughty-Beck, New Orleans, La. | | | |
| Harold Doster, Plainwell, Michigan | | | |
| Betty Morales, Los Angeles, California | | | |
| Phil Arena, Escondido, California | | | |

NEW CANDIDATES

| | | |
|---------------------------------------|-------|-------|
| Robert Howell, Long Beach, California | | |
| Georgia Nebel, New Orleans, La. | | |
| George Hamilton, Chicago, Illinois | | |
| | | |
| | | |
| | | |

This entire page is perforated so that it can be easily torn out. Please mark it as you desire, and mail to National Health Federation, P.O. Box 686, Monrovia, California, so that it will arrive before December 24.

Krebiozen Users Stage Washington Sit-in Protest

WASHINGTON — (AP)—Supporters of Krebiozen, who are sitting-in at the Welfare Department seeking removal of the interstate ban on the controversial drug, carried their plea by phone to the White House today.

They said a presidential aide told them he would bring their request to the attention of the President, and advise them of his reaction.

Mrs. Robert Muller of Queens, N.Y., placed the phone call.

In succession, Mrs. Virginia Mayberry of Denver, who said she is a cancer patient using Krebiozen, and Mrs. Julia Hodnott of Loch Arbor, N.J., whose daughter, Kathy, is a cancer patient using Krebiozen, talked on the phone.

Meanwhile, Mrs. Gertrude Brou of Miramar Isles, Fla., was placed under treatment in a conference room of the department for hysteria.

Mrs. Brou told of having picketed the White House for five hours a day for 35 days in behalf of Krebiozen, and of then being arrested.

"The only crime I've committed is to have cancer," said Mrs. Brou.

Most of the 17 demonstrators have cancer.

Through the long night, some of the sicker patients slept on mattresses.

Spokesmen said government personnel had been polite to them, making no effort to force them to leave and permitting food to be brought in.

"I wish they would be as kind to our lives as to our visit here," one man said.

The demonstrators came here after the developer of the drug, Dr. Steven Durovic, and his brother Marco were indicted in Chicago by a federal grand jury on a charge of conspiring to put the

drug into interstate commerce with intent to defraud.

The Durovics surrendered Thursday to federal authorities, and U.S. Judge Sam Perry set bond at \$500,000 each.

Mrs. Laine Friedman of Flushing, N.Y., leader of the sit-in, said the demonstration was necessary because jailing of the Durovic brothers would make it impossible for cancer patients to obtain the drug.

—From San Francisco News Call-Bulletin, October 30, 1964.

N.H.F. Editor's Note: Dr. Ivy, who has accused the Food and Drug Administration (FDA) of spending \$1 million "trying to block a fair trial" of Krebiozen, was not named in the indictment.

Vaccine Hazard

It is a disturbing possibility that viral vaccines, already in use, may contain some types of cancer viruses.

Dr. Robert J. Huebner, director of the Laboratory of Infectious Diseases at National Institutes of Health, recently pointed out two instances in which vaccine viruses themselves have been implicated in the production of cancer in animals. One is a virus that is used in smallpox vaccine and that has caused cancer in mice. The other—adenovirus Type 7—was made into a vaccine against respiratory infections; it was recently shown capable of producing malignant tumors in animals.

—From Business Week, April 25, 1964.
Ed.—Emphasis ours.

"A theorist is one who doesn't work, but has a host of ideas he thinks will work."

—From April 1957, Bee Craft

NATIONAL HEALTH FEDERATION

P.O. Box 686

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MONROVIA, CALIFORNIA

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WE REPEAT

CANCER AND PESTICIDES

The Federation is working with its attorney on amendments to the Cancer Control Law which will make it a blessing rather than an evil thing which it now is.

Our attorney is also working on two bills to outlaw the use of harmful pesticides. One of these bills would outlaw aerial spraying or application of harmful pesticides (except in actual and justifiable emergencies) six months after passage of the law. The other bill would outlaw the use of harmful pesticides on agricultural and food products while growing and being marketed. This law would become absolute two years after passage, the two-year grace period being intended to allow agriculture to change over to other means of pest control. There will be some who will oppose the two-year grace period. To those we would point out that a reasonable grace period must be allowed if we are to secure passage of any pesticide legislation that will eventually outlaw poisonous pesticides. The agricultural economy of California cannot be changed overnight. When these bills are completed, we will publish them in the **Bulletin**.

- ☐ I wish to become a **REGULAR MEMBER** of the National Health Federation and am enclosing \$5.00 as dues, \$1.50 of which is for a subscription to the **BULLETIN** for the current year.
- ☐ I wish to become an **ACTIVE MEMBER** of the National Health Federation and am enclosing \$5.00 as yearly dues, \$1.50 of which is for a subscription to the **BULLETIN**. I wish to form a local chapter, so please send me necessary literature and instructions.
- ☐ I wish to become a **SUSTAINING MEMBER** and am enclosing \$..... (minimum fee, \$25.00) as membership dues for the current year, \$1.50 of which is for a subscription to the **BULLETIN**.

Name

Address

NOTICE: Regular Membership Dues have been raised from \$3.00 to \$5.00 per year as of June 1, 1962.

Mail direct to **NATIONAL HEALTH FEDERATION**
211 West Colorado Boulevard, Monrovia, Calif.

Renewal ☐

New Member ☐