

National Health Federation

BULLETIN

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CONTENTS

Why Put Bellies Ahead of Brains?	Page 2
American Children Are Being Poisoned— By Clinton Miller	Page 3
Senator Bayh Blasts M.D.s' Threat to Pharmacists.....	Page 7
From the Secretary's Desk—By Howard Long	Page 8
Family Circle—By Fred J. Hart	Page 9
National Health Federation General Counsel Gives Report	Page 11
Dr. W. C. Hueper Mandatorily Retired— By Clinton Miller	Page 17
David Again Rocks Goliath	Page 18
Consumer's Corner—By Linda Clark	Page 19
Nutrition Notes—By Linda Clark	Page 20
Pros and Cons	Page 21
Perpetual Memberships—By Fred J. Hart	Page 22
Pesticide Reaction with a Vengeance.....	Page 24
Denmark Bans Fluoridation	Page 25
A Quack or Charlatan—Who Is to Say?— By F. B. Exner, M.D., F.A.C.R.	Page 27
Where Do You Stand, Sir?	Page 31
Annual Meeting Data	Page 32
The Secret of Life—Enzymes	Page 33

*Americans
Crusading
for Better Health*

25¢

November 1964 • Volume X—Number 11

Published Monthly

Why Put Bellies Ahead of Brains?

U.S. News & World Report in an article entitled "Poison Sprays and Health: The Facts Show This—" quotes Agriculture Secretary Orville L. Freeman as saying:

Without pesticides, "Commercial production of apples would be impossible. Peaches and cherries would disappear from the market. Diseases that infect grapes, cranberries and raspberries would drive these fruits off the market. Commercial production of strawberries and citrus would be impractical. Canned juices would pass."

In addition, the article also reports that Secretary Freeman said the elimination of pesticides "would mean the end of winter production of vegetables such as sweet corn, tomatoes and lima beans in the South and Southwest . . . production of eggs and broiler chickens in those areas would become impossible." In conclusion, he was quoted as saying, anent the tremendous fish kill on the lower Mississippi believed to have been caused by pesticides, that, "it may very well be that a limited fish kill would be less serious than having no longer the availability to the people of this country of fresh fruits and vegetables in winter."

These statements of Secretary Freeman must make a lot of people feel they are losing their memory. Back in the early 1920's, well before the day of pesticides, winter was not regarded as a time when fruits and vegetables were unavailable. So far as we were concerned even in upper New England, there were far too many fruits and vegetables. The confounded things were considered as good for one, especially for growing boys, and they used to run them in by the trainload from outlandish places like California and Florida.

Apples and peaches, of course, weren't sent into the area. There was no reason to do so. They were raised there in abundance. We know because we had to pick them, and many is the time we wished some kind of a blight might attack the trees—except for a few—so that we might be relieved of our labors.

What the situation there is like today, we don't know. But the chances are that if there were no pesticides being

used, they would still be shipping in the same old fruits and vegetables—and probably by truck as well as train.

But youthful memories aside, Secretary Freeman's statement before a government operations subcommittee of the Senate raises questions that should be answered.

Does his impassioned plea for sweet corn, lima beans and broilers as a winter diet, with desserts of grapes, raspberries, etc., make much sense in relation to the poisoning of fish and other forms of life? Are we to suppose that the fish kills we have heard of are all those that have taken place due to poisoning? And are we to think that the kills of birds and other life forms, plus the still undetermined, ultimate effects on human beings from the use of these pesticides are things we can afford to put up with?

Are we to think that the final possibilities of evil in this use are worth the price of being able to have winter production of sweet corn, etc.?

If we are to think so, then it certainly seems as if we are putting our bellies ahead of our brains—and our survival.

Dr. Irma West, a state medical officer, told the American Medical Association this past week that DDT and other pesticides have been so extensively used in California it is now showing up in mothers' milk at the rate of .37 parts per million.

That, of course, may not be of much significance to Secretary Freeman, but since the legally permissible content of DDT and such in the milk of an ordinary cow is less than that, it certainly ought to be.

In fact, since the human race has been able to eat very well for many centuries—bar occasional famines due to lack of transportation and to other factors than to bugs—it seems to us that the smart thing would be for us to be happy with those advantages we are certain of and not poison ourselves and other life forms just for out-of-season grapes, sweet corn, etc., which could, in a surfeit, give us acute indigestion.

From Alameda (California) Times Star Editorial, May 5, 1964.

The NATIONAL HEALTH FEDERATION BULLETIN

VOLUME X

NUMBER 11

*Adventures on Health Frontiers
Published Monthly*

NOVEMBER

1964

American Children Are Being Poisoned

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

Anti-Poverty Bill Promotes Pesticide Misuse

The Anti-Poverty Bill contains a special rider to buy enough milk to feed a million children a pint a day for a year. **But the milk is not to be fed to the poor. It is to be dumped down the sewer.**

Contains "Actionable" Amounts of Pesticides

With scarcely a minute's debate, \$8.8 million of your tax money has been appropriated under the Anti-Poverty Bill to pay farmers (many of whom are well-to-do) to dump their poisoned milk which contains "actionable" amounts of the extremely toxic pesticides Heptachlor or Dieldrin. Not a cent was appropriated to research chemical, physical, or biological means to remove the pesticide, and thus salvage all or part of the milk. Both pesticides are fat soluble, and are found in the butterfat. By simply separating the cream completely from the milk, at least the skimmed milk might be saved as a food for the poor or for pigs. But the milk lobbies don't want a discussion in Congress on how to unpoison poisoned milk, so they hopefully plan to quietly dump millions of gallons with the American taxpayer paying the bill thinking he is fighting poverty.

Farmers Claim They Followed Government (USDA) Handbook

The farmers who should be faced with criminal actions instead of government subsidy claim they followed the instructions of the United States Department of Agriculture to the letter. At least that is what they told their lobbyist, and that is what he told Congressmen. But off the record, they admitted to gross misuse of the inexpensive but fantastically toxic sprays. One farmer frankly confessed to a USDA official ". . . I didn't get control of my weevil last fall so I added another dose this spring." The spray is registered to be used **only** in the fall, after the last cutting, and **before** November 15. Any farmer who "adds another dose in the spring" just to make sure should be criminally prosecuted and given a stiff enough fine or prison sentence to warn all other farmers that poisoning of food is a criminal offense in America. The Judge could suspend the sentence on the first offenders if he felt justice warranted it.

On the other hand, if the USDA has given farmers instructions in the application of pesticide which will result in "actionable" pesticide residues, the responsible officials should immediately be removed from office.

(Continued on next page)

If Zero Meant Zero, Most Milk Would Be Seized

Which of the following is correct?

1. (Zero) 0 = 0.00 ppm pesticide
2. (Zero) 0 = 0.01 ppm pesticide
3. (Zero) 0 = 0.25 ppm pesticide

If you marked No. 1 right, you're wrong. The correct answers are No. 2 and No. 3, according to the FDA.

With the Food and Drug Administration, zero doesn't mean zero. There is about 125 billion pounds of milk produced annually in America. It is probable that most if not all of it contains some pesticide. The Food and Drug Administration and the U.S. Department of Agriculture have tried, by misleading press releases, to make us believe that less than one per cent of the dairies are having trouble.

The FDA has set a "zero" tolerance for pesticides in milk. The National Health Federation applauds them for this action, and encourages them to stand by it. But the FDA has arbitrarily, and with some justification, defined zero as .25 ppm in butterfat (parts per million meaning $\frac{1}{4}$ of one part insecticide to a million parts of butterfat), and zero as .01 ppm in whole milk. That means that a farmer can produce milk with .24 ppm of Heptachlor or Dieldrin, and the FDA would tell Congress and the public that it had zero pesticide, for this is below its "actionable" definition of zero.

This amount of pesticide (.25 ppm in butterfat and .01 ppm in whole milk) may be ten, a hundred, a thousand, or a million times more pesticide than humans can safely consume generation after generation. No one knows its cumulative effect.

National Health Federation Bulletin, published monthly January through December, except July-August, which are combined, at 211 West Colorado Boulevard, Monrovia, California, by National Health Federation, a nonprofit corporation. Fred J. Hart, Editor. Subscription rate of \$3.00 per year. \$1.50 of the annual \$5.00 membership dues is paid as a year's subscription to the **National Health Federation Bulletin**. Single copies 25 cents. Second-class postage paid at Monrovia, California.

The Pesticide Pendulum Has Stopped and Is Swinging Back

However, we are very encouraged that the FDA has lowered its definition of zero by 1,000%. A year ago, FDA defined zero as .1 ppm pesticide in whole milk, and 2.5 ppm in butterfat. Now it is .01 and .25 because they have installed more sensitive detection equipment. We applaud this. It is only a first step, but marks a most significant reversal of the previous trend. Once the present legal limit is met, N.H.F. will endeavor to get it lowered another 1,000%.

Probably Far More Than 1% Are Actionable

Neil A. Clark, president of the Perma-Guard company, caused a near catastrophe in the dairy industry in Phoenix just two years ago by charging and proving that many farms were not below the then "zero" level of 2.5 ppm in butterfat. The **Arizona Republic** investigated, and reported April 13, 1962: "... of 54 samples from 14 dairies tested for residue in milk butterfat, 15 samples showed toxicant content higher than the minimum [then 2.5 ppm]. One dairy hit a high of 9.37 parts per million and only twice out of six samples went below 5 parts per million. Another dairy, sampled three times, tested more than 3 parts per million each time. **Seven of the 14 dairies** [emphasis mine] went over the minimum at least once in several samples."

Note that "seven of the 14 dairies," that's 50%, were over the old "zero" level of 2.5 ppm in butterfat. I just don't believe that in two years' time there is less than 1% of the na-

(Continued on next page)

tion's dairies who are over .25 ppm pesticide in butterfat.

The Day of Reckoning Has Arrived

We are now equipped to force the Public Health Departments of our state and city to enforce laws which will give us milk with one-tenth the amount of pesticide it contained a year ago. For the first time we are on the offensive with the Federal Food and Drug Administration on our side.

What You Can Do

1. Write a personal letter to Mr. George Larrick, Commissioner of the Food and Drug Administration, Washington, D.C. Compliment him for lowering the "zero" limit of pesticides in milk and encourage him to resist all dairy industry pressure to raise it again. Tell him that this is the proper enforcement of the FDA laws, and tell him that you will ask your Congressman to increase the budget of the FDA next year if it is necessary to check all the milk in America.

2. Request of your local dairies proof that the milk they are marketing has less than .01 ppm pesticide in the whole milk or .25 ppm pesticide in the butterfat.

3. If they refuse to give you this proof, report them to the local Public Health Department, and demand that the local Health Department perform the tests and ban all milk with over "zero" (.25 ppm) from the market.

4. Keep your local newspapers, radio stations, Mayors, Governors, Representatives and Senators informed if you discover that milk is being sold in your area that is in violation of the new "zero" standard.

5. Write to your congressmen (Senators and Representative) and tell them of your disapproval of subsidizing pesticide misuse with your tax dollars, especially under the guise of "anti-poverty."

6. If you discover that over one per cent of the milk in your local area is in violation of the new "zero" limit, relay the information to the National Health Federation headquarters at once.

A Fine Organization Elects a Top-notch Leader

The new president of the National Dietary Foods Association is Jim Droke of Arlington, Texas.

He is associated with his wife, Kaye Droke, in the management of five retail health food stores in the Dallas-Fort Worth area.

Mr. Droke brings to the office of president a background of business experience in sales and services including current operation of a travel agency and property management.

Prior to moving to Arlington he had 25 years of engineering and sales experience with one of Texas' largest supply houses, leaving as general sales manager to set up his own sales engineering firm specializing in water and waste treatment.

Five years ago, he worked with Kaye in organizing the South-Central regional foods group, presently serving as its executive director. For the past two years, he has been associated with NDFA as a retail member of its PELLL Committee.

Droke is a member of National Health Federation, Natural Food Associates and other health organizations. He is president-elect of his local Rotary Club and is active in local Conservative politics.

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

Mildred Hatch Dies

Mildred S. Hatch, after a long and useful life, passed away of cancer in mid-August after a short illness. She had become ill in late July, went to the hospital the first week of August, and passed away August 24.

Mildred was devoted to others, to nutrition, and to bringing the two together. Help and love flowed from her in a never-ending tide. Thousands of friends and strangers benefited from her kindly, unselfish missionary work.

One of her most unusual contributions has been a free lending library. Anyone, stranger or not, could borrow, free, a book (paying only for postage) on nutrition and allied subjects. There was no obligation to buy, although many did. These "free" books went to nearly every state in the union, and many to foreign countries.

The Mildred Hatch Library will continue under the direction of Mildred's son, Dave, a biochemist, and his wife and father. Dave says, "We are determined nothing shall dam up this river of knowledge and help. As new and useful books are published, they will be added to the list. Books sitting idly on our shelves do not serve as they must. The books are there. We want you to use them."

You may borrow (or buy) any of these books from this unique lending library by sending a request to the **Mildred Hatch Free Lending Library**, St. Johnsbury, Vermont.

N.H.F. to Honor Mildred

Mildred Hatch should be made a perpetual member of N.H.F. To become a perpetual member and to have one's name on the Perpetual Membership Plaque which hangs on the wall of the National Health Federation Headquarters office requires that the Federation receive the sum of \$1,000 from a person

or persons wishing to honor a relative, friend or benefactor in this manner.

The Federation will donate \$200 from its memorial fund toward making Mildred Hatch a perpetual member of N.H.F., provided our members donate the balance. A SPECIAL ACCOUNT IS BEING SET UP FOR THIS PURPOSE and all donations received from our members will be credited to this cause. Thousands of people have been benefited from the services of this wonderful woman and it is fitting that they be given an opportunity of honoring her name and in a sense projecting her influence beyond the grave. Send all donations to the National Health Federation, P.O. Box 686, Monrovia, California. Your gift will be acknowledged and recorded.

Barley Stubble for Cattle Forage Lacking in Vitamins

The grain stubble left by the annual barley harvest now under way throughout western Riverside County provides good cattle forage—but it is light in protein and Vitamin A.

This warning comes from Don Addis, county livestock advisor for the University of California Agricultural Extension Service.

Addis said cattle with these deficiencies may show heavy watering of the eyes, night blindness and muscular incoordination. Cattle can store only limited amounts of Vitamin A in their bodies and the first trouble may not show up for several months, he added.

A protein deficiency will result in poor growth rates, loss of weight, reduced milk flow among dairy cows and other allied problems.

Stubble feeding, which is vital to many livestock producers, should be supplemented with nutrient additives, Addis suggests.

Bayh Blasts M.D.s' Threat to Pharmacists

By Clinton Miller

Senator Birch Bayh (D. Ind.) claimed that a handful of M.D.'s in Fort Wayne, Indiana, used threats and harsh economic reprisals against Fort Wayne pharmacists who were planning to attend the September 22 Fort Wayne-Allen County Pharmacists Association meeting at which Senator Bayh was scheduled to speak.

At the very last minute the intimidated pharmacists requested the Indiana Senator **not** to appear. "I had been scheduled to make this speech for a number of weeks," the youthful Senator explained, "but for the pharmacists' sake, I agreed."

By phone calls, the M.D.'s threatened pharmacists.

"They were warned to stay away from that meeting," Bayh charged. "If they attended, the few physicians of whom I speak would have exerted their considerable influence to see to it that those who operate their own businesses would have lost customers and those who are employed (at hospitals) would have lost their jobs."

"... I was invited to speak before an organization by those authorized in that group to invite speakers. I would have been free to discuss any subject under the sun. If the members of this group did not want me as a speaker, they were under no obligation to invite me. If the individual members did not want to hear me, they were under no obligation to attend."

"Yet a handful of doctors took it upon themselves to condemn me in advance, not knowing what I would say. Even worse, they used threats and economic intimidation to coerce pharmacists to

boycott the meeting at which I would appear.

"This is nothing less than totalitarian tactics directed at suppressing the freedom of speech and the freedom of peaceful assembly. The fact that it was extremely effective in frightening a number of small businessmen makes it all the more sinister."

"... in Fort Wayne, a few physicians have decided to utilize the totalitarian tactics of suppression—the tactics of thought-control, the tactics of brainwashing. They have taken it upon themselves to decide what the people of Fort Wayne should hear spoken from a public platform."

"Organized medicine, consisting of some 200,000 physicians, has every right to make itself heard and felt on issues affecting its self-interest. This it does through its 60 public relations men, its Washington lobby, its 13 journals, newspapers and magazines, its American Medical Political Action Committee, and its annual budget of \$22,500,000. In fact, during my eight years in the Indiana General Assembly and my two years in the United States Senate, I have continuously listened to and sought out the opinions of members of the medical profession. My door has always been open. It is open now. It will be open tomorrow. **However, I have not permitted—nor will I ever permit—one group, one profession or one association to dictate the policy I should follow in representing the people of our State in the United States Senate.**"

The irate Indiana Senator then appealed to "the great majority of those

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in the medical profession . . . to refuse to permit a few political practitioners to destroy the reputation which has been so justifiably earned by most of those who follow the noble calling of medicine."

Senator Bayh co-sponsored the Krebiozen resolution with Senator Douglas.

When you have finished reading the above account, write at once to Senator Birch E. Bayh, Senate Office Building, Washington, D.C., and tell him that you would like him to be the chief Senate sponsor of the National Health Federation's bill to deny tax exemption to hospitals and medical facilities that discriminate against doctors because they do not belong to an AMA controlled and dominated county, state, or national medical society. You do not have to live in Indiana to write and have influence with a United States Senator. Ask him to introduce the bill early in 1965.

Antibiotic Upsets Genes

Streptomycin, a well-known antibiotic whose mode of action in fighting disease has been unknown up to now, is believed to upset the genetic code, Dr. Luigi Gorini of Harvard University Medical School, Boston, told the Sixth International Congress of Biochemistry in New York. The genetic code is the term given to the chemical means by which hereditary information is passed from cell to cell.

Enzymes and other proteins, which are the essential elements of life, are assembled in the cell's cytoplasm by small "factories" called the ribosomes.

From Science News Letter, August 8, 1964.

From the Secretary's Desk

By Howard Long

Eunice Ingham Stopfel, author of *Stories the Feet Have Told*, invited N.H.F. to address her class in Chicago recently. After the meeting, at which time 13 persons joined N.H.F., she announced a program to stimulate membership in N.H.F. which would be directed to approximately 5,000 of her students. This lady, who developed the Ingham Compression Massage, said N.H.F. would be a perfect organization for her group in preference to their own association as we were so active—daily—in protecting and educating in the field of health. It is anticipated that spokesmen for N.H.F. will address her groups throughout the United States this coming year.

We had the good fortune to meet a Mr. George Hamilton of the National Enzyme Company of Chicago during the recent convention. This gentleman intends to set up N.H.F. chapters throughout Illinois, Ohio, Michigan, and neighboring areas simply because of his interest in N.H.F. He was instrumental in raising over \$4,000 for us during the Chicago convention and has already started a new Chicago Chapter. Good luck, George. Glad we found you!

New Chapters Formed

As a result of the Chicago convention we now have active chapters being formed in Chicago, Washington, D.C., and Ft. Wayne, Indiana. Fifteen others are planned for the next three months. Best of luck to these new groups.

Another One-day Convention

Dr. Robert Howell called the office recently and informed us he had a fully arranged one-day convention for Long Beach scheduled for October 24. He said he only lacked permission—and he got it. This brings the total of one-day conventions this year to 14 and next year we are planning 18.

Family Circle

By Fred J. Hart

The Chicago Convention

THE EIGHTH MIDWEST N.H.F. CONVENTION was such an outstanding success that the Board of Governors decided to hold next year's convention in Chicago; the time and place will be announced later. It will be held sometime during the latter part of September. Steps have already been taken which should most certainly insure that attendance next year will be double that of the excellent convention held this year. We are already contacting outstanding speakers and, while the convention just past was excellent, the one to be held next year will be even better. **PLAN NOW TO ATTEND. MARK YOUR CALENDAR.** (Under "Notes from the Secretary's Desk," appearing in this issue, you will find an item telling more about this convention.)

Perpetual Memberships

ON ANOTHER PAGE OF THIS ISSUE will be found detailed information about Perpetual Memberships and the ways for your money to work for you in service for humanity, after you have left this world for the happier, better land beyond the grave.

One-day Conventions

THE FEDERATION HAS HELD, THIS YEAR, 14 of these one-day conventions. They have been so successful that plans have already been made to hold not less than 18 of these conventions next year. These are to be held in addition to the Annual Meeting in Los Angeles on December 30, 1964 to January 2, 1965 and the annual Midwest Convention in Chicago in September of next year.

Membership in General

THE MEMBERSHIP ROLLS have

been increased by over 3,000 during the past year. Plans are now completed whereby we hope to double the membership during 1965. These plans have been carefully developed and we are confident that, with our members' help, and with the help of those who feel that the National Health Federation is the only hope for the future in the field of health and health freedom, we will surely reach the goal of 20,000 members by December, 1965.

Tenth Annual Meeting

THE TENTH ANNUAL MEETING of the National Health Federation will be held in the new facilities of the International Airport at Los Angeles. We have arranged for accommodations sufficient to care for 1,000 registered delegates in attendance at every meeting and for as many as 500 extra for overflow meetings. Those who attended last year's meeting will recall that, notwithstanding the fact that we had to continually bring in more chairs, some of the meetings were "Standing Room Only."

Also, the room will take care of approximately 50 booths for exhibitors. These will surround the audience seating area.

As for the program—already such outstanding leaders in the health field as Adelle Davis, Linda Clark and Betty Morales have been contacted and will appear on the program. Arrangements are being made at the present time for other noted speakers. The entire program will appear in the December issue of the **Bulletin**.

Aside from the splendid program, one of the heart-warming features of N.H.F.

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conventions is the wonderful fellowship which pervades the entire meeting and the in-between periods. It is a really uplifting experience to meet together with like-minded folk. Plan now to attend and enjoy this great meeting.

THIS CONVENTION WILL CELEBRATE the first decade in the life of the National Health Federation. The Federation has reached another plane in its corporate life and plans must be laid at this convention to meet the new responsibilities which this progress lays upon the organization and its membership.

Food and Drug and the Future

IT APPEARS THAT THE FOOD AND DRUG ADMINISTRATION is still determined to do all within its power, legally or otherwise, to destroy the natural approach to health and all those connected therewith, in order that the drug and chemical interests and those associated with them may control our bodies and dictate what we shall think, eat, drink and breathe in all things pertaining to health.

Two years ago the Federation and an aroused public thwarted their plan to make it impossible for the people to obtain vitamins, minerals and food supplements of any value, except as prescribed by a medical doctor. We now learn that the Food and Drug Administration intends to make every effort to force this outrageous mandate down the throat of the public this coming January, 1965. It is true that the regulation will be amended in some sections, but you can be assured that these amendments will be made in such a manner as not to affect the large chemical and drug interests, which were, inadvertently, affected by the original order.

At a conference held recently in Washington with Clinton Miller and the N.H.F. General Counsel, we developed

a plan for combating this evil proposition. Along about the first of the year, or possibly sooner, we will advise you as to the details and outline the part our members must play if we are to win in this contest with those who seemingly are determined to enslave the bodies of all Americans.

Our Collective Hats Are Off

ALL N.H.F. MEMBERS CAN WELL BE PROUD to have as members of the Federation such men as Dr. John C. Vann of Sherman Oaks, Dr. Richard Van Rumpt of Santa Barbara and Dr. Charles Hayes of Santa Maria, California.

These men, in season and out of season, are boosting the Federation by word of mouth and printed messages, with the result that the Federation is receiving new members each week as a result of their work. We say "God bless them and all you folk who are doing your best along these lines."

Do Thou Likewise

It gladdened our hearts this past month to receive a check from Mr. and Mrs. David Andreason of Sawyer, Michigan, for the sum of \$50 to pay for the membership of ten of their friends whom they felt should belong to the National Health Federation. In this connection we are happy to say that many of our members are taking this way of strengthening the Federation and at the same time rendering their friends a real service by getting them acquainted with a healthful way of living.

The Age of Miracles

This is truly the age of miracles. You must know this, if you have listened to recent TV commercials for a new type vanishing cream deodorant. It seems you put it on and the odor remains, but you vanish and no one knows where the smell is coming from.

**National Health Federation
Eighth Annual Midwest Convention**

Sherman House Hotel, Chicago, Illinois

September 10-13, 1964

Legal Report for Period September, 1963, to September, 1964

Delivered by Charles Orlando Pratt

Washington General Counsel, National Health Federation
712 Barr Building, 910 17th Street, N.W., Washington, D.C. 20006

Your Washington General Counsel, at the request of Fred J. Hart, President of the National Health Federation, makes this brief summary report of his legal activities and accomplishments since the Midwest Seventh Annual Convention in Cleveland, Ohio, in September, 1963.

During this past year, your Washington General Counsel attended and took an active part in the following conventions held or sponsored by the National Health Federation.

The National Congress on Health Monopoly, Washington, D.C., October, 1963; The International Association of Naturopaths, Washington, D.C., November, 1963; The National Health Federation Annual Convention, Los Angeles, California, January, 1964; The San Francisco Chapter Meeting of the National Health Federation, January, 1964; The U.S. Senate Hearing on the Aged, San Francisco, California, January, 1964; The National Congress on Health Monopoly, Baton Rouge, Louisiana, April, 1964; The International Research Society, Tiffin, Ohio, August, 1964.

In addition, your Washington General Counsel took part as defense counsel or associate defense counsel in trials held in Washington, D.C.; Miami, Florida; San Diego, California; the U.S. District Courts of Washington, D.C.; Springfield, Illinois; and Toledo, Ohio, and in the Supreme Court of the United States.

Resolutions have been prepared for

the approval of N.H.F. and for submission to Congress or governmental agencies.

During this period, hundreds of letters and legal opinions were written and given orally on long-distance phone calls or in conferences.

Informative legal articles have been written each month for the **N.H.F. Bulletin**.

A major function has been to serve as legal adviser to the President, Assistant to the President and Washington Legislative Representative, as well as the Executive Secretary of N.H.F. and other officials.

Equal Time on Radio and TV Obtained for Opponents of Fluoridation in Santa Maria, California, Resulting in Defeat of Fluoridation in That City

In April, 1964, Dr. Charles C. Hayes, President, Chiropractic Heart Foundation, Inc., Santa Maria, California, who was working with citizens against fluoridation, phoned my office to request me to try to arrange to get equal time on the radio and TV to present arguments against a local referendum to force the city of Santa Maria to have fluoridation in its city water.

At our request the Federal Communications Commission ordered, within a few hours, that the radio and TV stations grant equal time. As a result, fluoridation was defeated the next day in

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Santa Maria by a vote of 3,130 to 2,037. **N.H.F. Is the Forum for the Expression of Freedom of Choice in Health Care**

The National Health Federation was organized and established during the past decade for the purpose of providing a forum for the American people through which they could express their desires for the freedom of choice in health matters.

This country does have a serious health problem, according to reports issued by medical experts and federal and state governmental agencies having administrative responsibility in connection with the health of the American people.

For example, recently the Social Security Administration, U.S. Department of Health, Education, and Welfare, in a report to be published, estimates that the health and medical care costs in the United States will be approximately \$33 billion for the year ending last June 30, 1963.

Recently, there have been reports from governmental agencies and reports in the newspapers and on the radio to the effect that one out of every 10 U.S. citizens will spend some time in a mental institution in this country during his lifetime.

The U.S. Surgeon General's Consultant Group on Medical Education reported in 1959 that whereas in 1931 we had 108 privately practicing physicians for every 100,000 people, the figure dwindled to 91 by 1957. We'll have only 85 for every 100,000 by 1975.

It is certainly recognized by the American people that the medical profession has made great progress and is rendering a valuable service to the American people, especially in keeping them alive. However, it is certainly time for the American people to recognize that the medical profession cannot do the whole job with surgery, drugs, antibiotics, tranquilizers, and sleeping pills.

According to official medical reports, the lifespan of the American people has been extended during the past 50 years. However, such increase in the lifespan has not meant to millions of our citizens that they have enjoyed good health; and it is because of this natural desire to search for a means to enjoy a feeling of well-being that the American people have sought other means and procedures to improve their health, outside of the medical profession which has failed in coping with the health problems of millions of our citizens.

It has been estimated that the vast majority of our citizens who seek health care and health diagnosis outside of the medical profession have sought to use the professional care and products made available to them by the non-allopathic professions and through the purchase of products from so-called "health food stores" and the purchase of dietary food supplements, vitamin-mineral products, concentrated foods and foods for special dietary uses. The cost of such products, according to reports by the FDA, has amounted to \$500 million. It is important here to know that anyone has the right to buy, sell or use food products in this country such as those described above, because such products are not drug products or medicines within the meaning of Federal and State applicable drug laws.

Because of the tragic health situation that exists in this country today, the N.H.F. has become one of America's bulwarks of freedom of the individual and the constitutional right of the people to inquire and to seek all methods of the healing arts professions. This includes the freedom to buy, sell and use all kinds of foods—natural or processed—as the individual may choose. This freedom does not mean the right to impose upon the people any particular kind of health food or health care.

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The N.H.F. believes that freedom in the choice of health care carries with it the responsibility of obeying the letter or spirit of the constitutional laws of our land. However, this freedom does carry the philosophy that all our citizens have the right and the duty to work for good health laws and to oppose health laws that are not reasonable or which are monopolistic in nature and purpose. N.H.F. will encourage the rights of health food stores which sell good health foods that are not adulterated, dangerous, deleterious, or misbranded in any particular way.

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

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

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

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

There is a need for the right of a farmer to produce fresh fruits and vegetables on his farm without the use of chemical sprays, insecticides and fungi-

cides and to label his products accordingly.

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

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

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

There is a need for the people to have the right to buy food products, fruits and vegetables and other healthful products at a so-called health food store without the stigma of being publicly called food quacks, nutritional quacks or gullible. **The American People Have the Legal Right to Determine What Foods Should**

Be Included in the American Diet

In a recent case decided in the United States District Court, Southern District of Florida, No. 101-62-M-Cif-EC United States of America vs. 119 Cases et al., the Court said on page 5 of that decision, "As heretofore noted, a wide variety of vitamin and mineral supplements and vitamin-and-mineral-fortified food products are sold in this country, and admittedly the diet of a small but significant portion of our population is deficient in vitamins." Apparently there are millions of Americans who do believe sincerely that while a well-balanced diet is available, they, however, do not necessarily live on a "well-balanced diet" and that, therefore, they need some supplementation.

It is time that the truth about the myth of the "well-balanced diet" be made known to the American public.

Leading authorities admit that vita-
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mins are absolutely essential in human nutrition, and that none can enjoy good health without enough vitamins regularly. Undoubtedly, many people do get enough vitamins from the food they eat. On the other hand, it is clearly evident that some do not, and many people are not sure which group they are in. People's diets are as different as people. There are no hunger warning signals to tell a person he is not getting enough of the individual vitamins and minerals. A continuing inadequate supply of any one of the vitamins can produce illness which is exceedingly difficult to diagnose until it becomes severe. The important thing is for everyone to insure against such deficiencies occurring in his diet. A good vitamin supplement is an efficient, economical, safe means of assuring a regular, adequate vitamin intake.

The Judge further said, "... the provisions of the Federal Food, Drug, and Cosmetic Act did not vest in the Food and Drug Administration or any other federal agency the power to determine what foods should be included in the American diet; this is the function of the market place."

It is true that many people do get enough vitamins and minerals from their daily food. It is also clearly evident that many do not. Therefore, it becomes the duty and responsibility of manufacturers and distributors of dietary food supplements and foods for special dietary use to honestly promote the sale and distribution of such products, the formulas of which are prepared in compliance with the letter and the spirit of federal and state applicable food and drug laws.

The National Health Federation and its officials and Washington Counsel will join with more than 188 firms and associations who filed briefs in opposition to the proposed revisions of the regulations which would limit to eight the number of vitamins that a manufacturer

can claim as useful, and the number of minerals to four. The Government and the American Medical Association have announced that they will work together to destroy what they call "nutritional quackery." It is time that a publicity program be put on to educate the American people that all manufacturers and distributors of dietary food supplements are not "Unscrupulous promoters, exploiting age-old fears and superstitions, ... taking millions from a gullible public."

The Government does not have the constitutional or statutory authority to destroy, embarrass, curtail or diminish any business or industry which produces, honestly, food products needed and desired by the American people, provided those products are healthful and are not adulterated, deleterious, dangerous, or misbranded under any federal or state law.

Efforts to Discredit, Destroy or Curtail the Practice of Chiropractic

The National Congress on Medical Quackery held October 6 and 7, 1961, at Washington, D.C., and sponsored by the American Medical Association and the Food and Drug Administration, heard speeches by doctors of medicine and officials of FDA in which chiropractic was severely attacked and criticized. In the printed proceedings of that Congress, chiropractic was mentioned 23 times by seven different speakers and each time that profession was berated. On page 23 of the report there appears the following statement made by Oliver Field, Esquire, Director, Department of Investigation, American Medical Association: "These are great problems because they alter the course of scientific exploration and scientific effort in the area of competent medical care for the greatest number of people. The campaign, then, should be positive, in that

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it should seek to dissuade and discourage youngsters from following a fraudulent course by enrolling in chiropractic schools. Attention should be given to high schools, academies and junior colleges. No one can expect or hope to keep all people from being lured into such a fraudulent system of healing, but as long as the minimum is achieved, chiropractic will dry up for want of nourishment to its roots—namely, matriculants in its schools."

The same speaker pointed out that the profession of naturopathy is on the wane and he further proceeded to belittle that profession.

In the speech by Mr. Field he pointed out that chiropractors "were a poor relation to osteopaths when they started out in their medical life."

American Medical Association and state medical societies have, on occasion, referred to the practice of osteopathy as a "cult." Notwithstanding such criticism, the medical profession has been putting pressure on the doctors of osteopathy to give up their schools of osteopathy and their separate professions and as an inducement has offered doctors of osteopathy the license of doctor of medicine. Recently in California, I understand, approximately 2,500 doctors of osteopathy accepted this offer, gave up their separate associations and turned their school over to the medical profession as a school of medicine and thereby curtailed for the future the promotion and use of the profession of osteopathy. A few doctors of osteopathy did not wish to abolish their separate profession.

The profession of homeopathy is a therapeutic specialty and a technique of prescribing remedies intended to cure sick persons. Those who use this technique are engaged in the practice of the profession of medicine and are doctors of medicine. The AMA and state medical associations and societies have, in the

past, used their influence to discourage the therapeutic specialty of homeopathy. They have taken over the colleges of homeopathy in New York and Philadelphia. In Maryland, the Maryland Medical Society, through the influence of the Maryland State Medical Board, representing the Maryland State Chirurgical Society, was successful in having enacted into law the abolishment of the separate Maryland State Medical Board, representing the Maryland State Homeopathic Society. Thus, again, the growth of homeopathy as a therapeutic specialty was curtailed, and ultimately may disappear.

The efforts of AMA to destroy chiropractic and naturopathy and the efforts and success of AMA and its affiliate state societies, in absorbing in some states the practice of osteopathy, and the elimination of the colleges of homeopathy and the abolishment of their separate state medical boards, have all contributed to the monopolistic power and influence of the medical profession and have destroyed or curtailed competition in the different medical specialties and in the separate professions of the healing arts, thus leaving the American people with less and less freedom in the choice of health care available to them.

The Food and Drug Administration, through its program to administer necessary and worth-while food and drug laws, has cooperated with the American Medical Association and state medical societies in their campaigns to discredit or destroy the non-allopathic healing arts professions, the dietary food supplement business, and the health food stores, and to discredit all those engaged in those professions and businesses and even those who wish to use such professions or such food products and dietary supplements.

The same AMA and its affiliate societies have been responsible for unrea-

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sonable and sometimes unfair prosecution of the non-allopathic professions and has held them up to public ridicule for the apparent purpose of attacking non-allopathic procedures and practices. High FDA officials have been making public speeches to important groups of business and professional men and women in which they have repeatedly attacked people who have been prosecuted by FDA for making alleged therapeutic claims for their products. Even the U.S. Department of Justice and the state prosecuting agencies do not continually and publicly harass and ridicule defendants who have been successfully prosecuted.

It is significant to point out that the FDA has issued press releases in addition to speeches in which it referred to the convictions of some officials of the National Health Federation. It neglected to point out that all these convictions were for alleged violations of the food and drug laws based on cases instituted on behalf of the FDA. These individuals were convicted for using or selling dietary food supplements or devices, none of which, by the use thereof, caused any illness or serious side effects to the users thereof. No drugs were sold which were dangerous, deleterious, adulterated, harmful to health, or which produced any serious side effects such as we have witnessed in connection with the promotion and sale of drugs and especially tranquilizers and in some cases products used for the purpose of preventing pregnancy and which resulted, in some cases, in death to the user or other serious side effects.

The National Health Federation is as strongly opposed to medical quackery, nutritional quackery or any other kind of fraud in the healing arts field as is the professed aim and purpose of the American Medical Association.

Faith in Our Government

In the recent case in the United States Court of Appeals, No. 16,723, Armour and Company vs. Orville L. Freeman, Secretary of Agriculture, et al., the Court, among other things, said: "Faith in government at this point, faith in the veracity, the objectiveness, the accuracy of government agencies at this level, in affairs such as these, are the priceless, irreplaceable ingredients of democratic government. We should brook no loose handling in these mundane but delicate matters. If executive officials fail here, or grow autocratic, the judicial branch of government must bring them within the confines of their duty." (Brougham v. Blanton Mfg. Co., 249 U.S. 495, 5000.)

The Constitution of the United States guarantees freedom of speech, freedom of the press and freedom of religion. The National Health Federation is working for freedom in health matters, and does not endorse any product or profession or branch of the medical profession engaged in the healing arts field. The National Health Federation, in brief, is concerned with the health of the American people and is opposed to health monopolies of any kind.

Freedom to Choose Our Own Callings and Freedom to Buy or Not to Buy

Recently, Mr. Herbert Hoover, the 31st President of the United States, on the occasion of his birthday, lauded "Freedom of Choice in U.S."

He said, in effect, that the key which has given America its superabundance is that among us there is greater freedom for the individual man and woman than in any other great nation.

In the Constitution of the United States and in the Bill of Rights specific freedoms are enumerated. Then there are many other freedoms which are not a matter of specific constitutional or statutory law—such as freedom to

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Dr. W. C. Hueper Retired Mandatorily from NIH Post

By Clinton Miller

Dr. W. C. Hueper, one of the greatest and bravest American scientists of our age, will be retired from his post as Chief of the Environmental Cancer Section of the National Cancer Institute, effective December 1, 1964.

Dr. Hueper will have reached the age of 70 in November, 1964. At 70, retirement is mandatory. We are sorry to see him go. **The members of the "Cancer-Can't-Be-Cured-or-Prevented Club" who run the National Cancer Institute are overjoyed. He has been a thorn in their side for 16 years.**

Dr. Hueper has been considered a dangerous "nonconformist" by the "club" because he has insisted that the facts known about the causation of human cancers should be utilized to the fullest possible degree for the preventive control of cancer in man. Dr. Hueper's approach to cancer control offers more immediate prospects of success than all the speculative and expensive research engaged in at the National Cancer Institute and supported by the Federal Government in other institutions to try to

choose our own callings, freedom to buy or not to buy, and freedom for each man to venture and to protect his success, always subject to the rights of others.

In short, we have freedom of choice. And the product of our freedom is the stimulation of our energies, initiative, ingenuity and creative faculties.

Mr. Hoover said, "Freedom is the open window through which pours the sunlight of the human spirit and of human dignity. With the preservation of these moral and spiritual qualities, and with God's grace, will come further greatness for our country."

develop toxic chemotherapeutic measures or by wishful thinking about a general viral origin of cancer.

In an exclusive interview with the National Health Federation, Dr. Hueper was asked to summarize his sixteen-year "fence-the-cliff" struggle to protect us from known and avoidable cancer-causing substances in our foods and environment, in spite of his superiors' "we'll pick-them-up-from-the-valley" attitudes.

Fearlessly, Dr. Hueper said: "I have experienced restraint in the type and extent of my scientific activities and in the publication of my scientific work. On occasions my scientific standing has been damaged by official communications to Congressional committees."

Dr. Hueper explained to the N.H.F. that the U.S. Public Health Service prefers to indulge and support a type of cancer research that will not bring them in collision with other governmental departments and their policies and which will not arouse the antagonism of industrial interests. The German-born M.D. said that millions of dollars of American taxpayers' money which has been spent on the chemotherapy of cancer has so far yielded only one result—namely the hope of finding a chemotherapeutic agent against cancer. This hope, he reminded us, has existed for many decades. The public and the Congress have repeatedly been told that "we" are on the brink of a breakthrough. "We are, in fact, on the brink of a great deal of hard, tenacious work which will yield, over the years, a gradual progress," he declared.

Prevention Prophet

"Preventive control, on the other hand, can be practiced right now and has been

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shown to be practical by isolated experiences with this method in industry."

Dr. Hueper concluded, "To eliminate pesticides which are carcinogenic and to eliminate air pollution which is carcinogenic may need a rebuilding of our cities, a reconstruction of our industries and the development of new and safe transportation systems and the substitution of safer biological means for highly toxic agricultural chemicals."

N.H.F. members wishing to thank Dr. Hueper for keeping many dyes and additives from our food supply, as well as charting the way out of our poisoned environment, may write appreciation letters and "thank-u-grams" to him, c/o National Institutes of Health, Bethesda, Md.

Vitamin A Lack Linked to Cancer

AMSTERDAM (WNS)—Lack of vitamin A in infants is linked to later development of lung cancer—and the amount of the vitamin a child gets apparently depends on the month in which he is born.

Those conclusions were reached by Dr. B. K. S. Dijkstra, a Dutch cancer expert, after studying 330 cancer patients in the Netherlands.

Birth peak for these patients was in March and, in that month, the vitamin A content of bovine and human milk is at its lowest, the researcher said.

Persons born in March, he said, are twice as susceptible to bronchial and lung cancers than those born during the summer months.

Chiropractic Center

Free chiropractic service will be offered 4,500 members of the Candy and Confectionery Workers Union, according to a union spokesman. He said the union has plans to establish a chiropractic center which would be the first

under New York state's new licensing regulations for chiropractors. The center, he said, will offer X-ray service.

From AMA News, June 22, 1964.

David Again Rocks Goliath

On Monday, October 5, the Oregon Medical Association and the FDA co-sponsored a Congress on Quackery. The usual subjects were included on the program and Oliver Field had a prominent billing. With two days' preparation, N.H.F. decided they should have a Congress on Medical Monopoly on the same day in the same town—and we did!

Appearing on our program were Dr. H. S. Burkhart, Dr. J. S. Noble, Dr. F. B. Exner, Dr. K. W. Donsbach, Charles Crecelius, Howard C. Long, and Betty Lee Morales. N.H.F. made it clear that we were opposed to quackery and had an excellent program enjoyed by 100 persons. We also made it clear that quackery was not "monopolized" by any particular group and that the Quackery Congresses were used to so indicate in addition to defaming most approaches to health other than the strictly "orthodox." The N.H.F. Congress on Medical Monopoly received MORE newspaper coverage than did the AMA and Food and Drug Congress and we also had articles in every paper and every issue for two days. The TV coverage was also exceptional!

Sing While You Drive

At 45 m.p.h. sing: "Highways Are Happy Ways."

At 55 m.p.h. sing: "I'm but a Stranger Here, Heaven Is My Home."

At 65 m.p.h. sing: "Nearer My God to Thee."

At 75 m.p.h. sing: "When the Roll Is Called Up Yonder I'll Be There."

At 85 m.p.h. sing: "Lord, I'm Coming Home."

Consumer's Corner

By Linda Clark

Pay as You Glow

Representative Leonor K. Sullivan, from Missouri, warns all women about cosmetics. She points out that under the present laws, manufacturers can make lipsticks which blister, hair sprays which are inflammable, and hair dyes which cause baldness. Rep. Sullivan believes that manufacturers should not be allowed to sell cosmetics until they are proved safe. She says, "Every woman needs and must have cosmetics, but she shouldn't have to be a guinea pig and pay the tariff to boot." (**Organic Consumer Report**, September 1, 1964)

One solution: buy your cosmetics at health food centers where the ingredients are usually natural and safe.

"An actress who lost her allure,
Was warned to eat foods that were pure.

Instead she tried potions,
Used oceans of lotions—

And now she's completely obscure."

—From **Health Limericks**

by Max Huberman

Twenty years ago the first question a husband asked when he came home in the afternoon was, "What's cooking?" Now he asks, "What's thawing?"

—Tom Lavin, from **A Concept of Laughter**

Is This Part of a Campaign?

We have the greatest respect for the hard-working pharmacist, particularly since he has to keep up with and dispense thousands of new drugs which are flooding the market. So we do not blame him when we pick up a sack from the pharmacy on which is printed an advertisement for one of these new drugs, followed by this legend, "Buy All Your Health Needs at Your Pharmacy."

We buy our health needs at the **health food store**.

Are You Going to Let This Happen?

"The Pennsylvania Department of Agriculture this week gave permission to a dairy in that state to purchase milk containing pesticide residues and process it into dried milk and cheese. The five farmers who will supply the milk were among the 14 barred from the Washington, D.C. milk market last April because the FDA found pesticide residues in their milk." (**Health Bulletin**, September 5, 1964)

Quips and Quotes

"Groceries and drug items are now secured via coin-operated vending machines, even to make exchange."

—**A Way Out**, July-August, 1964

"If Americans took fewer pills and tranquilizers they would be healthier people—provided they got plenty of fresh air, sunshine, water, exercise and adequate rest."

—Dorothea Van Gundy-Jones, nutritionist, International Nutrition Research Foundation

Where the AMA Gets Its Money

"If you wonder about the money in organized medicine, here's an account of the American Medical Association's \$20 million annual operation:

"The AMA took in \$9 million last year from advertising by drug companies and medical suppliers in its journals; it collected \$5.5 million in dues and \$2.5 million in subscriptions.

"Its total revenue was more than \$19.5 million, 45 per cent of it from advertising. Major expenses included \$10 million for AMA publications; \$1.5 million for scientific activities; \$1.5 million for communication, press releases and speakers; \$1 million for legal activities. Field services and lobbying costs were listed as \$540,000."—**San Francisco Chronicle**, June 23, 1964.

Nutrition Notes

By Linda Clark

Author of "Stay Young Longer"

Here is a large hurrah and a vote of confidence to the new 1965 **Consumer Bulletin Annual** (published by **Consumer's Research, Inc.**, Washington, N.J. for \$2.50). It does **not** agree with those who are warning the public about so-called quacks and fad diets. It does **not** agree with those who say that it is not necessary to take vitamins because we Americans get everything we need in our diet. As a matter of fact, it urges you to take vitamins and to beware of the so-called good American diet.

This Annual quotes the statement of Dr. Winston Harper Bostick, head of the Physics Department, Stevens Institute of Technology, who says, "America is fast becoming a nation of invalids and blame for this sorry state of health in a large part should be placed on our diet. Americans are paying for mass production of food with their own health as well as the health of their plants and animals."

Congratulations to **Consumer Bulletin Annual**, 1965, for courage in resisting pressure from high-powered food industries!

New Proof from a Computer

Further proof of the effect of diet comes from a recent study by Dr. Purnell Benson, head of Consumer and Personnel Studies, Inc., Madison, N.J. This study revealed that processed foods may be related to consumer illness. The data was processed on an electric computer. Here is what the computer learned: 700 people who ate farm-fresh foods visited their doctors less often than those who ate foods purchased from stores. Foods eaten by those who required less med-

ical help included raw fruits and vegetables, home-grown potatoes, home-raised meat, fish, dark bread, and milk.

Dr. Frederick Kilander, of Wagner College in New York, has found that housewives choose their food for taste first and nutrition second.

"Using taste to guide them, housewives are coming home with more and more sweets, high starch and other high calorie foods—the same foods for the American overweight problem with its resultant diseases," Dr. Kilander said. (**Health Bulletin**, September 5, 1964)

Best of All

Still more encouraging are the following excerpts from an address by a physician. W. H. Sebrell, Jr., M.D., Director of the Institute of Nutrition Sciences, Columbia University School of Public Health and Administrative Medicine, New York, stated, "... Relatively few physicians really know much about nutrition, and fewer still are doing clinical research on nutritional problems or have taken the time and effort to secure specialized knowledge in the field. Part of this is due to our failure properly to identify nutrition and part due to our inadequate educational programs in this area. . . . The primary difficulty seems to be one of education. There are but a few educational centers in which the individual can learn nutrition according to this concept. . . .

"Today nutrition is finally beginning to be recognized as an important factor in the treatment of and convalescence from almost any kind of disease. It is no wonder that there is a great lack of

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understanding of the areas encompassed by the word 'nutrition' and of the precise relevance of nutrition to the practice of medicine and public health.

"Many people are still reluctant to accept nutrition as a science in its own right. . . . I think it is fair to say that even today most of our young clinicians who are supposed to be able to prescribe therapeutic or medically adequate diets, or give their patients accurate information about their nutritional needs, and evaluate the effect of nutritional depletion in disease, have not been taught the basic facts necessary for them to handle these problems adequately." (From the Presidential Address presented to the Fourth Annual Meeting of the American Society for Clinical Nutrition, Atlantic City, May 2, 1964.)

PROS and CONS

"They" Say:

Dr. Frederick J. Stare, chairman of the Department of Nutrition, Harvard School of Public Health: "Only a physician should decide whether an individual's health would improve with vitamin supplementation."

—**Good Housekeeping**, August, 1964

The Truth?

Dr. Robert S. Goodhart, president and scientific director of the National Vitamin Foundation: "If low potency vitamin supplements were sold only on a physician's prescription it would increase their cost and they would not reach the people who do not go to a doctor."

—**Good Housekeeping**, August, 1964

Dr. Norman Jolliffe, late chief of the Nutrition Division of the New York City Department of Health, stated, "Any person who cannot or will not take an adequate balanced diet giving him the full daily allowances recommended by

the National Research Council's Food and Nutrition Board should take supplementary vitamins.

"You don't have to ask your doctor's permission to drink orange juice or to eat vitamin fortified bread, milk or cereals. By the same token you do not have to ask, 'May I improve my diet with vitamin capsules?' Anyone who is not sure of his diet's adequacy is perfectly justified in supplementing it with multiple vitamins. And with vitamin insurance—as with other insurance—the time to take out your policy is before you get sick."

—From **Stay Young Longer**,
by Linda Clark

Diet Works

At least one special diet currently being tested has "produced an excellent fall in cholesterol and blood fats," says the doctor who is supervising the Oakland, California, section of the National Diet Heart Study. Dr. Laurence W. Kin-sell said at a recent press conference that the diet relies on special low-fat food, such as lean meats trimmed of fats. The federally financed Diet Heart Study covers middle-aged men in Oakland, Boston, Baltimore, Minneapolis, and Chicago.

The Book "Stay Young Longer"

This great book by Linda Clark should be read by every person who is at all health-minded. Written in Linda's inimitable and interesting style, it gives the reader a host of interesting, practical and worth-while suggestions, which, if followed, cannot but lead to more vigorous health. "Before we are 50, we live to eat—after 50 we must eat to live." If you are interested in obtaining this book, you can secure it from the Lee Foundation, 2023 West Wisconsin Avenue, Milwaukee, Wisconsin. The price is \$4.95 with 20% off to N.H.F. members who attach an N.H.F. book stamp to their order. Each member receives these stamps each year when he joins or pays his dues.

PERPETUAL MEMBERSHIPS

By Fred J. Hart

Across the page from this item you will find a reproduction of the Perpetual Membership bronze plaque which hangs on the wall of the N.H.F. headquarters office at Monrovia, California. This is a very beautiful plaque, although the reproduction does not show up too well. You will note that there are four names on it: Eva P. Hart, Anna C. Winlow, William Kullgren and Pretoria Valley Research Foundation. Since this picture was taken 30 days ago, N.H.F. has received four more perpetual memberships. They are: Plus Products, Etta Mangold, one who wishes her name withheld, and one whose estate is now being settled and whose name will be added when N.H.F. receives its share of the estate.

In what better way can one serve humanity and at the same time perpetuate his influence for good after he has departed this world?

We are happy to announce that this month we received a letter from one who believes in health freedom and the natural approach to health, saying he is leaving his entire estate to the National Health Federation because he has no close relatives and because he believes the Federation to be the only organization that is working for objectives in which he believes. The writer, and many others, we are sure, are leaving a liberal portion of their estate to the Federation. Some are also arranging their insurance so that if the present beneficiaries of the policy should pass away before the one insured does, the funds would be paid to the National Health Federation. It gives one a warm feeling to know that there is an organization through which one's influence can be perpetuated in this manner.

NO OTHER WAY

Could we but see the pattern of our days,

We should discern how devious were the ways

By which we came to this, the present time,

This place in life; and we should see the climb

Our soul has made up through the years.

We should forget the hurts, the wanderings, the fears,

The wastelands of our life, and know That we could come no other way or grow

Into our good without these steps our feet

Found hard to take, our faith found hard to meet.

The road of life winds on, and we like travelers go

From turn to turn until we come to know

The truth that life is endless and that we

Forever are inhabitants of all eternity.

—Martha Smock

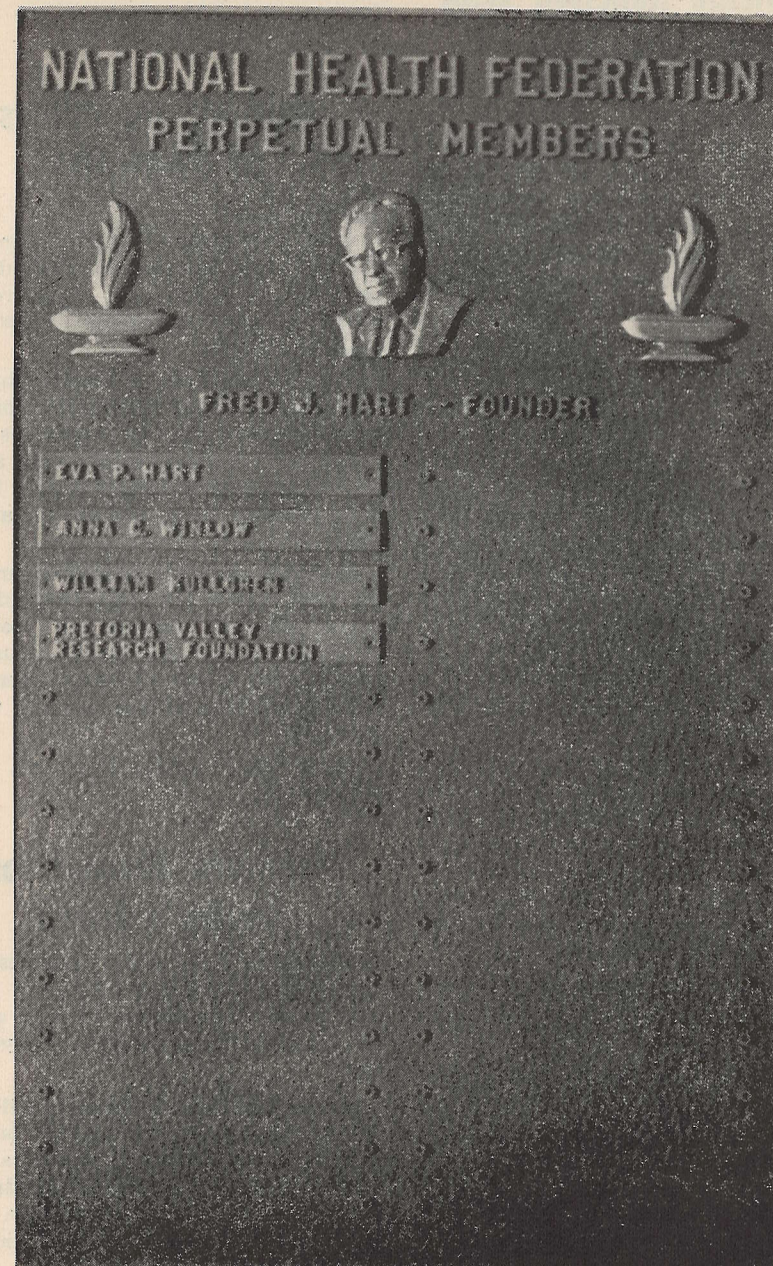
FOR WILLS

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

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

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

NATIONAL HEALTH FEDERATION BULLETIN



NOVEMBER, 1964

Pesticide Reaction with a Vengeance

London

Authorities responsible for large-scale planning of land use such as the United Nations Food and Agricultural Organization were warned last week that indiscriminate methods of insect control would lead to massive outbreaks of pests throughout the world.

This warning was issued here in a resolution adopted by 2,000 biologists at the final sessions of the 12th International Congress of Entomology.

After listening to nearly 900 papers delivered over a period of eight days, the entomologists agreed that the "profound environmental changes" caused by such factors as heedless defoliation and the indiscriminate use of chemical pesticides would cause "drastic reconstructions of local insect faunas, resulting in the elimination of many species" and the emergence of "vast reservoirs of insect pests."

The remedy, as the entomologists see it, lies in what they call integrated pest control; that is, a combination of chemical, biological and cultural techniques such as the encouragement of insects' natural enemies and the maintenance of variety in land development to support the balance of nature.

Insecticides, it was emphasized, should be fitted into the system of nature and "not merely imposed on it."

As Dr. Robert Van Den Bosch, a Californian entomologist, put it, the ideal pesticide is not one that eliminates all individuals of the pest species while leaving all the natural enemies. This forces the natural predators and parasites to leave the treated area or starve. The ideal material, he said, is

the one that shifts the balance back in favor of natural enemies. — *San Francisco Chronicle*, July 20, 1964.

Warning on Effects of Pesticides

Los Angeles

State Consumer Counsel Helen Nelson said yesterday that "we should start as soon as possible to measure the effect of pesticide chemicals upon us and our children."

Mrs. Nelson told a hearing by the Assembly General Research Committee's subcommittee on pesticides that consumers continue "to live with a variety of pesticide chemicals applied to our food, clothing, water and the air around us. . . ."

She said pesticide chemicals are being used widely for a diversity of purposes and that "one of our problems is that we do not know accurately enough how much of these chemicals is being discharged into our air, water and soil."

From *San Francisco Chronicle*, October 7, 1964.

Pesticide Blamed for Farmer's Death

NEWARK (UPI)—A lethal pesticide apparently caused the accidental death of a 28-year-old farm worker on a southern Alameda County ranch early yesterday.

George Carlson of Morgan Hill was found dead beside a tractor on the Fudena ranch. Newark police said he apparently spilled poisonous phosdrin on his clothes while diluting it in a tank truck. He was using the pesticide on a lettuce crop.

DENMARK BANS FLUORIDATION

Denmark is a small country, but one that has displayed an enviable talent for governing itself in accordance with the dictates of reason. A great admirer of the personal freedoms that were first guaranteed in the United States, Denmark every year celebrates our Fourth of July with an enormous official tribute to the Declaration of Independence. But in Denmark, individual freedom is a great deal more than a fine ringing phrase. Individual rights are jealously safeguarded by a well-educated electorate which chooses more than half of its members of parliament from among its scholars and university professors, instead of professional politicians.

As a consequence, this tiny Baltic country has made itself universally admired for the sanity of its government and the high standard of living and of individual freedom this has brought to its people.

Quite remarkably for a country of less than five million people, Danish science is as world-famous as Danish furniture. Scientists from this small country are playing a leading role in nuclear physics. Its medical research is universally respected and has contributed materially to the development of many of our modern surgical and hospital techniques.

This modern, well-educated and scientifically oriented country has just banned fluoridation of its water.

This was not a hasty step, and it was anything but a faddist step. Legislative committees carefully listened to testimony from the country's leading scientists including those of the Rockefeller Institute which maintains an important branch in Copenhagen. The record of fluoridation in the United States and the studies and opinions of our Public Health Service were fully considered.

And so were the studies of Kaj Roholm, the Danish scientist whose investigation of the toxic effects of fluorides has become one of the scientific classics. In recognition of the known dangers, as well as those still unpredictable, it was quickly seen that to force fluorides on everybody in Denmark would be an outrage.

Many alternatives were considered, including the fluoridating of milk for children, and even the use of fluoridated water to impregnate special crops that would be eaten only by children.

But the Danish legislature was intelligent enough and sufficiently concerned with the protection of the individual citizen to reach the conclusion that any scheme that requires people to actually swallow fluorides must necessarily contain unknown dangers and is to be avoided. Its ultimate decision, which places Denmark in a position of world pre-eminence among countries concerned with both the health and the civil liberties of their people, was to ban the use of fluorides in all ways except in tooth paste, where those who wish to can use it as a topical inhibitor of dental decay.

Following is a literal translation of the announcement that was issued by the Danish Ministry of the Interior in January of this year—the announcement that brought new hope of sanity to a world reeling under the assaults of the fluoridation interest.

Announcement by the Ministry of Interior in Denmark, January 23rd, 1964.

Professor Knud Moller, M.D., Danish Government Pharmacologist, states: "Fluoridation of public water supplies as well as of all other consumables is prohibited with the exception of the

(Continued on next page)

addition of fluoride to tooth paste under certain conditions."

Announcement Regarding Addition of Fluorides to Foods as Well as Cosmetic Preparations, Etc., Etc.

1. It is prohibited to manufacture, produce and deal in provisions, food articles as well as cosmetics (this includes preparations for teeth and oral hygiene) to which has been added fluorides or in which materials containing fluorides are used, if by such use the purpose is to add or increase the amount of fluoride in such provisions.

2. Dispensation from this rule can be had as far as tooth paste is concerned. Requests for such dispensation must be submitted in three copies sent to the Ministry of the Interior, furnishing the following information:

1. Manufacturer—and in the case of imported tooth paste—the name of importer and location of business.

2. The specific name under which the tooth paste is to be sold.

3. The used chemical composition involved, how fluoride is added, as well as the purpose involved in the use of the fluoride.

4. The minimum as well as maximum amount of fluoride in the finished tooth paste and the minimum and maximum amount of water solvent fluoride in the tooth paste, freshly made, as well as after three to six months storage conditions—both to be shown as percentage weight in fluoride content.

5. The used fluoride content's presumed effect in caries prevention, proved by chemical, physical and animal experimentation and eventual clinical investigations.

6. The toxicology of the used fluoride, which must be so satisfactorily described that it is possible on the basis of that information to evaluate the worth of the involved fluoride used in tooth paste.

Under this heading is a demand for information relative to possible undesirable cosmetic reactions.

7. Label and directions for use must be furnished.

—From Prevention magazine, September, 1964.

STATEMENT REQUIRED BY THE ACT OF AUGUST 24, 1912, AS AMENDED BY THE ACTS OF MARCH 3, 1933, AND JULY 2, 1946 (Title 39, United States Code, Section 233) SHOWING THE OWNERSHIP, MANAGEMENT, AND CIRCULATION OF National Health Federation Bulletin, published monthly, except that the July-August issues are combined.

1. The names and addresses of the publisher, editor, managing editor, and business manager are:

Publisher, National Health Federation—by Fred J. Hart, 211 West Colorado Blvd., Monrovia, Calif.

Editor, Fred J. Hart, 211 West Colorado Blvd., Monrovia, Calif.

Managing Editor, Fred J. Hart, 211 West Colorado Blvd., Monrovia, Calif.

Business Manager, Fred J. Hart, 211 West Colorado Blvd., Monrovia, Calif.

2. The owner is National Health Federation (nonprofit organization), 211 West Colorado Blvd., Monrovia, California 91017. (If owned by a corporation, its name and address must be stated and also immediately thereunder the names and addresses of stockholders owning or holding 1 per cent or more of total amount of stock. If not owned by a corporation, the names and addresses of the individual owners must be given. If owned by a partnership or other unincorporated firm, its name and address, as well as that of each individual member, must be given.)

No stockholders.

3. The known bondholders, mortgagees, and other security holders owning or holding 1 per cent or more of total amount of bonds, mortgages, or other securities are: (If there are none, so state.)

None.

4. Paragraphs 2 and 3 include, in cases where the stockholder or security holder appears upon the books of the company as trustee or in any other fiduciary relation, the name of the person or corporation for whom such trustee is acting; also the statements in the two paragraphs show the affiant's full knowledge and belief as to the circumstances and conditions under which stockholders and security holders who do not appear upon the books of the company as trustees hold stock and securities in a capacity other than that of a bona fide owner.

5. The average number of copies of each issue of this publication sold or distributed, through the mails or otherwise, to paid subscribers during the 12 months preceding the date shown above was: 12,833.

FRED J. HART

Sworn to and subscribed before me this 6th day of October, 1964.

(Seal) Della Hagestad

(My commission expires Oct. 4, 1966.)

NATIONAL HEALTH FEDERATION BULLETIN

A Quack or Charlatan---Who Is to Say?

By F. B. Exner, M.D., F.A.C.R.

The following address was one of many given at the National Health Federation "Congress on Medical Monopoly" held on October 5 at the Benson Hotel, Portland, Oregon. On the same day, the AMA and the Federal Food and Drug Administration were holding a Congress to uphold the drug approach to health by calling all who believe differently quacks and charlatans.

First, I want to thank you for permitting me, a nonmember of your organization, to address you. Like you, I believe in, and will fight for, the right of the individual to complete freedom of choice in medical matters. Like you, I do not believe that a mere medical education guarantees omniscience in all matters pertaining to health and disease; nor do I believe that members of the medical profession are automatically right and all others automatically wrong where differences of opinion exist.

As a physician, I specialize in the use of X-ray for diagnosis and treatment, and I believe firmly in its value if properly used. But this does not prevent me from recognizing and admitting that X-ray is abused perhaps more often than properly used by members of my profession.

Many people, including most physicians, fail to realize that the government cannot certify that one man is wise and another foolish, nor that one idea is true and another false. No license to practice the healing arts is, or can possibly be, a guarantee that the person to whom it is granted is wise, competent, or even honest. All that such a license can or is properly intended to do is to protect the public against fraudulent representation. It tries to guarantee that the person who represents himself as a physi-

cian has the qualifications that the public has a right to expect of a physician, that the person who calls himself an optometrist has the qualifications expected of an optometrist, that the chiropractor has the qualifications expected of a chiropractor. This is all the government can or should try to do. It cannot properly take sides either for or against any school of healing.

I am a member of the American Medical Association, and a past-president of my county medical society; and I believe the AMA to be a very useful organization, providing indispensable services both to its members and to the public. I most heartily approve its opposition to government medical care, except that it doesn't stand firmly enough on principle. It tends to accept and approve a certain amount of socialization on grounds of expediency, and perhaps because it doesn't dare stand firmly on principle. But you can't be a little bit socialized any more than you can be a little bit pregnant. Sooner or later, the realities catch up with those who think you can get away with compromising principle.

But what brings me here today is the effort of the American Medical Association, aided and abetted by the Food and Drug Administration, to decide what is true and what is false in matters of fact and science, and to ram their ideas down the throats of the public, calling all who disagree quacks and charlatans. And to the extent that the AMA and the FDA do this, they are, themselves, quacks and charlatans.

It is a fundamental proposition that an organization—and I mean any organization, including this one—is by its very nature stupid, stupider than the

(Continued on next page)

NOVEMBER, 1964

27

stupidest individual, and this is true however wise the individual members may be. An organization has no hands, no eyes, no ears with which to investigate; it has no brains with which to think; all it can do is accept or reject, by majority vote, ideas and propositions that are presented to it. And when the proposition is accepted, the organization can, again by vote, authorize action, but it cannot act.

And what is, perhaps, more important is that an organization—again, any organization, including the government—has no conscience. This is what those who want a kindly and paternal government to provide for and protect them should realize and never forget.

Organizations are stupid, period. Neither the AMA nor the FDA is competent to decide what is true or what is false, what methods are effective and what futile, in matters of health. Neither is this organization, or any other, and no scientific organization worthy of the name ever adopts an official position on any scientific question. **Neither does any scientist worthy of the name have a closed mind on any scientific question.** The true scientist is ready to change his mind at any time in the light of new evidence. The objective of the scientist is to learn the truth and let the chips fall where they may. There can be neither orthodoxy nor heterodoxy in science.

In this city today, a group of men who claim to speak for the AMA and the FDA are denouncing quackery, and if they stopped there, no reasonable person could object. A quack is an ignorant or dishonest practitioner who professes skill or knowledge in matters of which he knows little or nothing, and quackery should be condemned wherever it is found. But to know what is quackery and what is not is not easy, and at best uncertain. At the very least, an open-

mined evaluation of the evidence is required.

The men denouncing quackery here today are not offering evidence to be evaluated. They are denouncing whatever they consider unorthodox, and their appeal is not to reason. Their methods consist of name-calling and ridicule.

This would be bad enough if they were sincerely motivated by the public interest, but they are not. If they were, they would not have men like Dr. Frederick Stare of Harvard as their chief spokesman. I believe he is not present at this particular meeting, but he is still one of their chief spokesmen, and the things he says are not in the public interest, nor are they always truthful even in the light of his own knowledge. It is one thing to be honestly mistaken. It is something else to deliberately lie or tell half-truths designed to deceive.

Preserved and processed foods are convenient, and they permit us to have a wide variety of foods out of season; but when Dr. Stare tries to tell us that they are better and more nutritious than fresh foods grown on fertile soil and without the use of poisons, we should remember that he has a very large ax to grind; and when he calls all who disagree "quacks and crackpots" and tries to suppress the advertising and sale of natural foods, we can be very sure he is not acting in the public interest, nor telling the truth. And perhaps we would do the same if we were in his position. However, most of us wouldn't be caught dead there.

According to an article in the **Medical Tribune** for November 15 last (a not unfriendly article, by the way), some \$200,000 of Dr. Stare's million-dollar annual budget at Harvard comes from the food industry. What is more, it is the food industry that has built him up by Madison Avenue methods as

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"the world's greatest authority on human nutrition," when there are hundreds of others with far better claim to the title. What wonder if he acts as the errand-boy and tame hatchet-man for the industry, as, for example, in his attempt, which could hardly have been honest, to sabotage Rachel Carson's book on pesticides when it first came out?

There can be no possible question but what Dr. Stare, when he speaks, represents the food interests and other vested interests, but it is harder to be sure that he is insincere. However, we have proof of that in the matter of fluoridation in which, again, he speaks for the food processors, and particularly the sugar interests.

When the city of Needham, Massachusetts, was to vote on fluoridation, there was a public meeting on December 5, 1958, at which Dr. Stare answered questions from the audience, and in almost every instance, the answers he gave were grossly false. I was sent a tape-recording of the meeting and, to put it mildly, I was appalled.

Even if the inaccuracies represented the grossest kind of ignorance, they at least denoted a complete willingness to make up facts to suit his convenience. But there was more than that. He specifically denied that an article by Dr. Harold Hodge of the University of Rochester contained a particular statement and said that he would look it up and prove it.

I wrote an open letter to Dr. Stare detailing 22 false answers he had given and telling why they were false and why he should have known they were false, and I included the statement that if he looked up the article by Hodge he would have found that he was mistaken. Nevertheless, he has never admitted the error, or any of the others, and he continues to repeat many of the same untruths in his widely syndicated newspaper column.

And what was his reply to the charges of lying? Did he try to defend his statements? No. His answer was, in effect, a cynical "So what? So what if I did lie?" I will read it to you:

Dear Dr. Exner:

The Citizens' Rights Committee of Needham will welcome your four-and-a-half-page single-spaced letter to me, for they sure need help.

Have they informed you that every single practicing physician in Needham, of whom there are 34, favor fluoridation, as do 25 of the town's practicing dentists? Have they informed you that the Town Board of Health unanimously favor fluoridation and that three separate committees appointed by the Town Moderator have overwhelmingly endorsed fluoridation?

Did you see Secretary Flemming's ringing endorsement of fluoridation issued at his news conference this week?

It was thoughtful of you to include me with the others sent copies of your letter to me.

Sincerely yours,

/s/ Frederick J. Stare

I replied:

Dear Doctor Stare:

I admire the way you can change the subject when you can't defend your position. My letter dealt with misinformation you gave the people of Needham. It could have been much longer without exhausting the subject.

Your reply tells how many people have endorsed fluoridation. It is a neat switch, but it won't work.

I detailed 22 wrong answers you gave at the meeting on December 5; and told why you should have known, if you didn't, that they were wrong. You offer no rebuttal, explanation, or apology, and it isn't hard to guess why. Instead, you change the subject.

If it is true, as you claim, that all

(Continued on next page)

physicians, 25 dentists, and assorted committees in Needham have endorsed fluoridation, what does that prove? And isn't it possible that they were swayed by misinformation given them by you?

Sincerely yours,
/s/ F. B. Exner

And as for the (quote) "ringing endorsement" by Secretary Flemming who was then the boss of the Food and Drug Administration, he had said in his news conference that fluoridation had (quote) "proved over and over again to be an inexpensive and completely safe means of preventing 65 per cent of dental decay." I wrote him and asked for his proofs of safety. He replied, but had none to offer, not even any pretense of proof. Yet Dr. Flemming has continued to repeat the same lie over and over, in **Good Housekeeping** magazine among others, and now to the people of Oregon, speaking as the President of their University.

But back to Dr. Stare. Recently we hear on all sides that fluoridation is good for the bones of old people as well as the teeth of children, and again the source of the lie is Dr. Stare—and it is a lie whether fluoride is actually good for bones or not. In any case, fluoridation is not the answer.

Even the claims that fluoride is good for bones are open to serious challenge, even as to honesty, but the doses that are alleged to be effective are many times greater than anyone could possibly get from fluoridated water. Dr. Stare's claims are absurd on their face. But the question is, are they consciously dishonest? They are.

How do we know? We know because Dr. Stare made the mistake of putting out a mimeographed notice telling the eight scientific articles which were the basis of his claim, and not one of them offers any evidence which, twist it as

you will, even comes close to offering any support for the preposterous claim.

And it is this Dr. Stare and his kind who now have the unmitigated gall to go around the country conducting meetings like the one here today, and calling other people "quacks."

I thank you.

N.H.F. Editor's Note: The emphasis is ours.

New, Safe Pesticides Developing

PEBBLE BEACH (AP)—Research laboratories are developing safe new pesticides for agriculture, the Western Agricultural Chemicals Association was told today.

Dr. J. F. Kagy of Walnut Creek, Calif., director of Bio-products Research for the western division of Dow Chemical Co., said many of the new materials are nearing commercial production.

Kagy predicted that the agricultural chemicals industry may become a "prescription type" industry. "The days of the broad spectrum or multi-purpose biocides are numbered," he said.

The new materials will be safe for humans and wildlife, he said, and will not accumulate in food chain organisms.

The association, representing agricultural chemical producers and marketers in 13 Western states, is holding its annual convention this week.

All Is Not Strawberries That Smells Like Strawberries

The next time your supermarket greets you with the luscious smell of ripe strawberries, or peaches or oranges, don't assume that the tempting fragrance is necessarily coming from the fruit on display. Many stores are using artificial aromas to induce customers to buy certain fruits. Says the **Wall Street Journal**, "In a test with [artificial] orange fragrance, the store doubled its volume in sales of frozen orange juice."

Where Do You Stand, Sir?

Senator Barry Goldwater
c/o Charles M. Lichenstein
Republican National Headquarters
Washington, D.C.

Dear Senator Goldwater:

If you are elected President of the United States, where will you stand, Sir, on limiting the role the Federal Government will play in urging cities to fluoridate their local municipal water supplies?

Millions of Americans are deeply resentful at the promotional (disguised as educational) activities of the United States Public Health Service to influence local city officials to fluoridate city water supplies. These citizens believe the issue in fluoridation is freedom, not teeth.

Millions of Americans feel as strongly and deeply about their health rights as they do about their religious and political rights. Millions of Americans have rejected fluoridation at the polls when given a chance. It is defeated in 95% of the times it goes to referendum. Millions of Americans will vote for a candidate who will promise to stop the United States Public Health Service from their militant pro-fluoridation activities.

State Medicine

The **Santa Ana Register** in an editorial, October 16, 1953, stated: "The question is, and we had missed it—does the government have the right to make you take medicine? Medicine which is supplied by taxes, which you must take whether you want it or not, which you must pay for whether you want it or not, is socialized medicine!"

F. B. Exner, M.D., former president of the King County (Seattle) Medical Society, said, "Tooth decay is not contagious nor water-borne. Fluoridation means the state is going beyond previous bounds in medicating the bodies of citizens without their consent. The real desire of the advocates [the United States Public Health Service] is to gain a legal precedent for compulsory medication in a noncommunicable disease."

The GOP 1964 Platform says: "We Republicans . . . pledge . . . an end to power-grabbing regulations . . . such as [those of] . . . the Food and Drug Administration and the Federal Trade

Commission to dominate consumer decisions in the market place." There are dozens of inexpensive, reasonable alternatives to taking fluoride in the municipal water supply.

It is significant that the heaviest vote against fluoridation comes from the **senior citizens** who know they will not benefit and might possibly be harmed by the daily ingestion of a cumulative poison.

In Arizona's sister state, Utah, fluoridation was voted on eight times and defeated eight times. In Salt Lake City it was defeated 35,000 to 10,000. In American Fork and Springville, the issue was defeated by over six to one. Apostle Ezra Taft Benson opposed fluoridation because it denied freedom of choice in matters of health.

The **Christian Science Monitor**, the **Richmond News Leader**, **Prevention** magazine, **Organic Gardening**, the **Health Bulletin**, Carlton Frederick's 150-station radio show, and other health freedom fighters with millions of readers and listeners will inform their followers of your stand.

Millions of people in Chicago, Denver, and hundreds of other cities are being forced to drink fluoridated water against their will, without ever having had a chance to vote upon the issue. New York and Detroit city commissions have just taken actions to fluoridate this fall without referendums. There are just as many Democrats in these cities opposed to fluoridation as there are Republicans.

Several years ago, two outstanding scientists at the University of Arizona were strong opponents of fluoridation. They pointed out that in Arizona there were many incidents of severe mottling even when the concentration was as little as .6 parts per million. (The USPHS recommends almost double this—1ppm.) However, the USPHS controlled large grants which were given to the University of Arizona and these voices were stilled.

I wish I had contacted you earlier on this issue, but there is still time to get the word out, and I believe, sincerely, it represents millions of votes.

(Continued on next page)

Yours for freedom of choice in matters of health,
Clinton R. Miller

P.S. It has been suggested by our president, Mr. Fred J. Hart, that your statement not concern itself with the merits or demerits of fluoridation, but simply the proper role of the Federal Government in such an issue.

N.H.F. Editor's Note: We are sorry, but copy for the **Bulletin** has to be in the printer's hands 30 days prior to date of mailing, so there will not be sufficient time to publish an answer to this letter.

Annual Meeting

Dec. 30, 31, Jan. 1 and 2

The Annual Meeting of the Federation will be held at the New International Hotel in Los Angeles, California, located at West Century and Sepulveda Boulevard (International Airport). The meetings will be held in the Gold Ballroom, located on the mezzanine floor.

Following is a listing of some of the places at which one may stay, and the price of rooms, provided reservations are made as listed below. It is important that reservations be made not later than the dates specified below. Reservations may be canceled up to December 25 if it is found to be impossible to attend. We urge that those desiring to attend make their reservations at once. At each convention we have folk complain that when they arrive without reservations they cannot get rooms at the prices quoted. Protect yourself by making advance reservations.

The International Hotel is located just off the San Diego freeway, is easy to reach, and is served by regular city bus service from downtown Los Angeles.

CONVENTION HOTEL—THE INTERNATIONAL

Single rooms \$12.00 (50 guaranteed)
Double rooms \$16.00 (200 guaranteed)
\$2.00 each additional person
Reservations must be in by December 16 and they MUST mention N.H.F. when you make them.

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 Blvd.

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 Blvd.

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 Blvd.

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

A New Perpetual Member

We are very happy to announce that Messrs. Arthur and James Ingoldsby (of Plus Products-Tiger's Milk) have become perpetual members of the National Health Federation by paying the fee of \$1,000. These men are rendering a real service to humanity and we welcome them into the great N.H.F. family. Their names will be inscribed on the Perpetual Membership Plaque which hangs on the main office wall of the Federation at Monrovia.

By becoming perpetual members these men have not only testified to the value of such an organization as N.H.F., but are assured that, long after they have left for the better land, their cash contribution will be blessing humanity through the work of the National Health Federation. With the addition of the Ingoldsby names, the Perpetual Membership Plaque will list five perpetual memberships. There is room for 20 names on this one plaque. Who will be the next?

The Secret of Life--- ENZYMES

The Secret of Life—Enzymes is the title of an inspiring article written by the celebrated scientist and Nobel Prize winner, Dr. James B. Sumner, Professor of Biochemistry, Cornell University.

Three classes of elements are needed for good health—vitamins, minerals and enzymes. If all vitamins and minerals were taken from your food, you would die in weeks. Your body cannot make them. But your body can produce enzymes from its own cells. Every cell, animal or vegetable, can and must make enzymes. Your food is made of cells and therefore contains enzymes. You can eat food that has lost every trace of its enzyme content and still get along. The question scientists have been worried about is whether it is good for you to force your body to go into the mass production of enzymes. Would it not be better to let outside enzymes do some of the work and save your cells from wearing out? Is it possible that premature cellular exhaustion is a root cause of much of what ails us? So if you are looking for a new approach to better health, don't neglect food enzymes. No amount of vitamins and minerals can do their work.

Is there any reason for people to start complaining of "getting old" after they reach forty? Is it due to any special vitamin or mineral deficiency? Science says no. Medical research, however, has come up with some exciting answers. If you are getting that fortyish feeling, listen to this. It has been found that the enzymes of the body tend to become fewer and weaker as we put the years on. This withering process takes place also in animals and even in insects. Scientists at the world-famous Michael Reese Hospital in Chicago found that old people had only 1/30 as much enzymes in the saliva as young folks. Dr. Eckardt of Germany discovered after 1,200 tests that the enzymes of the urine are only half as rich in old age as in the prime of life.

This wearing out occurs also in the insect world. Old potato beetles were found by Dr. Burge of the University of Illinois to have only half as many enzymes as younger specimens. That the

capacity of old-timers to manufacture enzymes is decreased has been shown in fruit flies by Dr. Sekla, Charles University, Prague, and by Dr. Falk and associates on rats. In both of these species the enzymes started to weaken after middle age. In experiments on grasshoppers, potato beetles and fireflies, Dr. Bodine of the University of Pennsylvania found the enzymes at a minimum in old age.

Enzymes have many other jobs in the body besides digesting food. In fact, every function in the body requires enzyme action. So a test on the stomach juice, for instance, might be misleading as an indication of how you stand on enzymes. You might have enough enzymes to digest your food but they may be stretched pretty thin in other parts of your body. Until science can devise micro methods for measuring intracellular enzymes our knowledge on this subject must remain rudimentary.

How can you get outside enzymes to do some of your work? Don't try looking for any in a commercial food or drink. Unlike vitamins, enzymes are 100 per cent killed by even the slightest heat—boiling, baking, frying, stewing, roasting. Nature hands them out only in uncooked packages—raw foods. But avoid small nibbles on raw foods if you want enzymes in quantity. Please remember that raw fruits and vegetables contain about 90 per cent water. They are filling. The quantity eaten at a meal contains only tiny amounts of enzymes. But if you can chew on raw foods five to ten times a day between meals you will accomplish something. If you wish to increase the food enzyme intake significantly, use much more raw food, many times each day, unless there is a special medical problem.

Another way to increase the enzyme intake is to use concentrated plant enzymes after meals. Unsuitable low-potency preparations will not fill the bill. The stomach is normally acid. Enzymes specializing in an alkaline medium cannot perform well in the stomach. Special enzymes capable of working in an acid or alkaline medium are required.

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Many fruit and vegetable enzymes are experts at working in acid. Genuine high-potency plant enzymes in capsules are in this select class of specialists. They have been tailored for the job of working in the acid stomach and are very strong. This is no place for weaklings. Be careful what you buy for satisfactory results.

Do Food Enzymes Keep You Younger Looking?

Scientific tests in older people have shown that the body may tire of producing its own enzymes year after year. Scientists have found that specific body enzymes in living things become weaker and weaker as time goes on. Aging causes your skin to wrinkle and shrivel, hair thins, muscles sag, eyes lose their sparkle, and figures suffer. You look worn out. The suspicion is growing that excessive enzyme manufacture causes premature aging through cellular strain. It is questionable if anything taxes living cells like continuous enzyme production. Your enzymes account is like your bank account. Don't try writing more enzyme checks if your account is overdrawn.

Your tissues don't produce vitamins and minerals and cannot be forced to do so. Have no fears, therefore, that you will ever get old and worn out by making too many vitamins or minerals. Your cells cannot secrete them and so do not even try. But every cell in your body can be coaxed to make even more than its share of enzymes. So a threat to good looks and good health may come from cellular exhaustion induced by long-continued enzyme manufacture.

How does one go about taming the enzyme factory of the body? Let food enzymes do some of the work, as nature intended. All uncooked, unprocessed food can give you enzymes—exogenous enzymes. Endogenous enzymes are those produced by the body. Exogenous enzymes are in foods or may be extracted from cells and dried to a powder. If more exogenous enzymes are consumed, fewer endogenous enzymes will be needed. There will be less wear and tear on your tissues.

Any old fish can float downstream but it takes a live fish to swim up.

Fluoride May Retard Cells

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

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

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

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

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

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

—From San Francisco News-Call Bulletin.

NEWS FLASH

The new Chicago Chapter of the Federation is chartering a bus and will bring some 50 delegates to the Annual Meeting. We are advised that the fare for the round trip will be only \$37.50. Thirty-seven have already signed up. Do you want to join this group? Write to N.H.F., P.O. Box 686, Monrovia, California, for further information.

Dental Caries and the Pediatrician

Dental caries, the most common "chronic disease" of American children, is primarily caused by improper diet. Heredity plays a secondary role. The dietary fault has been shown to be refined carbohydrate. Although it is unlikely that the pediatrician's admonitions will correct the fault and change our national food habits, still it is clearly his responsibility to make sure that his patient's parents know that refined carbohydrate is the cause of nearly all caries and to encourage a proper physiologic diet.

Although it has not been shown that the daily ingestion of minute amounts of fluoride ion is physiologic and necessary for normal dental health, still it is clearly true that even in the presence of a caries-producing diet small daily amounts of fluoride ion exert a strong prophylactic action between the fifth month of gestation and the age of nine or ten years. The fluorine is incorporated into the enamel of the teeth, rendering them much less susceptible to decay.

The dose of fluoride ion necessary to induce this prophylactic effect is approximately 1 mg per day. Larger amounts permanently stain the enamel various shades of yellow, tan, and brown.

Of the various ways to administer prophylactic fluorine, the method of regular exact dosage is obviously best. Fluoride ion can be added (without expense) to vitamins, to canned milk or formulas for infant and child consumption, or to any other item of diet taken regularly in the same amount daily. If this prophylaxis is to be employed during pregnancy, it can be added (without expense) to prenatal capsules, cow's milk, calcium tablets or any other item of diet regularly consumed in fixed amount by the pregnant woman.

Now that the proper dose of fluorine for dental caries prophylaxis has been determined, it is unnecessary and unwise to wastefully add it to community water supplies for the following cogent reasons:

1. Dosage is highly variable and inaccurate.
2. Older children and adults need not and should not be dosed with the drug.
3. Fluoridated water is of no benefit to plants and may be undesirable for edible plants when such plants are ingested by animals, birds, or humans.
4. Fluorine is a potent poison.

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4529 College Avenue
San Diego 15, California

From the **American Journal of Diseases of Children** (an American Medical Association publication), August, 1963.

N.H.F. Editor's Note: Reprints can be had from Lee Foundation for Nutritional Research, 2023 Wisconsin Avenue, Milwaukee, Wisconsin, at one cent each.

NATIONAL HEALTH FEDERATION

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NEWS FLASH

Just as this issue is going to press we can report that the National Health Federation was well represented at the recent Cancer Council meeting in Los Angeles. The night before the meeting, N.H.F. held a large meeting at the Statler Hilton to lay plans for the hearing. Mr. Long was well pleased with the presentation made at the hearing. More details in next issue.

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 \$3.00 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**.

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

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