

National Health Federation



25¢

<i>Family Circle</i>	Page 2
<i>Washington Report</i>	Page 3
<i>Drug Combinations Blamed for Deaths</i>	Page 6
<i>Bill to Provide for an Institute of Nutrition</i>	Page 7
<i>Freedom to Choose and to Buy</i>	Page 9
<i>A Look at Present-day Chiropractic</i>	Page 12
<i>Consumer's Corner</i>	Page 15
<i>Pros and Cons on Proposed FDA Vitamin Regulation</i>	Page 17
<i>Health Literature and Reprints</i>	Page 19

**AMERICANS CRUSADING FOR
BETTER HEALTH**

Volume X—Number 10

October, 1964

BULLETIN

C
R
U
S
A
D
I
N
G

F
O
R

H
E
A
L
T
H

F
R
E
E
D
O
M

Family Circle

By Fred J. Hart

LIBERTY STAMPS: Not more than one-half of our members sent in a donation in response to our Liberty Stamp drive. Our goal was to raise enough to pay the bills during the summer months. The result: we raised less than \$6,000, or \$4,000 less than needed to reach our goal and pay the Federation's bills. This ought not so to be.

If you are one of those who sent in a donation, please accept our sincere thanks. If you have put this matter off, then please do not delay any longer. The National Health Federation's fight for freedom of choice in health and kindred matters in the health field is too important to be brought to an end.

In America, we fought for and gained freedom of religion, freedom of thought and expression, and we also fought a war to free the bodies of thousands of slaves. These slaves had freedom of religion, freedom of thought and expression, but not bodily freedom. Lincoln, backed by the might of the government, set their bodies free.

All Americans were thus assured of freedom of body, soul and mind, and had such freedom until about 1931 when a growing bureaucracy began, inch by inch, through arbitrary regulations, to filch from all American citizens control of their bodies. This means that gradually all Americans are becoming slaves so far as control of their bodies is concerned.

The work of the National Health Federation is to lead the people in a crusade to recover freedom in all matters relating to the control of their bodies and health, and thus assure to future generations freedom of body, soul and mind.

For the foregoing reasons, the Fed-

eration needs the financial support of every member and of everyone else who believes in true freedom in matters of health. **DON'T DELAY. SEND YOUR DONATION TODAY.**

A Real Health Cookbook by Real Homemakers

The Akron Chapter of the National Health Federation at each meeting would have its members present their best recipe for a health food. The best of these have been gathered together into a cookbook which sells for \$2.25. All money received goes to the support of the Akron Chapter of the National Health Federation.

To those who want to prepare food in a tasty and healthful manner, we recommend this book. Send all orders to the Akron Chapter of the National Health Federation, in care of Mathilda L. Juengel, Treasurer, 1886 Ritchie Road, Stow, Ohio.

Faith

To live one's best today, believing that God will give us strength for the responsibilities of tomorrow when they come.

To use one's best judgment in each emergency, refusing thereafter to reproach one's self for not having used better judgment.

To invest ALL one has on the side of right, confiding in God that the investment shall be eternally safe.

To meet each rising sun with the knowledge that no temptation will come during that day which will be more than we can meet if we walk with Christ on our side.

To do the duty that I now see clearly, trusting that each new duty will be clear when I come to it—this is faith.

—Selected

The NATIONAL HEALTH FEDERATION BULLETIN

VOLUME X

NUMBER 10

Adventures on Health Frontiers
Published Monthly

OCTOBER

1964

N.H.F. Washington Report

By Clinton Miller

Democrats Differ Widely from Republicans on Health Plank

In health matters, the Democratic Party decided at Atlantic City to express their platform goals for 1964 in entirely different language from that used by the Republicans in San Francisco. (See N.H.F. *Bulletin* for September.) There was no change from the Democrats' 1960 platform.

If the 1964 platform is followed as well as the 1960 platform has been, the next four years of a Johnson administration would contain no departures from the FDA and FTC policies of the past four years.

From Democrats' 1960 Platform

"We will step up medical research. . . . We will provide greatly increased Federal support for psychiatric research and training, and community mental health programs. . . . We need more medical schools, more hospitals. . . ."

From Democrats' 1964 Platform

"Step up medical research. . . . Greatly increased support for psychiatric research and training and community mental health programs. . . . We will further expand our health facilities, especially medical schools, [and] hospitals. . . ."

The Democratic Committee on Resolutions and Platform chose to ignore a petition made in August by the National Dietary Foods Association which requested that the Democrats adopt a

health plank to protect the health foods industry and its millions of customers from "over-zealous regulatory federal administrative bodies, such as the Federal Trades Commission and the Food and Drug Administration." The plea charged that these agencies' (FTC and FDA) actions had "gradually resulted in a domination of the consumer's decisions in the market place."

The NDFA appeal then "recommended that there appear in the [Democratic] Resolutions a condemnation of this type of power-grabbing regulatory action on the part of federal administrative bodies or commissions." The NDFA's request urged the change "particularly in light of the platform of the Republican party which promises relief."

The Democratic platform, however, expresses no concern or awareness that

(Continued on next page)

the FTC and FDA may be overprotecting consumers and dominating consumer decisions.

The Democratic platform promised not less but more government-sponsored consumer education and protection.

The Republican (GOP) platform has a specific plank which is aimed at specifically curbing FDA and FTC interference so that consumers can make their own health choices of safe food or drug products in the market place. It said: "We Republicans . . . pledge . . . an end to power-grabbing regulatory actions . . . such as [those of] . . . the Food and Drug Administration and the Federal Trade Commission to dominate consumer decisions in the market place."

Orchids to the FDA and AMA for New National "Drug Alert" System

The Food and Drug Administration and the American Medical Association, after months of meetings, recently reached agreement on a single strategy and a division of duties necessary to setting up a national drug alert system.

Incentive will be provided by Uncle Sam, who will purchase the drug information at the rate of \$50.00 a month for each participating hospital and \$5.00 for each adverse reaction report.

Contracts already have been signed with 80 hospitals. The ultimate goal is 500 to be attained by 1966.

Credit for the joint effort is shared by Dr. Joseph F. Sadusk, Jr., FDA's new medical director, and Dr. Hugh Hussey, the AMA's top scientific official.

The Wall Street Journal says Dr. Sadusk and Dr. Hussey are professional

associates and personal friends.

Senator Hubert Humphrey urged such an alert system following his drug hearings.

We say "Orchids to Dr. Sadusk, Dr. Hussey, Hubert H. Humphrey, and all others responsible in the FDA and AMA."

1964 "Recommended Dietary Allowances" Just Published

The sixth revised edition of Recommended Dietary Allowances is now available for \$1 from the U.S. Printing and Publishing Office, 2101 Constitution Avenue, N.W., Washington, D.C. 20418.

It is prepared by the Food and Nutrition Board of the National Academy of Sciences and the National Research Council.

This is the "bible" on recommended dietary allowances, and should be in the library of every health food store owner, every door-to-door vitamin salesman, and every vitamin and food supplement manufacturer and distributor.

Vitamin E Requirement Between 10 and 30 mg/day

It says about Vitamin E "... Food processing is known to deplete the tocopherol content of natural oils and of wheat flour," and adds that "... it is difficult to make any recommendation other than that the tocopherol [Vitamin E] requirement will vary between 10 and 30 mg/day for adults." In the 1958 (5th) revision, it estimated the daily adult per capita consumption of vitamin E "... as 14 milligrams of d-alpha tocopherol," but added "...

(Continued on next page)

However, no recommended allowances can be made from present information."

The current 6th edition "recommendation" of "between 10 and 30 mg/day for adults" is especially significant when we consider that in June, 1962, the FDA proposed to prohibit any vitamin manufacturer from listing vitamin E on the label in ANY amount because it was not a nutrient "... recognized by competent authorities as essential and of significant dietary-supplement value in human nutrition. . . ."

There are no more "competent authorities" in America, according to the FDA, than those who comprise the Food and Nutrition Board of the National Academy of Sciences.

N.H.F. Washington Office Moving to Capitol Hill

The new address of the Washington Office of the National Health Federation is 121 2nd Street, N.E., Suite No. 5. The new location is one block from the Senate Office Buildings, the Supreme Court, and the Library of Congress. It is within easy walking distance of the House Office Buildings, the Capitol, and the Government Printing Office.

The "new" location is on the top floor (3rd story) of a beautifully remodeled building that recently won the Commercial Restoration Award by the Capitol Hill Restoration Society.

Two United States Senators have offices in the building. The change will help us do a more effective lobby job for the Federation.

Newly Formed Washington, D.C. Chapter Plays Key Role

The newly formed Washington, D.C. Chapter of the National Health Federation has undertaken very vigorous lobby activity in behalf of all other N.H.F. members.

The new chapter is growing under the able leadership of Mr. Burt Coffman

as president. He has arranged with Mrs. Burt Coffman, vice-president, and Mrs. Janie Meeter, publicity chairman, to deliver personal reports to every Senator and Representative on three different occasions, informing them of N.H.F. views on current health legislation. The entire expense of printing and distributing the information was borne by the Washington, D.C. Chapter. The officers and members have given incalculable assistance to the N.H.F. Washington Office.

Anyone wanting to help actively in Washington, D.C. during the coming year should contact Mr. Burt Coffman, 817 Pineland St., Fairfax, Virginia.

Washington Papers Quiet on Hohensee's Release from California Prison

Although Washington, D.C. papers made no note of it, the release from confinement on bail of Dr. Adolphus Hohensee and his assistant, Donald Smith, seems to be well known among FDA personnel and medical writers. It is recognized as a significant precedent-setting case, and is being watched (but not reported) very carefully in the nation's capital.

Criminal Action Against Krebiozen Sponsors Urged by FDA

The Food and Drug Administration has forwarded to the Department of Justice a recommendation that criminal action against the sponsors of Krebiozen be taken. The FDA turned over their file to the Department of Justice, which they claim has adequate proof that Dr. Andrew C. Ivy and Dr. Stephen Durovic have violated the Food, Drug and Cosmetic Act with intent to defraud and mislead.

The Department of Justice will now decide whether or not the material should be turned over to a Grand Jury.

(Continued on next page)

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

If the Justice Department so decides and if indictments are returned by the Grand Jury as urged by the FDA, the U.S. Attorney General will automatically be required to direct the attorneys in the Department of Justice to act as prosecution against these scientists.

Dr. Ivy and Dr. Durovic will then be prosecuted as criminals. They will be forced to leave the laboratory where they are best able to serve humanity, and to spend what little money and time they have left in this life to defend themselves from being imprisoned the rest of their lives as were so many pioneering prophets and scientists in former days.

There is little doubt that the Department of Justice will be forced to turn the matter over to a Grand Jury, for it is reported by the FDA that there are perhaps as many or more people on Krebiozen now as at any time since its discovery. FDA alleges that these people are not all living in Illinois, and they are not all making weekly trips by air or other conveyance to Chicago for their maintenance dosage of Krebiozen. So, according to FDA, both the sponsors and the patients are obviously breaking the Federal Food and Drug Law, which is a criminal statute, and according to FDA the act of both the doctors and the patients constitutes a felony, and their act is subject to imprisonment of over a year on each count.

A high source in the Department of Justice told N.H.F. as this went to press that "the Krebiozen matter is under consideration by the Department of Justice at this time." Asked if the Grand Jury would be called soon, we were told, "It is possible that it may take us more than a year to review the material sent by FDA but I doubt that it would." Asked if it was possible that the Grand Jury was already investigating the matter, we were told, "It is possible. We

do not announce when a Grand Jury is called on such a matter."

The FDA sent their files to the Department of Justice urging them to take criminal action in the Krebiozen case sometime before January 8, 1964.

"Unclassified" Deaths Blamed on Combinations of New Drugs

SAN DIEGO (AP)—Combinations of new drugs, which a pathologist called mousetraps, were blamed at the annual convention of the California State Associations of Coroners and Public Administrators Wednesday for a large number of unclassified deaths in the United States.

The pathologist speaker, Dr. F. Rene Modglin of the Riverside County Coroner's staff, said: "There are more drugs on the market than ever before, and each pharmaceutical company is trying to make a better mousetrap. Each is in a hurry to get into the race."

Dr. Modglin added that as a result doctors and patients were sometimes unable to keep up with the lethal effects of some drugs when combined. He said the deaths which they caused presented a major problem for coroner's pathologists, who were often unable to classify them.

Pathologist Dr. Robert Eggen of the San Diego County Coroner's Office said that autopsies are performed in 95 per cent of the coroner's cases in the county. Eggen said that this made the county second only to San Joaquin County, which he said performs autopsies in all cases.

—From Palo Alto Times, July 16, 1964.

West Point Code

"To choose the harder right—instead of the easier wrong."

88th CONGRESS
2nd Session

H. R. 12230

IN THE HOUSE OF REPRESENTATIVES

August 4, 1964

Mr. Lesinski introduced the following bill; which was referred to the Committee on Interstate and Foreign Commerce

A BILL

To amend the Public Health Service Act to provide for an Institute of Nutrition.

Be it enacted by the Senate and House of Representatives of the United States of America in Congress assembled, That title IV of the Public Health Service Act (42 U.S.C., ch. 6A, subch. III) is amended by adding at the end thereof the following new part:

"PART F—INSTITUTE OF NUTRITION

"Establishment of Institute

"Sec. 446. (a) There is hereby established in the Public Health Service an institute for the conduct and support of research and training relating to nutrition with a special emphasis upon first determining the components of the healthiest and most nutritious diet by means of study and observation of the healthiest peoples throughout the world, that is, Hunza, by qualified investigators, observers, and research workers, irrespective of the school of therapy they represent. Such research shall include a study of the relationship between soil fertility and the nutritiousness of foods grown thereon and comparative studies of animals and humans fed identical quantitative diets from food grown on soils of varying fertility. A study shall be made of the relationship of health to the use of certain foodstuffs such as refined and bleached flour and sugar and artificial substitutes for natural foods.

"(b) In addition to the duties, functions, and powers given it under subsection (a) such institute shall—

"(1) conduct, assist, and foster researches, investigations, experiments, and studies relating generally to nutrition as it relates to human health;

"(2) promote the coordination of activities carried on by such other institute with similar activities carried on by other agencies, organizations, and individuals, irrespective of the school of therapy they represent;

"(3) provide training and instruction in technical matters relating to human nutrition;

"(4) provide fellowships in such institute from funds appropriated or donated for such purpose;

"(5) secure for such institute advice and consultation services of clinical, empirical, or practical, as well as laboratory experts in human nutrition from the United States and abroad; and

"(6) cooperate with appropriate State agencies in the promotion of human health through proper nutrition. Research, especially clinical, shall be made of the therapeutic use of foods and food supplements, natural and synthetic, when added to the average and ordinary American diet as an aid to or potential replacement for ordinary medical treatment with drugs and/or surgery. Such

(Continued on next page)

research shall also include a study comparing the nutritional qualities or benefits and/or hazards of natural versus synthetic foods or food supplements, vitamins, minerals, herbs, etc.

"Establishment of Advisory Council

"Sec. 447. (a) The Surgeon General is authorized, with the approval of the Secretary, to establish an advisory council to advise, consult with, and make recommendations to the Surgeon General on matters relating to the activities of the institute established under section 446.

"(b) Such advisory council shall consist of the Surgeon General, who shall be chairman, and of twelve members appointed by the Secretary of Health, Education, and Welfare. Appointed members shall be divided among individuals who are outstanding in the field of human nutrition and are fairly representative of several widely different concepts or theories of human nutrition, with special care being given to specify that the council shall not have conflicts of interest, commercial or academic, and shall not be drug or medically oriented. The membership may include, but shall not be limited to, individuals having a degree of doctor of medicine or doctor of osteopathy, doctor of chiropractic, doctor of biochemistry, doctor of naturopathy, or natural hygienist. Each appointed member of the advisory council shall hold office for a term of four years; except that (1) any member appointed to fill a vacancy occurring prior to the expiration of the term for which his predecessor was appointed shall be appointed for the remainder of such term, and (2) of the members first appointed three shall hold office for a term of three years, three shall hold office for a term of two years, and three shall hold office for a term of one year as designated by the Secretary of Health, Education, and Welfare at the time of appointment. No appointed member of the advisory council shall be eligible for reappointment until a year has elapsed since the end of his preceding term.

"(c) Upon appointment of the advisory council, it shall assure all or such part as the Surgeon General and the director of the institute established pursuant to section 446 may jointly, with the approval of the Secretary of Health, Education, and Welfare, specify of the duties, functions, and powers of the National Advisory Health Council relating to research or training projects with which the advisory council (established under this part) is concerned and such portion as the Surgeon General and such director may jointly specify (with such approval) of the duties, functions, and powers of any other advisory council established under this Act relating to such projects."

Sec. 2. (a) Section 202 of the Public Health Service Act (42 U.S.C. 203) is amended by striking out "National Institutes of Health" each place where it occurs and inserting in lieu thereof in each such place "National Research Institutes."

(b) Section 205(b) of such Act (42 U.S.C. 206(b)) is amended by striking out "National Institutes of Health" and inserting in lieu thereof "National Institutes of Sickness and Health."

(c) Section 208(g) of such Act (42 U.S.C. 210(g)) is amended by striking out "National Institutes of Health" and inserting in lieu thereof "National Institutes of Sickness and Health."

(d) Section 401 of such Act (42 U.S.C. 281) and the heading thereof are repealed.

N.H.F. Editor's Note: This Bill is the result of an N.H.F. presentation to Congress regarding funds spent by the Federal Government on disease research.

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

By Charles Orlando Pratt

N.H.F. Washington General Counsel

Suite 712, Barr Building, 910 17th Street N.W., Washington 6, D.C.

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

He said, in effect, that the key which has given America its super-abundance 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 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."

Americans Do Not Have Freedom of Choice in Health Care or in Their Choice of "Health Foods" or Dietary Food Supplements

The Federal Food and Drug Administration, in 1962, proposed new food supplement regulations which would restrict the right of anyone to choose to

buy or not to buy dietary food supplements, concentrated foods, food for special dietary uses, including vitamins and mineral food supplements which, it believed, were "not necessary." The National Health Federation, according to a spokesman for FDA in a U.S. Senate hearing, said, in effect, that the N.H.F. members, through correspondence with members of Congress and protests to the Secretary of Health, Education, and Welfare, prevented the official adoption of their proposed restrictive food supplement regulations.

(Continued on next page)

New Literature

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

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

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

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

Recently, the Assistant General Counsel of HEW, while addressing the American Bar Association in New York, outlined FDA's plans to restrict sales of vitamin and mineral ingredients "it feels are not necessary."

Your Washington Counsel is of the definite opinion that neither FDA nor any other federal or state governmental agency has the legal, constitutional, statutory or regulatory authority to determine what "it feels is or is not necessary."

Recently, the U.S. Court of Appeals in New Orleans, La., held, in effect, that it "was not false and misleading" to set forth in the labeling of a food product statements to the effect that the average American diet could be improved nutritionally. The government argued that it is false to say that "almost any [person's] diet can be nutritionally improved by the use of Dextra Fortified Cane Sugar or anything else."

New Hope for Freedom of Choice for the Consumer to Buy or Not to Buy

Because of the millions of Americans who have ill-health, both physical and mental, and who are beginning to realize that there may be truth in the statement that "the American people are over-fed and undernourished," the volume of business in the food supplement industry and health food stores has increased by millions of dollars during the past ten years. In fact, self-care of people in ill-health and those who found that miracle drugs did not solve their problems have brought about the universal demand for the right to buy and use dietary food supplements, health foods, and so-called natural or organic foods which have not been subject to additives or chemical dyes or sprays.

This universal demand of the American people to have the right to buy or not to buy "pure" foods has become so

great that the Republican National Convention, recently held in San Francisco, Calif., changed its platform relating to the Food and Drug Administration to protect the consumer for the first time.

This is the first time that a national political party has taken a stand in its platform for freedom of choice in health matters.

In 1960 the platform promised to continue protecting consumers against harmful foods, drugs and cosmetics; this year it promises instead to stop the efforts of the Food and Drug Administration and Federal Trade Commission to interfere with consumer decisions.

A U.S. District Court at Trenton, N.J., Recently Issued a Temporary Restraining Order Halting a Multi-million-dollar, Nationwide Business by Six Interlocking Firms Selling Vitamins and Other Dietary Food Supplements

At the request of FDA the U.S. Attorney filed in the U.S. District Court at Trenton, N.J., a petition for a temporary restraining order against six firms selling vitamin food supplement products on the ground that such products were misbranded and charging that, among other things, "the products' labeling falsely suggests that nearly everyone in this country is suffering from or is in danger of suffering from a dietary deficiency of vitamins, minerals and proteins which is likely to result in specific deficiency diseases."

If the foregoing charge were the only charge, then I believe the court would not consider the suggestion that people are suffering from dietary deficiency diseases would constitute a false statement which would result in misbranding under the Federal Food, Drug and Cosmetic Act. The FDA tactic of enlarging its regulatory authority in such

(Continued on next page)

cases by adding charges based upon real statements that are not unreasonable to charges that are clearly technical violations should be stopped. This procedure is what brings about unreasonable judicial legislation not intended or enacted by Congress.

Food Supplement Exhibitors Should Not Be Denied Convention Rental Space Because of FDA Action Against Such Exhibitors

It has been called to the attention of your Washington Counsel that recently the officials in charge of a National Convention of **nonallopathic** doctors denied the right of one of our nation's greatest and most reliable distributors of dietary food supplements to rent space in which to display his products. Such denial not only makes no sense, it also reveals an unnecessary fear of such officers to exercise their legal, judicial, statutory, and constitutional rights under the United States Constitution. The products and officials of some of our largest and most respected national food and drug manufacturers and distributors have been prosecuted by the U.S. Government, yet it apparently never occurred to the officials of the American Medical Association or the several state medical societies to deny the right for such companies to exhibit their products at their conventions.

It is my opinion that for a national professional association to operate a convention under fear, duress, coercion, or undue influence of any governmental agency is unreasonable, unwarranted, and above all, dangerous to their freedom and the freedom of others. It is setting a precedent of kowtowing to a police state philosophy. It is my opinion that the denial described above was based upon a misunderstanding of the nature of the FDA injunction against the use of authoritative literature which

FDA alleged in such action constituted labeling of the products. The injunction was, as I understand it, not against the products as such.

The National Health Federation Should Make Plans to Put on a Nationwide Program in Opposition to Any and All Unreasonable New Food Supplement Regulations Which Will Be Undoubtedly Proposed by FDA Before the End of 1964

The FDA Counsel, addressing the American Bar Association, said that FDA intends to restrict the sale of vitamin and mineral ingredients "it feels are not necessary." It is clear that FDA intends to propose new regulations similar to those proposed in 1962 which would destroy the food supplement business and the health food business, and create a monopoly for the drug interests and the medical profession under the most powerful and dictatorial control of the drug interests through the instrumentality of the American Medical Association. It is believed by many, who are in a position to know, that the doctors of medicine do not control AMA so much as the multi-million-dollar advertisers in the medical journals whose primary interest is to promote the sale and use of drugs, even experimental drugs used without the knowledge or consent of the patient. In brief, it is believed that economic interests in the political and lobbying activities of the hierarchy of the AMA supersede humanitarian interests.

The N.H.F. can again be successful in opposing unreasonable health legislation and administrative regulations. N.H.F. does not intend to criticize the medical doctors, but only the medical monopoly. In brief, N.H.F. will continue to work for freedom of choice in all phases of health matters.

N.H.F. will go to battle again in 1965 to preserve and protect freedom of choice in health matters.

A Look at Present-day Chiropractic

By L. M. King, D.C.

Spears Chiropractic Hospital

(An address given before the Convention of the National Health Federation, Denver-Hilton Hotel, Denver, Colorado, August 10, 1964)

Chiropractic is the second largest healing profession in America. The executive office of the President of the United States, Bureau of the Budget, Washington, D.C., officially classifies it along with medicine, osteopathy and dentistry as one of the four major healing professions.

Educational Requirements

All but a few states have laws requiring chiropractic students to attend chiropractic college for a minimum of four years of nine months each, for a total of 4,000 or more hours of instruction and training in classrooms, laboratories and clinics. This closely parallels the minimum requirements of Class A medical colleges. The heads of the science departments have M.A. or Ph.D. degrees. In addition, nearly one-half of the 50 states require two years of pre-professional college training.

Licensing Regulations

Licensing laws are as exacting as the educational requirements. Forty-seven states, including Alaska and Hawaii, have laws that license chiropractors only after stringent examinations.

In a high proportion of these states, doctors of chiropractic, like doctors of medicine and osteopathy, are required to pass an examination in the basic science subjects. Only after passing this examination can they be accepted for examination by chiropractic examining boards in subjects pertaining to the theory and practice of chiropractic.

A satisfactory knowledge of the basic

science subjects (Anatomy, Physiology, Pathology, Bacteriology, Chemistry and Hygiene, and Public Health) is deemed essential to all who desire to practice medicine, osteopathy, and chiropractic.

In many states these boards are composed exclusively of educators with Ph.D. degrees who teach in colleges or universities of their respective states.

In Colorado the Basic Science Board is composed of two Ph.D.'s and one representative from each of the three healing professions—medicine, osteopathy, and chiropractic. To obtain a license to practice chiropractic in Colorado, the applicant must first demonstrate proficiency in the science subjects upon which all healing methods are founded.

Favorable Reactions to Chiropractic

In recent years the chiropractic premise of health and illness—and the practical results it has achieved—have stirred considerable interest and investigation.

Medical doctors, both in America and in other parts of the world, have said and written some commendable things about chiropractic. Among these is Dr. Charles Bechtol, Chief of Orthopedics at the University of California's Los Angeles Medical Center. He acknowledges that he was taught how to manipulate bones by a professor who had been taught the art from "bonesetters" in England. His only voiced disapproval of chiropractic is in connection with a few chiropractors who contend that their method of manipulating is all that is ever required to correct disturbances in the body.

He concedes on the other hand that

(Continued on next page)

the older profession of medicine, by closing its mind to the good in the newer method of chiropractic, denies itself many advantages it otherwise would enjoy.

Several hundred medical doctors in Germany have banded together to form an organization to conduct research on the relationship between postural faults of the spine and disturbances in various parts of the body. They have called their organization the "Medical Research and Work Society for Chiropractic."

A distinguished British neurologist, Dr. Edgar Cyriax, reports that he has studied several hundred patients with deviations from normal in the positioning of segments of the spine. What he discovered convinced him that, in a number of instances at least, the malpositioned bones were the cause of symptoms in certain vital organs as well as in parts of the body framework.

Further validation of the basic premise of chiropractic that the nervous system plays a key role in initiating and sustaining illness in the body comes from the Director of the Department of Patho-physiology of the All Union Institute of Experimental Medicine in Leningrad—Dr. A. D. Speransky. His staff has conducted much painstaking research. When evaluated, the compiled data pointed to the following conclusions:

1. That faulty nerve function occurred without fail in every bodily disturbance and was to be considered a causative factor.
2. The degree of nervous system disturbance determines the degree to which general vitality is lowered.
3. That whatever deranges the activity of the nervous system is capable of provoking an upset of function in not only the parts over which the nerves

directly preside, but in distant areas of the body as well.

The Basis of the Chiropractic System

Chiropractic is a system of healing based on the premise that malfunction and disease often are caused by abnormal functioning of the human nervous system. Everyone who has studied the body is aware that all organs of the body are controlled and coordinated by the nervous system.

Disturbance of the nervous system impairs the functions of the organs involved. This may very well lay the groundwork for sickness. If allowed to go uncorrected indefinitely the body could become less resistant to infections, diseases and other types of illness.

Body Structure Influences Body Function

Completely efficient control of the body by the nervous system is unlikely when any part of the bony structure, the spine in particular, is out of alignment.

Faulty mechanics of the human machine, with resulting abnormal posture, produces damaging stress and strain on the body with a depletion of vitality. Buoyant health is inconceivable except in a body with correct anatomic relationship and working association of the many bones, muscles, ligaments, blood vessels, and nerves.

Present-day chiropractic lays no claim to being the only or even the best solution to all the ills of body and mind. But it is founded on the principle that normal body structure is essential to normal body function. Millions of people in the United States have benefited from this fundamental truth. The chiropractic profession is, in fact, the only healing system that devotes its major efforts to alleviating faulty body alignment and

(Continued on next page)

the countless disturbances of function that result therefrom.

The Normal Body Is a Self-maintaining Machine

The human body is, when in good working order, a self-maintaining structure. Food, water and oxygen are the only substances with which the body maintains itself structurally and conducts all of its life-sustaining work.

The nervous system constitutes the body's master control unit. It regulates the activities of organs whose functions keep us alive—the heart and circulatory system, the digestive and eliminative organs, the breathing apparatus, and others.

Foods containing the essential nutritive factors along with water and oxygen are required for healthy structure and function. Given these materials in adequate quantities the body is capable of functioning in a healthy manner for decades, if the control or communications system is not upset in some way. Whether we remain well or fall sick depends to a great extent upon how well or how poorly our nervous systems manage the organs and parts under their control.

Life Force Expresses Itself Through the Nervous System

Recent scientific research has established what chiropractors have provided practical proof of since 1895—the human body is “run” by a form of universal energy or vitality often called Life Force. This power, whatever its nature, manages the organs and parts under its control through the nervous system.

When this “current” surges through us unhampered, in full volume, our organs work as the Creator intended. We feel and look younger and are more alive all over—and are more resistant to illness. We become ill only when this life-sustaining and health-protecting

energy is thwarted in its expression. When impaired, health is regained in part or wholly from within—and only if treatments, whatever their nature, can enable this “Life Stuff” to resume its full magical and mysterious healing activity and power. It is the only power within the body which protects health and performs healing.

Science Confirms Life Force

The power or energy in the body, operating through the nervous system and which flows in full force in the healthy person and ebbs in the sick person, has been proven beyond all doubt to exist. Dr. Hans Selye, Director of Experimental Medicine and Surgery at the University of Montreal, has established the actuality of this Life Force.

He has proven that the body is “inhabited” by a basic Life Force which he has called “Adaptation Energy.” This world-renowned researcher began his studies and experiments in 1936. Since then he has written numerous books and hundreds of scientific articles showing how the Life Force reacts to physical, chemical and psychological stresses in maintaining health and resisting disease. So, in effect, the basic chiropractic concept that the body has its own means of maintaining health and of healing itself when sick has been scientifically confirmed.

The sick body tends to heal itself if and when it is put back into adjustment **mechanically, nutritionally and emotionally.** In the final analysis there is no other way it can be healed. Chiropractors have demonstrated for all who have eyes to see and minds to comprehend what they see, this fact: Alleviating stresses of mechanical, nutritional and emotional nature is often all that is needed to permit the Life Force within to work its good on body and mind.

Consumer's Corner

By Linda Clark

Author of that famous book: “Stay Young Longer”

Dr. Frances O. Kelsey, FDA's thalidomide heroine, has flushed out a second case in which a drug company has failed to tell the FDA the whole truth of a drug's effects. A tranquilizer, Dornwal, which has been on the market for 17 months and for which 160,000 prescriptions have been filled, has been found to be dangerous. Dr. Kelsey learned that Dornwal produced adverse effects, including three deaths. She claimed that the company, Wallace and Tiernan, Inc. of Belleville, N.J., failed to report these adverse effects. The company immediately claimed it was innocent.

After a FDA investigation, thanks to Dr. Kelsey, the drug was “voluntarily” withdrawn from the market.

—San Jose Mercury, August 25, 1964

Two Drugs Worse Than One

Another drug danger has arisen as a result of giving two drugs at the same time, whereas, given alone, they presumably are “safer.” Animal experiments have shown that severe malformations can result from the combined use of sulfanilamide and 6-aminonicotinamide. Nervous abnormalities, such as a kind of St. Vitus' dance, and ataxia, or the inability to coordinate movements, have resulted from this double drug use. The investigators have warned, “the cautionary consequences of these facts should not require emphasis.”

—Nature, 203:527, 1964

Is This You?

Here is a picture of the typical woman shopper, a result of 12,000 interviews, as presented by Harold Martin in the **Saturday Evening Post**:

—She does not carry a shopping list,

but uses the store stock as a reminder.

—She likes to buy items with recipes on the packages.

—It takes her less than 30 minutes to do her shopping.

—She is an eye-level to waist-level shopper. Merely by moving a product 18 inches higher on the shelf, the grocer can increase sales.

—She would rather buy from filled than from partially filled shelves.

—Her arithmetic is terrible. She usually goes for the 10-cent items, sold three for 29 cents. She also is a push-over for a 33-cent item if it is offered three for 99 cents.

—She likes glamor and excitement such as landscaped parking lots, lots of stucco, tile, glass blocks, pastel-colored walls and piped-in music. Once in a store with such luxuries, she takes out her purse and gets down to business. She seldom realizes—and probably doesn't care—what determines the prices she pays.

This report reminds me of the statements of several of my readers. Each has said, “The only thing I don't like about your book, **Stay Young Longer**, is that whereas I used to breeze through my shopping in no time flat, it now takes me three times as long. The reason? I have learned to read labels to protect my own and my family's health. But I now feel I am spending the same amount of money, more wisely.”

Suffice to say, this gladdens my heart.

Watch Your Mailbox for Dangerous Free Drug Samples

It seems that the advertisers are with us again. They have gone on a free sam-

(Continued on next page)

ple spree! As the **Wall Street Journal** says: "If the best things in life are free, America never had it so good. Free samples of everything from spaghetti to mouthwashes are deluging potential customers. To distribute this largesse, manufacturers are loading the mails, sending more agents to homes, and dispatching armies of employees to supermarkets and other stores." Why? To beat out the other fellow's competition.

The executive of one company says, "We watch each other like hawks."

One firm gave sample kits to 750,000 brides and to 3½ million new mothers last year. The bridal package contained everything from soap and a spaghetti dinner to mouthwash and aspirin.

That wonderful little weekly newsletter, **Organic Consumer Report**, published by Betty Lee Morales and John Clark (subscription only \$1.00 for six months—address: 4207 W. 3rd Street, Los Angeles) tells of a housewife who received two free drug samples in her mailbox. One was an extra-strength cough formula, featuring "Silentium." The label also listed three other chemicals plus chloroform and alcohol. It read, "Caution: For children under six used only as directed by a physician. This preparation may cause drowsiness. Do not drive or operate machinery while taking this medicine. Keep this and all medicines out of reach of children."

The other drug sample found in this housewife's mailbox was labeled "Physician's Sample. Caution: Federal law prevents dispensing without prescription." It then listed four or five long-name chemicals plus alcohol. How come, if it can't be legally dispensed except through a physician, it turns up in a mailbox as a free sample? What about the children who open the mailboxes? And how come that vitamin door-to-door salesmen are persecuted while this kind of thing continues?

America never had it so good? I wonder.

Protein Requirements Should Be Raised

After tests on human volunteers who were exercising vigorously, researchers at MIT decided that damage might be done to the heart tissue if there is continued lack of sufficient protein in the diet. They consider the minimum daily protein requirement, as set by the National Research Council, inadequate for people who do strenuous physical work for long periods of time. This report was presented to the Federation of American Societies for Experimental Biology.

—**Health Bulletin**, April 18, 1964

An Unexpected Hazard

Vegetables grown along major highways in the U.S. have been found to contain 50 times more lead than the amount considered safe in foods. As you may guess, the lead comes from automobile exhausts. (**The New Scientist**, December 5, 1963.) Furthermore, many wheat fields, also located next to super-highways, as well as the bread baked from this wheat, would contain dangerous amounts of lead.

Excess, or an under-supply of minerals has a definite effect on the body. In England, one county is noted for its "Derbyshire Neck" and "Derbyshire Tummy." The neck problem is goiter due to lack of dietary iodine; the tummy problem, a colic resulting from excess dietary lead. Dr. Harry V. Warren, Professor of Mineralogy, University of British Columbia, also finds a link between excess dietary lead and multiple sclerosis.

Remember, you are buying some of the vegetables and some of the wheat products grown by the sides of the roads. The solution? Insist on organically grown food.

—J. I. Rodale, **Organic Gardening and Farming**

Pros and Cons on Proposed FDA Vitamin Regulation

By Linda Clark

The FDA is planning to try, again, to regulate mineral and vitamin formulas, restricting those the agency feels are unnecessary. This campaign was tried once before. Thanks largely to N.H.F. members, it created a furor. The FDA received 54,102 indignant communications, more than ever before received concerning any proposed rule change. Many of these communications also came from scientists and nutrition experts. Some were from university professors. The pressure was so great that the FDA hastily backed down and put their proposals on the shelf, presumably until the furor would die down. Well, they are about to try it again. They will try to put the rules into effect this coming year. The complete rules have not yet been announced, and, as often happens, may include some good along with the bad. This often confuses the average, unenlightened buyer, who knows little about nutrition.

The National Health Federation believes that its members should know the true facts so that they can intelligently decide whether to accept or reject the new proposals. Only an educated person, nutritionally speaking, can know when he is being hoodwinked and thus be prepared to act.

With this in mind, the N.H.F. feels the time to learn the facts should begin **in advance**, in order to be prepared for swift action when the time comes. We will present to you the pros and cons to help you judge for yourself. To strengthen your position, meanwhile, clip or make notes of every shred of printed nutritional information, **together with its source, date reported, and**

names of researchers presenting it, in order to use such data as proof. Emotional diatribes are unimpressive. Facts, on the other hand, do not lie.

The N.H.F. will advise you how and when to use them, and how to approach your congressman, as well as Mrs. Esther Peterson, special consumer consultant. If this campaign is conducted in an orderly, intellectual manner, the government, which should be of, by and for the people, should listen.

The study of nutrition is in its infancy. Nature is the builder and we have only begun to unlock many of her secrets. We have discovered many vitamins and minerals which have been found helpful to human health, but there are many which have not been discovered. In addition, more and more information is becoming available to prove that the **interaction** of these vitamins and minerals is as important as the separate ingredients themselves. One without the other may be useless, but how can we determine the effect when we don't even know what many are?

One of the best examples of these unknowns is the sea-water story. A tank of sea water in a Midwest laboratory housed fish which were being used for an important experiment. Shortly before the study was completed, the sea water began to evaporate and the fish began to die. The researchers were alarmed lest the fish die before the study ended. Chemists assured the researchers that they needn't worry. "We have analyzed sea water," they said, "and we know everything which is in

(Continued on next page)

it. We can whip you up some any time you wish."

They whipped up **their** version of sea water, added it to the tank, and the fish became worse. Hastily, natural sea water was ordered to be shipped in from the ocean, by air. When it was added to the tank, the fish immediately revived. The study was completed on schedule. So man does **not** yet know all of Nature's secrets!

Sir William Grigg, in predicting the proposed FDA rules in the Washington, D.C., Sunday Star, said, "Unproved or unnecessary vitamins, minerals and ingredients would not be permitted to be listed along with the approved vitamins on foods or pills in any way that would encourage a buyer to believe these other factors have known value." (N.H.F. Bulletin, July-August, 1964.)

This is somewhat similar to taking a carrot and saying that certain vitamins and minerals cannot be mentioned, or must be removed before being sold, since nobody knows whether such ingredients are important or not. So here are some facts to start you thinking. Others will follow in future issues of the N.H.F. Bulletin.

Who Is to Say?

Pro

Dr. Frederick J. Stare, chairman of the Department of Nutrition, Harvard School of Public Health: "Except for infants, the seemingly healthy person does not need vitamin supplements, assuming that he eats a well-balanced diet."

Dr. Stare adds that only a physician should decide whether an individual's health would improve with vitamin supplementation.

—Good Housekeeping, August, 1964

Con

Dr. Casimir Funk, who coined the word "vitamin" in 1911, stated in 1952: "Large segments of our population, because of insufficient dietary intake, or impaired absorption or utilization of nutrients, especially vitamins and minerals, exist at sub-optimum levels of physical and mental health. These . . . deficiencies keep them 'half well and half sick.' Their cases exemplify the wide gap that exists between the minimum intake of nu-

trients which just prevents deficiency symptoms and the much higher levels which make for optimum health and well-being."

—Clinical Physiology, Winter, 1963.

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)

Dr. Robert S. Goodhart, president and scientific director of the National Vitamin Foundation, believes that if low-potency vitamin supplements were sold only on a physician's prescription [Ed. note: There are rumors that this may be the case.] it would increase their cost and necessary vitamins would not reach the people who do not go to a doctor.

—Good Housekeeping, August, 1964

AND THE COURT SAID

It may be true if all people ate a well-balanced meal, but the facts are that all people do not eat well-balanced meals.

Ex-Health Lecturer Is Out of Jail

SAN DIEGO, Calif. (UPI)—The 4th District Court of Appeals Tuesday granted a motion for \$2,200 bail by nationally known health lecturer Adolphus Hohensee, 61, who was found guilty of conspiracy in the sale of alleged cures and was imprisoned.

Hohensee, of Scranton, Pa., has served one year and six months of a two-to-six-year term in the California State Institution for Men at Chino. His latest bid for parole was rejected June 18.

Attorney Burton Marks of Beverly Hills, Calif., successfully moved for bail during a hearing on Hohensee's appeal of his conviction.

Reprints Now Available

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

	Less than ten Each	Lots of ten or more Each
1. Is Fluoridation Safe?08	.03
2. Province of Ontario, Canada, Takes Stand Against Fluoridation08	.03
3. Washington Office Report on Congress on Quackery10	.04
4. The National Health Federation—What It Is10	.04
5. A.M.A. Discovers Truth About Salk Vaccine— Reprinted from the Journal of 1-21-5608	.03
6. Use of Humans as Drug Guinea Pigs Charged08	.03
7. Polio Exemption Letter08	.05
8. Three Opinions of the "Death Food Propaganda"10	.08
9. The Effects of Fluoride on the Human Body08	.04
10. Medical Reasons Why You Should Not Drink Fluoridated Water10	.07
11. What's in the Hoxsey Treatment?08	.05
12. Statement by Karl B. Lutz15	.10
13. New Storm Over Polio Vaccine?08	.03
14. A.M.A. Links 48 Drugs to Blood Damage08	.03
15. Fluoride vs. Freedom15	.13
16. Medical Monopoly Charged—Health Group Answers A.M.A.08	.03
17. Trials and Tribulations of a New Remedy (Cancer)10	.02
18. Food You Eat	1.00	.30
19. Chapter 19—Harvey Wiley's Autobiography25	.10
20. F.D.A. Campaign of Deception50	.40
21. Senator Ashbrook Report on School Tests25	.10
22. Who Is Tampering With the Soul of America?25	.10
23. Who Murdered This Girl? (Cancer)10	.03
24. Intensive Immunization Hearings	1.00	.30
25. The Biological and Political Consequences of Malnutrition10	.02
26. Carcinogens in the Human Environment	1.10	.30
27. The Phillips Case10	.02
28. Health for All Life15	.05
29. Citizens Cancer Rights—Morales15	.05
30. Twelve Questions—Cancer15	.05
31. The Pittsburgh Trial—Cancer80	.50
32. Book Banning in a Free Land—H. Curtis Wood25	.10
33. Resolution Concerning Trial by "Press Release"25	.10
34. Legal and Legislative Aspects on Health Monopoly—N.H.F.25	.10
35. Scientific vs. "Smear" Tactics in Modern Medicine by Dr. G. W. Crane, Ph.D., M.D.25	.10
36. Regulation vs. Regimentation—Milton Bass25	.10
37. Twentieth Century Erosion of Our Therapeutic Freedoms by James Stephenson, M.D., D-HT25	.10
38. L. B. Mason's—The Autocrat of the Breakfast Table25	.10
39. Monopoly as an Approach to Quackery—David Dobreer, D.O.25	.10
40. A Reply to an Unjustified Attack—Joseph Broadman, M.D.25	.10
41. Are We Starving to Death?15	.13
42. Your Health—What It Is Worth to the Racketeer25	.18
43. North Dakota Agricultural College Bulletin No. 72: Bleaching of Flour ..	.25	.18
44. Chemicals in Food25	.18
45. How Our Government Subsidizes Malnutrition and Disease25	.18
46. The History of a Crime Against the Food Law25	.18
47. Congressional Record—86th Congress, 1st Session: Health of the American People08	.05
48. Peril on Your Food Shelf08	.05
49. Three Blood Transfusions Out of Four Are More Likely to Harm Than to Heal15	.13
50. New Cancer Menace in Foods15	.13
51. The Despotism of Our Federal Pure Food Law15	.13
52. Pure Food and Pure Fraud08	.05
53. Hidden Dangers in White Bread10	.08
54. The Great American Tragedy—Our Health Is Being Destroyed by Four Food Traps10	.08
55. N.H.F. Return Envelopes10	.02
56. Take Off That Blindfold10	.04
57. Are We Living in a Fool's Paradise?10	.04
58. Certified vs. Pasteurized Milk10	.02
59. Cancer—A Nutritional Deficiency15	.08
60. The Nutritive Adequacy of Our Food Supply15	.08

NATIONAL HEALTH FEDERATION

P.O. Box 686

211 West Colorado Boulevard
MONROVIA, CALIFORNIA

Return Postage Guaranteed
Entered as Second-class Matter

Subscription: \$3 per year (to nonmembers)

PRICE FOR ADDITIONAL COPIES OF THIS
ISSUE

25¢ each - 7 for \$1.00 - 35 for \$5.00 - 100 for \$12.00

PLACE
4¢ STAMP
HERE

NEWS FLASHES

- Chicago:** The Midwest Convention of the Federation which was held at the Sherman House Hotel September 10-13 was so outstanding that the Federation Board of Governors voted to hold the 1965 Midwest Convention in September of next year in Chicago.
- We still need \$255** worth of trading stamps to cover the cost of the folding and stuffing machine. We now have it installed, and you have no idea what a time and labor saver it is proving itself to be. We do thank those who have already sent in Green and other stamps.
- If you live west of the Rocky Mountains**, start planning to attend the Tenth Annual Meeting and Convention to be held at Los Angeles, California, December 30 and 31 and January 1 and 2. Later **Bulletins** will give you the details.
Last year, we had by far the best ever held, and this year will be better as our plans are much more elaborate.
Attend the convention nearest you and meet your fellow workers while absorbing truths about health which will help you to live a more abundant life. We are planning one-day conventions for Seattle, Washington, at the Olympic Hotel on October 3, from 9:00 a.m. to 10:00 p.m., and on the following day, October 4, at the Benson Hotel, Portland, Oregon, 9:00 a.m. to 10:00 p.m. **The charge for attending the one-day conventions will be as follows:** For the full day, \$2; for one session or one lecture, the charge will be \$1.

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

Name

Address

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

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

Renewal ☐

New Member ☐