

National Health Federation BULLETIN

JANUARY 1976

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IVAN M. POPOV, M.D.
(See Page 1)

**Nassau Specialist in
Biological Medicine
Among Speakers Slated
for NHF's 21st Annual**

**NCI 'Stonewalls' the Issue
Ruth Desmond On 'Fake Foods'
Insurance Abuses Resisted
Victory for Jones, Says Kell
Annual Reports to Members
150 Convention Exhibits Set
May 1976 Be Your Best Yet!**



DR. LINUS PAULING

Candid Views On Health And Peace From Pauling

**Recent Recipient of Nation's
Highest Award for Scientific
Achievement, Two-Time Nobel
Winner, Discusses Vitamin C
and Cancer in Interview With
Washington Star Reporter**

THE NATIONAL HEALTH FEDERATION BULLETIN

Protection of Health Freedoms

Published Monthly

Volume XXII — Number 1

January 1976

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The Bulletin serves its readers as a forum for the presentation and discussion of important health issues including the presentation of minority or conflicting points of view, rather than by publishing only material on which a consensus has been reached. All articles published in the NHF Bulletin — including news, comments and book reviews — reflect the individual views of the authors and not necessarily official points of view adopted by the Federation.

National Health Federation Bulletin, published monthly January through December, except July-August which are combined, at 212 West Foothill Boulevard, Monrovia, California 91016, by National Health Federation, a nonprofit corporation. Don C. Matchan, Editor. \$1.50 of the \$8.00 annual membership is paid as a yearly subscription to the National Health Federation Bulletin. Single copies, 50 cents. Second-class postage paid at Monrovia, California 91016.

At NHF's 21st 'Coming-Of-Age' Convention

150 Exhibits For Education, Enjoyment Conventioneers

More than 150 exhibitors will be on hand to add to the festivities of NHF's 21st Annual Convention January 9-11 at Pasadena Center, 300 East Green Street, Pasadena, Calif., according to Convention Manager Carole Smith.

"Several exhibitors really plan to outdo themselves this year in preparing delicious, natural and organically-grown products for your epicurean delight," said Mrs. Smith. "Free samples and prizes will be given away throughout the

three-day anniversary celebration, so you won't want to miss visiting any of the exhibit booths to see what's offered."

Many exhibitors are familiar from past NHF conventions: M & D Cole Enterprises, Norwalk Mfg., Alta-Dena Dairy, Fibertone Co., Vita Mix Corp., Thermal Art, Inc., N-F Factors, Saladmaster Cookware, Eden Ranch, Cancer Book House, Health Plus Publishers, Pennyrich Bras, Champion Juicer,

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CONVENTION WILL HEAR DR. POPOV

At the invitation of NHF Board Chairman Kurt W. Donsbach, Ivan M. Popov, M.D., medical director of Renaissance Revitalization Center, Nassau, Bahama, will address the convention, probably Saturday, Jan. 11. Title of his lecture is, "The Multitherapeutic Approach to Rejuvenation."

Author of the just-published *Stay Young* (Grosset & Dunlap Inc.), and a recent guest on the Merv Griffin and Mike Douglas shows, Dr. Popov is known for his work in what he calls "biological medicine"—a form of cellular therapy. He emphasizes, however, that the treatment "is much, much more than cellular therapy."

Other convention speakers, according to Convention Manager

Carole Smith, will be Jose Froimovich, M.D., of Chile, internationally recognized gerontologist; Harold W. Harper, M.D., Los Angeles, authority in chelation therapy; Beatrice Trum Hunter, author and authority on food additives; Paul Keene, founder of Walnut Acres; Ruth Desmond, founder and president of Federation of Homemakers; Ron Useldinger, physical fitness expert; Dr. Paavo O. Airola, Dr. William Ellis, Dr. Dean Burk, Dr. Walter Hodson, Dr. Emory Thurston, Edwin Griffin, Gypsy Boots, Ida Honorof, and National Health Federation personalities Kurt Donsbach, Charles I. Crecelius, Betty Lee Morales, V. Earl Irons, Attorney Kirkpatrick W. Dilling, Dr. John A. Yiamouyiannis, and Clinton R. Miller.

New World Multi-Grain Products, Palm Springs Yoga, Green Life, and Brenner's Stainless Steel are some who will again be on hand to help celebrate NHF's 21st anniversary.

Other familiar names and faces will include Neo-Life Products, Rheo H. Blair, Graham Bell Industries, Staff of Life, Japan Trade Center, Diana Deimel's Pinholes, Garden of Eatin', Bernard Jensen Products, Ahler's Organic Date and Grapefruit Garden, Wachter's Organic Sea Products, Rhondell Laboratories, Lustre Craft by West Bend Co., Covalda Date Company, Nutri-Dyn, Cuthbert's Corner Cupboard, Russelle Delle Cosmetics, Rev. Paul Rossetti, Aurora Book Companions, Vita Wave, Vega Sales, United Vito-Way, Nu Life, E & W Enterprises, *Let's Live Magazine*, Life Line Nutritionals, S & L Health Hut, Gypsy Boots Potent Products, and Niagara Therapy Mfg. Co.

The exhibitors' list also includes The Herb Garden, John Birch Society, My Imports of California, Millie's Mill Shop, Alta Health Products, Harmony Products, Peterson Enterprises, Sunny Enterprises, Renaissance Revitalization Center, Alpine Health Distributors, Foot Reflexology, M.K. Health Foods, Mirk Enterprises, Health Books, Food Science Laboratories, Healthway Natural Foods, Casco Distributing, Shaklee, Cadre, Rain Jet, American Media, Libin and Associates, Royal Laboratories, Inc., Apoteca Moderna, D. D. Beauty Pillow, Kev Enterprises,

Happy Feet Water Innersoles, Nature's Way Products, Chadwick, Powell and Tschorsnig, Inc., Modern Technology, Inc., Elifetron Marketing Corp., Erewhon, Sunshine Valley Food Supplements, Sinodyne Corporation, and Fortune Enterprises.

Exhibits will be displayed in the spacious exhibit building on the northwest corner of the Convention Center complex.

'MAGNIFICENT SETTING'

Describing Pasadena as a "magnificent setting for the convention," Mrs. Smith continued: "Pasadena's reputation is rooted in its rich abundance of trees and flora that line streets and avenues—especially in January—Rose Bowl time. The landscaped Center permits enjoyment of the immediate environment, nearby landmark buildings, and the distant San Gabriel mountains.

"The Civic Auditorium—where lectures will be held—is a beautifully-appointed 3,000-seat theater. Plush seats and tapestry-draped walls add to the regal atmosphere. The spacious exhibit hall is at the northwest corner of the Convention Center complex. The Center has ample, reasonably-priced parking, and fast, economical bus service is available from the airport to within a block of the Center.

"Several motels and hotels are located within 5-10 minutes of the Center. Information about the following room accommodations may be of assistance in your planning: Reservations should be placed at the earliest possible date to insure

Continuous Film Showing Throughout Jan. 10

Each morning during the NHF convention in Pasadena, from 8 to 9, and all day Friday, Jan. 10, there will be a showing of films in a separate room equipped for the purpose. Among movies to be shown are: *Action for Survival*, produced by NHF and covering such topics as pollution, natural foods, fluoridation, book-burning, and the Delaney Amendment; *The Silent Spring of Rachael Carson*, a CBS production; *On the Other Side of the Fence*, narrated by the late William Albrecht, Ph.D.; *Fluoridation Fighters*, presented by KBYU and including comments

from Dr. Albert Burgstahler, Clinton R. Miller, and Dr. Robert Vance; *Acupuncture Anesthesia*, an NBC documentary; *Nature's Answer to Cancer*, produced by the Cancer Control Society and dealing with development of Laetrile (B-17, amygdalin); *Earth-bread*, a Rodale Press film describing step-by-step procedures for making a loaf of whole-grain bread; *School Lunches Can Be Improved*, produced and narrated by Gena Larson; and *Food: Green Grow the Profits*.

EPA ENTERS ILLINOIS FLUORIDATION SUIT

A protracted suit to defluoridate the water supply in Alton, Ill., originally set for trial in December, was expected to be delayed on motion of the Assistant Attorney General in charge of defense, according to Attorney Kirkpatrick W. Dilling. The Illinois Pure Water Association is seeking to compel the water district and the state to cease adding fluoride.

It has been learned that some of the "big names" in profluoridation ranks will be called to refute testimony of such witnesses as Dr. John Yiamouyianis, Dr. Dean Burk, Dr. Carlton Fredericks, and others. Latest twist is entry into the case of the Environmental Protection Agency which has asked for more time for study.

availability. Tell them you will be attending the National Health Federation convention to receive the convention rates. It's recommended that the first night's deposit accompany the reservation.

"The Pasadena Hilton, 150 South Los Robles St., (213) 577-1000. This will serve as NHF convention headquarters. Rates are \$23 single, \$28 double. (The Hilton is a block from the Convention Center.)

"Holiday Inn Pasadena, 300 East Green St., Room 306, (213) 449-4000. The Holiday Inn will open in December—a brand new facility on the southern perimeter of the Convention Center. Rates are \$20 single, \$26 double.

"Arroyo Motor Inn, 400 S. Arroyo Parkway, three blocks from the Center, (213) 795-8401. Rates are \$15 single, \$17-\$19 double or twin, \$2.50 extra per person."

Vit. C/Health, Nuclear/Death Discussed By Famed Scientist

Dr. Linus Pauling yesterday (Sept. 18, 1975) received the National Medal of Science, the nation's highest award for scientific achievement. He already has the distinction of being the only person to have won two unshared Nobel Prizes—for Chemistry in 1954, and Peace in 1962. Most recently his outspoken views on nutrition and vitamins have sparked controversy in the medical community. Pauling, a Stanford University chemistry professor and director of the Linus Pauling Institute of Medicine and Science, was interviewed by Washington Star Staff Writer Cristine Russell.

Question: You have generated a great deal of controversy by your advocating the preventing and treatment of colds with large doses of vitamin C. Perhaps even more controversial has been your inquiry into the link between vitamin C and cancer. What have been the findings thus far?

Pauling: The conclusion I reached when I began to study the literature about vitamin C is that it is not a specific medicine for preventing or treating the common cold. Rather it is a substance we need in the human body to build up our general protective mechanisms against all sorts of diseases. This means it not only protects against the common cold, but also against other infectious diseases, both virus and bacterial diseases.

It also protects against heart disease and cancer degenerative diseases. There's much evidence for this. Japanese scientists and physicians have found that taking three grams or more of vitamin C a day protects essentially completely against serum hepatitis.

ORTHOMOLECULAR MEDICINE

Q: You call this orthomolecular medicine — what is that?

A: Orthomolecular medicine is the use of substances normally present in the human body to achieve the best of health, to prevent disease, and to treat disease. Vitamins are among the most important of these, but many others are normally present in the human body. We can increase the amount by giving these substances by mouth or injection, such as insulin. In the case of substances that we normally get in our foods, we can vary the amounts by decreasing or increasing the intake of some foods or by taking nutritional supplements—vitamin tablets and minerals.

Q: Have there been definite findings in terms of vitamin C and cancer?

A: In the case of cancer, there are a number of papers in the medical literature about what seems to be some degree of protection against cancer. One physician, Dr. Ewing Cameron, the cancer surgeon in Scotland, an associate of our institute, has reported

on 50 patients with advanced cancer — patients who are expected to die soon — who received no treatment except 10 grams a day or more of vitamin C. Most of them were benefited, though they died ultimately. But they led good lives. They were not made miserable by the drugs they were taking — the anti-cancer drugs. Vitamin C seemed to improve their general health — give them a good appetite, permit them to go back to work.

IN GOOD HEALTH

Q: But you are not talking about the vitamin as a cure?

A: There are a few who seemed to have been cured. I don't know that one can say they have been cured by it, but they are in good health with no sign of having cancer now, and working and continuing to take their vitamin C. It's too early to say how great the benefit vitamin C is to patients with cancer, or the extent to which vitamin C will keep people who don't have cancer from getting cancer. But there is evidence on both points: Dr. Cameron's evidence about benefits to patients with advanced terminal cancer and a number of epidemiological papers showing that people who get a larger intake of vitamin C have much less chance of dying of cancer than people with a smaller intake.

Q: Would you say the findings are very tentative at this point?

A: I think there are good, sound reasons for believing that an increased intake in vitamin C pro-

tects one, to some extent, against cancer, and that cancer patients who are given large amounts of vitamin C have a greater chance of living for a longer time than those who do not. And this is only sensible. Vitamin C is a nutrient that is required for life. Nobody has studied carefully the question of what amount puts a person in the best of health. We know that a certain small amount — 45 milligrams a day — is enough to keep most people from dying of scurvy — perhaps all people. But how much puts people in the best of health with the greatest resistance to developing cancer and succumbing to other diseases, we don't know. One study, carried out in San Mateo county, Calif., where our institute is, showed that people who ingest a larger amount of ascorbic acid have only 40 percent the death rate of the given age, from heart disease and cancer and other diseases, than those who ingest a small amount, with the dividing line being the recommended dietary allowance.

ANY DANGER?

Q: Isn't there some danger, though, in taking overdoses of vitamins and encouraging people to treat illnesses with vitamins?

A: Well, the danger of taking an overdose of vitamins and encouraging people to treat illnesses with vitamins is far less than the danger of not taking vitamins and accepting the idea that you shouldn't do anything unless the doctor tells you to do it. Doctors,

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physicians in general, don't know very much about nutrition. They don't know very much about vitamins. They've accepted the idea that nobody needs vitamins except the amount necessary to keep from dying of scurvy or beriberi or pellagra, and that the ordinary diet will give you all the vitamins you need. These two statements are not true. People are in better health if they get more than these small amounts of vitamins, and they do not get the amounts in their foods.

Q: Why wouldn't they be getting them in the natural course of things?

A: First, they don't eat very well. The foods are not good. They do not contain the nutrients they used to contain, and they should contain, to put you in good health. Vitamin C in particular is very hard to get in the optimum intake. So I think it isn't true that it's dangerous to tell people they should take vitamin supplements and watch themselves to see whether it improves their health. You don't need to have a physician to help you with your diet. It's possible to get good advice about diet by reading books and by trying these vitamins. Vitamin D can be taken in excess, so one must be careful about vitamin D. Vitamin A is considered also to be dangerous, and people sometimes get headaches when they take very large amounts of vitamin A.

IN PSYCHIATRY

Q: You've also coedited a book on the use of nutrition in treating mental illness. Has this approach

gained acceptance in the psychiatric community?

A: The degree of acceptance is increasing. The Department of Health of the State of California told me earlier this week that at the present time a little less than 1% of the physicians in California are orthomolecular physicians who make use of increased intake of vitamins. And most of these orthomolecular physicians are psychiatrists. This would mean about 200 orthomolecular physicians, perhaps a third, or half of them psychiatrists who use large doses of vitamins in addition to tranquilizers or stimulants — whatever drugs are needed.

Q: For which illnesses?

A: For schizophrenia and other mental diseases. The value of improved nutrition is especially great for persons with borderline diseases. And, of course, mental illness tends to be of that sort. A person can get along well for a while, then he has an attack of the mental illness, perhaps has to be hospitalized. If you can improve the general health enough to prevent that attack from occurring, you are controlling the disease. There are of course some rather detailed biochemical, physiological reasons for using large doses of vitamins in controlling mental diseases. We know 50 different mental diseases which are caused by a known biochemical lesion. And many of these involve vitamins. My contention is that many of these genetic abnormalities are so minor it is difficult to get direct evidence about their existence.

They are of such a nature that you don't need to have 1,000 times the amount of the vitamin, but perhaps only 10 or a hundred times the amount in order to overcome them.

Q: Historically, haven't new ideas always had trouble gaining acceptance from the overall scientific community?

A: Yes, that's right. But this fact hasn't hampered the development of science as much in the past as it does now. Science has become so sophisticated that almost anything you do in the field of science requires money, rather large amounts of money. This means that the granting agencies that control the money exercise more of a control over the activities of scientists than they used to.

PAPER REJECTED

Q: Wasn't your first research paper on vitamin C and cancer turned down for publication by the National Academy of Sciences, even though you were a member and traditionally those papers would be accepted?

A: That's right.

Q: Why do you think that was?

A: It's contrary to a policy that had been followed for 58 years. They were afraid it would raise false hopes in people in the publication of this paper. The publication was delayed nearly a year. I finally sent it to another journal and it was published, perhaps eight months later. I don't know that any false hopes were raised. Many people looked for reprints and, of course, people have been

taking vitamin C. I think it has done them good. It may not have saved many lives, but I think the reason was wrong. It was not proper to have turned that paper down. I published another paper giving additional argument, and two others about patients and how they had responded to vitamin C. We should be hopeful that we can do something for people who have cancer.

Q: But what do you think about the direction in federal funding for science overall?

A: I think the National Science Foundation should be supported to a greater extent than at present, the National Institutes of Health, too. Progress as a whole results from discoveries made in the field of basic science. Many of our modern industries are the direct outgrowth of discoveries — sort of accidental discoveries sometimes — that have been made in basic science over the last 50 or 75 years. The health sciences, too, will be hampered in progress if we don't support basic sciences well enough.

PEACE CONCERNS

Q: You won the Nobel Peace Prize for your efforts to ban atom bomb tests and to promote nuclear disarmament. What are your interests and current concerns about world peace? Are you still active in any particular movement?

A: Well, I'm active in the same movement as before. I believe we have to continue to strive to move the world in the proper direction toward the rational use of re-

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COLORING BAN ON FOODS IN SWEDEN

A ban on the use of artificial coloring in most foodstuffs was ordered effective July 1 in Sweden by the National Swedish Food Administration, according to *Ambio*, bimonthly international journal of the Royal Swedish Academy of Sciences. On the list of foodstuffs which must be devoid of coloring are bread, tinned fruits and vegetables, catsup, preserves, jams, jellies, desserts and soups from fruits and berries, vanilla ice cream, and

certain fish products. Meat, milk and their products already are covered by a ban on coloring.

Rules also are being tightened on products in which coloring still is permitted. Only officially-approved coloring agents will be sanctioned, and the list will be revised annually. Each agent must be individually specified on labels by the code used in the Common Market, *Ambio* says.

sources. We need to continue to work in order to achieve this goal. Now 10% of our income goes to militarism — most of it pure waste. When we were spending \$25 billion a year on the war in Vietnam and the war came to an end, we could rationally have expected a decrease in the military budget. It didn't occur — it's increased. Billions of dollars are spent on development of military cargo planes or bombers that aren't needed.

Q: Are you still particularly concerned about the nuclear arms?

A: Yes. I'm concerned about the spread of nuclear weapons into more and more nations, and about the development of peacetime nuclear activities that increase the chance of irresponsible persons getting hold of nuclear explosives. The breeder power plants, or the breeder fission plants, based upon plutonium economy, increases greatly the danger to the world, partially because plutonium itself

is a very dangerous substance as a poison, and partially because plutonium is a substance that could be easily stolen from power plants and made into atomic bombs.

Q: Are you concerned about the power plants themselves, too?

A: Yes. I think they are very hazardous. The chance of a catastrophic explosion liberating large amounts of radioactive substances is significant. We may go on until there is such a catastrophe. And then there is the long-term problem of disposal of the radioactive wastes.

SOLAR HEAT PLUGGED

Los Angeles Mayor Tom Bradley has asked the city's Water and Power Commission to think about seeking a federal grant "for a major demonstration of solar power in Los Angeles." Federal funds are available for purposes such as this.

In Annual Report NHF President Asserts

Fluoridation Doomed By 6 Developments

BY CHARLES I. CRECELIUS
President
National Health Federation

At twenty-one years, NHF comes of age! Experience during that period has been a good teacher. We look back to the time in California when cancer control legislation appeared to be reasonable. The bill, in three or more places, stated that before a cancer treatment could be banned there had to be investigation and testing. The bill was passed. Later, after a simple investigation involving only a one-day formal hearing, authorities began to rule various cancer treatments illegal in California. We challenged on grounds no valid testing had taken place.

We were referred to the preface at the beginning of the bill stating "there must be investigation or testing." The one word "or" had concealed from us the deception the enemies of health freedom had cunningly planned.

We have learned from these and other experiences to read between the lines and understand the *intent* behind legislative proposals.

Among the most desirable traits learned is perseverance. Truth, coupled with perseverance, can assure our successes as we remain faithful to our health freedom cause.

'STOOD FIRM'

Near the end of a long hard-fought struggle such as the food supplement encounter, there is so often a desire to give ground to accomplish quick settlement. Fortunately our leadership and our members will accept only what is right and just.

This past year NHF stood firm on the food supplement issue. Our members and friends have fought a good fight. Having done all possible to accomplish victory, we held firm to the principle that to accept evil compromises the good. Right legislation is not born through compromise with evil. We have learned that numbers are not the key to success, although more Federation members would be of great help.

We were a comparatively small group initiating a food supplement letter-writing campaign that grew to a virtual avalanche of mail. Success evolves from a program planned and put into operation by a small group — sometimes even, a single individual. The Los Angeles fluoridation fight serves as a shining example. Although many gave assistance, it can truly be said that fewer than 25 planned and carried out the successful campaign which so soundly defeated the measure. The dedicated leaders in this in-

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stance were NHF and Los Angeles Anti-Fluoridation Coalition members.

HE WAS SO RIGHT!

One radio executive, after reviewing Dr. John Yiamouyiannis' study which points out that there is a positive relationship between fluoridation and increased cancer death rate, said that if we used the information effectively, months after the election health officials would still be trying to contradict the findings.

Eight months later they are still trying!

Each futile attempt on their part is verification in the minds of a growing number of Americans that the relationship is real.

The National Cancer Institute and allied forces are spending much time and effort to disprove the outstanding research done by Dr. Yiamouyiannis and Dr. Dean Burk. It is the type of valid research that should find quick agreement among reasonable scientists and lay people. However, Government agencies are not engaged in an effort to uncover truth as citizens have a right to expect, but rather to hide the truth and thus save face. It is an outstanding example of government of the vested interests, *by* the vested interests, and *for* the vested interests. A far cry from the intentions of the Founding Fathers as expressed by President Lincoln at Gettysburg when he described our system as a government of the people, by the people and for the people. Enemies of our Republic (vested interests)

have broken down the walls so carefully built by the Founding Fathers to limit their influence.

SIGNIFICANT EVENTS

Six significant developments during this past year spell doom to fluoridation proponents' efforts to engulf all of us in their orbit:

1. Defeat of fluoridation by Los Angeles voters.

2. Work done by NHF Science Director Yiamouyiannis — particularly his studies showing a relationship between fluoridation and cancer death rates.

3. Followup investigation of these studies by Dr. Burk, a prolific, disciplined biochemist with a brilliant record of contributions to science in a long career with government which ended with his retirement in 1974 as chief chemist of the National Cancer Institute. He is best known for the Line-weaver-Burk report on enzyme kinetics, the most-often-cited paper in the entire field of biochemistry.

4. Legislative strategy planned by Clinton R. Miller, head of NHF's Washington office.

5. The coverage given by our *NHF Bulletin*, the press and news media to these findings.

6. Participation of our members by providing financial support, and engaging in letter-writing projects.

Because of these events, this 35-year struggle will be shortened by several years over the previously-predicted time schedule.

LOOKING AHEAD

Continued aggressive action will bring victory for many more projects awaiting our concentrated ef-

NCI 'STONE WALLS' FL./CANCER LINK

As had been anticipated, the National Cancer Institute has denied a link between cancer and fluoridated water. In a November 14 report, the agency suggested that instead, "there is a possibility that high levels of natural fluoride may reduce cancers of the brain and nervous system."

"We found no trends attributable to the consumption of water that is artificially or naturally fluoridated," said the NCI report. "The presence or absence of fluoride made no statistically-significant contribution (to cancer) for any site, other than stomach cancer (and it) is known to have a relationship with specific ethnic groups."

The agency said its finding that

"reduced mortality from cancer of the brain and nervous system" in communities with high levels of natural fluoride, "may be due to chance because of the multiple comparisons."

NHF RESPONSE

The National Health Federation's response to the latest NCI rejection of the fluoride-cancer data is a form letter to Congressmen asking for support of Congressman James J. Delaney's request for an official investigation. Copies are available at Monrovia NHF headquarters (\$2 per 100 plus postage).

fort. We will take the most urgent ones first. Two years ago we reported it is our conviction the nutrition revolution and the general awakening taking place in the entire range of health matters will not be stopped. Our confidence in this prediction gains strength with each passing day.

This has been a year of financial pressures. We have assigned extra duties to remaining staff members. Special thanks must go to Dorothy B. Hart. She has helped in the office full time without salary. I am constantly amazed at the workload carried by our Monrovia and Washington staffs.

Our *NHF Bulletin* seems to improve with age! Don Matchan, editor, has gone deeply into health

issues of vital concern to members, and has reported equally on events transpiring in connection with our major projects.

We recommit and rededicate ourselves to our continued best effort, as we attempt to educate through conventions, legislative programs, *The Bulletin*, Chapter activities, and other projects. We look forward to the future, feeling confident that victory will be ours—that every individual is effective if he will but let his voice be heard again and again.

We are grateful to God for his blessings, and to each of you for your dedicated effort. Remember, it will take perseverance, but together, if we faint not, success will be ours.

Antifluoridation Progress Outlined by Yiamouyiannis

1975 has been the turning point in the struggle against fluoridation. Far and away the most significant development in the political struggle was the victory in Los Angeles, where voters turned down fluoridation 213,000 to 166,000. The NHF fought its little heart out to defend the rights of Los Angeles citizens to keep this toxic chemical out of the water, to stop the addition of still another harmful pollutant to their environment, and to decide what they put into their own bodies without some idiot bureaucrat making the decision for them. Nor was this the only victory. I was involved in successful attempts to keep fluoridation out of Houston, Washington State, Oregon State, and New York State. NHF involvement in the antifluoridation fight has gotten antifluoridationists the ear—if not the outright support, of the California Health Department—certainly no small achievement. And NHF has helped set up the Washington Antifluoridation Coalition and the Oregon Antifluoridation Council. These two organizations will be involved with getting initiatives in front of the voters to throw fluoridation out of their respective states. Similar work is now underway in Ohio and New York.

BLOW TO FLUORIDATION

The fluoridation-cancer link was

another important setback for fluoridation. My first paper indicating a link came out last January. This was supported by further studies done throughout the year, culminating in the most important one, just completed, which shows an increase in cancer death rate after fluoridation as compared to before fluoridation, as well as a much higher rise in cancer death rate in cities after fluoridation as compared to nonfluoridated control cities. Dr. Burk's involvement in this ongoing research has been instrumental in getting this study before the American public and into the *Congressional Record* at the request of Congressman James J. Delaney, author of the anticancer Delaney Amendment to the Food, Drug, and Cosmetic Act.

OTHER SETBACKS

Other important setbacks for fluoridation include the disclosure that the largest manufacturers of infant formula, which are located in fluoridated areas, give the infant an overdose of fluoride. This overdose has now been confirmed by Dr. Herta Spencer, an erstwhile profluoridationist, in an article in the 1975 issue of *Pediatrics* (55 (4): 517-22). Remember, however, you read it first in the November 1974 *NHF Bulletin* (pp. 13-14). I authored "What They Haven't Told You About Fluoridation" which was published this

Clinton Miller Reviews '75 Legislative Scene

BY CLINTON R. MILLER
NHF Vice-President
Legislative Advocate

1975 may be known as the year health-minded consumers and the vitamin industry won their greatest "vitamin victory" over the American Medical Association and their lackeys in the U.S. Food and Drug Administration.

At the time this report was written in early November, the Senate had not passed our vitamin legislation as an amendment to the Heart/Lung Bill. However, a gentlemen's agreement was reached by all parties and the final language is well known. The plan is that the Senate is to add the vitamin

year and has served as a tool for antifluoridationists to educate themselves and others. Spin-off productions from the Los Angeles campaign include material which is successfully being used in other campaigns around the country.

'WE CAN WIN'

The fluoridation battle can now be won! But your help is needed. The fluoridation battles around the country, especially the L.A. fight, have exhausted NHF's resources. Your financial help is needed. I am taking this opportunity to ask you to make a monthly pledge today to donate whatever you can—\$1, \$5, \$10, \$50—until the fluoridation victory is won.

amendment to its Heart/Lung Bill, considered "veto proof."

As planned, the House already has passed its version of the Heart/Lung Bill (H.R. 7988), 375-5, without the vitamin amendment. However, the House is to accept the Senate vitamin language in conference. The final bill is expected to pass both branches overwhelmingly, and no veto is threatened. In fact, President Ford was one of the first and most enthusiastic supporters of our vitamin legislation.

'CREDIT—OR BLAME'

AMA and FDA spokesmen have insisted that the National Health Federation and the National Nutritional Foods Association should take major credit (although they would call it "blame") for what they consider will be a humiliating defeat when the bill finally is passed. One of the highest left-handed "tributes" paid NHF was given by FDA Assistant Commissioner for Public Affairs John T. Walden who told a nutrition symposium of the Pharmacists Planning Service, Inc., that NHF's vitamin-mineral legislative proposal "has major Congressional support and seems likely to pass this year." Mr. Walden noted that NHF led the opposition to the FDA regulations. He said NHF and NNFA "have been able to marshal a diverse and

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massive army of citizens against the FDA — not little old ladies with funny hats mind you, but everyday citizens . . . The Congress clearly has the ball.” He then tried to explain how FDA and AMA lost the ear of Congress and how NHF and NNFA had gained it.

The FDA official said support for our vitamin bill in Congress “ranges from dedicated libertarians to the pragmatists feeling the pressure of a mountain of mail from the folks back home.” He explained:

“The debate in Congress has been long and loud. Emotions are hanging out all over the place. Within the past two years, more than 100 different bills have been introduced. A full majority of the House and nearly a majority of the Senate have authorized, sponsored or publicly advocated one or more of these bills. All the bills in one degree or another want to force FDA to back off its 1973 proposal for regulating vitamins and minerals.

“The bills and the debate that goes with them have flowed directly from an outpouring of an estimated one million constituent letters. During 1973-1974, Congressmen received more Congressional mail about vitamins and minerals and the ‘villainous’ FDA than on any other single subject, save Watergate. One Congressional moderate on the subject has been defeated for his pains.”

THE KYROS AFFAIR

The “Congressional moderate” was of course ex-Congressman Peter Kyros, a sure-fire cinch for

reelection by an overwhelming majority to a fifth term in Maine until he pulled his infamous “switcheroo.” Mr. Kyros had initially paid loud lip service to the NHF-backed vitamin bill. He even introduced it and pledged support. Then at the last minute, late in ’74, he made a complete reversal and backed a bill which would have been worse than the AMA-FDA vitamin regulations we were fighting. With Carlton Fredericks as a spokesman, NHF held two meetings in Maine. At a press conference, Dr. Fredericks announced we were there to give Rep. Kyros NHF’s first Anti-Consumer Award for his pro-AMA bill introduced after the Congressman had received \$5,000 from the AMA as a political contribution. Newspapers gave the story front-page headlines. While some polls favored Kyros to win easily by 20,000 to 30,000 votes, he lost. He waged and lost a bitterly-contested recount, and tried equally unsuccessfully to charge NHF with violating election laws. Naturally, we had violated none. Congress has never passed a law which makes it illegal to report to their constituents how Congressmen vote, and that’s all NHF did. What surprised everyone, however, from the press to the AMA, FDA, and Congress, was that NHF had such political clout.

One reporter told me: “Everyone has been impressed with NHF’s ability to generate unbelievable volumes of mail and get wide bipartisan support for its bills, but we never realized you had greater political clout than the

AMA in a showdown of strength.”

When the smoke had cleared early in 1975, NHF was regarded with new respect by those who blamed or credited us (according to their point of view) with the defeat of Peter Kyros simply by reporting to his constituents his switch on a single health bill.

Senators Proxmire, Schweiker, and Kennedy have been a magnificent trio in the upper Chamber. We can never thank them enough, but we can try. In the House, the willingness of Rep. William Randall (D. Mo.) to pick up the leadership where Rep. Craig Hosmer left off (on retirement), has held our forces together at the crucial final moments of power-bargaining.

THE GREAT TRADE-OFF

The final vitamin bill is recognized by friends and enemies alike as a major AMA-FDA defeat, and a major victory for NHF and the increasing millions of consumers who take food supplements. However, it contains a trade-off clause which I predict will cause trouble in the future. Representative Paul Rogers (D. Fla.), as chairman of the House Health Subcommittee, insisted on giving FDA broad new authority over advertising of food supplements as the price for his okay. FDA is sure to abuse this new authority. But that is a future battle.

There were a thousand heroes in this battle. However, in my opinion, NNFA President Max Huberman deserves the ultimate credit for making the really tough decisions, and exhibiting genuine leadership at the critical periods, mak-

ing the final negotiations possible from a position of strength and unity by the health foods industry.

FLUORIDATION PRIORITY

With the vitamin victory nearly finalized, fluoridation has taken center stage. Vera Adams, founder and president of the National Committee Against Fluoridation for nearly 25 years, passed to her reward in April, 1975. She wished NHF to continue the NCAF work. We promised her we would.

The brilliant discovery early this year by Dr. John Yiamouyiannis of a link between cancer and fluoridation couldn’t have been better timed. For 13 years NHF has been swamped with vitamin, chiropractic, and other legislative priorities. Now we have some time to devote major attention to the fluoridation controversy.

Our first task was to get a simple verification of NHF’s discovery of a cancer-fluoridation link by the National Cancer Institute.

Our second task was to have the Secretary of Health, Education and Welfare invoke the Delaney Amendment which bans any additive that causes cancer. It has been the law of the land since 1958.

We don’t need to lobby for any new law. The entire procedure should have taken less than three months. Had NCI acted responsibly, fluoridation would be outlawed nationwide at this time. However, instead of verifying our discovery, NCI’s Robert N. Hoover, M.D., flippantly said there was no suspicion of a link, and that if any-

(Please turn the page)

thing, fluoridation protected against cancer.

The battle was on. With approval from NHF's Executive Committee, I began to marshal the hopefully winning team we will need to convince scientists, consumers, and Congress that the NCI has erred.

FIRST STEP

First step was to get the active support of a scientist of national and international prestige to confirm Dr. Yiamouyiannis' findings.

I targeted Dr. Dean Burk who has proved his courage, competence, and humanitarianism in the Laettrile war. Dr. Burk at first was not very sanguine about our preliminary data. But he is a scientist first. With an open mind, he investigated the preliminary evidence prepared by Dr. Yiamouyiannis and the counterdenials by NCI. Dr. Burk applied his long practical statistical approaches and calculated there were annually some 25,000 cancer deaths linked to fluoridation. It was exciting to see his interest intensify as he became convinced of the reality and magnitude of the link. "It's one of the most rapid cancerizations I know of," he announced when he had triple-checked his figures.

Dr. Burk was first to propose that NHF focus its entire administrative and legislative efforts on the Delaney Amendment.

SECOND STEP

Our second step was to introduce Dr. Burk to Representative James J. Delaney (D. N.Y.). I

knew that if these two great minds ever started working together it would greatly shorten the time until fluoridation will be banned in the United States. Mr. Delaney examined what had now become Dr. Burk's and Dr. Yiamouyiannis' evidence. He then read NCI's incredible denials of a link. Immediately the Congressman placed the issue before his colleagues and the public in his historic July 21, 1975, insertion in the *Congressional Record*, "Fluoridation and Cancer."

Rep. Delaney was quick to see Dr. Burk's suggestion that the Delaney Amendment should be invoked because we were not finding "a few cancers in test animals given hundreds of times the regular dosage of a suspected carcinogen," but rather were dealing with tens of thousands of human cancer deaths among the 93 million human beings taking fluoride at the standard dose every day of their lives.

Mr. Delaney gave NCI a second chance to clear the record and cover itself with glory instead of shame. NCI opted, instead, to delay its report as long as possible (over four months), then to stone-wall the previous ill-considered position. To perpetrate the bias, NCI officials assigned the same staff member, Dr. Hoover, who made the original blunder, to re-evaluate his own study. As expected, he reported he could discover no link and tried to obfuscate the report with pages of gobbledygook governmentese.

FINAL STEP

The third step is to take the

ALCOHOL TAX BILL OVERRIDE SOUGHT

Underway in California is a campaign to enlist legislative support for the override of the veto by Governor Brown of SB 204 — a bill providing for a tax increase on alcoholic beverages to fund alcoholism prevention and rehabilitation programs. Friends of SB 204, Room 1031, 548 So. Spring St., Los Angeles, has organized an effort to contact assemblypersons, senators, and Assembly Speaker Leo McCarthy to support an override bill by Senator Arlen Gregorio, author of SB 204. Contributions and volunteers to visit legislators are

sought. The bill has the support of 20 major statewide organizations, 70 major newspapers and television and radio stations.

PILL STATISTICS

The British Medical Journal has reported that the death rate for women in the 40-44 age bracket who use contraceptive pills is 54.7 per 100,000 as compared with a rate of 11.7 for those not using the pill. The article said the risk for women in the 30-39-year age group is 5.4 per 100,000 as compared with 1.9 for non-pill-users.

issue to the people and their Congressmen. That momentous task is now before us.

CONTINUING BATTLES

In addition to giving major attention to one or two priorities each year, NHF's Washington office keeps a watchful eye on many legislative issues.

For example:

On November 11, 1974, the Federal Trade Commission announced its intention to outlaw the use in advertising of the words "health," "health foods," "natural," "organic," or "organically grown." There were many other equally preposterous proposals.

NHF prepared a strongly-worded form letter to help alert consumers and their Congressmen to this outrageous proposal. Tens of thousands of these letters have been ordered, signed, and mailed. More than a year has passed since the

original proposal.

No date for the hearings had been set by FTC in 1975. There is no sign that FTC plans to graciously withdraw the proposal, as it should.

BILLS TO BAN DES

Knowing of our long-continuing interest and vigorous support for legislation to ban DES, Senator Kennedy's staff contacted NHF's Washington office to enlist our support for their bill, S. 963. We fully supported Senator Kennedy's excellent bill.

S. 963 passed the Senate and is now awaiting House action. The only companion bill pending in the House is Rep. Delaney's bill, H.R. 9837.

NHF is actively lobbying, preparing form letters and urging House hearings on Mr. Delaney's DES bill. Hearings have been promised by Rep. Rogers.

May '76 Be YOUR Year!

Resolutions, someone has said, are made to be broken. We would take issue with that — but do agree that unless one has an acute desire to change some attitude, or habit, then it's better to not take the vow.

New Year resolutions, after all, *are* a declaration of intention to change. Few of us feel so good about ourselves that there's nothing we'd change — do you agree? And most of us feel so comfortable with our attitudes and habits — no matter how much trouble they might get us into — that we hesitate to relegate them to the past. It's easier to live with 'em than to drive them into limbo.

For those who might like to consider making a few changes, we offer this selection. My wife, Geri, came across the clipping, saved from a December 30, 1973 *Parade*, which might just have something for *you*.

Whether or not it does — may we extend our fond hope that 1976 will be a productive, satisfying year, and that you'll find a measure of happiness of your own special brand!

— D.C.M.

RESOLUTIONS

No one will ever get out of this world alive.

Resolve therefore in the year to come to maintain a sense of values.

Take care of yourself. Good health is everyone's major source of wealth.

Without it, happiness is almost impossible.

Resolve to be cheerful and helpful.

People will repay you in kind.

Avoid angry, abrasive persons. They are generally vengeful.

Avoid zealots. They are generally humorless.

Resolve to listen more and to talk less.

No one ever learns anything by talking.

Be chary of giving advice. Wise men don't need it, and fools won't heed it.

Resolve to be tender with the young, compassionate with the aged, sympathetic with the striving, and tolerant of the weak and the wrong.

Sometime in life you will have been all of these.

Do not equate money with success. There are many successful money-makers who are miserable failures as human beings.

What counts most about success is how a man achieves it.

Resolve to love next year someone you didn't love this year.

Federation of Homemakers Appealing

Fake Foods No Longer Need Be Labeled 'Imitation' Says FDA

The food you eat may not be what you think it is — because the Food and Drug Administration no longer requires manufacturers to label synthetic foods "imitation."

You could buy a "steak" that's been processed from vegetable matter — and the label wouldn't warn you it's not steak.

You might pick up a package of "bacon" that's actually made out of soybeans or other comparatively cheap foods — but the package doesn't have to say "copy," "sham," "mock" or "imitation."

You're being offered simulated "beaten eggs" containing artificial yolks — but now the package doesn't even have to hint that the "eggs" aren't genuine.

That's the result of a new ruling by the FDA — which was set up to protect the consumer, but instead is playing footsie with the food manufacturers, a consumer group charges.

"Look what a favor the FDA is doing these manufacturers!" storms an irate Ruth Desmond, president of the Federation of Homemakers in Arlington, Va.

'HUGE WHITEWASH'

"This means these new foods can go on sale in a huge whitewash operation," she fumes. "The trusting public will be ripped off by the manufacturers of brazenly shoddy foods."

The new FDA ruling rescinds a

long-standing policy that imitation foods must be so labeled. The Federation is now appealing the decision of a U. S. District Court upholding the FDA.

Spokesmen for the FDA openly admit the new ruling will help the sale of imitation foods. Enoc Waters, when asked who is going to benefit from the new regulation, said: "I guess it will benefit the manufacturers." Another FDA man, attorney Stephen McNamara, declared:

"Labeling food as an imitation has had a bad impact on selling because people think it's inferior."

You bet it's inferior, retorts Mrs. Desmond in a monthly newsletter sent to 7,000 Federation members. Of the imitation foods, she wrote:

"They will be prettied up with dyes and fanciful shapes and made swallowable with flavorings and emulsifiers. Why is the FDA peddling these simulated foods? It is making questionable boasts that they're not only nutritionally equivalent to honest traditional foods, but less expensive.

"Recognized nutritionists state that it is not possible to know if the new fake foods are nutritionally equal to the food our old-fashioned bodies are accustomed to."

To make the new imitations "nutritionally equivalent" to the real foods, she claimed, the manu-

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Yiamouyiannis Statement on '3X' 'Untrue,' Says Homeopathy Exec

Editor:

Cecil Craig, of the Standard Homeopathic Company, a life member of the National Health Federation, has called my attention to your article, "Warning on 3X", on page 29 of the October *Bulletin*, and signed by J. Yiamouyiannis, Ph.D., science director, National Health Federation.

Mr. Craig, president of the Standard Homeopathic Company, has informed me that the statements made in this article are absolutely untrue and damaging to him and the Standard Homeopathic Company.

Dr. Yiamouyiannis should be aware of the general tendency:

"... Generally there is a ten-

facturers merely "add a sprinkling of synthetic vitamins."

And to the statement of FDA spokesman Waters that the new rule "might also benefit the consumer because in all probability the new foods will be cheaper," crusader Ruth Desmond has a ready answer.

Pointing to one product, she charges: "This shoddy imitation peanut butter—like some other imitation foods now on the market—costs more than the real product!"

— DAVID KLEIN
National Enquirer

dency to extrapolate solubility and toxicity data of Sodium Fluoride (NaF) to that of Calcium Fluoride (CaF₂). This is misleading.

"First, sodium fluoride is a relatively soluble fluoride salt, 1 part in 25 parts. Calcium fluoride is considered insoluble for all practical purposes. Its solubility is 1 part in 26,544 parts. As the toxicity of fluoride-containing compounds depends on the solubility of the compound in the body fluids, and its retention in the organs, any toxic effects associated with the fluoride ion are diminished to where they become insignificant in calcium fluoride, especially in a 3X potency. It is therefore not realistic to compare the toxicity of sodium fluoride with calcium fluoride."

Dr. Yiamouyiannis, had he taken the time to research calcium fluoride and the effects thereof, and the homeopathic use of same before writing this article, would have been aware of and found his statements in his article untrue.

Mr. Craig, as a life member and who has always cooperated with the Federation, was certainly entitled to the courtesy of a call to discuss the matter before publishing the article. Standard Homeopathic Company is entitled to a

Switch to D-3, Urges Biochemist

Editor:

I am glad the June *Bulletin* educates the public about the distinction between "vitamin D-2" and the natural form D-3 or cholecalciferol as found in fish oils or activated animal sterols. I am convinced it is a prudent precaution to avoid D-2 or irradiated ergosterol in milk and supplements. Interestingly, D-3 is the form now added to Purina Chows for monkeys and rats. Its greater cost is negligible due to the small amounts needed. I've seen milk which contains D-3.

Most nutritionists and food supplement suppliers are unaware of the distinction. I believe the best

hope for change is for consumers to inform suppliers and request they switch to D-3. I know one supplement supplier who quickly switched when informed. I suggest the best approach is to send them articles such as yours and request they switch as a safe precaution, even if we aren't positive of the advantage. No good reason is against the change.

DONALD R. DAVIS, Ph.D.
Research Scientist Assoc.
Department of Chemistry
The University of Texas
Austin, Texas 78712

cc: M. C. Goldman,
Organic Gardening

'Best Decalcification Therapy Is Preventive Medicine'

Editor:

... The cover (of the October *Bulletin*) makes it appear as if Dr. Carl Reich has employed chelation therapy in Canada for 20 years. In actual fact, Dr. Reich is deeply interested in chelation therapy, and has written me on several occasions about Dr. Evers' work. Both he and I are in agreement with the validity of Dr. Evers' continuing efforts. In those instances where

retraction of this article by Dr. Yiamouyiannis, to be published in your next *Bulletin*.

JOHN A. GILLIGAN
Attorney At Law
453 So. Spring St.
Los Angeles, Calif.

pathological calcification results in immediate pathology, or threatens the life of the patient, chelation therapy is far, far superior to surgery.

On the other hand, there are those who would abuse this therapy, and articles such as that in the *Bulletin* may pave the way for such abuse.

Pathological calcification is presently epidemic in this country, and in other industrial nations. It afflicts even infants. Autopsies performed on infants who have died from illnesses unrelated to pathological calcification, have revealed the presence of calcified deposits throughout the arterial system. The probable causes of this condition

are well-documented in the medical literature: the nearly universal substitution of irradiated ergosterol for vitamin D; water fluoridation; and magnesium deficit resulting from the use of highly refined foods are probably the three most common contributing factors.

Optimal solution to this condition is in the realm of preventive medicine, and depends on cessation of the use of irradiated ergosterol, cessation of water fluoridation, and use of magnesium-rich whole foods. NHF has supported these three important measures.

On the other hand, some chelation therapy proponents recklessly recommend decalcification via EDTA even for young adults. One such physician is opening a chelation therapy clinic in Canada. He invited Dr. Reich to join with him, and offered him an enormous salary. Dr. Reich refused, and in personal communication advised me that this is a "milk-the-rich" program. I hope that with this explanation you will understand why I reacted so strongly to the implications suggested by the cover of the October *Bulletin*.

In addition to EDTA decalcification therapy, there are other forms of "chelation therapy" presently coming into prominence. One of these other forms of therapy involves the use of chelated minerals for mineral supplementation. The use of chelated mineral therapy, like EDTA decalcification therapy, has great potential, but

may also be abused . . .

J. Y. MOON, Co-chairman,
International Committee for
Reevaluation of the Vitamin
D-Problem
12701 S.E. King Rd.
Happy Valley, Ore. 97236

MISSING

Editor:

I noticed your July-August news item about a U.C.L.A. cancer specialist's viewpoint that "cancer is a systemic disease." It was implied in the commentary that various well-known nutritionally-oriented doctors had long held this viewpoint. Actually, virtually none of those mentioned do, rather, they treat cancer as a single vitamin-deficiency disease. Those who really deserve credit were left out — possibly Kelley, Hoxsey, and Gerson, but especially Dr. Paavo Airola, who has advocated the most thorough and systemic approach of anyone for a long time. Let's not confuse single therapies with the "total approach" program.

SCOTT S. SMITH
3743 E. Laurel Lane
Phoenix, Ariz. 85028

DID YOU KNOW that the four largest manufacturers of infant formula are located in fluoridated areas, and that the resulting formulas contain 20 to 100 times the amount of fluoride found in mother's milk (animals receiving similar doses have exhibited heart damage as well as other complications)?

Medical Rights Group Formed To Correct Insurance Abuses

Patients of Dr. Wyrth Post Baker have formed Medical Rights, Inc., 2632 East-West Highway, Washington, D. C., to "preserve basic rights and medical freedom."

According to NHF Legislative Advocate Clinton R. Miller, the group, headed by Dolores Stowell, has "successfully made claims for homeopathic and nutritional prescriptions under Blue Cross."

The organization expects to "become a powerful force in a campaign against insurance-carrier discrimination." Patients whose claims have been underpaid or rejected by insurance carriers are invited to transmit to the organization "pertinent information regarding acts of infringement on basic rights, unfavorable legislative proposals and regulations, and interference with medical freedom."

Other suggestions include these: "Read the insurance policy carefully, including the fine print, and note exclusions. If a policy excludes drugs, do not include them in a claim. Enclose itemized charge sheets, if available, instead of monthly statements. Do not specify or itemize drugs or injections on the daily charge sheets submitted. Be careful to save copies of all material you submit. Do not address claims to a particular individual (employee). Resubmit underpaid or rejected claims repeatedly until paid. Inform your doctor of any derogatory remarks made by an employee of any in-

surance carrier or committee. Do not threaten suit directly at this time — it could interfere with negotiations in progress. If you contemplate litigation, please consult Medical Rights, Inc., before initiating action. If further information is needed, call your doctor or Medical Rights, Inc. (301-588-8619)."

Funds to finance the organization's activities may be contributed "to your ability and desire."

THREE MORE CITIES BAN FLUORIDATION

Three more significant voter decisions were registered before the end of 1975 in cities faced with the fluoridation issue:

Antifluoridationists scored a 2-1 victory in a hotly-contested election in Ithaca, New York.

Port Angeles, Wash., in another hard-fought battle, rejected fluoridation by a vote of 26,850 to 16,700.

A razor-thin margin kept fluoride out of the Gardner, Mass., water system when voters rejected it by 119 votes—3,436 against fluoridation, 3,317 for it. In 1957 the vote was 5,164 "yes," 2,130 "no."

And in Price, Utah, antifluoridationists made their point, with election returns of 1,087 votes against the proposal, 823 for it.

Justice Department Sued For Answers in Silkwood Death

Although powerful political-economic forces would like to see the case pass from public consciousness, the cause of the tragic death of Karen Silkwood, employee of Kerr-McGee Nuclear Corp. in Crescent, Okla., (Nov. *Bulletin*), may yet be unraveled.

National Public Radio has filed suit under the Freedom of Information Act to force the Justice Department in Washington to release documents concerning the death of the young woman, enroute to keep an appointment with a *New York Times* reporter when her small car apparently was rammed from the rear.

Since *The Bulletin* carried the story of her death as reported by Dr. Frederick B. Exner, a new development has been disclosed: An autopsy revealed that she had been contaminated with plutonium a week before she died.

Ms. Silkwood was a laboratory technician in the Kerr-McGee Nuclear Corp. plant which produces

"experimental" plutonium fuel under a government contract. She had accumulated a file allegedly documenting charges that the company had violated health and safety regulations, and that quality control records were being falsified. That file never has surfaced following her death.

The Oct. 11 issue of *Editor & Publisher* reported that "The National Public Radio Freedom of Information suit seeks Justice Department documents which may provide full or partial answers to the following questions: Was the automobile death of Karen Silkwood accidental? How did she become contaminated with plutonium? How was plutonium taken out of Kerr-McGee? What basis does the Justice Department have for determining no federal law was violated in connection with Karen Silkwood's death? What became of the folder containing substantiation of Ms. Silkwood's charges against her employer?"

Nuclear Power Club Has Ample 'Green'

Opponents of the California initiative to control nuclear power proliferation were authorized by the Fair Political Practices Commission to spend \$135,000 more in the early stages of the preelection campaign—prior to Jan. 31, 1976—than proponents.

Approval to spend \$340,000 to fight the initiative was granted

Citizens for Jobs and Energy, a Los Angeles-based group headed by former Governor Edmund G. Brown. Project Survival of Menlo Park was granted approval to spend \$70,000, and Californians for Nuclear Safeguards of San Francisco won approval to spend \$135,000 in support of the initiative.

Book Review

'Nutrition Calculator' Identifies Fats, Minerals, Vitamins In 230 Foods

Nutrition Calculator, by Harold Yacowitz (Ideal World Publishing Company, P.O. Box 1237EG, Melbourne, Fla. 32935; 32 pages, \$1.50).

The publisher of *Vitamin-Mineral Therapy Book Locator* by Harold Pallatz, is out now with another valuable tool for the nutritionally-minded. In "an instant," the *Nutrition Calculator* shows 22 important nutritional factors in 230 common foods in raw, prepared, and processed forms. Dr. Yacowitz, a research biochemist in the Health Research Institute at Fairleigh Dickinson University, is author of more than 60 scientific papers on nutrition.

Some 5,000 calculations were involved in preparation of the booklet, presented in easy-to-read

charts. Doctors, nutritionists, home-making students and nutrition-minded housewives will be glad to have a compact volume that takes the guesswork out of many diets and menus.

Fats, minerals and vitamins are listed in milk and milk products, oil-based products, meat and poultry, fish and seafood, nuts, vegetables, fruits, grain products, soups, sweets, beverages and a few miscellaneous foods.

Fiber content of foods has been determined as necessary for persons with digestive disorders, and research reports indicate that dietary fiber may help reduce cholesterol absorption. Those on sodium-restricted diets also will find this guide useful.

Historian's Research a Reminder of Public Health System's Role in Disease Control

Although it will not be a best-seller (nor was it so intended!), the 190-page book by Historian Stuart Galishoff, Georgia State University, is a graphic reminder that public health has not always been a concern of the power-structure.

Today we take for granted the many services offered in public health programs. But as late as the decade before the 20th century,

many American communities still lacked facilities to protect people against the communicable disease killers.

Dr. Galishoff focused on Newark, N.J., in the period from 1895-1918. Newark had become a leading industrial city following the Civil War, and with industrialization had come the acid-bearing fumes and polluted water from

(Please turn the page)

factories, slum housing conditions that harbored disease-carrying rodents, and social blight that fuels maiming and killing diseases.

In 1890, we learn in Galishoff's *Safeguarding the Public Health*, Newark possessed the highest death-rate (27.4 per 1,000) of any city over 100,000 population. It led in deaths from scarlet fever, infant mortality, and deaths of children under five. It ranked among the top 10 in typhoid fever, malaria, tuberculosis, diphtheria and croup.

"Measles, chickenpox, mumps, rubella, whooping cough, scarlet fever and diphtheria were rampant. Respiratory illnesses affected all ages and accounted for about 12% of Newark's mortality. Other important causes of death included brain and spinal diseases, and diseases of the heart and circulatory system," reports the author.

In 1857 Newark still did not have a hospital—it was not until after the influx of wounded Civil War soldiers in 1862 that Marcus L. Ward, Republican boss, converted a four-story brick warehouse into a 1,000-bed hospital that such facilities were available to anyone.

With appointment of two able and concerned individuals to the Board of Health in 1892, and gradual elimination of politics from the public health system, conditions in Newark started improving. The advent of bacteriology, technological innovations, improved living conditions—along with "decisive government action to protect the public health," finally brought down the death rate.

For an older-generation person, the glimpses of American urban life toward the end of the last century and the start of this one, evoke memories—"good" or "bad." Today's generation probably would dismiss those word pictures and conditions as "unbelievable." At any rate—it does serve as a reminder that the public health system was responsible for bringing a better life to millions of Americans. You probably won't rush to buy a copy at \$13.50 (Greenwood Press, 51 Riverside Ave., Westport, Conn.), but the well-referenced *Safeguarding the Public Health* is a valuable contribution to the literature, and may be a collector's item.

POISONED PELICANS

Pesticides have wiped out 80 per cent of Louisiana's brown pelican population since May, *The Christian Science Monitor* learned in early July. "It looks as if we are down to 100 birds from a restocked population of more than 500," said J. Burton Angelle, director of the Louisiana Wild Life and Fisheries Commission. Earlier in this century, an estimated 50,000 brown pelicans stalked the coastal marshes, gulping down anchovies and rearing broods of fuzzy chicks.

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GET THE JOB DONE**

In Laetrile Case, Dr. Jones Found in Violation of One Law

Attorney Kell Sees Decision As 'Victory On All Counts'

Although absolving Dr. Stewart M. Jones, Palo Alto, of most of the accusations brought by the California Board of Medical Examiners, Hearing Officer Jerome P. Herst nonetheless found that Dr. Jones had violated one section of the Administrative Code in furnishing Laetrile to patients and recommended that his license be suspended for one year, but stayed, with the proviso that he be placed on probation two years. The recommendation was adopted by the Board.

Dr. Jones will continue practicing medicine, but will be restrained from dispensing Laetrile until or unless further litigation voids the order.

In the view of Dr. Jones' attorney, George W. Kell of Modesto, the decision "constitutes a victory on all three counts," and is "of substantial significance. The decision that Dr. Jones violated the regulation is an invitation and opportunity for us to have the court declare the regulation unconstitutional. This will be done."

The hearing officer found, after 29 days of proceedings, that the question of the efficacy of Laetrile as a cure for cancer "is not an issue in this case . . . whether orthodox methods of treating cancer are not successful, is not an issue." Evidence was inconclusive, he found, on the question of whether Laetrile is a drug or a

food, and "the burden of proving that Laetrile is a drug is on the Accuser, and this burden has not been met by the weight of the evidence."

CLEARED ON THIS ONE

Mr. Herst found that Dr. Jones "has not been shown by the evidence to have been dealing with cancer as so defined, but instead has been shown to have been treating the patient, . . . with Laetrile as part of an overall regimen of nutritional therapy designed to help achieve a sense of wellbeing, increase in appetite, gain in weight, and decrease in pain. There is no evidence that respondent made any representation that Laetrile would prevent, arrest, alleviate, or cure cancer, and he did not diagnose cancer.

"Section 10400.1(c) of Title 17, California Administrative Code, prohibits the prescription, administration, sale or other distribution of Laetrile to any patient who has or who believes he has or may have cancer . . . Unfortunately for respondent, no amount of evidence showing that he did not treat the 'malignant neoplasm' will help him avoid the prohibition in this regulation . . . and his intentions are of no consequence except as mitigating evidence . . . Therefore, his conduct . . . is a violation . . . and constitutes unprofessional conduct and grounds for disciplinary action . . ."

New HEW Chief Tells Goals

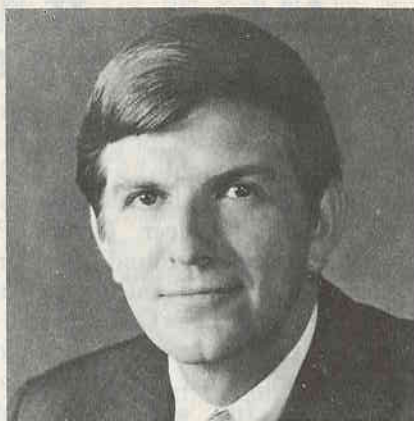
Improvement of federal-state relations, and assistance to the disadvantaged to become self-reliant are priority goals of Dr. David Mathews, new Secretary of Health, Education, and Welfare.

The 40-year-old Phi Beta Kappa had served as president of The University of Alabama since 1969 prior to his appointment to HEW.

As Secretary he heads a Department of 129,000 employees responsible for more than 350 programs and the expenditure of about one-third of the total federal budget.

Upon assuming office he said he intends to work for removal of statutory and regulatory barriers "which inhibit state initiatives in the human resources area, and to bring the states into a close partnership with HEW in the administration of joint programs."

He said he views new federal-state relationships as "an essential



DR. DAVID MATHEWS

condition to the effective delivery of services, and with that, improved opportunities for people to achieve self-reliance."

Dr. Mathews, a native of Alabama, is married to the former Mary Chapman of Grove Hill. They have two daughters.

Toni Mohamed Named to NHF Board of Governors

Mrs. Toni Mohamed of Sacramento, active NHF member who monitors legislative developments in the capital as a volunteer, has been appointed by the Executive Committee of the National Health Federation to fill the vacancy on the Board of Governors caused by the resignation of Harold Stueve, Altadena, who served only briefly in the office to which he was appointed following the resignation in January of the late Fred J. Hart. Mr. Stueve resigned because

of the press of private affairs. He is owner of the nation's largest raw-milk dairy — Altadena Dairy. Mrs. Mohamed's term expires at the close of 1976.

VERMONT NIXES FLIP-TOPS

Come January 1977 and Vermonters won't be able to buy flip-top cans and bottles of beer and soft drinks. The legislature has amended the state's 1973 bottle law to replace polluting-type containers with refillable ones.

Does Your S&L Have a Plan Like This?

A new source of income — and one which may be available elsewhere upon inquiry or suggestion by NHF members — has surfaced. A \$5 contribution to the National Health Federation has been received from Catalina Savings and Loan Association, 201 North Stone Avenue, Tucson, Ariz., as a result of a deposit to the account of a loyal NHF member in Tucson.

A letter to NHF from Catalina Savings and Loan said that instead of giving gifts to savers opening new accounts, "We at Catalina are trying something different. If a customer deposits \$1,000 or more to an account, a \$5 donation will be forwarded in his or her name to the social, religious or charitable organization of choice. If the deposit is \$5,000 or more, the contribution would be \$10. We'd like to make it even more, but that's the maximum the law allows. If we had done this in 1973, \$25,000 would have been raised for the many worthwhile causes serving Tucson.

"Enclosed is a donation for your organization. We hope you will be seeing many more in the months to come. We would appreciate it if you would acknowledge these contributions directly to our customer. (Ed. note: We did!) It is our hope that Catalina Savings will become known as the Financial Institution where saving means giving."

NHF President Charles I. Crecelius suggests that "if our members ask their savings and loan

institutions when making a deposit if they have such a program — or if not, why not? — it might be a novel means of increasing NHF income. Why not give it a try?"

DID YOU KNOW that industries throw more than 100,000 tons of fluoride into our atmosphere yearly?

BEQUESTS and GIFTS

BEQUEST IN WILL: Here is a suggested statement for the convenience of those who wish to incorporate into their wills a bequest to The National Health Federation:

"I give, devise and bequeath to The National Health Federation, a non-profit corporation, incorporated under the laws of California, with headquarters at Monrovia, California, the sum of..... (\$.....) (and/or property herein described) for its discretionary use in carrying out its general aims and purposes."

INSURANCE POLICY GIFT: For those who wish to name The National Health Federation as sole beneficiary, or one of the beneficiaries, in an insurance policy, it is suggested that you obtain from your insurance agent the necessary legal form or application for your signature, before witnesses if required. The following designation is suggested:

"The National Health Federation, a non-profit corporation, incorporated under the laws of California, with headquarters at Monrovia, California, the sum of..... (\$.....) for its discretionary use in carrying out its general aims and purposes."

MEMORIAL FUND: Should the donor desire to create a Memorial Fund in a will or insurance policy, state, after the sum of property described in the beneficial gift, that the fund is to be known and designated as the "....(name).... Memorial Fund."

Appeals Court Puts Yiamouyiannis 'Free Speech Case' Back on Track

After losing the first round of his \$4-million law suit against Chemical Abstracts Service (ACS) by an adverse ruling in District Court, Dr. John A. Yiamouyiannis emerged victor in the second round when the U.S. District Court of Appeals in Ohio in September reversed the lower court's ruling, and the case is now back on track.

Although several questions of fact remain to be adjudicated, the Appeals Court found that Dr. Yiamouyiannis is entitled to trial of the \$4-million suit.

In 1969 and 1970 Dr. Yiamouyiannis, who has been science director of the National Health Federation the past year and a half, gave talks to various groups concerning his views on fluoridation. As outlined in the Appeals Court judgment, "He expressed vigorous opposition to the use of fluorides in drinking water. This resulted in at least some attention from the Department of Health, Education and Welfare, which through its dental division had taken a strong position in favor of fluoridation. Dr. Yiamouyiannis alleges this had an immediate effect upon CAS, 'coercing' them into his 'discharge.'"

"CAS warned plaintiff on Aug. 10, 1970, that if he made any more speeches where his opposition to fluoridation was identified with CAS, he would be fired. On March 30, 1972, he was placed on proba-

tionary status with CAS saying his work was not what it should be. On Mar. 31, 1972, plaintiff resigned and brought the action.

"The District Court granted motions for summary judgment, concluding that the plaintiff had not alleged sufficient governmental action to support a First Amendment claim. This summary judgment cannot be affirmed since there are, as we see it, continuing questions of fact . . ."

LOTS OF POTASSIUM IN THIS BROTH RECIPE

Here's a broth recipe with an excellent "natural" source of potassium: 1 bunch celery, tops and all; 1 bunch spinach; 3 or 4 carrots, roots only; 1 bunch parsley; 1 bunch beet-tops only; 3 medium onions; 3 cups potato peelings, well washed. Chop fine, add two quarts water, simmer two hours. When cool, add pint of tomato juice (fresh or canned). Before serving, add $\frac{1}{4}$ teaspoon vegex, savita, or any meat-like concentrate, or to taste. May be seasoned with powdered kelp, and served hot or cold.

— *Nutritional Therapy*
Box 3413, Los Angeles

**YOUR CONTRIBUTIONS
TO N.H.F.
GET THE JOB DONE**

Brief Charges FDA Failed to Hold Hearing

Vitamin A and D 'Drug' Ruling in Appeals Court

Pending in a Chicago federal court since 1973, the case of The National Health Federation and Gustave E. Heidemann contesting an FDA regulation classifying Vitamins A and D as "drugs" was heard in an appeals court April 21.

Representing the Federation and Mr. Heidemann was Attorney Kirkpatrick W. Dilling whose reply brief supported an appeal of a ruling Dec. 27, 1974 dismissing the case.

The Federation and Mr. Heidemann (appellants) sued to void the FDA regulation placing Vitamins A and D in the category of drugs and prescription drugs, on grounds FDA Commissioner Alexander M. Schmidt acted illegally by failing to call a public hearing, sought by the Federation.

Mr. Dilling pointed out that while FDA had ruled that 10,001 units of Vitamin A may be purchased only on prescription, this quantity is about 16% less than the amount of Vitamin A in two carrots, less than half the Vitamin A in half a cup of cooked spinach, and less than one-third the amount in two ounces of fried beef liver (U.S. Dept. of Agriculture Yearbook). Likewise, he told the court, while designating 401 units of Vitamin D as the "danger limit" beyond which a prescription is required, heretofore the FDA has designated 401 units of D as the *minimum*

daily requirement. He suggests "this circumstance is unreasonable, arbitrary and capricious, preventing one from obtaining more than a bare minimum of this vital nutrient except by leave and prescription of a doctor."

Initially the case was scheduled for hearing Dec. 27, 1973, before Judge James B. Parsons in U.S. District Court. Due to a conflict of court dates, it was impossible for Mr. Dilling or his associate, Dennis M. Gronek, to appear at that time, so he asked Assistant U.S. Attorney Robert Schaefer representing HEW and FDA, if he would ask the judge to set a new hearing date. This was agreeable to Mr. Schaefer, but on the appointed day (Dec. 27) he did not appear, due to a "crowded and emergent schedule of his own," so the judge dismissed the case because he believed the Commissioner acted within his authority in classifying the vitamins as drugs.

The dismissal then was appealed, and the appeals court is asked to overturn the lower court's ruling, since these vitamins have been regarded as "foods for special dietary use" since enactment of the Food, Drug and Cosmetics Act in 1938, and any change of regulations affecting the category of products requires public hearings.

Concerning the issue at point, Mr. Dilling's reply brief concluded: (Please turn the page)

DDT Ban Cheap at Whatever the Price!

The three-year ban on DDT has cost the public only about 2 cents a year in higher costs of cotton goods, according to the Environmental Protection Agency. And in return, the average consumer no longer is forced to consume 86% of the DDT that found its way into his diet before the pesticide, suspected of causing cancer, was banished in 1972.

NHF To Carry on Vera Adams' Work

The equipment and mailing list of the National Committee Against Fluoridation, 2801 Quebec St., Washington, D.C., have been transferred to The National Health Federation following the death March 27 of Vera Adams who headed the organization more than 25 years.

The action was taken at a board meeting April 12, and Clinton R. Miller, an NCAF director, said the functions and activities of the Na-

In a report to Congress, EPA said Americans were eating 13.8 milligrams of DDT per day in their food as residues of the pesticide. By 1973, U.S. dietary intake of DDT had dropped to 1.88 mg. a day. Residues in body tissue averaged nearly 8 parts per million in 1971, and dropped to about 5.9 ppm in 1973.

tional Committee Against Fluoridation will "continue and expand" as a division or department of NHF.

Tribute was paid Vera Adams for her many years of devoted effort to the cause of nonfluoridated drinking water.

Miriam Holmes has resigned as treasurer of NCAF, and was commended by the board for her many years of "excellent and dedicated service."

SAUNA, RELAXER

The relaxing features of the sauna, Finnish steam bath, are attested by those who know and use them, says Henry Untermeyer, Golden Gate Spa Products Co., 1255 Post St., San Francisco. Custom saunas, pre-fab, and pre-cut saunas are on the market.

A member of NHF, Mr. Untermeyer says the sauna offers "the three benefits of rest, relaxation, and refreshment. The true sauna enthusiasts promise little else."

THIS IS THE NATIONAL HEALTH FEDERATION

The National Health Federation is America's largest, organized, noncommercial health consumer group. It is a nonprofit corporation founded in 1955. Its membership is comprised of men and women in all walks of life, belonging to a variety of religious faiths and political persuasions, and engaged in nearly every profession and trade.

Its members believe that health freedoms are inherently guaranteed to us as human beings, and our right to them as Americans is implied in the words, "life, liberty and the pursuit of happiness." Yet, frequently, these freedoms and rights have been and continue to be violated. Too often, as a result of the unopposed pressures from organized medicine, the chemical industry, pharmaceutical manufacturers, and others, laws and regulations have been imposed which better serve these special-interest groups than the public at large. We see and hear of new instances daily. To name a few: spiraling health-care costs, consumer exploitation by leading industries, excessive devitalization and adulteration of our foods, restriction of certain types of treatment, banning of certain health books from the mails, the harassment of those who advocate natural methods of healing and natural foods, the poisoning of our air, water and soil through greed and carelessness, and many other health-related issues.

The NHF opposes monopoly and compulsion in things related to health where the safety and welfare of others are not concerned. NHF does not oppose nor approve any specific healing profession or their methods, but it does oppose the efforts of one group to restrict the freedom of practice of qualified members of another profession, thus attempting to create a monopoly.

The public needs a strong voice, such as the NHF provides, to speak and act in their behalf in these health-related matters. Legislators need your support to balance the pressures exerted upon them by the special interests. The National Health Federation, through a special legal and legislative staff in Washington, keeps its members apprised of all health legislation, opposes inadequate or undemocratic health legislation, while supporting or drafting bills to protect the individual's health freedom.

Will you join us in this worthy effort?

ELECTED FEDERATION OFFICERS

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Address: P.O. Box 688, Monrovia, California 91016.

Betty Lee Morales — Secretary

Dorothy B. Hart — Vice-President

Kurt W. Donsbach — Chairman of the Board of Governors and Executive Assistant to the President.
Address: P.O. Box 688, Monrovia, California 91016

V. Earl Irons — Vice Chairman of the Board of Governors

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NHF Bulletin.

Opinions expressed in The **Bulletin** are those of the writers of the articles and are not necessarily the opinion of the National Health Federation.

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If the last numbers under your name in the address above are 12-75, it means your membership renewal is due Jan. 1, 1976. Sending your check now will save NHF the expense of billing you.

PLACE
10¢ STAMP
HERE

Every family in America should belong to the National Health Federation to —

1. Support the principle of freedom of choice and liberty in health matters.
2. Be a part of a strong and united consumer's voice in all health matters.
3. Work for beneficial and needed health legislation and, at the same time, oppose proposals which are detrimental to the health interests of the people or which do not provide for equality of recognition of all legally established health professions.
4. Support a united effort to reduce the cost of health care.
5. Oppose insults upon our ecology which have an impact on health
6. Oppose the use of chemical food additives which have not been proved absolutely safe or which are not needed.
7. Secure fair and impartial enforcement of food and drug laws and regulations.
8. Insist that all monies raised for health research and care be used exclusively for these purposes.
9. Compel all health fund-raising organizations to disclose in an annual report, the amount of funds collected and how the funds were expended.

THESE ARE THE THINGS THE NATIONAL HEALTH FEDERATION IS ORGANIZED TO DO—JOIN ITS RANKS AND TAKE PART IN THIS VITAL EFFORT ON BEHALF OF YOURSELF AND OF ALL AMERICA.

21st ANNUAL CONVENTION NATIONAL HEALTH FEDERATION

January 9-10-11
Pasadena Center
300 East Green Street
Pasadena, California

HELP SAVE OUR HEALTH FREEDOMS