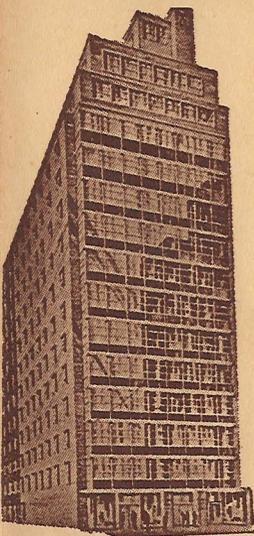


National Health Federation



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YOUR MENTAL, PHYSICAL AND LEGAL RIGHTS

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**AMERICANS CRUSADING FOR
BETTER HEALTH**

Site of our Washington Office
1012 - 14th St. N. W.

Volume IX—Number 6

June, 1963

BULLETIN

Family Circle

By Fred J. Hart

Life Memberships

It's hard to believe, but we are still short some 30 in our quota of 300 life members. Some of you have been saying "George will do it." Well, George has not done it, so don't wait on George any longer. Send in your \$100 today.

Perpetual Memberships

Ninety days ago, Miss Anne Winslow started this well-digging program by sending a check for \$1,000 with the request that she be granted a perpetual membership, so that when she was no longer on this earth, her influence for good would continue. In this manner she became our first perpetual member. The next month, the writer of this article took out a perpetual membership in memory of his wife who passed away on January 27, 1962.

We are happy to announce that our third perpetual member will be William Kullgren of Atascadero, California. Bill has given the Federation an offset press and other equipment worth many times the one thousand dollars a perpetual membership costs. Bill Kullgren has spent his life and his fortune working for the good of humanity. Few know at what a tremendous cost of funds and energy he has continued to carry on the work he feels the Lord has called him to do. WHO WILL BE THE NEXT?

The Bulletin

This issue of the **Bulletin** is mainly given over to the theme of mental health. Progress is being made. Public opinion is forcing public officials to take notice. The Federation office in Washington has worked long and hard on this matter. Read about it and rejoice that you are a part of the National Health Federation

and that much of the progress being made is due to your cooperation. We are in the midst of a campaign to double the Federation membership and subscriptions to the **Bulletin**. We must do this if we are to continue to move forward.

The July-August issue of the **Bulletin** will be given over to the theme of pesticides. Here, again, public opinion is forcing the truth of this grave danger into the minds of public officials and publishers of newspapers. We must keep up the pressure.

Conventions

Please, each issue, read the items on the back cover of the **Bulletin**. You will find, listed there, information about N.H.F. conventions to be held this year. It is important that you attend the one nearest your home.

A Worth-while Amendment

Clinton Miller, in charge of the Washington N.H.F. office, is trying hard to get the following amendment written into federal law. This amendment is needed to put a stop to sending men to jail, or convicting them because what they say on their product labels (although it be the truth) is contrary to accepted medical opinion, a term which no one has been able to pin down or define. Unfortunately, courts have accepted this unsound view and the people have suffered. The amendment speaks for itself.

Amendment to Section 301 of the Federal Food, Drug, and Cosmetic Act of 1938

Nothing in this act shall be deemed to prohibit the transportation in Inter-

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The NATIONAL HEALTH FEDERATION

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Adventures on Health Frontiers

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Answer to FDA's Charge as Set Forth in FDA 1963 Brochure Concerning Medical and Nutritional Quackery Plus Other Valuable Information

By Charles Orlando Pratt, National Health Federation
Washington General Counsel, Suite 712, Barr Building
910 Seventeenth St., N.W., Washington 6, D.C.

There is set forth in the FDA 1963 brochure the inside title of which states "MISSION, Food and Drug Administration's mission is to protect consumers by insuring that, among other things, foods are safe, pure, and wholesome, drugs and therapeutic devices are safe and effective, all of the above are honestly and informatively labeled and packaged."

On page 11 of this brochure under the title "MORE FACTS ABOUT FDA'S JOB" there are set forth under the title "Medical and Nutritional Quackery" the following: "Americans spend over \$½ billion each year for vitamins, minerals, other supplements and so-called health foods they do not need. They spend another \$¼ billion on worthless remedies for arthritis and rheumatism, an estimated \$100 million plus on unproved cancer remedies, and still another \$100 million on phony weight reducers."

Your National Health Federation and the National Vitamin Distributors Association and all right-thinking people who are concerned with the health and welfare of the American people are and always have been strongly opposed to

medical and nutritional quackery; but, however, our association does not believe that it is fair to imply that vitamins, minerals, other supplements and health foods are not needed by the American people.

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

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

Leading authorities admit that vitamins are absolutely essential in human (Continued next page)

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

The American People Have the Legal Right to Determine What Foods Should Be Included in the American Diet

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

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

with the letter and the spirit of federal and state applicable food and drug laws.

The National Health Federation and the National Vitamin Distributor Association, its officials and Washington Counsel will join with more than 188 firms and associations who filed briefs in opposition to the proposed revisions of the regulations which would limit to eight the number of vitamins that a manufacturer can claim as useful, and the number of minerals to four. The Government and the American Medical Association have announced that they will work together to destroy what they call "nutritional quackery." It is time that a publicity program be put on to educate the American people that all manufacturers and distributors of dietary food supplements are not "Unscrupulous promoters, exploiting age-old fears and superstitions, ...taking millions from a gullible public."

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

How Much Health Is There in Health Foods? "Reader's Digest," May, 1963

Your attention is called to the *Reader's Digest*, May, 1963 issue, and the article entitled "How Much Health Is There in 'Health Foods?'" On page 61 of that issue there appears the following statement:

(Continued next page)

"The federal agencies, despite increased enforcement budgets, are unable to cope with the growing problem. Says FDA Commissioner Larrick: 'Keeping track of sales arguments used in the privacy of the home by 50,000 door-to-door canvassers is too much for the few inspectors who are available for this duty.'

"What is the solution? Medical and government authorities believe it lies in educating the consumer to guard against food nonsense. This education can be short and sweet. The AMA's Council on Food and Nutrition sums it up in a simple statement with which every responsible physician and nutritionist agrees: "There are no health foods."

Whether there are "health" foods or not is beside the point. The courts have taken judicial notice that a considerable segment of the American population is undernourished because of the failure to consume what is called a "well-balanced diet." There are many well-informed, expert nutritionists and doctors of medicine who recognize that their patients have suffered from serious dietary deficiency diseases. There are nutritional foods that aid one to gain or maintain health and this is true whether you call the products "health foods" or foods for health.

Petition for Certiorari Filed in the Supreme Court of the United States Requesting Hearing on Reversal of Misbranding Criminal Conviction Under Federal Food, Drug, and Cosmetic Act

Your Washington General Counsel, Charles Orlando Pratt, has recently filed a Petition for certiorari in the Supreme Court of the United States requesting that it reverse the misbranding criminal conviction on two counts under the Federal Food, Drug and Cosmetic Act, which two counts out of five were sustained in the United States Court of

Appeals for the Seventh Circuit, Chicago, Illinois.

The misbranding was sustained in court by evidence that the defendant's labeling failed to bear adequate directions for use of its dietary food supplement sold in interstate commerce to federal agents who, after reading a magazine article stating that the defendant's product was useful for treatment of cancer, ordered the product without revealing their identity, stating in their letter to the defendant that they had read the magazine article and were suffering from cancer, even though the article was published without knowledge or consent of the defendant who sent a disclaimer letter to persons prompted by the article to order its product, evidence that federal agents ordered the defendant's product without revealing their identity was insufficient to establish defense of entrapment as matter of law; defendant cannot, on appeal, raise for first time defense of entrapment as matter of law unless court of appeal's failure to consider such defense would result in miscarriage of justice.

Questions presented: (1) May vendor of food product for special dietary purposes, as defined by Federal Food, Drug, and Cosmetic Act, be held answerable under Act's misbranding provisions for users' unsolicited praise of product, even though mistaken, if vendor did not make use of commendations in furthering sale and distribution of product? (2) Is vendor obliged to take positive action to negate or disclaim such praise where it is incorporated in magazine article, preparation and publication of which were without vendor's knowledge or sanction? (3) May appellate court properly refuse to consider for first time question of entrapment as matter of law, even

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though it results in miscarriage of justice?

Water Pollution—Congressional Hearings to Be Held

Chairman Robert E. Jones (D-Ala.) of a House Government Operation Subcommittee has set a mid-May starting date for hearings on water pollution problems. The sessions are scheduled for Washington and later in various parts of the country.

Misleading FDA Report on Enforcement and Compliance, April 1963

Recently, the FDA Report on Enforcement and Compliance has included misleading statements concerning Court decisions.

These false and misleading statements concerning judgment of the Federal Courts have been called to the attention of the appropriate officials who are responsible for writing these reports.

Your Washington General Counsel believes there is no legitimate reason or excuse for not reporting court decisions accurately.

For instance, on page 20 of the April FDA Report under the title, "Device Round-Up," in the second paragraph, the report said:

"In addition, five Micro-Dynameter diagnostic devices were seized in the possession of health practitioners. The five seizures were a part of the round-up of these devices which were banned last year by a Federal court order after it was proven that they were worthless and potentially dangerous."

In this case, which was tried in a U.S. District Court in Illinois, a judgment was entered restraining the manufacturer from shipping the device as labeled; and further restraining the shipment of the device in Interstate Commerce unless and until it was accompanied by label-

ing approved by the FDA and unless it carried "adequate directions for use."

The court in that case did not render a judgment that the device was "worthless and potentially dangerous."

Apparently the FDA takes the position that these reports do not have to be accurate according to the court decision and judgment, because their position is that the purpose of the reports is to "educate the public." On page 22 of the April FDA Report under the title, "Injunction Stops Repair of Worthless Medical Devices," there appears the statement that "last July, Mr.....pled guilty to contempt charges for violating the injunction and was fined \$500.00."

This defendant did not enter a plea of guilty. He did, however, enter a plea of *nolo contendere* and the Court accepted this plea over the objection of FDA and the U.S. Attorney prosecuting the case. There is a vast distinction between a plea of guilty and a plea of no contention. When these errors were called to the attention of the appropriate officials who write this Report for FDA, the excuse given was that the purpose of this report was for the purpose of "educating the public."

Your Washington General Counsel believes that the FDA has a statutory authority to "educate the public" but it does not have the authority to make false and misleading reports after the courts have rendered their judgment. There is no justifiable reason for the FDA to continually harrass individuals over the years who have been found guilty over technical violations of the food and drug law. The U.S. Department of Justice, to my knowledge, does not publish nor has it ever continually published reports of criminal decisions against individuals. We have no evidence

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that any corporation or officials thereof have been, are, or will be prosecuted for shipping into interstate commerce deleterious, adulterated, dangerous and poisonous tuna fish, which product, according to a press release by the FDA, resulted in the death of two people in Chicago, Illinois, recently. Furthermore, we have no evidence that the FDA intends to bring any criminal action against the manufacturers or distributors of thalidomide.

Defense Against FDA Request for Permanent Injunction Restraining Corporation and Individuals from Shipping Electronic Devices in Interstate Commerce

Your Washington General Counsel has been engaged to represent the defendants against whom the FDA has requested a permanent injunction to restrain them from shipping in interstate commerce five different electronic devices. The FDA further filed a Motion for Summary Judgment against two of the devices which, if granted, would not give an opportunity to have even a hearing on the merits of the case. These cases are being tried in the U.S. District Court in Toledo, Ohio. We do not hold out any false hope that these cases can be won, because the defendant probably will not be able to obtain the services of "expert witnesses" whose testimony will be recognized by the court. However, we believe that the Government should prove every point and that the defendant should have the benefit of every legal and technical defense available under the U.S. Constitution and the statutory laws of the land.

The New Drug Law (Kefauver-Harris Act of 1962)

This Act does not restrict health food stores, non-allopathic doctors and others from selling dietary food supplements

and other foods for which no therapeutic claims are made.

Anyone can legally sell dietary food supplements and foods such as fruits and vegetables and other food products, regardless of whether the sale takes place in a so-called "health food store" or in the office of non-allopathic doctors; provided no therapeutic claims are made for the products that they will diagnose, prevent, mitigate, treat or cure any disease and provided such products are sold for use as essential nutrition for supplying particular dietary needs and for supplementing or fortifying the ordinary or usual diet.

Remember, that all of God's great laws of mercy, humanity and compassion should be everywhere enforced, not only by the statutes but also by the power of public opinion.

Paul C. Bragg, Famous Health Crusader, to Speak in Detroit

The greatest health event of 1963 is due in Detroit on May 20 and 21. On this date, Paul C. Bragg, the cripple who rebuilt himself with live foods and super brain breathing, will open his health lecture series in the Grand Ballroom of the Fort Wayne Hotel at Cass Avenue and Temple Street.

Bragg is 100 per cent behind the National Health Federation and will give his full support in recruiting new members at all of his lectures and classes.

Bragg opened the first health food store in the United States over 50 years ago and is still crusading for the cause of natural food. His lectures are free, so don't miss this great health event.

Paul Bragg will have special lectures at the Hamilton Hotel on Dearborn Street in Chicago on June 18 and 19.

International Authority on Vitamin E to Be New Director of FDA's Division of Nutrition

The Food and Drug Administration has announced appointment of Philip L. Harris, Ph.D., as Director of its Division of Nutrition. He will begin his new duties June 17. Dr. Harris succeeds O. L. Kline, Ph.D., who was recently named Assistant Commissioner for Science of the Agency.

Dr. Harris has been active in nutrition research for 28 years. He received his B.S. degree in 1931 from Alma College, Mich., and his Ph.D. in Biochemistry from the Pennsylvania State University in 1934.

Dr. Harris is internationally known for his work on fats and fat-soluble vitamins. He directed the nutrition laboratory of the Research Department of the United Fruit Co. in New York City from 1935 to 1937. From 1937 to 1940 he taught physiological chemistry and nutrition at the Medical College of South Carolina. During this period he was also Assistant Director of the State Laboratory of Food Research at Charleston, S.C.

Since 1940 Dr. Harris has been Director of Biochemical Research for Distillation Products, a division of Eastman Kodak Co., in Rochester, N.Y. The division manufactures vitamins A and E as well as special fats for food and pharmaceutical companies. He has also held an appointment as Associate in Nutrition at the University of Rochester Medical School.

FDA said Dr. Harris' research on vitamin interrelationships and methods of measuring vitamins in foods has resulted in many invitations to travel and lecture abroad. He was principal organizer of

the Third International Congress on Vitamin E in Italy in 1955.

Dr. Harris is author or co-author of many chapters in various nutrition textbooks and of more than 80 scientific publications. He is a member of the American Chemical Society, the American Institute of Nutrition, the American Society of Biological Chemists, the Society of Food Technologists, the Society of Toxicology, the American Board of Nutrition, and the British Nutrition Society.

N.H.F. Plans Its Convention Programs Months Ahead

We have asked Catharyn Elwood, author of *Feel Like a Million*, to be a featured speaker at the next Midwest N.H.F. Convention at Akron, Ohio, September 25, 26, 27, and 28. We have asked her not only because she knows her onions, but because she is planning a great trip to the most famous spas of Europe. What is more, she is going to take moving pictures in color of these famous places.

To make it even more interesting, she has agreed to take along all N.H.F. members who would like to see these places. All 41 days will be packed full of excitement and health. Catharyn is a wonderful person and hostess. If you are interested in making the trip, we suggest you write at once for information and costs to Catharyn Elwood at 2025 Park Road N.W., Washington 10, D.C.

Krebiozen Threatened with FDA Ban June 7, 1963

By Clinton R. Miller

"My husband's life is dependent on a continued, uninterrupted use of Krebiozen. As the date of June 7th nears, my apprehension grows."

I was listening intently to a quietly determined woman who was giving the tragic but dramatic 13-year-old Krebiozen story a new chapter. Mrs. Laine Friedman, of 160-37 76th Ave., Flushing 66, N.Y., was outlining her plan to come with her husband and 50 or more other cancer survivors to Washington, D.C. on May 13 and 14 to meet with their Congressmen and "breathe life into the statistics."

I thought to myself while she talked that I wouldn't want to be responsible for cutting off her husband's supply of Krebiozen, and I certainly didn't envy the Congressman or official who is found by her and other cancer survivors to be in the guilty role. Political careers may hinge on how quickly certain quarters respond to this appeal. I marveled at the unlimited power the female of the species has to protect her own. This remarkable woman had already done more in 24 hours in Washington to "unbury" Krebiozen than had been done in the previous 24 months.

With her was Mrs. Melvina Malmquist, a widow, and her 18-year-old son, Craig. Four years ago he had been sent home to die with cancer of the brain. He started taking Krebiozen which was given "under protest" by his doctor. Next year he is planning to enter college—that is if FDA doesn't cut off his source of Krebiozen. "You see," his mother explained, "Craig depends on a continued, uninterrupted use of Krebiozen to control his cancer in the same way a diabetic depends on insulin!"

How much was Craig paying for Krebiozen? Nothing! He had been getting it free for a long time from Dr. Stevan Durovic and Marco Durovic of the Krebiozen Research Foundation. Furthermore, he had been promised it free as long as he needed it and couldn't afford to pay.

Mr. Malmquist had been killed a year ago in a head-on auto collision. Before his death he had sold his business and all they owned to pay for Craig's medical bills.

How had they paid for her trip to Washington from New York? Friends, some of whom she had never met, had sent small donations as soon as they heard of the need. (If you want to help, mail your donation to Mrs. Friedman, address above.)

I told these women in person what I had previously offered them by letter, and urged them to use the full facilities of the National Health Federation's Washington Office. Mr. Fred J. Hart, N.H.F. president, had placed our office and my services at their disposal. I explained to them that the N.H.F. was organized to fight for all individuals' right to freedom of choice in matters of health where the exercise of that freedom does not endanger the health or safety of another and thereby deny him an equal freedom.

It wasn't necessary, I reasoned, that we evaluate the efficacy of Krebiozen to fight for their right to continued use from the physician of their choice. These cancer survivors were living-proof testimony that shouted louder than the entire AMA-NIH-PHS-HEW-FDA denials all put together.

(Continued next page)

Condemned to Death by Federal Regulation

It was almost incredible to conceive that these innocent American citizens and hundreds like them were to be sentenced to DEATH by a Federal regulation. Paradoxically, it was the Food and Drug Administration, the very agency that was specifically set up to protect the lives and health of Americans, which was chosen by the American Medical Association to do that which they had been trying unsuccessfully to do themselves for 13 years.

FDA Tries to Pin Blame on Congress

Certainly, either Congress or the FDA is at fault. Although they are keeping as tight-lipped as they can on anything touching Krebiozen, the two unsigned releases that have come from the parent Department of Health, Education, and Welfare so far have tried to imply that they are simply carrying out the INTENT OF CONGRESS. At the time this report is being written, our office has not received a comment from Senator Kefauver's or Representative Harris's offices on whether or not it was their intent when they authored the Kefauver-Harris drug amendments of 1962 to have FDA follow their present action and cut off Americans from a lifeline, nontoxic drug on which their lives depend. Senator Kefauver is temporarily hospitalized. We have, however, discussed the matter with several Senators, Representatives and their staff members who are aghast to learn that FDA has even assumed that this was the intent of Congress. This writer believes that if FDA were not given sufficient guidelines in the Drug Amendments of 1962 to prevent just this kind of tragedy, that it was an unintentional omission which will be promptly corrected.

On the other hand, if the next few weeks reveals a reluctance to provide these guidelines, if they, in fact, are needed, or that it was and is the intent of certain Congressmen to require the FDA by law to act as an arm of the AMA and enforce their "consensus of medical opinion" to eliminate bona fide medical minorities, then we shall retract our present charge that it is FDA's fault, and put the finger properly on those members of Congress who so identify themselves.

If Congress is not at fault, then FDA has not understood the **INTENT OF CONGRESS**, and has either deliberately or accidentally maladministered the law even to threatening innocent people with death.

FDA's Double Standard

Almost as though the AMA has engineered the FDA position, it has set up a special set of standards for Krebiozen which are not required by other drugs, then has attempted by press release to convey the impression to Congress and America that Dr. Andrew Ivy could or would not comply with a simple regulatory requirement for a new drug. Dr. Ivy is Professor Emeritus of Physiology at the University of Illinois College of Medicine and Former Executive Director of the National Advisory Cancer Council. Previous to his sponsorship of Krebiozen he had 1,500 scientific papers on other medical subjects published in professional medical journals. Instead of frantically trying to comply with arbitrary regulations that were deliberately made impossible, Dr. Ivy wisely revealed the unreasonable and ridiculous demands through his Senator, Paul Douglas (D) Ill., who, in full sympathy, inserted Dr. Ivy's letter in the Congressional Record on July 20, 1962.

(Continued next page)

This does not mean that your Senator or Representative has read this letter. You must urge them to do so.

A disturbing comparison of how FDA treats other drug applications is found in **Chemical Week** of April 20, 1963. It states: "FDA okayed Abbott's new antihypertensive, Eutonyl, **six months before go-ahead was expected** [emphasis ours]. Abbott's management is counting on Eutonyl to hike '63 earnings even more spectacularly than the firm's '62 gain (earnings were up 24% on an 11% sales increase in '62 over '61)."

The FDA's New Drug Division has 18 physicians now, but will have 40 more by June 7. Judging from their action on Eutonyl and Krebiozen, we may expect them to try to withhold approval on nontoxic, efficacious drugs but to speed up the processing of drugs with potentially harmful side effects.

Krebiozen—Nontoxic—Efficacious

Krebiozen has been tested for over 13 years by over 3,000 doctors on over 5,000 patients without toxic side effect. In over 500 cases, patients have proved upon receiving Krebiozen therapy to have risen from their deathbeds **completely free of cancer**—and have remained free for over five years. Yet for some strange reason it was singled out from among the over 2,500 expected new drug applications waiting to be processed by FDA's New Drug Division to be made the subject of a special letter and a barrage of false and misleading press releases by HEW. Why? If it was to intimidate Senator Douglas, Representative Libonati, and others who were aware of the truth about Krebiozen, it failed. Senator Douglas has just graciously agreed to host a reception Tuesday, May 14, where Mrs. Friedman's group and Congressmen can meet living proof of Krebiozen's efficacy and see for themselves cancer survivors

with their medical records, both of which FDA says do not exist.

What Can We Do?

First, we can be sure that our own Senator and Representative and President Kennedy get a personal, air-mail letter (Special Delivery, if necessary) telling them that under no circumstances is the Krebiozen cancer survivor to be cut off from his lifeline on June 7 or any date thereafter, regardless of any niceties or complexities of the law. You know it was not their intent to have FDA threaten this action. Tell them so!

Second, respectfully request that your Senator and Representative work with us to pass the following guideline amendment to the Food and Drug Act. Tell them to work with the Washington Office of the National Health Federation to get such an amendment introduced and passed.

The amendment follows:

NOTHING IN THIS ACT SHALL BE DEEMED TO PROHIBIT THE TRANSPORTATION IN INTERSTATE COMMERCE, OR THE MANUFACTURE, DISTRIBUTION, OR SALE OF ANY NONTOXIC PRODUCT, THE EFFICACY OF WHICH IS SUPPORTED, RECOMMENDED, OR PRESCRIBED BY A MINORITY OF BONA FIDE MEDICAL OPINION, AS LONG AS THE LABEL OF THE PRODUCT BEARS A STATEMENT TO THAT EFFECT.

If this had been in the law, Krebiozen users could never have been threatened.

Third, work to see that a television documentary presently being prepared on Krebiozen by Producer David Wolper of Wolper Productions is shown on your local TV station. It is to be sponsored by the Timex Watch Company as a public service.

For Protection of Mentally Ill

The following should be written into law in every State.
All health-minded people should work toward this goal.

(A) No person shall be committed to or confined in a mental institution without a court hearing.

(B) No person shall be committed to or confined in a mental institution unless he is afforded the right to a speedy public trial; to a trial by jury; to counsel of his own choosing or, if unable to obtain counsel, to a counsel appointed by the court; to be confronted by his accusers; to ample notice of the exact charges against him; and to compulsory process for the attendance of witnesses.

(C) It shall be the duty of the public defender, if appointed, to defend persons accused of being mentally ill or mentally deficient, and it shall be the duty of the court to appoint counsel for any such person, if that person is unable to obtain counsel of his own choosing.

(D) No person shall be committed to or confined in a mental institution because of his religious or political beliefs.

(E) No person shall be committed to or confined in a mental institution to prevent him from exercising his right of freedom of speech, including his right to express his political views and to criticize the government, any public official or any law.

(F) No person shall be committed to or confined in a mental institution to prevent him from exercising his right to assemble with his fellow citizens; to petition the government for redress of his grievances; to lawfully possess arms; to resist unlawful searches and seizures; to engage in political activity; to resist the taking of his property; or to take appropriate action in defense of his children, parents, or spouse.

(G) Persons accused of being mentally ill or mentally deficient shall not, prior to adjudication of mental illness or deficiency, be confined with and among persons previously adjudged mentally ill or mentally deficient, except when no other facilities are available.

(H) Patients in a mental institution shall not be denied the right to counsel, or the right to communicate with persons outside the institution.

(I) No United States citizen shall be transported out of this State on charges of mental illness or mental deficiency of any kind unless it be to the State of his legal residence.

Enumeration of the foregoing rights shall not deprive a person accused of mental illness or mental deficiency of any other rights that he may have at law or in equity. This Bill of Rights for Mental Freedom was, at the time the information was compiled, in the legislative hopper of the State of California.

"Your wife used to be very nervous, but now she doesn't show a sign of it. What did you do for her?"

"Oh, I found a new doctor who cured her in a hurry. He just said nervousness is a sign of old age."

A large manufacturer asked purchasers to fill out a card saying what dominant thing made them buy the product. One man answered: "My wife."—*Canadian-Press*.

Prayer is not just an easy way of getting what we want, but rather the avenue of holiness by which we receive and become what God wants.

From the Secretary's Desk

By Howard Long, Executive Secretary

A Powerful Voice

You have read my remarks regarding the writing of letters in objection to attacks on our health rights. How many members have written these letters, I wonder? To a government representative or a businessman the dissatisfied person has a powerful voice. One letter indicates to him that dozens of others are dissatisfied who have not written. If the recipient of the letter is intelligent and the letter is intelligently written, additional and careful consideration is given to the matter at hand.

I received a letter from G. T. Davenport who viewed the recent TV program, "The Health Fraud," and commented, "Many, many people think it was disgraceful and that those who promoted the TV show are the ones who are using fraud, that is, they are deceiving the people by showing a false picture of those who believe in the natural approach to health." The analysis could be correct, or it could be ignorance or it could be the pressures to which business firms are so frequently subjected today. Regardless of the reason, HOW MANY PERSONS WROTE TO THE SPONSOR OBJECTING?

Health Food Stores

As you know, N.H.F. is not an official organization—we do not try to do any work which duplicates the efforts of any other industry or organization. I will tell you, however, that we are happy to support the oppressed in any matter of health. I presume it is the realization of this fact which has precipitated the very favorable response of the health food stores in the past two months re-

garding membership. In the past few weeks we have added the names of 27 new health food store members and most of these are selling the **Bulletin**. This is most gratifying and will, I am sure, be mutually beneficial. Several of the stores are starting new chapters, also. UNITY is the answer to our problems and it appears that we are achieving our goal. When you next visit your health food store, ask if they belong to N.H.F. If they do not, let me know and I'll send them information. If they do belong, congratulate them for their interest and support. Those stores supporting us certainly are deserving of our support.

Chiropractors Lauded

I recently had the privilege to address the American Chiropractic Association in convention. I lauded this group for their interest in and support of N.H.F. They are an active association and have devised a singularly excellent code. They are obviously aware of the unity necessary for the preservation of our health rights—professionally and otherwise. It is very interesting and refreshing to note that the percentage of new N.H.F. memberships among the chiropractors and osteopaths is up each month. There is one group whose name I am not at liberty to mention that has every member of its association paid members of N.H.F. as of last month. This is exceptional. Is your physician a member? Remember the importance of that voice of yours? If he is not a member, simply send us his name and we will be more than happy to send him appropriate materials.

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Home Show

In Los Angeles, from May 2 through May 12, N.H.F. was fortunate to have a booth at the annual Home Show. This affair boasted a health section for the first time in this area. The displays were a credit to N.H.F. and allied fields and were viewed by more than 100,000 persons. The results and the exposure were most rewarding. Is there a show in your area in which you or your chapter could get space for a display and the handing out of literature? This is a worthy project and we already have the support and assistance of many members throughout the U.S. It is essential that we build our strength through membership and financial support. We **must** have more funds if we are to do anything but manage an office and daily mails. We try to do our part, and most members do, but if you haven't added a little extra recently, won't you consider a much-needed donation? I am aware of the constant appeals for funds, but evaluate value if you will. You CANNOT SUBSCRIBE TO A MAGAZINE for the cost of our annual dues and you receive a hundredfold more.

Convention Near

In managing the convention in Ohio this year, I want to accommodate as many requests as possible. Let me know what you would like, especially in the programing, within the next two weeks.

Californians Beware

The San Francisco **Chronicle** has just published a story to the effect that California pheasants are so full of D.D.T. that plans are being made to stop the hunting of these birds because of the danger to those who eat them. We will publish the whole story in the July-August issue of the **Bulletin**, along with many other startling pesticide facts which are being suppressed by public officials and others. You will be shocked.

Linda Clark to Begin Radio Show

Linda Clark, M.A. begins Monday a series of five-minute radio programs over radio station KDON (1460 on the dial) Mondays through Fridays daily at 10:30 a.m. Title of the program will be "Stay Young Longer," as Valley friends and readers of her book with the same title might expect!

The Carmel Valley housewife, who has done graduate work in the fields of education and psychology as well as nutrition, describes the program as "varied." She says the chief idea is to "help people with their problems." Most personal problems are related, she points out—nutrition to health, health to state of mind, etc., so that the entire person is affected by difficulties in any of these areas.

Linda wishes to stress that her role is to report the findings of research in these related fields, as a combination scholar-reporter. She will not, however, attempt to prescribe any sort of treatment for any individual. "I am not a physician," she points out. From **C. U. Outlook**, April 18, 1963.

For further information, write to Monterey Broadcast Bureau, 425 North Main Street, Salinas, Calif.

In Numbers There Is Strength

Join the
**National Health Federation
and Make Your Voice Effective**

P.O. Box 686, Monrovia, California

Oral and Written Statement of the National Health Federation

1012 14th Street, Northwest, Washington, D.C.

Presented in Connection With Oral Testimony Before the Subcommittee on Public Health and Safety of the House Committee on Interstate and Foreign Commerce on Pending Mental Health and Mental Retardation Legislation

By **Clinton R. Miller**, Assistant to the President of the N.H.F.

Mr. Roberts. Our next witness is Mr. Clinton Miller, National Health Federation, 1012 14th Street, N.W., Washington, D.C.

Mr. Miller. The National Health Federation is opposed to the pending bills on Mental Health and Mental Retardation unless they are amended.

Mr. Chairman, we are fearful about the failure in these bills to **define and limit definitely and precisely the terms, "Mental Health, Mental Illness and Mental Retardation."**

As a basis for this concern, I draw your attention to the following statements from those who are acknowledged as experts in the field of mental health and mental illness. Apparently, from a reading of the definitions of symptoms of mental illness and emotional disturbance by some experts who might be recognized by the Department of Health, Education, and Welfare in the administration of this law, every living person might be considered by the authorities as being mentally ill. This would, of course, include those who are treating the mentally ill and those who are passing the laws.

We will submit in our written statement a proposed amendment that would make it a felony for any person administering this law to attempt to change a person's belief in, concept of, or respect for God. The need for this amendment will be substantiated by our second

group of quotes from the book, "The Psychiatric Study of Jesus."

Included in my statement, and in the material that you have before you, is a reprint from a health education journal written by Marion Firor, M.D., Chief Psychiatrist, Health Education and Health Services Branch of the Los Angeles City Schools. This is from the January, 1957 issue. The title of the article is "Recognition of Symptoms in Emotionally Disturbed Children."

I am not going to take this Committee's time to read the entire pamphlet. The thing that disturbs me is that this is a picture of mental illness case-finding at a local level, a community level. It is to educate teachers on how to be able to recognize symptoms when they just begin to show so that they can be treated, or so that they can be prevented in time. Early diagnosis and treatment is the argument that makes good sense in the proposed legislation. However, the symptoms cover everyone.

At the bottom of the first column the author states:

"Included are the following suggestions for the teacher to use in observing emotional disturbance:

1. Good ability but not producing
2. Reading problems
3. Short attention span
4. Nervous mannerisms
5. Hyperactivity

(Continued next page)

6. Withdrawal tendencies
7. Aggressiveness
8. Stuttering
9. Crying spells
10. Tiredness."

It is difficult for me to believe that there are very many children who are not at one time or another covered by one or all of those disturbances.

Then, to spell this out more clearly for the teacher, Dr. Firor states:

"Following are several illustrative but incomplete categories of pupils who show evidence of emotional disturbance:

"1. The hyperactive, aggressive, 'acting-out' child who is the bane of existence in the classroom—the child who can't sit still, can't shut up long enough, pushes here and crowds there, swats, pays no attention, is distractible, short-spurred, and short of control in everything he does."

I might state here, Mr. Chairman, parenthetically, that I was a school teacher at one time and some of my outstanding students in later life fitted this pattern when they were young.

Next he says:

"2. The withdrawn child who sits with a faraway look, quiet, shy, living more within himself and his own world than with his peers—the child who doesn't hear when he's spoken to—the child who appears unhappy."

Now here again in reading the biographies of some of our greatest men I find that this describes their youth. Certainly Edison would have very aptly fitted into this category. He was considered an odd, withdrawn child.

Teachers are now being told to watch for these symptoms and not leave students alone as has been the custom in the past but to jump in the middle of it and immediately refer this person for help.

This is case-finding at the community level.

Continuing, Dr. Firor states:

"3. The child of very unhappy appearance, who seems depressed, not just withdrawn and quiet, who seems nervous, insecure, defeated, abject.

"4. The child who seems fearful, nervous, who bites his nails—the child who would tell of bad nights and fearsome dreams.

"5. The child who has a chip-on-his-shoulder attitude"—

This could apply to some Congressmen.

"The child who is surly, defiant, quick to take offense—the child who views the teacher, other pupils, and all around him as against him.

"6. The child who doesn't play or socialize with other children."

Then as though he has not covered everybody in the school by now, he adds this:

"The child who doesn't appear to be upset or feel neglected—the child who just doesn't care.

"7. The child who by and large gets along reasonably well, but erupts explosively, volcanically, whose temper outbursts are out of all proportion to the stimulus provoking the reaction.

"8. The child who seems awkward and may have trouble reading, writing, or talking."

Notice that he has not listed any pupil age limit. This is written for all teachers. It does not matter when a child may have trouble reading, writing or talking.

"9. More overt and apt to come to the teacher's attention is the child who is lying and/or stealing."

Now I believe that in 9, 10, 11, and 12 he is down to the proper function of a schoolteacher. This is what, tradi-

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tionally, school teachers used to watch for.

Lying and stealing obviously endanger the health and safety of somebody else in the classroom.

"10. The child whose sex curiosity and interest have spilled over in the classroom or playground with stories, words, or open activity.

"11. The deliberately destructive child—the depredator—the fire-setting, mauling, beating, knifing child.

"12. The child who is having serious difficulty in learning.

"The child who has trouble reading or who writes backwards, or who has trouble talking. Is he feeble-minded or is he schizophrenic? Has he an emotional block?"

The Federation feels that, by taking this to the community level, we are becoming a nation of watchers. This would make every schoolteacher, instead of a disciplined, professional educator, an amateur—if semi-professional—psychiatrist.

Frankly, Mr. Chairman, I believe that when we start talking about mental illness, we should have a clear and limited definition of exactly what mental illness is. I find that those who are administering the law have made their definition so broad that they have included everyone, **absolutely everyone**.

You expressed, Mr. Chairman, a feeling that our first concern should be with personnel and our second with those facilities in which the personnel would be working. I agree with you. I have included some excerpts from a book entitled "The Psychiatric Study of Jesus," Beacon Press, Boston, Massachusetts. Dr. Winfred Overholser, M.D., past president of the American Psychiatric Association, wrote the foreword to the book "The Psychiatric Study of Jesus."

The book quotes leading psychiatrists who, Overholser claims:

". . . say that Jesus suffered some form of 'paranoia.'"

They disagree with each other and the author only as to the extent that Jesus was mentally ill.

Overholser explains on page 12:

"Paranoia gradually came to include a variety of clinical groups characterized by ideas of persecution and grandeur, in varying proportions. Some of these groups exhibited almost entirely a distortion and misinterpretation of actual facts. . . . A religious coloring of the delusions is far from uncommon."

Overholser on page 10 states that following "higher criticism" of the Bible, which "was basically hostile to established belief. . . it was inevitable that in the quest for motives some consideration should be given to the possibility that the beliefs of Jesus might be explained as those of a mentally abnormal person, perhaps even of one clearly deranged."

On page 40 we find:

"Dr. William Hirsch makes a diagnosis of Jesus, namely, paranoia. Everything that we know about him conforms so perfectly to the clinical picture of a paranoia that it is hardly conceivable that people can question the accuracy of the diagnosis.

"Hirsch traces the development of the delusion in this way"—

And these were the symptoms the schoolteachers were told to watch for.

"We find a boy with unusual mental talents who is, nevertheless, predisposed to psychic disturbances, and within whom delusions gradually form."

This next statement is a classic.

"He spends his whole leisure in the study of the Holy Scriptures, the reading of which certainly contributed to his

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mental illness. When at the age of thirty he first made public appearance, his paranoia was completely established."

And again, page 40:

"...shock was provided for Christ by another paranoid, no other than John the Baptist."

I would assume that to this author every follower of Jesus would be a paranoid.

Page 39:

"The driving of the money changers out of the temple, de Loosten describes as a shocking act of violence.

"Besides the visual hallucinations, de Loosten thinks that it is highly probable that Jesus suffered from voices which seemed to him to come out of his own body."

Another thing that alarms me, Mr. Chairman, about this broad interpretation of mental illness is the fact that I have a tremendous respect for the power and for the knowledge that has been developed in this field which makes it possible to permanently alter human behavior without one's consent! We now have the power and the technical knowledge to take a person with one attitude and one set of convictions and beliefs and change those beliefs and convictions permanently.

In view of this I would like to draw your attention to Dr. Chisholm. I will quote from him at length in my written statement. He is considered the Dean of Psychiatrists, and he stated that "the reinterpretation and eventual eradication of the concept of right and wrong which has been the basis of child training and the substitution of intelligent and rational thinking for faith in the certainties of the old people, these are the belated objectives of practically all effective psychotherapy."

Thank you, Mr. Chairman.

Mr. Roberts. Thank you, Mr. Miller.

* * * *

Mr. Miller. Mr. Chairman, would there be any objection to clearly spelling out, much the same as the founders did in the Bill of Rights, that the local authorities may do no act without the consent and knowledge of the parent?

Mr. Roberts. I think if you would offer us language in that field we would certainly be willing to consider it. It may be that the bills are sufficient as written; if not, we would certainly look very carefully at that situation.

* * * *

Mr. Roberts. I think it is one thing to oppose legislation and it is another thing to offer some alternative. I do not think that we can simply say in many cases where a problem is as vast as this that that we can afford to do nothing because what we might do might possibly have some features of it that are not entirely what you would hope for. After all, we have been told that this affects about 17 million of our citizens, that it is costing the country billions of dollars.

In the rejections for military service, I believe, in World War II, I saw some figures that were rejected on mental grounds that would have been enough to constitute 175 million. It seems to me that it would come with much better grace if you do not approve this approach that you would offer an approach that the Federation might approve.

Mr. Miller. This criticism is, I think, well directed and I accept it in the spirit in which you have given it. It is much easier to throw darts at balloons than to blow them up.

Mr. Roberts. We have to blow up a lot of balloons.

Mr. Miller. We have taken the view in this particular legislation that the Federation at the present time is not

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large enough to defeat the legislation. We do hope to amend it in such a way that it puts the responsibility and control back with the parent and family where it belongs.

In the way of a constructive suggestion, we propose that we study health instead of sickness. Unless Congress is aware that there are countries without mental illness or mental retardation problems, we soon will regard the mental health problem to the point where it becomes a hopelessly morbid study. We should take a fraction of the money that is proposed to be spent on treating this problem and appoint a commission to go into a country where they have no mental illness, and give this study the same amount of publicity that we are giving to the problem now. This would be my constructive suggestion, Mr. Chairman.

Now there is a country in the world where they have no mental illness. This was brought to America's attention by Art Linkletter on People Are Funny.

Mr. O'Brien. Where is that?

Mr. Miller. Hunza, H-u-n-z-a. It is in Pakistan.

A tremendous amount of English research has been done on this country because they found out that not only were these people free of physical sickness but they had none of the mental ailments that were affecting so-called civilized countries.

They are isolated. For centuries they had little access to our modern contaminants, whether it be air pollution, water pollution, foods, ideas, or what have you. They live to be fantastically old. Many of them are over a hundred, and are vital people. I mean they are not crippled, senile, and sitting around in rest homes.

The original researcher who went into this country found such a fabulous state of good health that he reported it. This report, instead of receiving the ten-inch headlines that we give in this country to the sick and to the morbid things, was buried.

Recently, American teams were sent over. Dr. Banik was picked to investigate this country and to report back on Art Linkletter's program what he found. I think he was an eye doctor. He came back and reported that they had unbelievably marvelous health. He and Renee Taylor wrote a book which I will be glad to furnish to all the members of the Committee. I would like to propose constructively that where there is a country like this that we spend our time and money in learning from these primitive people whatever secret they have. We should send our finest scientists, and spend twenty or thirty million dollars if necessary to find out why they have no mental illness, why they have practically no dental decay, why there is not a jail in a country of 30,000 people, and why they have no juvenile delinquency. This is Shangrila, and actually I understand that the story of Shangrila was written about this country.

Now we do have constructive suggestions to make. We would be delighted to offer as a substitute bill that we take all the millions that are going to be spent for this pending legislation and send a team to Hunza to find out how we can have every young man who is called up for military service physically and mentally fit.

Mr. Roberts. I think that bill would get about as far as our request for a trip to Hunza would.

Mr. O'Brien. I notice you mentioned the fine teeth they have there. Would

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you suggest that pending our investigation there we stop filling teeth here or improving our methods of treating them?

Mr. Miller. Dr. Winston Price met that very problem and wrote a book called "Nutrition and Physical Degeneration." As one of the finest dentists in Cleveland, he made a fortune at patching up teeth. He finally thought that he was like a man who was plastering up a wall while letting somebody go ahead of him poking holes in it. He thought this was a rather foolish thing. He said to himself, "If I can get ahead of that man who is making the holes in the wall, I will be applying my intelligence in a much better way." So he and his wife, who was a very able scientist, left their practice. In direct answer to what you ask, they immediately stopped filling teeth, and went around the world, visited every primitive area where they had heard rumors of health like those of which I told you. In these primitive areas these people do not have the illness we have in our so-called civilization. He published a book which I will make available to the members of this Committee.

Now frankly, sir, the answer to your question is, yes, I think some of our scientists ought to immediately stop watching and treating the sick and go into a country where they are building finer thoroughbreds and find out how. I do not think we should spend another tax dime for patching up holes in the wall. With Federal funds, we ought to get ahead of the man or condition that is making the holes. Isn't this the intelligent way to approach the problem? I think this is what the people in your district expected you to do when they sent you to Congress and paid your

salary—take time to find out about these things and do this for the country as a whole.

Mr. O'Brien. Perhaps I might be a better judge of what my people in my district had in mind when they sent me to Congress and paid my salary, but I am very sure of one thing: If I were to report back to them tomorrow that I was supporting this bill in return for a visit to the beautiful Utopia that you mentioned, they would have a new boy here.

Mr. Miller. Mr. O'Brien, I did not recommend that you go. If you will check back in the record, I recommended that we send a qualified group of scientists, people who can evaluate this, send them in there to find out if the story is true to start with.

Art Linkletter gave national publicity to it, yet nothing was ever done by the Government. It seems to me that if we have the possibility of a country that could put 100 out of 100 of their boys when they became of military age into the military service because they all have a full set of teeth, they are mentally sound, they are good, strong men, they are not delinquent, they do not have a jail record, I frankly think your constituents would be delighted if you drew that to their attention.

Mr. O'Brien. I recall Mr. Linkletter was down here not too long ago in connection with the Polio Drive, I believe it was. I do not recall that he recommended at that time that we stop contributing to that fund and study why they did not have polio in this mythical kingdom.

Mr. Miller. Well, I am not defending Art Linkletter's application of the knowledge that was available to him, but I believe frankly that we should find out why they have no polio in Hunza.

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Additional Written Testimony Filed With Committee

In my oral statement, I drew your attention to Dr. Chisholm and promised that I would quote more fully from his writings in my written statement.

Brock Chisholm, M.D. was the past executive secretary of the World Health Organization Interim Commission. He is considered one of the outstanding authorities in psychiatry. At one time he was a Deputy Minister of Health in the Department of National Health and Welfare in Canada.

In a series of lectures sponsored by the William Alanson White Psychiatric Foundation of the District of Columbia, published in **Psychiatry** (February, 1946), Dr. Chisholm delivers himself of some unmistakably lucid goals for the human race which are held by many of those psychiatrists who will control the expenditure of Federal funds at the local level, and thereby control those who administer the local falsely labeled "community" mental health clinics.

The following are excerpts quoted from Dr. Chisholm's lectures, "The Psychiatry of Enduring Peace and Social Progress," **Psychiatry**, 1711 Rhode Island Avenue, N.W., Washington 6, D.C.:

"The responsibility for charting the necessary changes in human behavior rests clearly on the sciences working in that field. Psychologists, psychiatrists, sociologists, economists and politicians must face this responsibility. It cannot be avoided. Even a decision not to interfere is still a decision and carries no less responsibility..." (Page 5.)

"Certainly the psychiatrists are not in the least backward in staking out their claim to possessing superior intelligence and know-how with which to alter materially and permanently human behavior.

"All psychiatrists know where these symptoms come from. The burden of inferiority, guilt, and fear we have all carried lies at the root of this failure to mature successfully. Psychotherapy is predominantly, by any of a variety of methods, the reduction of the weight of this load. Therefore the question we must ask ourselves is why the human race is so loaded down with these incubi and what can be done about it." (Page 6.)

"...The only lowest common denominator of all civilizations and the only psychological force capable of producing these perversions is morality, the concept of right and wrong, the poison long ago described and warned against as 'the fruit of the tree of the knowledge of good and evil.'

"In the old Hebrew story God warns the first man and woman to have nothing to do with good and evil. It is interesting to note that as long ago as that, 'good' is recognized as just as great a menace as 'evil.' They are the fruit of the one tree and are different aspects of the same thing.

"We have been very slow to rediscover this truth and to recognize the unnecessary and artificially imposed inferiority, guilt, and fear, commonly known as sin, under which we have almost all labored and which produces so much of the social maladjustment and unhappiness in the world..." (Page 7.)

"...We have swallowed all manner of poisonous certainties fed us by our parents, our Sunday and day school teachers, our politicians, our priests, our newspapers and others with a vested interest in controlling us. 'Thou shalt become as gods, knowing good and evil,' good and evil with which to keep children under control, with which to prevent free

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thinking, with which to impose local and familial and national loyalties and with which to blind children to their glorious intellectual heritage. Misguided by authoritarian dogma, bound by exclusive faith, stunted by inculcated loyalty, torn by frantic heresy, bedeviled by insistent schism, drugged by ecstatic experience, confused by conflicting certainty, bewildered by invented mystery, and loaded down by the weight of guilt and fear engendered by its own original promises, the unfortunate human race deprived by these incubi of its only defences and its only reasons for striving, its reasoning power and its natural capacity to enjoy the satisfaction of its natural urges, struggles along under its ghastly self-imposed burden. The results, the inevitable results, are frustration, inferiority, neurosis and inability to enjoy living, to reason clearly or to make a world fit to live in." (Pages 7 and 8.)

"The re-interpretation and eventually eradication of the concept of right and wrong which has been the basis of child training, the substitution of intelligent and rational thinking for faith in the certainties of the old people, these are the belated objectives of practically all effective psychotherapy. Would they not be legitimate objectives of original education? Would it not be sensible to stop imposing our local prejudices and faiths on children and give them all sides of every question so that in their own good time they may have the ability to size things up, and make their own decisions?

"The suggestion that we should stop teaching children moralities and rights and wrongs and instead protect their original intellectual integrity has of course to be met by an outcry of heretic or iconoclast, such as was raised against Galileo for finding another planet, and against those who claimed the world was

round, and against the truths of evolution, and against Christ's re-interpretation of the Hebrew God, and against any attempt to change the mistaken old ways or ideas... We all recognize these reactions as those of the immature, the inferior, the guilty, which are not found in the mature, integrated personality. Freedom from moralities means freedom to observe, to think and behave sensibly, to the advantage of the person and of the group, free from outmoded types of loyalties and from the magic fears of our ancestors.

"If the race is to be freed from its crippling burden of good and evil it must be psychiatrists who take the original responsibility. This is a challenge which must be met. If psychiatrists decide to do nothing about it but continue in the futility of psychotherapy only, that too is a decision and the responsibility for the results is still theirs..." (Page 9.)

"Can such a program of re-education or of a new kind of education be charted? I would not presume to go so far, except to suggest that psychology and sociology and simple psychopathology, the sciences of living, should be made available to all the people by being taught to all children in primary and secondary schools, while the study of such things as trigonometry, Latin, religions and others of specialist concern should be left to universities." (Page 10.)

"... Relatively suddenly, over a period of only a few hundred years, more recognizably in the last ten years only, and finally quite unmistakably in the last few months, everyone has become a world citizen..." (Page 12.)

"... Should not the prospective groups of psychotherapists employ advertising and sales organizations in order to drag in customers? Should discounts be of-

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ferred for treatment of whole families? Should attempts be made by the profession to induce governments to institute compulsory treatment for the neuroses as for other infectious diseases?" (Page 15.)

"... It must be clear to every person who is able to think in terms of evident reality that we cannot any longer afford to shelter and protect the old mistaken ways of our forebears." (Page 17.)

"... There is something to be said for taking charge of our own destiny, for gently putting aside the mistaken old ways of our elders if that is possible. If it cannot be done gently, it may have to be done roughly or even violently—that has happened before." (Page 18.)

"... Let us discard the bromides which have kept us drugged, obedient to the old people and afraid of their displeasure. Let us accept our own responsibility to remodel the world in bolder, clearer, more honest lines. Let us stop prostituting man's noblest and highest development, his intellect, to the service of guilt and fear and shame." (Page 19.)

(End of Chisholm quote)

Malnutrition—Mental Illness—Mental Retardation

We wish to direct this Committee's attention to evidence supporting the theory that a faulty diet can be a major cause of mental illness and/or mental retardation.

The following story was reported in the Chicago, Illinois, **Tribune** December 28, 1962. It would seem to indicate that the Federal Government might more wisely spend a major part of the money it has available on programs to investigate the deficiencies in our diets that might be responsible for creating mentally ill or mentally retarded children.

The story follows:

Baby Formula is Deficient; Award \$125,000

"New York, Dec. 27 (AP)—A \$125,000 settlement was reached today in a half-million-dollar suit that charged that a vitamin-deficient baby milk formula caused a child to become mentally retarded.

"Brooklyn Supreme Court Justice Benjamin Brenner approved the offer made earlier this month by American Home Products corporation to Frank and Mildred Cervo, who charged that their daughter, Jo-Ann, now 10, became retarded after being fed the formula, Liquid S-M-A, which was produced and distributed by Wyeth Laboratories, a subsidiary.

"The formula was withdrawn in 1953 after the Food and Drug Administration reported that it was deficient in vitamin B-6. The child suffered convulsions eight months after her birth and was taken to a hospital, where her diet was changed and the convulsions stopped. Dr. Sydney Carter, of Columbia Presbyterian Medical Center, testified that the formula had caused the convulsions, which produced a lack of oxygen, resulting in brain damage."

Symptoms of Mental Illness Associated with Deficiency of Nicotinic Acid

In their chapter on pellagra, Drs. Franklin Bicknell and Frederick Prescott have the following to say:

"**Mental Symptoms.** In pellagrins mental symptoms develop in one-third to a quarter of the cases if untreated. It has been estimated that in Italy, when pellagra was rife, four to ten per cent of pellagrins became permanently insane. Symptoms are exceedingly varied. A feeling of tenseness, irritability, mental depression and emotional instability are fairly common. Patients

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weep without cause and insomnia is frequent. Melancholia, lethargy, and stupor are common, but confused states with hallucinations are also seen, as well as excitement, mania and delirium. The mental symptoms, which are often the first to appear, are particularly amenable to nicotinic acid therapy.

"The mental symptoms of pellagra have been specially studied by Frostig and Spies (93), who describe the symptoms of the initial nervous syndrome. They are: hyperaesthesia to all forms of sensation; increased psycho-motor drive; increased emotional drive with a definite trend toward depression and apprehension; weariness and increased fatigue; headaches and sleepiness; loss of memory; and confusion. In general the patients appear to have anxiety states with depressive features. There are also types in which excitement, mania, hallucination and delirium may occur. A toxic confusional psychosis is very common and a clinical picture resembling Korsakow's syndrome has been described. The earlier pellagrologists recorded acute confusional insanity, stupor, hallucinations, acute delirium, catatonia, manic-depressive states and dementia.

"Psychosensory disturbances occur in all the special senses. Patients dislike bright light and colours, noises cannot be tolerated, music upsets them, odours and tastes may be so disagreeable as to cause nausea and vomiting. The patients can be described as being 'on edge,' irritable and tense. Many abnormal skin sensations are observed. Prominent complaints are dizziness, difficulty in maintaining balance, flickering stars and dark spots in front of the eyes.

"The psychomotor drive is increased—the patient is fidgety, moves about a great deal, and is quarrelsome. He complains that a sudden noise or flash of light makes him jump and twitch.

Emotional reactions are increased. The patient is more excitable and sensitive than usual; he is often depressed, sad and gloomy, and he is in a constant state of apprehension. Many patients express various fears, frights and phobias, although they may try to suppress them. The emotional outlook is gloomy and pessimistic and imminent danger is constantly expected.

"In spite of the increased motor drive and restlessness the patients complain of weakness and fatigue. They tire readily at their work. There is a conflict between restlessness and fatigue, with the former often prevailing. Sleeplessness is also a common symptom, the patient falling asleep between 12 midnight and 2 a.m. and waking again at 5 a.m. Sick headaches are common, resembling those of migraine, and occurring suddenly. The pain is localized in the forehead and temples and is accompanied by scintillating scotomata. As in migraine, nausea and vomiting are frequent. Developing pellagra often causes a breakdown in personality. Individuals previously strong, courageous and enduring become shaky, weary and apprehensive before clinical pellagra can be diagnosed. Severe pellagrous psychoses occur in ten per cent of untreated pellagrins. The patient may have periods of depression and apprehension followed by confusion, hallucinations, delirium, disorientation, and confabulation. A paranoid condition is often observed. Tremor, jerky movements and rigidity of the body may accompany these symptoms. In cases with severe depression the patient may have a mask-like expression and sit in one position staring into space for hours without moving.

"The mental symptoms may precede the other symptoms of pellagra, so that a potential pellagrin may easily be

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diagnosed as 'neurasthenic' or a paranoid. This is important because the mental condition clears rapidly in a few days with nicotinic acid therapy, whereas a case of true neurasthenia or paranoia remains unaffected. Early mental changes are due to 'biochemical lesions' in the brain." (Pages 360 - 361, **The Vitamins in Medicine**, William Heinemann, Medical Books Ltd.)

Dr. Weston Price

One of America's greatest researchers was Dr. Weston A. Price. He maintained that our mental and physical illnesses were primarily nutritional.

We note that the primitive races which he visited and found to be free of mental illness and mental retardation were not so because of community mental health clinics. They have no psychiatrists. They do, however, have one thing in common. Their diet habits provide each generation with adequate nutritional requirements for producing and maintaining non-defective racial stocks.

In Dr. Price's book, "Nutrition and Physical Degeneration," he made a convincing comparison of primitive and modern diets and their effects. The book was published by the American Academy of Applied Nutrition, Los Angeles, California. He reported on many isolated races that were free of mental illness and mental retardation. His 27th chapter contains a suggestion that should be the focal point of the pending legislation.

Nutritional Programs for Race Regeneration

"Our modern civilizations are doubly indebted to the primitive races for they have both demonstrated what we might be like in physical form and health and have indicated the nutritional requirements for doing so.

"We will consider these expressions of modern degeneration under two main

headings, namely, those caused chiefly by the faulty nutrition of the affected individual, and those caused in large part by parental deficiencies which affect function.

"Typical expressions of the former are: dental caries, periodontal inflammations, so-called pyorrhoea alveolaris, types of eye inflammations, failing vision, scurvy, un-united fractures, recurring spasmodic fractures, skeletal affections, joint pains, beriberi, pellagra and sterility. Over ninety have been reported by McCarrison.

"The second group of affections are associated with prenatal injuries, caused by parental vitamin and mineral deficiencies, before and at the time of fertilization. These affect the germ cells, thereby producing a defective fertilized ovum and defective fetus.

"In this group are hare-lip, cleft palate, narrow hips, narrow face, constricted nostrils, mental backwardness, juvenile delinquency, skull defects of the face and the floor of the brain, brain defects, mongoloidism, idiocy, etc. These two groups will be discussed and illustrated separately in this chapter.

"At the point of contact of modern commerce with large areas in which the primitive racial stocks have been protected by their isolation, we find degeneration of the human stock in its worst phase." (Page 495)

"Our immediate need is for means to prevent the building of defectives which is primarily a matter of education of parents to be, long before the prob-

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A Battle Ahead
You Can Help Win It by Getting
a New Member Now

lems arise. This is the method used by many of the primitive races that I have studied. It does not involve parading sex problems but simply telling the story of biology to both grade and high school pupils, which now is being done very successfully. An adequate nutritional program will indicate in detail both the nature of the defects produced by faulty foods in each of the individuals themselves and in their offspring. The needed better foods for both are indicated. It is significant that the proper foods have been found available in all the countries where primitive races have succeeded. Very often, however, certain foods, recognized as necessary, were carried long distances." (Page 524)

We urge the members of this Committee to give the same attention to the nutritional aspects of mental illness and mental retardation as is now being given to psychiatric oriented therapy.

Family Circle

(Continued from page 2)

state Commerce, or the manufacture, distribution, or sale of any nontoxic product, the efficacy of which is supported, recommended, or prescribed by a minority of bona fide medical opinion as long as the label of the product bears a statement to that effect.

We Are Getting Out of Patience

We are getting out of patience with the newspapers, television programs, magazine articles, and speeches which slander the natural approach to health and those connected therewith.

Legal Department

The time has come when the Federation must launch its own legal depart-

ment. It will take money to do this, but somehow a way will have to be found to finance this work. No longer can we sit idly by and see men and women convicted, their only crime being that they want to help people get well by some natural method, rather than by drugs; or whose only crime is that they want to have the American food supply just as nature intended it to be. Most of these men and women would not have been convicted if the Federation had had a strong legal department to furnish the defense attorney with the proper legal advice and other supporting data. The time is now. We must move forward.

Pennsylvania Natural Food Associates Convention

Jane Preston, the President of the Pennsylvania Chapter, sends the following information. The N.F.A. Convention for the State of Pennsylvania will be held on June 14 and 15 at Franklin and Marshall College, Lancaster, Pennsylvania. Accommodations can be had at the college. For further information, contact C. Earl Welchans, 1913 Willow Street, Pike, Lancaster. For information as to better health, we recommend attending these conventions.

The First Regularly Enrolled Member of the N.H.F. Youth Group

In late December we received a check from Thomas P. Matejka, D.N., of Sycamore, Illinois, with instructions to enroll his son as a member of the N.H.F. Youth Movement. We intended to publish this item in January but the **Bulletin** has been so full of important matters that we had no room. So now, at long last, we say, "Welcome, Glen!"

No Conflict of Interest

The following letter sets forth the feelings of many of our members. We

(Continued next page)

are reproducing it here that others may read and ponder the advice contained in it.

Honorable Sir:

It is my firm belief and I believe it is the belief of a majority of right-thinking citizens that wherever tax money is appropriated by state legislature, that provisions should be incorporated in that appropriation to the end that all those entrusted with the disbursing of such funds should have no conflict of interest.

I believe this is the accepted philosophy by all state governments in all things except in the field of health, and it is my opinion that you would render a great service to humanity by insisting that this same principle prevail in all cases where tax monies are appropriated for health purposes.

Very truly yours,
L. J. Slausenwhite

Smog Control

California may take a step in the direction of the final elimination of the SMOG peril. The following bill, if enacted into law, would go a long way toward that end. The California Health Federation is supporting this bill. The text of the bill follows:

Assembly Bill No. 2163

Introduced by Mr. Danielson

April 2, 1963

Referred to Committee on Transportation and Commerce.

An act to add Sections 20785 and 20786 to the Business and Professions Code, relating to standards of purity for gasoline and diesel fuel.

The people of the State of California do enact as follows:

Section 1. Section 20785 is added to the Business and Professions Code, to read:

20785. It is unlawful for any person to

sell, offer for sale, assist in the sale of, permit to be sold or offered for sale, or deliver or offer to deliver to any premises for the purpose of sale any gasoline which:

(a) Has a sulfur content in excess of one-twentieth of 1 per cent by weight.

(b) Has an acid heat of reaction when tested by the American Society of Testing Materials, Designation D 481-39, in excess of 30 degrees Fahrenheit. On November 1, 1963, and on the first day of each month thereafter, the maximum heat of reaction permitted by this subdivision shall be reduced 1½ degrees Fahrenheit until the maximum heat of reaction allowable has been reduced to 12 degrees Fahrenheit.

(c) Contains any metallic additive, except tetraethyl lead.

(d) Has a tetraethyl lead content in excess of three milliliters per gallon. On November 1, 1963, and on the first day of each month thereafter, the maximum amount of tetraethyl lead which may be contained in gasoline shall be reduced three-tenths of a milliliter until the use of tetraethyl lead in gasoline is prohibited.

Section 2. Section 20786 is added to said code, to read:

20786. It is unlawful for any person to sell, offer for sale, assist in the sale of, permit to be sold or offered for sale, or deliver or offer to deliver to any premises for the purpose of sale any diesel fuel which has a sulfur content in excess of one-fourth of 1 per cent by weight.

Two bachelors were discussing how to live alone and like it.

"Take cooking," said one. "A long time ago I bought a cookbook but never used it. Too much of that fancy woman's stuff in it."

"What do you mean?" the other asked.

"Why, every one of the recipes began, 'Take a clean dish'—and that stopped me every time!"

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 Quackery10	.04
4. The National Health Federation—What It Is10	.04
5. The History of a Crime Against the Food Law15	.10
6. The Decline of the Medical Profession in Public Esteem50	.35
7. Is Cancer Curable?	1.00	.90
8. A.M.A. Discovers Truth About Salk Vaccine —Reprinted from the Journal of 1-21-5608	.03
9. Use of Humans as Drug Guinea Pigs Charged08	.03
10. Health Foods and Death Foods50	.50
11. The Fluoride Curtain25	.25
12. Polio Exemption Letter08	.05
13. How Keen Is Your Reason?08	.03
14. N.H.F. "Worker's Kit"	1.50	1.50
15. Manual of Deficiency Disease	1.50	1.50
16. Three Opinions of the "Death Food Propaganda"10	.08
17. The Effects of Fluoride on the Human Body08	.04
18. Medical Reasons Why You Should Not Drink Fluoridated Water10	.07
19. What's in the Hoxsey Treatment?08	.05
20. Why Fluoridation?08	.03
21. Statement by Karl B. Lutz15	.10
22. New Storm over Polio Vaccine?08	.03
23. Sentence of "Health" Lecturer for F.D.C. Act Violation Upheld08	.03
24. A.M.A. Links 48 Drugs to Blood Damage08	.03
25. Fluoride vs. Freedom15	.13
26. Corruption in the A.M.A.25	.25
28. Medical Monopoly Charged—Health Group Answers A.M.A.08	.03
29. Are We Starving to Death?15	.13
30. Your Health—What It Is Worth to the Racketeer25	.18
31. North Dakota Agricultural College Bulletin No. 72: Bleaching of Flour25	.18
32. Chemicals in Food25	.18
33. How Our Government Subsidizes Malnutrition and Disease25	.18
34. The History of a Crime Against the Food Law25	.18
35. Congressional Record—86th Congress, 1st Session: Health of the American People08	.05
37. Peril on Your Food Shelf08	.05
38. Three Blood Transfusions Out of Four Are More Likely to Harm Than to Heal15	.13
39. New Cancer Menace in Foods15	.13
40. The Despotism of Our Federal Pure Food Law15	.13
41. Pure Food and Pure Fraud08	.05
42. Hidden Dangers in White Bread10	.08
43. The Great American Tragedy—Our Health Is Being Destroyed by Four Food Traps10	.08
44. Fred Hart—An Advocate of Truth10	.08
45. The F.D.A. Campaign of Deception to Mislead the Public50	.40
46. The Food You Eat	1.00	.90
47. Trial and Tribulations of a New Remedy (Cancer)10	.08
48. N.H.F. return envelopes10	.02
49. Second International Seaweed Symposium10	.08
50. A Fresh Look at Milk15	.10

Alaska Mental Health Act

by Clinton R. Miller

On a beautiful Sunday, September 9, 1962, the Alaska Psychiatric Institute was dedicated in Anchorage, Alaska's largest city. Senator Bartlett (D) of Alaska, proudly declared that it was "the newest, most modern hospital in the world for the care of the mentally ill." The Institute is situated on a 70- (not a million) acre tract in southeast Anchorage, about four miles from the city center. A six and one-half million dollar Federal grant to Alaska financed its construction, which was begun in May, 1960, and completed in the summer of 1962. It is a 225-bed hospital with the primary function of providing treatment for patients with major mental illness. There are more than 225 full-time employees at the Institute.

Turbulent History

Six years earlier, in 1956, Congress was the scene of an extremely bitter battle over the Alaska Mental Health Act. The act authorized money and land grants to finance construction of this hospital and helped Alaska start to carry her own mental health program. Sponsors and friends of the bill were subjected to unwarranted personal attacks that made deep wounds that are still tender. The original 43-page bill, H.R. 6376 by Representative Edith Green (D) of Oregon, when finally signed into Public Law 830 by President Eisenhower on July 28, 1956, contained only six pages. The major cut was proposed by Senator Goldwater (R) of Arizona, who introduced an amendment to H.R. 6376 which omitted the controversial commitment procedures. His amendment was accepted and the Alaska Mental Health Act passed.

The bill as amended was unanimously approved by the Senate. The House on July 20, by a vote of 130 to 16, passed H.R. 6376 and it is now Public Law 830 of the 84th Congress.

The bill, however, was also an enabling act which provided that "the Territorial legislature is hereby authorized to enact such laws on the subject of mental health as it may deem appropriate. . . ." In face of the strong opposition that was raised against the commitment language, it seemed unnecessary to its sponsors to have Congress insist on writing the commitment procedures and then simultaneously give Alaska authority to rewrite them. As was predicted, the Alaskan Territorial (now State) legislature has since passed commitment procedures almost identical to those which were originally written into H.R. 6376, and amended out at the time it passed. While it appeared that the critics of the commitment procedures had won their point by the Goldwater amendment, they really hadn't. Alaskans have commitment procedures in their own State law today almost exactly as they were originally drafted in the Alaska Mental Health bill. The "victory" was only postponement and simply substituted a Territorial (now State) law for a Federal one. Any improvement in this law will have to be done at the State level.

Historical Background

Senator Bartlett told the Senate, when he returned from dedicating Alaska's first mental hospital, why he was proud of his part in getting the Alaska Mental

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Health Act passed. "The then Territory of Alaska," he explained, "was and had been throughout its existence strangely situated in respect to the treatment of the mentally ill. For reasons not entirely clear, the Territorial government had been prohibited from passing any legislation at all on this subject. The Federal Government cared for those who had to be hospitalized at a contract institution in the State of Oregon. Modern opinion was strongly against this contract system and only one state in the Union continued to use it, and then only to a very limited extent."

Families and friends could not visit with their mentally ill unless they traveled thousands of miles to Oregon.

We bought Alaska in 1867, for 2¢ an acre. From then until 1900 we ignored this fabulously rich territory of 375 million acres, known as Seward's Folly, and had no concern over its mentally ill. On June 6, 1900, Congress enacted a law providing that the Governor of Alaska should contract for the care and custody of persons adjudged insane in the district of Alaska.

The following account was read into the Congressional Record, September 26, 1962, by Senator Bartlett. He gave more credit to its author, Dr. Marjorie Shaeron, for the passage of the Alaskan Mental Health Act than he took for himself.

She reported:

"At first there was only one insane person to be sent to the States. Then there were four or five and these were cared for in Idaho, Oregon, and Washington. Then, in 1904, a private hospital, the Morningside Hospital, in Portland, Oregon, obtained the contract to care for Alaska's mentally ill. That arrangement persisted until 1962, when there were some 345 Alaskans at Morningside

Hospital. The proprietor took a yearly fee of \$30,000.00, his son \$12,000.00. Over and above that the profit was \$69,000.00 a year. An audit demanded by Representative Green of Oregon revealed large-scale padding of the hospital's items of expense resulting in a much larger profit. The Federal Government paid \$184.00 a month per patient, the annual expense being about \$800,000.00, not counting transportation charges to and from Oregon.

Alaska Without a Mental Hospital Until 1962

"About 40 or 45 years ago Congress authorized the building of two hospitals for the insane in Alaska, one at Nome, the other at Fairbanks. The Nome hospital was never built, since funds were not appropriated. At Fairbanks a small, two-story frame detention house was constructed in lieu of a hospital. The building deteriorated so badly that it was finally closed as unfit for human use. About 25 years ago it burned down and was never replaced." Thus there was not a hospital for mental illness in the Territory of Alaska until 1962.

The Alaska Mental Health Bill, in addition to the \$6½ million dollar grant to construct the hospital, contained an additional grant of \$6 million to be paid over ten years to help the Territory ease into the heavy financial load which otherwise would be abruptly placed upon the Territorial (now State) government for the first time.

One-million-acre Land Grant

"Finally," Senator Bartlett recalls, "and this is what started all the trouble—the Territory of Alaska, which in its governmental capacity was land poor in the midst of the greatest land area in any U.S. political subdivision, was granted a million acres from the U.S.

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public domain. The purpose of this was that the Territorial government might obtain additional revenue through sale or lease of this land."

"Siberia, U.S.A.?"

The committee report calmly summarized the objections to the land grant as follows:

"A number of persons communicating with the committee expressed the fear that this million-acre land grant would be used for a Siberia-like concentration camp in Alaska to which the political opponents of those in power in the several States and the Federal Government would be sent."

This accusation left the bill's sponsors dazed and amazed. Senator Bartlett remembers: "It was after [the bill passed the House] that the blow descended. And what a blow. Once before the Senate, the Act became the focal point of a heated controversy. A tempest arose. The legislation was widely assailed. At that time I was Delegate to the House of Representatives from the Territory of Alaska and I recall ever so well one Senator telling me that upon the subject of Alaskan mental health legislation he had received more correspondence than on any other since the lend-lease bill was before the Senate. This was typical.

"Undoubtedly, the Act would have died in the Senate," the Senator continued, "had not the members of its Interior and Insular Affairs Committee been men of judgment, of conviction, and of courage."

In passing this verdict, Senator Bartlett, himself a Democrat, was giving equal credit to Republicans. He mentioned particularly Senator James E. Murray (D) Montana, Senator Clinton P. Anderson (D) New Mexico, Senator Arthur V. Watkins (R) Utah, Senator Henry M. Jackson (D) Washington, Sen-

ator Alan Bible (D) Nevada, and Senator Barry Goldwater (R) Arizona.

Historical Precedents

Again I quote from Dr. Shaeron, who was formerly consultant to the late Robert A. Taft. "Alaska was eagerly awaiting statehood. Bit by bit the United States was giving more authority to the Territory. Historically, the Federal Government has made large grants of land to all Territories as they approached statehood. Precedents in history and in American jurisprudence shaped the important provisions of H.R. 6376.

"Land grants for schools, college, and other public purposes go back more than 170 years in our history. They were established under the Ordinance of May 20, 1785, and the Northwest Ordinance of 1787. Lot 16 in each township was set aside by the Government for schools. Later, land-grant colleges were endowed by the Government.

Land Grants for Hospitals for the Insane

"Between 1880 and 1906, five Western States received land grants for the care of their insane. These Federal grants were made at the time of the enabling acts of Idaho (1890), Oklahoma (1906), South Dakota (1889), Utah (1894), and Wyoming (1890). The grants ranged from 30,000 acres in Wyoming to 200,000 acres in Oklahoma and constituted up to 0.3 per cent of the State's area. The proposed Alaskan grant of one million acres is less than 0.3 per cent of the land area of the Territory.

"This modest grant to Alaska actually looks small compared to the U.S. grants of 10 million acres of the public domain to Arizona, nearly nine million acres to California, 24 million acres to Florida, 16 million acres to Minnesota, seven million acres to Oregon, and four million acres to Indiana. These six states have

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a total land area of 548,809 square miles which is only 22,000 square miles less than Alaska's 571,000 square miles. The land grants to the six states in question have amounted to 70 million acres as against the one million proposed by Congress for Alaska. These six States have enjoyed land grants amounting to over 70 times the amount proposed for Alaska. Presently the Federal Government owns more than 99 per cent of the Territory, thus having a strangle hold on one of the chief sources of revenue that might make Alaska more nearly self-sustaining. Since the United States paid only two cents an acre for Alaska, the proposed million-acre grant for a mental health program would represent only a \$20,000 outlay."

It is interesting to note that Senator Goldwater did not ever even consider amending out the million-acre land grant provision. Indeed, the legislative history shows that it was no other than Representative Miller, a Republican physician from Nebraska, who proposed in committee an amendment to increase the land grant from 500,000 acres to one million, for he feared the smaller amount would be inadequate to provide funds for the continuing costs of a long-term mental health program. This is the same Dr. Miller who first opposed the United States Public Health Service plans to fluoridate public water supplies, and was one of the first Congressmen to recognize and publicly declare that the USPHS was misleading physicians, dentists, and State public health departments with false and misleading fluoridation propaganda.

It was not ever intended that the million acres should be set aside in one big block, and it has not been. The purpose of the land grant was not to set aside a site for the location of a hospital, but to

furnish a continuing source of income to Alaska when, for the first time, they took over the payment of their own bills for their mentally ill.

Representative Edith Green (D) Oregon and Representative Leo W. O'Brien (D) New York

Senator Bartlett said, "Representative Edith Green of Oregon became, from the outset, one of the strongest advocates of this legislation, despite the fact that it would have the eventual result of terminating a profitable contract which had been in effect for so long with a hospital in her own community. Representative Leo W. O'Brien of New York, author of the Alaska Statehood Act, and always Alaska's friend, not only managed the bill in the House, but when it was in grave danger in the Senate, came before the Senate Committee to make an eloquent and logical appeal for its passage.

"Also listed as friends of the bill were Representative Wayne Aspinall (D) Colorado, now chairman of the House Interior and Insular Affairs Committee, Representative John P. Saylor (R) Pennsylvania, now ranking Republican member of the same committee, also former Representative A. L. Miller (R) Nebraska, then ranking Republican member of the committee."

Importance of Careful Study Before Opposing or Favoring Legislation

It is difficult, if not impossible, to interpret any bill without attending the hearings or studying them in printed form. Federal attorneys and members of the Supreme Court rely heavily on the legislative history of any Act. The hearings on the Alaskan Mental Health Bill were held before Mr. O'Brien's House Subcommittee on Territories and Insular Affairs and extended at a leisurely pace from April to July, 1955. Mr. O'Brien's

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committee then held prolonged hearings in Alaska in September, 1955, where there was universal support for the legislation. The hearings filled five volumes (1,228 printed pages). They were conducted in an open, perfectly fair and objective manner. It is apparent that there was no truth in the charge of a plot to fence in a million acres for political prisoners. There is much in the testimony, however, that is disquieting.

Commitment Procedures

A recent article in **Reader's Digest** about sane people who get put away focused international attention on this problem. The National Health Federation is aware that under the new relaxed modern commitment procedures, followed in many states, sane people are being committed against their will. The testimony revealed arguments for "special commitment procedures" to handle the case of a person who went beserk in Alaska 500 miles from the nearest physician. This argument was followed by the statement that the following states, Idaho, South Carolina, Utah, Florida, Arizona, California, Colorado, and Missouri, already had procedures substantially identical to those whose need was argued on the grounds of unusual geographical circumstances. As a matter of fact, in air-minded Alaska, or any place in America, no one is more than an hour's flight from physicians and courts. **The whole argument that a person accused of being mentally ill should be deprived of an "optional on demand" trial by jury or any other constitutionally guaranteed right on the grounds that it is advocated by modern judicial opinion and medical experience or unusual geographical circumstances is, in our opinion, unsound.**

"A soft answer turneth away wrath: but grievous words stir up anger." Proverbs 15:1.

Name Calling

A great deal of name calling was exchanged between opponents and proponents of the Alaska Mental Health Act. Those who seemed to suspect too much were called the lunatic fringe and paranoiacs, while those who seemed not to suspect anything were called subversive and communists. Adding name calling to an argument is like putting out a fire with gasoline.

It is possible to be aware without being unfair.

Statesman Senator Harry Blood Byrd's Formula

At a recent **Reader's Digest** award dinner held in his honor, Senator Byrd (D), Virginia, set out a fine formula that might be better used in future discussions about mental health.

He said: "I have served with hundreds of Senators in my 30 years, and many Senators I thought were in error because they did not vote as I did—and they, no doubt had the same feeling about me. But I have never known a Senator to commit what I consider to be a dishonest act.

"So may the Senate always be the greatest deliberative body in the world; may its members continue to differ sharply on issues, without sacrifice of the amenities of civilized discourse."

Take Notice

The National Health Federation is in no way involved in the Hohense Case and the name of the Federation or any of its state or local chapters is not to be used by anyone in connection with that case.

WASHINGTON REPORT

Legislative Workshop by Clinton R. Miller

Abbreviations used: H.R.—A bill in the House of Representatives.
H. Res.—A resolution in the House of Representatives. S—A bill in the Senate.

GOOD "GREEN LIGHT" BILLS

	GREEN LIGHT BILLS with: Number Sponsor Description	COMMITTEE or SUBCOMMITTEE and Chairman and present status of the bill.	INSTRUCTIONS and SUGGESTIONS
AIR POLLUTION	S. 432, Air Pollution Control. Senator Ribicoff (D). The bill is co-sponsored by Senators Mansfield (D) Montana; Humphrey (D) Minnesota; Kuchel (R) Calif.; Randolph (D) West Virginia; Young (D) Ohio; Boggs (R) Delaware; Bartlett (D) Alaska; Bible (D) Nevada; Cannon (D) Nevada; Dodd (D) Connecticut; Inouye (D) Hawaii; Long (D) Missouri; McGee (D) Wyoming; Morse (D) Oregon; Nelson (D) Wisconsin; Pell (D) Rhode Island; Williams (D) New Jersey.	Senate Committee on Public Works. Senator Pat McNamara (D) Michigan, Chairman. Early hearings before this committee are very possible if enough public support is forthcoming. The ranking members of the committee are also co-sponsors of the bill—Senators Randolph, Young and Muskie. Senator Ribicoff will also hold hearings in his government operations subcommittee, but his is not a legislative committee. It is the Public Works Committee that must hold hearings in order to pass a law.	1. Write to the sponsors. Compliment them and encourage them to work for early hearings. 2. Write to Senator McNamara. Urge early hearings before his committee. 3. Write your own Congressmen and urge them to work for early hearings. (They will forward your letters to the Committee.)
WATER POLLUTION	S. 649, Senator Muskie (D) Maine. To aid in preventing, controlling and abating pollution of interstate waters. Co-sponsored by Senators Clark (D) Pennsylvania; Douglas (D) Illinois; Engle (D) California; Gruening (D) Alaska; Hart (D) Michigan; Humphrey (D) Minnesota; Inouye (D) Hawaii; Long (D) Missouri; Magnuson (D) Washington; McCarthy (D) Minnesota; McGee (D) Wyoming; Moss (D) Utah; Neuberger (D) Oregon; Pell (D) Rhode Island; Randolph (D) West Virginia; Ribicoff (D) Connecticut; Williams (D) New Jersey; Young (D) Ohio.	Senate Committee on Public Works. Senator Pat McNamara (D) Michigan, Chairman. Senator Muskie is a ranking member as are co-sponsoring Senators Randolph, Young and Gruening. There are good chances for hearings if there is strong public support and popularity.	1. Write to the sponsors of the bills. LET THEM KNOW THAT YOU ARE MEMBERS OF THE NATIONAL HEALTH FEDERATION. Compliment them on their sponsorship. 2. Write the chairman of the committee and urge early hearings. 3. Write your own Congressmen and urge them to work in your behalf for early hearings.
AIR AND WATER POLLUTION CONTROL	S-736 TAX RELIEF for air and water pollution control expenditures. By Senator Ribicoff, (D) Conn. Co-sponsored by Senators Bible (D) Nevada; Boggs (R) Delaware; Cannon (D) Nevada; Dodd (D) Connecticut; Hart (D) Michigan; Humphrey (D) Minnesota; Inouye (D) Hawaii; Kuchel (R) California; Long (D) Missouri; Magnuson (D) Washington; McGee (D) Wyoming; Randolph (D) West Virginia; Williams (D) New Jersey; Muskie (D) Maine; McIntyre (D) New Hampshire; Pell (D) Rhode Island.	Senate Committee on Finance, Senator Harry Flood Byrd (D) Va., Chairman. None of the sponsors of the Bill are members of the powerful Senate Finance Committee. An extra effort on our part is called for to get hearings before this busy committee on these bills.	1. Congratulate and encourage the sponsors of the bills. 2. Write to Senator Byrd and encourage early hearings. 3. Write your own Senator and ask him to work in your behalf for early hearings.
AIR AND WATER POLLUTION CONTROL	S-737, to provide low-interest loans to small business for water- and air-pollution treatment works. By Senator Ribicoff (D) Conn. Co-sponsored by same Senators as S-736 plus Senator Young (D) Ohio.	Same as S-432 and S-649 above.	Same as S-432 and S-649 above.

	RED LIGHT BILLS NUMBER Sponsor Description	COMMITTEE or SUBCOMMITTEE and CHAIRMAN — with present status of bill and anticipated action.	INSTRUCTIONS and SUGGESTIONS
FLUORIDATION BILLS	H. Res. 191 Baring (D) Nevada. Makes a committee for a fair study of fluoridation. A reintroduction of last year's H. Res. 514.	House Committee on Rules. Chairman, Howard V. Smith (D) Va. No action taken or scheduled.	Rep. Baring now has the open support of Rep. Rivers (D) Alaska. Take no action yet.
FLUORIDATION BILLS	H. Res. 192 Baring (D) Nev. Provides funds for expenses of H. Res. 191. A reintroduction of last year's H. Res. 515.	House Committee on House Administration. No action can be taken till Res. 191 passes.	S-917 and H.R. 4742 which were "red-light" fluoridation bills of the 87th Session have just been reintroduced! See under red light bills—S-128, H.R. 5428.
FLUORIDATION BILLS	H. Res. 193 Baring (D) Nev. Directs the Secretary of Health, Education, and Welfare not to promote or approve fluoridation. A reintroduction of last year's H. Res. 516.	House Committee on Interstate and Foreign Commerce. Mr. Oren Harris (D) Ark., Chairman. No action taken or scheduled.	
FUND DRIVES	H.R. 346 Herlong (D) Fla. To prevent charity funds graft by requiring full public disclosure of funds records. This is H.R. 9319 of last year reintroduced.	House Committee on Ways and Means. Tax bills are presently being considered and have priority.	No direct concerted action now.
SUPPRESSED CANCER CURES	H.R. 3408 Libonati (D). To amend the P.H.S. Act to provide judicial review of Agency orders concerning biological products.	House Committee on Interstate and Foreign Commerce. Rep. Oren Harris (D) Ark., Chairman. This bill would curb agencies suppressing cures.	Rep. Libonati knows about Krebiozin. Expected national publicity may get action this year. Urge immediate hearings.
SUPPRESSED CANCER CURES	H.R. (#————) Walters (D) Pa. Not introduced yet, so no number is given. This is to be an American Bar Association backed omnibus bill which includes Pike's bill to prevent prejudging publicity. To be a reintroduction of H.R. 9926.	This will go to Mr. Walters' own Subcommittee on Administrative Procedure of the House Judiciary Committee.	Rep. Walters has been ill. No action anticipated until he's well.
PREJUDGING BILLS	H.R. 4057 Pike (D) N.Y. Prohibits prejudging publicity and stops "trial by press release." Same bill as H.R. 10077 Pike and H.R. 10058 King (D) Utah of last (87th) Congress, reintroduced.	Referred to the Subcommittee on Administrative Procedure of the House Judiciary Committee. Rep. Francis A. Walters is Chairman.	No need to take any action until Rep. Walters is well and active on this committee.
YOUTH COUNSELOR	H.R. (#————) Ashbrook (R) Ohio. This is to be a reintroduction of Rep. Ashbrook's H.R. 10508 of last year. It requires all guidance and personality tests to be submitted to parents for their consent before being given. It will be reintroduced soon.	To be referred to House Committee on Education and Labor Administration. C. Powell (D) of New York, Chairman. Not introduced yet, hence no number. A feud between Chairman Powell and sponsor Ashbrook, a committee member, on another matter makes it unlikely we'll get early House action. We will try for a Senate sponsor.	Rep. Ashbrook was responsible for a reduced budget for his Committee Chairman, Adam C. Powell. Their feud was bitter. It greatly reduces chances for hearings before Powell's committee. We will have to shift to Senate. Write to your Senator and encourage him to sponsor this bill.
BAD BILLS			
HEALTH DICTATORSHIP	H.R. 728 Abraham Multer (D) N.Y. Makes U.S. President a Dictator of Health. This is H.R. 828 of last (87th) Congress reintroduced.	House Committee on Banking and Currency. Rep. Brent Spence (D) Kentucky, Chairman. No action taken, anticipated or scheduled.	Watch this column. Write to House Document Room, Washington, D.C. and ask for a free copy of H.R. 728. Then show this fantastic blueprint for a U.S. health dictatorship to your newspapers and unaware friends.

NATIONAL HEALTH FEDERATION

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SPECIAL BULLETINS

1. **A Message to Our Members:** Your National Health Federation has a tremendous program which must move forward. It cannot do so unless you members believe in it enough to make the needed sacrifice to provide the funds needed. At the present time only one half of the needed funds is being received at the main office.
2. **Unless this condition changes** within the next 30 days, we shall have to cut the funds available to the Washington Office and curtail many of our important activities. We can think of nothing more important to this and future generations than the work the Federation is doing. PLEASE WILL YOU NOT MAKE A SPECIAL EFFORT TO SEND IN A DONATION, EVEN THOUGH IT BE A SMALL ONE, OR SEND IN SOME NEW MEMBERS NOW?
3. **Present plans call for an all-day and evening convention in Dallas, Texas, on Saturday, the 13th of July; a night meeting at Phoenix, Arizona, on Wednesday, July 17, and a full day and evening convention at Salt Lake City on Saturday the 20th of July.** If these are successful, as we feel they will be, more one-day conventions will be held later in the year.
4. **The big N.H.F. Midwest Convention will be held at Akron, Ohio, on September 25, 26, 27 and 28.** Make plans now to attend. This could be one of our best conventions, if present plans work out.
5. **Last, but not least, the Ninth Annual Meeting and Convention of the Federation will be held in Los Angeles, California, January 1, 2, 3, and 4, 1964.** Mark your calendar. More about these two conventions later.