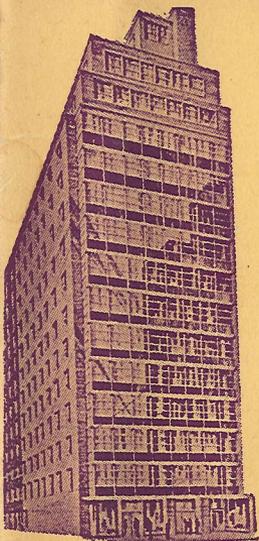


National Health Federation



25¢



IT IS TIME TO FIGHT BACK

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**AMERICANS CRUSADING FOR
BETTER HEALTH**

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

Volume IX—Number 5

May, 1963

BULLETIN

Family Circle

By Fred J. Hart

When you make a mistake, correct it quickly, so here goes. In the April issue, when I wrote the article about perpetual membership, or rather digging wells rather than building monuments, I wrote, "In any of the above ways the person concerned will be enrolled as a life member the day the funds are received." It should have read perpetual membership instead of life, as a life membership costs only \$100 while a perpetual membership costs \$1,000.

Speaking of life memberships, we are still short of our three hundred and I am hoping that in view of the fine work the Federation is doing that we will soon have the three hundred. As I have told you in previous issues, the Federation's program this year has been enlarged to the extent of an increased budget of \$21,000 a year. I am sure you will agree that this year's work so far indicates that the increase is a good investment, but, I am telling you in all seriousness, unless those who are interested in the natural approach to health do one of three things, to wit: 1. Help to double the membership, or 2. Make a pledge of one dollar per month or more, or 3. Make substantial donations to the work by July first, we are going to have to cut back on our program in Washington. I am not writing this to throw a scare into you, but, because this is your organization, you are entitled to know the truth. The Washington office receipts, as of this writing, are running \$40 a day less than they need to pay the bills, and the receipts for the general work of the Federation are running \$55 a day short. There are about 2,500 members who have not yet paid their 1963 dues. The deadline is June first. If the numerals near your name and

address on the **Bulletin** read 62, then your dues are due and payable. Please take a look and help us meet the Federation's bills by sending in dues for 1963.

The Bulletin

To publish the **Bulletin** and print the thousands of pieces of literature the Federation prints and distributes, plus the keeping of the mailing lists, etc., plus the general work of the Federation, is vital at this time if the Federation is to be an effective voice on behalf of health, liberty and freedom of choice. When sending in your dues, if you can spare an extra \$2, may we urge you to do so for the expense of the Washington office. The Federation is making real progress at Washington and we must keep it up. Clinton Miller has a secretary for the first time. This gives him more time for doing the job he is in Washington to do. It is up to the membership and those who believe in the natural approach to health to decide, by their giving, whether he continues to have this help or not.

Pledges

During past years many of our members pledged one dollar a month or more and paid the pledge by the month, or quarterly. I have looked over the list and find that many of those who have in the past pledged monthly payments have paid them in full but have not renewed the pledge. This is the year of decision. This is the year when the Federation is being put on a secure foundation from the standpoint of an efficient staff and program procedures—so we must supply the needed funds. May I urge you to make a pledge, or renew your old pledge, that the Federa-

(Continued to page 28)

DOUBLE or NOTHING

That is how important it is that the Federation double its membership this year. This is, indeed, the year of decision, and the success or failure of this drive will decide the future program of the Federation.

To make it as easy as possible for you to send in memberships, we are printing the following forms. These forms are perforated to make them easy to tear out and mail in. DO IT TODAY.

Ten dollars is enclosed for which send the following three persons a 1963 membership in the Federation:

Name

Street Zone

City State

Name

Street Zone

City State

Name

Street Zone

City State

Any of the above who are not now subscribers to the **Herald of Health** or **Let's Live** may secure one or both of these papers by adding one dollar to the above \$3.00. This secures the **Herald of Health** for one full year or **Let's Live** for a period of six months, or both of these fine magazines for \$2.00 additional.

Please note the post card below. Please tear it out, put a four-cent stamp on it, write your name and address, and mail at once to Congressman Libonati. It is important that you act at once on this.

Roland Libonati, M.C.
House Office Building
Washington, D.C.

Bill Would Block Psychological Tests Given to Students

Psychological testing of pupils without their parents' permission would be prohibited by a bill introduced in the Senate Monday.

The testing program, conducted in some school systems, came under attack last year at the Republican state convention as the result of tests conducted in Spokane, Tacoma and other areas.

There were charges that the tests, asking the children about personal matters and their home life, amounted to a form of "brain washing" and resulted in the production of a record that followed the child throughout his school years.

The bill, introduced by Senators John Stender, Auburn Republican, and Frances Haddon Morgan, Bremerton Democrat, does not affect tests given for aptitude, achievement, I.Q., or physical evaluation.

It would provide that no psychological tests could be conducted until after the school board of the district involved gave public notice, called a public hearing, and adopted a policy.

Then if the board adopts a policy authorizing psychological testing, "such testing shall be subject to approval of the parents of each child to be tested."

Editor's note: The foregoing Associated Press dispatch is being reproduced in this issue of the **Bulletin** to the end that other State Health Federations may have similar measures introduced into their legislatures. The National Health Federation, through its Washington Office, will have similar legislation introduced into this session of Congress. We urge every member of the Federation in the State of Washington to write Senator John Stender, of Auburn, Washington, and Senator Frances Haddon Morgan, of Bremerton, Washington, and congratulate them, as well as pledge their support of the measure. The National Health Federation is on the march; let's keep the lines moving forward.

Congressman Roland Libonati
House Office Building
Washington, D.C.

Dear Congressman Libonati:

This card is sent to you to express my appreciation for the courageous manner in which you have advocated a fair test for Krebiozen. We are pleased that you have introduced H.R. 3408, which we believe to be much-needed legislation.

We are writing to our Congressman to support you in your attempts to get this bill enacted into law. If there is any way in which we can be of assistance to you in this matter, please advise Mr. Clinton Miller, who is in charge of the Washington Office of the National Health Federation.

Sincerely yours,

Name.....

Street..... Zone.....

City..... State.....

P.S. This card does not require an answer.

The NATIONAL HEALTH FEDERATION

VOLUME IX

BULLETIN

MAY

NUMBER 5

Adventures on Health Frontiers
Published Monthly

1963

Memorandum Suggesting Retraction of Statement by Dr. Stare Appearing in the February, 1963 Issue of "Reader's Digest"

Re: Memorandum Opinion—Question Presented—Is the Imperative Statement in **Reader's Digest**, "Beware of Health Food Stores," Actionable in a Libel Suit?

On page 181 of the **Reader's Digest**, February 1963 issue, there appears an article by Frederick J. Stare, M.D., Chairman, Department of Nutrition, Harvard University. The article is entitled "The Secret of Weight Control: Cutting Down—Not Out!" The article appears on a page bearing in small print on the upper right corner the word "advertisement."

The question presented in your letter is, in effect, as follows:

Is the statement in Dr. Stare's article, "Beware of health food stores and quacks," actionable in a libel suit for damages by the health food store industry? If so, who is liable? Is either Dr. Stare, Harvard University, **Reader's Digest**, or those responsible for this advertisement and publication thereof liable in a law suit for damages, both general and punitive, under the theory and principle of common law libel?

According to **Webster's New Collegiate Dictionary**, the word "beware" is defined as meaning "to be on one's guard

[against]." It is an imperative verb of warning of danger. In the sense in which it is used in Dr. Stare's article, it would, undoubtedly, be considered a general warning to the consuming public not to buy from or trade with health food stores for fear of getting foods dangerous to health, deleterious, adulterated or misbranded.

Obviously, the imperative warning of danger was intended to destroy public consumer confidence in the health food store business and its products.

Such a statement would, and was intended to, defame the health food store business.

Under the common law of almost every state and the District of Columbia, defamation is an invasion of one's interest in reputation and, since reputation is the regard in which we are held by others, publication, in the case of libel, or communication, in the case of slander, is essential. We are left with the problem of what imputations constitute an invasion of one's interest in reputation—in short, what are the basic elements of reputation. Professor Proser in **The Law of Torts** 572 (2d. ed., 1955) says it involves a diminution of

(Continued next page)

the esteem, respect, good will or confidence in which the plaintiff [health food store] is held. **Black's Law Dictionary**, 505 (4th ed., 1951) states: "Defamation, a generic rather than a legal term, is defined as the taking from one's reputation. Defamation tends to hold the plaintiff [health food store] up to hatred, contempt or ridicule, or to cause it to be shunned or avoided."

The use of the imperative warning, "Beware of health food stores and quacks," employs words which tend to expose the said stores, their proprietors, employers, and even their customers to public hatred, shame, obloquy, contumely, odium, contempt, ridicule, aversion, ostracism, degradation, or disgrace, or to induce an evil opinion of the business in the minds of right-thinking persons, and to deprive one of his confidence and friendly intercourse in society.

In view of the nature, purpose and intent of the article as published, it is my considered opinion that any and every health food store or association thereof should give serious consideration to the advisability of filing in a federal court, based upon diversity of citizenship, a lawsuit for both general and punitive damages based upon defamation of the business or industry of health food stores throughout the length and breadth of this country.

It is my further opinion that Dr. Stare, perhaps Harvard University, **Reader's Digest** and those responsible for this advertisement and publication thereof could be named individually or collectively as defendants in such an action.

It is, also, my opinion that there is a possibility that the said health food stores, their proprietors, associations or employees should consider the advisability of requesting the Attorney General of the United States to file a case against any combination of or all of the suggested defendants for criminal conspiracy to violate Section 3 of the Sherman Anti-Trust Act on the ground that they are guilty of criminal conspiracy to restrain the business or industry of health food stores by their organized opposition to said health food stores.

In a leading case, the Supreme Court of the United States said, "A conspiracy to exclude a competitor from the market by means of a boycott is a conspiracy in restraint of trade prohibited by Section 3 of the Sherman Anti-Trust Act." The suggested defendants do not have to be engaged in a "trade" in the usual sense of the word. See the landmark case of **American Medical Association v. U.S.A.** and **The Medical Society of the District of Columbia v. U.S.A.** (317 U.S. 519).

The Courts, in the absence of statutes, have generally held that no proof of damage is necessary where the imputations affect the plaintiff [health food store] in its business, trade, profession or office. (**Yavis v. Sullivan**, 137 Conn. 253, 76 A. 2d. 99 (1950); **Roger v. McCloskey**, 305 N.Y. 75, 111 N.E. 2d 214 (1953).

In view of the foregoing, it is my opinion that any group or association would be subject to a libel suit for damages if it distributed advertising which stated, "Beware of chain food stores."

(Continued next page)

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

It is suggested that a public retraction be requested; and, if refused, actual damages do not have to be proved in some states,

It is humbly suggested that you are at liberty to pass on copies of this opinion to any well-recognized organization of health food stores in the country.

Attorney Suggests First Step in Legal Procedure

The **Reader's Digest** issue of February, 1963 contains an article by Dr. Frederick J. Stare. The article appears on page 181 as part of an over-all 20-page advertising insert.

The first sentence of paragraph 4 reads: "Beware of the health food stores and the food quacks." We are shocked that a publication of the stature of **Reader's Digest** would lend its pages to the defamation of an industry which possesses the integrity, reliability and stability of health food stores.

The statement quoted above obviously carries a warning of danger which was intended to destroy consumer confidence in health food stores and their products. Furthermore, we consider within the realm of possibility that the publication of this statement through the collaboration of **Reader's Digest**, Dr. Stare, perhaps Harvard University and others responsible for this advertisement and publication may constitute criminal conspiracy to restrain the business or industry of health food stores by organizing opposition to those stores. The National Association of Food Chains could be included.

In any event, the words "Beware of health food stores and the food quacks" are words which tend to expose

these stores, their proprietors, employees and even their customers to public contempt, ridicule and degradation. They are in effect libelous and must be promptly retracted by **Reader's Digest**, in as much space and with the same degree of prominence as was devoted to Dr. Stare's article.

We suggest that the retraction include:

1. Complete disavowal of the sentence "Beware of health food stores and food quacks."
2. An affirmation that neither **Reader's Digest** nor Dr. Stare would intentionally impugn or cast aspersion on the integrity, reliability and stability of health food stores.
3. If the views expressed in Dr. Stare's article were offensive or derogatory to anyone involved with health food stores, we regret it and extend apologies to them on behalf of **Reader's Digest** and Dr. Stare.
4. An agreement that Dr. Stare will send a letter of apology in response to any requests made by those involved in the operation of health food stores.

Upon receipt of the foregoing opinions, N.H.F. officials held a conference with top officials of PELL and the National Dietary Foods Association. As a result of that conference, the foregoing opinions were turned over to those officials with the assurance that the Federation would back them in whatever action they deemed advisable to take.

MY GARDEN—

My Bible is a wondrous garden—

The choicest flowers are hidden there,
And when my heart is heavy laden,

Within its leaves I drop earth's care.
Each day a lovelier blossom appears,

Its fragrance lingers each passing hour.

The Living Word keeps me from fears

Uniting through His Spirit, God's wondrous power.

—M. G. Lamson.

Health from the Sea and Soil

By Charles B. Ahlson, introduction by Jonathan Forman, M.D.,
foreword by Beatrice Trum Hunter

(Exposition Press, 386 Park Avenue South, New York 16, New York. \$4.)

This book sets forth the relationship of soil and sea to the health of plants, animals, and human beings. It calls attention to the fact that the food we now consume is deficient in many essential nutritional elements to such an extent that our health is endangered. But the author offers hope within the reach of all. Health can be improved vastly by supplementing land food with products from the sea. Although the land's resources have been leached out and are exhaustible, the sea's riches are bounteous and virtually inexhaustible.

Sea water is especially valued by the author. He recommends filtered sea water from which all protozoa and plankton have been removed. In this state it will keep indefinitely. It should be regarded as a supplemental food, not a drug. It is drunk by placing a few drops to a few teaspoonfuls per day in liquid before or with each meal. Used at this rate, one quart of filtered sea water supplies the average person for one to two months.

Mr. Ahlson anticipates some questions about sea water. In answer to the query "why not reduce sea water to capsule or tablet form?" Mr. Ahlson explains that if sea water is reduced to crystal form by boiling, it becomes dead material. Regarding low sodium diets, he contends that sea water contains salt in an ionized form which makes it readily assimilable. Hence it is absorbed more completely than ordinary table salt. In the ionized state the minerals are so infinitesimally small that they can be absorbed by the cells in the blood.

The author reminds us that vitamins

have little value in the absence of sufficient minerals. Sea water contains all the minerals known to be needed by all forms of life. Sea water helps the system in assimilating proteins, vitamins and other nutrients more efficiently.

The author does not consider sea water as a cure-all: "The answer to the problem of how to gain and to keep good health is not in eating any food that we may wish to eat, whether it is nourishing or merely good tasting; then trusting to sea water to make up for our food indiscretions. But sea water does much to overcome past dietary deficiencies and does much to enhance our health while we are learning to produce, process, cook, and eat suitable foods properly." Further: "When we eat nutrient-rich food and combine mineral-rich sea water with it, then we may feel assured that we are doing our full part toward attaining good health..."

Foods from the sea are just as beneficial for animal health, soil life, and plant life. The author gives many illustrations of the practical benefits from sea water and kelp. Plants treated with these materials matured earlier, gave larger yields, produced better flavors, were stronger, increased their protein content, looked better, were free of insect infestation, and had improved keeping qualities. The recommended amounts of 100 to 500 gallons of sea water per acre only increased the salt content slightly.

Is the program feasible? Indeed it is, according to Mr. Ahlson. Sea water could be added to drinking water, delivered in bottles along with other deliveries such

(Continued to page 10)

Did AMA Slander Chiropractic Profession and Is It Guilty of Restraint of Trade?

The following is a legal opinion by a prominent Washington legal authority, as rendered by request and directed to Mr. Fred J. Hart, President of the National Health Federation. The opinion is specifically regarding an address by Oliver Field, Director, Department of Investigations, American Medical Association, as given at the National Congress of Medical Quackery sponsored by the American Medical Association and the Food and Drug Administration, which was held at the Sheraton Park Hotel, October 6 and 7, 1962, in Washington, D.C. The proceedings were published by the American Medical Association, 535 No. Dearborn St., Chicago 10, Illinois.

A request has been made for my opinion as to whether the speech as made and published above did in fact defame the profession of chiropractic.

Under the common law of almost every state and the District of Columbia, defamation is an invasion of one's interest in reputation and, since reputation is the regard in which we are held by others, publication in the case of libel, or communication in the case of slander, is essential. Based upon the speech and the publication of the speech, it would appear that Mr. Field and the AMA are guilty of both libel and slander. The speech and the publication obviously did, and was intended to, hold the profession of chiropractic and the chiropractors up to hatred, contempt, or

ridicule, or to cause them to be shunned or avoided. Such a speech by its title and its content constituted an injury to reputation in the popular sense, finding that esteem, respect, good will and confidence are components of this popular concept.

The published speech is so replete with libelous statements that in the interest of brevity and haste, none is set forth herein.

In view of the nature, purpose and intent of the speech as published, it is my opinion that the National and International Chiropractic Associations should give serious consideration to the advisability of filing in the Federal Court a lawsuit for damages based upon defamation of the profession of chiropractic and chiropractors and should charge libel and slander.

It is, also, my opinion that there is a possibility that the said association and individual chiropractors should consider the advisability of requesting the Attorney General of the United States to file a case against Mr. Field and the AMA for criminal conspiracy to violate Section 3 of the Sherman Anti-Trust Act on the ground that they are guilty of criminal conspiracy to restrain the profession of chiropractic by their organized opposition to chiropractic and chiropractors. The Supreme Court said, "A conspiracy to exclude a competitor from the market by means of a boycott is a conspiracy in restraint of trade prohibited by Section 3 of the Sherman Anti-

(Continued next page)

Trust Act." Chiropractic does not have to be a "trade" in the usual sense of the word. See the case of **American Medical Association v. U.S.A.** and **The Medical Society of the District of Columbia v. U.S.A.** (317 U.S. 519).

Some of the statements which were slanderous when spoken and libelous when printed or written are as follows:

"The American Medical Association has maintained files of information on what we like to regard as the seamy side of medicine for more than fifty years."

"...It takes a pretty good man to know when to exert the art and when to apply the science. Not so with the quack. . . . These are parts of the courses which are offered to naturopaths, chiropractors and the like."

"The medical profession needs help in stemming the tide of such things as chiropractic."

"These are great problems because they alter the course of scientific exploration and scientific effort in the area of competent medical care for the greatest number of people. The campaign, then, should be positive, in that it should seek to dissuade and discourage youngsters from following a fraudulent course by enrolling in chiropractic schools. Attention should be given to high schools, academies and junior colleges. No one can expect or hope to keep all people from being lured into such a fraudulent system of healing, but as long as the minimum is achieved, chiropractic will dry up from want of nourishment to its roots—namely, matriculants in its schools."

"Now the government of the United States has sponsored and spawned quackery by giving its returning veterans

the means whereby they could attend chiropractic schools."

"The medical schools are seeking to minimize the graduation of incompetents or misfits, and so possibly this function will be eliminated some day. We would like to envision the time when we can cease to worry about the medical quack."

If you wish me to write a more exhaustive opinion and cite more court decisions, please so advise me, for I could do so with the cases which I have at hand. The great lawyer in whose office I got my first law experience was one of the nation's experts in this field.

The National Health Federation has submitted the foregoing opinion to the National Chiropractic Association, the International Chiropractic Association and the California Chiropractic Association for whatever action they deem advisable.

The Federation will support whatever action they initiate in this matter. The slander action cannot be initiated as over one year has elapsed, but the restraint of trade charge is still actionable.

Additional copies in limited quantities are available from:

National Health Federation
P.O. Box 686
Monrovia, California

The National Health Federation works continually for your health rights. Are you a member?

It is much easier to be critical than to be correct.—**Disraeli.**

National Health Federation All-day Convention

DATE: Saturday, May 25 PLACE: San Francisco
LOCATION: Concert Room, Sheraton-Palace Hotel

PROGRAM

8:30- 9:30	Registration and Visit Exhibits
9:30-10:00	Opening Address—Fred J. Hart, President, N.H.F.
10:00-10:45	"Hydrochloric Acid and You"—Dr. E. Hugh Tuckey
10:45-11:15	Recess—Visit Exhibits
11:15-12:00	"Today's Health Food Industry"—O. L. Dane, President, NORCAL
12:00- 1:00	Luncheon Recess
1:00- 1:45	"Health from Sea and Soil"—Dr. Charles B. Ahlson
1:45- 2:30	"Dental Health and Nutrition"—Dr. Lester High
2:30- 3:00	Recess—Visit Exhibits
3:00- 3:30	"Do You Need Good Nutrition?"—Miss G. L. Schiller, M.A.
3:30- 4:00	"Basic Factors in Chronic Disease"—Dr. H. F. Parsons
4:00- 4:45	Convention Business—H. C. Long, Executive Secretary, N.H.F.
4:45- 5:30	Recess—Visit Exhibits
5:30- 6:30	Dinner Recess
6:30- 7:00	Visit Exhibits
7:00- 8:00	"How to Stay Young Longer—Some New Helps"—Linda Clark
8:00- 9:00	"The Time Bomb of Nutritional Deficiency"—Dr. Forrest Shaklee
9:00- 9:30	Adjourn—Visit Exhibits

The foregoing convention program will be one of the strongest and best the Federation has ever presented. We urge our members to invite their friends and others interested in their health to attend.

The registration fee will be \$2.00 for the entire convention. For those who desire to attend only the night session the fee will be \$1.50, children under 12 years, free. If this convention is a success, a similar all-day convention will be held in San Francisco each year. The qualifications of the speakers follow.

BIBLIOGRAPHY OF SPEAKERS

- MR. FRED J. HART**—Founder of The National Health Federation, The Electronic Medical Foundation, The California Farm Bureau, author, lecturer, manufacturer, gentleman farmer, publisher, and philanthropist.
- DR. EMANUEL HUGH TUCKEY, D.C.**—A San Franciscan who was one of the charter officers of The National Health Federation and who has since served as the Secretary-Treasurer without remuneration. Also a member of the N.H.F. Board of Governors, he is respected for his reserve and ability.
- MR. OGDEN L. DANE**—Pioneer in the retail health food industry, owner of a health food store chain, author, lecturer, consultant to the industry, and president for a third term of NORCAL (Northern California Nutritional Food Retailers' Association). Greatly respected, Mr. Dane constantly strives to improve the status of the industry.
- CHARLES B. AHLSON, Ph.D.**—Graduate of Oregon State University with a B.S. degree in agriculture, he served as field agronomist and state seed commissioner for the University of Idaho Extension School for 10 years. An additional 23 years was spent with the U.S. Department of Agriculture Soil Conservation Service as agronomist. Dr. Ahlson's list of credits is impressive but he is perhaps best known to us for his excellent book, **Health from the Sea and Soil**, published last year.
- DR. LESTER A. HIGH, D.D.S.**—Dr. High is highly respected throughout the state as an accomplished lecturer in the field of dental health and has done a great amount of research in the field of nutrition, graphically developing its essential relationship to dental health. Having developed a sound rapport with allied fields of endeavor, Dr. High is sought after for his counsel.

(Continued next page)

DR. HOWARD F. PARSONS, M.D.—Another practicing San Francisco medical doctor who has pioneered in the field of nutrition in relationship to his medical practice. Specializing in psychosomatic and allergic conditions primarily, he has become a well-known and respected physician and consultant. A graduate of Oxford University, Dr. Parsons came to San Francisco after years of specialized work in England.

G. LINDALL SCHILLER, M.A.—Miss Schiller is well known in the Bay Area as a competent, authoritative lecturer in the field of nutrition. With an M.A. degree in nutrition from Oxford University, she has entered into nutritional consultation in San Francisco and is known for her accomplishments. She has also journeyed abroad to study under internationally famous scientists. We are happy to be able to present this respected authority.

LINDA CLARK—Renowned, internationally famous authoress and lecturer vitally interested in the field of health. Her most popular book, which has received wide acclaim, is *Stay Young Longer*. Having overcome ill-health, Miss Clark and her husband pursued 10 years of research in medical literature before compiling this excellent book. A life of quiet and beauty in her Carmel Valley home is not attainable for this vital person now as she is in such demand.

DR. FORREST C. SHAKLEE—This estimable gentleman is president of Shaklee Products, a firm of repute since 1915. The doctor clearly reflects the physical benefits derived from a life of nutritional awareness and has spent over 63 of his years as a student of nutrition. His address will be timely, pertinent and a veritable "bombshell."

Life from Sea and Soil

(Continued from page 6)

as milk, used in bread baking, and in other commercial enterprises. Sea water, he suggests, is a safe alternative to fluoridation. It fortifies the teeth against decay without any hazards. Mr. Ahlson points out that it is never fluorine alone, but in combination with phosphorus, calcium, magnesium, Vitamin D and other ingredients in food and water which fortifies the teeth against decay. The maximum effectiveness of any one mineral depends on the balanced proportion of all the essential minerals, and these are found in natural balance in sea water.

Indeed, the future looks bright, in terms of sea water. The author suggests that "bitter" or "brine" residues which are by-products of salt extraction plants (supplying salt to livestock as well as for desalting of water) may be put to good use with crops and animals.

We have just begun to appreciate the bounties of the sea. More than 2,500 specimens of marine algae have been identified. More than 400 of them are edible. They are 10 to 20 times richer

in minerals than land-grown plants. Oil from some of them contains 1,000 times more vitamins than cod liver oil, which we have always considered quite concentrated! The author believes that mariculture will become more important than agriculture as a source of untapped food resources to meet the menace of nutritional deficiencies.

—Beatrice Trum Hunter.

Available from: Lee Foundation, 612 N. Vermont Ave., Los Angeles 4, Calif.

State Health Board Cites Residue on Some Vegetables

The California State Board of Health called Tuesday for an inquiry into possible health hazards in the use of pesticides.

One board member, Dr. Roger O. Egeberg of Los Angeles, told the board that the pesticide residue on certain vegetables has reached a point where a thorough investigation should be conducted.

The board met at the Ambassador Hotel in conjunction with the 92nd annual meeting of the California Medical Association. From *Los Angeles Times*, Wednesday, March 27, 1963.

Miller Answers F.D.A.'s Milstead

A statement in answer to the speech made at the American Dietetic Association, October 9, 1962, in Miami Beach, Florida, by K. L. Milstead, Deputy Director, Bureau of Enforcement, Food and Drug Administration, and his attack on the N.H.F. Prepared by Clinton R. Miller

Assistant to the President of the National Health Federation

The attack on the National Health Federation and its officers by an official of the FDA today is unwarranted. (Dr. K. L. Milstead, FDA, while addressing the annual meeting of the American Dietetic Association in Miami Beach, Fla.)

His main criticism against the National Health Federation is that we have criticized the FDA. If this is a crime we plead guilty. We have been, are, and shall continue to be critical of the administration of the agency that Congress has set up to protect America's health, whenever it fails to vigorously enforce the laws against criminals who adulterate food, poison food, or sell drugs with serious or fatal side effects. We are strongly demanding Grand Jury investigations of Dr. Henry Welch (the FDA official who took over \$250,000 side money, while an official on the public payroll, from the very drug businesses he was supposed to "regulate"), Dr. "Z," (the "clinical investigator" who produced proof of drug safety for a price), and others where there are strong indications that conspiracies exist between Food and Drug Administration officials and private companies or associations. Currently the National Health Federation is strongly protesting the unreasonable proposal of the FDA to revise the regulations on foods for special dietary use. Dr. Milstead complains that opposition sparked by the National Health Federation to these arbitrary and ridiculous proposals has "broken all records for comments, mostly adverse..."

The National Health Federation sent tens of thousands of protests to this proposal to the FDA through their members' Congressmen. The new regulations would prohibit the selling of food concentrates, known and admitted to be essential to human life (vitamin E, vitamin K, folic acid, pantothenic acid, linoleic acid, copper, magnesium, manganese, zinc, sodium, or potassium), by health foods stores or door-to-door sales people, but would allow them to be sold by prescription. FDA does not claim that these products are hazardous or harmful. The preoccupation of FDA officials with harrasing of individuals engaged in selling and buying admittedly harmless vitamins, and their reluctance to move against really dangerous drugs with serious and fatal side effects, has brought the sharpest criticism from the National Health Federation. We are certainly not alone in this criticism. Senator Humphrey (D) Minn. and many newspapers have echoed this conviction.

Congressman King (D) Utah recently supported the National Health Federation protest against the revision of the law on foods for special dietary use. In a speech before the House, he said: "Recent testimony in Senator Kefauver's subcommittee has brought to light to the American people the high cost of drugs by prescription. Henceforth we must run to the doctor for any of the above-mentioned nutrients. I fail to see how these nutrients which we have been freely consuming without harm have now become so harmful. If

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these regulations are enacted the American people can be assured their pocket-book will suffer!"

The unjustifiable attack on the officers of the National Health Federation in this speech by a Federal officer is an abusive instance of "Trial by Press Release." It parallels a libelous attack made in the **Journal of the American Dietetic Association** (the same Association that Dr. Milstead appeared before), by Professor Beuweekes, Professor of Public Health Nutrition, University of Michigan, Ann Arbor, in May, 1962. A demand for an apology and retraction by Dr. Royal Lee, President of the Lee Foundation for Nutritional Research, and director of the National Health Federation, immediately brought such retraction and apology in the July issue, with an accompanying letter which stated: "Dear Dr. Lee. . . . We sincerely regret these unfortunate references. We assure you that we shall make certain that there is no repetition. We hope that our retraction and apology are satisfactory." (Letter of July 9, 1962 from Mrs. Dorothea F. Turner, Editor of the **Journal of the American Dietetic Association**, to Dr. Lee.)

A recitation of "convictions" of officers of the National Health Federation becomes absurd when one realizes that these convictions were obtained under just such unfair, unreasonable and arbitrary regulations and interpretations by the FDA as we are now protesting. Convictions were gained because labeling on their products "did not conform to the consensus of medical opinion." When Dr. Milstead mentions the American Medical Association, he should, in consistent fairness, add "found guilty of criminal conspiracy to monopolize the practice of the healing arts."

Natural Hygiene Convention

Mr. Oscar Floyd, president of the American Natural Hygiene Society, announces that the fifteenth annual convention of the society will be held from July 15 through July 20 at the world-famous U. S. Grant Hotel in San Diego, California.

Outstanding natural hygienic doctors and nutritionists will lecture and conduct classes during two daily sessions held throughout the week. Two unique Personal Advisory Clinics will be scheduled and actual personal case histories will be presented by former patients who recovered health through natural hygiene. Lectures will start daily at 2 p.m. and 8 p.m.

Scheduled as speakers are such famous doctors and nutritionists as Dr. Herbert M. Shelton, San Antonio, Texas; Dr. William L. Esser, Lake Worth, Florida; Dr. Gerald Benesh, Escondido, California; Dr. James McEachen, Escondido, California; Dr. D. J. Scott, Strongsville, Ohio; and Dr. Robert R. Gross, Hyde Park, New York.

In addition to the lectures and classes, clinics and demonstrations, a well-rounded social and physical diversion program is planned. Each morning, hikes and swimming parties at nearby beaches are scheduled. The U. S. Grant Hotel will serve specially prepared natural hygienic meals to all attendees and guests. Many sight-seeing trips are planned to nearby places of interest. The week-long affair will conclude with a gala banquet, dance and interesting entertainment program.

Special chartered planes to the convention will leave from New York City

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NATIONAL HEALTH FEDERATION BULLETIN

From the Secretary's Desk

When sitting at the Secretary's desk, many items come to mind about which to write. It is my desire, however, to serve the membership in general and I would appreciate your requests regarding subject matter. Just let me know what you want to hear about and I will try to accommodate.

The People Will Act

One recent letter from a member, Hunt Hill, included an excellent piece of material for consideration. It was a portion of a statement by Thomas Jefferson in which he said, "Whenever the people are well informed they can be trusted with their own government: Whenever things get so far wrong as to attract their notice they may be relied on to set them to right." This is excellent and I am mindful of the fact that N.H.F. has proved to be the medium through which over ten thousand citizens have had "their notice attracted" to many unfortunate circumstances. I am happy to report to you also that through your individual efforts that ten thousand figure is growing steadily.

and Chicago, carrying people from eastern and midwest regions and Canada. They will be known as the "Shelton Hygienic Specials," in honor of Dr. Herbert Shelton, whose latest book—a 100,000-edition paperback—will be presented to the public during the convention.

For convention details and information, please contact Miss Dolores Burns, Box 4412, Chicago 80, Illinois, or Mrs. Cylvia Margulies, Box 401, Hyde Park, New York.

MAY, 1963

Keep up the good work—membership enables us to survive and go on in our work for all America.

The Pen Is a Powerful Weapon

Another member, Mrs. Naugle, recently suggested that we have a notice put in the **Bulletin** asking members to write in objections to a magazine regarding a specific article. Friends, this task should be accomplished almost daily by each of us without the asking. Our problem is twofold, however. First, we too often assume the role of a passive reader. We will read certain material and comment on our displeasure, but how often do we "let George" do the complaining where it counts? Second, we promote apathy. By procrastination we permit an issue to escape us and it plays right into the hands of our opponents. They, incidentally, are the ones with "vested interests" and they don't procrastinate.

When and if you see an article in any media or hear something which opposes your health or health rights, **take your pen** in hand. Letters, or even a post card, should be sent to the author and the newspaper, magazine, radio or television station. **However**, this letter should not be irate. It should clearly point out your disapproval primarily and then include valid reason for your disapproval. Third, educational materials, a personal contact or a request "for equal time" could be made. People do not seem to realize how powerful their voice is. If **any** reputable media is opposed frequently on an issue they will very discreetly withdraw from that issue whenever possible—and then where are those

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opponents? **Don't be afraid to speak out against injustice!**

We Attended

Last weekend was spent at the Huntington-Sheraton Hotel in Pasadena. It was the site of the annual convention of the American Nutrition Society. Over two thousand persons registered and presumably saw the N.H.F. booth. Several new members joined our ranks and much valuable information was gleaned for future use. This "exposure" is part of our new program to acquaint the general public with N.H.F. We are now planning on other exhibits including a ten-day affair in Los Angeles in May at the annual Home Show. This is the first time that there will be a health section incorporated in the Show. Your Secretary was responsible for having this accomplished and it was fashioned after a similar endeavor in San Francisco which was very successful. Approximately 100,000 persons are expected at the Home Show this year. Did I hear someone volunteer to help man the booth? We are hoping, incidentally, to give space at our affairs in return for free space at others' affairs. This keeps the costs down and helps develop cohesion between many organizations primarily interested in health and the healing arts.

Another excellent way to acquaint our fellows with N.H.F. and consequently build membership is through magazines and newspapers. We are grateful to many publications who have accommodated us and are now writing three articles per month for reputable magazines. The local newspaper has also seen fit to publish every piece of material furnished to date. The reception clearly indicates the attitude of others in our fight. Have you considered urging the editor of your favorite magazine to give a space each

month to N.H.F.? We would be glad to work out details from this office and send in articles as the editor(s) request. Your support and consideration in this area will be sincerely appreciated.

Judge Tells Doctors of Medical Liabilities

Precautions for physicians who would avoid the troubles which might lead to malpractice suits were outlined Friday by Circuit Judge Eugene K. Oppenheimer of Multnomah County to approximately 200 attending the 13th annual session of the American Association of Medical Clinics at the Multnomah Hotel.

"A physician violates his duty to his patients and subjects himself to liability," said Judge Oppenheimer, "if he withholds any facts which are necessary to form the basis of an intelligent consent by the patient to the proposed treatment.

"A doctor may be liable for failure to disclose to the patient that the treatment that he is applying will not correct all of the patient's difficulties. Here the doctor is charged with knowing the existing conditions such as a doctor in the exercise of reasonable care would have discovered."

The jurist told the physicians that liability may also arise where the patient is given medication to be self-applied without warning as to the consequences of its misuse. From **The Oregonian**, October 6, 1962.

**In Numbers There Is Strength
Join the
National Health Federation
and Make Your Voice Effective
P.O. Box 686, Monrovia, California**

Statement of Clinton R. Miller of the National Health Federation of Washington, D.C.

*Presented to a sub-committee considering federal air-pollution legislation—
oral and written.*

Mr. Miller. Mr. Chairman and members of the Committee. The National Health Federation is a national organization composed of thousands of members who believe in 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 them equal freedom.

I should like, today, to confine my oral statement to a few brief remarks and submit a written statement for the record, if that is permissible.

Mr. Roberts. Without objection.

Mr. Miller. History can teach us an important lesson here, if we will but learn it. People who will not learn from history are bound to repeat its errors.

There is a parallel in our present attempt to get unpolluted air and our frustrated attempts to get pure, unpoisoned foods. I draw the attention of this Committee to the prophetic warning of Dr. Harvey Wiley, father of the Pure Food and Drug Administration, who warned that if we do not take steps to prevent it that agencies will always end up being regulated by those they were set up to regulate.

He wrote a book just before his death, entitled **History of a Crime**, which was the history of the crime against the Food and Drug Administration, in which he documented the takeover of the Food and Drug Administration by those very industries they were meant to regulate. This crime against the Food and Drug Law persists today.

I have several copies of this book which I would like to present to each member of this important committee so that we may profit from mistakes of the past. I encourage you to use this as a textbook.

In my written statement, I draw attention to Dr. Frederick B. Exner's charge that evidently a similar takeover of the Public Health Service, which will be responsible for enforcement of any air pollution laws you might make, has already been engineered by the offending industries.

He points out that industry and the Public Health Service have apparently attempted to de-emphasize or suppress publication of any studies which would reveal the hazards from environmental pollution by fluorine.

In view of his allegations, we feel that one of the most important considerations of the pending legislation is Section 8, entitled "Information Available to the Public." We encourage the committee to resist any attempts to weaken this section.

To attempt to understand the real problem of air pollution without emphasizing fluorine as a contributing factor is like trying to understand the hazard of fallout without emphasizing strontium 90.

Like the iceberg, the biggest part of the air pollution problem is that which we cannot see. And I might parenthetically add that which we cannot smell, in view of the stress today on the sulphur compounds.

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We encourage this Committee to adopt the amendment which will be submitted by Mr. Francis Silver who is appearing with us today.

We sincerely applaud the sponsors of this legislation and pledge them our support. Thank you.

Mr. Roberts. Thank you, Mr. Miller.

Mr. Nelson. No questions.

Written Statement of the N.H.F.

Mr. Chairman and Members of the Committee:

The National Health Federation has made a careful review of all testimony that has been previously presented to this Committee on Air Pollution. We have deliberately refrained from repeating any information that is already available to you in the record.

It becomes painfully obvious, however, that previous industry and Public Health Service witnesses have skirted one of the most serious health aspects of the air pollution problem, which is air-borne fluorine. They endeavored instead to divert your attention to something you can see and smell, like the sulfur compounds.

Dr. F. B. Exner, whose paper on the "Economic Motives Behind Fluoridation" is included as the major part of this written statement, claims that the Public Health Service has made every effort to suppress knowledge of the hazards associated with environmental pollution by fluorine. He insists that fluorine plays a leading role in the dirty drama of air pollution. We are deeply concerned over his observation that the Public Health Service promotes the fluoridation of public water supplies at the same time they suppress studies, research and reporting of fluorine as a dangerous air pollutant.

Fluorine—Public Air Enemy No. 1— Ignored

The National Health Federation can best help the members of this Committee understand the more serious health aspects of the air pollution problem by focusing their attention momentarily on a single element, **fluorine**. For reasons best known to themselves, the Public Health Service has accommodated certain industries by pretending fluorine does not any longer exist as a general, serious air pollutant. The evidence not only shows that they have ignored a vital aspect of the total problem, but that a deliberate and obvious attempt has been made to suppress a reporting of damage by, or even the presence of, air-borne fluorine.

Fluorine Has a Criminal Record

Not too long ago, millions of dollars were paid to farmers by the Geneva Steel Company at Provo, Utah, for poisoning caused by this single air pollutant, **fluorine**! This was for injury to plants and animals! The National Institutes of Health gave three grants totaling \$70,000 to measure the effect of **atmospheric** fluorides on **man**. The study was done at the Utah Valley Hospital in Provo, Utah, by Dr. R. A. Call. It is, to my knowledge, the only study done by the Public Health Service to see if the same cumulative poison that deformed and destroyed millions of dollars worth of plants and animals around a single steel plant accumulates in humans too. The study not only proved that it does, but at an alarmingly different rate in different individuals. The study indicated that in some persons there was over 100 times as much fluorine accumulated in the soft tissue of certain vital organs as there was in the corresponding tissues of others.

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See No Fluorine, Test No Fluorine, Report No Fluorine

The results were so startling that the report had to be suppressed! When I made a recent attempt to secure a copy of this report from the National Institutes of Health or the Public Health Service, I was informed that these reports were, as a matter of policy, "confidential in nature." When I mentioned that the study was done with Federal funds, under Grant S-83, I was informed that I was laboring under a "common misconception that because this study is paid for by Federal funds, that the results are open to anybody." When I asked for an explanation, I was given the incredible answer that it was to "protect the researcher!"

See for Yourself

For a real shocker, try to get a copy of this report, "Effect of Atmospheric Fluorides on Man," R. A. Call, D. A. Greenwood and J. L. Shupe, 9/1/57-8/31/60, U.S. National Institutes of Health, 1960. You will be informed that if you want a copy you must write to Dr. Call and that "he can release it if he wants."

Dr. Exner criticizes the Public Health Service for not reporting fluorine at any of the 250 stations in the National Air Sampling Network. Compare the following charts.

Pollutants Reported in 1953-1957 by the National Air Sampling Network

- (1) Suspended particulates
- (2) Actone solubles
- (3) Benzene solubles
- (4) Radioactivity
- (5) Chlorides
- (6) Fluorides
- (7) Nitrates
- (8) Sulfates
- (9) Antimony

- (10) Arsenic
- (11) Barium
- (12) Beryllium
- (13) Bismuth
- (14) Cadmium
- (15) Chromium
- (16) Cobalt
- (17) Copper
- (18) Iron
- (19) Lead
- (20) Magnesium
- (21) Manganese
- (22) Molybdenum
- (23) Nickel
- (24) Potassium
- (25) Silver
- (26) Sodium
- (27) Strontium
- (28) Tin
- (29) Titanium
- (30) Vanadium
- (31) Zinc

Pollutants Reported in 1957-1961 by the National Air Sampling Network

- (1) Suspended particulates
- (2) Benzene-soluble organics
- (3) Nitrates
- (4) Sulfates
- (5) Antimony
- (6) Bismuth
- (7) Cadmium
- (8) Chromium
- (9) Cobalt
- (10) Copper
- (11) Iron
- (12) Lead
- (13) Manganese
- (14) Molybdenum
- (15) Nickel
- (16) Tin
- (17) Titanium
- (18) Vanadium
- (19) Zinc
- (20) Radioactivity

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Pollutants Not Reported in 1957-1961 That Were Reported in 1953-1957

- (1) Fluorides
- (2) Chlorides
- (3) Acetone solubles
- (4) Arsenic
- (5) Barium
- (6) Beryllium
- (7) Magnesium
- (8) Potassium
- (9) Silver
- (10) Sodium
- (11) Strontium

The Solution Is Not Always to Spend More Money

No matter how much tax money is given to the Public Health Service to control air pollution, if they do not even check for fluorine, then we cannot expect to get cleaner and safer air in proportion to the amount of tax money we spend. Fluorine is responsible for more damage claims against industry and for more payments for damage than all the other twenty air pollutants that they do report put together. If a policeman refuses to even look for or report a certain criminal, raising his salary or buying him a new patrol car will not in any way hasten the criminal's arrest. Indeed, it seems to have the opposite effect! From 1953 to 1957, the Public Health Service reported 31 air pollutants. From 1957 to 1961, they received more money, and cut down their reporting to 20 air pollutants. It is more than significant that they left out those very ones that offending industries want unmentioned! The only protection that the taxpayer has now is that a guilty industry will make the test and report themselves!

Florida Discovers Fluorine Despite PHS Suppression

The Florida Air Pollution Control Commission has published a Progress

Report covering the period from January, 1958-January, 1961.

The following excerpts are significant: "More than 200 sampling stations were established. After sampling had determined the extent of an alleged air pollution problem, certain rules and regulations were promulgated by the Commission. **In this instance, fluorides were established as the pollutants responsible for the problem.**" (Emphasis supplied) "...It is estimated that more than \$8,000,000 has been spent by the phosphate industry alone in air pollution control activities since the beginning of this program. . . .The results are notable but foliage samples indicate that emissions of fluorides are still far above the maximum limit set by the Commission." (Emphasis supplied)

The National Health Federation is indebted to Dr. F. B. Exner for the following research paper which carefully documents the efforts by American "big industry" and the Public Health Service to suppress, deny and disprove any damage to humans by air pollution with fluorine.

Economic Motives Behind Fluoridation

By F. B. Exner, M.D., Seattle,
Washington

An address by F. B. Exner, M.D., to the Western Conference of Natural Food Associates, Salt Lake City, Utah,
October 27, 1961

Introduction

In 1955, when I wrote the article which is now Chapter 4 of "The American Fluoridation Experiment," (1) I knew in a general way that industrial pollution of air and water with fluorine provided a strong motive for promoting fluoridation of water supplies. But I knew few of the details, and had no idea how strong the motive was.

(Continued next page)

I knew far more when I testified to the Councils of the American Medical Association, in August, 1957; (2) but the picture still was far from complete. It is now clear that the one utterly relentless force behind fluoridation is American "big industry," and that the motive is not profit, as such, but fear.

Editor's Note: Dr. Exner, in his usual

factual style, to prove the above statement piles fact on fact. Your editor feels this to be an article which everyone interested in pure water should have in his file. It will take nine pages of the **Bulletin**, but together with the Exner article which appeared in the March **Bulletin**, presents all the facts needed to defeat fluoridation.

**So important is Dr. Exner's information that we are reproducing it
in six-point type in order to include it in this issue.**

Economic Motives Behind Fluoridation

by F. B. Exner, M.D.
Seattle, Washington

The following is word for word as it will appear in the record of the committee.

The motives of the opportunists are not always clear; but we know that basic motives usually hinge on money, power, fear or sex. Here we can rule out sex; but we can't rule out bribery, blackmail, intimidation, greed, or lust for power. With literally billions of dollars at stake, we can know that all these play a part; but we can't know when or where. We can rarely be sure of our own motives, much less those of others.

PHS and ADA

A good cross-section of the forces behind fluoridation can be found in a booklet called "Our Children's Teeth," (4) put out by a group calling itself the **Committee to Protect Our Children's Teeth**. In it we find promotional statements by seven officers of the U.S. Public Health Service; and three by men from the N.Y. State Health Department which is, of course, heavily subsidized by PHS. For these people, fluoridation means money, jobs and power—such power as they had only dreamed. When you can drug people against their wills, and when the public safety is not involved, there is no limit to what you can do, or to whom.

Other statements are by men from the National Academy of Sciences (also heavily subsidized by PHS), Harvard (which, in 1960, received over \$7 million in research grants from PHS), and the American Dental Association.

It is well known that the ADA is one of the most active promoters of fluoridation. It is not so well known that the promotion comes from a small clique which has engineered the

"endorsements" and pretends to speak for all dentists. Neither is it known that ADA received \$78,000 from PHS in 1958, and \$109,000 in 1960. (5)

The Kettering Laboratory

The other statement is by a man who needs special mention. He is Dr. Robert Kehoe, Director of the Kettering Laboratory, of the University of Cincinnati Department of Preventive Medicine and Industrial Health. He is also Medical Director of the Ethyl Corporation; and a consultant to the Tennessee Valley Authority, the Atomic Energy Commission, the U.S. Air Force, and the Division of Occupational Medicine of PHS. (6)

The Kettering Laboratory originated in 1925, from gifts by three industrial concerns. Its present organization dates from 1930; and, as of 1955, was the largest organization of its kind outside government circles in the world. Its specific purpose is to investigate chemical hazards that develop in American industrial operations. (7)

In 1955, its staff numbered about 130. Its budget was \$643,000, about 90 per cent of which was from private industries and most of the rest from government agencies. (8)

Its contracts with the employing firms stipulated that no "confidential" information obtained could be released without the consent of the firm that sponsored the particular project. (9) Also, policy has been to avoid situations wherein the Laboratory might find itself "on both sides of a controversy in a court of law." (10)

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Kettering Lab and Fluorine

The Kettering interest in fluorine began in 1931, in connection with the refrigerant gas, Freon 12. It was expanded to cover fluorine hazards in the manufacture of aluminum and steel, the petroleum industry, and casting of magnesium.(11)

The character of its approach to such problems is exemplified by statements of Dr. Kehoe and of Dr. Francis Heyroth who, until he died, was the Laboratory's toxicologist and its Assistant Director. He was also on the Ad Hoc Committee of the National Research Council that endorsed fluoridation.

In 1955, Dr. Heyroth testified under oath that: (a) How soluble sodium fluoride is is not a question of how much will dissolve, but of how much will dissolve and go into the urine; (b) That the fluorine concentration in the water is always equal to the concentration in the urine; (c) That we (at the Laboratory) know exactly by our experience what the usual consumption of water is; and that it is about a quart a day; (d) That any man who drank a gallon of water a day would not live long because he would soon die of water intoxication; and (e) That six parts per million would be a safe level of fluorine in a water supply. (The maximum tolerance set by PHS at the time was 1.5 ppm.)(12)

And in the aforementioned booklet, "Our Children's Teeth," Dr. Kehoe says:

"The question of the public safety of fluoridation is nonexistent from the viewpoint of medical science. There is a wide margin of safety in connection with the use of water . . . which contains fluoride in concentrations of the order of 1 part per million. * * *

"The concept of toxicity as a function of concentration . . . is a fairly recent one. Because interest in physiology is highly specialized, rather than general, we find this scientific truth only partially understood."(4) (Emphasis in the original.)

This, of course, is nonsense, but nonsense with a purpose.

The Lists of Names

The same publication contains three interesting lists of names. One names some 300 members of the Committee. Here we find the dupes, the pretenders, the do-gooders and the me-tooers, plus a scattering of those with axes to grind.

The other two lists are more interesting. They list, respectively, 229 people described as "Leading American Authorities on Nutrition" and 131 described as "The Nation's Foremost Chemists."

How some rated such listing, and why others didn't, is a good question, but that is not the point. The real question is why anyone with any self-respect would permit his name on either list.

The names are appended to two statements neither of which could be honestly signed by any intelligent layman, much less by any scientist who valued his scientific reputation. I have told why elsewhere, and won't repeat.(13)

Of course we don't know how many actually signed. In the case of the chemists, I wrote each one and asked whether he had signed and whether he believed the statement true. Some denied signing. Some had signed without reading. Some had signed knowing the statement to be false but because they thought fluoridation so desirable that any means were justified.

In any case, not one of those on either list, has, to my knowledge, repudiated the statement or demanded that his name be withdrawn.

The Subsidies

In 1958, the Director of the National Institutes of Health, a part of PHS, was quoted as telling a news conference:

"Inevitably, the influence NIH and the Public Health Service exert on the nation's health problems has grown tremendously. Thousands of doctors now depend on NIH grants for most of their support. The training of many researchers is financed by the government. A majority of medical schools admit that they would be in difficult straits without government grants."

This simple statement of fact can also be read as a thinly veiled threat or proffer of bribe. In any case, it is interesting that 201 of the 360 "chemists" and "authorities on nutrition" worked for 87 institutions, mostly colleges and universities, that received a total of more than \$151 million as "research grants" in 1960. What is more, 61 on the lists received personal grants totaling almost \$2 million.(5)

Names from Industry

The connections for many on the lists are not self-evident and I haven't traced them. However, 22 signers are from leading drug manufacturers. This is not too surprising since PHS has complete and arbitrary power of life or death over every drug manufacturer. They would not dare oppose fluoridation, but I wonder if they are forced to promote it. In any case, some didn't.

Next we have 34 names from leading chemical companies, including eight from Dupont, seven from Merck, five from American Cyanamid, two each from Armour and Carbide and Carbon Chemicals, with one each from Allied Chemical, Harshaw Chemical, International Minerals and Metals, Minnesota Mining and Manufacturing, and others. Each I have named is deeply involved in the manufacture or use of fluorine chemicals. To these, for reasons that will appear later, we must add three names from the atomic energy installation at Oak Ridge.

Next we have three names from the petroleum industry, and one of the men from Dupont was from its petroleum lab.

And finally we have 11 names from the food industry.

Beyond any doubt, many signed in all innocence. People have signed petitions asking that every signer be hanged. Moreover, it is easy to believe what you want to believe, however fantastic, and in each case we have mentioned either the man or his employer had compelling reasons for wanting people to believe:

(a) That water is the chief source of fluorine;

(b) That fluorine from other sources is unimportant;

(c) That the body needs more fluorine than it can get without fluoridation; and

(d) That the effects are governed by the concentration of fluorine in the air or water rather than concentration in the tissues.

To understand that motive, we must review some history.

Historical Background

There has been fluoride poisoning as long as there have been plants, animals and people—unrecognized as such, of course, and mostly

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associated with volcanic phenomena or fluoride-bearing waters. Came the industrial revolution, and things were different. There came a wholesale pollution of air and countryside with fluoride fumes and fall-out, and fluoride poisoning became an important industrial hazard.

There were many sources, including glass, brick, enamel and ceramic tile; but the worst offenders were the iron and copper smelters. The first recognized effects were on vegetation.

According to Ost (3), the Freiburg smelters, in Germany, first paid damages to injured neighbors in 1855; and by 1893 had paid out 880,000 marks for current injuries, and 644,000 for permanent relief. Around the turn of the century, as I said before, the situation became acute, and the very existence of the smelter industry, both in Germany and Great Britain, was threatened.

Meanwhile, the cattle around Anaconda, Montana, developed what were known as "copper teeth," remarkably similar to the human disease which became famous as "Texas teeth," "Colorado brown-stain," or "mottled enamel," and was later identified as fluoride poisoning.(14) I find no description of the other effects on the cattle; but we know that a cow with mottled teeth is a poisoned cow, just as a child with mottled teeth is a poisoned child. Neither will ever be as well as if it hadn't happened.

In any case, it wasn't to preserve the beauty of the teeth of cows that the enormous stacks were built at Anaconda, Great Falls, and Tacoma. It was to carry fluorine and arsenic high into the upper air.

Then, in 1907, a disease of cattle that had been endemic around Freiburg for some 20 years was identified as fluoride poisoning from the smelters.(3)

Superphosphate and Aluminum

Then came two new industries which were in immediate trouble. During the 90's there had been numerous complaints of damage to vegetation around superphosphate fertilizer plants. In 1912, Partolucci reported fluoride poisoning of cattle near a superphosphate plant in Italy.(15)

Between 1911 and 1918, the cattle around a Swiss aluminum plant became poisoned. The disease was identified as fluoride poisoning by Christiani and Gautier; but the court was not convinced and damages were awarded for injury to the land but not the livestock.(16)

During the 20's, there was growing concern abroad and in our own Department of Agriculture and Bureau of Mines over fluorine as a public health hazard—but not in the Public Health Service. PHS was under the Treasury Department, and Andrew Mellon was Secretary of the Treasury. During all those years I can find no mention of fluorine in **Public Health Reports**, the official publication of PHS.

Water-borne Fluorine

Meanwhile there had been a parallel development with respect to teeth. There had been fluoride-mottled teeth as long as there had been people but, again, the cases were scattered and rare except in volcanic regions. With our westward migration, however, arid and volcanic regions were settled. Deep wells in the former, and even surface sources in the latter, often contained fluorine; and mottled enamel in such places was endemic.

Then Eastern communities, seeking sources of pure water, turned to deep wells, many of which contained fluorine. As a result, mot-

tled enamel, which had been endemic chiefly in Colorado, Texas, and Arizona, became a problem in the East as well.

When it was discovered, in 1931, that mottled enamel was due to fluoride poisoning of the tooth-buds while the teeth were forming, PHS had to recognize that fluorine had public health importance. Dr. H. Trendley Dean was delegated to determine how much fluoride might safely be permitted in water supplies. But PHS showed no slightest interest in fluorine except in water.

Agriculture, 1933

In 1933, Dr. Floyd DeEds, Senior Toxicologist with the Department of Agriculture and Lecturer on Pharmacology at Stanford, published a 60-page review on chronic fluoride poisoning. He wrote:(17)

"Only recently, that is within the last ten years, has the serious nature of fluoride toxicity been realized, particularly with regard to chronic intoxication. It is from the viewpoint of chronic intoxication that fluorine is of importance to the public health. A review of the literature shows that the public health aspect of fluorine is manifested in industrial hygiene, in agriculture, and in foods. The latter aspect of the problem is particularly important because of the recommendation and increasing utilization of fluorine compounds in agriculture."

In this connection, we should note that, as of 1957, the FDA tolerances for insect-spray residues allowed seven parts per million of fluorine in some 60 fruits and vegetables.(18)

DeEds also wrote:
"It is a well established fact that chronic intoxication may manifest itself in man as recognized abnormalities only after constant, or at least frequent, exposure over many years."

He quoted a paper by Sollman, Schetter, and Wetzel (19), saying:

"According to information obtained from the United States Bureau of Chemistry, 'phosphate rock' is used to some extent in the production of phosphates used in the manufacture of baking powders. * * * Ordinarily, such rock contains from 0.5 to 15 per cent of fluorine. The finished baking powders are made from acid calcium phosphate containing in the neighborhood of 0.04 per cent of fluorine; but if carelessly manufactured, i.e., if calcium acid phosphate is used, they may contain as much as 0.5 per cent.

"Dr. E. W. Schwartz calculates . . . that the daily intake of fluorine through the use of baking powders would approximate 0.35 to 2.84 mg. if the powders contain 0.04 per cent of fluorine; or 4.45 to 35.55 mg. if the powders contain 0.5 per cent of fluorine."

These amounts, 0.35 to 35 mg. per day, should be compared with the figure of 0.3 mg. per day that the fluoridators tell us is in the average total diet, and with the 20 mg. per day that they tell us is needed to produce systemic poisoning.

Rock-phosphate is also the source of calcium or phosphorus used in many drugs and mineral supplements. In 1957, Feltman and Kosel (20) found from 1 to 286 micrograms of fluoride per tablet or capsule in 34 of 38 leading vitamin and mineral supplements. This accounted for the surprisingly high levels of blood-fluorine among patients on fluoride-free water.

DeEds also wrote:
"The possibility of fluorine hazard should . . . be recognized in industry where this ele-

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ment is dealt with or where it is discharged into the air as an apparently worthless by-product."

He discussed poisoning of vegetation and livestock near aluminum plants; and pointed out that superphosphate plants were pouring 25,000 tons of fluorine into the air and adding 90,000 tons to the topsoil each year. He added: "This sizable quantity gives pause for thought of the potential toxicities connected therewith."

Systemic Poisoning in Man

Such was the concern over fluorine in 1933; and DeEds did not yet know that Moller and Gudjonsson had already found, and described, chronic fluorine poisoning among Danish cryolite workers. In 1937, Kaj Roholm published his monumental study of chronic fluorine poisoning, which is still regarded as a classic. (21, 22)

Also in 1937, Shortt and co-workers, in India, reported poisoning like that described by Roholm and by Moller and Gudjonsson but caused by water-borne fluorine. (23)

Cox to the Rescue

Concern over fluorine as a public health hazard was definitely getting out of hand. For one thing, industry was dumping its fluorine wastes in rivers—rivers that were used downstream for water supply.

This was the situation when Dr. Gerald Cox, from Mellon Institute, suggested (24), in 1939, that (and I quote):

"... the present trend toward complete removal of fluoride from water and food may need some reversal."

and suggested that fluoride be added to water supplies as a means of reducing tooth decay.

The PHS "Tolerance"

The result was that, in 1942, instead of forbidding the dumping of fluoride in water supplies, PHS set 1.0 ppm of fluorine as the maximum tolerance in a public water supply. Then, in 1946, and with no new "evidence of safety," it was raised to 1.5 ppm.

Again, in 1961, it has been raised to 2.4 ppm, in spite of the fact that one PHS investigator (25) had said that, at 1.5 ppm, the factor of safety was zero; and another (26) had said that above 2.0 ppm the permanent disfigurement of many of the users far outweighed any hypothetical benefit.

However, the situation was desperate, because far higher levels of contamination were taking place. For example, the Peace River, from which Arcadia, Florida, takes its water, often has up to 17 ppm of fluorine caused by the triple-superphosphate plants in the river basin. (27)

A lawyer for a leading copper company told a friend of mine that Salt Lake City would be fluoridated whether the people like it or not. "How else," he said, "can we get rid of our fluorides?"

The Blackout

Since 1937, the foreign medical literature has contained hundreds of articles on the wide variety of troubles that can be caused by fluorine. The same is true of the veterinary literature in this country. But none of this appears in our medical literature.

The things that fluorine can do to people are seen every day everywhere. The trouble is to know which cases are actually caused by fluorine.

There has been constant danger that someone would analyze tissues in both high and low fluoride areas and find that fluorine poi-

soning is common. But if every community can be fluoridated there will be no fluorine-free areas for comparison.

Meanwhile, such information (or rather misinformation) as has been disseminated in this country has come from the Kettering Laboratory, the Public Health Service, and sources they control.

All reports based on PHS research grants are subject to censorship before publication. (28) Whatever is found is so reported as to conceal any possible hazards from fluorine. A good example is the report of the PHS-sponsored study at Provo, Utah, where valuable data and findings were grossly misrepresented in reporting. (29)

The result is that the physicians and dentists of America know almost nothing about fluorosis (chronic fluorine poisoning); and most of what they think they know isn't true. Most, in fact, don't even know there is such a thing; and because they don't, it never occurs to them to look for it, or even consider it.

World War II

In 1942, with the Second World War, there was an enormous increase in fluorine pollution. Steel production expanded; and aluminum, which had been used for pots, pans, and a few airplanes, was needed for an air-fleet. Moreover, these industries invaded parts of the country that were not used to fluorine-polluted air—for example the steel plants in California and Utah, and aluminum factories in Washington and Oregon. Crops and livestock suffered, and people didn't like it. Even the deer in the hills around Provo, Utah, had mottled teeth.

At Provo, after the war, some \$30 million in damage suits were filed (30); and some \$4.5 million were awarded in settlements out of court. (31) Then, about 1950, the company spent \$9 million on air-cleaning equipment which requires, among other things, the use of 40 tons of lime-dust a day. They say this removes 90 per cent of the pollution (31), and a lawyer for U.S. Steel bragged to me that the Geneva plant is (now the cleanest steel mill in the world. (In Pittsburgh they don't have cattle. They only have people.)

The situation regarding aluminum was much worse. Aluminum is made by electrolysis of bauxite (aluminum oxide) in a bath of molten cryolite (sodium aluminum fluoride), either artificial or the natural mineral.

In a typical plant, with four "pot lines" of 128 "pots" each, five tons of fluoride (as cryolite, aluminum fluoride, and calcium fluoride) were added each day to replenish losses. Of this, the company estimated that 7,000 pounds a day escaped into the atmosphere. (32)

This plant, at Troutdale, Oregon, was built and operated for the Government by Alcoa during the war. In 1946, it was rented from the Government by Reynolds Metals who demanded that air-cleaning equipment first be installed. This was done at a cost of more than \$270,000. This cut the emission to less than 4,000 pounds per day.

Additional controls were installed in 1950, at a cost of more than \$2 million, and cut the emission to less than a half ton per day.

Meanwhile, some millions in damage suits were filed, and many hundreds of thousands paid in settlements or judgments. One suit, for damage to the members of the Paul Martin family, is the only successful suit for damage to humans by fluorine pollution in the United States to date. Alcoa, Kaiser, Harvey

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Aluminum, Olin-Mathieson, Victor Chemical, and Food Machinery and Chemical all joined in the suit as "friends of the Court." (32, 33)

Practically all the medical testimony for the company came from four men from Kettering and one formerly from Kettering.

The story elsewhere is similar—at Sauvie Island, Longview, Tacoma, Spokane—with extensive damage to crops, land, and livestock.

At The Dalles, Oregon, vegetation was analyzed both before and after the plant was built. The plant was opened July 26, 1958. On June 30, the average fluorine content of seven crops grown within a mile of the factory was 3 ppm. After 73 days of factory operation it had jumped to 140 ppm. The following year, peaches contained up to 22 ppm of fluorine, and many suffered from the condition called "soft suture." (34)

At Longview, the people voted down fluoridation in 1952. A few years later, children started to show mottled teeth (35), whereupon the Council put in fluoridation without a vote. Now the mottling can be blamed on the water rather than the aluminum plant.

Petroleum Industry

World War II also brought new sources of fluorine pollution. The Kettering Laboratory has compiled and published abstracts of some 8,600 articles on inorganic fluorides up to 1958. It contains 639 articles on uses of fluorine compounds in industry. Of these, 76 were published before 1942, and 563 since. Most of the latter deal with new uses of fluorine compounds and new sources of pollution.

One major change was the substitution of hydrogen fluoride for sulphuric acid as catalyst in the production of high-test gasoline. According to Callahan (36), one such plant required 500 to 750 tons of hydrogen fluoride yearly. How much of this goes directly into the atmosphere and how much remains in the gasoline to appear in car exhausts has never been told.

In any case, the first such plant was put in operation in Los Angeles in 1942; and by a strange coincidence, that was the year of the first complaints of eye-irritating smog. Eye irritation is also the first noticeable effect of hydrogen fluoride for most people.

For several years the Los Angeles papers told about the hydrogen fluoride in the smog; but by the time the reports reached Seattle, fluorine wasn't mentioned. Now it isn't mentioned even in L.A., and we are told there is no fluoride in the L.A. smog. This is strange since there is fluoride in the air of every major city, with or without smog.

Now we are told that the eye-irritation is caused by hydrocarbons, ozone, or oxides of sulphur or nitrogen, all of which could be smelled strongly if in eye-irritating concentration.

Since 1942, numerous other uses of fluorides in petroleum refining have been added, and both hydrogen fluoride and the highly toxic boron trifluoride are used.

Elemental Fluorine

Fluorine itself, the chemical element, is the most reactive of substances, and does not occur in nature. It combines rapidly and violently with whatever it touches except its own compounds.

Prior to 1942, it was made with great difficulty, in gram quantities, and could not be bought at any price. The problem of containing it was solved by treating materials to form a tight surface coating of fluoride. This protects the underlying material from further attack. (37)

It is now shipped in tank-trucks of 5,000-pound capacity. The consequences of a wreck are not pleasant to contemplate. There would be no explosion, but it would consume everything it touched, including water, steel, concrete, and people. The heat would be terrific. The products of combustion would all be poisonous, and most of them corrosive. Enough poison to kill a million people would result, and decontamination would be a major undertaking.

Fluorine is also being tried as a rocket propellant. With hydrogen or hydrazine as fuel, it makes the most effective chemical propellant that is possible. We are told (37) that it creates no toxic hazard, but this is hard to believe.

Atomic Energy

Enormous quantities of fluorides are also emitted in the refining of uranium. Uranium 238 is separated from its lighter isotopes as uranium hexafluoride. To make this, pure uranium oxide is treated first with hydrogen, then dry hydrogen fluoride, and finally with elemental fluorine.

Uranium hexafluoride is an extremely poisonous and corrosive gas and very hard to handle. On contact with moist air, it forms hydrogen fluoride and a dense cloud of uranium oxyfluoride, both poisonous.

"UF₆ was almost constantly evolved, forming clouds of smoke which frequently were so severe as to obscure vision in the plant. * * * The only fatalities occurred in the early days of production. * * * The persons concerned exhibited symptoms of HF poisoning." (38)

Coal

Finally, we must not forget coal as a source of atmospheric fluorine. According to Churchill (39), coal from western Pennsylvania contained 85 ppm of fluorine, from Illinois 167 ppm, and from Utah up to 293 ppm.

The amounts may seem small as compared with rock phosphate; but if we assume a conservative average of 120 ppm, the coal mined in 1959 (40) contained over 50,000 tons of fluorine. Nearly all of this is given off in burning. (41)

The Death-fogs: The Meuse Valley, 1930

During the first week of December, 1930, all of Belgium was blanketed by dense fog. In addition, there was a temperature inversion in the Meuse Valley, which served as a lid to prevent the upward escape of gases.

In the 15-mile stretch of the Valley, with hills of 250 to 350 feet on each side, some 6,000 people became violently ill and, on the third and fourth days, 60 died. Many cattle were also killed.

An official investigating committee declared (42) that the symptoms were those of fluorine poisoning, but that only one plant was emitting fluorine and the amounts produced could not have caused the trouble. They said it must have been sulphur dioxide and sulphuric acid.

However, van Leeuwen (43), Fenner (44), Flury (45), Teleyk (46), and Schwartz (47) all disagreed. For one thing, windows and light bulbs showed etching by fluoride. Flury gave figures to show that toxic amounts of fluorine were present and Schwartz pointed out that soluble gases such as HF and SO₂ can become enriched in fog particles and produce acute poisoning even if the initial concentration is very small.

The evidence was carefully investigated by Roholm who was, at the time, the world's

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greatest authority on fluorine poisoning. He said (43) that he was convinced by the symptoms and the details of the disaster that the malady was acute fluorine intoxication. Of the 27 factories in the region, 15 either used raw products containing fluorine (superphosphate works, zinc works) or added fluorine compounds to the raw materials (steel works, iron works, glass works), involving the possibility of passing gaseous fluorine compounds (SiF₄, HF) into the chimney smoke.

Moreover, 20 years later the vegetation in the region contained enough fluorine to indicate that fluorine pollution was high, and had probably been high in 1930 (49).

The Death-fogs: Donora, 1948

The next dramatic fog disaster was in Pennsylvania in 1948. The towns of Donora and Webster lie in a deep, narrow valley of the Monongahela River, shaped like a reversed letter "C" and tightly enclosed on all sides by hills rising four to five hundred feet above the river.

Within these narrow confines were a zinc works, a steel plant with blast and open-hearth furnaces, a wire mill, and two nail-galvanizing mills. For years the neighbors had complained, chiefly of the most obvious pollutant which was sulphur fumes from the zinc plant. There were several successful damage suits for damage to health and property.

From October 27 to 31, a temperature inversion confined the pollution in an estimated 500 million cubic meters of trapped atmosphere. Six thousand of the 13,000 residents became ill, and on the fourth day 17 died. No one knows what would have happened if the fog hadn't cleared the next day. Two more died that day, and another eight days later, making 20 in all.

Moreover, recent investigations show (50) that those made ill have since had poorer health and a higher death rate than those who were unaffected.

The Investigations

The Steelworkers of America promptly donated \$10,000 for an investigation and it was suggested that Dr. Kehoe be employed. However, Kettering Laboratories had already been retained by U.S. Steel to investigate.

Philip Stadler then investigated and reported both direct and circumstantial evidence of acute fluorine poisoning to people already suffering from chronic fluorine poisoning. The symptoms were those of fluorine poisoning, and blood-fluorine concentrations were 12 to 25 times normal. (51)

His investigation was followed by two others: one by Kettering Laboratory, and one by the Public Health Service.

The obvious ways to determine fluorine emission would be (a) by analyzing surrounding vegetation; and (b) to analyze all materials going into the processes—ores, coal, coke, gas, limestone, fluorspar, etc.—and all the products and recovered wastes. From the analyses the amounts could be calculated, and simple subtraction should be a fair measure of total fluorine emission.

This was done by Kehoe and his team (52) but his findings have never been published, and cannot be without the consent of U.S. Steel. It is fair to assume, however, that they would have been if they exonerated fluorine, since the zinc plant was the chief source of the other likely causes. Moreover, Kehoe has testified (53) that the principal hazard from steel manufacture is fluorine.

The PHS Approach

The PHS approach was entirely different, and seems purposely designed to discover as little as possible. And that was the result. A 173-page report tells us (54) that there had been no unusual kind or amount of pollution, and that no pollutant present could have caused the trouble.

How the report can be taken seriously is past belief, but it is, and is generally accepted as the final word on the subject. It is an elaborate piece of hocus-pocus, wholly incompetent, irrelevant and immaterial to prove anything except how easily people—and I mean those who call themselves scientists—can be duped.

Sampling methods of doubtful reliability were applied at arbitrarily selected times and places, and the results "averaged" with no attempt at proper weighting. Calculations therefrom, replete with arithmetical errors and discrepancies, were combined with outright guesses to arrive at estimates of emission.

They guess that 210 tons of coal burned in homes emit 30 lb. of fluorine, but that 213 tons burned in the blooming-mill boilers emit only 4 lb. No possible reason for the difference is offered.

On page 104, waste gas from the blast furnace contains 4.6 mg of fluorine per cubic meter. On page 108 it contains one-tenth as much.

Calculations for open-hearth emission show a discrepancy of several thousandfold, with no way to know where the error lies.

The "biological studies" and general air-samplings are similarly inappropriate and meaningless. Air samples at 12 arbitrarily selected points between February 16 and April 27, 1949 can tell us nothing about concentrations during the episode.

PHS tells us that 10 dogs, 3 cats, 7 fowl, 2 rabbits and 2 canaries died; but elsewhere we learn (55) that 14 of 22 sheep, 2 pigs, 740 chickens, 12 colts, and 6 cows died in the surrounding area.

Mills tells us that (55): "There were few animal deaths near the smelter because farmers learned years ago the impossibility of healthful survival among the destructive fumes."

He believes the deaths were from sulphuric acid, and perhaps they were. The point here is that the sole purpose of the PHS "study" was to whitewash fluorine as the cause.

The Death-fogs: London, 1952

The next major fog episode was in England, 1952. From December 5 to 9, the Thames Valley, and particularly London, was blanketed with fog confined by a temperature inversion. During the five days there were 2,000 excess deaths in London, and some 10,000 more in the surrounding area. This is rated as the greatest fog disaster of all time, although 2,000 deaths among eight million people are not nearly as many, proportionately, as 20 among 13,000 at Donora.

Again, it has been generally assumed that sulphur compounds, easily smelled, and known to have been present, were responsible. And, again, there is little supporting evidence, and fluorine as a cause, or contributing cause, must be considered.

In an area the size of Michigan, England burns half as much coal as the entire United States. Moreover, it is densely populated with industries that pour out fluorine.

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Bellingham, Washington, noted like London for its fogs, with heavy sulphur pollution from the pulp mills but with almost no fluorine, has never experienced fog-induced illness that could be noted.

On the other hand, the 1952 episode in London does not stand alone. A fog in 1948 brought 600 excess deaths, in 1956, 500, and in 1957, 400 (56). Since then there were two in rapid succession in 1959 (57), although one of these was probably complicated by a "flu" epidemic.

Prior to 1948, there had been fog episodes with illness in England in 1873, 1880, 1882, 1891, and 1892. But six in less than 11 years since 1948 would indicate a much greater awareness or an actual increase in the number. We might well wonder whether fluorine in the new fluoride-catalyzed gasolines may not be a factor.

But I am not here to prove that any of the three major death-fogs were due to fluorine. My interest is in the efforts to prove that they were not.

The Air-Pollution Studies

After the London fog of 1952, there was much concern over air pollution in general, and everyone got into the act. The Public Health Service saw a new field to exploit, and started clamoring for appropriations. It still is.

Moreover, a rash of air-studies began by people who couldn't be trusted—people like air-pollution control-boards. So PHS and the Kettering Laboratory put on a fluorine study to end all fluorine studies.

In 1954 and early '55, in cooperation with local or state health departments, it did fluorine sampling in 27 major cities. They took 24 samples once a week at from one to five points in each city—two in New York. In Anchorage, Pasadena, Washington, and Cincinnati they ran about a year. Some places they ran only a week. The average was 23 weeks. (58, 59)

The collections were made on filter paper, which collects only particles and not the gases like HF or SiF₄. Philadelphia was sampled, but not Pittsburgh or Donora. Salt Lake City was studied, but not Provo; Tampa, but not Ft. Mead; Portland, but not Troutdale. And there was no study at all in Tennessee.

A few mavericks have persisted, and there have been independent studies since in Florida, Texas, Oregon, and the Bay Area of California. But the worst offender has been Washington State University. It has conducted studies not just in Washington but also in Oregon and Utah. Something must be done. (58, 59)

Meanwhile, the much publicized National Air Pollution Network often samples for 17 different metals, for chlorides, sulphates, and nitrates—but never for fluorine. (58, 59)

The Conferences

There has also been a rash of conferences, national, international, and what have you, on both air- and water-pollution. I shall concern myself with two: the one in 1950 and the one in 1958.

Just a year after the Donora episode, President Truman asked the Secretary of the Interior to organize an Interdepartmental Committee which would sponsor a United States Technical Conference on Air Pollution. The conference was held in January, with Louis C. McCabe of the Bureau of Mines as Chairman, and its Proceedings have been published. (60) There were seven panels: on agriculture, analytical methods and properties, equipment, health, instrumentation, legislation and meteorology. J. G. Townsend, of PHS, and Robert Kehoe were co-chairmen of the Health Panel.

William Ashe, from Kettering, talked on the Donora incident. He offered nothing concrete, concurred with the PHS Report that there had been nothing there to cause what happened, and he even questioned if anything had really happened. The rest of the papers were of similar caliber.

The agriculture panel, on the other hand, was much concerned about fluorine, and some very valuable information was presented.

No such mistake was to be made at the National Conference on Air Pollution, called by the Public Health Service in 1950. There, Dr. McCabe said: "The agriculture panel in 1950 was top-heavy with fluorine studies because fluorides were in the news." And when Charles Butler of the American Farm Bureau Federation twice brought up the farmers' interest in fluorine pollution, the subject was quickly changed. (61)

When the conference was reported in Public Health Reports, the only mention of fluorine was in connection with Polk County, Florida. It tells briefly of damage suits against the fertilizer industry, and of millions spent to control pollution. (62) One man was then suing eight fertilizer and chemical companies for more than a million dollars in damages. (63)

PHS Now Wants to Help Us

The latest thing is that PHS wants to be still more helpful, and Seattle has been chosen as the testing ground. A team of three has been sent, by invitation from our local health department, of course, to help with health problems that arise from suburban expansion. We are told that environmental health problems now transcend existing political boundaries, and will soon be of interstate and even international scope.

We are told (64) that the present mission is in support of the community effort; but that the principles and criteria arrived at will be applicable elsewhere. We will be helped to solve our problems as to water supply (we have beyond doubt the purest and most plentiful in the country), sewerage, air-pollution, radiological health, food sanitation, and solid refuse collection and disposal.

"We are looking for gaps and areas that need de-emphasis." The latter applies to fluorine of course. And we are told (and I quote): "We will try out some of our thinking on you folks."

One of the three is Herbert Dunsmore, air-pollution engineer of Alleghany County, which includes Pittsburgh, and former environmental health director of that county.

I asked him why they had never analysed Pittsburgh air for fluorine. He said they have no fluorine problem in Pittsburgh.

I asked him how he knew if he never looked; and I showed him the PHS Registers of Air Pollution Analyses, which list no fluorine analyses ever done in Pittsburgh. (58, 59)

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A Battle Ahead

You Can Help Win It by Getting
a New Member Now

And we know without any air analyses that Pittsburgh has a major fluorine problem. And the biggest problem is to keep people from knowing about it.

In 1948, Churchill (39) reported fluorine up to 269 ppm in vegetation grown within 10 to 30 miles of Pittsburgh. It could only have come from the air. Both he and Largent of the Kettering Laboratory (65) blamed it on coal smoke. They may be largely right; but why not also on the steel industry?

Conclusions

These are the people that PHS wants to have help us with our pollution problem. Perhaps, like the Trojans, we ought to "Beware of the Greeks bringing gifts." The Trojans failed to heed the warning; and the "gift" was the famous Trojan Horse.

Perhaps I can best conclude by quoting a statement by Dr. James P. Dixon, Health Commissioner of Philadelphia. At the 1958 Air Pollution Conference, he said (66):

"If gas masks are not to become as common in a hundred years as shoes are today in the civilized world, we should do well to heed our somewhat submerged instincts of self-preservation and remember that—whatever other uses man may devise for it—is essentially for breathing."

And I would add that water is essentially for drinking.

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Courtesy
of the
B.C. Pure Water Association
14144 Trites Road,
R.R. No. 1, Cloverdale, B.C.

THE HEART'S GARDEN By Katherine Merrill

The heart is a garden
Where thought flowers grow;
The thoughts that we think
Are seeds that we sow.

Every kind, loving thought
Bears a kind, loving deed;
While a thought that is selfish
Is just like a weed.

We must watch what we think,
Each minute, all day;
And pull out the weed thoughts
And throw them away;

And plant loving seed thoughts
So thick in a row
That there will not be room
For weed thoughts to grow.

It is excellent to have a giant's strength; but it is tyrannous to use it like a giant.—Shakespeare.

Some people, instead of trying to drown their troubles, take them out and give them swimming lessons.—"Billy" Sunday.

I will utter what I believe today, if it should contradict all I said yesterday.—Phillips.

Family Circle

(Continued from page 2)

tion may continue with its expanding program. To each person who makes a pledge, we send each month a postage-paid self-addressed envelope, not as a dun, but as a convenience to the one who has made the pledge. I do not like to ask folk for money, but these are serious days for the Federation and its program.

This Issue

This, the May issue, will be devoted largely to reporting activities connected with the Washington office and related matters. Please be sure to read the legal opinions the Federation has secured from a competent attorney as to how the drugless profession, the health food industry and the Federation can take legal action to put a stop to the false propaganda with which the newspapers, radio, television, and national magazines have been deluging the public, with the avowed intent of destroying the natural approach to health. We are passing this information along to the proper leaders in these different branches of the healing arts with the hope that they will take appropriate action. The Federation could enter into the suit, on behalf of its members, if sufficient of our members felt the Federation should. What do you think? Such a suit will cost money.

The June Issue

The June issue will have as its main feature Mental Health and what is being done about it, from the angle of protecting the public from the misuse of the laws covering this subject. It will, if there is room, carry the full article by Dr. Exner which we referred to in the May issue and which Clinton Miller had inserted, as part of his testimony, into the hearing record connected with the bill having to do with air pollution.

San Francisco Federation One-Day Convention

On other pages of this issue you will find the complete all-day program. It is full of good things. This is an experimental project. If those interested in health attend in sufficient numbers we will make it a yearly event, so please mark your calendar and plan now to attend. Among other things, legislative matters will be discussed and you will be brought up to date on things in Washington.

Again I Say, Danger Ahead

While it is true that we appear to have been able to head off drastic changes in the Food Supplement Law that the Food and Drug Administration attempted to slip over on the people and which would have been accomplished, had it not been for the existence of the National Health Federation, with an active, alert office in Washington, yet, by the same token, we must be constantly alert, because we are advised that an attempt will be made to stampede Congress into writing many of the bad regulations into a law which would purport to be for the protection of the aged, but which would actually have a far different purpose and would be very detrimental to the welfare of the aged.

Double Our Membership

At the last annual meeting and convention a goal of doubling the membership of the Federation was set for 1963. **We must do it.** As a means to this end, we are making the following offers:

1. Any member may send in three memberships for three of his or her friends, or for persons whom the member thinks would benefit from a membership, at the special rate of three for \$10.

2. Any of these three members, if they desire a six-month subscription to **Let's Live** magazine, or a one-year subscrip-

(Continued next page)

tion to the **Herald of Health**, may secure the same by adding one dollar to the above special offers for either of these two worth-while magazines or two dollars if both are desired, provided they are not now subscribers to these magazines.

3. If some person desiring to join the Federation, but who does not have the cash for his or her membership, will get three persons to join at the regular rate of \$5, said person will receive a one-year Federation membership free.

4. If any member desiring to send subscriptions to the **Bulletin** to people of influence or persons who should know what is going on in the health field will furnish the names and addresses of three such persons, along with \$5, the Federation will send such persons the **Bulletin** for a period of one year. **THE FOREGOING OFFERS ARE GOOD ONLY UNTIL JULY 1, 1963.**

Here Is Good News

Any member of the Federation who sends in his 1963 dues can add one or two dollars to his regular \$5 dues and thus can secure the **Let's Live** magazine for six months, or the **Herald of Health** for one year. If only one of these magazines is desired, add only one dollar, but be sure and designate which magazine is desired. This offer is good only if the member is not at present a subscriber.

Any member who has already paid his 1963 dues and is not now a subscriber to these two fine magazines may take advantage of the same offer by sending one or two dollars as the case may be. As stated previously, all these offers expire on July 1, 1963.

WE MUST DOUBLE THE MEMBERSHIP AND WE MUST INCREASE THE CIRCULATION OF THE BULLETIN.

Do You Buy from a Health Food Store?

If you do, then you can help the Federation by urging your health food store

to stock and sell the **Bulletin** to their customers. You can tell them that if they will send \$12 to the Federation the Federation will send them 10 copies of the **Bulletin** each month. The retail price is 25¢, so the store would be making 15¢ on each **Bulletin** sold and would also be putting into the hands of the customer a magazine which would bring to him much needed information.

If the health food store does not want to pay in advance, as set forth in the above plan, they can secure the **Bulletin** each month at the following prices: \$1 for seven copies, 35 copies for \$5, and 100 copies for \$12 per month. Those who choose this latter plan will be billed each month. **YOU CAN RENDER A GREAT SERVICE BY THUS CONTACTING YOUR HEALTH FOOD STORES. LET'S ALL PUT OUR SHOULDERS TO THE WHEEL AND ACCOMPLISH OUR GOAL.**

Long Beach N.H.F. Chapter Holds Large Meeting

Two weeks ago, the Long Beach Chapter of the National Health Federation staged a meeting at which a moving picture of Hunza Land was shown. The hall, which seats 650, was filled to overflowing and so many were turned away that it has been decided to have another such meeting in the near future. Fred J. Hart and Howard Long presented the Federation organizational setup, needs and legislative activities. The film, "Hunza Land," was narrated and presented by Renee Taylor. If any of our chapters desire to secure this film and speaker, a letter to the Federation at P.O. Box 686, Monrovia, California, will bring information as to how they may be obtained. A one-dollar admission charge was made and the local chapter netted over \$200. This fund is to be used to organize other chapters in Los Angeles County.

Fluoridation Good News

In the last session of Congress, a bill was introduced, which, if enacted into law, would have appropriated large sums of money to the Department of Health, Education, and Welfare for the purported purpose of promoting means of preventing dental caries (tooth decay), but which had as its real purpose the financing of an intensive campaign on the part of the dental division of the Department of Health, Education, and Welfare to put fluorides into the drinking water of all residents of the United States. The National Health Federation opposed this bill because of its evil purpose and was able to keep it from being presented to the Congress for a vote.

The good news is that this bill has not, so far, been reintroduced in this session of Congress. The N.H.F. Washington office is on the alert, and is again ready to oppose the bill if reintroduced, unless it carries a provision that will prohibit the use of such funds for the promotion of fluoridation.

Seattle Votes Down Fluoridation for the Second Time

We are very happy to announce that the voters of Seattle, Washington have just voted against fluoridating the water supply by a vote of four to three.

We are also happy to announce that the leaders in the fight against fluoridation were active members of the National Health Federation and that large quantities of the June N.H.F. Fluoridation **Bulletin** and other material secured from the Federation were used.

He who does not think too much of himself is much more esteemed than he imagines.—**Gotham.**

Girl Gets Disputed Krebiozen Stakes Life on Cancer Drug

ROCKFORD, Ill.—UPI—Diane Lindstrom, who suffers from a malignant bone cancer of the right thigh, is staking her life on the controversial cancer drug Krebiozen.

And one of the great battles of modern medicine—whether Krebiozen is effective in the fight against cancer—may hinge on the outcome of Diane's struggle to walk without pain.

Only one month ago, the pretty, 18-year-old girl faced a terrifying decision—either have her leg amputated or run the risk of never living to see her 23rd birthday.

Two days before the scheduled amputation, the Lindstroms learned about Krebiozen.

Mrs. Virginia Lindstrom and her husband, Milton, went to Chicago to talk with Dr. Andrew Ivy, an internationally known scientist and this country's foremost proponent of Krebiozen.

In Ivy's 10-year battle to win acceptance of the drug, he lost a post at the University of Illinois, the Chicago Medical Society moved to punish him for promoting a "secret remedy," and representatives of organized medicine—including the American Medical Association—declared Krebiozen "worthless."

The Lindstroms then decided to postpone the operation.

"We asked Diane," Mrs. Lindstrom said. "We told her what we thought. She had resigned herself to the operation, but right away she wanted to try Krebiozen."

Diane went to Illinois Masonic Hospital at Chicago for Krebiozen treatments and her family doctor wrote the Federal government asking that the

(Continued next page)

drug be barred from public use until it has been fully tested.

The doctor's request was refused. Ivy said the doctor protested "apparently because of professional jealousy."

After a month of treatment, X-rays showed the tumor has not grown and appeared to be somewhat smaller than before the Krebiozen treatments started, Ivy said.

"Diane said she would rather die than go through life without a leg," Ivy said. From **Detroit Free Press**, March 22, 1963.

Editor's note: The governmental agencies, the American Cancer Society and the American Medical Association continue to prevent this remedy from being tested and thus condemn many people to a painful and expensive death. **How long will the American people stand for this type of action?** If enough people join the National Health Federation, this type of thing would soon be brought to an end.

Germans Impose Detergent Curb

Foam in the beer glass and in the bathtub is proudly pictured by the TV advertiser but it brings wry faces when it appears in the water drawn from the kitchen tap or in the waves of the bathing beach.

We don't have to stand for it. West Germany has pointed the way.

The Bonn government has banned the sale of present-type detergents, effective Oct. 1, 1964. They will be replaced by new types said to be just as effective but readily decomposable. The better types will cost more, though nobody is sure how much now.

The same relief for Americans is proposed by Rep. Henry S. Reuss (D., Wis.). His pending bills would bar from inter-

state commerce all surface-active ingredients which do not meet standards of decomposability to be set by the Federal Government. The new German law would ban detergents that are not 80 per cent decomposable.

The Germans, who are the first to ban detergents, originated them, Josephine Ripley, writing in the **Christian Science Monitor**, points out.

The main ingredient in detergents is ABS (alkyl benzene sulphamate) a cheap and plentiful by-product of petroleum refining. The Germans turned to it of necessity when they were cut off from supplies of animal and vegetable fats by the Allied blockade in World War I.

Without waiting for federal legislation, the Maryland Water Pollution Control Commission has outlawed the flushing of detergents from coin-operated laundries and car-wash places into streams and septic tanks. This will take effect next Jan. 1.

When water in Suffolk County, Long Island, became so contaminated that residents had to import their water from other areas, laundries were ordered to filter out waste detergents.

The detergent contamination, which seeps from septic tanks into wells and flows through sewers into streams, is mounting rapidly. Relief for the consumer should move as rapidly. From **Birmingham Post-Herald**, March 21, 1963.

Success is making hay with the grass that grows under other people's feet.—**Robert F. Moore.**

Some minds are like concrete, all mixed up and permanently set.—**The Gilrafter.**

Harmful Drugs Sale Is Charged

Washington (AP)—The Food and Drug Administration has permitted sale of new drugs "imminently hazardous to the public health" and left them on the market months after they showed signs of dangerous side effects, an FDA medical officer said Wednesday.

In doing this, Dr. John O. Nestor said, his superiors overruled expert medical opinion.

Nestor, an expert in the FDA New Drug Division, and specializing in children's diseases, said any opinion which challenged past FDA policies or commitments to the pharmaceutical industry encountered "indifference, disapproval, or even hostility, frequently so when they dealt with drugs for pediatric use."

Nestor testified before a Senate Government Operations subcommittee investigating safety procedures for drug marketing.

"Any doubt about a drug must be resolved in favor of the user, not the producer," said Sen. Ernest Gruening, D-Alaska, a medical doctor also.

Gruening said that if even part of Nestor's testimony was correct, "It is a shocking indictment of the Food and Drug Administration."

Sen. Hubert H. Humphrey, D-Minn., subcommittee chairman and a pharmacist, said Nestor's story was "shocking and most distressing" and FDA officials would be called to comment on it. From **Birmingham Post-Herald**, March 21, 1963.

Courage and perseverance have a magical talisman, before which difficulties disappear and obstacles vanish. —**John Quincy Adams**.

Kidney Disease from Drug

The death of a female night club entertainer after being examined for gall bladder trouble has brought to the attention of the medical profession an unrecognized danger of a widely used drug.

Reminiscent of dangers pointed up by the thalidomide situation, a report on a fatality after use of bunamiodyl sodium, in the **New England Journal of Medicine**, 267:389, 1962, advises caution in the use of this and similar drugs with patients who have jaundice or renal insufficiency.

When such radiopaque compounds are used to visualize the gall bladder before X-ray, a procedure called cholecystography, kidney failure can result from the increased load of these compounds in patients with liver disease. This is what happened in the reported case.

FDA Tightens Drug Reins

WASHINGTON (UPI)—Starting April 1, drug manufacturers will be subject to new government regulations designed to give additional protection to the public.

The Food and Drug Administration (FDA) announced the tighter new regulations Tuesday night. They stem in part from last year's thalidomide scare.

The new regulations would:

—Require manufacturers to prove a new drug is not only safe but effective before they could get FDA approval for its use.

—Forbid misleading or false labeling and advertising by drug makers.

—Require drug manufacturers, processors and packagers to register with the FDA each year and to undergo FDA inspection at least once every two years. From **Santa Paula Daily Chronicle**, February 13, 1963.

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
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.
	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 NOT been reintroduced yet. Watch, for it is expected they soon will be.
	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. Do nothing YET.
	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 is presently carrying on a hot war with Chairman Powell. Not much we can do on the bill while this is waging.

BAD BILLS

	RED LIGHT BILLS Number Sponsor Description	COMMITTEE or SUBCOMMITTEE and CHAIRMAN — with present status of bill and anticipated action.	INSTRUCTIONS and SUGGESTIONS
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.

MAIN AND ONLY TARGET FOR THE MONTH RED LIGHT BILL H.R. 12

	RED LIGHT BILLS Number Sponsor Description	COMMITTEE or SUBCOMMITTEE and CHAIRMAN — with present status of bill and anticipated action.	INSTRUCTIONS and SUGGESTIONS
CHIROPRACTORS ETC.	H.R. 12 (D) Harris. S470 Ribicoff (D) Conn. S911 Hill (D) Ala. Identical bills for federal aid to the health professions. Unless amended, it will unfairly discriminate against chiropractors and other properly licensed drugless healing arts.	House Committee on Interstate and Foreign Commerce. Rep. Oren Harris (D) Ark., Chairman. This bill has just had hearings before this committee and was not properly amended. It goes now to Rules Committee. See Washington Report in this issue for full details.	Write at once to every member of the Rules Committee of the House. See Article on H.R. 12 elsewhere in this issue. Write to your own Senator and Representative IN ADDITION to members of the RULES COMMITTEE.

Dim Future for Smokers

Washington Post Service

WASHINGTON—A third of America's 35-year-old males won't see 65 if they keep smoking more than a pack of cigarettes a day, a pamphlet being sent to thousands of U.S. doctors claims.

"Medical Bulletin on Tobacco" is the first of at least four bulletins on tobacco and death rates which will be issued this year by four major health associations.

In New York City, Dr. Harold S. Diehl of the American Cancer Society said it was easy to persuade three other associations to join the project after they had seen what he called "the superb report" on effects of tobacco issued by the Royal College of Physicians in London.

The other three agencies are the American Heart Association, the National Tuberculosis Association and the American Public Health Association.

The first bulletin said about 23 per cent of nonsmoking American males age

35 could be expected to die before reaching 65.

The death rate then increases according to the intake of tobacco, the report says: About 25 per cent of pipe and tobacco smokers won't make it; for smokers of 10 or fewer cigarettes a day, 27 per cent; one half to one pack a day, 34 per cent; one to two packs a day, 38 per cent; and two or more packs a day, 41 per cent. From **The Arizona Republic**, Phoenix, February 18, 1963.

A Pilot Project

By the time you read this notice, N.H.F., in cooperation with the Los Angeles County Health Federation, under the leadership of Charles Crecelius, Vice President of the N.H.F., will have launched its drive to clean up the smog situation in Los Angeles. The people must do the job, and this is a pilot project to prove that the people can, if they will force a solution to the problem.

TEAR OUT—FILL OUT

We must increase the circulation of the Federation's **Bulletin** to prominent folk who are not now members of the National Health Federation.

To this end we are making a special offer as follows: For \$5.00 we will send a one-year subscription to any three prominent or influential people. You select the people and send in the \$5.00 and we will do the rest.

Name

Street Zone

City State

Name

Street Zone

City State

Name

Street Zone

City State

Our program is moving forward and we must reach as many people as we can this year. This offer is good from May 1 to July 31 and no longer. We believe that if we can put the **Bulletin** in the hands of influential people, we will be better able to prevent fluoridation and other mass medication plans. If the people are given the truth, they usually vote and act rightly. We are in a crusade, so let's go "all out" these two months to do the job.

Please note the postcard below. Please tear it out, put a four-cent stamp on it, write your name and address, and mail at once to your own Congressman. Write your Congressman's name in the blank space.

Congressman _____

House Office Building

Washington, D.C.

THIS COULD BE SERIOUS

The following has been called to your attention by St. Luke's Episcopal Church of Monrovia. We pass it along for your information.

The proposed income tax revisions which would make it possible to deduct only one-half of a tithe from one's income tax would be disastrous not only to the religious institutions but the educational ones. Please write your protest to:

Mr. Wilbur D. Mills, Chairman
Committee on Ways and Means
New House Office Building
Washington, D.C.

Do Not Write to the Washington Office

Our Washington Office has had to spend considerable time answering or forwarding letters from members which should have come to the Headquarters office at Monrovia. The Washington Office has its hands full of legislative and regulatory matters. If Mr. Miller writes to you about a legislative or regulatory matter, of course you should answer him direct, but please send your other requests and messages direct to the Monrovia office. If we cannot handle the matter, we will refer it to someone who can. If we think it should be handled by the Washington Office, we will forward it to that office to be cared for.

For legal advice you can write direct to our Washington General Counsel, Mr. Charles Orlando Pratt, in Washington, D.C. That is what his office is maintained for. In most cases it is better to write direct to the main office at Monrovia and we can then assess the matter and refer it to the proper department of the Federation.

Our Washington Office has more work than it can do, so please heed this request.

Sheraton-Palace

On May 25, many of our members will gather at the San Francisco Sheraton-Palace Hotel for a one-day and evening N.H.F. Convention. The management of the hotel sends you this message.

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Congressman
House Office Building
Washington, D.C.

May 15, 1963

Dear Congressman

Congressman Libonati has introduced much-needed legislation for the protection of the sick folk of America. The title of this legislation is H.R. 3408. Briefly, it would amend the Public Health Service Act to provide judicial review of agency orders concerning biological products (Krebiozen is one).

I would be very pleased to have you support this legislation and do all within your power to help secure its passage.

Sincerely yours,

Name.....

Street..... Zone.....

City..... State.....

P.S. This card need not be answered.

Caution Sounded in Use of Antibiotics for Children

Children with virus infections should not automatically receive wonder drugs, a study by two University of Rochester pediatricians indicates.

Antibiotics "cannot prevent a complication," the report by Drs. Edward H. Townsend, Jr. and John F. Radebaugh pointed out. Use of antibiotics when a new symptom appears "is not justified without further study."

The report also warned of "cumulative sensitivity" to antibiotics which might not be discernible in a child but which could deny him the benefit of the drugs in adulthood. The doctors recommended long-term studies to evaluate effects of repeated use of wonder drugs on children after they grow up.

The study was published last month in the **New England Journal of Medicine**. It is a follow-up of an earlier study of the role of antimicrobial agents in preventing complications during an influenza epidemic.

Dr. Townsend is clinical assistant professor, University of Rochester School of Medicine and Dentistry, and director of pediatric service at Rochester General Hospital. Dr. Radebaugh is an instructor in the UR's School of Medicine and Dentistry.

The doctors found in the earlier study that 110 of 785 children with influenza developed new complaints referable to the respiratory system. These 110 were the subjects of the study just published.

In some instances the doctors found patients being treated with antibiotics became sicker than those who were being treated symptomatically.

About half of the children received symptomatic treatment only, and the

rest in addition were given antibiotics during the primary, viral illness.

The study breaks the complications down into ear infections, bronchial pneumonia, lobar pneumonia and the appearance of pus in the respiratory tract from ear, throat, nose or tonsils.

Antibiotics should not be used in ear infections unless the doctor knows the infection is caused by an organism sensitive to the drugs, the report warned.

In bronchial pneumonia cases the pediatricians discovered a larger percentage of patients treated with wonder drugs became sicker than did those who received no antibiotics during the original virus disease.

In cases of lobar pneumonia, the report asserted that "it seems that such a pneumonia developing while a patient is receiving antimicrobial (antibiotic) therapy might be more difficult to manage."

The report warns that development of new symptoms during a virus disease "must be evaluated as the original viral illness was, since they may be only later manifestations of the natural symptomatology of the disease They do not provide indications for antimicrobial therapy without further study of the patient's individual problem." From **Rochester Democrat and Chronicle**, November 19, 1962.

POSTAL WARNING

It is now against post-office rules to put any stamp of any kind other than a postage stamp on the front of any envelope or post card. Stamps can be placed on the back of envelopes.

We recommend that Health Federation stamps be placed in the upper left-hand corner of the paper on which you write a letter or note.

NATIONAL HEALTH FEDERATION

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SPECIAL ITEMS

1. See Pages 3, 4, 37, and 38 for special items which are of utmost importance to the health of all Americans and vital to the ultimate success of the National Health Federation crusade for all approaches to health and freedom of choice in all matters relating thereto. Your voice through N.H.F. grows stronger with each passing day.
2. There will be an all-day Federation convention in San Francisco on Saturday, May 25, from 10:00 a.m. to 9:30 p.m. The program will be full of outstanding speakers and many subjects will be covered. The registration fee will be \$2.00 and will cover the entire day and evening. The public is invited. Full details will appear in the May issue of the **Bulletin**.
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.

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

Name

Address

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

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

Renewal New Member