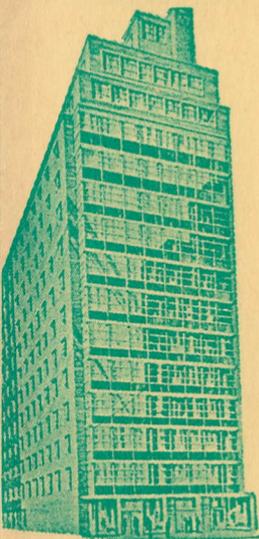


# National Health Federation



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## DAVID AND GOLIATH MEET AGAIN

<i>David and Goliath Meet in Baton Rouge</i> .....	Page 2
<i>Editorial by Fred J. Hart</i> .....	Page 3
<i>Family Circle</i> .....	Page 5
<i>N.H.F. Attorney Blasts AMA, etc.</i> .....	Page 7
<i>Important Statement by Clinton Miller</i> .....	Page 9
<i>What Becomes of Your Charity Funds</i> .....	Page 14
<i>Important Cancer Memorandum</i> .....	Page 17
<i>N.H.F. Position on Cigarette Advertising</i> .....	Page 19
<i>Why Does FDA Talk and Act Like It Does?</i> .....	Page 21
<i>Certified versus Pasteurized Milk</i> .....	Page 25
<i>Washington News Briefs by Clinton Miller</i> .....	Page 29

## AMERICANS CRUSADING FOR BETTER HEALTH

Volume X—Number 5

May, 1964

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

# BULLETIN

# David and Goliath Meet Again

By H. C. Long, Executive Secretary

If there has been any doubt in the mind of a member of the Federation as to the need and benefit of the Federation's work, it would have been very rapidly dissipated on March 25 and 26. These dates were those of the Louisiana Congress on Health Monopoly held at the Lakeshore Motor Hotel in Baton Rouge. Again, we felt there was a need for secrecy regarding advance publicity in order to protect the speakers featured and the facilities used.

The Louisiana Medical Association was featuring a Congress on Medical Quackery in Baton Rouge on March 25. Again the Federation appeared on the same day (and the day following) and again we had a superior program in a finer hotel. Again we destroyed their facade and discounted their propaganda. Their own president was at a loss for words on television, and their speaker defaming chiropractic, Dr. Henry I. Fineberg, had his address "torn to ribbons" in a favorable press the day following his presentation. We also heard the same dirge emanating from FDA and AMA about the seven myths of quackery. These were attacked successfully in an address by one of our speakers the same day—in our congress and in the press.

In the minds of the readers, the Louisiana Medical Association lost a lot of ground and it came to the point where even I felt that they were the underdog. I am happy to inform you that we had eight radio broadcasts in Baton Rouge and that two of them were rebroadcast throughout the day. We had four TV coverages and interviews and the press had an article in every issue for three entire days. This is coverage and acceptance you cannot buy. It is especially significant to note that all of the coverage was favorable and that the announcers were even adding their encouraging remarks.

Appearing on the program was Senator Jack B. Tenney, Clinton R. Miller, Charles O. Pratt, Dr. Kurt W. Donsbach, Dr. John C. Vann, Dr. Walter J. Hodson, Dr. Ray Evers, Mr. Mark Boesch, and Mr. Earl W. Powell. Addresses concerned political and economic pressures and inequities primarily involving the AMA and the FDA and covered fluoridation, legislation, cancer, medical doctors' problems, osteopathy, chiropractic, quackery, monopoly, naturopathy, and other healing arts and healing treatments.

The Federation gained much ground at this congress in the form of new membership and pledges of support. We have gained a stature not known before. We gained about 3,500 new members in 1963 and we expect to double that in 1964. We are deluged with mail and requests already and it clearly points out that Americans **are** interested in the truth and

(Continued bottom next page)

## The NATIONAL HEALTH FEDERATION BULLETIN

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*Adventures on Health Frontiers*  
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### Editorial

By Fred J. Hart

**The AMA Declares War on the National Health Federation.** Anyone attending the medical association-sponsored Congress on Medical Quackery, recently held in Baton Rouge, Louisiana, would agree with the above statement.

From the speeches and exhibits, one must gather that their attack will be along the following lines:

1. Seeking to discredit the Federation by spreading all manner of rumors and distorted facts about the leaders of the Federation and the President of the Federation in particular.
2. Spreading untruths about the purposes of the Federation and its membership.

3. Continuing to use the Food and Drug Administration as a cat's paw to this end.

It thus appears that the drug interests do not want the people to be organized for their protection from those who would profit financially by preying on the sick folk of the nation.

David (the Federation) and Goliath (the organized drug interests) are now engaged in a real battle. In Washington, last October, David stunned Goliath, and in Baton Rouge, La., on March 25 and 26, David again put Goliath on his back. See pages 2 and 7 for more details. The Philistines (the enemies of the people) whom Goliath represents, are now in  
(Continued on next page)

**are** interested in preserving their way of life. We are growing and we need to grow faster. The adversaries are increasing their activity and we must increase ours. Think about yourself and your freedoms, then think about the Federation. Contemplate our activity and our progress—our need and your necessary part. For a purpose today and a future tomorrow, work with us—grow with us—and again prove that David can emerge victorious! Publicize our organization, circularize our materials and get us more members. These addresses will be reproduced in future issues of the **Bulletin**. These presentations point out the degradation you suffer daily at the hands of those who sell your birthright for a mess of political or economic pottage. I say to you, it is our responsibility to stop this nonsense. We are willing and able, but we **must** have your help.

turmoil, as in days of old, and if the people will unite behind the Federation leaders, history will repeat itself, the enemy will be routed, the Food and Drug Administration will once again become the servant of the people, and the American public will once again enjoy freedom of choice in matters of health.

While the enemy is desperately trying to rally its forces, it is in considerable disagreement with the Food and Drug Administration and there appears to be an inclination on the part of certain sections of that department of government to return once again to the position of protectors of the public, rather than the drug interests. The public must rally behind the National Health Federation, that it may continue to press the battle for the rights of the sick folk of the nation and freedom of choice for all in matters of health.

As David of old was on the side of right and Divine Providence blessed him with victory, so the Federation, as the David of this age, is again blessed with divine help. It can move forward to a complete victory; but remember that when David had put Goliath out of the way, the people rallied and moved forward and completely routed the enemy. Just so it must be in this day.

When you read or hear propaganda against the Federation, remember that no one throws sticks at a tree that does not have good fruit on it. And please also remember that if the Federation was not a threat to the drug monopoly, the latter would not waste its time and money trying to destroy the Federation, for history teaches that an organization having no useful purpose will soon die or become ineffective.

The Federation needs more members, more funds, and the effectual, fervent prayers of its members. You alone can supply these needs.

### You Can Sue

If you hire weed spraying and it "drifts," killing a neighbor's crops—who's liable? You may be shocked to know that you are jointly liable with the commercial applicator, says Stuart W. Turner. He's a San Francisco consultant often called on for expert testimony in court cases. Turner says the courtroom trend is toward "absolute liability"—the person who sues must prove only that his crops were damaged and that you were using a chemical capable of causing the symptoms. In many states, chemical drift is considered **trespass**—which doubles or triples the damages awarded the person who sues.

### Water Fluoridation Due for June 2 Primary Vote

The much-disputed question of fluoridation in water has splashed back into the local picture.

East Bay water directors voted unanimously to place the issue on the ballot at the June 2 primary election.

The utility district serves more than 1,100,000 customers in Alameda and Contra Costa (California) counties.

An East Bay water spokesman said fluoridation would cost the district \$200,000 the first year and \$100,000 each year thereafter. Half of the first-year outlay would be for new equipment, he said.

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NATIONAL HEALTH FEDERATION BULLETIN

## Family Circle

By Fred J. Hart

In the February issue of the **Bulletin** we printed an editorial setting forth the fact that the Federation has grown to such size and magnitude that it could now move forward on a constructive and forward-looking program.

A step in that direction was taken when Clinton Miller, as the Federation's voice in Washington, appeared before an appropriation subcommittee and suggested that money appropriated for research in the field of health is all being spent in research of sickness. Clinton pointed out that what is needed is research to discover what makes people well and what keeps them well.

This was a new thought to the members of the subcommittee and it made a very fine impression and much good will come from it. One of the great values of the Federation and its Washington office is that it brings the people's views to the attention of the nation's lawmakers and, little by little, educates them in the right approach to matters relating to health. Read Clinton Miller's testimony on this subject on pages 9-14.

### The Bulletin

You will note that this issue of the **Bulletin** has been returned to the usual size. This is an exercise of faith on our part, as the Federation funds are still at an all-time low, despite the fact that we are operating on an austerity program. To win and maintain liberty means that those who would have it must sacrifice and work to that end. Our forefathers sacrificed their fame and fortune and many of them gave their lives that the people of this nation might enjoy liberty. The Federation, of which you are a part, is again fighting to regain the portion of those liber-

ties which has been taken from us. While this battle does not call for the sacrifice of our lives, it does call for the sacrifice of fame for some of us, and for all of us the sacrifice of time and funds.

If every member would just go without one meal and send the money thus saved to the Federation, the funds received would carry it through the lean months that always come during the summer.

### Life Members

Thanks to each of you who have this past month loaned the Federation \$100, without interest, by becoming Life Members. We still have 150 to go to reach our goal of 500. I frankly say to you that, except for these Life Memberships which have come in this past month, we would have had to cut our Washington office expenses by the elimination of Clinton Miller's secretary. This would have cut down his effectiveness by at least one-half. So, thanks to each of you and to the other Life Members who, by joining during the past two years, have made the greatly expanded work of the Federation possible.

### Dues Overdue?

This is one item I dislike to write. Postal regulations (and they are just and right), will not allow the Federation to send its **Bulletin** to members who have not paid their 1964 dues on or before July 30. This means that, unless your dues are paid for 1964, the June issue of the **Bulletin** will be the last one we can send to you. It is easy for you to check whether you have paid your 1964 dues. Unless you are a Life Member, the numerals 64 will appear

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as the last two digits of the set of numerals which appear in connection with your name and address on the back cover of the **Bulletin**. If the number 63 appears, instead of number 64, it means that your dues are not paid for 1964. It would help the Federation greatly if you would send them in as soon as possible. Thank you very much.

### Conventions

By the time you read this item the Federation will have held a one-day convention in Phoenix, Arizona, on April 11, and another in Salt Lake City on April 15. For news of the conventions coming up see page 35. These conventions are outstanding in the educational material presented and the wealth of practical ways in which you can help assure yourself and your family as to proper nutrition and associated health matters.

The meetings are open to the public, so invite your friends. To defray costs of the one-day conventions, a charge of \$2 is made for the entire day and evening, or \$1 for one session, whether morning, afternoon or evening.

The charge for our four-day conventions is, of course, more. For the entire four days the cost is \$5, for one full day \$2, and for any single morning, afternoon or evening session \$1. Where can you get so much for so little? **Plan now to attend** one or more of these gatherings.

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"I simply can't stand my husband's nasty disposition," wept the young bride. "Why, he's made me so jittery that I'm losing weight."

"Then why don't you leave him?" asked her aunt.

"Oh, I'm going to," the bride smiled through her tears. "I'm just waiting until I get down to 120 pounds."

## How to Lose Friends and Infuriate People

An election was held on May 7, 1963, regarding artificial fluoridation of the Belmont, California water supply. Voters rejected the scheme, as did Seattle, Washington, the month previously, for a second time.

During the Belmont campaign, fluoridation was avidly promoted on Bill Dorais' "Reporter's Notebook" program on radio station KCBS, San Francisco, on April 25, 1963. Mr. Dorais is sponsored by Pioneer Investors Savings and Loan Association, 1701 Noriega St., San Francisco, California.

The Belmont committee opposing fluoridation wired Pioneer, requesting equal time to present objections to the issue, to be granted before May 7, election day. The East Bay committee against fluoridation, as well as the Marin County, appealed to the Pioneer Investors Savings president, pointing out that the firm's program had ridiculed opponents of the issue, labeling them "fuddy-duddies," "emotional," etc. It was further emphasized that the **majority** of citizens oppose artificial fluoridation and that the promotion continues to be rejected nine times out of 10 at the polls.

Pioneer Investors Savings **ignored** these combined appeals. Equal time was not granted.

Readers who write Pioneer Investors Savings concerning this matter may be bemused by the way this firm identifies itself in its advertising: "Big, safe, **friendly** Pioneer Investors Savings" (emphasis supplied)!

Marin Pure Water Committee, Inc.  
P.O. Box 426, Fairfax, California

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The only way to make a man trustworthy is to trust him.—**Henry L. Stimson.**

## Attorney Blasts AMA, Government Agencies

State-Times, Baton Rouge, Louisiana

The attorney and general counsel for the National Health Federation, which winds up a "Congress on Health Monopoly" at the Lakeshore Motor Hotel today, blasted the American Medical Association, the Food and Drug Administration and state and federal governments in general in a speech here this morning.

Charles O. Pratt said Oliver Field, counsel for the AMA, who spoke here yesterday, called chiropractic college courses "the fraudulent courses of chiropractic." "Imagine the chief counsel of the AMA, in cooperation with the federal government at a meeting in Washington, making such a statement about any professional engaged in the healing arts.

"I say war has been declared. I think the profession of chiropractic is doing more for healing than any other profession. I say the alarm of the others is as much economic as anything else."

The National Health Federation's attorney said that in California the medical profession has destroyed the profession of osteopathy by absorbing them and taking over their schools. "The AMA used to call osteopathy a cult. Yet they didn't think so when they took them over in California."

Pratt said the state medical society in Maryland used "its wealth, power and political influence to take over the profession of homeopathy by getting a bill passed which destroyed the state board of homeopathy examiners. All these movements contribute to the monopolistic power of the medical profession, leaving people less and less freedom of choice and leaving people suffering when they could have had a radiant life."

### Press Releases

He said the Food and Drug Administration issues press releases referring to convictions of National Health Federation members and "never say that these convictions originate with the FDA in the first place and that these individuals have only sold food substances that have no deleterious or harmful effects whatsoever. The FDA stopped the sale of a honey and vinegar compound, but they have never prosecuted a single doctor who prescribed the tranquilizer to pregnant women which resulted in the birth of babies without arms or legs."

Pratt said, "Even the U.S. Department of Justice does not harass offenders after they have been indicted, tried and convicted."

He said a young man operating a health food store in San Francisco who "fought for his country in two wars tried to market an electronic healing device and did not have the time or money to fight the cease and desist orders of the FDA. Ten years after he gave up, FDA people were still making speeches about him, disgracing him and his family, in his PTA and his church."

### Fluoridation

A dentist, Dr. John C. Vann, of Hollywood, was the second speaker of the morning. Discussing fluoridation of water, he said fluorine is known to destroy calcium in the blood, constituting the danger of creating brittle bones. He said it also was known to adversely affect the thyroid gland.

Dr. Vann said that parents who wished their children to have the substance in their drinking water could purchase enough fluoride tablets "from any drug store to supply three children for a year

(Continued on next page)

for about \$3.50, and it makes no sense to spend millions to introduce this substance which is used in rat poison into entire water supplies."

Yesterday, Dr. Kurt W. Donsbach said the Food and Drug Administration and the American Medical Association have charged people with circulating myths about food.

But he said these "myths" contain more truth than myth. He said the truths which are called "myths" are: soil depletion causes malnutrition; most disease is due to improper diet; chemical fertilizers poison lands and the crops grown on them; certain types of foods are superior in food value; certain types of cooking utensils are harmful, specifically aluminum; processing and cooking removes the nutritional values of food, and subclinical deficiencies are a menace to health.

Speaking last night was Mark Boesch, of Washington, D.C., author of "The Long Cure for Cancer." He criticized the medical profession and the drug industry for discounting drugs he claimed individual doctors have used to fight cancer. These "autogenous vaccines" also have been used to treat diabetes, he said.

Boesch reviewed the controversy surrounding the development of "Krebiozen," a drug for the treatment of cancer. He scored the Food and Drug Administration for interference in the development, marketing and distribution of "Krebiozen."

Boesch invited members of the audience to attend a meeting in May in Raymondville, Tex., where a Dr. I. N. Frost practices. Boesch said Dr. Frost "has pioneered in the use of autogenous vaccines for the treatment of diabetes and other diseases."

This afternoon, Walter J. Hodson, doctor of chiropractic and doctor of divinity and presently a businessman in St. Pe-

tersburg, Fla., was to speak on "Where the Quackery Is in Health Foods."

Dr. Ray Evers, M.D., director of Columbia Hospital in Andalusia, Ala., was to discuss "A Medical Doctor's Problems Today."

From *State-Times*, Baton Rouge, La., March 26, 1964.

**N.H.F. Editor's Note:** The foregoing is but a sample of the many press releases the N.H.F. Congress on Health Monopoly received. The Federation is moving forward in a positive program and the press and radio appreciate it.

### Nerve Conduction Theory

Every part of a nerve fiber transmits electrical nerve impulses. This finding contradicts beliefs of physiologists held for 25 years, a Rockefeller Institute scientist reported to the 100th annual meeting of the National Academy of Sciences at Washington, D.C.

Formerly it was believed that the narrow gaps in the nerve fiber, known as nodes, serve as the actual transmission sites of nerve impulses, and that these impulses jump from gap to gap. Only one part in 5,000 of the nerve fiber was believed to be used in nerve impulse transmission.

Dr. Rafael Lorente de No, assisted by Dr. Vicente Honrubia, also of the Rockefeller Institute, proved their point by photographing TV-like pictures demonstrating electrical excitement in every part of a frog's nerve fiber. From *Science News Letter*, 83:274, May 4, 1963.

**N.H.F. Editor's Note:** This was proved in 1913 and proclaimed to the world by Dr. Albert Abrams of San Francisco and by Drs. Baynes and Bowman of England in 1913. Science does in time catch up.

None preaches better than the ant, and he says nothing.—**Benjamin Franklin.**

## Statement of Clinton R. Miller

### Legislative Advocate for the National Health Federation Before the House Subcommittee on Departments of Labor and Health, Education, and Welfare and Related Agencies Appropriations

March 16, 1964

Mr. Chairman, and members of the Committee:

I am Clinton R. Miller, Legislative Advocate for the National Health Federation. The N.H.F. has over 6,000 members throughout the 50 states who have joined the Federation to protect their God-given rights in matters of health. Our members are anxious to be well informed, responsible, and reasonable in exercising their freedom of choice in matters of health.

Because this is my first time to appear before this distinguished committee, I have provided each of you with a copy of our National Health Federation **Bulletin**. It will give you an understanding of the scope of our interests and activities. You have the December, 1963 **Bulletin** which reports on our First Congress on Health Monopoly which was held last October 25 and 26 at the Sheraton-Carlton Hotel here in Washington, D.C. We purposely timed our First Congress on Health Monopoly to coincide with the Second National Congress on Medical Quackery which was held at the same time at the Sheraton-Park Hotel. It was co-sponsored by the American Medical Association and the Food and Drug Administration.

At our Congress we had distinguished physicians and attorneys explore the possibility that there is now: 1. a medical monopoly; 2. one presently being

formed; or 3. a conspiracy to that end.

This subject matter is being presented by the N.H.F. to the House and Senate Subcommittees on Antitrust and Monopoly, and to the U.S. Department of Justice, so I will not further explore this aspect of America's health dilemma at this time.

This distinguished subcommittee is concerned with how much of public funds we shall appropriate for health.

We have no quarrel with those who want to spend lots of money for health. Most of our members place a high value on health. We are aware, however, that just spending money, and lots of it, doesn't always solve the problem. Our richest people aren't our healthiest. Indeed, too much money may complicate our search.

#### More Money, Less Health

Recently published statistics by the United States Public Health Service seem to indicate that our health is declining in direct ratio to the amount we are appropriating to federal agencies for health research and regulation.

This is not a criticism of the higher and higher appropriations made each year by this committee. But now we have spent the money, we should have some results. We don't. Those results we can

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measure show we generally have less good health in America today than we had several years and several billion dollars ago.

Our Olympic athletic record is not impressive.

We have more hospitals and doctors, it's true, but by what tortured reasoning can one argue that a nation filled with hospitals is a healthy nation? When did we buy the bill of goods that convinced us that if we had a high doctor bill it meant we were healthier than if we didn't? Haven't we been fooling ourselves when we appropriate money for "health," when all along, it has been for sickness? Carrying to its logical conclusion the argument that the number of hospitals and doctors is a measure of health, we could conclude that if every American lived in a hospital, we would have 100% health.

The very latest national health surveys indicate that we had seven million more chronically ill people in America in June 1963 than we had in June 1961. At this rate, each year, 3½ million Americans, 10,000 a day, join 80 million others who have cancer, T.B., diabetes, arthritis, rheumatism, heart and mental disease, etc. What nation can train doctors and build hospitals fast enough for this?

People are becoming chronically ill in America faster than they are being born. Our population increased from 176,302,000 in 1961 to 183,146,000 in 1963. During the same period, the number of chronically ill increased from 74 million to 81 million.

According to these figures, when the present generation dies, which is 55% well and 45% ill, we'll theoretically have a generation of Americans who are 100% chronically ill. I doubt, however, that there will be Americans at that time. A nation that becomes 100% sick can hardly hope to resist conquest. When

our draft rejections reach 100% (we don't draft the chronically ill), we will have neither Army, Navy, Air Force nor even the will to resist an aggressor.

#### **"Billy" Mitchell and Harvey Wiley**

There is much to be learned from the study of the father of the United States Air Force, General William "Billy" Mitchell, and the father of the Food and Drug Law, Dr. Harvey W. Wiley. Both men were years ahead of their times.

"Billy" Mitchell's outspoken pleas for increased emphasis on air power and open criticism of the management of the air programs of the armed forces led to such harassment that he was forced to resign. He spent the rest of his life on a farm in Virginia where he wrote a number of books and articles which pleaded for a strong air arm and for the creation of an Air Force separate from the Army and Navy.

#### **Crime Against the Food Laws**

Dr. Harvey Wiley was likewise forced to resign as Chief of the Bureau of Chemistry when he insisted on honestly enforcing the original Food Law of 1906 of which he is the acknowledged father. Dr. Wiley spent the rest of his life, too, writing books pleading for an honest enforcement of the food laws by our government. He never lived to see it. **The History of a Crime Against the Food Law**, in which Dr. Wiley tells the amazing story of the way the national food law, which was intended to protect the health of the people, was perverted to protect adulteration of foods, was his last book. The "crime" Dr. Wiley reported was that the very commercial food interests that the law was enacted to regulate had seized control of the administration of the law, and had perverted the intent of Congress. The problem is worse today than it was then. The book was reproduced by the Lee Foundation for Nutritional Research. We

(Continued on next page)

have given you a copy, and have made several available for your use at the Library of Congress.

Dr. Wiley concluded his **History of a Crime** with these words:

"If the Bureau of Chemistry had been permitted to enforce the law as it was written and as it tried to do, what would have been the condition now? No food product in our country would have any trace of benzoic acid, sulphurous acid or sulphites, or any alum or saccharin, save for medicinal purposes. No soft drink would contain any caffeine, or theobromine. No bleached flour would enter interstate commerce. Our foods and drugs would be wholly without any form of adulteration and misbranding. The health of our people would be vastly improved and their life greatly extended. The manufacturers of our food supply, and especially the millers, would devote their energies to improving the public health and promoting happiness in every home by the production of whole ground, unbolted cereal flours and meals.

"The resistance of our people to infectious diseases would be greatly increased by a vastly improved and more wholesome diet. Our example would be followed by the civilized world and thus bring to the whole universe the benefits which our own people had received.

"We would have been spared the ignominy and disgrace of great scientific men bending their efforts to defeat the purpose of one of the greatest laws ever enacted for the protection of the public welfare. Eminent officials of our Government would have escaped the indignation of outraged public opinion because they permitted and encouraged these frauds on the public. The cause of a wholesome diet would not have been put back for fifty or a hundred years. And last but not least, this **History of a Crime** would never have been written."

#### **Doctors to Become Nutritionists**

Dr. Alexis Carrell, Nobel Prize winner, and one of the most famous members of the Rockefeller Institute, said, "Either the doctor of today will become the nutritionist of tomorrow, or the nutritionist of today will become the doctor of tomorrow."

The only research in human nutrition is being done in the Department of Agriculture, Division of Human Nutrition, and they receive less than \$2 million a year. The National Health Federation strongly supports their request for \$250,000 to study wheat in human nutrition. In fact, we would recommend that it be raised to \$500,000 with the understanding that the proposed study be expanded to discover whether or not wheat that is grown on fertile soil is better, nutritionally, than wheat which is grown on impoverished and depleted soil.

Research should be done to determine the nutritional potentials of wheat and cereal grasses in human nutrition. The study should also include research to determine whether white-wheat bread is equal to whole-wheat bread. The extent of the nutritional hazard of pesticide and fumigant residues on wheat should be measured by carefully controlled animal feed tests by comparing wheat that has no pesticide residue against wheat that has a heavy residue. The animal feed tests should continue for three generations.

#### **Study of Health, as Differentiated from a Study of Sickness**

To excel in music, one seeks out, studies and emulates the best musicians. To excel in health, we should seek out, study, and emulate the healthiest people. Not too far from Washington, D.C., there are small, somewhat isolated groups of people who are more than

(Continued on next page)

10 times as healthy as the average American is. These groups have practically no tooth decay, cancer, diabetes, arthritis, heart trouble, or any of the other chronic diseases that afflict 81 million Americans.

We are fortunate that some work has been done in the study of health as opposed to the study of sickness so that you can more clearly understand the difference of emphasis.

#### **Dr. Weston A. Price Had the Right Approach**

A classic work was done by Dr. Weston Price, who, with his wife, sought out, studied and reported on the healthiest people in the world. In every case the evidence indicated that their health was superior because their nutrition was superior to ours. His work has been verified by many others. The hopeful aspect of this approach is that all of the countries he found with a vastly superior health were less wealthy than we are. It is certain, then, that we can afford to avail ourselves of their superior nutritional patterns.

Dr. Price visited Indians of western Canada, the people of the Outer Hebrides, and the inhabitants of the Loetschental Valley in Switzerland, and found them many times healthier than we are. The Loetschental Valley, while supporting a rich and prosperous population, had never had a doctor or a dentist. There had been no need for either. The expected life period was around one hundred years. The persons were vigorous and well able to do manual work in their 80's and 90's. Deficiency diseases as we know them simply did not exist. The Swiss Guard which is furnished to the Pope, and for which the Swiss Government searches the country for the finest physical specimens, was largely taken from this valley.

#### **An Appreciation of the Obvious**

Earnest A. Hooton, Professor of Anthropology at Harvard University, in his Foreword to Dr. Weston Price's book, **Nutrition and Physical Degeneration**, said:

"Since we have known for a long time that savages have excellent teeth and that civilized men have terrible teeth, it seems to me that we have been extraordinarily stupid in concentrating all of our attention upon the task of finding out why our teeth are so poor, without ever bothering to learn why savage teeth are good. Dr. Weston Price seems to be the only person who possesses the scientific horse sense to supplement this knowledge of the probable causes of dental disease with a study of the dietary regimens which are associated with dental health. In other words, Dr. Price has accomplished one of those epochal pieces of research which make every other investigator desirous of kicking himself because he never thought of doing the same thing. This is an exemplification of the fact that really gifted scientists are those who can appreciate the obvious."

Really gifted lawmakers have the same ability.

Dr. Hooton continued:

"So Dr. Price has found out why primitive men have good teeth and why their teeth go bad when they become 'civilized.' But he has not stopped there: he has gone on to apply his knowledge acquired from savages to the problems of their less intelligent civilized brothers. For I think that we must admit that if savages know enough to eat the things which keep their teeth healthy, they are more intelligent in dietary matters than we are."

(Continued on next page)

#### **Let's Learn from History**

While we can't turn back history, we can realize that history has a way of repeating itself. Those who don't learn from history are destined to repeat its errors. The most important lesson is that we may expect the strongest opposition to a solution of our health problem from the "experts" in the health agencies. The "Billy" Mitchells of the health controversy are currently being opposed, ridiculed, persecuted, and even prosecuted.

#### **The General Semantic Problem**

We should start by discussing an incredible semantic block that prevents an intelligent discussion of the issues.

#### **"The National Institutes of Sickness"**

First, we should stop calling sickness health. We should rename the National Institutes, the "National Institutes of Sickness." They study sickness, not health. We have nine National Institutes. They are institutes which study the following diseases or sicknesses instead of health: 1. Cancer. 2. Mental. 3. Heart. 4. Dental. 5. Arthritis. 6. Allergy and Infection. 7. Neurology. 8. General. 9. Child.

Congress appropriated \$880 million in 1963 and \$918 million in 1964 to these sickness institutes. There wasn't a million, a thousand, a hundred, or even one single dollar spent to research **health**. The National Institutes haven't spent one penny to study or research health. Yet this bill has been labeled each year by Congress as the amount we are spending for health. **I don't know of a single study by the National Institutes where they have studied healthy people to find out why they were healthy.**

The Federation has no brief against studying sickness, but it should be accurately labeled, so that when we get up to date and start to study health, there will be a clear distinction in the

minds of the lawmakers and the American taxpayer.

#### **Nutrition Research Must Be Separate from Drug Research**

General "Billy" Mitchell pleaded for a strong air arm and for the creation of an Air Force separate from the Army and Navy.

The N.H.F. pleads for a strong nutritionally oriented research program, and the creation of an appropriate agency separate from the control of the drug-oriented departments and agencies which are currently preoccupied with the study of sickness.

The "National Institutes of Sickness" have spent hundreds of millions of dollars in drug- as opposed to nutritionally-oriented research. Is there a single National Institute for the prevention of disease? There should be. But it should and must be separate from the other institutes.

#### **Avoid Jealousy When Appropriating Funds**

Much of the opposition "Billy" Mitchell faced was from Army and Navy professionals who feared that the Air Force "Billy" favored would do away with the Army and Navy.

Much of the opposition that stands in the way of the creation of a **separate** nutritionally-oriented agency to study health comes from professionals who fear it will do away with drugs, hospitals and doctors.

We still have an Army and Navy. We will still have a need for doctors and hospitals. But if war is too important to be left to the Generals, the battle for health is too important to be left to the doctors.

#### **Drug-oriented vs. Nutritionally-oriented Research**

There is a good old-fashioned American debate raging in scientific and lay circles over nutrition vs. drugs. So far,

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the government health research dollar which has been appropriated to Health, Education, and Welfare has been completely drug oriented. Billions and billions of dollars have been spent to discover if there is a drug that will make us well. Unfortunately, potent drugs have side effects. In *Look*, December 31, 1963, there was an excellent article entitled "Side Effects: A New Worry for Doctors and Patients." It is not a new worry. The public is just becoming aware of what Harvey Wiley and Weston Price told us years ago.

#### Iatrogenic—Literally "Doctor-caused" Diseases

*Look* said: "At least a tenth of all patients suffer from doctor-caused diseases. . . . One antibiotic led to a three-fold increase in infant deaths. . . . Hundreds of persons die suddenly each year of anaphylactoid reactions to modern antibiotics. . . . The basic principle in medicine for many centuries was **PRIMUM NON NOCERE**—'First of all, do no harm'—but we've almost forgotten it today. . . . Avoiding harm, however, is not easy—especially when there are so many hazardous new ways of doing good. . . . Accordingly, the list of iatrogenic disorders already runs into hundreds, and grows longer every week."

Many of the iatrogenic disorders can be traced to new drugs with potent side-effects developed at the National Institutes of Health.

#### Nutritionally-oriented Research Should Get 10%

The National Health Federation recommends that 10% of the amount spent during the next current year to do research on sickness be spent to research nutritionally-oriented health. We appropriated \$880 million in 1963 and \$918 million for 1964. We suggest that you appropriate approximately \$90 million for this research, and be certain that it is administered by those who believe in

nutrition, not those who ridicule and belittle it as an approach to health.

Our Air Force became effective only when those who believed in it were able to administer the funds directed for research.

Our nutritional research must be separated in the same way from our drug research. Thank you.

### What Becomes of Your Charity Money

The fastest-growing voluntary health agency in the U.S. today is the Planned Parenthood Federation. Its collections from the public have increased 151 per cent in the last five years. The increase undoubtedly reflects growing concern with the problems of birth control and exploding population.

The biggest decline in popularity was experienced by the National Foundation's March of Dimes. Its income had dropped 32 per cent in five years. Since the Salk and Sabin vaccines have reduced polio incidence, the National Foundation has attempted to move into other fields—such as arthritis and rheumatism—but that work has not caught the public's fancy.

**These facts about health charities were reported this week by the National Information Bureau, a nonprofit organization which analyzes the activities of 500 philanthropies.** Community chests, united funds, corporations and similar groups rely on NIB for guidance on the effectiveness of national philanthropies.

**The National Information Bureau further reported this week that the 13 largest national health agencies spent an average of only 19 cents out of every dollar received for research.** That figure is significant since most agencies play up their research function in fund-raising

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appeals. The following figures from NIB show the wide range in the amounts spent for research:

Agency	Percentage of Reported 1963 Total Disbursements Directed to Research
American Heart Association	34.7
American Cancer Society and affiliate, Eleanor Roosevelt Cancer Foundation	32.9
Muscular Dystrophy Assns. of America	32.1
National Tuberculosis Association	4.5
Natl. Soc. for Crippled Children and Adults	2.2
National Assn. for Retarded Children	1.1

While concluding that the majority of the 500 national philanthropic organizations it reports on are honest and reasonably sound, the NIB reports that some are well intentioned but incompetent, and that a few are little better than rackets run by unscrupulous promoters. It therefore urges "reasonable care in giving." The best way to check, says D. Paul Reed, Executive Director of NIB, is to call your local community council, united fund or chest, since they are members of the NIB in about 1,500 communities throughout the country. In Chicago, Cleveland, Detroit, Rochester, Toledo, and Harrisburg, the chambers of commerce are members.

**N.H.F. Editor's Note:** The National Health Federation has a bill in Congress to force the above organizations to make a complete financial report to the Government each year, in sufficient detail to show what becomes of the funds given by the public. Failure to render such a report would cause an organization the loss of its tax exemptions on gifts to it. The Federation is also op-

posed to these funds being handled by men and women who have a conflict of interests, etc. These funds belong to the public and the public has a right to know what is done with them.

### Natural Hygiene Annual Public Conference

New York City, the site of the 1964 World's Fair, has been selected by the American Natural Hygiene Society for its 16th annual international public convention on disease prevention and health maintenance based on the laws of nature. The dates are July 5 through 12, at the Statler-Hilton Hotel.

The leading professional and lay authorities on the subject will lecture, conduct symposiums, panels, clinics, classes. There will be demonstrations and films, a special youth program of lectures and other features, social and recreational activities, daily hikes, and a gala banquet, entertainment and dancing to terminate the week-long program.

The conference will be of value to all members of the family. For the housewife: how to spend less time and energy preparing meals, save on food and cut down on household chores; for the teen-ager: how to avoid growing pains and keep the skin free of blemishes; for the career minded: how to acquire the necessary vitality, energy and enthusiasm to pursue a career and hold it; for the marriage-minded woman: how to have charm, radiance, vitality; for young couples: how to bear and rear children whose health will not cause anxiety; for the older folk: how to insure freedom from the common disabling diseases of old age.

Exceptionally low hotel rates have been obtained during this World's Fair

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period when rooms will be at a premium and extremely high. Singles start at \$9 daily and doubles at \$12. Rooms are air-conditioned, attractive and spacious. The hotel is located across from the Pennsylvania Railroad, from which point trains leave for the fairgrounds. For reservations and further information, write the American Natural Hygiene Society, 205 W. Wacker Drive, Chicago, Illinois 60606.

### Anonymous

Just as the **anemic** April issue of the **Bulletin** was being printed, we received a letter with an enclosure that lifted us out of the slough of despond. If you read your April issue, you will recall that it had shrunk in size and weight because it was not receiving the proper supplements and vitamins in the form of what it takes to "make the mare go."

To let you know what lifted us out of the slough, I shall quote one paragraph from that letter. "With regard to membership, I am going to suggest a new one, between the Life Membership of \$100 and the Perpetual Membership of \$1,000. I suggest an ANONYMOUS Membership of \$500, so to get it started I am enclosing my check in the sum of \$500 to help you in the good work."

So now we have a new class of members and I think it a good one, as many people for **one reason or another** like to help a good work, but do not want their name connected with it.

We now have ANONYMOUS number 1. Who will be ANONYMOUS number 2. No one but the President will know who these ANONYMOUS members are.

If the Federation is to handle its program and carry on this battle for health freedom, it must have a liberal supply of what it takes to "make the mare go."

### LA Physicians Assail AMA Cigarette Policy

Los Angeles physicians connected with lung and heart disease prevention reacted strongly Tuesday against the American Medical Assn. stand opposing warning labels on cigarettes.

"For the AMA to be opposed to labeling is absolutely ridiculous," Dr. Sol R. Baker, president of the California division of the American Cancer Society, said in a telephone interview.

"Such a position is intolerable, unrealistic and not representative of the feelings of the majority of individual doctors whom the AMA is supposed to be representing."

Asked why he thinks the AMA has taken this stand, Dr. Baker replied:

"I'd hate to think that it was the \$10 million the tobacco industry gave the AMA to do research that is influencing them."

—From Los Angeles **Times**, March 19, 1964.

Miss Ogglesby, an elementary school teacher, found none of her pupils could translate into numerals the two plain words on the blackboard: "One million."

So she wrote down the numerals, "1,000,000," and asked if anyone knew what was represented.

In the center of the classroom, Johnny jumped eagerly to his feet. "I know," he said. "That's a stick layin' beside six hula hoops!"

### Thank You

The Northwest Dietary Foods Association recently arranged to have your Executive Secretary appear as their meeting speaker in Seattle. The meeting was well attended and was a credit to the health foods industry. We wish to thank Mary Dunning, president, and her officers for making the trip possible.

It might be of interest to the readers to know that NORCAL and SOCAL (Northern and Southern California Food Retailers Associations) have also had the Executive Secretary as their guest.

## Important Cancer Memorandum Opinion

By Charles Orlando Pratt, N.H.F. Washington General Counsel

### QUESTION PRESENTED

Can the Federal Food and Drug Administration do more than take samples of the medicine when a patient returns to the United States with medicine for use for himself or herself, which was given or sold to him or her, as a patient, by a doctor or medical clinic in Mexico?

The jurisdiction of the Federal Food and Drug Administration is limited to products which are or have been in interstate commerce.

### CHAPTER III—PROHIBITED ACTS AND PENALTIES

Prohibited Acts: Sec. 301 (331). The following acts and the causing thereof are hereby prohibited:

"(a) The introduction or delivery for introduction into interstate commerce of any food, drug, device or cosmetic that is adulterated or misbranded."

From the foregoing, it must be clear that before FDA has any jurisdiction over a product as defined in the Federal Food, Drug and Cosmetic Act, as amended and its applicable regulations, the product must be or have been in interstate commerce.

It is my considered opinion that the drug or medicine given, sold or prescribed to a patient by a doctor, hospital or clinic which the patient takes with him for his personal use is not a product which, under the Act, is or has been in interstate commerce; and therefore, FDA has no jurisdiction over such product.

In fact, there was a ruling to this effect issued in "Trade Correspondence Rulings Under the 1938 Federal Food, Drug and Cosmetic Act" (T.C. 183; March 15, 1940). In that ruling, FDA said:

"With reference to medicines given to your patients at your hospital and transported by them to their homes in some other states for use by themselves, it is our opinion that such a transaction is not interstate commerce as that term is defined in Section 201 (b) of the Act."

The definitions of interstate commerce in the subsequent amendments to the 1938 Act have not changed; and therefore, the aforesaid ruling is still applicable.

### OVER-THE-COUNTER SALE DOES NOT CONSTITUTE INTERSTATE COMMERCE

It appears to me that a sale of a drug or medicine by a doctor, a hospital or a clinic is in effect an "over-the-counter sale."

In the case of U.S.A. vs. Millpax, Inc., a Corporation, and Roy F. Paxton, an Individual, decided January 15, 1963, in the United States Court of Appeals for the Seventh Circuit (No. 13752 September Term, 1962) the court said, among other things:

"While it is true that the defendant Paxton not only sold the misbranded product to the government agents and did so intending that it would be taken by them to Tennessee, this intention was and could only have been formulated as a result of a representation made by the government agents which the evidence shows had no basis in reality. If we are to assume that the seller participates in some degree in the intent of the buyer so as to make the buyer's intent his intent, then we must also assume

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that, where a material misrepresentation by the buyer is made that the transaction is of an interstate character, a federal crime based on interstate commerce cannot exist. If this were not so, government agents would be able to turn a purely over-the-counter sale of a misbranded product into a federal crime merely by an offhand statement, completely untrue, that they intended to transport the goods across a state line. . . ."

The court went on to say:

"The fact that they did cross a state line is immaterial in a situation where the crime is made federal only by virtue of the wrongdoer's participation in the expressed intent. The only intent ever expressed was totally false and we decline to extend defendants' knowledge of the agents' intent to that deliberately concealed so as to make them aware of the interstate nature of the sale. If this seems a formalism, it is a formalism required under our federal system—particularly where the statute specifically calls for an introduction or delivery for introduction in interstate commerce as a requirement and essential element of the corpus delicti. **Situations not involving interstate commerce are not before us and we specifically decline to treat them.**"

This decision was sustained by the Supreme Court of the United States. In the question presented, the patient who took the drug or medicine in interstate or foreign commerce is in the same position as the federal food and drug agents were in the Millpax case. The fact that they took the product in interstate commerce for their own pretended use did not, under the Court decision, put the product in interstate commerce; and therefore the Federal Food and Drug Administration did not have jurisdiction

over the product, the purchaser of the product, or the seller of the product.

In view of the foregoing, I am of the opinion that FDA does not have authority to do more than take a sample of the drug taken by the patient from Mexico to the patient's home in the United States. Based upon such a transaction, I believe that neither the patient nor the seller of the medicine can be prosecuted under the Federal Food, Drug and Cosmetic Act for want of jurisdiction in the absence of interstate commerce of the product within the meaning of the Act, its amendments and applicable regulations. If the patient took, in interstate commerce, the medicine or drug for sale to others, and the doctor or clinic knew this, both the patient and the doctor or clinic would be engaged in interstate or foreign commerce of the product and therefore subject to the penalties of the Act.

Respectfully,  
Charles Orlando Pratt  
Washington General Counsel  
National Health Federation  
(Bold type supplied.)

### Statement of National Health Federation

The National Health Federation is a national organization with thousands of members who believe in freedom of choice in matters of health where the exercise of that freedom does not interfere with the safety or health of another and thereby deny him an equal freedom. We favor any legislation that is designed to prevent or correct any accidental or deliberate maladministration of any laws governing the health of Americans.

## Statement of Clinton R. Miller

### Legislative Advocate of the National Health Federation, to the Chairman and Other Members of the Federal Trades Commission on Their Proposed Rule-making Pertaining to Advertising and Labeling of Cigarettes

March 16, 1964

#### Additives

Cigarette manufacture in the United States allows the use of additives such as sugars, humectants, synthetic flavors, licorice, menthol, vanilla, and rum.

Additives have been prohibited by law in the manufacture of domestic British cigarettes. Our American manufacturers should be required to list additives on the label. In the case of menthol, the manufacturer usually is not ashamed and adds it to advertising as well as labeling. The Government Report on Smoking and Health did not comment on any potential health hazard from using additives, but that does not mean that there is no danger. A consumer should have the right to an informed choice so that he may decide for himself whether or not there is a health factor involved.

#### Need for Pesticide Warning for Consumer

The seriousness of excessively high pesticide use on tobacco was made obvious by the Department of Agriculture's hasty announcement, a week before the February 18, 1964 Senate hearings, of the withdrawal of one highly toxic pesticide—Endrin—for use on tobacco. Endrin can still be used legally, unfortunately, for all the Department of Agriculture has authority to do is to withdraw their recommendation of Endrin for use on tobacco. Under present laws neither the Food and Drug Administration nor the Department of Agri-

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The National Health Federation is a national organization of thousands of citizens who have organized to help themselves exercise a responsible and informed freedom of choice in matters of health.

We approve and endorse the cigarette advertising rule proposed by the Federal Trades Commission as published in the **Federal Register** of January 22, 1964. It is a great step in the right direction.

Unfair and deceptive acts or practices in the advertising labeling of cigarettes cannot be blamed for all the smokers in America, for smoking was a well-established practice on this continent when the first white men arrived here. A certain portion of the population would have smoked without advertising of any kind. Some will continue to smoke even if every unfair and deceptive practice can be eliminated from cigarette advertising.

The National Health Federation is not for or against smoking. We have many members who smoke, and who will probably continue to do so regardless of what kind of warning statements are placed on cigarette packs, boxes, or cartons. Our smoking members, however, would like to exercise a more informed freedom of choice between competing brands. **They would like to know that cigarettes are labeled and advertised so that smokers might recognize, compare, and appreciate the nature and extent of the substantial health hazard of cigarette smoking.**

culture has the responsibility or authority to control pesticide residue on tobacco. The Federal Trade Commission can temporarily help close this loophole by ruling that pesticide residues must be revealed on cigarette packages and written advertising.

Senator Ribicoff said, in opening the pesticide-tobacco hearings last month before his subcommittee, "We do know that pesticides are applied to tobacco and end up in cigarettes. We also have information that some of these pesticides have been judged by reputable scientists to be capable of causing cancer, although there is a great range of opinion as to what health hazards are involved. What we want to know is what pesticides are used on tobacco, what quantities of pesticide residue end up in cigarettes, in cigarette smoke and in the bodies of smokers, and what is known about the health hazards of these pesticide residues."

In addition to tar and nicotine, pesticide residue should be disclosed to the consumer.

It appears that the Advisory Committee reports to the Surgeon General on Smoking and Health generally reflected the viewpoint of those scientists that are least concerned about the pesticide hazard in smoking. It certainly underestimated the hazard. On page 62 of this report, we find, "It seems unlikely that the amount of arsenic derived even from unfiltered cigarettes is sufficient to present a health hazard."

Compare the above statement with an Associated Press story in the March 9, 1964 **Washington Post**. It said, "TAIWAN TOBACCO 'SAFE'—Taipei, March 8 (AP)—Cigarettes from Taiwan are not likely to cause cancer, according to a theory by university pathologist Professor Yeh Shu. He says this is because the tobacco has not been sprayed with insecticides containing arsenic."

In spite of extensive federal efforts to discourage the use of arsenicals for the control of tobacco hornworms on the growing tobacco crop, the average arsenic content of 17 brands of cigarettes analyzed in 1958 was 6.2 ppm. If smokers were allowed to choose between those companies whose growers were using minimum amounts of pesticide and those who were not, it might act as a further incentive to careless or indifferent farmers to improve their agricultural practices. It could be expected to accelerate research for safe biological controls which may in time eliminate the need for pesticides entirely. As matters now stand, the only factor that limits a farmer's excessive and unnecessary use of pesticides is the cost. His tobacco is not docked or discounted in any way if he has excessive pesticide residues several hundred per cent in excess of other growers.

Analysis of six brands of American cigarettes purchased in 1933 showed a range of 7.5-26.4 parts of arsenic per million. There was nearly a 400% variation between the highest and lowest concentration.

Pesticide chemicals recommended by the Department of Agriculture for the control of tobacco insects are: DDT, TDE, Malathion, Paration, Endosulfan, Dieldrin, Guthion, Aldrin, Heptachlor, Diazinon, Dylox, Sevin, Chloradane, lead arsenate, and Paris green. Recommendation of Endrin, as noted above, was withdrawn a month ago by the Department of Agriculture. However, the Endrin ban is like plugging up one hole in a sieve. Any other pesticide can be used to take its place.

#### **No Top Limit for Tobacco Pesticides**

The Ribicoff hearings revealed a shocking legislation oversight that has left neither the Food and Drug Administration nor Department of Agriculture

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## **Why Does F.D.A. Talk and Act As It Does?**

By Charles Orlando Pratt, Washington General Counsel

### **FDA Says the Term "Health Foods" Is Misleading**

In the pamphlet entitled "Your Money and Your Life," which is described on the cover as "An FDA Catalog of Fakes and Swindles in the Health Field" and was published by the U.S. Department of Health, Education, and Welfare, Food and Drug Administration, there is a serious attack on many non-allopathic methods of health care including health foods.

The clear implication of the discussion therein is that the approach to health care which is not restricted to the medical profession is a fraud on the American people and is a danger to the health of our citizens.

Under the title of "Health Foods," FDA says, among other things, that

"there is no substitute for good food as a basis for good health." Your National Health Federation believes this statement to be true.

The question involved is when is food "good"? When is food depleted by excessive over-processing? When is food dangerous to health because it bears and contains toxic and dangerous chemical additives used as preservatives, and poisonous residues from the careless and improper use of insecticides and fungicides?

### **Radiation and Food FDA Memo for Consumers**

FDA, in its "Memo for Consumers" dated February 19, 1964 (CM-24), in discussing radiation processing of food, said, among other things, that "The (Continued on next page)

responsible for pesticide residues on tobacco. Somehow, it has escaped regulation by government agencies. It is neither classified as a food or a drug by law, so there is no FDA limit to the amount of pesticide tobacco growers can use, or have on their product when it is sold. It was pointed out before the Senator's committee that up to 500% more pesticide was found on tobacco than is allowed on food.

Far too little research has been done on these pesticides, but we do know that Aldrin and Dieldrin have been found to increase the incidence of hepatomas (tumors of the liver) in mice. DDT has been shown to induce hepatomas in trout and rats.

The advisory committee's report on Smoking and Health said on p. 145, "The possible role of these compounds in con-

tributing to the potential carcinogenicity of tobacco smoke is not known."

For the above reasons, we respectfully request and strongly urge the Commissioners of the F.T.C. to add a fourth proposed rule to their cigarette advertisement requirement. We respectfully urge the Commission to rule that all cigarette packages and cartons and advertising carry a statement that will reveal the pesticide residues on the tobacco. We do not pretend to know the best language to accomplish this purpose, but we have in mind something like this: "Brand cigarettes contain not more than—ppm of DDT and—ppm of—and other pesticides found in measurable quantities."

We compliment the Federal Trades Commission for its timely action.

irradiation of **two foods**, namely, **canned bacon** and **bulk wheat**, has already been approved by FDA, and petitions for irradiation of a number of other foods are currently under consideration or may be expected soon." (Bold type supplied.)

FDA further said, "Radiation processing of food, then, consists of the use of X-rays, gamma rays, or electrons on food to effect changes something like the changes caused by heat. **Bacteria may be killed, enzymes may be inactivated, and insects may be killed or made incapable of reproduction.**" (Bold type supplied.)

**It appears to me that to inactivate the enzymes in bulk wheat amounts to the inactivation of the life-giving enzymes in all of the food products made from the bulk wheat.**

To destroy or inactivate enzymes is to destroy one of the most essential ingredients in all the wheat products which used to be considered, as bread, the staff of life. It would appear that, therefore, such wheat products would **not** be good food as a basis for good health. By the same token, to destroy or inactivate the enzymes in canned meat, and soon all processed meat, would result in the sale and distribution of meat that is not good food as a basis for good health.

**The Statement "Enzymes May Be Inactivated" Should Be on the Labels of Canned Meat and the Wheat Products Made from the Irradiated Bulk Wheat**

There is no nutritional advantage to the consumer that can come by the use of meat or wheat products in which the enzymes have been inactivated. Such a process deprives the consumer of the full nutritional benefit of meat and wheat products. Such a process, it is admitted, is economically beneficial to the processors and the manufacturers

of such products because the inactivated products can exist longer without becoming moldy or rancid.

FDA further says, "It is not true that the American food supply is nutritionally deficient. . . ."

**The National Health Federation does not believe that all of the American food is nutritionally deficient, but N.H.F. does believe that the food that has been excessively processed for preservative reasons and for the purpose of using some of the health-giving ingredients for by-products for more profit is nutritionally deficient.** Certainly, white wheat flour without the natural wheat germ and with chemical preservatives and food additives is not so nutritionally beneficial as the products which are made of the natural stone-ground wheat grain without such processing bleaches and chemical additives used for preservative reasons.

**Danger to Health and Life Comes from Use of Experimental Drugs and Undernourished People, and Not from Dietary Food Supplements or So-called "Health Foods"**

Up to today, your Washington General Counsel has not learned of or read about any dangerous effects resulting from the American people's eating so-called health foods or dietary food supplements. The records do show that millions of Americans are suffering from inadequate diet or malnutrition, that thousands are suffering from mental disorders, many of which can be overcome under scientific nutritional guidance, and that thousands of others have died or their health has been seriously affected by the use of experimental drugs. If this statement is true, then what is the sound reason behind the FDA attack upon so-called health foods and dietary food supplements and not upon the dangerous experimental drugs,

(Continued on next page)

some of which have resulted in the birth of deformed babies, the death of the patients and the serious illness and incapacity of the patients using the products.

**If the health of the American people is good, then why is it necessary for them to spend approximately \$33 billion a year for health care?**

If the health of the American people is good, and their diet is adequate, then why do the American people, as indicated in FDA reports, purchase some 500 million to one billion dollars' worth of dietary food supplements and so-called health foods?

If the American people are not used as guinea pigs in connection with experimental drugs administered to them without their knowledge or consent, then why did about 15 persons die of strokes while taking a new drug for mental depression which was administered without their knowledge or consent?

If U.S. citizens are not used as guinea pigs in connection with experimental drugs, then why did a U.S. Senate subcommittee report that some doctors of medicine have received \$20, \$30 and \$100 a patient as an inducement to test a drug upon that patient for its safety and efficacy?

If the American people are adequately nourished, then why did the U.S. Army in its annual report of the Selective Service for 1963 show that 124,128 young men were rejected for physical, mental or administrative reasons?

If the American people are well-fed, then why did the Selective Service report show that 48,300 young men were rejected because they failed to pass the mental examination?

If the large manufacturers of drug products maintain adequate controls, then why does one of the largest drug corporations in America, which has such controls, ship dangerous drugs through

MAY, 1964

mistake in the place of aspirin for which the product was bought, and which resulted in serious injuries to the patients and even death? **If the medical profession is adequately informed on nutrition, then why did the American Medical Association issue a public statement urging that the students in medical schools be taught more about nutrition, which subject has been neglected for years?** Why does not the Government, in its publicity program and in its brochure entitled "Your Money and Your Life," show pictures of the manufacturers and their products which have caused birth defects, cancer, liver disfunctions or diseases, and the aggravation of pulmonary embolism and thrombophlebitis? In this brochure, the FDA did warn the American people of the danger of their using a product made out of honey and vinegar. In fact, one-third of a page shows this "dangerous product!"

**This brochure does not set forth any evidence or record to the effect that any book which advocates the use of cod-liver oil and orange juice has caused anyone to suffer ill-health, dangerous side effects or death.**

**The National Health Federation believes that no product should be sold which is adulterated, dangerous, deleterious or toxic or which bears false and misleading labels or labeling or for which unfounded therapeutic claims are made.**

**The N.H.F. believes that any farmer in America who wishes for economic reasons to spray his agricultural crops with insecticides and fungicides should have that right; and by the same token, N.H.F. believes that any farmer who wishes to produce agricultural fruits and vegetables for the market without the use of such chemicals should have the right to do so without the fear and embarrassment of public ridicule and**

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federal, civil and criminal law suit being filed against him.

In some instances, the Government has taken the position that farmers who sell meat products from cattle which have not been subjected to the treatment of stilbestrol, should not have a right to make that fact known on the label of the meat or meat food product derived from such naturally grown and fed cattle without the fear of being charged with violation of the Federal Meat Inspection Act or the Federal Food, Drug and Cosmetic Act.

**N.H.F. believes that the Congress of the United States and the state legislature should appropriate money for research in nutrition and its effect upon the physical and mental health of the citizens of the United States, and that such research should include the study of the nutritional benefits of natural foods as distinguished from highly processed foods and should reveal the beneficial distinction between foods containing chemical additives, preservatives and stabilizers and foods which do not contain such additives.**

**National Health Federation is, in a few words, interested only in the health of the American people and not in the profit derived from the sale of food and drug products.**

National Health Federation recognizes the value of all of the food and drug laws, both federal and state, and the need for them. However, National Health Federation is seeking fair and impartial administration of such laws.

### Senator Raps Drug Prices

WASHINGTON, July 18—Sen. Ernest Gruening (D-Alaska) said recently America's physicians "should help save their patients millions upon millions of dollars" by prescribing drugs, wherever possible, by their generic rather than their trade name.

In a senate speech in which he held bottles of drugs to illustrate the price difference, Gruening urged the American Medical Association to take the lead.

He said the **AMA Journal** and all other medical journals should repeatedly remind doctors "of this opportunity to help save funds for their patients."

Gruening used prednisone, a drug for arthritis, as one example of the price spread. He said the same amount sold to retailers under its generic name for \$20.95 is priced at \$170 under its trade name.

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**DEPARTMENT OF  
HEALTH, EDUCATION, and WELFARE  
Food and Drug Administration  
Washington, D.C. 20204**

December 13, 1963

Mr. Clinton R. Miller  
Assistant to the President  
National Health Federation  
1012 14th Street, N.W.  
Washington, D.C.

Dear Sir:

In reply to your letter of December 4, the Food and Drug Administration has made no plans to hold a third "Congress on Medical Quackery" in 1964.

Sincerely yours,

Wallace F. Janssen, Director  
Division of Public Information

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The owner of a circus was being pestered by a clown to engage him and his pet mongoose.

"My partner is very clever," he said. "He can talk, sing, and dance. He is positively human."

"If that's the case," replied the circus owner, "why is he on a leash?"

"Because," confessed the clown, "he owes me twenty bucks."

# Which Do You Choose?

## Certified Milk

### A. Cleanliness

1. Tested daily in the laboratory of the County Medical Association Milk Commission for

a) bacteria count for standard plate count.

May not exceed 5,000 per cc for Certified Milk or Cream.

b) Coliform bacteria count may not exceed 10 per cc.

2. Once a week test for anaerobic bacteria.

3. Presence of pathogens, none whatsoever in 56 years of record.

4. Test made for streptococci once a month.

Note: Bacteria growth in Certified Raw Milk increases very slowly for the friendly, acid-forming bacteria (nature's antiseptic) retards the growth of invading organisms.

(Bacteria)  
a) Certified Milk keeps for two weeks when under constant refrigeration and will sour.

b) Produced clean—milk not exposed to air or human touch.

### B. Herd Tests in L.A. County, Calif.

1. Each cow's blood tested once a month after examination by veterinarian designated by County Medical Association Milk Commission.

a) Ring test made on milk for brucella once a month.

b) If a cow had brucella, it would be removed from the herd at once. It would be three months before brucella would be in the milk.

2. T.B. skin test made every 180 days by veterinarian.

3. A cow is removed from herd when running a bacteria count over 5,000 per cc standard plate count; this is determined by composite test made on each eight cows once a week.

4. Herd sanitarian from M.M.C. visits dairy once a month.

## Pasteurized Milk

### A. Cleanliness

1. May not exceed 75,000 per cc bacteria count before pasteurization.

a) After pasteurization, bacteria count may not exceed 15,000 per cc. Pasteurized Cream is permitted up to 25,000 per cc. Generally tested twice a month by Health Dept.

b) No test made for coliform.

2. No test made for anaerobic bacteria.

3. Usually safe from pathogens.

4. No regular test for streptococci.

Note: Pasteurized milk is heated to a minimum pasteurization temperature of 165° to 167° for 22 seconds or longer.

a) Bacteria growth will be geometrically.

After pasteurizing and homogenizing, milk gradually turns rancid in a few days and then decomposes.

b) Any heat above blood temperature of the cow (100°) alters the milk, and the higher the temperature, the greater the loss of essential food elements that we must have every day.

### B. Herd Tests in L.A. County, Calif.

1. Grade A dairy checked once a year for brucellosis and T.B.

a) No ring test made for brucella.

2. No T.B. test made unless cows are diseased.

3. Sick cows are removed.

4. No visit from herd sanitarian.

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## Certified Milk

### C. Employee Health Examinations

1. Once-a-month examination of each employee at Certified Farm. All new employees have complete physical examination and tests when starting to work on a Certified Farm.
2. Once-a-month throat culture and examination for streptococcus.
3. Other tests are made at regular intervals during the year. This helps to insure a disease-free milk.

### D. Nutritional Values

1. Enzymes available  
Catalase  
Peroxidase  
Phosphatase  
Wulzen factor (anti-stiffness) available.
2. Protein—all 18 Amino Acids—100% available, including 10 that are indispensable.
3. Fats—All 18 fatty acids metabolically available, both saturated and unsaturated fats.
4. Vitamins—all 10% available  
Vitamin A) Fat-soluble vitamins  
Vitamin D) metabolically available  
Vitamin E)  
Vitamin K)  
Vitamin Bw — Boitin  
Vitamin B — Choline  
Vitamin Bc — Folic Acid  
Vitamin B1 — Thiamine  
Vitamin B2 — Inositol  
Vitamin B2 — Nicotinic Acid  
Vitamin B2 — Riboflavin  
Vitamin B2 — Pantothenic Acid  
Vitamin B6 — Pyridoxine  
Vitamin B12 — Cyanocobalamine  
Vitamin C — Ascorbic Acid  
Above are water-soluble and known and unknown metabolically available.
5. Carbohydrates—easily utilized in metabolism.
6. Minerals—all 100% metabolically available.
  - a) Major mineral components: calcium, chlorine, magnesium, phosphorus, potassium, sodium, and sulphur.
  - b) Trace minerals, all 24 or more 100% available.

(Continued on next page)

## Pasteurized Milk

### C. Employee Health Examinations

1. No examinations required or made.
2. None required or made.
3. None required or made.

### D. Nutritional Values

1. Enzymes—almost totally destroyed while usually less than 10% remaining.  
  
Wulzen factor destroyed.
2. Protein—lysine and tyrosine are altered by heat and are almost totally metabolically unavailable. This results in making the whole protein complex less available for tissue repair and rebuilding.
3. Fats—altered by heat, especially the 10 essential unsaturated fats.
4. Vitamins—fat-soluble vitamins, some are classed as unstable and therefore a loss is caused by heating above blood temperature. This loss can run as high as 2/3.  
Water-soluble vitamins, several are affected by heat. Losses on many can run from 33% up to 80%.

Vitamin C—loss usually exceeds 50%.

5. Carbohydrates—feeding tests indicate that heat has made some change in carbohydrates (elements) making them less available metabolically.
6. Minerals—calcium, one of the major minerals in milk, is altered by heat and loss may run 50% or more depending on pasteurization temperature. Losses in metabolic availability in one mineral means losses in other essential minerals for one mineral usually acts as a synergist for another element. Sometimes a minute amount of a mineral element restores proper cellular metabolism in repairing defective tissue.  
Loss of enzymes that serve as leaders in assimilation of minerals means that you may get very little of the needed minerals.

## Certified Milk

- E. Longer-lasting, better-tasting diet control; special handling and shortest time of delivery from cow to consumer assures fine, fresh flavor that lasts for weeks. For more nutritional value, consume milk within five days.

1. Dated to insure freshness and quick delivery to customer.
2. The only milk produced and delivered with the purpose of furnishing the maximum in value to the customer.

3. A clean, decent food product is the best for Class A citizens—to keep a nation strong.

## Pasteurized Milk

- E. Longer-lasting, does not keep as well as clean raw milk, for the friendly protective acid-forming bacteria are destroyed too. No regulations for dating or limit set on age of milk for which package may yet read fresh.

1. Pasteurized milk is far superior to soft drinks that act adversely on the body chemistry.
2. Pasteurization alters the biochemistry of milk and that includes altering protein compounds and minerals, making them less available or not available at all, depending on the temperature.

## "SHOWDOWN"

By Betty Morales

Allan Sandvig, a conscientious, hard-working dairyman of Yakima County, Washington, worked 17 years to build his Grade A Holstein herd of 100 milk-cows.

Last fall, Sandvig and his wife settled down with a comfortable feeling, with \$10,000 worth of corn silage and \$7,000 worth of hay to bring their herd through the coming winter. Then tragedy struck . . .

On October 29, a state inspector notified the Sandvigs to stop selling milk until the DDT which had showed up in high concentrations cleared up. The contamination was so high the milk could not be fed to stock or poultry, so 3,000 pounds of it went down the drainage ditches every day.

Tracing the source of contamination wasn't easy, but finally it narrowed down to the 140 tons of sweet corn silage Sandvig had bought from a neighbor. Two months after the silage was cut it still tested up to 50 ppm of DDT—so he kept dumping tons of milk. Soon his

drainage ditches began to sour, and his troubles were multiplied.

College dairy specialists were called in and have been trying to "flush out" the DDT with special feeds, only to discover that as the feed is cut back and cows produce less milk, the rate of DDT excretion also decreases. In the meantime, farmer Sandvig continues to dump milk—45 tons of it each month. Comes now the question: Since only about 1/3 of 1% of agricultural shipments are tested, what about the other 99 2/3%? And of the 1/3 of 1%, what percentage shows up with residues beyond the "declared safe tolerance levels"?

As a matter of scientific fact, there is absolutely no such thing as a "safe dose" of any poison, due to individual sensitivity, to cumulative effects and to metabolic synthesis of dozens of poisons ingested in the food we eat and in the air we breathe, the total effect of which is utterly unknown. It is known that when but two poisons are combined in

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## Attorney General Has Funds for This but Not for Prosecuting Drug Firms

WASHINGTON—A federal grand jury indicted Dr. Herman Taller Wednesday on charges that his best-selling book "Calories Don't Count," was part of a fraudulent weight-reducing scheme perpetrated across the nation.

Attorney General Robert F. Kennedy said the indictment, returned in U.S. District Court, Brooklyn, charges that the scheme involved the sale of "CDC" capsules to be used in weight reduction according to the instructions in the book.

The grand jury also indicted three officers of CDC Pharmaceutical, Inc., of Glen Cove, Long Island, manufacturer of the capsules. The firm is a subsidiary of Cove Vitamin & Pharmaceutical, Inc., also of Glen Cove. Both firms also were listed as defendants.

Of the 49 counts in the indictment, 45 charged mail fraud, three charged mislabeling in violation of the Federal Food,

the body, a third chemical can emerge, much more toxic than either of the original two.

Sandvig and other farmers all over the U.S. have been sold down the river through erroneous advice about the "safety" of chemicals, dished out by state and federal officials whose very jobs are subsidized indirectly by the chemical companies who make large grants to universities to "prove" that farmers couldn't exist and consumers would starve without the "benefits" of chemicals.

The government says that Sandvig should have asked the grower of the sweet corn to guarantee that no poison had been used during the growing period which might be harmful to livestock. The silage came from harvested sweet corn grown for human consumption, which indicates that animals are

Drug and Cosmetic Act, and one charged conspiracy.

The indictment was the latest in a series of government actions against Taller and those connected with the book and weight reduction plan.

The Federal Trade Commission last September charged Taller, Cove Vitamin, and Simon & Schuster, Inc., publisher of the book, with making false weight control claims in promoting the book and in the book itself.

The Food and Drug Administration in July, 1962, seized safflower oil capsules, which had been distributed in connection with the book, and copies of the book used in promotion.

Kennedy said the CDC capsules had no value in attempts to lose weight and the grand jury charged they were promoted fraudulently in several ways.

From the **Miami Herald**, March 12, 1964.

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

better fed and protected against contamination than are people! Who ever heard of any state or government agency requiring producers of food for human consumption to guarantee, in writing, that no harmful substances had been used during growth, or as post-harvest application?

Such requirements to protect humans and their domestic animals is highly desirable, but in the meantime, what about Sandvig and thousands of other farmers like him? Do they not have actionable damages against chemical companies and state and federal agricultural agencies? It is to be hoped that thousands of suits will be filed, and a test case taken to the Federal Supreme Court.

—From **Organic Consumer Report**, February 11, 1964.

## Washington News Briefs

By Clinton R. Miller  
N.H.F. Washington Office

### Watch for Timex Krebiozen Documentary

The long-awaited Timex TV documentary on Krebiozen will probably be released sometime in May 1964. Don't miss it. To be sure it is carried on one of your local stations, call them at once, asking which one is planning to carry it. The program will be televised nationally, either via a network or on a station-by-station basis.

U.S. Time Corp., maker of Timex watches, is planning to sponsor the Krebiozen program as a public service. In charge of production is peerless TV producer David Wolper. Several years ago, Wolper couldn't get the networks to use his award-winning documentary, "The Race for Space," so he syndicated it, got enormous attention, and soon became a major video figure. He is known for his "Biography" series and a recently viewed three-part documentary on Hollywood.

Researchers under the direction of Al Ramrus of Wolper's staff interviewed more than 100 cancer survivors on Krebiozen as well as prominent figures on both sides of the controversy. These included Dr. Stevan Durovic, Krebiozen's discoverer; Dr. Andrew Ivy, the drug's leading proponent; Dr. John Heller, Head of the Sloan-Kettering Institute for Cancer Research; Dr. Harold Diehl, Senior Vice President of the American Cancer Society; Senator Paul Douglas, and Dr. Frances Kelsey, Director of the Investigational Drug Branch of the U.S. Food and Drug Administration.

### Paperback

Much new material on the Krebiozen controversy will be included in the new paperback edition of Herbert Bailey's book, **A Matter of Life or Death**. The contract has been signed, and the first issues will hit the stands in May. The book will sell for 60 cents. You can help by calling your local bookstores and health food stores and asking them to stock it. Ask for it at every newstand that carries paperbacks.

Dr. Grant, Medical Director of the American Cancer Society, testified March 10 before the Harrison Subcommittee on Frauds Against the Elderly that he felt it was "unfortunate" that paperbacks were getting out to the public on such unproved cancer remedies as Krebiozen, Gerson's treatment, Laetrile, etc. He credited Herbert Bailey's book with keeping the Krebiozen controversy alive and for making "medical martyrs" of Dr. Andrew C. Ivy and Dr. Stevan Durovic. He deplored the willingness of people to buy paperbacks and give them to patients who were receiving orthodox treatment for cancer.

### Prejudging Bill

**H.R. 4057. Representative Pike's bill to prevent adverse prejudging publicity and trial by press release.** This bill was to have been referred to a special subcommittee on Administrative Procedure of the parent House Judiciary Committee. The subcommittee was disbanded at the death of its Chairman, Rep. Walters (D., Pa.) early in 1963. It should be re-established in 1965. The parent committee is too busy to hold hearings, so no house action is scheduled or expected in 1964.

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Senate Omnibus Agency Reform Bill S. 1663 was thought to include a provision of prejudging publicity.

Language in the Senate's Omnibus Government Agency Reform Bill does not clearly prohibit prejudging publicity. N.H.F. will work to amend S. 1663 with stronger language. The bill is moving very slowly in the Senate. No hearings expected in 1964.

#### Vitamin Regulations of 1962

The FDA proposed to "update" their vitamin regulations in 1962. The proposal was to limit multiple vitamin non-prescription formulas to eight vitamins and four minerals. It was a proposed rule-making action by the FDA. The N.H.F. sponsored a postcard protest that broke all records. No further action was taken in 1962, 1963, or so far in 1964. A telephone call to Mr. Harris, Head of FDA's Department of Nutrition, spiked a false rumor that he had finally finished his work on the files.

**Question:** We have heard that FDA is planning to put through the 1962 vitamin regulations and not grant a hearing.

**Answer:** FDA does not have an option in the matter. The law which governs FDA requires that they MUST grant a hearing whenever they propose to change their rules and they are protested. However, it must be understood that FDA is not bound by the evidence presented at the hearing. They usually, however, would not insist on an action they knew would be overthrown by the courts.

#### FTC Attacks Health Books

The Federal Trade Commission (FTC) ruled that Farrar, Straus and Co., publisher of *Mirror, Mirror on the Wall* by Gayelord Hauser, has made false claims in promoting the book.

In a devastating decision, the examiner, Walter K. Bennett, "found" that a person following the dietary principles in the book would not, as represented:

Lose weight without reducing his caloric intake.

Protect his heart, restore it to normal, or otherwise have any other beneficial effect upon his heart.

Increase his sexual potency.

Tighten the skin of his face and neck and eliminate loose face and neck tissue.

Slenderize in ten seconds or in any other period of time.

Add brightness or clarity to his eyes.

Prevent or retard baldness or excessive hair loss.

Cure dandruff.

Rid himself of or reduce or relieve tension.

Examiner also held that the advertising creates the false impression that:

- (1) The order in which one eats food is important to health.
- (2) The cosmetics described in the book are natural and nutritious.
- (3) The book contains hundreds of marvelous secrets of health.
- (4) The exercises in the book will never be tiring to the one performing them.

#### The First Amendment

Anticipating that the Hauser action might create a furor among Americans who prefer to decide for themselves whether or not the book can do what its advertisers say it can do (sold on a free 10-day trial), Mr. Bennett says: "No question is properly raised concerning the First Amendment to the Constitution since there is no attempt to enjoin the publication of the book, *Mirror, Mirror on the Wall* itself, but merely to prevent the use of unfair and misleading methods of advertising to induce its sale."

If these same harsh standards were uniformly applied to the advertising for cosmetics, tobacco, or processed food,

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there would be little advertising in America.

This decision does such violence to the First Amendment of the Constitution that if it is not overthrown by the people, we will have lost the first and most important constitutional freedom, Freedom of the Press.

#### Overprotection of the "Ugly" American

Mr. Bennett said: "... we infer that the public interest requires protection of the credulous and hopeful beauty seekers to whom the advertising might be particularly attractive; even though no such protection is needed for their scholarly sisters who would not believe that any book could bring about the results implied from this advertising."

#### Hawaii Drug Bill Stirs

##### Washington Interest

A bill which has strong support by organized labor in Hawaii is being carefully watched in the nation's Capitol. The bill, H.B. 385, would require labels on all prescription drugs to name the ingredients. Objective of the bill is said to help prevent abuse of habit-forming drugs, death or illness when a drug is taken by those for whom it was not intended, etc.

The bill will find organized labor for, and the drug and medical interests opposed. Opposition claims there would be grave danger of violating doctor-patient relationship (particularly in the case of social diseases), because the medicine would be known to third parties; the physician could not prevent his patient knowing the medicine administered, "a particularly serious handicap in certain kinds of psychotherapy"; it would be contrary to medical procedures; and broad patient knowledge of drug names might lead to widespread black-market operations, etc.

The bill has already passed the House and is before the Hawaii Senate Committee for action.

#### National Health Federation Progress Report on Fluoridation

**S. 1208. Because this bill doesn't mention fluoridation,** opposition letters to congressmen have been returned to constituents telling them that it is not a fluoridation bill. Proper response to misinformed congressmen is that Senate hearings were held in 1962. It was then S-917. Testimony by the Public Health Service indicated that the major thrust of the bill was to promote fluoridation. Tab starts with \$7 million in 1964 and would increase to \$17 million in 1968. The full Senate Committee on Labor and Public Welfare voted approval based on 1962 hearings without repeating them and ordered the bill reported last year. Each N.H.F. member should have a strong letter in the file of both his Senators strongly opposing S. 1208, the Red Light Fluoridation Bill. Hearings neither scheduled nor anticipated on H.R. 5682, the identical House version.

#### Humphrey FDA Hearings

**Held up by civil rights debate.** Senator Humphrey will not schedule Krebiozen investigation until previously committed hearings on over-all scientific policies in the Food and Drug Administration have been held. **AFTER** completing backlogged hearings, Humphrey will poll his subcommittee. If they wish to hold Krebiozen hearings, and he has time, he will chair such hearings. Otherwise, he "would be happy to designate Senator Gruening who is so deeply interested in this subject and has such broad background." Both men are excellent and either would be satisfactory to N.H.F.

The Subcommittee consists of Senator Hubert H. Humphrey (D., Minn.), Chairman; John L. McClellan (D., Ark.); Ernest Gruening (D., Alaska); Edmund S. Muskie (D., Maine); Claiborne Pell (D., R.I.); Abraham Ribicoff (D., Conn.); Karl E. Mundt (R., S. Dak.); Jacob K.

(Continued on next page)

Javits (R., N.Y.); and James B. Pearson (R., Kans.).

Letters and post cards should be sent to each of these committee members urging them to list Krebiozen as their No. 1 preference when polled by Senator Humphrey for further subjects for committee hearings.

#### Senator Ribicoff Releases First Volume of Pesticide Hearings

Senator Abraham Ribicoff (D., Conn.) released for publication March 8, 1964, the first volume of public hearings he is conducting on the pesticide problem.

It includes 42 powerful pages of testimony by Rachel Carson, authoress of **Silent Spring**. These 42 pages alone are worth the price of \$1.25 charged for the hearings by the Government Printing Office.

It also has a chart showing the pesticide residues in fish products. Nine out of 14 samples taken of cod-liver oil were found with residues of DDT, DDD, and DDE of .6 to 3.0 parts per million. Kingfish body oil is highest with one sample showing 80 ppm DDT, 60 ppm DDD, plus 200 ppm DDE. One sample of halibut-liver oil ran 60, 20 and 150 ppm of DDD, DDT, and DDE, respectively.

"This first volume sets forth the views of government, industry and private citizens," Ribicoff said. "It includes the basic laws, both Federal and State, together with the opinions of some of the nation's leading scientists on the subject."

The 389-page volume is for sale by the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C., 20202. Price \$1.25. Anyone interested in limiting the indiscriminate use of pesticides in their State will find this will be their "bible."

#### May Be Vice President

Senator Hubert Humphrey may be the Democratic Vice Presidential Candi-

date. A Johnson-Humphrey team would be a strong Democratic choice if Rockefeller wins GOP nomination. Humphrey could battle Rocky over drug safety while Johnson ropes in the votes.

The toughest Administration job for the next few months, managing the civil rights bill on the Senate floor, belongs to Senator Humphrey. His long-anticipated hearings on the manner in which FDA handles new drug applications will have to wait. Meanwhile, Julius Cahn, Humphrey's top drug aide, sharpens the sword.

#### Device Legislation Urged by Larrick

**H.R. 6788 and S. 2580, which are identical bills,** would give FDA authority to require proof of **safety and effectiveness** before medical devices are placed on the market.

The bills carry a tricky arbitrary power clause which **would allow** FDA to apply the law retroactively on old and well-established devices, **BUT WOULD NOT REQUIRE** them to do it. FDA would be sole judge.

**AMA hasn't made a final decision,** but opposed the principle as late as December 1963 in the House of Delegates.

#### AMA's Throckmorton Smears Chiropractic

**The General Counsel for the American Medical Association,** Mr. Robert B. Throckmorton, told Senator Williams' Subcommittee on Frauds Against the Elderly that the AMA has done its share to eliminate quackery. He then told them what quackery was in one word—**CHIROPRACTIC**. N.H.F. blasted use of the dignified Senate Subcommittee as platforms for AMA smears against the second largest healing profession.

#### FDA Whittles at Food Supplements

**Cobalt, nickel, boron and molybdenum may no longer be included** as active ingredients in dietary supplement preparations consequent to FDA action taken

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in January. They decided not to renew any more "one-year leases" by which FDA has been allowing the provisional listing of these four substances as food additives.

#### New Drug Applications Approval Time Trend Is Completely Reversed

**In 1957, a drug company could get 50% of its new drugs cleared by the Food and Drug Administration in less than 60 days.** In contrast, during the entire year of 1963, no drugs were approved in less than 60 days. In 1957, 97% of all new drug applications were passed before 200 days. In 1963, 76% of NDA's took more than 200 days. The Pharmaceutical Manufacturers Association says the major current factor causing the slowdown is the requirements of the 1962 Kefauver-Harris amendments which Food and Drug Administration must apply in passing on new drug administrations.

#### Fluoridation Bills

**Neither the bad nor good fluoridation bills** are going anywhere in the 88th Congress. The bad bills are S. 1208 and H.R. 5682. The good ones are House Resolutions 191, 192, and 193.

#### New Statistics Reveal America's Health Is Sinking Rapidly

Seven million more Americans were ill with one or more chronic illnesses in 1963 than in 1961. An estimated 81 million persons in the population, or 45% of the total, reported one or more chronic illnesses in 1963. In 1961, the figure was 74 million. The population increase during the same period of time was just less than seven million (6,844,000).

At that rate, when the present generation dies off, every living person will have one or more chronic illnesses.

Chronic means long-continued. The following is a partial list of 39 chronic condition groups for which statistics are presented: Cancer, Diabetes, Heart Trou-

ble, Tuberculosis, Asthma, Rheumatic Fever, Arthritis or Rheumatism, Mental Illness.

### In Numbers There Is Strength

Join the

**National Health Federation**

**and Make Your Voice Effective**

**P.O. Box 686, Monrovia, California**

A young man applied to a finance agency for a job but he had had no experience. He was so intense that the manager gave him an account to collect with the promise that, if he collected it, he would give him a job.

"He'll never collect it," he told his secretary. "It's that mechanic down the street who's owed us the money for three years."

Much to his surprise the young man came back with the entire debt in his pocket.

"This is amazing," said the manager. "Just how did you do it?"

"Easy," replied the youngster. "I told him if he didn't pay up I'd tell all his other creditors he had paid us!"

### Notice of Nonresponsibility

**The National Health Federation will not be responsible for any indebtedness incurred by any person, unless such indebtedness is evidenced by a memorandum in writing signed by the President, Mr. Fred J. Hart.**

**All interested persons, corporations and associations will take notice that only the President is authorized to contract for the National Health Federation.**

## Mothers Meet the Doctors

Refreshing verbal "breezes" drifted through the Oceanic Room of the Knickerbocker Hotel late in November. Giving us an informal preview of convention atmosphere, our generous medical board to a man (and one woman) spoke candidly to over a hundred enthusiastic LLL mothers, some accompanied by lively babies.

Members of the Medical Advisory Board of La Leche League International are: Dr. E. Robbins Kimball, Pediatrician, Dr. Robert S. Mendelsohn, Pediatrician, Dr. Herman Meyer, Pediatrician, Dr. Herbert Ratner, Public Health Chief, Dr. Carolyn M. Rawlins, Obstetrician, Dr. Ernest M. Solomon, Obstetrician, Dr. Gregory White, General Practitioner, Dr. Marvin Schwarz, Psychiatrist. Dr. Schwarz, not present for the panel discussion at the Knickerbocker, has since joined our medical board. Questions and answers were exchanged on topics like the premature baby, introduction of solids, allergies, doctor and patient relationship, sudden deaths, hospital education programs, breast infections, staph infection, and medicines or habits that affect nursing. Some of the doctors' comments may be of interest to you.

Dr. Meyer stated that allergies are unusual in the breast-fed baby, and Dr. Kimball went on to tell of his study of 1,200 breast-fed babies. Three hundred received no solids before six months and there was no evidence of allergies in the babies who did not have a family history of allergies. Among those who received solids before six months, 33 serious allergies occurred. Eleven of these babies were the first in their families to show allergic reactions.

The question arose about the possibility of anemia in the baby who doesn't receive solids early, and Dr. Kimball said that this is not a problem in the first six months. Babies have a built-in iron supply in their large livers, except in the case of the "premie" whose liver is not wholly developed. A hemoglobin test was suggested as a measure if anemia is feared or suspected.

Emphasizing the "wisdom of nature," Dr. Ratner called mother's milk, "the perfect food for the infant," but warned that milk anemia may develop if a baby is totally breast-fed after six months. Mother's milk alone, he stressed, can carry a baby through until he is ready to chew and handle solids.

In discussing breast infections, Dr. Rawlins noted that if there is a wedge-shaped hard area, the problem probably stems from a plugged duct. She recommends going to bed, nursing more frequently, and applying hot cloths.

Dr. Meyer spoke about what affects breast milk. He feels that a mother's smoking has no serious effect upon her milk, but that barbiturates such as phenobarbital act on the milk and can make the baby drowsy. Infants of mothers addicted to morphine or heroin have been known to evidence withdrawal symptoms; drugs flow into the milk in the same amount as can be detected in a urinalysis. Antibiotics and purgatives given to the mother have no effect on the baby, Doctor Meyer added, nor does chocolate, unless the mother substitutes it for a proper diet.

Applauding the League, Dr. Mendel-

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sohn indicated that he could use LLL members in teaching medical students. He said, "We should take this opportunity to contribute to the relevancy of medical education." He thinks that medical students, particularly in pediatrics, spend too much time studying rare diseases they are unlikely to encounter, at the expense of solving day-to-day prob-

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**THE MORE MEMBERS THE FEDERATION HAS, THE MORE POWERFUL ITS VOICE. EVERY LOYAL AMERICAN SHOULD BELONG AS A REGULAR MEMBER AT \$5.00 PER YEAR. SEND YOUR MEMBERSHIP OR DONATION OR WRITE FOR MORE INFORMATION TO NATIONAL HEALTH FEDERATION, P.O. BOX 686, MONROVIA, CALIFORNIA.**

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## 1964 Conventions

So successful have been the Federation's one-day conventions that we have decided to hold more of them during 1964.

**Phoenix Convention:** This was held on Saturday, April 11, and from every standpoint was better than the one held last year. It also resulted in the addition of 34 new members to the rolls of the Federation.

**Salt Lake Convention:** Held on Wednesday, April 15, resulted in the addition of 48 new N.H.F. members. In addition, the enthusiasm was much higher than last year. Next year, the Salt Lake members expect to double the attendance.

**San Francisco:** On Saturday, May 9, the Federation will conduct a full day and evening convention, as it did last year. The convention will be at the Sheraton-Palace Hotel. It will start at 10 a.m. and continue until 10 p.m.

**Reseda, California:** The Federation will conduct a full day and evening symposium, May 16, 10 a.m. to 10 p.m., at which all approaches to health will be presented.

**Chicago:** The Midwest Convention of the Federation will be held at the Sherman House this year. The dates will be September 10, 11, 12, and 13. It is our plan to make this the most outstanding convention the Federation has ever held in the Middle West.

The charge for attending the one-day conventions will be as follows: For the full day, \$2; for one session or one lecture, the charge will be \$1.

More information will be given in later issues of the **Bulletin**. For your own sake, as well as that of the Federation, we urge you to attend the convention nearest to your home.

Those who are interested in displaying products should write at once to Howard Long, P.O. Box 686, Monrovia, California.

lems like helping the nursing mother and baby.

Mothers there, absorbing like sponges, remarked repeatedly "over coffee," that June could not come soon enough! Won't you, too, sail into the stream of ideas?

**N.H.F. Editor's Note:** We do not agree on the subject of smoking, etc.

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## FOR WILLS

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

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

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