National Health Federation
BULLETIN

April, 1971

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Mongolism
Related to
Fluoride Ingestion

The Evaluation of Cancer Drugs

A critical survey of the current cancer drug evaluation policies of the Food and Drug Administration and National Cancer Institute suggesting the need for drastic changes if effective controls of cancer are to be found. A timely report to be read by every member of Congress before giving unqualified support to any proposal calling for an additional multi-million dollar appropriation for "an all-out effort to conquer cancer by 1976."

PHOSPHATES

The Cure Worse Than The Disease?

An Evaluation of the Current Detergent Dilemma

Complete contents on inside of front cover

Dedicated to the Protection of Health Freedoms

THE
NATIONAL HEALTH FEDERATION
BULLETIN

Protection of Health Freedoms — *Published Monthly*

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

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By JAY VAN ANDEL

Phosphates

— THE CURE WORSE THAN THE DISEASE?

An Evaluation of the Current Detergent Dilemma

The Great-Phosphate-in-Detergents-Debate of 1970 has been characterized by a confusing mixture of truths, half-truths, and confusion in much of what has been written and spoken. Separating fact from fiction, and emotion from reason, has not been easy. The goal of clean water is universally accepted, but the proposed means of achieving it are conflicting and often misunderstood.

Hasty action to remove some or all phosphates from detergents and to market huge quantities of non-phosphate laundry products in their place will result in playing a game of chemical Russian Roulette with our lakes and streams.

Laundry detergents, soaps and other cleaning products are mixtures of a variety of chemicals. Some of these chemicals are organic and more or less biodegradable—that is, they can be consumed by bacteria and converted into simpler and presumably less harmful substances. Many of the chemicals used are inorganic, soluble in water, cannot be degraded or consumed by bacteria. Some of these chemicals, such as phosphorus, are natural elements and act as nutrients to plants in the water, such as algae.

Very little is actually known today about the total effect on the environment of pouring billions of pounds of any such chemical—organic or inorganic—into our streams and lakes.

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Phosphates Being Replaced With Untested Chemicals

Public and governmental concern and pressure has brought about a premature substitution of certain new untested ingredients such as NTA for part of the phosphate in some detergents. Manufacturers with considerable reluctance have begun to use small quantities of NTA in place of some phosphate to try to meet the public clamor for immediate action. But recently the use of NTA as a substitute for phosphate has been the subject of widespread concern; yet only a few months ago some ecologists were proclaiming its attributes in the most glowing and unquestioned terms. The effects on the environment of draining huge quantities of this chemical into streams are simply too complex and unknown at this time for anyone to be able to make a sound judgment.

Public clamor for action has also spawned the introduction into the market of a number of "non-phosphate" detergents. These products use mixtures of various chemicals that have been used as part of the formulas in various detergents for many years – chemicals such as washing soda, borax, sodium metasilicate, surfactants, and even table salt.

Some Detergents Contain Polluting Fillers

One of these new "non-phosphate" products recently introduced to the market contains 45% table salt (sodium chloride) as one of its principal constituents. Now the detergent industry has long known that sodium chloride can be used as a detergent ingredient, although it has no known detergent action; it is merely an inert additive or bulk filler. But the environmentally concerned consumer who uses such a product is only trading "phosphate down the drain" for "table salt down the drain," thereby possibly trading fresh water for salt lakes.

Other "non - phosphate" detergents use large quantities (as much as 60%) of washing soda. This compound, chemically known as sodium carbonate, is not only being utilized in detergents but also in combination with soap as a water softening ingredient. In vast quantities, it might increase the alkalinity of streams and lakes, upsettting the ecological balance by killing microorganisms upon which higher forms of life depend for food. As a result, the entire biological food chain, ending with fish, could be seriously impaired.

Phosphate Substitutes Difficult To Remove From Sewage

Table salt can only be removed from waste water at sewage plants through extremely costly distillation plants (such as are used to convert sea water into fresh water). There is no presently known inexpensively way to remove washing soda from waste water during sewage treatment. In order for these chemicals to completely replace the more efficient phosphate, they will have to be used in vast quantities—billions of pounds—if the soap and detergent industry moves entirely away from phosphate formulas to these new mixtures. Non - phosphate, non - NTA detergents as presently available perform poorly on wash - and - wear, permanent-press type fabrics which often compose over half of the modern laundry mix. They also perform poorly in hard water, and for heavily soiled laundry. Since performance is considerably lowered with such products, the consumer will be tempted to use more of the substitute compounds in hope of achieving the excellent results formerly obtained from phosphate compounds.

The effects of pouring billions of pounds of table salt, washing soda, or similar chemicals into our lakes and streams may well be a much greater threat to our environment than continued use of phosphates. Trading the better known effects of a chemical that could be easily removed from sewage, such as phosphate, for the unknown effects of hard-to-remove chemicals may be a bad bargain, ecologically and economically.

The problem to be solved then is how can we provide consumers with effective, low-cost laundry compounds which either we can be certain do not need to be removed from waste water, or can be economically removed at sewage treatment plants.

Several solutions present themselves. First, based upon present environmental knowledge, the only way we can be *certain* that laundry products would not further contribute to water pollution or fertilization would be to stop using *all* detergents, including soaps, water softeners, "non - phosphate" products, bleaches—everything.

If we were to stop pouring *any* chemical mixture down our drains and were to use *only clear water* for washing and cleaning, we would obviously make an improvement.

Detergents Contribute Only 17% of Phosphates In Streams

If, however, we used only clear water for washing and cleaning, America would still not have clean lakes and streams. Soaps and detergents are estimated to contribute less than 17% of the total phosphate which enters our waters. A large amount is also contributed by crop fertilizer, animal manure, dirt, bacteria and other nutrient run off from farmlands, feed lots, and gardens. Also, industrial and human wastes which are not properly removed by sewage treatment because most sewage plants are inadequate, contribute not only phosphate but many other undesirable chemicals and bacteria. And of course washing clothes in clear water would still result in millions of pounds of dirt and bacteria from the clothes going into the drain and ultimately to streams and lakes, if not removed at a treatment plant. Clear water would of course only do a very poor job of washing, and such a solution would be neither workable nor acceptable.

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Secondly, we can re-formulate laundry products, eliminating the phosphates. This method is being strongly promoted by public pressure today. However, it is highly questionable whether reformulation will even partially solve problems of nutrient-rich waters. As long as any chemicals continue to enter streams and lake in such great quantity, there is a strong possibility that the new phosphate-substitute formulas may be even more ecologically difficult to control than the old phosphate products, which at least we *know* we can remove at sewage plants.

We must also consider that such new formulas create many new and complex problems such as increased corrosion of washing machines, and inefficient performance on synthetic, and wash-and-wear fabrics. We will also have to contend with lower performance in hard water (even when the new formulas are used in considerably greater quantities than present phosphate detergents), higher consumer costs, plus limited use in automatic machines, etc. In view of these facts it then becomes apparent that the value of substitute chemicals is seriously limited as a real solution to "the phosphate problem" (or more correctly, "the total eutrophication problem").

But we already have available to us a far more comprehensive and effective and economical solution to the problem of detergent chemicals entering streams and lakes. Although we know *very little* about lake eutrophication and the effect of complex mixtures of various chemicals drained into our waterways, we do know a *great deal*, right now, about how to *remove* various chemicals in water solution from sewage water. The technology for removing chemicals from water is well developed and very advanced, although the use of this technology with regard to sewage treatment unfortunately has been limited by the taxpayers' indifference and reluctance to pay for proper sewage treatment.

Therefore, a logical solution, both reasonable and workable, is to have a Federal agency specify which chemicals may be used not only in detergents and soaps but in *any* product that may find its way into sewage drains, and allow the use of *only those chemicals that can be easily removed from waste water.* It should be also mandatory for municipal and industrial sewage treatment plants to *install equipment capable of removing these chemicals.* In this way the Federal and municipal governments together with the industrial and public sector will be coordinated on a total plan to restore the quality of our waters.

Phosphates Can Be Removed From Sewage

Not all chemicals can be removed easily and economically or with the same type of equipment. But processes *are* available today that are reliable and economical for removing a number of commonly used detergent chemicals from sewage water at municipal sewage plants. For instance, phosphates can be removed by an inexpensive process with an operational cost of less than $2.00 per person per year at a municipal plant, (even in primary stage plants) and the process will not only remove detergent phosphates but sewage phosphates as well, for about the same cost. Since at least half of the phosphate entering streams and lakes comes from sewage, it would make eminently more sense to *remove phosphate* from *all* sources at the city sewage plant than to eliminate only *part* of it from detergents at the point of manufacture. And since detergent re-formulation with phosphate substitutes might introduce chemicals much more difficult to remove than phosphate, and potentially more harmful to the environment, it would make good sense to go no further down the re-formulation path until we are sure of all the results.

Laundry detergent manufacturers do not use phosphates because they have no regard for the environment. They have been accused of resisting change; of being able to produce products without phosphate, but unwilling to change because it would hurt their profits, and of being environmentally unconcerned. Such accusations are not based on fact. If the expense of phosphate substitutes necessitated increased costs to the manufacturer, the cost would be passed on to the consumer as is true in any manufactured product. Profit structure would not be affected. Detergent manufacturers buy phosphates from chemical suppliers as they do other chemicals, and they have no vested interest in promoting phosphates.

Laundry detergent manufacturers, however, know a great deal more about the chemistry of soaps and detergents and other cleaning products than do most of their critics, no matter how sincerely motivated such critics may be. They are aware that a hasty change in direction at this time may literally, and ecologically, be "jumping from the frying pan into the fire." Therefore, although the detergent industry can produce phosphate substitute products immediately if public pressure demands (although such products are markedly inferior in performance), conscientious manufacturers are very aware that until a great deal more is known about the entire situation, it may be far wiser not to take any premature action or make any radical changes which could expose our environment to the possibility of what are presently unknown hazards. Phosphate is well known and understood and is economically manageable. New directions – new chemicals – new chemcial mixtures – are unknowns.

Another possible danger of great magnitude could be legislation at local levels which has not been coordinated with a Federal master plan structured upon knowledge and assessment of all of the options.

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Some state and local governments have been bowing to public pressure and threatening to pass hasty laws requiring detergents to be formulated without phosphates or with lower phosphate content. Such *local* legislation, if it should proliferate, will only add to confusion. It may bring greater ecological damage as well as result in higher costs to the consumer.

Federal Detergent Standards Needed

A far more sensible approach is to set a reasonable top limit on phosphate usage in products at the *Federal* level now. The 20% P-2-O-5 (8.7% P) level used in Canada is practical. This would buy some time for scientists to engage in relevant research. A Federal law, as previously mentioned, should require *certification* of all chemicals to be used in detergents to the effect that they are considered removable at sewage plants, or considered not harmful to streams or lakes even if not removed. Following these guidelines, the manufacturers would be able to formulate from this certified list of chemicals the different products needed for various purposes—heavy duty laundry – hard water laundry – soft water laundry—bleaching—stain removal—with full consideration for environmental concerns. Such a scientific and logical approach, properly coordinated at the Federal level only, would provide the greatest possibility of bringing all of us to the ultimate goal of clean water.

The emotional tactics of hurling invective, printing outdated, confusing and inaccurate phosphate percentage lists, and trying to reformulate detergents in local legislative halls are not effective methods. In fact it is quite possible that a certified list of government approved chemicals, evaluated under conditions of cool scientific testing instead of hot emotional hearsay would list controllable phosphate as one of the safest of all the chemicals we could use.

With due consideration for alternative solutions, it appears at this time that use of such certified, approved chemicals, coupled with adequate sewage treatment plants, would eliminate the threat of salted streams or soda lakes or algae blooms and bring us instead to our goal—the re-establishment of clean, pure water supplies to serve the needs of North America.

BEQUEST

Here is a suggested statement for the convenience of those who wish to incorporate into their wills a bequest for unrestricted 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.

Should the donor desire to create a Memorial Fund, insert after "property herein described," *the same to be known and designated as the "..... Memorial Fund."*

Definition of Food Supplement Should Be Included In Food, Drug and Cosmetic Act

By CHARLES ORLANDO PRATT
Washington General Counsel

Every American should know that he or she has the right to manufacture, sell or use food supplements, including vitamins and/or mineral products, concentrated foods and foods for special dietary uses, for nutritional purposes. This right should be exercised freely and without fear of embarrassment or ridicule, and without fear of civil or criminal action in any Federal or State Court based on alleged charges that such food supplements are misbranded or adulterated *drugs.*

During the years since World War II, millions of Americans have learned of the value of fortifying or supplementing their ordinary or usual diet with good wholesome food supplements including multivitamins, vitamin and/or mineral products and especially foods for special dietary uses, all of which were primarily available in health food stores and on farms producing organically grown fruits and vegetables.

Food supplements were available also from distributors selling direct to the consumers or through the mails.

More and more farmers and fruit growers were becoming alarmed about the ever-increasing use of dangerous, and sometimes deadly, insecticides and fungicides, and the use of chemicals in livestock and poultry feed and the use of the injection of drugs into the animals and poultry to stimulate fast growth.

The American consumers were becoming aware of the health dangers caused by food, meat, poultry and fruit processors and canners who were using homogenizers, pasteurizers, stabilizers and chemical preservatives, coloring and fla-

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voring in their processing procedures.

In 1938, Congress passed the Federal Food, Drug and Cosmetic Act which set forth a definition of a food and of a drug, but did not set forth the definition of a food supplement. This Act provided the legal authority for the Commissioner of Food and Drugs to make a Food Supplement Regulation.

This Food Supplement Regulation was legally adopted and enforced in 1941; and it is now and always has been the law since then. This Regulation is practical and reasonable for all concerned, especially the American consumers.

This Regulation provides that a food supplement is a food for special dietary uses, such as "uses of supplying particular dietary needs which exist by reason of a physical, physiological, pathological, or other condition, including but not limited to conditions of diseases."

Further, the Food Supplement Regulation provides for the use of food supplements for supplying particular dietary needs which exist by reason of age, and for supplementing or fortifying the ordinary or usual diet with any vitamin, mineral or other dietary property.

The definition of a food supplement under H.R. 2323, introduced in the 92nd Congress by Congressman Hosmer at the request of The National Health Federation, and the definition in the present Food Supplement Regulation are the same. The so-called Hosmer bill and the Regulation define food supplements as *foods*, not as *drugs*, when manufactured, sold and used for the legal nutritional purposes described above.

There is evidence that FDA has shown bias and prejudice against the sale and use of food supplements as nutritional *foods* as distinguished from their use as *drugs* for therapeutic purposes which are sold over-the-counter in drug stores or on prescription by doctors of medicine.

There are tragic cases in which FDA has induced the United States Attorneys to obtain criminal indictments, criminal trials, criminal convictions and criminal fines and imprisonment of defendants for allegedly misbranding a *drug* when neither the grand jury, the prosecutor, the judge in charge of the grand jury, the trial judge, the trial jury nor even the defense attorneys knew that the product involved was, in fact, a *food* supplement under the Regulation and not a *drug* as defined clearly in the Federal Food, Drug and Cosmetic Act. Keeping the definition of a food supplement out of the Act has the effect of denying the defendant knowledge of his rights.

Why should FDA continue to have the advantage of keeping out of the Act the definition of a food supplement which it has put in a Regulation and which it conceals from the defendant, the prosecutor, the juries, the judges and the lawyers by charging violation of the *drug* provision in the Act itself, when the charge would not be justified under the Food Supplement Regulation of which only FDA is aware because the product involved is a food supplement.

Such concealed unfair practice by FDA would be stopped, if Congress puts the definition of a food supplement in the Act. This would be fair to the consumer, the government officials and the courts.

Federal Appellate Courts have reversed criminal judgments when informed, among other things, for the first time, of the provisions of the Food Supplement Regulation, *which does not appear in the Act;* but which Regulation has the legal force and effect of law, pursuant to the authority of the Act.

It is possible that the criminal case would not even have been instituted, if those concerned with the case had known that the defendant had the legal right to manufacture, sell or use *food* supplements for the nutritional purposes set forth in the Food Supplement Regulation.

The main purpose for amending the Act to include in it the present definition of a *food supplement* is to inform, in the Act itself, the manufacturer, the distributor, the consumer and all government officials charged with the administration and enforcement of the Act of the true nature, purpose and legal use of a *food* supplement, as a *food.*

Having the definition set forth clearly in the Act would eliminate the necessity of searching for the Food Supplement Regulation in law libraries. Such search is not likely made by anyone because those involved, including the claimant of the product or the defendant in a cirminal case, believe sincerely that the product must be a *drug* if FDA says so.

The civil and criminal provisions in the Act itself apply also to the enforcement of the Food Supplement Regulation, which is the law today, and is in force only to protect the American people.

The efficacy of a food supplement, including a vitamin and/or mineral product, a concentrated food or a food for special dietary use, is required under the Act and the Food Supplement Regulation. FDA has charged, and the Federal courts have held that any food supplement is misbranded if its label or labeling is false or misleading in any particular. This includes any nutritional claim of efficacy which is false or misleading in any particular. A vitamin product which is not efficacious for its intended use, as expressed or implied on its label or in its labeling, is misbranded and is subject to condemnation in a civil action in a Federal court; and the manufacturer, shipper or seller of the product is subject to fine and imprisonment in a criminal action in a Federal or state court.

The bill to amend the Act to include the definition of a food supplement therein would not, under any circumstances, change the present definition; and it would not exempt or prohibit any standard of quality or efficacy of a food supplement.

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Why should any U.S. Representative or U.S. Senator hesitate to support the Hosmer bill, or a bill similar in purpose, so all the world can know that a food supplement used and *sold as food is not a drug*?

FDA should no longer publicly criticise health food stores, distributors and consumers of food supplements, concentrated food, vitamin-mineral products and foods for special dietary uses.

The air, water, land and food is not safe today; therefore, it is all the more necessary to make food supplements, as defined above, readily available by informing all Americans about their nature, use and need in human nutrition. This should be done in the Act for all to see and understand.

Millions of Americans need vitamins and minerals because they are malnourished, undernourished and even over-fed with unbalanced diets.

Every member of The National Health Federation and every concerned citizen is urged to request his or her congressman and both U.S. Senators to support the Hosmer bill (H.R. 2323), or a bill for the same purpose.

New Board of Governors Seated

Traditionally, the annual meeting of the Board of Governors is held concurrently with the annual West Coast NHF Convention. The Board is composed of 27 Governors, elected by the NHF membership through a mailed ballot, plus state representatives appointed by the president. The Governors serve a three-year term unless elected to fill a vacancy and to complete an unexpired term. The terms are on a rotating basis so that each year terms expire for only nine members of the Board and thus, each year NHF members are asked to elect nine new Governors to fill these vacancies.

Members of the current Board of Governors are as follows:

Norman W. Bassett, Los Angeles, Ca.; Kirkpatrick W. Dilling, Chicago, Ill.; Gustave Dubbs, Uniondale, N.Y.; Kurt W. Donsbach, Garden Grove, Ca.; E. P. Franklin, Fairfax, Ca.; Sheridan B. Manason, San Marina, Ca.; Betty Lee Morales, Los Angeles, Ca.; John W. Noble, Portland, Ore.; Agnes Toms, Grass Valley, Ca.; R. L. Kuxhaus, West Los Angeles, Ca.;

Victor Bagnall, Wenatchee, Wash.; Doris Hill, Tuskahoma, Okla.; Daniel Oliver, Marion Ind.; Lorraine Rosenthal, Los Angeles, Ca.; Harold J. J. Stueve, City of Industry, Ca.; Emory W. Thurston, Los Angeles, Ca.; Harold J. Taub, Emmaus, Pa.; B. L. Boggess, Denver, Colo.;

David Ajay, Sacramento, Ca.; Charles Crecelius, Monrovia, Ca.; L. P. DeWolf, Cresent City, Fla.; Hugh Exnicios, Metairie, La.; Fred J. Hart, Palm Springs, Ca.; Bob Hoffman, York, Pa.; A. I. Malstrom, Bethesda, Md.; Roland Horvath, Hackensack, N.J.; E. Shearer, Columbus, Ohio.

Mongolism Related To Fluoride Ingestion

JOHN E. WATERS, D.D.S.

Dr. Ionel Rapaport of the University of Wisconsin conducted original research in Illinois, Wisconsin, North and South Dakota, to determine the relation of the frequency of Mongoloid births to the concentration of fluoride occurring naturally in the community water supplies of those states. In Illinois he found the following:

> Using communities with 0.0 to 0.2 parts per million of fluoride in their water as a reference, he found that communities with 0.3 to 0.7 ppm. had 38% more Mongoloids per 100,000 live births, and those with 1.0 to 2.6 ppm. had 110% more Mongoloids, than had the reference cities.
>
> He also found that Mongoloids were born to younger mothers where fluoride concentration was higher.

Illinois communities were chosen because the U.S. Public Health Service had conducted an analysis of the fluoride content of community water supplies in that state, and the Department of Vital Statistics of that state had a record of the number of Mongoloids born per 100,000 live births in the various communities. Hence a researcher could not possibly "rig" his statistics.

When the Public Health Service learned the results of Dr. Rapport's first research, its Dr. A. L. Russell challenged certain features of the research as being unreliable. Consequently Dr. Rapaport repeated the research under rules specified in detail by Dr. Russell. The results obtained were the same as in the first undertaking.

Proponents of fluoridation never mention the second research. They still claim that Dr. Russell showed the research was not properly conducted. Actually, the second research was conducted under the direction of the Public Health Service, through Dr. Russell.

One result of this research is that Wisconsin and some other states no longer publish Mongoloid births in vital statistic records.

In March, 1965, the Cleveland (Ohio) Hospital Council reported, "there is one Mongoloid born in Cleveland in three hundred live births." Compare fluoridated Cleveland's record with that of Illinois cities with no fluoride in the water and having less than 1/14th as many Mongoloid births per 100,000 live births as Cleveland.

It is to be expected that with the sodium fluoride of artificial fluoridation, 85 times as toxic and 1000 times as soluble, the harmful effects will be much greater than with the use of calcium fluoride as found in natural fluoride bearing waters.

Since the establishment of the National Cancer Institute (NCI), a quarter of a BILLION dollars of your tax monies have been channeled into this agency. From the standpoint of the cancer sufferer and for all practical purposes, we seem no nearer a solution to the cancer problem. This suggests at least a need for a sharp re-evaluation of the work of the NCI, if not a complete overhaul of the currently employed research methods, the policies of the NCI and the FDA, and the procedures required by these agencies for the human testing of potentially effective anti-cancer agents. This is what the following article is all about.

A word to our readers about the article which follows

Though the following article alludes to specific agents, reportedly having anti-cancer properties, the National Health Federation, in keeping with its firm policy, takes no position regarding the possible efficacy of these agents. Rather, NHF is solely concerned that these and other potentially effective agents receive fair and unbiased consideration. NHF believes that qualified researchers should be allowed to test any substance in cancer patients under ordinary FDA-IND precautions as to safety, patient protection, and informed consent of the patient, without any prior showing of proof of efficacy in animals as is now demanded by the FDA.

Congress is now considering an additional multi-million dollar appropriation "for an all-out effort to conquer cancer by 1976." The mere appropriation of additional millions, unfortunately, is NOT the solution to our cancer problem and, alone, offers little hope that the expenditure of these sums will result in any greater public benefits than have been realized during the past two decades. Clearly, we believe, Congress must also direct a bold new course in our future cancer research programs. The following article touches on this point also and suggests one such approach.

The Evaluation of Cancer Drugs

Prepared by THE McNAUGHTON FOUNDATION

A critical survey of current FDA-NCI cancer drug evaluation policies — The limitations of animal tests — Non-toxic remedies vs. highly toxic synthetic chemicals — The need for a new approach.

Our purpose is to focus attention on a vital controversy which has long plagued efforts to arrive at an effective prevention, control or cure of human cancer.

Simply stated, the controversy revolves around the following question:

How much must we demand and expect from drug testing in animal tumor models before agents may be tried in man?

This is not an academic question posed only by researchers far removed from the scenes of human suffering caused by cancer. The question is being asked by more and more people, in and out of cancer chemotherapy circles.

Increasingly, the answers that are being given reflect the polarization of thought concerning the relative merits of animal tumor tests for new drugs *vs.* recognition that the NCI anti-cancer screening program has far too little relation to human cancer.

The discussion of this important issue no longer can be restricted to the hallowed halls of academia or the meeting rooms of cancer conferences. The public, and their representatives in Congress, must also be made aware and become involved in the solution of this problem which affects us all so vitally.

What competent business organization, after spending two hundred and fifty million dollars on a research project with so little success, would continue to entrust further monies to the same group which has previously failed so miserably?

Now Congress must decide whether they are going to provide the same "elite" few, who have produced so little of real value in the past, an additional annual one hundred million dollars (President Nixon) or four hundred million to one billion dollars annually (Yarborough Commitee). Perhaps it is time to adopt a radically new approach as suggested later in this article.

Our concern — shared by many others — is that we no longer can afford the luxury of expensive, time-consuming experimental programs which have yielded such a paucity of practical benefits to the conquest of cancer. We must strike a bold course in our search for the prevention, control or cure of cancer. This course must surely involve

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What competent business organization, after spending $250 million on a research project with so little success, would continue to entrust further monies to the same group which had previously failed so miserably?

the recognition of the efficacy in man of therapeutic programs not demonstrable in animal tumors.

Others who are voicing the same doubts and concerns over our current national policies on cancer drug testing are beginning to show the courage to voice their opinions. Thus according to Dr. Alfred S. Ketchum, distinguished chief of the Surgery Branch of NCI, "For those of us who daily treat cancer, one cannot overlook any possibility, no matter how remote it may seem." Perhaps these opinions will embarass or offend the advocates of a system of testing that has failed to make the hoped for progress in either the prevention, control or cure of cancer.

Certainly, the recently declared Senate and House resolutions proposing a massive campaign to eradicate cancer by 1976 must strike a cord of dismay among many scientists who see no real prospects for success utilizing their hackneyed and minimally productive NCI screening tests.

Yet, these resolutions offer hope for millions of cancer victims who are entitled to expect that our national goals will include a new approach to the problem of cancer, utilizing every resource available to us. This expectation must include the belief that no reasonable evidence or approach will be excluded just because it did not evolve from, nor is it approved by, certain elements of the present cancer chemotherapy establishment.

Realistically, however, why should we expect such elements of the establishment to sit quietly by as evidence is presented which may well lead to considerable repudiation of its doctrines and the demise of its influence.

Perhaps from the rubble of these doctrines will arise a new era of practical and meaningful therapeutics in which all approaches will receive a fair and unbiased evaluation. Cancer sufferers can then be reassured that there are bold new plans for preventing and treating cancer, and that each of these treatments as they prove useful will be made available to all who seek and need them.

Cancer can be prevented, controlled or cured. It will take many individuals, examining every possible clue but this can happen only in an atmosphere much less restricted and much more positive than can exist under the NCI-FDA bureaucracy of today.

Cancer can be prevented, controlled or cured. It will take many individuals, examining every possible clue but this can happen only in an atmosphere much less restricted and much more positive than can exist under the NCI-FDA bureaucracy of today.

Is There Any Merit In the Present National Cancer Institute (NCI) Cancer Chemotherapy Screening Project?

Read some views of prominent and authoritative reviewers of the massive ($250,000,000 to date) National Cancer Institute project:

1. "(THE SCREENING PROGRAM) WAS WITHOUT SCIENTIFIC MERIT." *(From the 1965 Wooldridge study on NIH activities.)*

2. "...THE CONVENIENCE OF THESE (ANIMAL) TUMORS AS RESEARCH TOOLS TENDS TO OBSCURE THE NEED FOR CANCER RESEARCH IN MAN." *(J. Holland and C. Heidelberger, of Roswell Park Memorial Institute and University of Wisconsin.) (From Cancer Research Vol. 20, p. 975, 1960.)*

3. "THE VALUE OF (ANIMAL) TUMOR INHIBITION, PER SE, AS A MEASURE OF EFFECTIVENESS (OF A DRUG) IS LIMITED..."

"THUS A SCREENING SYSTEM OR EVALUATION PROGRAM (IN ANIMALS) LIMITED TO MEASUREMENT OF LOCAL TUMOR GROWTH MAY MISS COMPOUNDS WHICH PRODUCE THERAPEUTIC EFFECTS WITHOUT EXTENSIVE INHIBITION OF TUMOR GROWTH." *(A. Goldin, J. Venditti and N. Mantel, all of the National Cancer Institute, from Cancer Research Vol. 21, pages 1346 and 1348.)*

4. "IT SEEMS MOST UNLIKELY FROM RESULTS OBTAINED DURING THE LAST DECADE THAT ANY SINGLE DRUG EVALUATION SYSTEM . . . CAN BE EXPECTED TO PREDICT THE POTENTIAL OF ALL CLASSES OF DRUGS AGAINST ALL OF THE MANY CLASSES OF HUMAN CANCER." *(F. Schabel, et al., from Southern Research Institute, Birmingham, Alabama, from Cancer Research Vol. 21, Pt. 2, p. 235, 1961.)*

5. "IT WOULD BE REALLY TOO MUCH TO ASK THAT ANY ONE, OR A FEW, TYPES OF CANCERS IN ANIMALS WOULD HAVE THE SAME RESPONSES AS THE HUNDRED-ODD DIFFERENT TYPES OF CANCER IN MAN." *(M. B. Shimkin, M.D., Assoc. Editor "Cancer Research" and Professor of Oncology, University of California at San Diego.) (From U.S.P.H.S. Publication No. 1162 Revised 1969, p. 136.)*

This statement is particularly revealing, especially in view of Dr. Shimkin's stature and working relationship with the NCI and H.E.W.! If it "is too much to ask" that these animal models be really good predictors of human cancer response, then why always be obligated to demonstrate effects in animal tumors before human trials are permitted? This is particularly pertinent to those drugs for which substantial human data already

(Continued next page)

exists as to safety and anti-cancer effect, but which may be relatively or totally inactive in animal tumors as so far tested.

Are we to believe and accept the view that the multitude of cancer victims are to patiently wait for a cancer cure while scientists—most of them Federally supported—indulge their curiosity about processes that they often admit have no reasonably immediate bearing on the goal of developing anti-cancer agents?

It might be claimed that some valuable basic research information can come out of these NCI-sponsored programs.

For example, Shimkin writes:

6. "THE ANTIMETABOLITE AREA IS ATTRACTIVE TO THE RESEARCH WORKER BECAUSE IT CONTRIBUTES TO THE UNDERSTANDING OF CELLULAR METABOLIC PROCESSES EVEN IF THE AIM OF ANTI-CANCER EFFECT IS NOT REACHED." *(U.S.P.H.S. publication No. 1162, p. 135, 1969.)*

Are we to believe and accept the view that the multitude of cancer victims are to patiently wait for a cancer cure while scientists —most of them Federally supported —indulge their curiosity into processes that they often admit have no reasonably immediate bearing to the goal of developing anti-cancer agents?

And how does Dr. Shimkin rate the success of the quarter billion dollar cancer chemotherapy program led by self-indulging scientists pursuing questionable animal tests?

7. "AS WE HAVE EMPHASIZED . . . THERE ARE NO CURATIVE CHEMICAL AGENTS FOR CANCER, EXCEPT FOR METHOTREXATE IN CHORIOCARCINOMA."—a very rare disease. *(U.S.P.H.C. publication No. 1162, p. 139, 1969.)*

It must be admitted that this is a pretty dismal record, considering the dollars and time expended on a program that was heralded years ago as a major scientific approach to the cure of cancer.

And what does the present Director of the National Cancer Institute, Dr. Carl Baker, think about his own NCI screening program? He has recently been reported as saying that it is doubtful whether any drugs will be found that inhibit the growth of solid tumors, and that no one has yet come up with really effective animal tests. *(Science Vol. 170, p. 305, 1970.)*

In summary, the National Cancer Institute's Cancer Chemotherapy screening program, greatly overhauled as a result of recent Congressional action, is generally regarded as minimally effective and productive. Indeed, the concensus is that there are few advocates of the program outside of the NCI, and many opponents within it. After almost two decades of trying, it is concluded that the NCI tests

After almost two decades of trying, it is concluded that the NCI tests have too little relation to human cancer, and that the NCI anti-cancer screening program reflects a good example of bureaucratic intertia in research.

have little relation to human cancer, and that the anti-cancer screening program reflects a good example of bureaucratic inertia in research. *(See Science, Vol. 170, p. 305, 197.)*

Despite this recognized failure of the NCI animal tests, other government agencies (i.e., the FDA) are strongly guided by the policies of their fellow agency, the NCI. Thus, the FDA generally demands that all potential anti-cancer agents submitted to them for approval show efficacy in animal tumor tests such as those being used in the NCI screening program.

Clearly, in the face of the admitted and demonstrated failure of these animal screens to yield much in the way of significant new therapeutic agents, it is difficult to believe that the public and their elected representatives will continue to allow the FDA to block potential anti-cancer agents simply because they may not be sufficiently active on such animal models as have been tested. In general, the NCI anti-cancer screens are designed basically to evaluate relatively toxic drugs given in small doses for brief periods and do not allow for non-toxic vitamin-like materials given in large doses for long periods of time (e.g. Amygdalin, Ascorbic Acid, Riboflavin, etc.).

Are There Other Valid Approaches To Cancer Chemotherapy?

". . . MAN HAS BEEN CURING AND CONTROLLING HIS DISEASES FOR MANY CENTURIES WITHOUT THE AID OF THE BIOCHEMIST. HE HAS DRAWN ON THE LIFE ABOUT HIM TO HEAL HIS HURTS, TO REPAIR HIS DAMAGED ORGANS AND TISSUES . . ."*(P. McGrady, Science Editor of the American Cancer Society, in the "Savage Cell," Bonnie Books, N.Y., 1964, p. 347.)*

Indeed, the physician's therapeutic armamentarium is replete with useful agents derived from nature and used empirically for centuries. We do not demean their effectiveness because they came to us by accidental discovery or from folklore medicine. Similarly, we must not close our eyes and minds to the clues provided by nature when searching for cancer treatments. The heart physician who treats his heart patient with digitalis does not balk at doing so simply because the drug emerged from a natural plant

Acceptance of an anti-cancer drug should depend only on its success in man and not whether it satisfies some postulated mechanism of action.

(Continued next page)

and was exploited in folk-lore medicine. Neither will he balk at using a potential anti-cancer agent in a patient simply because it did not evolve from an organic chemist's dreams or because it is derived from natural sources. (e.g. Amygdalin, Ascorbic Acid, Riboflavin, etc.).

Prevention, control or cure is the ultimate goal. The pursuit of molecular biology and discovery of exquisite biochemical mechanisms, for their own sake, are not the real issue.

Acceptance of an anti-cancer drug should depend only on its success in man and not whether it satisfies some postulated mechanism of action.

Can other approaches yield significant therapeutic advances? Chance observations are important. For example, the vinca alkaloids were found to have anti-tumor activity using two independent approaches and test systems not widely used by the chemotherapy establishment.

A new and potentially valuable anti-cancer agent, L-asparaginase was discovered in tumor tests which were excluded from the list of the "standard" screening system. Indeed, this agent (presently being used in man), probably never would have passed the criteria for efficacy using only the standard or current Cancer Chemotherapy National Service Center screening test and protocols. It is not active in L1210 mouse leukemias, the chief animal testing system now in use according to Doctor Saul A. Schepartz, Chief, CCNSC of the NCI but, fortunately, was found to be active when other test systems were utilized.

Acceptance of Clinical Data: Humans Are Different From Laboratory Animals

Even the casual layman would recognize the probabilities that there are great differences in animal and human cancers, and their response to drugs.

The cancer scientist knows this only too well.

"THERE ARE OBVIOUSLY TREMENDOUS DIFFERENCES BETWEEN METABOLISMS OF HUMAN AND MOUSE (TUMOR) CELLS." *(From "A Critical Evaluation of Cancer Chemotherapy," in Cancer Research, Vol. 29, p. 2262-69, 1969.)*

It is hoped that more and more cancer scientists, laymen and their elected representatives will be convinced that much of our failure to discover really effective control of cancer in man is due to the fundamental fact that experimental animal tumor responses are significantly different from those seen in man.

As one looks at the general reliance on mouse tumor models, it may not be surprising that we continue to fail in our quest for the control of cancer. We have continued to pursue such a policy *even though the current professionals know there is really very little chance that substantive efficacy data will be produced which is applicable to man.* It would seem prudent to recognize that these mouse models, or their other animal equivalents, are not the ideal or the only tools for the study of *all* conceivable anti-cancer agents.

It is to be hoped that more and more cancer scientists, laymen and their elected representatives will be convinced that much of our failure to discover a really effective cancer control in man – despite unparalleled public and private expenditures, is due to the fundamental fact that experimental animal tumor responses are significantly different than those seen in man.

If the F.D.A. can make decisions affecting the legal use of drugs in the U.S. based upon clinical toxicity reports from foreign countries (e.g., thalidomide and the oral contraceptives), then they can also act on information on the reported efficacy of anti-cancer agents such as Amygdalin, Ascorbic Acid, Riboflavin, etc.

Such extensive and highly documented clinical data cannot and should not be ignored, even though the studies may not be precisely the kind of rigid and inappropriate tests now required by executive fiat.

We, and the concerned public, do not believe that it is justifiable to have any agency block the approval and use of such a desperately needed drug which all data to date indicate to be non-toxic. Can we really tolerate the bureaucratic delays in approving honest testing of a drug in human cancer known essentially to be non-toxic and reported by foreign scientists to be efficacious in man? (e.g. Amygdalin) Do we really need to have efficacy tests run on animals before we test it on American cancer patients?

We believe that to take such a delaying position deprives knowledgeable and scientifically competent U. S. investigators of the chance and right to treat their cancer patients with potentially efficacious and non-toxic regimes. The demand for endless and irrelevant efficacy tests in animals, while at the same time disregarding or dismissing existing clinical data, is not easily defensible by the F.D.A. and the cancer chemotherapy establishment or acceptable to the Congress.

Any student of the FDA, NCI or the ACS can appreciate the fact that it is much simpler for an administrator to demand additional animal tests than to make a decision on extensive trials in humans.

Yet, pharmacologists and toxicologists have long appreciated the rule that no study of a drug to be used by man is ever so complete that someone could not demand yet another and different test.

The medical community and the cancer patients they treat should no longer tolerate denial of access to potentially valuable drugs by such unjustified ploys.

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Who Holds the Answer?

Clearly, other agents, other approaches and other scientific philosophies must be introduced into the U. S. if we are to accomplish our declared goal of eradicating cancer by the 1980's.

It has been said that a certain bold position is requried when testing substances in man. At best, animal results give us only a limited view of what will occur in diseased man. And where will these bold ones come from? Is it likely that we will see our goals met by those who now control the funding and direction of American cancer chemotherapy? There is now a Congressional proposal to establish another Task Force Committee or Commission to guide our course.

Congressional intervention is probably warranted if only to demand the fair and honest evaluation of agents already demonstrably effective when tested by scientists outside the strictures of our American cancer chemotherapy establishment.

Congressional intervention is probably warranted, if only to demand the fair and honest evaluation of agents already demonstrably effective when tested by scientists outside the strictures of our American chemotherapy establishment.

Exposure of the unwarranted bureaucratic blockade of the testing of unorthodox anti-cancer agents must be made. The dividends that will accrue from this action will benefit us all.

Proposal for a National Cancer Authority

The problems and issues in this review hopefully will elicit some imaginative and creative ideas as to how we might best organize our national efforts in the cancer area to seek for prevention alongside of control and cure. Clearly, more than a massive infusion of Federal dollars into the same old channels is needed. We favor the position that a new National Cancer Authority (NCA) be created to serve the pressing needs of the people of the United States by taking firm and imaginative charge in the cancer research area.

The NCA would be composed of carefully selected members drawn from various walks of life and from outside as well as from inside the present cancer chemotherapy establishment. This newly constituted NCA would be administratively autonomous from all other agencies and bodies concerned with the cancer problem. The NCA would be responsible for allocating and disbursing public and private monies assigned to the cancer problem.

There is one present clear and impelling need: To break out of our existing impasse in cancer research and administration and make available with minimum delay to the people of the United States, practical methods for preventing, controlling and curing cancer.

WASHINGTON REPORT

By Clinton R. Miller, NHF Legislative Advocate

Health Fund Organizations Forced By IRS To Divulge Top Salaries

The American Cancer Society and other tax-exempt health fund-raising organizations which depend on public contributions may soon be forced by the United States Government to report the names and salaries of their top five highly compensated employees.

This comes as a somewhat delayed, though partial, victory for the National Health Federation. As far back as 15 years ago, NHF advocated congressional action to force all tax-exempt, fund-raising organizations to publicly disclose a true account of their income and a detailed report of their expenditures including individual salaries of the executives. NHF felt, and still feels, that the public in entitled to this information since it is the generosity of the public which makes these organizations possible. In this way, the public may be assured that their contributions are being used as represented during the fund drives and that unreasonable amounts are not siphoned off for administration and excessively paid top executives. The adamant refusal of some of the largest fund-raising organizations to disclose details of their expenditures has served to arouse grave suspicions in the minds of many.

In 1961, NHF was able to get Representative Herlong, of Florida, to introduce a landmark bill which would have required organizations which raised funds from the general public to give a detailed finanvial statement of the disposition of all funds raised the previous year. Failure to do so would have caused the organization to lose its tax exemption on gifts until they complied with the requirements of the proposed bill.

Shortly after Rep. Herlong introduced his bill, the Food and Drug Administration, in June of 1962, issued sweeping proposals which would have destroyed the consumer's right to buy and consume vitamins and minerals in the potencies and combinations of their choice. As a result of the extreme importance of the FDA proposal, NHF shifted its major efforts towards combating this new FDA threat upon the freedoms of Americans. As a result, the Herlong bill took a back seat but the fuse had been lit and other congressmen took up the cause when Herlong retired from Congress.

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REP. PATMAN TAKES THE LEAD

Representative Wright Patman (D-Texas), Chairman of a Subcommittee on Foundations and Their Impact On Small Business, has been in Congress for over 40 years. He saw the need to require foundations to make a more complete financial disclosure. Patman was one of congressmen chiefly responsible for the inclusion in the 1969 tax reform law of a requirement that tax-exempt foundations reveal the salaries and other compensation given their highly compensated employees so such information may become public.

IRS NOW FORMING REGULATIONS

Congress usually enacts laws using broad and general terms. It is then the responsibility of the government agency charged with the administration of the law to formulate specific regulations to spell out, in more complete detail, the requirements of the law and the methods of its administration or enforcement. For example, in the 1969 tax reform law, it was stated only that tax-exempt foundations had to list the income received by their "highly compensated employees." The law, as passed by Congress, leaves it up to the Internal Revenue Service to determine where the dividing line should be drawn between the "highly compensated" employees and others.

On October 13, 1970, the Internal Revenue Service issued its first proposal to implement the 1969 tax reform law. The Internal Revenue Commissioner proposed that all tax-exempt foundations (this would include the American Cancer Society and about 40 other health charity appeal groups) should make public:

(1) "The names and addresses of the five employees of the organization who receive the greatest amount of compensation from the organization during the organization's annual accounting period.

(2) "And the names and addresses of any other employees or independent contractors of the organization who receive $15,000 or more in compensation during such period."

The above proposal originally made by IRS seemed fair and reasonable to NHF. However, without publishing a change of the proposal in the Federal Register (as required by law), we now understand that the IRS was persuaded to drop the second requirement and substitute in its place a requirement that only the total *number* of employees (other than the top five) who receive more than $25,000 be listed. Thus, under their latest proposal, IRS will require the name, address and income of only the top most highly compensated employees of each health charity fund drive, and the *number* only of other employees who receive more than $25,000 per year.

NHF is pleased that at long last, we shall get the right to know the top five salaries paid by the American Cancer Society and other fund raising health charities. This, in itself is a tremendous victory undreamed of by others than NHF members 10 and 15 years ago. But, if possible, we would like to have IRS adhere to their original proposal (No. 2, above).

To help NHF win a further victory, please write a letter (or better yet, a political telegram) the minute you finish reading this article.

Address your letter to:

Commissioner of Internal Revenue
Attention: CC:LR:T
Washington, D.C. 20224

Tell him you agree with the original (first) proposal made by IRS in the Federal Register on October 13, which will require the names and addresses of any other employees or independent contractors, of a tax exempt foundation, who receive $15,000 or more in compensation annually.

Tell him you don't want that requirement dropped as you understand IRS proposes to do.

Send a copy of your letter to your Congressmen (both Senators and your Representative). Ask them to forward your request to IRS with a supporting letter of their own.

Send me a copy of all letters you have sent and copies of all replies you get.

For those members who are too busy to write their own letters or telegrams, write NHF, Box 686, Monrovia, California 91016 and ask for the form letter which we have prepared to have you sign and mail. You may want to get extra copies for your friends and relatives to sign. Ask for "Form Letter 2-a IRS."

$48,000 PER YEAR SALARY

Ten years ago, on April 6, 1961, the AP reported that Marvin L. Kline was sentenced to serve up to 10 years for fraudulently obtaining a $23,000 yearly *pay raise* as head of the Sister Elizabeth Kenny Foundation. How much was he getting before? Only $25,000 per year! He was former Minneapolis Mayor, and was convicted of first degree grand larceny February 2 in Minnesota State District Court.

If salaries of $48,000 per year are paid by the smaller charities that aren't even in the top 20, then can you imagine how much is paid to officials of the American Cancer Society, which is the largest? ACS received over $65 millions in 1969. As late as February, 1971, ACS has refused to reveal to NHF the salary of any of their top paid employees. It is incredible that all of the leading health charities have followed the example of ACS and have refused to reveal top salaries. Even though they know they will be required by federal law in a few months to make the disclosure of at last their top five salaries, they won't release the information now.

I personally will not contribute to ACS until they publish the salaries, names and addresses of all who make over $15,000 a year, and stop their opposition to a fair test

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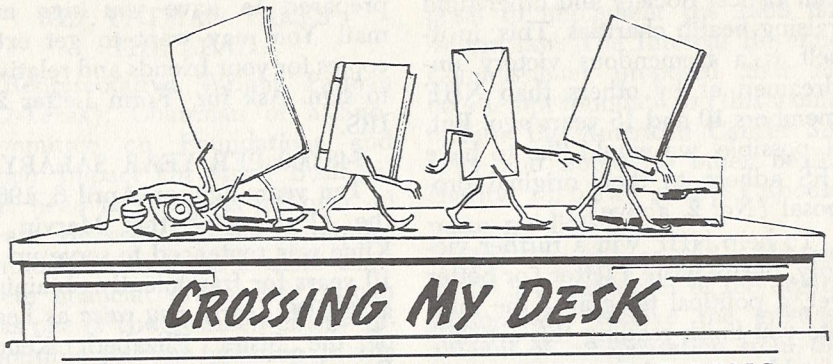

NOTES AND COMMENTS BY HOWARD C. LONG

BRAVO

Roger J. Williams is a respected professor at the University of Texas. He recently spoke out on a matter that could cause him embarrassment and perhaps influence some grants to the University. NHF lauds this man's honesty. He is a true scientist and a good American. His statement indicated that the record of the food industries with regard to nutrition indicated that they were static and even, perhaps, regressive! He also suggested that white bread was no better nutritionally than sawdust and that recent tests by him saw two thirds of test animals dead who were fed white bread! That bread, incidentally, is what the baking industry calls "enriched."

SAVE THIS

Cut out this article and place it in your purse. Show it to offenders. They probably do not have the facts or have been misinformed.

In 1964 the California Health Department opposed the SHELL NO PEST STRIP. In May of 1965 the U.S. Department of Public Health in Washington, D.C. issued a warning regarding SHELL NO PEST STRIPS indicating that they emitted a dangerous vapor that should NOT be in an area where food was served or where small children or older persons were confined. In 1969 they again indicated that vapors from the strips, after a short period of time, would contaminate all foodstuffs to the point that the residue of the pesticide were above legal limits. They tried to remove them from the market. In September of 1969 the U.S. Department of Agriculture also issued a warning, but court action initiated by Shell stopped seizures. Last year the Food and Drug Administration stated that it "REFUSES TO SET A SAFE FOOD TOLERANCE LEVEL FOR DDVP" and DDVP is the active ingredient in the SHELL NO PEST STRIP.

DDVP is technically known as phosphoric acid 2,2-dichlorovinyl dimethyl ester. It is a cholinesterase inhibitor – something that effects your ability to properly handle an enzyme biochemically. The symptoms of toxicity approximate parathion, which is highly toxic, include anorexia, nausea, vomiting, diarrhea, salivation, pupillary constriction, bronchoconstriction, muscle twitching, convulsions, coma, respiratory failure, etc. The Merck Index reports that EFFECTS ARE CUMULATIVE. They suggest special precautions to avoid INHALATION.

Perhaps you will be moved to write to Shell? Perhaps you'll return your strip(s) and ask for a refund. Perhaps when you see the strips displayed or in use you will show the person in charge this article. While the people are being stalled during a long court action perhaps this NHF article will cause them to act instead of waiting for a court order. Help as you can. Do NOT use the strips and do NOT eat or stay where they are used . . . for your health's sake.

TURN ON – AND OFF

NHF recently reported on 50 known deaths to asthmatics from propellants contained in products used by them. The Wall Street Journal reports another 50 deaths in youths who used the gas propellant to "turn on." That is 100 dead in less than a year from use of the gas or product containing it. The gas is fluoroalkane–a fluoride derivative. May we suggest that you write your legislator asking that this propellant be outlawed?

HELP

Reuters reports from Texel in the Netherlands that North Sea fish are so polluted that they cannot be fed to seals in captivity. Another reports says that the prime source for caviar is so polluted that the sturgeon are not producing and the cost has risen, as a consequence, from $47.00 a pound to $71.00 a pound.

LONGER LIFE

The Washington Post reported on a study recently completed by two men at the Carnegie-Mellon School of Industrial Administration. They found that if air pollution was cut by 50% that a new born child could expect to live five years longer and that lung cancer would be cut by 25%.

A BOON

One way of helping stop the "pollution" problem was reported by UP recently. It seems that hot water from lakes and streams causes a form of pollution. By using this water from a power station in England in a specially prepared area, expensive shrimp are being raised. It normally takes to 3 years for shrimp to mature in cold water. The heated water shortens this period to 18 months. Commercial shrimp beds are being rapidly depleted, so, the market is being served at the same time a source of pollution is being stopped.

Have you signed up a new member yet this month?

News Briefs

By ANNE SIGELE

GIANT TO BEGIN NUTRITION LABELING—Giant Food, Inc., a supermarket chain, is "prepared to be a guinea pig for the industry," Joseph B. Danzansky, president, announced. Within 90 days they will begin the first nutritional labeling of food in the nation. About 10 of its house brand labels will carry the new information. The proposed Giant labels will list not only the proteins, calories, carbohydrates and fat, vitamins and minerals in the container, but also will note which ones needed for daily nutrition are absent. The Food and Drug Administration has approved the plan, and a spokesman who helped draw up Giant's program said, "This action pushes FDA into being much more dynamic with its programs." Eventually, all Giant labels will bear the nutriitonal information.

Virginia Knauer, the President's adviser on consumer affairs, praised Giant's decision following a meeting with Dr. Jean Mayer of Harvard, who is acting as consultant. Dr. Mayer pointed out that a general knowledge of nutrition is insufficient in an age when people eat more and more processed foods and their tastes run to pizza, frozen souffles and snacks. Esther Peterson, former presidential consumer aide who is now Giant's adviser, said posters will be set up around produce counters to explain the nutritive content of fresh fruits and vegetables. (Elizabeth Shelton—Washington Post, 2/4/71)

FOOD ADDITIVES—Two associates of attorney Ralph Nader said the government's proposed rules for re-evaluating food additives are so loose they would not even require testing for possible links with cancer and birth defects. In a letter to Commissioner Charles C. Edwards, of the Food and Drug Administration, attorney James Turner and Joan Katz said the proposed rules had fundamental shortcomings. (Washington Post, 1/11/71)

PROFESSIONALS URGED TO HELP ELIMINATE POLLUTION—In Chicago Ralph Nader urged a thousand real estate professionals to join other segments of American business in putting 10 per cent of their spending into a "full time citizenship" effort to halt the evils of pollution and environmental destruction. Calling for a new type of organization to be set up for day-to-day concern of public problems created by pursuit of private objectives, Nader urged convening realtors to produce a continuing program that considers only the public interest. Although the main thrust of his message concerned air and water pollution resulting from traditional practices, Nader suggested that the volume of his mail relating to the quality of home construction indicated the need for new housing standards.

Another Nader target for realtor action focused on local property tax systems that he said have long provided favored treatment for industries which have taken advantage of local competition for new plants to extract concessions, either tacit of implicit, from the jurisdictions. In effect, Nader charged that industries fail to pay a fair share of the tax load and also take advantage of their payroll attraction to operate without regard for natural resources. (Washington Post, 11/21/70)

NEW FTC PETITION—Five George Washington University law students petitioned the Federal Trade Commission to require makers of products that are chemically the same to admit to consumers that no difference exists. The students, banded together as SAME (Students Against Misleading Enterprise), argued that deceptive and misleading advertising is destroying the opportunity of buyers to make intelligent choices. The petition said that two products in which abuses are most apparent are aspirin and liquid chlorine bleach. Despite the chemical identity of rival brands, the students said, advertising campaigns by larger manufacturers clearly have deceived "millions of consumers."

The students, whose mentor is associate professor John F. Banzhaf III, asked FTC to adopt a rule declaring any unsubstantiated claim—or even unsubstantiated implications—for chemically identical products to be an unfair and deceptive practice. The students also asked that admissions of chemical identity be carried in the labeling and advertising of the products involved.

Last month, in a broader effort, Ralph Nader and a co-petitioner, Aileen Adams, asked the commission to rule that advertisers must make available to the public the substantial evidence for claims they make for the safety, performance and effectiveness of their products. The petition is pending.

In a related new development, former Commissioner Philip Elman, who recently joined the Georgetown University Law Center, has begun "Operation Truth," a project aimed mainly at network television commercials. The project will use law students—freshmen, mainly—to monitor TV commercials for suspect or questionable claims. They will send written inquiries to manufacturers to request scientific substantiation or proof. In addition, verification tests at Georgetown may be undertaken, and legal actions may be initiated. (Washington Post, 1/15/71)

NHF Convention Report

Judging from the comments, which are still being heard, regarding the Annual NHF Convention held in Los Angeles during mid-January, it was considered by most to be the finest yet. Certainly it attracted a greater number of people, both members and non-members than has any previous convention.

Even the opening ceremonies early Thursday morning, January 14, were attended by an unusually large crowd. A special messge of greeting and congratulation from Governor Reagan was read and the Mayor of Los Angeles, Sam Yorty, was present to extend greetings on behalf of the City and to present a beautifully inscribed parchment setting forth his greetings. The text of this inscribed greetings is reproduced on the next page.

The program for the four-day convention was filled with so many outstanding speakers, it would be unfair to single out individual lecturers for special commendation. The program indeed made it a working convention designed to inform rather than entertain and each speaker, each an authority on his particular subject, sensed this and gave his "all" with no reservations. Almost without exception, the speakers found such a responsive audience that they were forced to continue in an after-lecture session in a special lounge which had been reserved for this purpose. Thus, those having a special interest in the speaker's subject had the opportunity to meet with the speaker in a smaller, informal group. These sessions invariably developed into a question and answer session.

One of the highlights of the convention was the festive luncheon on Saturday in the famed Cocoanut Grove of the Ambassador Hotel and attended by some 700 persons. This event was used as an occasion to present four special awards to members of the news media for their forthright, fearless reporting on matters relating to health and the ecology. The recipients of these special awards were Treesa Drury, of KHJ-TV; Ida Honorof, of KPFK-FM; Abe Kofman, publisher of the Alameda Times Star; and Don C. Matchan, Editor of the Alameda Times Star.

NHF's very special Humanitarian Award was given to Omar Garrison, author of *The Dictocrats*, following his address on Sunday afternoon—a talk filled with documented facts which characterizes his popular book. The Humanitarian Award to Mr. Garrison was deemed most appropriate and signaled a note of appreciation from the members of NHF for his labors in collecting and compiling the documented facts and "case histories" which fill *The Dictocrats*.

A successful convention requires the teamwork of many individuals

CITY OF LOS ANGELES GREETINGS

As Mayor of the City of Los Angeles, I am pleased to extend a most cordial welcome to all delegates attending the 16th Annual West Coast Convention of the National Health Federation being held in our city, January 14-17.

The National Health Federation, the first organization in the nation to spearhead our efforts for better environment, should be congratulated for its many programs on behalf of better health among our citizens.

Prevailing conditions in our changing society have brought a new awareness in ecology. The National Health Federation is an organization dedicated to this new awareness in environmental problems. It has played a significant role in the promotion of better health legislation and better health education.

On behalf of all citizens of our city, I extend warm greetings to all delegates and best wishes for a successful convention.

January, 1971

SAM YORTY
Mayor

but especially to be commended is Howard C. Long, Vice President of NHF, who was responsible for the program and all the preliminary planning for the convention. Those who gave able assistance during the convention are almost too numerous to mention but their efforts are appreciated.

The exhibitor's areas were as popular as the lecture hall. Without the exhibitors' participation, such conventions as this would not be possible and consequently, not only their participation but also their cooperation and understanding is appreciated.

Washington Report . . .

(Continued from page 23)

for Laetrile-Amygdalin-MF. I encourage others to do likewise. We know the salary of the President, the Supreme Court Justices, and all congressmen. ACS officials get their salary from tax exempt funds. They should be under the same requirement to make their salaries public to the public and press which supports them so generously.

A letter, telegram, or form letter to the Commissioner of IRS as directed above will go a long way to win this right to information which should have been public for the past 50 years.

CLINTON MILLER TO SPEAK TO HOMOEOPATHY GROUP

Clinton Miller, NHF Legislative Advocate, will be the guest speaker at the noon luncheon meeting of the Washington Homoeopathy Laymen's League held in conjunction with the all-day meeting of the American Foundation for Homoeopathy on April 17 at the Holiday Inn, 1501 Rhode Island Avenue, N.W., Washington, D.C. His subject will be "My Freedom—Where Is It?" The sessions are open to the public.

NEW PERPETUAL AND LIFE MEMBERS

During the period, mid-January to mid-February, a record-breaking number of members converted their membership to the status of Perpetual Member or Life Member. To these worthy and dedicated individuals, NHF extends its gratitude.

Perpetual Members

Donald Sierega
Mr. and Mrs. Joy Hammett
Raymond J. Caplette
Alice Hamilton
Bruce and Gladys Helvie
Nora M. Murray
Mary T. Becker
Libbie Bouska

Life Members

William K. Callagy
Marino B. Shaw
Mr. and Mrs. J. Julian Bowman
Joseph Hinkamp
Mrs. George Robb
William Earl Hatcher
Olav Engum
Dr. Martha Jones
Otto Arvid Winquist
R. E. Heald
Mr. and Mrs. K. M. McLay
Victoria Roeder
Grace Spencer
James and Lucille Stroyan
Esther K. Oyler
Louis M. Oliveras
Mr. and. Mrs. Hans Meyer
Hester Smith
Jean Haydon Hoyt
Frank Bailey
Bob and Coral Powell
James H. Matchett
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Book Reviews

VITAMIN E FOR AILING AND HEALTHY HEARTS by Wilfrid E. Shute, M.D. (Pyramid House, New York City)

The author Dr. Wilfrid E. Shute and his younger brother, Dr. Evan Shute, for thirty-six years have been investigating the medical and physiological properties of Vitamin E and utilizing this vitamin, *which is little known to most Allopathic (medical) doctors,* in their extensive practices. In that time Dr. Wilfrid Shute, as the chief cardiologist of the world-famed Shute Foundation for Medical Research has directly treated or supervsied the treatment of more than 30,000 cardiac patients with an enviable record of lives saved and cardiac cripples returned to normal living and functioning.

Through his extensive clinical investigations and practice he has become probably the world's foremost expert on Vitamin E in relation to the heart and circulatory system.

Prior to 1910 coronary thrombosis was virtually non-existent. Today coronary heart disease is so epidemic, it is the Number 1 killer in the United States.

During this same period, more and more efficient milling methods led to the almost complete replacement of old-fashioned whole-grain wheat flour with a new longer-lasting, more easily stored wheat flour, "White Bread" flour, in which the highly perishable wheat germ is completely stripped away. The result: today's mass-produced, assembly-line white bread, removing from the diet of Western man its only significant source of the Anti-thrombin Vitamin E.

Has the removal of our major naturally occurring, circulatory anti-thrombin led to the epidemic of thrombosis? Dr. Shute knows of no other logical cause and effect relationship that will explain our present predicament. He has shown in his clinical practice, on over 30,000 cardiovascular patients, that carefully controlled doses of Alpha Tocopherol can eliminate thrombosis and related conditions. He reports NASA has successfully turned to Vitamin E to help prevent the destruction of red cells and weakening of the cardiovascular system that occurred in earlier space flights. And more and more authorities are coming around to Dr. Shute's point of view on the essential role Vitamin E can play.

Alpha Tocopherol may reduce oxygen need from 50% to 250%. As a result, it increases exercise tolerance so dramatically, it has been widely adopted for use in the conditioning of champion athletes and by leading trainers to help increase endurance and performance of thoroughbred racehorses and racing greyhounds.

(Continued next page)

The range of conditions that Dr. Shute has found respond to Vitamin E therapy is amazingly wide and varied. He has successfully used Alpha Tocopherol to achieve results previously unobtainable through "conventional" drug therapy. Based on his experience, he maintains Alpha Tocopherol may literally help prolong life for millions.

You'll find actual case histories, complete with recommended dosages and treatment that demonstrate the remarkable efficiency of this versatile vitamin in helping to improve such conditions as angina pectoris, arterial thrombosis, chronic rheumatic heart disease, congenital heart disease, coronary occlusion, diabetes, rheumatic fever, thrombophlebitis, and varicose veins.

An enlightening and provocative book worth experiencing.

—Leo H. Newton, Jr.

TAPE RECORDINGS OF CONVENTION LECTURES AVAILABLE

For many years, Dr. R. E. Heald, of Rogers, Arkansas, has attended the major NHF conventions and has tape recorded all of the addresses of speakers on the program. He has done this with considerable personal expense and sacrifice and has provided NHF with a first class tape library. You too can build an excellent tape library of outstanding addresses dealing with a wide variety of subjects related to health and health freedom. This gives you an opportunity to bring the many noted speakers right into your own home where they may be shared with friends. Not everyone can travel the great distances to attend the national conventions but by purchasing these tapes, you can bring the convention, or parts of it, to you. Small chapter groups who may be finding it difficult to obtain live speakers for their programs, will find these tapes a vast source of new program material.

The individual convention talks are recorded on one side of 7-inch tapes. These are available for $5.00 each. A second talk (of your choice) can be recorded on the other side of the same tape and, in this case, the two talks recorded on the single tape costs only $7.00. These prices include postage.

There is a vast amount of valuable information awaiting you on these tapes and we heartily recommend that you take advantage of the availability of these recorded talks. A complete list of available tapes may be requested from Dr. R. E. Heald, P.O. Box 597, Rogers, Arkansas 72756.

THIS IS THE NATIONAL HEALTH FEDERATION

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

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

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

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

Will you join us in this worthy effort?

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Miami—McAllister Hotel .....May 23
Denver—Brown Palace Hotel .....June 6
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New York City—New Yorker Hotel..Nov. 13-14

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