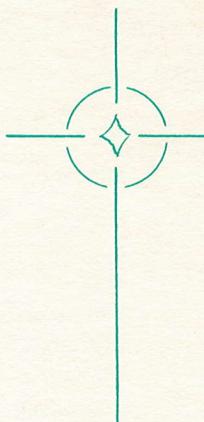


**National  
Health  
Federation  
BULLETIN**

December, 1971

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*Season's Greetings*



**Dedicated to the Protection of Health Freedoms**

# THE NATIONAL HEALTH FEDERATION BULLETIN

Protection of Health Freedoms

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December, 1971

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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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# Our Yuletide Greeting to You ♦♦♦

The year 1971 has been a momentous and rewarding year for The National Health Federation. It has been a year of growth and accomplishment. Our momentum continues to increase and with this, our effectiveness has been defined as never before. Doors have opened to us this year which remained closed to us in the past years. The thousands who have chosen to affiliate with NHF this year are convinced, with us, of the merits of our program and the worthiness of our cause.

And so, as we again approach the Yuletide Season, the officers and staff of NHF take this opportunity to express our sincere gratitude to each of you wonderful members and friends of NHF for making our successes possible. Our measure of progress has been realized because of you. Your loyalty and generous support have been a constant encouragement and we sincerely seek a continuation of your confidence and support. To each of you, our thanks and our blessings. As a new year approaches, we commit ourselves to you and to the common goal that binds us together.

In this spirit of gratitude, we extend our simple wish to each and everyone, "a joyous, blessed Holiday Season!"

## Discrimination Is A Dirty Word

The trend in legislation and in court decisions during the past decade or two has made discrimination as unpopular as it is illegal. One who discriminates on the basis of color, nationality, religion, age and even sex may well find himself in trouble with the law and open to civil actions.

In spite of this record, the government itself continues to practice discrimination in its rankest form in the area of health care. A case in point: Medicare does not yet recognize and give equal opportunity, under its coverage, to ALL the licensed, legally-established healing professions. Remember, we are now speaking of regulated, legally-constituted professions which attained their legal standing as a result of the will of a majority of the citizens of the respective states through an initiative measure or through their legislators. One of the professions, chiropractic, has grown over the past 75 years to become the second largest healing profession in the United States claiming to serve the health needs of some 40 to 50-million of our citizens. Government should not—must not—play favoritism nor show partiality among these legally-constituted professions. To do so, it might seem, would be a violation of the civil rights of both the patients and the practitioners of these professions.

One's personal opinions of the value of the care rendered by these minority health professions has no place here. NHF has no purpose nor desire to foster or promote the interests of any specific healing profession; it could care less about the philosophical tenets upon which the various systems are based. However, the National Health Federation firmly believes that the public must be given freedom of choice in the type of health care they desire and that government must give equal recognition to all the healing professions having legal standing. To do less is a denial of equal opportunity, equal freedom and equal justice. Furthermore, government then becomes a party to the creation of a monopoly—another dirty word, by the way.

## NHF Works For Equal Protection In Health Laws

By CHARLES ORLANDO PRATT  
Washington General Counsel

The Fifth Amendment to the Constitution of the United States provides, in part, that no person shall be deprived of life, liberty, or property without due process of law.

In the health field, it is recognized that a person may be deprived of *life*, if he is denied the opportunity and right to the benefits of wholesome natural or processed food, or safe and efficacious drugs and medicines.

It is recognized, also, that a person may be deprived of *liberty* of choice in health care if he is denied the opportunity and right to be informed of the kind, nature, purpose and significance of all ingredients in a processed or standardized food, or if he or his doctor is not clearly informed of any known possible or probable dangerous side effects of a drug or medicine.

It is further recognized that a person may be deprived of his *property* right to claim reasonable damages for latent injuries caused

by the use of food products, which contain food additives that are not generally recognized as safe, or by the use of such other ingredients as artificial sweeteners and coloring, substitutes, stabilizers, pasteurizers and homogenizers. Injuries to mothers or their babies, caused by the use of cyclamates and/or of products containing cyclamic acid and its salts, may not be apparent or discovered for many years after the use of such products. NHF believes that the law should protect the *property* right to sue for damages from such personal injuries within a reasonable time after the injuries are discovered.

Recently, NHF asked Congress to pass a law authorizing the United States Court of Claims to have jurisdiction to render judgment for any person upon any claim for losses or injuries sustained by a consumer of cyclamates, cyclamic acid and its salts, during the period of time in which

(Continued next page)

such ingredients were approved and/or certified as generally recognized as safe for use as food and/or in food products by official actions taken by the Government of the United States under the Federal Food, Drug and Cosmetic Act, as amended.

At the Hearing before the Claims Subcommittee of the Judiciary Committee of the U.S. House of Representatives on H.R. 4265, and others, Clinton R. Miller, your NHF Legislative Advocate, and your Washington General Counsel, in association with him, urged Congress to authorize payment of such damage claims to consumers, including their children. NHF believes that this is a *property* right which should be preserved by an Act of Congress for persons who were consumers, as well as for manufacturers and distributors, of products banned by FDA because cyclamates used in such products were found to be dangerous to health.

NHF believes that no person should be deprived of good health without just compensation. In this instance, industry is asking Congress to pay it as much as 120 million dollars for its economic losses resulting from the FDA ban of cyclamates and products containing cyclamic acid and its salts.

Industry knows now its money losses by the ban of cyclamates; but no person who may be deprived of life, liberty or property in the future, because he consumed cyclamates, can know his losses now.

Such injuries may not be revealed for years, or until such injuries show up in deformed or ill children born of persons who consumed cyclamates or products containing cyclamic acid and its salts.

In a further effort to provide for Equal Protection in Health Laws, NHF urged Congress in the House of Representatives to amend H.R. 10681, "The National Cancer Attack Amendments of 1971," to include the authority for testing and clinical research by a qualified scientist or investigator of any drug derived from any source (including natural source), which qualifies under the standard of safety and care for such persons, and which drug may be useful or effective to diagnose, prevent, mitigate, treat or cure cancer. NHF asked that Congress provide further that no Federal Agency shall have authority to ban such drug for clinical research and for testing.

NHF agrees with labor spokesmen and medical experts that *prepaid medical care* should provide for keeping people well. It may be significant that AMA is expected to oppose it officially.

The program would include health maintenance organizations to help to keep members in good health, rather than to treat them only when ill. It is understood that President Nixon and Senator Kennedy (D-Mass.) agree on this idea.

It is significant that NHF has always advocated the establishment of a new governmental agency for health and preventative medicine

based on a balanced diet of wholesome natural food and health and medical guidance with cautious use of drugs.

NHF believes that persons would be deprived of life, liberty or property by governmental restriction of the use of food supplements, concentrated foods, vitamin/mineral products or foods for special dietary uses which are not dangerous to health in reasonable dosages.

No person should be deprived of the liberty, or property right, to buy, sell or consume nutrient substances known as bioflavonoids, including rutin, quercetin and hesperidin. NHF has opposed FDA published Orders, which had the intent and apparent purpose of taking bioflavonoids off the market, either as food substances or as drugs, without a full Hearing.

NHF believes that forced medication of drinking water provided by water systems controlled by monopolies is unconstitutional, because it deprives the citizen of liberty of choice of drinking water, and deprives him of the property right to choose medicated or non-medicated public drinking water without due process of law.

NHF has urged FDA to require that all ingredients contained in a food product be listed on the label of the product, so that no person will be deprived of the liberty of choice of nutritional or nonnutritional ingredients.

Industrial and governmental pollution of land, air and water must be stopped soon, for such pollution

is depriving our citizens of liberty and property right of safe and wholesome land, air, water and food; and it may be depriving some of our citizens of life.

The Declaration of Independence provides that citizens of the United States are endowed with inalienable rights, and that among these are life, liberty, and the pursuit of happiness.

The Bill of Rights of the Constitution of the United States guarantees these rights. However, we must realize that eternal vigilance is the price of freedom.

NHF will continue to provide a national forum through which our citizens can help to inform our congressional and legislative leaders of needed legislation to protect our citizens in matters of health. Through this legislation our citizens can provide effective administrative procedures that would protect our air, water, land, food and environment.

## ROYALTY IN NHF

We are pleased to announce that because of his excellent work in behalf of his people, Mohammed Jamal Kahn, the King of Hunza, was recently made a life member of The National Health Federation. Dr. Bernard Jensen recently visited the King and presented him with the membership parchment which now hangs prominently in the King's home.

# Annual West Coast Convention

## To Be Held January 13-16

### Biggest Annual Meeting Planned

★ ★ The 16th Annual West Coast Convention of NHF is scheduled for January 13, 14, 15 and 16, 1972 at the Ambassador Hotel, 3400 Wilshire Boulevard, Los Angeles, California. It promises to be the biggest event yet with attendance topping 6,000. There will be 155 exhibits, free samples, free literature, special events and excellent programming.

Some of the speakers arranged for at this meeting include NHF staff (Fred J. Hart, Charles O. Pratt, H. C. Long, Clinton Miller, Charles Crelius), Linus Pauling, Dr. J. Wichter, Dr. Bernard Jensen, Ida Honoroff, Dr. Paavo Airola, W. W. Seroy, Dr. J. K. Gilkerson, Dr. Walter J. Hodson, Dr. F. D. Beck, Dr. Emory Thurston, Dr. Harvey Ashmead, Ruth Harmet, Dr. Thomas Brewer, Congressman James Corman and many others. The subjects? They cover the field of health and health freedom. This will be our best program yet.

Do mark your calendars now and plan to be with us. **IF YOU LIVE** IN California, Washington, Oregon, Nevada or Arizona you will receive a program. If you live elsewhere, please send for a free program if you are interested.

### Distinguished Gathering

One of the highlights of the convention will be the special banquet on Friday, January 14 at 7:30 p.m. and you are all invited. It will be the loveliest affair NHF has ever hosted with many luminaries present, special guest speakers and awards. The program will include two noted personalities, Mr. Bob Cummings and Professor Linus Pauling, as speakers. Bob Cummings is well known for his starring roles in movies and on TV. Linus Pauling, in addition to being an educator, is famed as a Nobel Prize recipient and as an author—his latest book, "Vitamin C and the Common Cold."

The banquet will be held in the Embassy Ballroom. Dress is informal. The cost is \$8.50 per person. Advance reservations are necessary and these must be received in our NHF Monrovia office no later than January 3. **DO NOT** send money. Payment will be made when you pick up your

banquet ticket at the convention. We can accommodate only 800 at the banquet so make your reservations early to avoid disappointment.

### Special Breakfast

On Sunday morning, January 16, we will have our traditional breakfast honoring our 1970 10-Plus Club members, and our founder and officers. This is a very informal, pleasant way to start the day and the breakfast will be wholesome. The event will feature favors, a door prize, awards and a special speaker. Until you have been with us for one of these events, you cannot appreciate how nice they are. Please do plan to be with us. The cost is \$4.75 per person. Advance reservations are necessary and these must reach our NHF Monrovia office no later than January 3. **DO NOT** send money with your reservation request. Payment will be accepted at the convention when you pick up your breakfast ticket.

The meals seem expensive, but we cannot do better at hotels and it is just a once-a-year gala event. The food, service and programming are always lovely. So — we will hope to see you.

### Convention Space

The 155 exhibits this year will occupy the entire Casino Complex which is the lower level of the Ambassador. Registration will be in the main lobby area. On Thursday and Friday we will meet all day in the Embassy Ballroom on the main floor and on Saturday and Sunday we will occupy the famed **NOW GROVE**. If you would like room accommodations, **PLEASE** write now as last year we ran out of sleeping rooms. Write: Reservations clerk, Ambassador Hotel, 3400 Wilshire Boulevard, Los Angeles, California 90005. Let them know what accommodations you need, when you will arrive and when you will depart. Singles are \$17.00, doubles and twins \$23.00. Ask them to confirm and be sure to mention NHF convention, please.

### We Would Appreciate Your Help

We need volunteer assistance to help at the registration desk. Dorothy Hart will be in charge. If you will be with us and can help, would you please drop us a post card or note giving name, your address, phone and times you would be willing to work. The desk is open from 9:00 a.m. to 9:00 p.m. daily. Your interest will save hundreds of dollars. Also, it would help immeasurably if you would call any paper, radio or television station asking them to contact us for information or an interview to promote the event. Also, if you can distribute flyers to friends or post them in your library, school, market or church, let us know and we will send a supply. This is the **ONLY** way we can reach new people. Everyone needs NHF and we need new friends and members.

DECEMBER, 1971

NATIONAL HEALTH FEDERATION BULLETIN

## Washington Report

By CLINTON R. MILLER  
NHF Legislative Advocate

# NHF Opposes Cyclamates Compensation Bills Unless Amended

Thirty-four U.S. Representatives have introduced bills in the House to repay food and beverage canners and bottlers for the financial losses they suffered as an aftermath of the sudden ban on cyclamates announced by the Food and Drug Administration October 18, 1969. Hearings were held Sept. 29 and 30 and Oct. 4 by the Subcommittee on Claims of the Committee on Judiciary.

President Nixon has approved the bills and put his administration's support behind the proposed legislation.

It appeared as if the bills would zip through Congress without any trouble until some very strong consumer opposition developed at the close of the hearings. The National Health Federation proposed an amendment to the bills which would allow consumers who developed bladder cancer or were otherwise injured from eating or drinking cyclamated foods, sweeteners or beverages to make a claim for economic losses sustained on

the same basis as those who had sold them the cyclamated products. Three other consumer spokesmen opposed the bills outright. NHF opposed the bills unless amended with our proposed amendment.

### Consumer Spokesmen Oppose Bill

The first to testify against the bills was Mrs. Ruth Desmond, President of the Federation of Homemakers. She testified she had been warning friends, families and audiences, when she gave talks, to avoid cyclamates for many years before FDA announced their ban in 1969. "Certainly it would appear that the food industry had ample opportunity to realize cyclamates were suspect as to safety and to make responsible decisions regarding the protection of the general public from possible harm from ingesting same."

Industry witnesses had falsely implied that until Oct. 18, 1969 no one had the slightest hint that cyclamates weren't as safe or safer than sugar. Indeed, the spokesman for a group of 89 manufacturers

which used the name, "The Calorie Control Industry," testified: "The unexpected ban on Oct. 18, 1969, that cyclamates would be phased out of the food supply, came as a complete surprise (emphasis supplied) to the entire Calorie Control Industry."

### Cyclamates Are One of Many Snakes In the 'Gras'

The "GRAS" list became the focal point of the battle between the cyclamate manufacturing and using industry and the consumer spokesmen. "GRAS" is an acronym for Generally Recognized As Safe. The GRAS list is a list of over 600 chemicals or substances that FDA has allowed food manufacturers to use in our food supply without restriction or, in most, if not all cases, adequate proof of safety. Once on the GRAS list, as cyclamates were, industry argued they were *guaranteed* to be safe by FDA and therefore insured by the U.S. Government. This type of artificially sweetened sophistry, if unchallenged by Mrs. Ruth Desmond, Robert Choate, Anita Johnson and Jim Turner (appearing for Ralph Nader's Public Interest Research Group) and NHF, would have convinced Congress that the cyclamate promoting section of the food industry was completely innocent and unaware of any possible danger in cyclamates and were caught "in good faith" with bulging warehouses at the close of the '69 canning season. When they couldn't sell any more cyclamate sweetened canned foods or diet drinks because

of "adverse publicity," industry witnesses reasoned it was somehow the tax-paying consumer's fault and they should receive full compensation from the U.S. Government for any product bottled or canned "in good faith" which they were unable to sell. (And it should be noted that they certainly tried hard enough to continue to sell cyclamated foods and beverages even after it was found cyclamates caused bladder cancer in test animals!)

Mrs. Desmond testified that... "it is not government nor the taxpayers—it is industry that has been deciding what substances belong on GRAS." Then she asked, "Who has clean hands? Public or industry? Who is responsible?" She answered her own question: "It seems obvious that for years the food manufacturers and related manufacturers have influenced greatly what substances are to be on this nebulous GRAS listing... Since the food industry has had a major role in the past in the determination of what substances are to be on the peek-a-boo GRAS list, and is even on record as intending to continue this decision-making role, it follows its members cannot in fairness expect the taxpayers to make compensation payments when a formerly considered safe substance is suddenly found to be unsafe."

Mrs. Desmond's full statement is available to members or those who join Federation of Homemakers, 927 North Stuart Street, Arlington, (Continued next page)

Virginia 22203. A year's membership costs \$5.00. Ask to have your membership start with the issue on the cyclamate hearings. I consider the regular newsletter of the Federation of Homemakers one of the best consumer sources of information in the U.S. NHF and the Federation of Homemakers support each other on almost all health issues before Congress.

One day before the hearings, on Sept. 28, FDA published its first disclaimer against the manufacturers and processor reliance on the GRAS list. FDA, in the Federal Register notice stated:

*"The decision to use a particular GRAS food additive or prior sanctioned substance in food is a voluntary one. Proper economic planning for the decision should recognize that the substance and the food containing the substance may subsequently become unmarketable because the substance has become newly recognized as posing a hazard to the public health."*

#### **Payments Would Total \$100 Million Or More**

It was estimated that claims would run from \$100 million to \$120 million, by representatives of the Department of Commerce who endorsed the measure. But Representative George E. Danielson, (D-Cal.) said in this day of underestimates that meant it could run as high as \$500 million.

The second consumer witness to testify against indemnity for unsold

cyclamate stocks was Robert Choate, a nutrition consultant who recently gained national attention for his testimony before Sen. Moss' Senate subcommittee on nutrition deficient cereals.

Mr. Choate said, "Those who would reward the cyclamate users for ignoring repeated warnings of the scientific community are selling the private enterprise food industry down the river." He continued: "Despite continuing warnings by researchers that the product was of dubious health value, and despite very strong FDA warnings in December 1968 and April 1969, the food industry, particularly California's fruit and vegetable packers, insisted on filling their warehouses with the cyclamated product during the late summer and fall of 1969."

#### **Trade Associations Well Represented**

A number of trade associations had insisted to the subcommittee that they had never been warned, cyclamates were still safe, the ban was not justified, and they would continue to sell canned foods and beverages and sweeteners if the ban were not imposed. Among the trade associations submitting testimony favorable to receiving cyclamate compensation damages were:

1. The Glass Container Manufacturers Institute. They testified that a variety of bottles and jars were made obsolete by the ban, with a loss amounting to some \$1.3 million.

2. National Soft Drink Association.

3. National Canners Association, which claimed economic loss of about \$35 million. They told the subcommittee that if the cyclamate ban had been issued in April of 1969, rather than in October, most of the processing and manufacturing losses would not have occurred. The canners insisted that if they had had any hint that cyclamates were dangerous, they certainly would not have packed the 1969 crop.

Until I heard testimony by Robert L. Gibson, Jr., President of the California Canners and Growers I was convinced that a few of the smaller canners might conceivably have made an honest mistake "in good faith." But Mr. Gibson testified that after the ban, when he and his cooperative members were in full possession of the knowledge that cyclamates caused bladder cancers in test animals, they instituted an extensive advertising and sales campaign to sell the American public on the continued use of cyclamated diet products during the year they were given by FDA to "phase out" the use of their product. They failed, but not for lack of trying, he testified. Even then he found two foreign countries where they were able to ship some of their cyclamated foods.

Mr. Gibson told the 7-man subcommittee that it would take a daily portion of 575 dishes of peaches, sweetened with cyclamate

as packed by the California Canners and Growers, eaten daily for 70 years to equal the dosage which caused cancers in the test animals. A witness for the Soft Drink Association said it would take a bathtub full of their diet drinks for a lifetime to produce a cancer. All industry witnesses made it clear that they had done no wrong and that if the ban were lifted tomorrow, they would immediately do all they could to rebuild the cyclamate market to what it was before the ban, and more, if possible.

#### **Abbott Laboratories Leading Cyclamate Supplier**

Abbott Laboratories, the major manufacturer of cyclamates in the U.S. had their Vice President for Corporate Regulatory Affairs, Richard W. Kasperson, testify "We did not at any time, and do not now know or believe that cyclamate is unsafe. Moreover, we would like to rebut the suggestion that the safety of cyclamate has not been demonstrated by adequate scientific studies." This statement was given almost two years after FDA's announcement of the ban!

Abbott unblushingly told the subcommittee that under the present bill they would be compensated for unsold cyclamate stocks, and, unless the bills were changed to exclude them, they would make a claim for indemnity.

Abbott's Kasperson told the subcommittee: "No instance of serious (Continued next page)

or irreversible effects in man can reasonably be attributed to cyclamate. Its removal from special dietary foods was solely on the basis of findings that bladder cancer occurred in some rats receiving a dosage every day of their lifespan that was far in excess of any that might be ingested in any human being on even a single day." He quoted PHS Surgeon General Steinfeld:

"There is absolutely no evidence to demonstrate in any way that the use of cyclamate has caused cancer in man."

#### Testimony of FDA Scientists Needed

Prior to Abbott's testimony, NHF had urged the subcommittee to subpoena two of FDA's top scientists, Dr. Jacqueline Verrett and Dr. Marvin Legator who would give the subcommittee evidence that during the 18 years cyclamates were being widely used, the bladder cancer rate in male humans about doubled. Furthermore, NHF urged the testimony by Legator and Verrett was needed to show the Congress and American public the false and misleading nature of industry testimony when they state that the only adverse effects in animals to cyclamates were found at such fantastically high levels that it wasn't fair to apply the results to man. Dr. Verrett has reported injury chick embryos at extremely low levels. As early as 1968 she had discovered and reported to her supervisors that cyclamates are specific teratogens, meaning they had

the ability to produce monstrous deformities in chicken embryos. Some of the teratogenic effects discovered by Dr. Verrett were deformities such as wings growing out of the wrong part of the chick's body, or a leg rotated in the socket or growing from the chest or extreme curvature of the spine.

On the day NHF testified, I met the subcommittee chairman, Rep. Harold D. Donohue (D-Mass.) in the hall and gave him a complimentary copy of *The Chemical Feast* by James S. Turner and urged him to read the first chapter which is on cyclamates. He did. Later in the hearings when Abbott was testifying, he read from *The Chemical Feast* as part of his questioning of the witness.

The third consumer witness was Miss Anita Johnson who appeared with Jim Turner. She represented the Ralph Nader affiliated Public Interest Research Group.

#### Cyclamate Dangers Long Known

Miss Johnson told the 7-man subcommittee that cautions as to cyclamate safety had been known far in advance of Oct. 18, 1969. She called attention to statements made in—

1951—FDA scientists concluded cyclamate was safe but called attention to unexplained tumors in cyclamate consuming test rats. It is more important to note that nearly 20 years before the ban, FDA scientists had given nearly 100 test rats cyclamates and had noted and reported nearly 600 times the normal occurrence of

rare ovarian, kidney, skin and uterine tumors. This was prior to the passage of the Delaney cancer amendment which wasn't enacted until 1958.

1955—The National Academy of Science (NAS) warned that "cyclamate use should not be expanded . . ."

1962—NAS said, "The priority of public welfare over all other considerations precludes . . . the uncontrolled distribution of food-stuffs containing cyclamate."

1967—The World Health Organization recommended a restriction on cyclamate intake.

1968—FDA scientist (Dr. J. Verrett) reported the relationship between cyclamates injected into chicken eggs and deformities of embryos.

1968—A respected cell biologist (FDA's Dr. Marvin Legator) received wide publicity when he reported his findings that small amounts of CHA (cyclohexamine) produced chromosome breakage. (In 1966, two Japanese scientists reported that cyclamates passing through the body of a human could create a different chemical called cyclohexamine (CHA). Later tests showed that this occurred in about a third of the population.)

Nader's raider, Miss Johnson said: "It is fatuous to argue that the cyclamate food industry had no warning," adding "The industry had been promoting mass market use of cyclamates when the NAS

had warned repeatedly against the uncontrolled distribution of food-stuffs containing cyclamate; when the industry's own labels were required by law to read: 'For use by those who must restrict their intake of ordinary sweets.' On TV Bugs Bunny told mothers that Presweetened Kool-Ade was good to feed children, but on the label, the required warning told that only diabetic consumers should use it."

Most processors were prepared for the ban, Miss Johnson said, citing development by Pepsi-Cola of a new diet drink a year before the ban and a statement by a Coca-Cola executive that the company was "taking out insurance" by development of a new diet product. She continued, "Those whose business expertise was insufficient to predict the cyclamate ban are now hustling their money more cheaply and directly—from the Congress."

#### Responsibility Should Be Shifted To Abbott Says Witness

James Turner, who appeared with Miss Johnson, testified that it is not accurate to say that cyclamates were widely recognized as being of great value as industry witnesses had told the subcommittee. Repeating warning statements of 1954, 1955, 1956, and 1962, he said, "Between 1965 and 1969, an inexorable march of research began to establish the serious hazards of cyclamate." He continued, "By the summer of 1969, before the canning season, it was known to the manufacturers of cyclamate that their

(Continued next page)

product might cause bladder cancer. Faced with this threat to their market, Abbott Laboratories did not warn its users but rather sought information from its own test laboratories." Turner said this fact "shifts the burden of compensation to Abbott."

And it does, unless there is a possibility that Abbott had all their customers sign an affidavit clearing Abbott of any legal responsibility in the case cyclamates should be found to be dangerous. In that case, the canners and bottlers have signed away their right to sue Abbott, and certainly cannot sue the U.S.

In our testimony, NHF urged the subcommittee to ask industry witnesses if, in fact, there was any such affidavit signed by the food manufacturers, why they didn't tell their congressman about this fact before they urged him to introduce a bill for compensation. It's only a hunch at the time this report is being written, but if it proves to be the case, NHF would never favor indemnity payment to any company who signed such an affidavit and certainly, not for Abbott Laboratories who should assume the burden for compensation whether they were clever enough to get affidavits from their customers or not.

At the hearings, I asked Robert L. Gibson, Jr., President of the California Canners and Growers, S.F., if he knew whether or not his company had signed an affidavit clearing Abbott of legal responsi-

bility for compensation. He said he would notify me when he got back to California. That was over two weeks ago as I prepare this report and he has not answered NHF yet. We have written him asking for this information and will supply it to the Claims Subcommittee when we receive it.

Whether or not Congress decides any segment of the Calorie Control or cyclamate industry has clean hands and is entitled to compensation because they acted in good faith, is yet to be seen. I have far more doubts that there is a single worthy applicant than I had when hearings began.

#### **Public Should Have Right To Sue For Cyclamate Damage**

However, there is one very large segment of the U.S. population which certainly should have the right, if anyone should, to sue the U.S. government for compensation. That group is those consumers who might have become ill with cancer or some other disease, or given birth to a child with a deformity because they were consuming cyclamates "in good faith" that FDA had properly required proof of safety before allowing it in food-stuffs.

NHF's Washington General Counsel, Charles Orlando Pratt, prepared the following amendment to H.R. 4264 and related identical cyclamate bills:

#### **NHF's Proposed Amendment or Bill**

"That the Court of Claims shall

have jurisdiction to render judgment upon any claim for losses or injuries sustained by consumers of cyclamates and/or of products containing cyclamic acid and its salts. Such court shall determine the amount of loss, or damages from such personal injury, including direct and indirect costs and damages associated with the use of cyclamates and/or of products containing cyclamic acid and its salts, during the period in which such ingredients were approved and/or certified as generally recognized as safe for use as food and/or in food products by the actions taken by the United States under the Federal Food, Drug, and Cosmetic Act. As Amended, and render judgment in favor of such claimant and against the United States in the amount determined.

"Payment of such judgments shall be in the same manner as in the case of claims over which such court otherwise has jurisdiction as provided by law. Suits by consumers, including children of consumers suffering injury as a result of one or both of the parents' having consumed cyclamic acid and its salts, must be instituted not later than one year following the Court appointment of the legal representation of the claimant or children of the claimant."

Charles Orlando Pratt and Clinton Miller appeared before the Judiciary Subcommittee on Claims to present the following testimony in support of the above amendment.

#### **Statement of NHF Before the Subcommittee On Claims of the House Judiciary Committee on HR 4264 and Related Bills**

"Mr. Chairman and members of the Subcommittee:

"I am Clinton R. Miller, legislative advocate for The National Health Federation. I am accompanied by Charles Orlando Pratt, NHF's Washington General Counsel. NHF is America's largest consumer group devoted exclusively to health issues. We appear before you today to propose an amendment to H.R. 4264. Unless the bill is so amended we will strongly oppose the legislation before this subcommittee today.

"H.R. 4264 and companion bills state that they are intended to provide for payment of losses incurred by growers, manufacturers, packers, and distributors as a result of the barring of the use of cyclamates in food after extensive inventories of foods containing such substances had been prepared or packed or packaging, labeling, and other materials had been prepared in good faith reliance on the confirmed official listing of cyclamates as generally recognized as safe for use in food under the Federal Food, Drug, and Cosmetic Act, and for other purposes."

"H.R. 4264, and companion bills, do not make provision for personal injury losses to consumers of cyclamates. It may well be that the economic loss to consumers resulting from the carcinogenic, teratogenic,

(Continued next page)

mutagenic or other biological injury properties of cyclamates consumed in good faith will far exceed the economic loss of those who manufactured and sold cyclamated foods and beverages.

"The NHF amendment will give equal consideration to consumers who got bladder cancer or who gave birth to a child with a defect as a result of consuming cyclamated foods or beverages in good faith that FDA had adequately checked as to safety before allowing them to be marketed."

#### What You Can Do

Following is the list of the members of the Claims Subcommittee of the Judiciary Committee. If you live in the state which any of them represent, please write them or use NHF's form letters (which follows this report) and tell them you are opposed to H.R.4264 unless it is amended with NHF's proposed amendment. If you don't want any

of your tax money to be spent to compensate the cyclamate food and beverage industry, tell your U.S. Representative, and especially so if he is one of the 7 members of the subcommittee or from your state.

#### Subcommittee On Claims of House Judiciary Committee

Harold D. Donohue (D-Mass.),  
Chairman  
Jerome R. Waldie (D-Calif.)  
Walter Flowers (D-Ala.)  
James R. Mann (D-S.C.)  
George E. Danielson (D-Calif.)  
Henry P. Smith III (R-N.Y.)  
Charles W. Sandman, Jr. (R-N.J.)  
Thomas F. Railsback (R-Ill.)

No cyclamate compensation bills have yet been introduced in the Senate but you may write both your U.S. Senators and tell them how you feel about the bills should a similar bill be introduced in the Senate.

#### Do You Qualify As A 10-PLUS CLUB Member?

A 10-PLUS CLUB member is an NHF member who has sent in at least ten new NHF memberships during the calendar year. If you qualify, we congratulate you and thank you, and ask that you send to the Monrovia office by December 20th, the list of the new members you have enrolled. Please give us the name and address of the new members—the address is necessary to aid us in verification. When you send in the list of new members, please tell us whether you wish your 1972 dues paid in full or whether you would like a complimentary ticket to the special breakfast on Sunday morning, January 16th, in conjunction with the Annual West Coast NHF Convention at the Ambassador Hotel. The breakfast is planned especially to honor all you 10-PLUS CLUB members as well as the founder and officers of NHF.

For additional copies, order "Cyclamates 71" from NHF, Box 686, Monrovia, Ca 91016  
Cut along this line

The Honorable \_\_\_\_\_  
U. S. House of Representatives  
Washington, D.C. 20515

Dear Congressman:

I am strongly opposed to H.R. 4264 and companion cyclamate compensation bills, unless they are amended as proposed by The National Health Federation.

H.R. 4264 would authorize compensation to food and beverage canners and bottlers, and even cyclamate manufacturers, for financial losses they suffered when cyclamates were banned on October 18, 1969.

The NHF amendment would allow consumers who developed bladder cancer or those who had children born with birth defects or were otherwise injured from eating or drinking cyclamate sweetened foods or beverages, to make a claim to recover economic losses and to compensate for pain and suffering sustained.

If H.R. 4264 is not amended to include consumers, as proposed by NHF, I respectfully urge you to vote against it and do all you can to defeat it when it comes to a vote.

I further urge your support of NHF's recommendation to the Subcommittee that FDA's distinguished and courageous scientists, Dr. Marvin S. Legator and Dr. Jacqueline Verrett, to be subpoenaed by the Subcommittee to give testimony on the story behind FDA's internal conflict, which delayed the ban. Likewise, Dr. Howard Richardson and Dr. Mary Richardson should be subpoenaed to appear also.

(over)

Would you please introduce or cosponsor an amendment to authorize compensation to damaged consumers.

Respectfully yours,

\_\_\_\_\_ (Name, Print)

\_\_\_\_\_ (Signature)

\_\_\_\_\_ (Street)

\_\_\_\_\_ (City, State)

Note: This form letter was prepared for my convenience by Clinton R. Miller, Legislative Advocate of The National Health Federation, 121 2nd Street, N.E., Washington, D.C. If you need additional information, please call Mr. Miller at 547-2547. Thank you.

P.S. I know you are busy so no reply to this form letter is requested.

Many newspapers over the nation last year carried a misleading report stating that excessive consumption of yogurt might cause cataracts. The published news reports failed to state that while this might occur in rats, it will never likely happen in humans. Since there seems to still be some question and misunderstanding concerning the matter, the following scholarly article is presented.

## In Defense Of Yogurt

By EMORY W. THURSTON, Ph.D., Sc.D.

Recently an article appeared in a leading health magazine which has caused some misgivings among those people who enjoy using this excellent food. Unfortunately, there were some statements made that were not entirely in accord with the facts. One of these was a statement in which the "friendly coli bacteria" were mentioned. Now the colon bacillus (*Bacillus Coli*) is generally recognized as anything but "friendly." This is the "bug" that many scientists believe is the "daddy" of all pathogenic (disease producing) bacteria. We do know that where *B. Coli* are plentiful, gas, fermentation, putrefaction, bad breath, and other symptoms of an unhealthy condition are usually prevalent. A completely healthy colon has few *B. Coli* present, and is slightly acid in its reaction. Whenever the colon becomes alkaline, the colon bacteria

multiply at a fabulous rate, and troubles of all kinds can ensue. Just what are the facts regarding yogurt as a food? Is it noxious and to be avoided, or may we consider it a valuable addition to almost every dietary?

Modern day commercial yogurt is made by adding additional milk solids in the form of condensed skim or nonfat milk powder to fat-adjusted whole milk. The fortified milk is then pasteurized, cooled to about 112° F. and inoculated with a yogurt culture which is allowed to grow until the proper degree of acidity has been developed, and then it is chilled to firm the body so that it can be handled without becoming fluid or separating.

The microorganisms which are responsible for the flavor, acidity, and body characteristic of yogurt (Continued next page)

are Lactobacillus bulgaricus and Streptococcus thermophilus, which will be referred to as *L. bulgaricus* and *S. thermophilus*. These organisms grow better in milk as a mixture than individually.

This is the same mixture of organisms that has been used for centuries to sour milk for such products as Swiss Cheese, Koumiss, and other fermented products. It is the same mixture of organisms that has always been used to make yogurt because the organisms grow vigorously in milk and dominated its fermentation under primitive conditions. In the old days, of course, pure cultures of bacteria were not always available and the soured milk which was passed from yogurt often contained yeast, molds, and other lactic acid bacteria in addition to the yogurt organisms. Modern technology has given us the advantage of day by day uniformity and reliability in production of yogurt that would never have been possible in the old days.

*L. Bulgaricus* is the organism used in the production of Bulgarian buttermilk. This is the product that was responsible for the longevity of the Bulgarians, Metchnikoff believed, when he wrote his famous book called "The Prolongation of Life" shortly before the turn of the century. Metchnikoff believed that the high acid producing *L. bulgaricus* suppressed toxin-producing bacteria in the large intestine of the human and prevented putrefaction and autointoxication of the individual. As a result of his book,

many millions of quarts of Bulgarian buttermilk were sold in the United States. Unfortunately, later studies did not substantiate Metchnikoff's theory and the sale of Bulgarian buttermilk declined sharply, although some is still sold. Few in the United States now claim a specific therapeutic value for fermented milks, but in the U.S.S.R. fermented milks are being used to this day in government sanitoriums for curative treatments of tuberculosis and other diseases.

*L. bulgaricus* is a member of a large group of closely related microorganisms which are called lactobacilli because they are bacilli which produce lactic acid from carbohydrates during their growth. Other members of this group are responsible for the production of acid in sauerkraut, pickles, and olives. One of the group is found in the intestinal flora of infants on milk diet. This organism is Lactobacillus acidophilus.

Unlike *L. bulgaricus*, *L. acidophilus* grows slowly in milk and is easily overgrown by other organisms. As a result, the milk must be sterilized before it can be used to prepare Acidophilus milk so that foreign bacteria will not overgrow the culture. This renders the milk unpalatable. Other types of preparations containing *L. acidophilus* are often worthless because the organisms are very delicate and die out quickly. Often such cultures are contaminated by more vigorous, closely related lactobacilli.

*L. acidophilus* is an organism

closely related to *L. bulgaricus* and has many of the same characteristics. It is found in the intestinal contents of human infants but is supplanted by other organisms when the child is fed a varied diet. It has been found that certain strains of *L. acidophilus* are capable of growing in the intestinal tract. To accomplish this however, large living organisms and suitable carbohydrates must be consumed daily or growth will not be maintained. It is not a normal inhabitant of the adult intestinal tract and conditions must be markedly changed if the growth of this organism is to be supported.

Fermented milks of all types are excellent foods and are known to have properties of value to man. Some strains of lactic acid organisms are known to produce antibiotics. But there are no definite claims which can be properly made as to specific therapeutic values for these foods at this time, though many competent scientists strongly believe that they are very valuable.

Yogurt and other fermented dairy foods provide different but enjoyable forms in which milk, still man's most perfect food, can be consumed. In addition, there may be many other benefits of which we have no proof.

The modern day yogurt is a controlled calorie food containing about 73 calories per four (4) ounces in the low fat plain form to 140 calories per four (4) ounces in the low fat fruit types. As a result, an eight (8) ounce cup of fruit

yogurt eaten as a noon meal, for example, provides less than 300 calories and yet is delicious and satisfying and sustaining.

Because yogurt is fortified with additional milk solids, it has more calcium and phosphorus, more protein, lactose and vitamins, than regular milk and a lower percentage of fat. It is an excellent food and should be consumed for its value as a milk product if for no other reason.

The unfortunate article on yogurt written recently on the work of two biologists at John Hopkins University, Curt P. Richter and James R. Duke, was really not an article about yogurt at all, though yogurt was involved. These scientists fed yogurt to laboratory rats and found that they developed cataracts and became blind. It was known long before this experiment that galactose, one of the components of milk sugar, (found in yogurt), when fed in large volumes to rats, could cause blindness. This is because the rats were unable to metabolize the galactose in the large quantities supplied. The accumulated levels of galactose in the rats caused the development of cataracts. Dr. Frank W. Newell of the University of Chicago ophthalmology department said that it was a well known fact that the administration of galactose to rats in large quantity would cause cataracts. Dr. Newell went on to say that there has never been a reported case of

(Continued next page)

cataracts in humans due to galactose and he doubted if it was possible for a human to eat enough galactose to cause such a problem.

There are special types of yogurt, called Bioghurt and Biogarde which have been prepared in Europe using *L. acidophilus* and *L. bifidus* cultures, both of which are found in the young infant on a milk diet. The literature reports state that these organisms die out quickly in mixed cultures. Perhaps this is why they have not become more popular. There is little to be

gained by the use of such a culture for either the manufacturer or the consumer that cannot be accomplished by more conventional products.

The information given in this paper was taken from:

*Microbiology*, by Smith Conant and Overman, New York: Appleton-Century-Crofts, 1964.

*Chinese and Fermented Milk Foods*, by Kosikowski, Ann Arbor: Edwards Brothers, Inc., 1966.

"Cataracts from Yogurt Discounted for Humans," *Los Angeles Times*, June 14, 1970.

And Courtesy of Mr. Bromley Mayer of the Knudsen Dairy Products Co.

### BEAR THIS IN MIND

As a result of some articles appearing in the *Bulletin* and as a result of having certain speakers on our convention programs, NHF receives two or three letters each week condemning these individuals and criticizing NHF. Please bear in mind that when articles are selected for publication in the *Bulletin*, or a speaker is selected for a program, it is done on the merits of that particular presentation. NHF does not become involved in personalities, nor in politics or religion. The fact that an individual appears on our platform to discuss a specific health issue, does not mean that NHF necessarily endorses the speaker's political or religious beliefs nor his morals or manner of living.

Even in the matter of the content of articles or talks, it is anticipated that not all NHF members will necessarily agree with, or accept, all the views expressed. NHF believes that it is imperative that free avenues of expression be maintained on health-related matters and thus makes a deliberate attempt to maintain such a forum. A wise and informed opinion or choice can be made only when all sides of the matter are considered and thus we hope that our NHF members will welcome our writers' and lecturers' expressions in this light.

# Ascorbic Acid - - The Versatile Vitamin

By RALPH PRESSMAN  
Director of Research,  
Los Angeles College of Chiropractic

With the appearance of the book on Vitamin C by Linus Pauling<sup>1</sup> with emphasis on the use of massive doses to control the common cold, sight may be lost of the many other conditions for which this vitamin has been recommended.

The uses to which vitamin C has been put and its versatility, is probably greater for this vitamin than for any other of the commonly used supplements.

The list of man's ills for which this vitamin has been found useful, in recent years, has grown so long that it appears to have taken on the role of a panacea.

Of interest, too, has been the administration of massive doses for a number of disease processes which at first sight would not have been in any way related to a vitamin C deficiency.

Roger Williams,<sup>2</sup> an outstanding researcher in the field of nutrition, discusses the value of massive doses of vitamin C, among others, as a therapeutic approach to normalizing body chemistry.

Adelle Davis, author of many excellent books and articles on nutrition in one of her books<sup>3</sup> quotes Dr. Fred R. Klenner who administered massive doses of vitamin C

for meningitis, virus pneumonia, serious complications following scarlet fever, poliomyelitis, tetanus and many other infections and vitamin C was successfully used in such diverse "incurable" diseases as encephalitis.

In addition to these unusual diseases which responded to vitamin C therapy, Adelle Davis lists a wide variety of abnormalities for which vitamin C has been successfully employed. These include, among the allergies: rhinitis, hay fever, asthma, eczema, hives, also poison oak, poison ivy, snake bite and black widow spider bite.

Other conditions quoted for which vitamin C has been successfully used include the neutralization of chemical poisons such as lead, bromine, arsenic, benzene, carbon monoxide, aspirin and other poisonous drugs.

She states also that vitamin C has been found of value in the prevention of fatigue and in the treatment of mononucleosis, phlebitis, slipped disc, burns, hepatitis, tonsillitis, infections of the ear, eye and prostate and in childhood diseases.

(Continued next page)

Prevention Magazine<sup>4</sup> which has probably done more than any other health-oriented magazine to make the public aware of the value of vitamin supplements, ferrets out and reports on a use for vitamin C in almost every issue of that fine magazine.

In a book pertaining to mental health<sup>5</sup> a number of references are made pertaining to the value of vitamin C on the central nervous system activity in the treatment of mental illness; its deficiency in senile patients; the unusual high demand by "psychiatric patients"; in the treatment of "low back syndrome"; in the treatment of more than 500 disc injury patients; its use in preventing blood clots after operations; of being of great value after myocardial infarction; of being involved in fat metabolism and subsequently in the development of atherosclerosis and finally, of its ability to inhibit cancer.

Before presenting an additional list of conditions for which vitamin C has been recommended, or used, a few words should be said about bioflavonoids, since for some of the conditions listed vitamin C was used along with bioflavonoids.<sup>6</sup>

The bioflavonoids are so named because of their biological activity—which is to "thicken" the intracellular cement and increase its efficiency as a biological filter.<sup>7</sup>

Szent-Gyorgi and co-workers, in 1926, isolated from the peel of citrus fruits, a material called "citrin." The flavonoids in this material had the property of reducing capillary

fragility and permeability. Next, it was found that vitamin C further reduced the capillary permeability.<sup>7</sup>

Much of the following material, as well as the order of arrangement of presentation, is an abridgement of a review of the subject published by a Pharmaceutical Company (6) specializing in the manufacture of food supplements.

Listed below are additional conditions for which vitamin C was used to supplement the diet. In some conditions, marked with an asterisk (\*), a combination of vitamin C and bioflavonoids and, on occasion, other vitamins, were used.

It will be noted that some of the conditions mentioned in this list were mentioned by Adelle Davis. Since this is a compilation of data from various sources, no attempt has been made to edit these data.

Aching Pains<sup>8</sup>

Achlorhydria<sup>9</sup>

Alcoholics<sup>10</sup>

Allergy<sup>11</sup>

Arthritis<sup>12</sup>

\*Asthma, Bronchial<sup>13</sup>

\*Atherosclerosis<sup>14</sup>

Bruising<sup>15</sup>

\*Bursitis<sup>16</sup>

Burns<sup>17</sup>

Collagen<sup>18</sup>

Colitis<sup>19</sup>

\*Deafness (neurosensory)<sup>20</sup>

Detoxification<sup>21</sup>

Diarrhea<sup>22</sup>

Disc (Intervertebral)<sup>23</sup>

Flu (Virus A Influenza)<sup>24</sup>

Infection<sup>25</sup>

Low Blood Pressure<sup>26</sup>

\*Menses<sup>27</sup>

Nosebleed<sup>28</sup>

\*Pleurisy<sup>29</sup>

\*Rheumatic Fever<sup>30</sup>

Rheumatism (Non-Articular)<sup>31</sup>

Sinusitis<sup>32</sup>

Stress<sup>33</sup>

\*Stroke (Little Stroke)<sup>34</sup>

Tonsillitis (common)

Sore-Throat<sup>35</sup>

Ulcer (Peptic)<sup>36</sup>

Varicose veins of Pregnancy<sup>37</sup>

Wound Healing<sup>38</sup>

A composite list of the positive functions of vitamin C as reported by Blaine<sup>5</sup> as follows:

1. Normal development of teeth, gums and bones.
2. Maintaining and strengthening of strong connective tissue in the body.
3. Promotes wound healing.
4. Prevents blood clots during and following surgery.
5. Guaranteeing a strong network of capillaries, i.e., promoting capillary integrity and preventing permeability.
6. Maintains sound physical and mental health.

7. May be involved in the absorption and utilization of dietary iron and the maintenance of normal blood hemoglobin levels.

8. Related to the metabolism of certain amino acids.

9. A relationship may exist between vitamin C and the production of adrenal cortical hormones in view of the high concentration of this vitamin

in the adrenals.

10. Blood levels of vitamin A are correlated with plasma ascorbic acid content.

11. Probably a component of a reversible oxidation-reduction system in the body, acting as a hydrogen transporter.

12. Promotes knitting following fractures.

13. Antiscorbutic—for the prevention and treatment of scurvy.

14. Important for healthy skin, eyes and other organs.

Additional uses of Vitamin C<sup>6</sup>:

15. Helps cement body cells together.

16. Helps resist infection.

17. Helps strengthen walls of blood vessels.

18. Helps in wound healing.

19. *Bones:* Needed for bone repair, formation of bone matrix, healing of broken bones—essential to bone development.

20. *Folic Acid:* Folic acid is needed to build blood. Vitamin C facilitates conversion of folic acid to its physiologically active form.

A list of the actions of the Citrus Bioflavonoids alone as reported in (6) are as follows:

1. Direct effect on the capillaries.

2. Interaction with vitamin C

(a) Potentiates vitamin C

(b) Synergistic with vitamin C

(c) Inhibits oxidation of "C"

3. Inhibits hyaluronidase.

4. Inhibits histamine.

(Continued next page)

5. Inhibits oxidation of epinephrine.
6. Possesses action on bleeding and coagulation time.

#### Remarks

With all the uses for ascorbic acid (vitamin C) it is not surprising that Dr. Klemmer enthusiastically speaks of vitamin C as "the anti-biotic par excellence." It is certainly the safest.

Another physician who later obtained striking results by treating severe infections with vitamin C stated that "if anything should be called a miracle drug, it is vitamin C."

We have called it, "the versatile supplement" for we consider it a food supplement and not a drug. But regardless of what it is called, it has taken on the role of a panacea.

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4. Prevention Magazine Rodale Press, Inc., Emmaus, Pa.
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33. Therapeutic Nutrition, Pollack & Halpern
34. Geriatrics, October, 1961
35. An Integrated Practice of Chiropractic, Buell & Risley, 1963
36. Textbook of Medicine, Beeson & McDermott, 11 ed., 1963
37. Clin. Med., July, 1960, page 1383
38. Metabolic Care of the Surgical Patient, Condensed in: Mod. Med., Feb. 15, 1960, page 326

## Welcome New Perpetual and Life Members

### Perpetual Members

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C. A. Sievert  
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Ada Greinke  
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Mr. and Mrs. Arthur E. Reizlaff  
L. R. Aaron  
Theo Hall  
Mrs. Helen M. Stoff  
Reva Confer  
Virginia E. Ullick

(Received mid-September through mid-October)

privilege to choose the type of health care they desire. This editor feels that no real American can find fault with these principles of freedom, equality and justice.

● **An inexpensive filter method** for large or small scale removal of viruses from water has been developed by the Baylor University College of Medicine, Houston, and the Carborundum Company. Chlorine has only limited effect on viruses but this new method makes possible the processing of large volumes of water to a virus-free state and may make possible direct re-use of the water in sewage.

● **A University of California at Riverside scientist** has found that a strong whiff of garlic may do in mosquitoes. In laboratory tests, garlic wiped out 100 percent of five species of mosquitoes including the tough pasture mosquito of the San Joaquin (California) Valley.

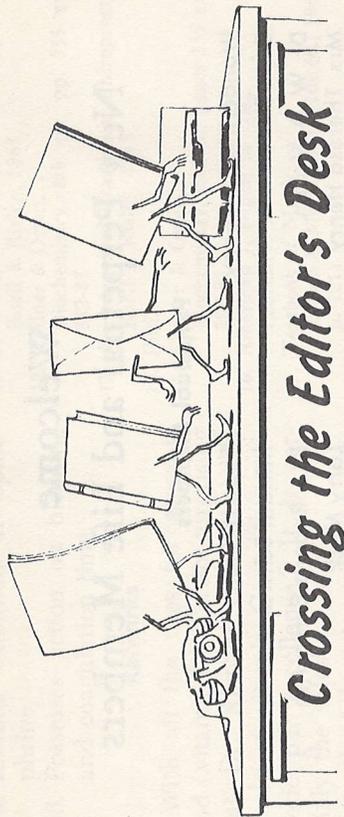
● **Additional evidence** indicating the medical profession's hope and effort to completely monopolize the field of healing comes in the following excerpt taken from the May, 1971 issue of the "Federation Bulletin," the official organ of the Federation of State Medical Examining Boards: "Therefore (medical) board members and other physicians must assume a more militant posture against licensed cultism, the unscientific practice of chiropractic techniques. The goal is clearly in view, the ultimate repeal of every chiropractic practice act in the nation." During 1971, medically-inspired legislation was introduced in several states to DE-LICENSE chiropractic. None of these proposed bills were enacted.

● **The Federal Trade Commission** has urged the Food and Drug Administration to tighten up its proposed standards for labeling fats in processed foods to carry the specific animal or vegetable source of fats and oils, instead of the current industry practice of labeling them as "shortening" or "vegetable oil." It proposes also that the label may disclose the percentage of saturated and unsaturated fats in the product. The FTC urges that this be made mandatory.

● **The Food and Drug Administration** announced it may restrict use of the nation's most widely used food coloring — Red No. 2 or Amaranth — because of possible reproduction impairment as reported by two Russian scientists after experimenting with rats. Red No. 2 has been used for 50 years chiefly in soft drinks, candies, some gelatine desserts, cake frostings, bakery products, dessert mixes, ice cream, snack foods, canned and bottled cherries, pet foods, dry cereals, hot dog casings, and lipsticks. The FDA plans to conduct tests, to be completed within a year, to determine the applicability of the Russian findings to humans.

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● **A water soluble plastic self-destruct bottle** has been developed which may be a real boon ecology-wise. The new plastic, called "KluceL," is, chemically, hydroxypropyl cellulose and is water and solvent soluble. The product can be fabricated in virtually any form, including bottles, sheet, extrusions or vacuum molded or injection molded into all shapes. It may be made into a container to hold oil-based liquids or solids and when empty may be dissolved completely in water in 15 minutes and thus there is no solid waste disposal problem. It may be made into a container for frozen vegetables and may be boiled and eaten. It has no taste and the FDA has already approved it as an "intentional" food additive.

● **The NHF is receiving a big boost for membership** through a special mailing made to its members by the California Chiropractic Association. This action by the CCA was taken following a visit by Dr. John Hemauer, President of the CCA, with the NHF Executive Committee. Dr. Hemauer was accompanied by Dr. Everett R. Roden, a California delegate to the American Chiropractic Association. The doctors clearly understand that NHF does not necessarily endorse chiropractic as a therapeutic discipline and has no interest in promoting the chiropractic profession for the sake of the profession per se. The doctors seemingly were impressed however, with NHF's firm and determined stand that all legally recognized healing professions must receive equal recognition by all branches and departments of government; that all legally recognized healing professions must be afforded equal participation (within the scope of their licenses) in all health insurance plans, government sponsored and otherwise; that the colleges of the minority healing professions must be made eligible for government grants on an equal basis with those of medicine; that the members of the minority healing professions must be permitted to practice their art without the many forms of discrimination and harassment now evident; and that all Americans must have the unhampered right and

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NATIONAL HEALTH FEDERATION BULLETIN

## Chemical In Cardboard Boxes Triggers FDA Investigation

The Food and Drug Administration has discovered a new source of potentially serious food contamination from the industrial chemical compound known as polychlorinated biphenyls or PCBs. Significantly high PCB levels have been found in the cardboard used in packaging 15 popular grocery products.

The items include crackers, bread crumbs and related products, macaroni and noodle products, breakfast cereals, prepared mixes, dried fruits, dried milk, and many others. At least two food products—a shredded wheat cereal and noodles—picked up unacceptably high PCB levels from the packaging, the FDA said.

The FDA has known since the first part of September that preliminary tests showed trace amounts of PCBs existed in the packaging materials and in some of the food items, but no notification of the problem was provided to the public. Instead, FDA officials convened a secret meeting on September 14, where they discussed their growing concern about the situation with representatives of the food and packaging industries.

In addition, FDA instructed personnel in their 17 field offices throughout the country to conduct a high-priority survey of the packages and foods in the 15 different

categories to determine the scope of the problem.

PCBs are a highly toxic, extremely persistent chemical compound manufactured exclusively by the Monsanto Co. of St. Louis for a wide variety of industrial uses. There is little available scientific data on their effect on humans, but have caused serious liver damage and birth defects in laboratory test animals. PCBs have been found present in 20% to 30% of the human fat samples analyzed.

Ironically, the problem apparently is the product of a growing practice related directly to efforts to clean up the environment—the recycling of waste paper for use in packaging materials. Some government officials believe that the PCBs were contained in printing inks used on the original paper, a use for which Monsanto has long promoted the compound.

In the meantime, Monsanto Co. has voluntarily withdrawn the substances from the market except for use in such things as sealed electrical systems, where they presumably cannot escape.

America has become so tense and nervous it has been years since I've seen anyone asleep in church—and that is a sad situation.

—Norman Vincent Peale

NATIONAL HEALTH FEDERATION BULLETIN

## Book Reviews

**THERE IS A CURE FOR ARTHRITIS** by Paavo O. Airola, N.D. (Parker Publishing Company, Inc., West Nyack, New York: 193 pages, index; hard cover; \$6.95)

As set forth by the author himself, this book does not advance a "new cure" for arthritis, but rather, is an informed, objective report of the successful biological treatments for arthritis in European clinics utilizing biological methods of treatment. Biological medicine is defined as a true medical science based on the principle of intelligent support of the natural healing power inherent in the living organism. Biological treatments are directed at correcting underlying causes of the disease, strengthening the patient's resistance, and creating the most favorable conditions for these healing processes to take place. Needless to say, nutrition plays a highly important part in the biological methods of treating disease. While certain drugs may be useful in relieving some acute symptoms, lasting results can be attained only when the doctor assists and supports the body's own healing forces.

*There Is A Cure For Arthritis* is a first-hand report by the author of his visits to many of the famous clinics in Sweden, Finland, Ger-

many, Switzerland, and England where the biological methods are used. He described the types of treatment employed and passes along the stories told him by patients he interviewed. The case histories given in the book are, indeed, interesting reading in themselves. The last section of the book, consisting of some fifty pages, is devoted to "Questions and Answers Concerning Arthritis." This section is aimed to clarify many questions that are sure to be in the mind of most readers interested in the biological approach in the treatment of arthritis.

The book is not intended to be a guide for self-treatment, in fact, the author emphatically insists that the arthritis sufferer should place himself under the care of a qualified doctor who utilizes the biological methods of treatment. However, the book does contain a great deal of information and hints which the individual might put into practice himself at home.

The arthritis sufferer who has not thus far found effective professional help for his condition should read this book to gain a new insight and a new viewpoint concerning his disease.

**LIVE FOOD JUICES** by H. E. Kirschner, M.D. (H. E. Kirschner Publications, P.O. Box 361, Monterey, California 91016; 120 pages; paperback; \$2.00)

H. E. Kirschner's *Live Food Juices* was first printed in 1957, and (Continued next page)

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in February of this year, it saw its twenty-fourth printing. How does a book on food juices attain such popularity? By giving enthusiastic accounts of dramatic case histories of the benefits the author witnessed of food juices administered in what had been seemingly incurable problems — sometimes, the person involved living on nothing but juices for several months.

The individual who has had no introduction into "juice therapy" will find in this book the basic information he needs—the types of juices to use, their values, how they should be taken, etc.—as well as a great deal of encouragement in the case histories and the testimonials cited. Those who have had some experience with juices, will find their interest and enthusiasm rekindled by reading this book.

—Marilyn Ramsey

**NATURAL REMEDIES FOR BETTER HEALTH** by Ingrid Sherman (Naturegraph Publishers, Healdsburg, California 95448; 127 pages; paper; \$2.25)

This is a delightful little book filled with excellent advice for the maintenance of health and the prevention of disease. It is not meant to be a cure-all, in fact, the author urges the reader to seek a reliable doctor if anything is seriously wrong. The author believes that health and happiness depend upon bringing the body, mind and soul

into balance with nature and God and this philosophy is reflected in many parts of her book in a very pleasing manner. The author is a poet within her own right and has included in the book, many especially written and appropriate poems. Readers of this book will find inspiration as well as valuable instructions regarding exercises, foods and drinks, and keeping our emotions under control.

#### BEQUESTS and GIFTS

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

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

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

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

## 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 harassment of those who advocate natural methods of healing and natural foods, the poisoning of our air, water and soil through greed and carelessness, and many other health-related issues.

The NHF opposes monopoly and compulsion in things related to health where the safety and welfare of others are not concerned. NHF does not oppose nor approve any specific health 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?

## FEDERATION ELECTED OFFICERS AND THEIR RESPONSIBILITIES

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

**NATIONAL HEALTH FEDERATION**

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- I wish to become a **REGULAR MEMBER** of the National Health Federation and am enclosing \$5.00 as dues, \$1.50 of which is for a subscription to the **BULLETIN** for the current year.
- I wish to become a **SUSTAINING MEMBER** and am enclosing \$..... (minimum fee, \$25.00) as membership dues for the current year, \$1.50 of which is for a subscription to the **BULLETIN**.
- I wish to become a **LIFE MEMBER** of the National Health Federation and am enclosing the sum of \$100.00 in payment thereof; \$25.00 of this sum is for subscription to the **BULLETIN** so long as it is published.

Name.....  
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CLIP OUT AND MAIL TODAY

**FLASH**

The NHF movie, "Action For Survival" will be shown on Channel 28, Los Angeles, on Saturday, December 4, at 4:45 p.m. It is presently planned to show the film in its entirety—1 hour 15 minutes. Those outside the Los Angeles viewing area might well urge their local educational TV stations to show the film as a public service and for its educational value. Write NHF for additional information concerning the film and its availability.

**HELP SAVE OUR HEALTH FREEDOMS**