

**National
Health
Federation
BULLETIN**

January, 1971

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**NHF Begins Its
16th Year
of Service**

**Health Rights
Are Human Rights**

"In the field of health care, NHF takes the position that there is more than one road to health, and freedom of choice must not be denied any citizen. In health care, there is no room for monopoly of any kind."

**1970 -- A Year of
Progress and Accomplishment**

"The National Health Federation is now America's largest consumer organization with interests directed exclusively to health issues, health services and products."

National Health Insurance Bills Introduced—

All deny choice of type of health care



Scientist Refutes Yogurt Scare



The Erosion of Our Therapeutic Freedoms

Dedicated to the Protection of Health Freedoms

THE NATIONAL HEALTH FEDERATION BULLETIN

Protection of Health Freedoms

Published Monthly

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UNLOCKING THE FUTURE

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A word about this issue . . .

A goodly portion of the contents of this issue of the *Bulletin* has been prepared or selected especially to provide new readers (and hopefully, new members) a better understanding of the purposes and the scope of activities of the National Health Federation. We hope these articles will evidence the need for an organization such as NHF. Members may find this issue helpful in explaining what the National Health Federation is all about and may want to procure extra copies to pass among friends.

It is difficult to explain in a few words why NHF exists, all about its workings, its objectives, and its accomplishments. The broadest understanding of the purposes of NHF, its viewpoints and its activities probably can be best gained by reading the reports and other articles in this and other monthly issues of the *NHF Bulletin* and by attending NHF conventions.

Basically, the National Health Federation is a nonprofit health rights organization now in its 16th year of service to the American people. It is the largest consumer group with interests devoted exclusively to the field of health. As such, NHF is vitally concerned with the type and character of health services and products available to the American people. NHF is unalterably opposed to attempts of any group to exert a monopoly in the field of health care. Above all, NHF will exert all its power towards insuring freedom of choice among the various therapeutic disciplines, feeling that this is a fundamental, inalienable right of the citizen. NHF is keenly concerned with our ecology, the quality of our food supply, the safety of certain food additives, the unrestricted availability of harmless food supplements (for those who desire them), and many other matters and problems bearing upon health and quality of life.

If you are not now a member, we invite you to join the tens of thousands of other Americans who support the work of NHF. NHF has no commercial interests or affiliations and its work is supported entirely by its membership. Your help and voice are needed.

JANUARY, 1971

1970 -- A Year of Progress and Accomplishment

By HOWARD C. LONG
Vice President, NHF

The most productive year in the history of NHF has just come to a close. In review, the membership will be proud of our accomplishment and growth. Your interest, dedication and assistance has served the cause of health freedom as it has never been served before and millions of citizens have benefited because you have participated in the program.

GROWTH

Growth is not possible if there is not a need or if the need is not satisfied. The trend indicates that the feelings and needs of the membership are indeed being served. 1970 showed a net growth of 2,490 members in all categories... our largest single-year growth yet. We now represent well over 40,000 people.

We have gained SIXTEEN Petal Members and TWO HUNDRED SEVENTEEN Life Members. These members have provided us with much needed operating capital as have the thousands who pledge regularly and the others who donate. This, in itself, is a vote

of confidence, but even more significant is the fact that SEVENTEEN new chapters have been started. Chapter work can be time-consuming and all services are donated by the leaders. Can you appreciate our gratitude to these dedicated workers?

Bulk sales are up to 537 for the year. These sales are bulk purchasing of the *Bulletin* for use in stores and on news stands. This is one area where we could and should grow as it is an important means wherein we can contact new people. Regarding other educational materials, we have sold 9,000 more reprints during 1970 than in any preceding year!

WHAT AND WHY

The National Health Federation is the largest *health consumer* organization in the world. It is the only non-profit, non-sectarian, non-political educational organization in the world that works DAILY for FREEDOM OF CHOICE IN MATTERS OF HEALTH. Perhaps that accounts for our growth and success. This past year over 117

meetings were held across the country and staff members have delivered over 300 addresses and made over 100 radio and television appearances. This is in addition to regular copy sent each month to over 50 publications, by request.

ACTIVITIES

Since we serve no particular segment of the population or any vested interest and even avoid advertising and endorsement, we are respected by many in the legislative and legal fields. We are now sought out for help and our activities increase.

In 1970 alone NHF helped have 32 bills introduced in ONE state and 16 are now signed into law. These laws dealt with pollution. We have effectively opposed fluoridation in many communities and aided in several legal cases. We are currently opposing the FDA's attempt to greatly curtail availability of supplements; we are fighting their attempt to ban bioflavonoids; we are in constant contact with FDA to work with them in stopping the use of DES (diethylstilbestrol) and fatal fluoride propellants; we are currently trying to amend the Medicare Act to include "all licensed healing arts practicing within the scope of their licensure."

On two of these bills we have over ONE HUNDRED co-sponsors proving that it is a popular, non-partisan issue that would honestly serve the people. We aided in amending a demonic bill on cancer and are currently fighting for a test

of Laetrille. We are working with the FTC regarding false and questionable advertising on radio and TV wherein health and medicine are concerned. We initially helped underwrite costs of publication of the book exposing the FDA and AMA—the Dictocrats.

These are only a few of the activities consuming our time and resources. It is gratifying to note that our progress is exceptional and that each endeavor truly serves the public and the cause of health freedom. While each member may not agree with a particular project with regard to the academic identity, it is apparent that all members have agreed with our position—protection of freedom. Members' endorsement of this position is evident in that each activity has been paid for with donations with one exception. This exception is the legal matter wherein NHF is supporting a man who was arrested for simply showing a film (Laetrille, Nature's Answer To Cancer) to the members of a health club of which he was president. The powers-that-be did not agree with the message! We will not only pay for this important precedent-setting case, but we will win it.

FINANCES

At this writing, every bill for our current operating expenses is paid. We do however still have a large indebtedness but as we grow and as we receive additional funds through donations, life and perpetual memberships, and from

(Continued next page)

those who pledge, this indebtedness steadily decreases. We contemplate the day when all of our indebtedness will be cleared so that ALL funds beyond that needed for operating expenses, can be available for additional projects in line with the objectives and purposes of NHF. This is the best year-end financial report in our 15 years.

DEMANDS

It may be difficult to envision, but with a headquarters staff of only 8, over 200 pieces of mail and an average of 19 phone calls are handled DAILY. Assistance and direction are given those requesting guidance or help in areas involving

the protection of health rights and freedoms. Hundreds of pieces of literature are mailed out, special mailings are made and special projects are implemented. As an example, we mailed out over 550,000 cards this past year in connection with one project alone. The staff works without any fringe benefits and your President works for \$1.00 a year and has never submitted an expense account though he travels extensively in behalf of the NHF.

This report is brief, but it is the spirit of NHF—it is our 1970 report presented with pride and gratitude. To you, our members, we extend our gratitude for making all this possible.

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."*

Health Rights Are Human Rights

By CHARLES ORLANDO PRAIT
Washington General Counsel

Human rights is a vital issue in America and throughout the world. Indeed, this is as it should be.

In America, however, federal government regulatory departments and agencies do not consider health rights or the freedom of choice in health care to be one of the human rights which should be protected.

For the Federal Food and Drug Administration to dictate the American diet by issuing and enforcing Food Supplement Orders restricting the rights of all citizens to have and to consume nutritional foods for special dietary uses, which are not intrinsically dangerous, is a denial of a health right and therefore a human right.

To produce, sell and consume naturally grown fruits and vegetables, properly labeled, is a health right and a human right.

Your National Health Federation has always worked for freedom of choice in health care and health foods; and the National Health Federation will always work for this

freedom. The National Health Federation believes such freedom is an inalienable right under the United States Constitution and under every State Constitution.

NHF has taken the unswerving position that, in the field of health, there is legally and legitimately more than one road to health care. It has always assumed, that in health care, there is NO ROOM FOR MONOPOLY of any kind. NHF stands up for every American's right to employ for himself any licensed profession or any product which he believes would be helpful to him in his quest for good health and a feeling of well-being.

Specifically, NHF believes that every American should have the right to engage the professional services of any doctor licensed in the healing arts profession. NHF believes that where government (federal or state) makes health care available under such programs

(Continued next page)

NEW PERPETUAL AND LIFE MEMBERS

Perpetual Member:

Maybelle Roth

Life Members:

Gentle Cartwright

Ethel Wright

The Heritage Store, Inc.

Mr. and Mrs. W. Waverly Taylor

Dr. and Mrs. E. N. De Waide

Dr. Marie Morrow

Andrew J. Fish

Mrs. Vernon Olson

(Received mid-October to mid-November)

as Medicare or any proposed future national health insurance plans, this same freedom of choice must be granted to the recipients. Failure to provide such free choice is a denial of equal rights and justice.

The National Health Federation will continue to support the right of all citizens to buy and consume so-called health foods from health food stores or diet stores, and to oppose laws and publicity which are aimed at destroying such stores and limiting the availability of such wholesome food products.

The power structure of the medical monopoly has been disastrously effective, at times, in maligning, ridiculing, embarrassing and harassing patients of the non-allopathic professions, doctors in these professions, customers of health food stores and those who seek to produce naturally-grown fruits and vegetables. They have belittled and ridiculed these Americans by referring to them as the "gullible public." These unreasonable and unjustified attacks on doctors, industry, and American citizens take unfair advantage of freedom of speech. Even some government agencies have freely joined in the persecution of some of those who have expressed minority-held health views. There is no moral or ethical basis for oppression against those who desire and need the aid and care of the minority healing arts profession, the organic foods, the health food stores and the food supplement industry.

It is certainly recognized by the American people that the medical profession has made great progress and is rendering a valuable service to the American people. By and large the medical profession is composed of extremely capable, devoted, conscientious physicians. However, it is time for the American people and the medical profession itself, to recognize that medicine cannot do the whole job with surgery, drugs, antibiotics, tranquilizers, and sleeping pills as valuable as these agents may be when truly needed. None of the individual healing arts professions have the entire answer to the health problems. Consequently, NHF takes the view that there is a need and a place for all of the various approaches in the healing of our ills and decries the bitter antagonism which now exists between the professions.

The National Health Federation is strongly opposed to monopoly in any respect as it relates to health matters. Accordingly, NHF is often critical of the American Medical Association's efforts in this direction but NHF is NOT opposed to medical care or the use of drugs or medicines of any kind. On the contrary, the National Health Federation believes that everyone should have the opportunity of exercising his choice in such matters.

The National Health Federation is not a "front" for any organization or groups of individuals promoting any kind of unproven remedies, eccentric theories or quackery. In

fact, the National Health Federation is strongly opposed to any kind of medical or nutritional quackery in any form whatsoever. NHF, however, does hold that, under the guarantee of freedom of speech, every individual should be free to express his views concerning health even though these views may be unorthodox and perhaps not generally accepted. NHF further believes that all remedies showing even the slightest potential value should be permitted a fair and unbiased test.

The National Health Federation has no commercial interests and it takes no commercial advertisements. It endorses no company or products, and no person or profession. It involves itself in no religious activity and the only political activity in which it involves itself is that relating to health issues. The organization definitely is not aligned with any particular political party. Thus, from this unshackled position, the National Health Federation is in a position to represent the American people fairly, and without bias, in all issues relating to health. NHF is today the largest consumer group with interests directed exclusively to health issues, health services and products.

The National Health Federation has become one of America's bulwarks of freedom of the individual to protect his constitutional and inalienable right to inquire and to

seek all methods of health promotion. This freedom does not mean the right to impose upon other people any particular kind of medicine, health food, care or profession.

The National Health Federation pledges to continue to work on a positive and progressive program to promote the general welfare and to secure the blessings of liberty by working in every area available for freedom of choice in health care for every American. We recognize that eternal vigilance is the price of freedom.

MEMORIAL CONTRIBUTIONS

The idea of memorial contributions, of course, is not new. It would seem that there could be no finer way to express remembrance and give honor to a deceased friend or loved one than to make a memorial contribution, in the name of the deceased, to a church, charity, foundation, or other nonprofit organization. The National Health Federation has received a number of memorial contributions and we trust that we shall always remain a worthy recipient of such contributions.

Naturally, all memorial contributions are acknowledged, but, in addition, when such a contribution is received from other than the immediate family of the deceased, a very suitable and lovely card is prepared and mailed to the family or surviving spouse. In this way, the family may know that the memory of their loved one has been both honored and perpetuated through the work of the organization.

WASHINGTON REPORT

By CLINTON R. MILLER
NHF Legislative Advocate

National Health Insurance Bills Introduced -- Sans Chiropractic

Informed sources are predicting that within three years, unless the present trend is slowed or reversed, legislation will be enacted to establish some form of government-backed health insurance covering everyone from cradle to grave.

Bills to accomplish this were introduced during this past year in the 91st Congress. Actually, five distinctly different plans or programs were proposed in the bills introduced. Each proposed plan had its chief sponsor along with a varying number of cosponsoring senators and representatives. Probably the most heavily backed plan is the one encompassed in the identical bills cosponsored by 15 U.S. Senators and 30 U.S. Representatives under the leadership of Sen. Edward M. Kennedy and Rep. James C. Corman. The basis for the program proposed in the Kennedy-Corman bills was originated by the late Walter P. Reuther and his powerful Committee of 100 for National Health Insurance. This plan not only has strong congressional support but also is backed by many labor unions, consumer groups, social reform organizations and even some segments of the medical profession.

All bills introduced in the 91st Congress will, of course, die with the adjournment of that Congress. However, there is no question but that these bills will all be re-introduced in the new 92nd Congress opening in January, 1971. Probably they will be re-introduced with even more cosponsors. If history repeats itself, momentum will pick up as each of the major political parties race with the other to get credit for the introduction and passage of this legislation.

CHIROPRACTIC IGNORED IN ALL BILLS

As now written, chiropractic is not mentioned in a single bill. Four professions are specifically recognized: the optometrists, podiatrists, dentists, and the medical physicians (including the osteopaths). Homeopathy is not included. You may remember that the National Health Federation played a major role in getting Homeopathy included in Medicare and we are confident that this can be accomplished again.

It is not the purpose of the National Health Federation to promote the interests of any specific branch of the healing arts merely for the sake of benefits to a particular profession. The NHF is,

however, vitally concerned with freedom of choice. Therefore, the National Health Federation takes the position that in any contemplated national health insurance program, the services of the practitioners of ALL legally recognized and regulated healing professions must be made available under the coverage of the program. Tax funds derived from all citizens will be utilized to support whatever program may ultimately be adopted. Consequently, it would be an injustice to deny to any segment of our citizenry, the right to choose the type of health care they desire so long as that care has legal recognition.

Acting upon this principle, the National Health Federation has worked vigorously to get chiropractic services included in Medicare coverages. During the past two years, we have assisted in getting over 120 cosponsors on bills to provide this added benefit for the Medicare recipients. We feel that these past efforts will be extremely helpful in our future efforts to insure the inclusion of all legally recognized healing professions in all bills proposing a national health insurance program.

Over a dozen legislators, who have cosponsored bills to include chiropractic in Medicare, have now cosponsored national health insurance bills. These congressmen who saw the wisdom and the need for including chiropractic in Medicare will certainly be the first to exhibit

that same vision and sense of justice by including a similar provision in any national health insurance bill they may cosponsor.

REP. CORMAN IS THE KEY

As far as any program based on the so-called Reuther Plan is concerned, California's Representative James C. Corman is the key on whom victory or defeat may hinge. If Rep. Corman includes chiropractic in his bill, all other Representatives will include it in theirs and we are sure we can get it in the Senate bills if we can just get it in the House version even before it comes up for hearings.

Rep. Corman is a high ranking member of the Ways and Means Committee which will hold hearings on the bill. He was re-elected to a 6th term by a healthy majority. He has been very fair with the National Health Federation in every matter on which we have contacted him. He was one of the leading House sponsors of a bill to include chiropractic in Medicare. But as chief sponsor of the new legislation, he will need thousands and thousands of letters, cards, telegrams and petitions to justify his natural inclination to include chiropractic in the new legislation from the very beginning. Consequently, please, whether you live in California or not, write at once to Representative James C. Corman, House Office Building, Washington, D.C. and include the following points:

(Continued next page)

1. Congratulations on being re-elected.

2. A word of thanks for having worked so hard during the 91st Congress to get chiropractic in Medicare. (As this report is being written, the fate of that effort is yet to be decided by the Senate.)

3. As chief sponsor of "The Health Security Act" urge him to specifically include chiropractic services under the covered benefits in the proposed Act.

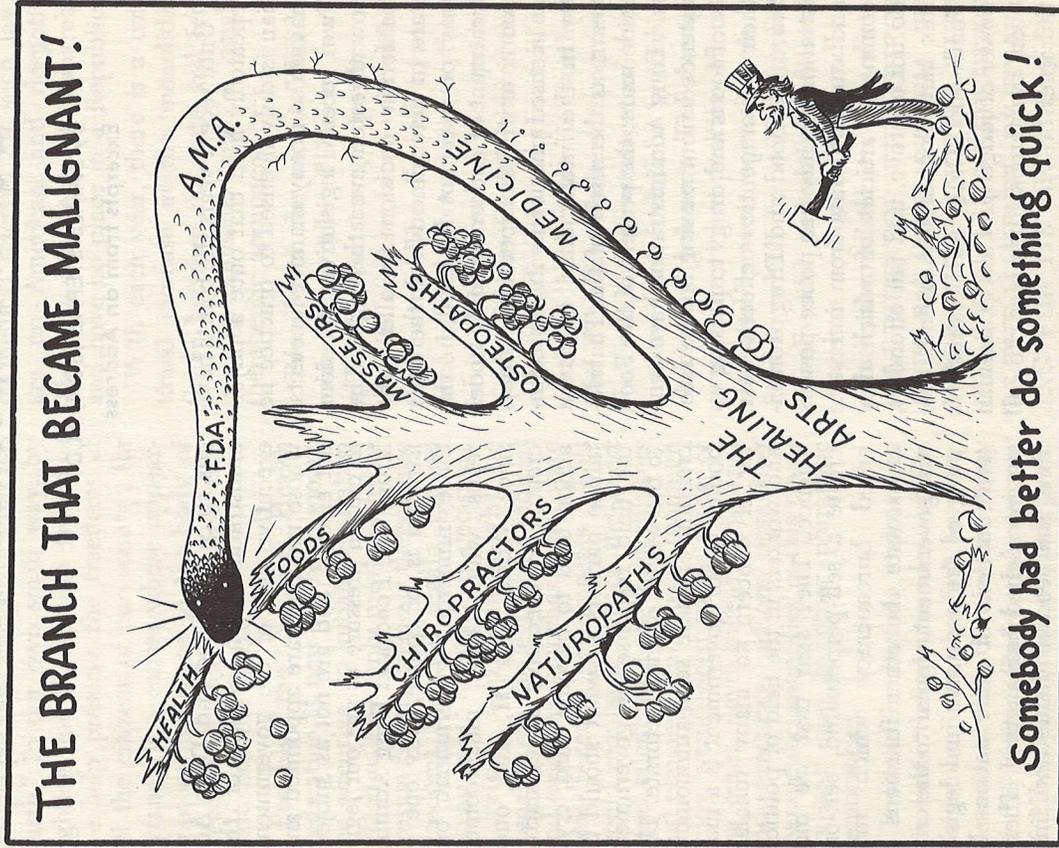
After you have written Rep. Corman, write as many of the congressmen listed below as possible. These congressmen cosponsored identical bills with Rep. Corman and may be expected to re-introduce nearly identical bills again when the new 92nd Congress opens. Write as many as you can whether or not they are from your state. The names marked with an asterisk (*), also introduced bills with Rep. Corman during the 91st Congress to include chiropractic in Medicare. Your letters to them may be almost identical to that written to Rep. Corman except that they will not be referred to as the "chief" sponsor. Otherwise, you may congratulate them on their re-election, thank them for their past efforts to include chiropractic in Medicare and then ask them to be sure to include chiropractic in their "Health Security Act" bill when they introduce them in 1971. Having done this, then write the senators listed below asking them to include chiropractic in their "Health Security

Act" bill when they introduce this proposed legislation in 1971. These are the senators who have cosponsored bills along with Senator Kennedy, as the chief sponsor, in the 91st Congress.

REPRESENTATIVES

1. James C. Corman (D-Ca)*
 2. Frank Annunzio (D-Ill)*
 3. Jonathan B. Bingham (O-NY)
 4. George E. Brown (D-Ca)*
 5. Emmanuel Celler (D-NY)
 6. Shirley Chisholm (D-NY)*
 7. William Clay (D-Mo)
 8. Jeffrey Cohelan (D-Ca)*
 9. John Conyers, Jr. (D-Mich)*
 10. Robert C. Eckhardt (D-Tex)
 11. Don Edwards (D-Ca)*
 12. Donald M. Fraser (D-Minn)
 13. William J. Green (D-Pa)*
 14. Michael J. Harrington (D-Mass)
 15. William D. Hathaway (D-Maine)
 16. Augustus F. Hawkins (D-Ca)
 17. James Howard (D-NJ)*
 18. Edward I. Koch (D-NY)
 19. Ray J. Madden (D-Ind)
 20. Lloyd Meeds (D-Wash)*
 21. Abner J. Mikva (D-Ill)
 22. James G. O'Hara (D-Mich)
 23. Carl D. Perkins (D-Kv)
 24. Ogden R. Reid (R-NY)
 25. Henry S. Reuss (D-Wis)
 26. Edward R. Roybal (D-Ca)*
 27. William F. Ryan (D-NY)
 28. Louis Stokes (D-Ohio)
 29. Frank Thompson, Jr. (D-NJ)
 30. Lionel Van Deerlin (D-Ca)
- #### SENATORS
1. Edward M. Kennedy (D-Mass)
 2. John Sherman Cooper (R-Ky)

3. William B. Saxbe (R-Ohio)
4. Birch Bayh (D-Ind)
5. Alan Cranston (D-Ca)
6. Philip A. Hart (D-Mich)
7. Harold E. Hughes (D-Iowa)
8. John V. Tunney (D-Ca) — Introduced his bill as a Rep.
9. George S. McGovern (D-S. Dak)
10. Lee Metcalf (D-Mont)
11. Walter F. Mondale (D-Minn)
12. Edmund S. Muskie (D-Maine)
13. Claiborne Pell (D-R.I.)
14. Stephen M. Young (D-Ohio)



Somebody had better do something quick!

The Erosion of Our Therapeutic Freedoms

By JAMES STEPHENSON, M.D.
Excerpts from an Address

Until recent years the courts have repeatedly held that once a physician is duly licensed to practice he may do so in any manner he elects. Two recent legislative decisions now threaten even this right. The California decision to allow the state to determine which therapies may or may not be used in the treatment of cancer certainly bodes poorly for the therapeutic freedoms of licensed physicians in this country in the future. Also, in recent years, as the result of the Thalidomide scare, the powers of the Food and Drug Administration have been extended from passing on the safety of foods and drugs to passing on their therapeutic effectiveness.

Since the Food and Drug Administration already has police powers and can withdraw from interstate commerce articles of which they do not approve, and jail offenders, this new legislation extends the Food and Drug Administration's power of judge, jury any policeman over dangerous therapies, to all therapies.

This situation is particularly seri-

ous since the Food and Drug Administration is a branch of the executive arm of the government, whose members are appointed and not elected, and are not as subject to citizen pressure as are our legislators. The Food and Drug Administration is, of course, only one of those numerous government bureaus which have mushroomed since World War II, and once created by executive or legislative action tend to become hard, crystalline barriers in what should be the fluid response of government to the wishes of the electorate. The creation of these semi-autonomous bodies in our government is a matter of concern to many scholars and workers in the field of political science. They fear that we may create a self-perpetuated, self-oriented bureaucracy which may emasculate the other functions of our government, similar to the crippling of the executive and legislative functions of other nations by an entrenched bureaucracy. Therefore, the need to define and limit the powers of the Food and Drug

"The Constitution of this Republic should make special provision for Medical Freedom as well as Religious Freedom... To restrict the art of healing to one class of men and deny equal privileges to others will constitute the Bastille of medical science. All such laws are un-American and despotic. They are fragments of monarchy and have no place in a Republic."

With each year, there is a continual increase in the monolithic fusion between the state and federal governments and a single therapeutic approach.

Because of the recent Thalidomide scare the FDA is being granted even stronger powers, so that its excesses may wax rather than wane. The fire of tyranny, once ignited, consumes everything in its path. Possibly the greatest quality of our Constitution is that although idealistic in aim it is essentially humanistic in method. Our Founding Fathers recognized that effective government of mere humans must include a system of checks and balances. The average person put in a position of unrestricted power, operating in a field to which he is both professionally and personally dedicated, may lose a proper focus and become paternalistic or even dictatorial. BUT FOR THE CHECK AND BALANCE SYSTEM TO WORK, THE MINORITY MUST BE AS VITAL AND EFFECTIVE AS THE MAJORITY. BY STANDING FOR ITS RIGHTS, A DY-

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Administration is one with a greater need to so define and limit these appointed agencies and bureaus throughout all the levels of our federal and state governments that, in Lincoln's words, "government of the people, by the people, and for the people shall not perish from the earth." In our own small way, by fighting for therapeutic freedoms we help preserve the freedoms of all the citizens of our country, for tyranny is a cancer whose appearance at any place in the body of freedom threatens not just that part, but the whole.

Possibly, the National Health Federation is now ready to mount the offensive, to initiate legislation which will not only prevent further erosion of our precious therapeutic freedoms, but will regain ground already lost to previous decisions. A triple approach might be launched via the legislative, judicial and executive branches of our state and federal governments. This would require a staff of the finest legal talents and the best thinkers and planners available. A thorough study would need to be made of the entire development of judicial and executive actions regarding therapeutic minorities in this country and also in other pluralistic democracies.

It would be hard to improve on the basic therapeutic ideal of Dr. Benjamin Rush, the first Surgeon-General of the Continental Army of the United States and a signer of the Declaration of Independence, when he said:

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NATIONAL HEALTH FEDERATION BULLETIN

NAMIC MINORITY PROTECTS THOSE IN A POSITION OF POWER FROM SUCCUMBING TO THE TYRANNY OF THEIR OWN MAJORITY.

Possibly a large part of the present subjection of the therapeutic minorities in this country is the result of our own lack of unified action in the past. It is the privilege of the NHF to consider how to remove certain therapeutic legislative inequalities. We cannot strike a pose of moral righteousness since, if the roles were reversed, can we be sure that if those of us now in a minority position were suddenly in a majority, we would not be just as paternalistic and dictatorial as those we, in a sense, oppose? The note to sound is not one of condemnation but rather one of sympathy and hopeful cooperation.

May the time soon arrive when we can look back on a correction of the present legislative excesses against certain therapies with the same satisfaction with which many of us must view those laws passed to right the wrongs of our Negro and Indian minorities.

COST OF HEALTH CARE

During 1970, the nation spent about \$67 billion on health care—this is more than it spends on education or on social security. Of this sum, 39 per cent will go to hospitals. Doctors' fees (20 per cent), drugs (11 per cent), nursing homes (4 per cent), and medical research (3 per cent) account for other significant shares of the total.

IN MEMORIAM

The National Health Federation has lost a good friend and member whose memory will long live in our hearts. Senator Jack Tenney served us well for many years and served the people of California in an exemplary fashion very seldom equaled by men today. Our most sincere sympathy is extended to his family. Jack's expert counsel, as a legislator and attorney, will be sorely missed.

ERRATA

In the November Bulletin, there should have been brackets instead of parentheses in the quotations from Dr. Ershoff, page 5; and from Dr. Mayer, page 30. Also, the word, "deplorable" found in the statement on page 28 referred to by ref. No. 27, should have been in brackets. In Ref. No. 28, 10% should have been 100%.

Traditionally, brackets indicate that their contents are editorial in nature, whereas parentheses do not, especially where written testimony of a witness is quoted. Consequently, our typographical error in failing to use brackets had the effect of altering the original testimony and putting words into the mouths of those being quoted.

People are like pins — no good when they lose their heads.

I Speak of Freedom

By HUGH B. EXNICIOS, Jr., LL.B., J.D.

No where on this mundane globe is there any country wherein freedom is more abundant than in our America. At no time in the history of man has there ever been a country that has so blessed its citizens with freedom as in our country today. There are no circumstances in the long recorded epic of man where it can be said that the citizen or resident of any country or community has or had as much freedom as you and I know here and now.

We were, at the birth of our country, trailblazers in this quest "under God" for freedom. Our early fathers studied diligently all previous forms of government with the motivation of "taking the best of the best" and "leaving the rest." They forged together a government

A practicing attorney, Mr. Exnicios has been identified with the struggle for health freedom throughout the country and particularly in the State of Louisiana. His interest in the struggle to recognize the right of the American citizen to seek his own approach to health has brought him recognition in many states.

never before attempted. It was different from all other forms of governments! It even bore little resemblance to the earlier attempts at democracy in early Greece and England. It was so radical that all of the major governments of the world, save one, predicted that this new government, made up of loosely Confederated States would spin itself out of existence within one decade! This quest for freedom, of which I speak, was the recondition of the "right" of the citizen to live and to function without restraint by his government—to live as he chose, so long as he did not obstruct others in the fair exercise of *this same right*.

It seems however that this continuing quest for freedom has brought our nation to a strange unreal position. We have seen the radical and the court recently push back all restraints, reasonable and otherwise. In American today this "new" freedom permits uneducated students to riot, wreck and ravage centers of culture and learning, because these represent the "Establishment." Many of these same students are attending gov-

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ernment supported schools through personal financial government assistance.

Freedom in America today seems to mean one can with cold blood, plan a heinous crime of violence, be seen in its bloody execution, orally confess to its details and yet never spend a day in prison because of the ridiculous unrealistic interpretation of the "rights of the criminal" over and above the *rights of the victim*.

The "new" freedom of which I speak, is the freedom which permits a young American to openly *support, uphold and encourage* a foreign government presently at war with the United States and all it stands for!

The "new" freedom of which I speak, is that freedom which tolerates communistic American citizens to work actively and openly for the overthrow of our form of government.

This same "new" freedom tolerates, as difficult as it is to understand and under a unrealistic chain of rationalization of freedom of speech, "X" rated movies of immorality to be made so despicable they defy anyone's imagination. Yet, this same perplexing freedom has been interpreted by 7 men, insulated from the reality of present day society, to prevent the opening of a class of children with a word of prayer to the "God in whom we did trust."

The "new" freedom of which I speak, permits open discussion and

encourages advocates of the "free use of drugs" to spread their evil venom throughout our young people via free news media coverage. Unless something is done, this same freedom will soon, under pressure, permit the free use of marijuana and other drug stimulants by our youth and children!

Yet, in spite of all these extensions of individually recognized rights, it seems that we are today aware of more and more injustices and limitations of our own personal freedom.

No one, who is knowledgeable, can deny that strong monopolies are working in Washington and throughout the country to deny the American people the right to live their lives in a healthful environment. It seems that the right of the individual to follow his own conscience in his own health matters is constantly under attack. For example, many of our government's leaders in the Department of Health, Education and Welfare would deny the citizen the right to acquire, without a medical prescription, individual amounts of Vitamin C. Others would on the other hand force the use of fluoridated water throughout whole communities because in "their judgment" it would benefit the teeth, without regard to any side effects on the bodies of some of the individuals within that community.

The production of unsafe automobiles and aircraft is a scandalous

situation in America as well as the exploitation by the food industry in adulteration and devitalization of these requirements of naturally good health.

There are hundreds of movies being circulated throughout America so degenerate that the citizens of Sodom and Gomorrah could not have tolerated such filth! Yet on the other hand, in one of our major American cities a civic minded responsible citizen recently arranged to show an educational film on a cancer cure used with excellent success throughout many foreign countries, with the result he was arrested and is being prosecuted by the local governmental puppets, because in effect the cure has not been approved by our government's "medical judges," even after repeated requests to test the cancer cure have been made.

Nor can anyone deny that the over three million United States citizens living in the State of Louisiana are denied the right to seek their own choice in the restoration of their health. There is not allowed a single chiropractor, naturopath, or naprapath within the whole State because of strongly entrenched medical monopolistic laws.

The causes to these perplexing conflicting limitations and extensions of freedom are the result of the involvement of the citizen. In areas wherein strong and financial pressures are exerted, such as by the medical profession, limitations have been relaxed and their selfish

interest have prevailed over and above the best interest of the community and the individual. But where an involvement of the citizen takes place and the benefits of the community precisely weighed by such singularity of interest, the outcome is a victory for the continuing freedom of the community.

Freedom is an individual responsibility. Its light is handed to each of us to safely guard and nurture day by day as a sacred trust to be delivered to our children and they in turn to their children.

Freedom is not just defended in foreign jungles and battlefields. Nor is it defended by our Diplomatic Corps or State Department. It is only as alive as it is in our own hearts and only as valuable as we put value on it.

Today, freedom's greatest dangers are not on foreign soil, but in our homes, schools, courts, and legislatures. Here is the impact of freedom. Here is our crusade, to guard it, foster it and fight in support of it, wherever its enemy is, domestic or foreign, friend or foe. For once it dies, it is dead.

Little Annie had been to school for the first time.

"Well, darling, what did you learn?" asked her mother on Annie's return.

"Nothing," sighed Annie hopelessly, "I've got to go back to-morrow."

A Scientist Refutes Yogurt Scare

By RALPH PRESSMAN, Ph.D.

During recent months, stories have appeared in the press and in several periodicals linking the use of yogurt with the occurrence of cataracts. Although the basis for the stories was a study completed 15 years ago in which rats were used as the subjects, some of the recent stories were alarmist in nature and failed to reveal many vital related facts. To shed light on the subject and to clarify the issues, Dr. Pressman has submitted the following paper.

A number of years ago a book was written with a very meaningful title, "Science Is Not A Sacred Cow." It could have added that scientists are not sacrosanct nor little Gods. That is true whether or not they add after their name the letters B.S., Ph.D., or M.D. See also "The Imperfections of Science."¹

Many well meaning scientists, and laymen, write papers in which statements are made that have not been confirmed, have no basis in fact, or are untrue. We recently have seen an example of this in the several published stories appearing in newspapers and health magazines, linking yogurt with the development of cataracts. When any journal, printed ostensibly for readers concerned with maintaining good health, serves its readers with alarmist and unfounded statements, it, to say the least, repre-

sents a distortion of known facts. In one health publication, as an example, the editor's preface to an article dealing with yogurt states, "...evidence is growing that most 'commercial' yogurt sold in the U.S. today is infected with highly dangerous bacteria which can lead to any number of diseases of the body."

Unless the editor in question possesses evidence which he chooses not to reveal and which is not available to this writer, it is the personal opinion of this writer that it would be difficult to imagine a more irresponsible, unfounded statement. There have been many unkind remarks made about the FDA and their tendency to attack minor infractions by health food stores and the products they sell, while looking the other way when the major food processors trespass.

Dr. Pressman is listed in "American Men of Science," "Who's Who in Pennsylvania," and "Who's Who in American Education." His educational background is impressive.

Besides holding a Graduate in Pharmacy degree, he has a Master of Science degree, a Master of Arts degree in Public Health and Hygiene, and a Doctor of Philosophy degree in Medical Sciences. He is a member of several scientific bodies including the American Chemical Society and the Academy of Applied Nutrition. His history in research is long, involving tenures in nationally known chemical and food concerns as well as the space efforts. Currently, he serves as Director of Research of the Los Angeles College of Chiropractic.

However, it is impossible to imagine the FDA or any local or state health officials allowing the sale of a product such as yogurt if it actually is as dangerous as indicated.

The bacteria most frequently found in food products are members of what is known as the Salmonella Group. In recent years, the FDA has been warning food processors, constantly, of the increasing number of Salmonellosis cases being reported, and have encouraged industry to exert every care in the processing of food. The increase in Salmonellosis has resulted from the growing popularity of easy-to-prepare desserts and other convenience foods, such as frozen dinners, etc.

While no defense can be made for the presence of Salmonella or-

ganisms in foods, which can and do give rise to gastro-intestinal distress, they are not highly dangerous bacteria nor do they lead to any number of diseases in the body.

The editor's second statement refers to a group of researchers at Johns Hopkins Hospital linking "some" yogurt with cataracts.

Why "some" yogurt and not all, the editor does not say.

The paper from Johns Hopkins should never have been given the wide circulation it received. Here is reprinted some facts regarding the yogurt controversy plus comments by scientists and doctors.

SCIENTISTS SAYS NEEDLESS WORRY

Dr. M. F. Brink, NDC Director of Nutrition Research, warns that the recent publicity of a Rat Experiment Study made over fifteen years ago about the possibility of yogurt causing cataracts due to the galactose content, might cause some people to worry unnecessarily about the safety of eating yogurt, which is a highly nutritious food in its proper place as a part of a balanced diet. There is no scientific evidence which demonstrates that yogurt adversely affects human health.

EYE EXPERT DISPARGES YOGURT REPORT

Dr. Frank W. Newell, Head of Ophthalmology Department at Chicago University, states:

"No human being could possibly consume that much galac-

tose in a lifetime. Also, there never has been a report that any human being has ever developed cataracts from consuming galactose."

Dr. Ed Cotlier, Assistant Professor of Ophthalmology at the University of Illinois, states:

"The metabolic system of the rat is different from man's. Rats are deficient in an enzyme that breaks down galactose into nutrients. Man has this enzyme in the liver."

Dr. Hans Gaunitz, Clinical Professor of Pathology, Columbia University, states:

"The question has been raised as to whether this finding has any relevance to man: galactose is metabolized by an enzyme in the liver of man and galactose-induced cataracts are exceedingly rare and could occur only if a liver disease called galactosemia is present and which is usually found only in infants. Even if an individual were to eat many more times than his normal consumption of yogurt, it would still be impossible to produce a galactose cataract in human beings except in very rare cases."

Dr. Sidney Lerman, Associate Surgeon in Ophthalmology at Strong Memorial Hospital in Rochester, New York, says:

"Although the liver is probably the major site for converting galactose to glucose, both the red blood cells and the lens of the eye are, also, capable of perform-

ing this function. It seems unlikely that, in a normal person, galactose would be an important constituent in lens metabolism, since the ingested galactose probably is quickly converted to glucose by the liver."

In view of these authoritative statements by eminent doctors and scientists, it would seem foolish to curtail in the slightest our normal consumption and enjoyment of this most wonderful of all foods known to man.

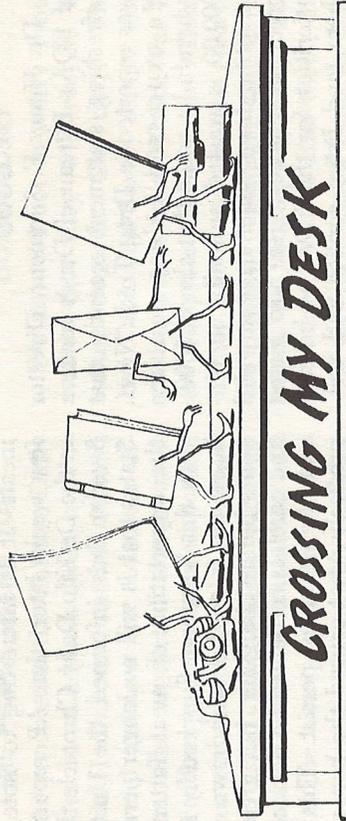
Now to analyze some of the statements which have appeared in at least one publication. One writer states, "commercial yogurts contain harmful bacteria not of human origin called *bulgaricus bacillus*." Precisely what the writer means by "commercial yogurts" he does not say.

Next, he reminds us that "newborn babies get *Lactobacillus acidophilus* (*L. acidophilus*) and *Lactobacillus bifidus* (*L. bifidus*) from the mother. We then learn that we cannot live more than three months without *acidophilus* and we can not *live at all* without *bifidus* bacterial!"

In order that something may be said about *bifidus*, it might be well to say a few words about the classification of bacteria. In order to study the thousands of different plants and animals, some systemic classification had to be established.

Just as in the canine family there are many species or breeds of dogs, so also in the study of bacteria.

(Continued on page 28)



NOTES AND COMMENTS BY HOWARD C. LONG

HOORAY

Virginia Knauer, Special Assistant to President Nixon on Consumer Affairs is mincing no words. In a Drug Trade News report she says that it is time the cosmetic industry eliminated or governed amounts of toxic materials in their products. She also suggested that if they do not voluntarily remove such materials as dangerous mercury that she would be in favor of having cosmetics LABELED to show ingredients! NHF is urging her to pursue this fine course.

COMMENDABLE

The Illinois Pollution Control Board met recently and decried the condition of Lake Michigan. They were especially concerned with the increasing concentration of phosphates. David P. Currie, Chairman of the Board is suggesting that the deadline for ordered control of phosphate pollution be moved from December 1972 to December 1971. NHF commends this interest and action.

LEADER'S CLUB

NHF does not have the funds to divert from its projects to entertain or otherwise visibly express gratitude to the few in our organization who work tirelessly and selflessly year after year. Consequently, the Executive Committee recently approved a new policy which instituted THE LEADERS CLUB. From time to time we will announce names of recipients of the honorary membership in this group. The parchment which the selected members will receive, will testify to the appreciation of NHF and its members for their contribution in the great cause of health freedom. The writer is happy to announce that the first parchment will be presented to our founder and current Chairman of the Board of Governors, Fred J. Hart... the man who founded the finest organization in the United States and to whom millions will always owe a debt of gratitude.

(Continued next page)

GOOD

Dr. Henry E. Simmons, Director of FDA's Bureau of Drugs made a refreshing statement recently that was reported in Drug Trade News. He expressed a deep concern wherein he noted that almost \$500,000.00 is wasted annually on prescription drugs which have no valid proof of efficacy. He also noted priorities for the FDA, as he saw them, and listed service and welfare for the populace above regulatory activity. NHF has written commending him and offering assistance.

IMPORTANT NEWS

New experimental studies at USC in California indicate that intake of vitamin E may have an important, beneficial effect on lungs of those living in polluted air. Rat studies indicate that effects of ozone, nitrogen dioxide and other pollutants are diminished. In control studies, rats not receiving vitamin E rich diets died under certain conditions and those receiving the pure form tocopherol survived. It is apparently the natural anti-oxidant effects of E that are responsible. Vitamin E is NORMALLY available in FRESH wheat germ, green leafy vegetables and vegetable oils. It is noted, however, that if they are not fresh or if they are highly processed, the oils become rancid.

INTERESTING

NHF recently reported on the disgusting ruling by the FDA permitting twice the present legal amounts of diethylstilbestrol in

meats. It is interesting to note, a few weeks later, that AP reported in the De Kilo Daily Chronicle that Sweden has informed the United States that is will no longer permit the importation of meat fattened with this hormone. Supposedly the hormone is to be withdrawn 48 hours before slaughter, but greedy and careless cattlemen do not do so and the residues persist. This is precisely what caused the ban and closed another world market to the United States. What FDA has done has caused bans in Sweden, Australia, New Zealand, Denmark, Finland, Norway, Switzerland and Ireland.

IRON AND GENES

Mr. Lal of the Los Angeles Herald Examiner reports that iron plays a most important part in the making of genes. (NHF reported recently that according to a U.S. Senate Committee study, 28% of Americans were deficient in iron.) Drs. Elliott Robbins and Thoru Pederson of Albert Einstein College of Medicine recently completed a study on the subject and concluded that with a shortage of iron, DNA synthesis is retarded and without it the process stops. Hopefully readers will remember that we are getting less and less iron from our foods as proved by the Firman Bear Report done at Rutgers. In that study, the iron content of tomatoes was shown to vary from 1 to 1,098 parts per million! NHF suggests that you consider your dietary and supplemental regimens carefully.

THE PEOPLE THANK YOU

AP reported in the Chicago Daily News on an address given by Virginia H. Knauer, President Nixon's special assistant for consumer affairs. She suggested that a sales curve had become more important than the health of the consumer and asked that bakers carefully check all additives in use. She said that she was afraid that "... we have moved too quickly without adequate research in the entire area of new additives and preservatives."

CHEERS FOR THE STUDENTS

The Los Angeles Herald Examiner reports that Dr. W. C. Bornemeier, President of the AMA recently gave an address to medical students. He was met with a "spirited response" decrying the AMA's stance. The students generally felt that the AMA "represents physicians needs and not health care needs for all people." They urged formation of a new organization involved in health. Dr. Bornemeier said later that the students "are uninformed in a great many areas."

CONGRATULATIONS

Acting in the highest traditions of Americanism the citizens of Kittery, Maine recently went to the polls and said NO to those that would deny them guaranteed constitutional freedom. NHF congratulates them on their intelligence and interest. The town voted 1039 to 392 AGAINST fluoridation.

DON'T WORRY

We are told not to worry about wastes—that they will recycle in nature—degrade. Do they? The U.S. Geological Survey reports that plating wastes from World War II are still present in water near Long Island. The heavy metals (toxic) are primarily cadmium and chromium. As Shakespeare said, "The good men do, lives after them; the evil oft lies interred beneath their feet, waiting to pop up again!"

NATURE DOES IT AGAIN

A rotten potato and moldy sugarcane proved a boon to interested scientists recently. Mr. Kotulak of the Chicago Tribune reports that in each instance nature had produced a bacteria that literally "gobbles up" millions of tons of "garbage." The bacteria does so quickly and could provide a method of disposal for some wastes. The end product is an extremely high protein material. Animal tests prove that life will thrive on the end product. Louisiana State University is now conducting tests on the program under the direction of Dr. Srinivasan who suggests that we could have a major product that could help solve the world's hunger problem.

ASBESTOS AND CANCER

Reporter Ronald Kotulak of Chicago reports that environment and health officials in Chicago are moving to curb the use of asbestos as a spray. It is used widely now in construction and is "now linked to

(Continued next page)

News Briefs

By ANNE SIGELE

most pleased to make this announcement and pledge our support to this new group. Is there a chapter in your area? If not, please write for a free chapter folder. It is easy to start a group in your area and it surely helps the health freedom movement.

THREE CHEERS

It might be a little late for those sick, maimed or dead, but finally New York has moved ahead dramatically with regard to pesticides. UPI reported recently from Albany that effective January 1 the state is banning ten chemical products and is putting stiffer controls on 60 others. Those to be banned are DDT, bandane, BHC, endrin, mercury compounds, selenites, selenates, sodium fluracetate 1080 (more fluorides), stroband, toxaphene, DDD and TDE.

THE PILL AGAIN

Reporter G. B. Lal of the Los Angeles Herald Examiner recently reported on a study done by Dr. R. R. Streiff of the University of Florida Medical College. The doctor found that contraceptive pills induces a folic acid deficiency in some women. A deficiency in this essential nutrient causes anemia.

Dont miss

**THE ANNUAL WEST COAST
NHF CONVENTION**

THE AMBASADOR HOTEL
3400 Wilshire Blvd., Los Angeles

January 14-17

NATIONAL HEALTH FEDERATION BULLETIN

cancer." In 1961 NHF reported on this serious problem and also reprinted an excellent book that lists hundreds of things YOU could be in contact with daily that cause cancer. May we suggest that you purchase this book from us at our cost? It is **CARCINOGENS IN THE HUMAN ENVIRONMENT** by Wilhelm C. Hueper, M.D. and should be of immense value to every person. Read this book and know what to avoid.

13 YEARS AGO

NHF wrote 13 years ago on the possible dangers of a chemical known as saccharin. We noted just last month that the Syracuse Herald Journal—13 years later—that Ralph Nader has asked the FDA to restrict the use of the sweetener *until its safety is determined by scientific tests*. It is doubtful that this will ever be done by the FDA judging by their past performance, but we laud Mr. Nader's efforts. Studies done recently at the University of Wisconsin indicated a possible relationship between use of saccharin and cancer. The studies were conducted by the same physician who did the tests on cyclamates, but his findings on saccharin were apparently disregarded???

CONGRATULATIONS

We are happy to announce that Dr. Frederick R. Frank has just formed a new chapter which NHF has happily chartered. The chapter is in South Miami, Florida. We are

HIGH TOXIC LEVELS IN MEAT—Poisons like mercury, lead and arsenic have been found in hazardous amounts in beef, shellfish and chicken livers, federal health officials admitted before a Senate Environment Subcommittee on August 27. They called all of them unusual findings, not typical of a generally safe U.S. food supply. But Sen. Philip A. Hart (D-Mich) found them "among the most depressing" hearing results "in quite some time," coming after news earlier that 4,800 pounds of lead are being dumped into the lower Mississippi River daily. The hearing results "clearly establish that mercury pollution is not confined to fish but is affecting other parts of our diet," Hart charged.

Just the same, Surgeon General Jesse L. Steinfeld testified the country is not "presently faced with widespread, serious human health hazards." He is, he said, concerned with curbing such pollution now "so we do not by short-sightedness today condemn future generations." (Victor Cohn—Washington Post, 8/28/70)

MOTHERS-TO-BE WARNED ABOUT EATING FISH—Warnings by local health officers were called "good judgment" by a Food and Drug Administration official, as a new wave of bad news about this environmental mercury poison emerged:

The head of a federal-state mercury task force in California urged mothers-to-be not to eat fish from the San Francisco Bay and Delta and some California lakes. He said other persons should eat no more than one fish meal a week from such waters.

The FDA announced the first recall of a product contaminated: 25,000 liver pills made from livers of Pacific Coast seals and sold as a blood builder and laxative. No fresh or ocean fish on the commercial market have had to be seized because of mercury contamination, the FDA stated. But Richard Ronk, food guidelines chief, said mercury has indeed been detected in hazardous levels in crabs, sea trout and other commercially-caught fish from Louisiana's Lake Calcasieu and "a number of other places" in Louisiana, Georgia and Lake Erie. Seizure was unnecessary, he said, because the firms involved agreed to change their source of supply.

Mercury from industrial wastes and other sources has been found in problem amounts this year in fish, animals or waters of 33 states and eight Canadian provinces. Most seriously affected nationally are Lake Calcasieu; Brunswick Bay, Georgia, on the Atlantic; Lake Erie; the rivers and lakes of the Tennessee Valley system in Alabama, Tennessee, Kentucky and Mississippi; and San Francisco Bay and Delta, including the mouths of the Sacramento and San Joaquin Rivers.

Some of California's mercury came from a Dow Chemical plant at Pittsburg, Calif., closed since April. Much remains, too, it seems, from the Gold Rush days, when it was used to help separate gold. Once present, mercury may linger for years.

The FDA and U.S. Marine Mammal Biological Laboratory at Seattle reported "amazing" mercury concentrations of up to 172 parts per million in livers of more than 50 fish-eating seals caught this year off the West Coast and Alaska's Pribiloff Islands. Pills made from freeze-dried livers of seals killed in 1964 in the Pribiloffs still contained 30 parts of mercury per million. Their manufacturer voluntarily recalled them from stores in nine states. (Victor Cohn—Washington Post—10/30/70)

ECOLOGICAL GROUP URGES TAX HELP—The Council on Environmental Quality has recommended continuation of tax exemption on contributions to organizations which bring to court the public's interest in environmental matters.

In a letter to the director of the Internal Revenue Service, Russell E. Train proposed safeguards to prevent abuse of that privilege for private gain.

The council said litigation by private groups relying on contributions has strengthened and hastened anti-pollution enforcement, identified gaps in regulations, and has represented the public's interest in enforcement. (Washington Post—10/13/70)

CONSUMER EDUCATION IN SCHOOLS—President Nixon's consumer adviser announced she is distributing guidelines for consumer education to primary and secondary schools.

"For our educational institutions to be totally responsive, they must teach students not only how to exist but how to live," said Virginia Knauer, special assistant for consumer affairs. "Only through an effective educational process can young men and women hope to cope with a marketing world dominated by complex, sophisticated products," she said.

The guidelines are in the form of a 58-page booklet suggesting how teachers can make wiser buyers of pupils in kindergarten through 12th grade. The booklet proposes that a large measure of consumer education should be integrated into existing courses such as posing credit buying problems in math class or discussing the meaning of contracts in English class.

The guidelines suggest field trips to area businesses and stores and presentations in the classroom by lawyers, bankers or others familiar with consumer problems. An example of projects suggested is one for children in grades four through six. The guidelines suggest asking the children to monitor television toy commercials, buy or borrow the toy, then decide whether the toy measures up to the advertisement. (Washington Post—11/9/70)

FDA STUDIES HAIR DYE INGREDIENT—The FDA has asked hair dye manufacturers to stop using an ingredient that causes cancer in laboratory rats and mice until it and the National Cancer Institute can prove the compound safe for human use. The ingredient is a coal tar derivative known as 2,4-toluenediamine or 2,4-TDA, which helps to fix dark colored dye permanently in hair shafts.

Japanese scientists produced sarcomas in rats in 1955 by injecting 2,4-TDA under the animals' skins. The cancers formed at the point of contact. In 1969, new tests published in the Japanese scientific journal, "Cancer Research," reported that when 2,4-TDA was fed to rats it produced liver cancer.

This determined the National Cancer Institute here to conduct its own studies on mice and rats of a different strain than the Japanese ones. The FDA is working "very closely" with the Institute and at the same time is arranging to conduct its own laboratory experiments with the dye ingredient. Dr. Elizabeth Weisburger, Institute chemist, said the safer ingredients will perform the same coloring function as 2,4-TDA. One of these, she said, is paraphenylenediamine. However, this causes skin rashes in persons allergic to it and it is not allowed for this reason to be used in many European countries.

The imports contain 2,4-TDA almost exclusively. American domestic dyes containing the coal tar ingredient are required to carry a warning label cautioning the user not to use the dye on eyebrows or lashes.

Dr. Francis Marzulli, who is in charge of dermal toxicology at FDA, said the hair dye manufacturers are not required by law to agree to stop using 2,4-TDA. "There is no regulation requiring it," he explained. "We have had agreement by word of mouth by some of the companies," Dr. Marzulli said. "There is a kind of assurance, but I don't know what it means."

He added that the Toilet Goods Association has told FDA that only 1 percent of the dyes now being sold to millions of Americans contain the ingredient. The Gillette Co., which makes Toni haircolors, has assured FDA that it does not use 2,4-TDA. "That, too, was by word of mouth," Dr. Marzulli said.

Other makers are reluctant to state which products in their lines contain 2,4-TDA. They take refuge in the phrase, "trade secret," while admitting that they use the ingredient in some of their products.

FDA is now working out arrangements with industry preliminary to testing the dyes. If protocols are agreed on, the testing will require 18 months' time, a spokesman said. "If it turns out that 2,4-TDA is carcinogenic, I am sure we will get legislation passed." (Elizabeth Shelton—Washington Post—10/28/70)

as we go to press...

Following two previous postponements, the hearing on the Motion To Quash the Indictment against Bruce E. Butt, scheduled for November 24th, was postponed to a later date not yet set.

For those unfamiliar with this case, Mr. Bruce E. Butt, a Pennsylvania citizen, on March 12, 1970 showed to the members of a small health club of which he was president, a movie film, "Laetrile, Nature's Answer To Cancer." Following the showing of the film, Mr. Butt was arrested and charged with violation of the Pennsylvania Drug, Device and Cosmetic Act in spite of the fact that the film was shown merely for its educational value and that there were no products on display or offered for sale and that Laetrile was not even available in the State of Pennsylvania. Because NHF believes the defendant is charged under laws not applicable to the situation and that Mr. Butt's constitutional rights have been violated, NHF instructed its Washington General Counsel, Charles Orlando Pratt, to enter the case in defense of Mr. Butt. Following the preliminary hearing and formal indictment, Mr. Pratt prepared a legal Brief On Behalf Of Bruce E. Butt In Support Of A Motion To Quash Indictment which was received by the court August 31st. It is the hearing on this Motion that has been postponed.

Scientist Refutes Yogurt Scare . . .

(Continued from page 20)

There are many subdivisions, such as tribe, family, genus, and species. The species may be further subdivided into strains or varieties. The milk fermenting bacteria under discussion in the article belong to the family Lactobacillaceae, genus Lactobacillus of which there are 15 or more species. The species

under discussion are acidophilus, bulgaricus, bifidus and caucasicus.^{2, 3, 4}

So closely related are these species and strains, that it is frequently difficult, if not impossible, to isolate one from another. Isolation of one specie from another often depends on whether it requires more or less air, a higher or lower temperature, or the number of different sugars a specie can ferment. And even these few differences vary within a specie.

Among bacteriologists, it has been whispered, hinted, suggested and stated, off-the-record, that all of these organisms have had common ancestors and some slight mutational changes has made of them separate species or strains.

According to Bergey's Manual of Determinative Bacteriology² (sometimes spoken of as the bible of bacteriologists), bifidus differs from other members in this genus by requiring very little or no air for its growth (strict anaerobe), (or primary isolation). Its shape differs from other members of this genus in being bifurcated or club shaped, and it may constitute the entire bacterial flora of breast-fed infants.

In Dorland's Medical Dictionary,³ we again read L. Bifidus predominating in the intestinal flora of breast-fed infants.

Stedman's Medical Dictionary⁴ has this to say about bifidus, "present in human colostrum and milk, in the milk of other mammals and in the feces of breast-fed infants."

Kleiner and Orten⁵ state "In human milk there occurs growth factors for Lactobacillus bifidus, var. Penn, an organism that grows in the intestinal tract of breast-fed infants."

From the above, it must be concluded that bifidus is an organism common to infants, especially those who are breast fed. There is neither by statement nor implication anything reported to indicate that "we can not live at all without bifidus bacteria," as stated in the article.

Having told us that commercial yogurts contain certain harmful bacteria called bulgaricus bacillus, we learn later that there is a correct type of bulgaricus and this type is nothing more than a strain of acidophilus!

Here the writer suggests, contrary to official standards, that acidophilus is now a strain of the species bulgaricus. Reference should be made to his concern about bacteria not of human origin, but later we learn that he sells cultures which contain bacteria not of human origin, bulgaricus, albeit the correct type, and two other microorganisms not of human origin.

It is difficult to say which of his statements are the most misleading or confusing, but the most alarming must be his reference to cancer. Cancer can conjure up, in the minds of some, thoughts which have no basis in fact.

Were the author of the particular article in question intent on making some people resolve never to eat yogurt again, he could not have done better than by including a statement by Dr. Zabel at Baden-Baden and supported by Dr. Issels, whom the article's author considers one of the world's top cancer authorities. We are told that these doctors refuse to serve their patients normal "commercial" yogurt. These doctors recommend a special yogurt—indeed a combination of two yogurts, which unfortunately

(Continued next page)

ly(?) are not available in the U.S. If one questions the motives of the article's author they seem to become apparent when one writes for his literature, which he suggests the readers do.

Then we learn that he just happens to sell cultures. His last "gem" is "There is available in Health Food Stores the correct and helpful *bulgaricus* culture which have not been altered by such "conditions." Which "conditions" is not inferred from anything said above.

This article started with a reference to scientists and their imperfections. It should end with an example of the differences among them.

The statement that "we (man) can not live at all without bifidus," was in all probability not originated by the above referenced author but must have been stated in some scientific (?) paper, although in an examination of over a dozen books and journals, no comparable statement could be found.

To show the close relationship among the lactobacilli and how one may read into a statement what may, in fact, not be true, we must refer to two authoritative, and highly respected, medical dictionaries^{2, 3} mentioned above.

In referring to another member of the lactobacillus, namely, Boas-Oppler, Stedman³ states, "it is found in gastric contents, especially in cases of cancer of the stomach, formerly called Bacillus Gastrophilus. Probably *L. Acidophilus*." And now we turn to Dor-

land² "Lactobacillus Boas-Oppler, an organism of the genus Lactobacillus, an organism first isolated from the gastric juice of patients with gastric carcinoma, similar to, if not identical, with Lactobacillus bulgaricus."

The spelling differences are insignificant, but what is significant is that one authority identifies this organism with the acidophilus and the other with bulgaricus. With a little arithmetical juggling we might say Boas-Oppler equals acidophilus which equals bulgaricus. Therefore, they are the same.

There is always room for an honest difference of opinion among scientists. Indeed it is necessary for progress. However, when one undertakes to incriminate a wholesome food, a food that was, and is, made empirically, and used for centuries long before scientists became involved with classification, then it behooves the scientist to be more certain of the facts and more careful of the interpretation he places upon them.

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