

**National  
Health  
Federation  
BULLETIN**

July-August, 1971

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**NHF Victorious  
in California  
Court Hearing**

**FOOD LABELS SHOULD REVEAL  
ALL INGREDIENTS**

**NHF joins in effort to force the Food and Drug Administration to require food product producers to list all ingredients on labels of processed goods.**

**The Medical Research Game**

**An intimate and revealing view from within the research community, written by a medical researcher.**

**Chiropractors Challenge A.M.A.**

**NHF Legislative Advocate Gives  
Testimony on Health Manpower Bill**

**Branch of NHF Established In Australia**

**How Much Juice Is In Your Drink?**

**Dedicated to the Protection of Health Freedoms**

# THE NATIONAL HEALTH FEDERATION BULLETIN

Protection of Health Freedoms

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July-August, 1971

## CONTENTS

NHF Victorious In California Court Hearing Charles Orlando Pratt, Washington General Counsel .....	1
Washington Report—NHF Demands FDA Require Listing Of All Ingredients On Food Labels Clinton R. Miller, NHF Legislative Advocate .....	6
NHF Legislative Advocate Gives Testimony on Health Manpower Bill .....	11
The Medical Research Game Richard P. Huemer, M.D. ....	17
New Life Members .....	21
Chiropractors Challenge A.M.A. ....	22
How Much Juice Is In Your Drink? .....	24
Branch of NHF Established In Australia .....	25
Notes From the News .....	26
Biomedical Researcher Suggests Ways to Ease Health Care Manpower Shortage .....	28
In Answer To Your Question Regarding Membership Renewal Dates .....	30
Book Review— Consumer Beware!—Your Food and What's Been Done To It .....	31

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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# NHF Victorious In California Court Hearing

By CHARLES ORLANDO PRATT  
Washington General Counsel

**A landmark victory for The National Health Federation, the International Association of Cancer Victims and Friends, and all Americans was won in the California Superior Court with a decision by a courageous judge based on the United States Constitution.**

Judge Max Z. Wiscot of the Superior Court of California, at a Court Hearing in Los Angeles on May 3, 1971, refused to grant the request of the State of California to enter a *Court Order* for a *Preliminary Injunction* against The National Health Federation and others to restrain them from making any representations that Laetrile has any value in arresting, alleviating or curing cancer.

A Judge, *Pro Tempore*, of the Superior Court of the State of California for Los Angeles County had entered an *Order* on March 31, 1971, at the request of the Attorney General on behalf of the Director of Public Health of the State of California, to show cause why NHF and others should not be restrained from making any representations that Laetrile has any value in arresting, alleviating or curing cancer. In that *Order* the Court set the Hearing for May 3, 1971.

Fred J. Hart, Chairman of the Board of Governors of NHF, Charles I. Crecelius, President of NHF, and the Executive Commit-

tee of NHF, being seriously and deeply concerned with the State of California's attempt to deny freedom of speech, freedom of press and freedom of assembly, decided unanimously to fight that Court Order, even up to the Supreme Court of the United States if necessary.

Your Washington General Counsel was requested to prepare for The National Health Federation the necessary legal Answer and Response to the said *Complaint for Injunction* and NHF's *Motion To Dismiss, Set Aside and/or Vacate Order To Show Cause*. In addition, a *Brief* was prepared setting forth statutory, constitutional and practical reasons the Court should deny the requested injunction and grant The National Health Federation's *Motion To Dismiss, Set Aside and/or Vacate California's Court Order To Show Cause*.

It was reported that the California Attorney General's Office indicated that this was a "career case," meaning that the State expected to win the case in the Su-

(Continued next page)

JULY/AUGUST, 1971

perior Court and that undoubtedly NHF, IACVF and all defendants would appeal. Such a victory for California would mean that The National Health Federation; Fred J. Hart, Chairman of the Board of Governors; Charles I. Crecelius, President; each Member of the Board of Governors; Howard C. Long, Vice President; and Clinton R. Miller, Vice President and Washington Legislative Representative; your Washington General Counsel, indeed, each and every agent, servant, employee and representative of NHF *would be enjoined* and restrained during the pendency of this action from engaging in or performing, *directly or indirectly*, or making any representation that Laetrile has any value in arresting, alleviating or curing cancer.

Of course, this injunction and restraint would have included The National Health Federation *Bulletin*, and any publication by anyone connected with NHF. Further, this injunction and restraint would have included any public speech or oral statement at any NHF National Convention, or any other convention or meeting, made by any NHF official, agent, servant, employee or representative concerning the product, Laetrile.

A violation of this injunction and restraint would have served as the legal basis for criminal prosecution against anyone or all those named NHF defendants on charges of Criminal Contempt of Court for violating the Court's Injunction

Order, had that Order been entered.

Such an unreasonable and unwarranted Court Injunction would have established a precedent by which the Department of Public Health of the State of California could seek further injunctions against NHF, all of its officials and each of those mentioned for making the prohibited oral statements or speeches at national, state or local conventions sponsored by NHF or any other organization.

This precedent could have destroyed the NHF *Bulletin*. In fact, such an injunction in California could have destroyed The National Health Federation as we know it; because the U.S. Department of Health, Education and Welfare, especially FDA, could urge and convince many or all states to seek and obtain similar Court Injunctions against NHF throughout America.

Realizing the tragic and unlimited destructive and disastrous consequences of a victory for California in this case, your Washington General Counsel prepared a legal *Brief* for the consideration of the Superior Court of California. This *Brief* included all of the old precedent-making decisions and the most recent decisions of the Supreme Court of the United States, which protect all Americans in their constitutional and inalienable rights of free speech, free press, free assembly and the right to petition their government for redress of grievances.

It was imperative that NHF and IACVF win this case *now* in the Superior Court of California at Los Angeles to protect their rights, to preserve those rights and to prevent possible criminal court actions against their officials and friends.

In fact, if California had won this case, the injunction and restraint against NHF, IACVF, their officials and anyone connected with said organizations could have stayed in effect for several years, while the case was being appealed through all of the higher courts in California, including its Supreme Court, and until the final decision was made in this matter by the Supreme Court of the United States. The NHF and IACVF victory in the Superior Court of California prevented that dangerous situation and the needless expenditure of thousands of dollars for court costs, necessary expenses and legal services.

On behalf of NHF, all legal documents, which were prepared for NHF with the U.S. Supreme Court in mind, were filed in the Superior Court of California by Kenneth R. Ruderian, Esq., the newly established Director of the Legal Department of the Federation, and who ably assisted your Washington General Counsel in this case. He entered his appearance and that of your Washington General Counsel as defense attorneys for The National Health Federation, its President, Charles I. Crecelius, and its agents, servants, employees and representatives. In the Court

Order Fred J. Hart was named erroneously as President of NHF; but this was corrected in the *Answer to the Order*.

At this May 3, 1971, trial or hearing, the defendants, International Association of Cancer Victims and Friends, their officials and representatives, were most ably represented by such outstanding defense attorneys as Kirkpatrick W. Dilling, Esq., of Chicago, Illinois, and Joseph W. Wapner, Esq., of Los Angeles, California.

Charles I. Crecelius, NHF President, and other prominent NHF officials and Board Members together with more than one hundred concerned members and friends of NHF and IACVF attended the Hearings; and all were treated with courtesy by the Court. All present were allowed by order of the Judge to enter the courtroom during the course of the trial and arguing the case. This was an unusual, but most welcome courtesy extended by the Judge whose courtroom had seats for not more than twenty-five persons.

As your Washington General Counsel stood up to commence his argument on behalf of NHF, Judge Wiscot promptly stated that he had *read and studied* the Answer, Motions and Brief prepared for, and filed by, NHF setting forth the statutory and constitutional reasons for urging the Court to deny what we believed to be an unlawful injunction sought by the State of California.

(Continued next page)

It is pleasing and proper to state here that the Court, the Deputy Attorney General, Officials of the Superior Court and the Clerk's Office, at all times extended courtesies to the defense attorneys and the defendants.

Briefly, we argued that the Federation believed that no State Statutes or Official Regulations, issued pursuant thereto, were intended by the Legislature of California to deny NHF, or any of its representatives, the right of free speech, free press and peaceably to assemble. NHF believed it had a right to educate and to advocate an idea which encourages fair and impartial research, study and testing of the product Laetrile, by authorized federal or state agencies, to determine its value in arresting, alleviating or curing cancer. NHF did not argue the value of Laetrile, but only the right of all Americans to know officially its real value and to let it be known that some medical doctors and patients in foreign countries believe that Laetrile is safe and in some cases effective.

Further, we argued that everyone has the inalienable right to advocate and to educate American citizens concerning the availability and use of a product, such as Laetrile, in a foreign nation where that availability and use are legally recognized. We urged that the appropriate United States health and medical authorities should determine, through clinical research in America by licensed doctors of

medicine in fair and unbiased tests, that the product Laetrile is, or is not, safe and/or effective in the treatment of cancer.

It is significant to point out here that, at all times, Judge Wiscot was judicious and fair to all the parties and attorneys appearing at this Hearing. In fact, he increased our faith in our government at this point when he refused to issue the injunction Order sought by the State of California. This meant that the Court was protecting the minority rights against the subtle master of power and influence of the majority as advocated by the California Department of Health.

We have always believed that in frank expression of conflicting opinion, lies the greatest promise of wisdom in governmental action; and that in suppression of such discussion lies ordinarily the greatest peril to our constitutional and inalienable freedoms.

We argued also before the Court that to enter the injunction requested by the State would subvert the most fundamental meaning of a free press, protected by the First and Fourteenth Amendments to the Constitution of the United States. We argued that the Fourteenth Amendment makes the First Amendment applicable to the State of California, as well as to all States.

Before rendering his final judgment, Judge Wiscot asked again if the Deputy Attorney General representing California had any further legal precedents or cases to

sustain the State's request for the injunction. Upon being advised, in effect, "No," the Judge proceeded to issue his final judgement and then entered his Order denying the requested injunction. In doing so, Judge Wiscot, among other reasons, cited as authority for his decision a United States Supreme Court case (Thomas v. Collins, 223-US 516), which was set forth in our NHF Brief.

In Thomas v. Collins the Supreme Court of the United States said:

"The very purpose of the First Amendment is to foreclose public authority from assuming a guardianship on the public mind through regulating the press, speech, and religion; in this field every person must be his own watchman for truth, because the forefathers did not trust any government to separate the truth from the false for the people."

Your NHF officials have always believed sincerely that no one can run away from a challenge or an unlawful act against him. They believe, as you do, that one must sometimes fight it out, even against the power structure of bureaucratic state and federal governmental agencies, or perish. That being so, NHF decided to fight. We realize that freedom is not free. It is priceless.

NHF's decision was not only right but courageous. NHF proved again that it does stand as a beacon light in the darkness and as a bulwark for freedom in health matters for all Americans.

JULY/AUGUST, 1971

Faith in our government and our judicial system, and faith in the veracity of government agencies at this level were renewed in this landmark decision for all the members and friends of the Federation. This victory will nurture our spirit to shield us against the exercise of unlawful and unreasonable power.

California can be proud of this landmark judgement for all people. All Americans can be proud of The National Health Federation and its enlightened leadership.

### 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:

*"The National Health Federation, a non-profit corporation, incorporated under the laws of California, with headquarters at Monrovia, California, the sum of.....(\$.....) for its discretionary use in carrying out its general aims and purposes."*

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."

# WASHINGTON REPORT

By Clinton R. Miller, NHF Legislative Advocate

## NHF Demands FDA Require Listing Of All Ingredients On Food Labels

The National Health Federation is joining forces with a group of George Washington University law students and Representative Benjamin Rosenthal (D-N.Y.) in a united legal and legislative fight to force the Food and Drug Administration to require the listing of all ingredients on the labels of all foods.

Five second year law students of George Washington University ignited the action when they conceived a plan to force full ingredient disclosure on all food labels while taking a relevant Unfair Trade Practices course taught by reformist Professor John Banzhaf. They organized LABEL, a non-profit corporation, which is an acronym for Law Students Association for Buyers' Education and Labeling. The students are Arthur Kock, Chairman; Gary Laden; Ellis Sault; Louis Kaufman; and John Levy. The mailing address of LABEL is Room 226, 2020 F Street, N.W., Washington, D.C. 20006.

On February 25, 1971, LABEL announced it had filed a petition on that day with the Food and

Drug Administration charging that FDA regulations have resulted in inconsistent, ineffective, and misleading food labeling regulations. They charged that with FDA's blessings:

(1) Many food products list no ingredients whatsoever on their labels.

(2) Some food products list several of their ingredients but neglect to inform the consumer that this is only a partial disclosure.

(3) Retailers and distributors often receive a more informatively labeled product than the consumer. LABEL points out that, because of the weak FDA regulations, the presence of many potentially harmful ingredients, such as caffeine and monosodium glutamate, are hidden from the public.

In their carefully worded petition LABEL demanded that the FDA issue a new regulation to require complete declaration of all ingredients contained in all food products. The five law students contend that FDA was not complying with the Congressional statute which calls for action by the FDA

that will "promote honesty and fair dealing in the interest of consumers."

The FDA took no action. The five law students had anticipated this reluctance by the FDA to do anything, however, and they moved to take court action against the FDA to force the agency to publish their petition in the Federal Register as required by law.

### Rep. Rosenthal Supports LABEL

At the same time LABEL was doing all they could to force FDA to print their petition in the Federal Register, thus opening up the matter so that any interested party, such as NHF, could formally introduce their comments. Representative Benjamin Rosenthal was doing all he could to rally support from Congress. On March 17 he had the full text of the petition put in the Congressional Record. He then publicly stated his support of LABEL's efforts.

FDA still did nothing about publishing the petition. LABEL prepared for court action to force FDA's compliance and, at the same time, Rosenthal let it be known he was considering introducing a bill patterned after LABEL's petition.

Belatedly, Dr. Charles Edwards, FDA Commissioner, finally, on May 12, published a short summary of LABEL's petition in the Federal Register and invited consumers and other interested parties to make comments.

A form letter supporting LABEL's petition has been prepared by NHF for your conveni-

ence and appears in this *Bulletin* following this article. Please read it, and if you agree with its contents, sign it and mail it—NOT TO FDA but to Rep. Benjamin Rosenthal who will forward your letter to FDA with a supporting letter of his own. We want Rep. Rosenthal to know how many consumers are behind him and LABEL in this action.

On Monday, May 24, Rosenthal introduced his "Truth In Food Labeling Act" which would require that all ingredients contained in a food product be listed on the label. When he introduced his bill, he told Congress, "I was happy to note the other day that the FDA has published in the Federal Register (May 12, 1971), and has asked for comments on, a petition that would accomplish the same purpose as this bill."

Rosenthal's bill would amend the Food, Drug and Cosmetic Act. LABEL's petition would require FDA to amend their regulations.

### Rosenthal Skeptical

Then the New York Congressman told his colleagues that even though FDA could and should quickly amend their regulations, he doubted they will do so. He said, "I am skeptical, however, that FDA seriously intends to sit on this matter in the near future. It has the authority to administratively require full disclosure of all contents since passage of the Food, Drug and Cosmetic Act in 1938."

(Continued next page)

"Instead," Rosenthal warned, "over the years the agency has created a labyrinth of regulations which allow manufacturers to conceal all ingredients, require that some be listed without specifying that it is only a partial listing, and allow certain additives (such as colorings and seasonings) to hide behind generic names. There are relatively few products which FDA requires to list completely their contents on the label."

"Knowing ingredients," Rosenthal reasoned, "is especially important to persons with allergies and other dietary problems. Moreover, everyone should have the right to know what he is eating."

#### Hits Standards of Identity

"At the core of the labeling controversy are the Standards of Identity. The original and quite valid purpose of these standards was to make certain that manufactured food products, which had become known to the consumer by their common names, would contain substantially the same ingredients regardless of the manufacturer," he said, and added, "The Food and Drug Administration, however, later permitted manufacturers of foods covered by Standards of Identity to withhold from the label many, and sometimes all, of the ingredients in the product."

Rosenthal then noted, "Ironically, it is often the potentially harmful ingredients that are not listed, such as caffeine in colas . . ." He said, "I find it incredible that one product which usually lists all of

its ingredients on the label should be dog food."

NHF will, at the proper time, give top priority to Rep. Rosenthal's bill, but the immediate task is to flood FDA (through Rosenthal's office) with letters in support of LABEL's petition.

For convenience, you may use the prepared letter which follows on the next page by carefully re-moving it, signing and mailing it as directed. Better yet, you may write a letter of your own. Additional copies of the form letter are available from our Monrovia office. You are urged to obtain as many of these as you can use and have your relatives and friends sign and mail them to Rep. Rosenthal. After you have done this, write a letter to your own Representative and tell him you want him to cosponsor Rep. Rosenthal's "Truth in Food Labeling Act," H.R. 8670.

#### PARDON OUR ERROR

In the June *NHF Bulletin* (page 13), the names of four of the eight cosponsors of Senate Resolution 70 were inadvertently omitted. The complete list of the cosponsors is:

Sen. Hollings (D-S.C.)  
Sen. Cranston (D-Cal.)  
Sen. Kennedy (D-Mass.)  
Sen. Mondale (D-Minn.)  
Sen. Chiles (D-Fla.)  
Sen. Hart (D-Mich.)  
Sen. McGovern (D-S.D.)  
Sen. Nelson (D-Wis.)

NATIONAL HEALTH FEDERATION BULLETIN

The Honorable Benjamin S. Rosenthal,  
U. S. House of Representatives,  
Washington, D.C. 20515

TO BE FORWARDED TO:

The Hearing Clerk,  
Department of Health, Education, and Welfare,  
Room 6062, 5600 Fishers Lane,  
Rockville, Maryland 20852

Dear Sir:

I support the proposal made by LABEL Inc. in the Federal Register, May 12, 1971, that FDA issue new regulations requiring that: "For the purposes of promoting honesty and fair dealing in the interest of the consumer, all food manufacturers and distributors must list on the label, in order of their predominance, all ingredients which are contained in their product."

I also support the grounds given in support of the proposal by LABEL Inc., which are:

1. Adequate information as to the contents of standardized food should be on the label to enable the consumer to make an informative choice of the food she buys.
2. The absence of the names of ingredients from the label of standardized food does not promote honesty and fair dealing in the interest of the consumer.
3. Health and religious dietary reasons require full label disclosure of the names of all ingredients in standardized foods.
4. The absence of the names of all mandatory ingredients and nondesignated optional ingredients from the labels of standardized food is an inadequate substitute for informative labeling and is misleading to the consumer.

(over)

Washington Report  
**NHF Legislative Advocate Gives  
Testimony on Health Manpower Bill**

Congress is rushing through a bill, H.R. 4155, which will provide hundreds of millions of dollars to public and nonprofit private schools of medicine, dentistry, osteopathy, podiatry, optometry, pharmacy, and veterinary medicine, but not one penny for chiropractic schools, representing America's second largest healing profession.

This is an injustice to both the members of the chiropractic profession and to the millions of persons who do, or desire to, avail themselves of chiropractic care. Anything less than complete parity of all legally recognized, licensed branches of the healing profession is inconsistent with American democratic principles.

NHF has been diligently working with Congress to get chiropractic included in the bill. Your letters to Congress on this matter are needed now. For your convenience, a prepared letter is printed in this issue of the *Bulletin* immediately following this article. If carefully removed, it may be signed and mailed to your Representative.

Then assign yourself as a committee of one to call some local chiropractors and be sure they are adequately supplied with extra form letters and that they are getting all their patients to sign them.

NHF has always been considered of NHF testimony and has helped us get some good bills passed and some unfavorable bills killed in previous Congresses. NHF's testimony follows:

**NHF TESTIMONY ON  
H.R. 4155 AND H.R. 703**

*Chairman Rogers:* Our next witness is an old friend of the Committee, Mr. Clinton R. Miller, legislative advocate of The National Health Federation. Mr. Miller, it is a pleasure to see you.

*NHF's Mr. Miller:* It is a pleasure to be here, Mr. Chairman. (Continued next page)

Unless FDA grants LABEL's proposal, I respectfully request a public hearing to be held.

Respectfully yours,

\_\_\_\_\_ (name, print)  
\_\_\_\_\_ (signature)  
\_\_\_\_\_ (street)  
\_\_\_\_\_ (city, state)

P.S. If FDA doesn't promptly issue these proposed regulations, I have informed Rep. Benjamin Rosenthal, who has forwarded this letter to HEW, that I will support his bill, H.R. 8670, to accomplish the same purpose in Congress.

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.

Mr. Rogers: We will be pleased to receive your statement.

Mr. Miller: Mr. Chairman and members of the Subcommittee. I am Clinton R. Miller, Vice President of the National Health Federation. I am here today to present NHF's views on H.R. 4155, The Health Manpower Training Act, and H.R. 703, a bill to encourage health manpower to practice in shortage areas.

The National Health Federation is the largest consumer organization in America which is concerned exclusively with health matters. I was pleased to hear the previous witness, Dr. Johnson, indicate that there is a great need to have consumers come before this Subcommittee and express their needs rather than the deliverers of health service. That is the purpose for which I have come.

NHF is strongly opposed to a monopoly, or anything which will encourage a monopoly, in the healing arts. Unless the pending legislation (H.R. 4155) is amended, we believe it will tend to destroy chiropractic, the second largest healing profession. This will compound, rather than help solve the problem of getting health manpower to practice in farm and rural areas.

NHF respectfully suggests and urges that H.R. 4155 and H.R. 703 be amended to include chiropractic. Chiropractic is conspicuous by its omission in these two bills. To do otherwise will encourage a monopoly of the healing arts. The

symptoms of a monopoly are high prices, poor service, and unresponsiveness to the needs of the public it serves.

NHF believes it is time Congress recognized and respected the rights of the millions of tax-paying consumers who choose chiropractic exclusively or occasionally for their health problems. Federal legislation should cease discriminating unfairly against the large segment of the American public who want chiropractic services.

We, therefore, respectfully urge that the Comprehensive Health Manpower Training Act of 1971 (H.R. 4155 and companion bills) be amended on page 2, lines 6, 16, and 21 to include the word "chiropractic" immediately after the words, "Medical" or "medicine." We urge that appropriate language changes be made elsewhere in the bill and in H.R. 703, so that the chiropractic schools and students will be included on a fair and equal basis with those of medicine, osteopathy, podiatry, optometry, pharmacy, and veterinary medicine.

H.R. 703 is written to encourage health manpower to practice in shortage areas. It is generally recognized that the greatest shortage of health manpower exists in rural and farm areas.

NHF recognizes that the crisis in health manpower is a well-documented fact in American life. Farm and rural families are especially in need of health services and chiropractic is geographically available

to provide many needed services: 1. A major study of the United States Public Health Service indicates statistically a greater orientation of doctors of chiropractic to rural and non-urban America than is true of other health professions. (*Public Health Service, National Center for Health Statistics, Series 10, No. 28, page 38.*)

2. The President's National Advisory Commission on Rural Poverty reported that only 12 per cent of M.D.'s are located in rural areas. (*People Left Behind, September, 1967, page 68.*)

3. A recent chiropractic estimate is that over 60 per cent of doctors of chiropractic in 1968 were located in communities having a population of 50,000 or less.

Thus, chiropractic has already proved it is an especially important health profession in meeting the needs of rural and farm people. The incentive of H.R. 703 is that it would pay in full the principal and interest of any outstanding educational loan incurred by a student who, upon graduation, would agree to practice where a shortage of personnel exists. If chiropractors were included in the bill, it would encourage even more of them to serve in rural and farm areas than now do.

Indeed, we submit that there are other-than-financial-considerations which cause medical doctors to cluster in cities. M.D.s are hospital oriented and hospital dependent in their training and practice. Chiropractors are not.

H.R. 703 only provides that a

physician, dentist, or optometrist has to agree to practice for three years in an area determined to have a shortage of and need for their services. After three years, it is likely that the other-than-financial-considerations which cause physicians to gravitate to large, well-equipped hospitals in large cities will cause a major proportion of them to leave the rural or farm area just as soon as their three years of mandatory contracted service is completed. But not so with the chiropractor. Experience has abundantly proved that he stays and prefers rural and farm areas.

Another consideration is that the first three years of a physician's practice may not be his best.

NHF therefore submits that it is both fair and reasonable to include chiropractic in the bills under consideration by this Subcommittee.

Elsewhere in this Congress, legislation is moving along which will eventually give consumers of chiropractic services the fair consideration they are entitled to as tax-paying citizens. NHF approvingly takes note that Representative Paul Rogers, the distinguished Chairman of this Subcommittee, has introduced H.R. 5525, a bill to include chiropractic in Medicare. Over 100 other congressmen in this and the last Congress have co-sponsored similar or identical bills. The Senate has already, in this session, passed an amendment to include chiropractic in Medicare, and the bill, I understand, is in conference at this time.

Thank you, Mr. Chairman, for af-

fording NHF this opportunity to inform this Subcommittee of some of our views on pending legislation. Before I close, though, I would like permission of the Chairman to have included, as part of my statement, the White Paper on Chiropractic which was prepared by the American Chiropractic Association, and the International Chiropractors Association, which clarifies some of the misinformation that was given to Congress by HEW in a previous report.

*Mr. Rogers:* Without objection, so ordered.  
(The White Paper referred to is part of the committee record at this point.)  
*Mr. Miller:* Thank you, Mr. Chairman.  
*Mr. Rogers:* Thank you, Mr. Miller, for letting us have your views. We appreciate your patience and your presence and your waiting for the Committee. Thank you very much. (End of Congressional testimony.)

In 1962 when the first Health Manpower bill was passed, it was originally drafted *not* to include optometry or podiatry. During testimony and following it, strong pressure was successfully put on members of the 87th Congress to include podiatry and optometry. As a result, in the past 10 years, enrollment of new students in these two professions has doubled. In 1962 there were 401 first-year students of optometry. In 1970, there were 827!

Though we do not have the accurate figures on hand for chiropractic college enrollments, it is doubtful that the number of first year students has doubled since 1962.  
In 1961, at the first National Congress on Medical Quackery, Oliver Field, Director of AMA's Department of Investigation appealed to the Food and Drug Administration, the Post Office Department, and the Federal Trade Commission to help AMA stamp out their competitor healing art, chiropractic. He said: "The campaign, then, should be positive, in that it should seek to dissuade and discourage youngsters from following a fraudulent course by enrolling in chiropractic schools. Attention should be given to high schools, academic and junior colleges. No one can expect or hope to keep all people from being lured into such a fraudulent system of healing, but as long as the minimum is achieved, chiropractic will dry up for want of nourishment to its roots - namely, matriculants in its schools." (*Proceedings 1961 Quackery Congress, page 63.*)  
In 1963, NHF held its first National Congress on Health Monopoly simultaneously with the AMA's 2nd Congress on Medical Quackery. We effectively protested and stopped AMA's attempt to get FDA, P.O., and FTC to join in a conspiracy to destroy chiropractic through adverse publicity from jointly (FDA - AMA) sponsored "Quackery Conferences." Our next steps are to get chiropractic in Medicare and then the Health Manpower Training Act.

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

Dear Sir:

I support the National Health Federation's request that H.R. 4155 and H.R. 703 be amended to include chiropractic students and schools on an equal and fair basis with those of medicine, dentistry, osteopathy, podiatry, optometry, pharmacy, and veterinary medicine.

I am strongly opposed to any unfair legislation which will tend to cause a monopoly in the healing arts. Unless the Comprehensive Health Manpower Training Act of 1971 is amended, it will tend to destroy chiropractic, the second largest healing profession.

Please read and consider NHF's testimony given to the Public Health and Environment Subcommittee of the House on April 28 together with the White Paper on Chiropractic which is part of the record.

I then urge you to use your influence and vote to be sure chiropractic is included in H.R. 4155 and H.R. 703.

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.

# The Medical Research Game

By RICHARD P. HUEMER, M.D.

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**A physician, engaged in full-time medical research for the past ten years provides an intimate and revealing analysis of the field of medical research and of research scientists. His views will surprise many of our readers and may prompt some of his fellow scientists to engage in some self-evaluation and possibly to consider some of the reforms suggested here.**

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Organized science has always had good press agents. Writers like the late Paul de Kruif have fashioned images of clear-eyed, idealistic men overcoming the dark forces of Nature to deliver miracles to suffering humanity. Of course, the public's apprehensions about science have occasionally been personalized in the archetypal mad scientist, but everyone knows he is a fictitious character. The true scientist, the real one, is the clear-eyed fellow in the white coat, with altruism in his heart, truth in his mind, and miraculous cures in his outstretched hands.

As one of those men in the white coats, let me assure you: *it ain't so*. For altruism, read self-interest; for truth, read authority; for miracles, read minutiae. And you might as well forget about those cures for suffering humanity. Most of the research conducted in universities under the guise of "health" (e.g., sponsored by the National Insti-

tutes of Health) has nothing to do with improving human health.

## The Field As Territory

The scientist is human like the rest of us, and he deserves censure less for his essential humanity than for his hypocrisy. We are all territorial animals, and the scientist, no less than anyone else, marks off a territory that he defends against intruders. In his youth he demarcates an area of Nature which he studies intensively. He becomes identified with his "field" and erects theoretical structures therein. He resists threats to the integrity of his structured territory. By virtue of his prior occupancy of a field, younger scientists who wish to enter it must defer to his judgment. Conversely, he is likely to encounter difficulties if he should abandon his field to enter another. It is a fact that new scientific work is judged meritorious less on its challenge to authority than on its

(Continued next page)

support of existing theories. Science is a conservative human activity.

### Mediocrity and Pride

I presented the preceding analysis recently to a great and wise scientist whose fundamental discoveries in molecular biology and nutrition hold much promise for relieving human misery. He responded: "Everything that you have said is not true." He concluded a critique of my analysis with the observation that there are mediocre people in every field. Certainly what I had said was not true of him, and of some of his colleagues in a few great research centers. But it is eminently true of many thousands of mediocre scientists throughout the world. The mediocre practitioners of any profession far outnumber the star performers.

Men who possess the cosmopolitan interests of my acquaintance are relatively rare in science. Most scientists tend toward overspecialization and obsession with details. Their view of Nature is not holistic, but reductionistic.

The term *applied science* is anathema to most university biologists. The University Man gets a hurt look in his eyes when one discusses the practical implications of his work (or their lack) in clinical medicine. He is, after all, a *pure* scientist rather than a technologist. There is a hint in his manner that the purity of science is somehow sullied by its application to mundane needs. The schism between

basic science and *applied* science is profound and fundamental. I have observed it even at large hospital research centers.

### Dilettante In the Laboratory

Of course, there is a fair number of physicians in biomedical research, and these men are interested in practical results, at least superficially. The trouble is that most physicians have no idea how to do an experiment. Their medical school training has ill equipped them to cope with scientific apparatus and scientific concepts. Furthermore, research is secondary to their main (clinical) interests. Indeed, many M.D.'s in large medical centers conduct research projects not because they are interested in scientific discovery, but because research is a political expedient that leads to more rapid advancement. In fact, a research project is *de rigueur* for success in academic medicine.

The split between fundamental and applied science, combined with the hauteur of university scientists and the incompetence of many physician-researchers, accounts for the lack of relevance of most of today's biomedical research. The situation is further complicated by extensive corruption of the scientific establishment. The corruption has been concealed by the good public image that organized science has enjoyed until comparatively recently.

### Peers In the Star Chamber

The tedious and rather hit-or-miss process of obtaining a re-

search grant has been clearly reviewed by Dr. Solomon Garb in his book, *Cure for Cancer: A National Goal* (Springer, New York, 1968). The acquisition of a grant is one of two necessities for the scientist's professional survival; the other is publication of his manuscripts. Significantly, the scientific establishment exerts control over the researcher at both points. Control over grants is exerted through a variant of the star chamber termed *peer review*.

All applications for grants are sent to study sections (or evaluation committees) consisting of older scientists with experience in a general field of science. All members of a study section receive copies of an application. Two (occasionally more) of the members go over the application carefully and write a detailed critique. The written report serves as the basis of a discussion in the study section, the outcome of which is approval (with a priority rating) or disapproval of a given application. If approved, the grant application then goes to an administrative body which may or may not decide to fund the project.

Peer review rests on the assumption that a scientist's peers are competent to judge his work. However, the prestigious study-section members are not true "peers" of younger, less established scientists. Furthermore, study section members may not be competent in certain highly specialized fields of investigation. And the final decision

on funding a grant application is *not* made by peers.

The membership of the various study sections, evaluation committees, advisory councils, etc. is a matter of public record. But the proceedings are secret. A grant applicant never knows who filed the written report on his application, exactly what the report said, or what was brought up in the discussion. It is considered extremely bad manners to ask. *Scientific anonymity* is carefully preserved.

### The Uses of Secrecy

Scientific anonymity plays an important part also in the evaluation of manuscripts for publication in journals. Most scientific journals send new manuscripts to other scientists who read them and submit anonymous comments through the editor to the author. The author must usually alter his manuscripts to the specifications of the unknown reviewers in order to obtain its publication.

"Scientific anonymity" is of course just a polite name for scientific secrecy. The secrecy functions as a device to preserve the power of the established scientific authorities. It is not a mechanism to maintain impartiality, as is sometimes alleged, for the following reasons: If all scientists were impartial in their judgment, then no scientist's judgment would be questionable and anonymity would be completely unnecessary. On the other hand, if scientists were occasionally to indulge in politics or

(Continued next page)

favoritism, anonymity would be highly desirable—provided it were bilateral, so that neither a scientist nor his evaluator knew the other's identity. In practice, of course, the identity of a researcher is always known to his reviewers, but the identity of the reviewers is never known to the researcher. Even Candide would have perceived that such a set-up contains considerable potential for abuse.

#### Reforms Suggested

A few simple reforms could facilitate the peer-review process. A scientist could be invited to submit his own list of peers to the granting agency. He could be queried about obscure points in his application before a final decision is made, or he could be given an opportunity to rebut unfavorable criticisms. The *detailed* findings of peer review could be made available to him, so that his peers' comments (favorable and unfavorable) could guide his future thinking. And no scientist ought to feel ashamed of signing his name to his review of another man's grant application or journal article. However, significant reform seems unlikely in view of the political strength of organized science.

#### Science In Politics

Fictional scientists—the altruistic researcher and his negative image, the mad scientist—are "loners" who never indulge in politics. But real life science is heavily politicized. Scientific organizations such as the 133,000-member American Association for the Advancement of Sci-

ence (AAAS\*) exert considerable influence in Washington.

A case in point is the opposition of organized science to Senate Bill 34 (S. 34), the Conquest of Cancer Bill (see *N.H.F. Bulletin*, June 1971). The establishment perceived the threat in a large, independently-budgeted program in applied research, targeted toward the goal of curing a major disease. Seventy-nine deans of university medical schools sent a telegram to President Nixon expressing their displeasure with the plan.

Highly-placed Government scientists encountered little difficulty in their efforts to obtain testimony adverse to S. 34. For instance, the head of the Federation of American Societies for Experimental Biology (FASEB), representing a committee of seven members, testified in such a way as to give the impression that all 11,000 FASEB members were against S. 34. However, the membership was not consulted on the issue, in violation of a section of FASEB's constitution. Ironically, none of the members of the seven-man committee is in cancer research.

AAAS, which draws much tacit support from members who join it merely to receive the journal *Science*, also got into the act. Earlier this year the editor of *Science* reiterated AAAS policy that the journal "should function as a forum, rather than as an official spokesman." Two weeks later the editor suffered a lapse of objectivity and wrote: "The wreckage of the

\*Termed "AAA\$" by scientific radicals

nation's medical research enterprise without much counterbalancing progress in coping with cancer. In fact the backers of S. 34 had not recommended a "crash program," and the editor failed to inform his 133,000 readers of the distinction between wreckage and reform.

#### Consumerism and Science

One much-needed reform is the cultivation of bio-technology, to further the application of basic research to human needs. Basic research, of the type conducted by university scientists, should continue to receive public support, for

technology rests on a broad foundation of scientific facts. But basic research should not be supported at the expense of applied research (such as the conquest of cancer), and not under the misleading rubric of "health." Modern biomedical science needs truth in packaging.

Moreover, modern science needs close public scrutiny of its aims and assumptions, its practices and procedures. The consumers of science, which is to say the taxpayers, have as much right to expect benefits from their dollars as do the scientists they support.

### New Life Members

K. C. and Sharron B. Dorr	Ruth C. Bluck
Dr. Clark E. Rich	Mrs. A. J. Diffie
Mrs. Theo A. Snyder	Pamela M. Keicher
Dr. and Mrs. John W. Hamilton	Sylvia E. McMichael
W. Bailey and Lucia L. Oswald	Mildred Brown
Dr. F. J. De Vocht	Hazel M. Brinkeroff
Jane Beauchamp	Larry and Barbara Miller
Floyd and Ivy Bridge	August Kastenhuber
Mrs. Norma H. Burford	Zabrah Schoeny
Mrs. Jack B. Harper	Opal and Robert Cody
Charles and Shirley Thedford	Pauline Hansen
W. M. Childers	J. H. and Kay Windes
Harriett L. Johnson	Mrs. John J. Grebe
Robert Grant	Mr. and Mrs. Robert E. Stanek
Mrs. Robert Johnson	Susan Cox
Mrs. Carl A. Green	Dr. Robert C. Bright
Ruth E. Mayville	Dr. and Mrs. R. L. Hobbs
Edward A. Reindl	

(Received mid-April to mid-May)

# Chiropractors Challenge AMA

Charges that the American Medical Association uses the term, "quackery," as a weapon to undermine public and government confidence in other healing professions, and to foster medical monopoly were made by representatives of the two national chiropractic associations during a press conference held in Washington, D.C. on May 6th.

The charges were made when the AMA flatly refused to permit representatives of the chiropractic profession to participate in the meeting of the American Medical Association's Committee on Quackery at the Statler-Hilton Hotel in Washington, D.C. on May 6-7.

Considerable secrecy surrounded the arrangements for the AMA meeting but when the time and location of the meeting were finally determined, Dr. Hoyt B. Duke, President of the American Chiropractic Association, and Dr. William S. Day, President of the International Chiropractors Association, sent telegrams to AMA officials requesting chiropractic participation in the meeting and offering complete cooperation of the chiropractic profession in the evaluation and eradication of true quackery. The AMA rejected the request and offer of cooperation.

A spokesman for the chiropractic profession suggested that the obvious purpose of the meeting was

formally requested the AMA for an opportunity to participate in AMA's quackery meetings, which were being held May 6 and 7 in Washington, D.C.

Dr. Hoyt B. Duke, president of the American Chiropractic Association, and Dr. William S. Day, president of the International Chiropractors Association, advised the AMA:

"Since all of the various licensed health professions are equally eager to eliminate quackery, both within their own groups and in other groups, we offer you the complete cooperation of the chiropractic profession in the evaluation and eradication of true quackery."

The chiropractic initiative was rejected by the AMA on the ground that the AMA meeting was purely "invitational" in nature. And no invitations were issued to chiropractic groups, despite their request and desire to offer aid.

We came to Washington to seek greater cooperation against quackery in all forms and in all aspects of health practice. Instead of accepting our offer of professional partnership for the common good of man, it appears the AMA prefers to continue a policy of name calling and hit-and-run attacks for the sole purpose of seeking eventual monopolistic control of all health care professions, thereby denying the individual's rights of freedom of choice of doctors.

It is our concern, and it should be the concern of medicine, to eradicate quackery within the pro-

fessional ranks wherever it may exist—and no profession is immune to the problem.

It is the responsibility of associations which represent and establish guidelines for health practitioners to be concerned about both the supply and calibre of health care available to the American people.

We call on the AMA to assume this responsibility, and to stop using the term, "quackery," as a weapon to undermine public and government confidence in other healing professions — specifically against chiropractic — in order to foster medical monopoly.

It is unfortunate that, during a period when our nation is faced with a health crisis, the AMA seems more interested in preserving its self-interest than in coping with the health crisis. We cannot believe that the majority of the conscientious medical doctors throughout the United States support the AMA's irresponsible actions, for the average medical doctor seeks greater cooperation with all other health professions, including chiropractic, so as to provide better and broader health services.

Where there is quackery, it can only be eradicated from all professions, medicine as well as others, through joint action.

The time has come for AMA to indicate whether or not it is acting in good faith... whether it is truly motivated by the health needs of our citizens, or the selfish political needs of their leaders.

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Our nation's spiraling health needs require no less than a full and efficient utilization of the reservoir of trained health practitioners—be they medical or chiropractic.

The American Chiropractic Association and the International Chiropractors Association urge

joint action *against quackery* and for maximum utilization of America's pool of licensed health practitioners. We repeat our desire and request to meet with representatives of the AMA on health issues of public interest, and pledge our full and sincere cooperation.

## How Much Juice Is In Your Drink?

Few shoppers apparently are aware of the substantial differences in products bearing such names as "juice," "juice drink," "breakfast drink," "fruit drink," "juice ade," "juice cocktail" and "juice nectar."

And few people are aware of how little fruit juice is contained in all of these products except "juice." Federal regulations require that anything labeled simply as "juice" must consist entirely of the natural juice of the fruit in question.

But there are no Federal standards specifying the proportion of natural juice in the other products that are often labeled, advertised and promoted to look like the real thing. The result is a jungle of terms for blends containing as little as 6 percent juice in orange "drink" and as much as 50 percent juice in what is called orange "juice drink." Percentages vary considerably from these, however, from brand to brand.

The "natural" flavoring mentioned on some labels is not full natural juice but concentrations of juice or parts of the fruit, such as the highly flavored rind of oranges.

The Food and Drug Administration has been trying for nearly seven years to set standards for these drinks. Lack of agreement among major producers and natural differences between Florida and California oranges have blocked acceptance of any standards. As it is, fruit drink products are required to list their ingredients in descending order of importance, but few buyers stop to read the list. If they did, they would find that water and sugar usually top the list. (*From The Sunday Star, Washington, D.C.*)

# Branch of NHF Established In Australia

The National Health Federation now has an affiliated counterpart in Australia. The National Health Federation of Australia is now an established organization and judgment from the enthusiasm evidenced in the first meetings and the leadership available to guide the new organization, there is no question about the future success and effectiveness of this newest branch of NHF.

Formation of the new NHF Branch was instigated by the members of the South Pacific Federation of Natural Therapists. Many Australians have long felt a need for an organization to function in Australia for the same purposes and in the same manner as the National Health Federation in the United States. Quoting one of the charter members. "The problems we face in Australia are really very similar to those you have in the United States and, as far as pollution is concerned, there is no country in the world not affected in some manner." The suggestion of affiliating with NHF was readily accepted so that the new organization might immediately have the guidance, the support and the benefits of the seasoned experience gained by NHF over the past fifteen years.

As this issue of the *NHF Bulletin* goes to press, our president, Mr. Charles Crecelius, is in Australia assisting in the organization efforts. Incidentally, this is being done without expense to the National Health Federation. Mr. Crecelius has appeared as the featured speaker at public meetings held in Sydney, Canberra, Melbourne, and Adelaide. In addition, he has appeared on two TV and three radio programs. Several newspaper articles and the TV Times (similar to the TV Guide in the United States) is doing a write-up. Needless to say, Mr. Crecelius is highly appreciative of this warm reception and is impressed with the leadership available and ready to serve in the future growth and work of the organization.

Your editor has just received a copy of their first piece of promotional literature—a well done piece stating the objectives of the organization—with a membership application attached. An Australian edition of the *Bulletin* is planned which they will print utilizing largely, the material contained in our American edition.

Posted on a doctor's office door:  
"Doctor is on vacation. Stop smoking, eat sensibly and stop by again in a month."

# NOTES FROM THE NEWS

## Copley News Service

### Trees Fight Pollution

Almost every community has areas that would be enhanced by the addition of fine shade trees. Think back to last summer's heat and imagine what a difference a green canopy of shade would make on that undeveloped recreation area at parks and schools, etc. The trees do more than provide beauty and climate control. They make improvements in the environment. Trees filter and clean the air we breathe, provide oxygen for living, and reduce sound and noise.

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## Milwaukee Journal

### Instant Breakfast Ad Change Pledged

The Carnation Company has promised federal officials it will no longer advertise its "Instant Breakfast" as equal in nutrition to eggs, bacon, toast and orange juice. Carnation, charged by the FTC with false advertising, made the promise formal in a consent order provisionally accepted by the FTC.

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## Tulare Advance-Register

### Controversial Weed Killer Ban Could Cost \$172 Million

If the government accepts demands for a ban on a controversial weed killer called 2,4,5-T, the move

could cost farmers, utility companies and other users up to \$172 million a year, Agriculture Department economists warn. The fate of the chemical currently rests with the Environmental Protection Agency which announced January 18 it was starting an intensive 60 day review. The study will determine whether a ban imposed on some uses of the product last year should be followed with an immediate halt in interstate sales for all remaining uses. A partial ban—on most food crops and uses around homes—was imposed in 1970 on the basis of reports that heavy doses of the chemical produced birth defects in laboratory mice.

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## Houston Chronicle

### TSTA Urges Warning Label On Alcoholic Drinks

The Texas State Teachers Assn. Saturday urged federal legislation to require a warning label on alcoholic beverages. The resolution recommends that the National Education Assn. support legislation that would be similar to present law requiring a health statement on cigarettes. At the House of Delegates meeting here, the 1280 delegates rejected another resolution that would ask the state legislature to enact legislation to ban alcoholic beverage advertising on radio and television.

NATIONAL HEALTH FEDERATION BULLETIN

## Los Angeles Times

### New York To Build Pollution-Free Waste Plant

New York City is planning to build what it says will be the nation's first large-scale solid-waste disposal plant that will not pollute the air. It will use a radically new method that destroys garbage and industrial wastes by baking, rather than by burning, the wastes in an oxygen-free kiln. This eliminates the black clouds of soot and noxious gases that curl from smokestacks of municipal incinerators.

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## San Gabriel Valley Tribune

### Food, Medicine Agent May Be Cancer Cause

New research points to the possibility that a chemical manufactured in human stomachs from elements used in some food preservatives and medicines causes cancer, according to scientists at the University of Nebraska. Doctors base their findings on experiments in which they say lung cancer was produced in 65 to 90% of mice fed large amounts of nitrite—often used as a food preservative—and three types of secondary amines, which are protein building blocks and used in several medicines. The scientists also say that 15% of the tumors were malignant. Doctors say that the nitrite and some amines combine in the stomach of mice to form a substance known as nitrosamine. This chemical then enters the blood stream and causes the

lung tumors. Nitrite is permitted by the government as a curing and preservative chemical in smoked fish, canned ham, corn beef, frankfurters, luncheon meats and some sausages. It is also found naturally in vegetables, particularly beets, spinach and celery.

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## Mitchell (S.D.) Daily Republic

### Use of Artificial Hormone Lowers Beef Quality

Widespread use of an artificial hormone in fattening cattle has lowered the quality of beef sold to consumers, according to officials of several meat packing firms. But government officials, hormone manufacturers and other cattle industry sources dispute the packer's contention. The hormone—known as DES—is fed to an estimated three-fourths of the 40 million cattle slaughtered annually in the United States. Because it has caused cancer in laboratory animals, the amount of the hormone added to cattle feed is limited by federal law. The law also states "no residues" of DES are allowed in meat reaching consumers, and that no additives are permitted which harm the animal being fed them. However, Agriculture Department records show that its inspectors have detected residues of the hormone in about 1 of every 20 cattle checked. Meat, with residues is condemned when found, but one government official said, "I don't see how you can keep it all out."

## Biomedical Researcher Suggests Ways to Ease Health Care Manpower Shortage

Qualified experts have testified that the country is ill-prepared to embark upon any form of national health insurance simply because it would further tax the already overburdened health care manpower and facilities. If something similar to Medicare were to become available to everyone at all ages, it is most unlikely that the present number of hospital beds and the current number of doctors would be able to cope with the resulting demand for their facilities and services.

Recently, we received a letter accompanied by explanatory material from Alex Szabo, Ph.D., who, it is evident, has been concerned about this very problem. Dr. Szabo is a consultant in the fields of life science, biomedical research and education. In the recent years, he has been affiliated with aero space and civil aviation medicine. His letter outlines suggestions for lessening the doctor shortage. Though medically trained, Dr. Szabo feels that there is a place for all branches of the healing arts—medicine, osteopathy, chiropractic, naturopathy, dentistry and podiatry—and provides for their training on an equal basis in one of his proposals.

We have been informed that he has presented his proposals to some

members of Congress, key educators, and several colleges and universities. His proposals have been received by the Board of Regents of the University of California and a further study of their feasibility there is being made. We believe his letter, very briefly outlining his proposals, will be of interest to many of our readers. It follows:

Gentlemen:

As a researcher and consultant, I would like the opportunity to comment on "Our National Health Problem."

I would be the first to agree that serious problems exist, primarily in the areas of delivery of adequate health care and expensive duplication of services. An obvious first step towards solving these problems is to increase the number of available physicians in every branch of the healing arts.

One way to increase the number of available doctors by 10% in four years would be to establish in Washington, D.C., a University of the Healing Arts composed of separate colleges for the teaching of medicine, osteopathy, chiropractic, naturopathic medicine, podiatry, and dentistry and having a hospital to be utilized as a training facility. Federal funds would be utilized to establish the university and it would be operated by the United States Government through a Board of Regents. It is further proposed that 60% of the students should come from poverty areas or members of minority groups. If these

individuals were to return to their homeland areas, it would help relieve the doctor shortage in the areas of greatest need.

Another way to increase the number of available doctors in every branch within a few years would be to establish in every state, more colleges presenting the first two years of training in medicine, osteopathy, chiropractic, dentistry, naturopathy and podiatry. These schools, like the one at Dartmouth, would have a similar relationship to a four-year college in the various branches of the healing arts, that a junior college has with a four-year university.

Two-year schools are relatively cheaper to build and finance since they don't require large facilities, faculties and hospitals.

With the establishment of an adequate number of these colleges offering the first two years of medical training, most of the present four-year medical schools could drop their first two years of training and offer only the last two years. Thus, with their same facilities, they could graduate almost twice as many students each year.

Shortening the length of training, particularly in the pre-medical years to one year is feasible.

It should be optional, however, and possible for those ready psychologically and scholastically to enter the above healing-arts colleges after one year of pre-medical training, if they so desire.

Finally, it is indeed worrisome that many of today's graduates of

medical schools are electing to forego clinical-patient oriented medicine. In many ways, this is the fault of the medical schools. First, they select students with a scientific-academic leaning with secondary or little importance placed on the sociologic-philosophic outlook of the student. When a student is in medical school, he is taught by scientist and academicians who have little, if anything, good to say about the local medical doctor. Since we are egocentric animals, many young physicians feel it a come-down to go into family practice.

I don't think the news media emphasis on the financial reasons for this phenomenon are correct. According to *Medical Economics* magazine, the average general practitioner earns better income than a specialist in pediatrics, internal medicine, research or obstetrics. On the other hand, the specialists of pathology, anesthesiology, and radiology, which have the highest incomes and the best hours, have the least success in attracting young physicians.

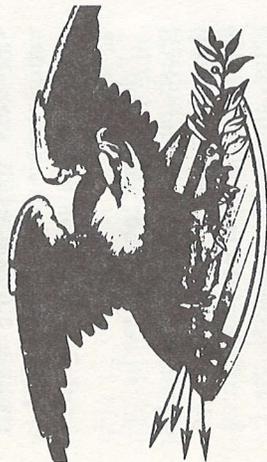
Very truly yours,  
*Alex Szabo, Ph.D.*

A congressman got a letter from the local American Legion Post: "You are invited to be one of the speakers at our Memorial Day meeting. The program will include a talk by the Mayor, recitation of Lincoln's Gettysburg address by a high school pupil, your talk, and then the firing squad."

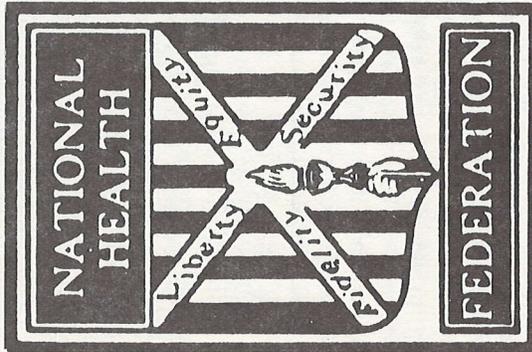
## NHF Membership

### Decals Available

A new NHF membership decal is now available from the Montrovia headquarters. It is the same size as shown below but is beautifully printed in three colors. Being a decal, it may be transferred to a window, windshield of your automobile, or, in fact, onto almost any surface. The price? Only 25c each or 5 for \$1.00.



## MEMBER



## In Answer to Your

### Question Regarding

#### Membership Renewal Dates

All memberships (other than Life and Perpetual) become due for renewal on either one of two dates—January 1 or July 1. This is true regardless of the date when you may have originally joined NHF.

Those who join during the first six months of the calendar year, find their membership expiring at the end of that calendar year and thus their renewal dues are payable at the end of December. However, those joining during the first half of the year, receive the back issues of the *NHF Bulletin* to the beginning of the dues period (January). Thereafter, this group will receive renewal notices during November each year.

Those joining during the second half of the year (July through December) will receive a renewal notice the following May or June indicating that their renewal is due on July 1. Likewise, those joining during the second half of the year, receive the back issues of the *Bulletin* to the beginning of the dues period (July).

The adoption of this membership renewal plan makes possible a tremendous savings in clerical help and consequently a corresponding savings in salaries. Thus, a greater percentage of the membership dues can be utilized for the important programs and projects of the Federation.

# BOOK Reviews

**CONSUMER BEWARE!**—Your Food and What's Been Done To It by Beatrice Trum Hunter (Simon and Schuster, New York City; 443 pages; extensive 51-page bibliography; index; \$8.95)

**CONSUMER BEWARE!** is factual, hard-hitting survey (or expose) of the present, modern-day methods utilized in the production, processing, packaging, labeling, and distribution of all our basic foods and the impact of these methods on the nation's health. It is factual report by a competent, recognized investigator-author who has done a superb job of telling it as it is and who supports her every revelation with extensive documentation. Its contents are of such tremendous importance, we do not merely recommend the book, but rather, urge that it be read especially by every housewife and every legislator. The ground-swell of concern which this book will surely create, may well eventually force a revolution in the present day methods of food production—with resulting health benefits to the people.

**CONSUMER BEWARE!**, written between 1965 and 1970 is a thoughtful, well-documented work on the developments in food processing and modifications. Although developments used today would be virtually unknown without scien-

tific research, the promotion and/or sanctioning of their usage has been generally the responsibility of the universities, pharmaceutical houses, the FDA, and large business concerns. Mrs. Hunter has tried to illustrate not only the dangers inherent in many methods of food processing, but she has taken care also to show that there are some alternatives for the consumer; in other words, the book takes a strong stand against food processing which is harmful—and most of it is—but the book is not an "alarmist" approach.

Mrs. Hunter's book is divided into four parts; the first discusses what has been happening to food in general; the second delves into specific basic foods (i.e., beef, poultry, fish, nuts, fats and oils, milk, produce, grains); the third section is a closeup of baby foods and sweets; and the last section contains her suggestions for what must be done.

The longest chapter in the first part deals with toxicity in food processing, and Mrs. Hunter points out that, to begin with, animal tests are not completely reliable because animals do not necessarily react as humans do, and also because they exist in a controlled environment. Another interesting point made in this chapter is that synergism (the toxicity of one element being strengthened when in the presence of another) makes valid results from toxicity tests an unlikely prospect, and also makes the reader wonder just what would happen to a lab-

(Continued next page)

oratory animal if it were fed the same daily ration, with all the additives, preservatives, synthetic vitamins and minerals, etc., as a human?

The second part of the book illustrates how assembly-line techniques for plants and animals just do not work. For example, overcrowding and artificial living conditions for animals has created a disease rate and a mortality rate unknown before, and has in turn made necessary heavy dosages of antibiotics. Usage of food substitutes seems to have reached a new high in absurdity when one discovers that "tasteless food-grade plastic has been made into artificial roughage pellets for cattle on high concentrate or all-grain rations. Ground-up newspapers, mixed with molasses, have been fed to cattle at Pennsylvania State University. Also, by speeding up growth of animals in order to get them to the market sooner, the cell structure of the animal is altered, and since the human system is not geared to the alterations, it does not receive the real food it should.

The third part of *Consumer Beware!* is devoted to baby foods and sweets. Mrs. Hunter shows that factory-mixed baby formulas are not the same as human milk, and that the campaign to urge cereal solids on infants at an early age lacks benefits to the baby since it cannot digest starches until its own system produces starch-digesting enzymes. This chapter also delves into the usage of preservatives and items which heighten the flavor of

baby food. The chapter on sugar discusses the lack of food value in refined sugar, and the dangers of artificial sweeteners, as well as certain myths regarding the "quick energy" of sweets.

Mrs. Hunter's last chapter is "What's to be Done?" She has already suggested alternative at the end of each chapter in order that one may attempt to cope with the "as-is" situation, but here she suggests that for the future, basic changes must originate at the farm, where quantity production is now of greater importance than quality production. She suggests that universities and federal and state agencies could help by endeavoring to foster unbiased research into nutrition, biochemistry, and toxicology, and the the government should especially concentrate on this rather than choosing between opinions. She points out that labeling should be improved, since food for cats and dogs is more informative than for humans; labeling, however, should not be based on the assumption that each housewife is a chemist. The entire food industry seems to be living on a "more-faster" program instead of an "enough-well-done" program, and the consumer is likely to pay for this in more than just money. But, until the consumer will insist on paying only in monetary terms and not possibly in terms of physiological damage too, it is not likely that the industry will change. It looks as if it is up to the consumer . . .

—*Marilyn Ramsey*

NATIONAL HEALTH FEDERATION BULLETIN

## 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 healing profession or their methods, but it does oppose the efforts of one group to restrict the freedom of practice of qualified members of another profession, thus attempting to create a monopoly.

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

Will you join us in this worthy effort?

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