

**National  
Health  
Federation  
BULLETIN**

March, 1971

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**THE PRESIDENT'S  
REPORT**

**A Review of  
NHF Activities  
During 1970**

**LINUS PAULING AND THE HOSMER BILL**

Linus Pauling's stand on Vitamin C emphasizes  
need for the Hosmer Bill

**NHF ATTACKS FDA'S ORDER**

Part two of the formal exception filed by NHF setting forth  
objections to portions of FDA's proposed Order  
concerning baby foods

**BEWARE, THE SALMONELLA BUG WILL GET YOU**

Some facts about the most common form of food poisoning

**THE ACTION OF INFORMED CITIZENS IS NEEDED**

The chemical-food-drug-medical complex has almost unlimited  
power over the health and welfare of the American  
people and can be restricted only by the actions of  
informed citizens

Complete contents on inside of front cover

**Dedicated to the Protection of Health Freedoms**

# THE NATIONAL HEALTH FEDERATION BULLETIN

Protection of Health Freedoms

Published Monthly

Volume XVII — Number 3

March 1971

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## UNLOCKING THE FUTURE

National Health Federation Bulletin, published monthly January through December, except July-August which are combined, at 211 West Colorado Boulevard, Monrovia, California 91016, by National Health Federation, a nonprofit corporation. Fred J. Hart, Managing Editor; Raymond H. Houser, Editor. Subscription rate of \$4.00 per year, \$1.50 of the annual membership dues is paid as a yearly subscription to the National Health Federation Bulletin. Single copies, 35 cents. Second-class postage paid at Monrovia, California 91016.

# THE PRESIDENT'S REPORT

Delivered at the

Sixteenth Annual NHF West Coast Convention

by CHARLES I. CRECELIUS

President, The National Health Federation

It is a pleasure that I once again present my annual report. It will again clearly indicate a year of accomplishment, growth, service and value to the membership and the American people.

## CONVENTIONS

This year we endeavored to develop more leadership in the local chapter groups as far as convention planning is concerned so that more of the regional conventions are now planned and controlled by the local chapter with the local chapter receiving only the amount of assistance from headquarters as may be necessary. Only seven major events each year are now controlled by headquarters. During 1970, there were thirteen events lasting from one to four days. In addition, there were 41 single - evening meetings held in cities from coast to coast. At all the meetings, headquarters was represented by either Diana Deimel, Howard Long or your president. As a direct result of these events, hundreds of new members, in all categories, were gleaned and

11 new chapters were started. The conventions have been a source of added income to the Federation. Excluding all membership fees collected at the conventions and deducting expenses, there remained a surplus of \$32,474.29, representing 14% of our total annual income.

## THE HEALTH INDUSTRY

The National Health Federation has many avid supporters within the health food industry but still less than half of the 1300 store members have become NHF members. Individual members of the health food industry have, in many instances, contributed time, money, advertising and physical assistance in conjunction with projects and conventions but there are also many who are disinterested and many detractors. The National Nutritional Food Association (formerly N.D.F.A.) has recently voted on a measure which will exclude all non-industry groups as exhibitors at their conventions. Consequently, NHF will no longer be an exhibitor at their conventions but their leader-

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MARCH, 1971

ship has expressed appreciation to us for our efforts and have told us that they intend to invite speakers from NHF to appear on their programs.

#### THE NHF BULLETIN

Our magazine is becoming increasingly popular and is constantly gaining wider circulation. It has been heralded by many, as evidenced by the heavy mail on the subject, as the best magazine in America dealing with health freedoms. We are lauded often for our policy of avoiding advertising and endorsements. In addition to the magazines mailed to the members, more and more copies are being sold through stores. During 1969, 11,952 copies were sold to stores. During 1970, this figure increased to 29,792.

#### THE NHF STAFF

Our staff has continued to render exemplary service. Mrs. Freed has done an exceptional job in taking over the position of Comptroller. During the past year, we have added two full-time employees and terminated one. Despite the increased workload, costs have remained within the approved budget allotted for employees.

#### PUBLIC RELATIONS

During 1970, your officers have responded to many speaking invitations. In fact, over 100 addresses have been given, on invitation, to organizations and groups. The frequency of such invitations has increased in spite of the fact that the

inviting organization is now being asked to pay the actual expenses involved incident to the appearance of an NHF staff member. This policy adopted by the Executive Committee has eased a previous financial burden when NHF attempted to absorb these expenses. An increasing number of professional journals are now printing favorable articles concerning NHF in their publications. Also, from headquarters, Howard Long is now mailing copy each month to 53 different publications and many of these publications print this copy as a regular column devoted to NHF activities. During the year, representatives of NHF have made many television and radio appearances. When invited to participate in one of the call-in type programs, the response invariably has been most gratifying. It has been gratifying also to note the increasing frequency of calls from members of the news media requesting information or materials.

#### MEMBERSHIP

1970 brought a continued increase in our membership. Naturally we lose some member each year through death or for reasons which make renewal impractical. In spite of this however, a count of our membership plates at the end of the year revealed a net gain of approximately 3000. It is well to note however that most of these memberships are "family" memberships and thus represents two or more persons. In view of this, I

believe that it would be a conservative estimate to say that NHF now represents at least 37,500 persons. During the first 11 months of 1970 we gained 219 life members bringing the total to 1,380. In this same period, we gained 17 perpetual members bringing that total to 72. In the previous year, we gained 153 life members and 8 perpetual members. Growth is accelerating. We lost fewer members during 1970 insofar as renewals are concerned and renewals are coming in more quickly than usual.

#### PIGGY BANKS

While we have promoted the piggy bank campaign in a number of letters, when speaking at chapter meetings and NHF conventions, in the *Bulletin*, and in the chapter letters, we find that there is little interest with the exception of the continuing work being done by the New Orleans Chapter.

#### GO GETTERS

Go Getters are those members who have gotten at least 12 new memberships during the year. Thirty members qualified as a Go Getter in 1970. Two members have gotten in excess of 100 new members during the year and many have brought in 20 to 40. One chiropractor has sent in over 200! The campaign will be pursued again this year.

#### MATERIALS

Our NHF reprint list now has 85 items on it, including *The Dictocrats* and *The Chemical Feast*. We

have made a special effort to encourage the sale of *The Dictocrats* and, to date, we have purchased 23,400 copies. Of these, over 20,000 have been sold making only a slight profit on these sales. During 1970, more reprints were sold than in any two previous years combined.

#### POLLUTION AND ECOLOGY

With the assistance of NHF, 32 bills were introduced in the California Legislature during the last session. In addition to appearances at hearings, NHF provided key legislators with supporting documents and statements for the record. We are pleased to announce that 16 of those bills have been signed into law. We are encouraging similar action in each state.

It is doubtful that as few as 18 months ago, any of us could have predicted that "ecology" and "pollution" would become the magic words they now have become. It is a statistical fact that concern about our environment has become the number one consideration in the United States today among legislators and the populace—even above crime. It is also interesting to note that the adversaries in the field of pollution and in the health freedom field are becoming desperate. The recent activities of the FDA and those of the AMA (who, it is said, voted \$8 million for 1971 alone to fight chiropractic) prove they are desperate. It is our intention to devote as much of our time, talent and resources as possible during

(Continued next page)

this year ahead in this now popular field of ecology.

Because of late information and new considerations, fluoridation will be considered in this project category. We are still most active in opposing fluoridation and at this time, are being consulted on the drafting of a bill "we consider most appropriate" which would make it impossible to add fluorides to any California water supply. We are interested in this matter as it could present a precedent if we are successful. If the bill does pass, all chapters will be encouraged to pursue similar legislation in their state.

#### WASHINGTON OFFICE

Charles Orlando Pratt has been most active in matters concerning bioflavonoids, estastes, numerous cases related to NHF activities, appearances at hearings, research, monthly articles, and the Butt case. He has done his usual excellent work.

Admiral Malstrom has done an exemplary job in coordinating work between headquarters, Clinton Miller, and Dr. Miles Robinson during a demanding and most exacting year with the major projects being the FDA hearings, the Hosmer bill, the chiropractic in Medicare project and a myriad of other important demands including the Laetrile matter.

NHF has assumed an important, leading position on these issues on behalf of our citizens and our members, and we must not lag during 1971.

#### FINANCES

Due to the loyal support of our members in a financial way, the finances of the Federation are on a sound basis. All bills for our operational expenses are paid. We continue to make every dollar do the work of two and we take on new projects only when funds are available. As our membership grows and our income increases, we are able to engage in additional projects and to extend our efforts to more fronts.

Some 30 members of the Federation, who have passed on to a better world, have left bequests to the Federation in their wills. These bequests, along with the new life and perpetual memberships has provided the Federation with sufficient working capital also to enable it to take on additional, new projects without the necessity of awaiting the time when sufficient funds could be collected through regular membership dues.

#### NEW PROJECTS

NHF has undertaken to develop a memorial library. It consists, at present, of the books and other materials which have been acquired by NHF through the years to which has been added over 800 books, reports, briefs, etc. which have been donated during the past few months. As each piece is received, it is catalogued and placed in one of the several main sections (Food and Drug Law and Administration, Cancer, Legal Briefs, Nutrition, Medicine, Chiropractic,

Osteopathy, Naturopathy, Electronics, etc.). Your consideration of this project and its importance will be appreciated.

With the exceptional dedication and assistance of Lorraine Rosenthal and Betty Lee Morales, we have completed a professional, color film explaining the purposes and activities of the National Health Federation. It will be used for showing at chapter meetings, civic groups, church groups, service organizations and other special meetings to effectively spread the word about NHF and health freedom. Anyone can arrange for rental of the film and I urge you to do so. We must reach new people and this film gives a new tool through which we may accomplish this.

In conclusion, may I say that it is my belief that we are on the crest of a surge of growth and accomplishment. This past year has indicated a potential not considered possible previously. It is my hope that each member of the Board of Governors, the State Representatives and the Advisory Committee will join with the general membership in promoting the cause of health freedom through NHF this year as never before. With renewed effort, we can forge ahead and accomplish many victories.

In this report, I have not attempted to discuss every important item or project, but have tried to supplement information contained in the *NHF Bulletin*.

MARCH, 1971

NATIONAL HEALTH FEDERATION BULLETIN

## New Perpetual and Life Members

### LIFE MEMBERSHIPS

#### Perpetual Member:

World Health Ecology News

#### Life Members:

J. Norman Pohl  
Art Madison  
George H. Tillinghast  
Robert and Florence Scholdt  
Mr. and Mrs. Ralph Hanson  
Richard F. Soppa, D.N.  
Robert Vogel  
Mrs. Esther G. McNeill  
Mrs. C. A. Sievert  
Shoshana Margolin  
Elenore E. Borg  
Michael J. Butler, D.C.  
Tillie Kopenhagen  
Mr. and Mrs. R. Juengel  
Jim Jarrett  
Leo Brown  
Mr. and Mrs. Guy Giuffre  
Mrs. Roy F. Fowler  
Ford Heritage  
Mary E. Grabham  
David E. Lohmeier, D.C.  
Dr. B. Dean Bowman  
Anton Curl  
Adolph Borbio  
J. Konley  
Dr. Paul Lester Mathis  
Marion B. Shaw  
Mrs. Orie C. Shaw

Received mid-December to  
mid-January

# NHF Attacks FDA's Order

PART TWO

By MILES H. ROBINSON, M.D.

Following is the concluding portion of the formal exception filed with the FDA by Miles H. Robinson, M.D., acting in behalf of NHF, in response to the first tentative Order by FDA Commissioner Edwards on the infant foods section of the stayed food supplement regulations. NHF chose to file this exception (objection) because it found certain portions of the Order to be unduly arbitrary and inconsistent with each other and with the evidence of record and definitely not in the best public interest. The first part of the exception appeared in the February issue of the Bulletin.

## FDA's Consumer Report Testified Consumers Have The Right to Know Source

FDA's expert witness on consumer psychology and marketing, Dr. Perloff, was FDA's most important witness on the overriding issue of whether naming the source of an ingredient in labelling would mislead the consumer. Dr. Perloff, under NHF's cross examination, testified that the consumer should not be denied the right to know if a food supplement is from natural sources. (Tr. 18292). So Dr. Perloff did not think the consumer would be misled if the source is given in the labeling. His testimony concerned vitamin and mineral supplements, and no distinction was made between these and other types of food, from the standpoint of right to know the source. The infant's doctor or parents are, of course, knowledgeable consumers acting for the helpless infant consumer in the selection of its food.

## Whether a Vitamin or Mineral Is Derived from Natural or Synthetic Sources Makes a Difference in Infant Nutrition

In the foregoing we have been considering the failure of Dr. Harrison's and Dr. Lowe's testimony to support the Finding of Fact and Conclusion of Law in item No. 6 of FDA's proposal. We now wish to cite the record on the affirmative point that, contrary to the FDA's claim, it does make a difference in infant nutrition whether vitamins or minerals are derived from natural or synthetic sources.

To begin with, we agree with FDA's Finding of Fact, No. 1, that "an infant is generally considered in pediatric practice to be a human being 12 months of age or less."

Not only is the infant a human being. A comparison of the list of vitamins and minerals in FDA's Finding of Fact No. 6 and part (c)(5) of the tentative Order with the table in Sec. 125.1(b) of the

stayed regulations, shows that the infant also needs exactly the same vitamins and minerals as does a human being of any age.

Whatever difference there may be in the effect on human nutrition between vitamins and minerals from natural as opposed to synthetic sources, the record is devoid of any evidence that such difference does not apply equally to humans of any age, including infants.

Various FDA witnesses were brought forward who testified that vitamins or minerals from natural sources had no nutritional advantage over those from synthetic sources. Let us now examine the reliability of that evidence.

### The "Naked Vitamin" Strawman

The testimony on the subject of source was plagued by an ambiguity, almost impossible to control during the hearing, which constantly confused the issue. It was seldom clear whether the FDA witnesses were talking about differences in action of (a) the naked vitamin, either synthetic or after it had been extracted from a natural source; or (b) different chemical forms of a given vitamin; or (c) caused by other substances distinct from the vitamin itself concomitantly occurring in the milieu of a natural carrier of the vitamin.

In effect, the FDA set up (a) above as a strawman, and then proceeded to knock it down without really meeting its burden of proof on the issue of natural vs. synthetic vitamins as they actually exist in a bottle of food supplements.

## A Natural Occurring Vitamin Exists In Different Chemical Forms Which May Significantly Alter Its Action

FDA's RDA list of vitamins in Sec. 125.1(b) of the stayed regulations completely ignores the fact that a given vitamin often occurs naturally in different chemical forms which have different biological activity. By naming only one form or using generic terminology in its lists, FDA gave the false impression that only one chemical form exists. If a vitamin is prepared synthetically, this may be true; but vitamins from natural sources show wide variations. Also, minerals may be either unattached, or in a natural product combined as a loose complex with other minerals or substances which may alter their action four fold. (WD-58-Er-shoff, pp. 8, 9.)

For example, FDA's witness, Dr. Mickelsen, admitted that either of two forms of vitamin A would be permissible under the stayed regulations (Tr. 3814); that each form of vitamin A has a different biological activity (Tr. 3815); that there are three naturally occurring forms of vitamin B-6 which are given the generic name of pyridoxine, the name that appears in the stayed regulations (Tr. 3815); that he does not know which form would be in a synthetic supplement, but only one form would be used in synthetic supplements (Tr. 3826-6); that if the consumer wants

(Continued next page)

a variety of the riboflavin vitamin, he would have to go to his everyday food supply (Tr. 3828); that folic acid is a term used both for a specific form of the vitamin and also generically to cover nearly a dozen different compounds known collectively as folates (Tr. 3847); that he has no idea which of these folates the manufacturer of a synthetic supplement will use (Tr. 3847); that he has no information as to whether some individuals might do better with one folate rather than another (Tr. 3851); that vitamin D occurs in more than one form (Tr. 3851); that vitamin E occurs in different forms which possess varying and significant degrees of vitamin E activity (Tr. 3871, 3874).

FDA Counsel Reilly confirmed that the stayed regulations will prohibit the consumer from knowing anything about which of these many forms of the vitamin he would get in a food supplement (Tr. 3875).

#### **Accessory Substances In the Milieu of a Naturally Occurring Vitamin Significantly Alter Its Action**

We turn now to the evidence that accessory substances accompanying a vitamin in its natural milieu cause a significantly different action of the vitamin in people, as distinct from a synthetic form of that vitamin acting alone. We will avoid the strawman of a narrow and unrealistic comparison, so far

as a natural supplement is concerned, between the administration of a vitamin which has been first extracted from its naturally occurring milieu, and the administration of the same chemical form of that vitamin made synthetically.

The general importance of concomitant substances in the natural milieu was brought out most clearly by the testimony of FDA's pediatric witness that in the case of food supplements for infants the source of every ingredient should be given, as warning of possible allergenic substances. (Tr. 12578-9, Lowe; 23354, 23361, 23396, Harrison).

The specific effect of concomitant (accessory) substances directly affecting vitamin action was described by FDA witnesses. Dr. Herbert testified that these substances both facilitate and inhibit the absorption of vitamins necessary for their action (Tr. 9938, 1440-4). Dr. Garrett stated that the absorbability and biological activity of vitamins in general may be affected by complexes such as chelates or by "adducts" which are "all around us in nature." (Tr. 11074-9.) Dr. Mickelsen testified that the chemical compound in which calcium occurs affects its availability for absorption (Tr. 2473). Dr. Ershoff, one of NHF's eminent witnesses, pointed out that the complex in which a mineral occurs can alter its effect fourfold, for example, in the case of fluorine or iodine (Wd-58-Ershoff, pp. 8, 9).

FDA's witness, Dr. Herbert, admitted that ferrous iron is more assimilable than the ferric form, but stated that promotion should not reveal this fact to the public because the public would not know the difference (Tr. 9938, 1440-4). In other words, we should assume the public is ignorant, and keep it ignorant. Under the stayed regulations, it would be forbidden to identify any specific form of any vitamin or mineral where differences exist. [Sec. 80.1(g)].

FDA pays lip service to the superiority of natural products. For example, FDA's witness, Dr. Mickelsen testified: that "Our basic tenet in all of our teaching is that it would be much more desirable for individuals to get as much of their nutrients from natural foods as possible..." (Tr. 2646).

But when the extension of this principle is made to the vitamins and minerals in food supplements, FDA's witnesses succumbed to an illogical prejudice against natural ingredients. Dr. Herbert envisioned "a totally synthetic diet" (Tr. 10145). In his enthusiasm to eliminate labelling information in general, FDA's nutrition specialist, Mr. Boehne, said he thought the current compulsory listing of additives such as the mould inhibitor, sodium propionate, "is of little importance to the consumer." (Tr. 5615).

We conclude that the evidence of the record shows that vitamins and minerals do have different effects in the human body, dependent on the variety of a given vita-

min or mineral ingested and/or concomitant substances accompanying them, in turn dependent on the source of the vitamin or mineral, especially in the case of a natural source.

THEREFORE, in order to promote honesty and fair dealing in the interest of consumers, and to assist in carrying out the purpose of the law of providing full information to consumers as to the value of foods for special dietary use, the National Health Federation proposes that the FDA's proposal with respect to infant foods for special dietary use published in 35 FR, 16737, October 29, 1970, be modified so that FDA's proposed Finding of Fact, No. 6, and FDA's tentative Order 125.5(a) read as follows:

Finding of Fact, No. 6.

"Since the ingredients and the sources of ingredients of all food products are significant in infant nutrition, the label on such products shall state the names and the sources of the specific ingredients."

Order, 125.5(a).

"If a food, including a dietary supplement of vitamins and/or minerals alone, purports to be or is represented for special dietary use for infants, the label shall bear, if such food is fabricated from two or more ingredients, the common or usual name of each ingredient, including spices, flavoring, coloring, vitamins, and minerals."

# WASHINGTON REPORT

By Clinton R. Miller, NHF Legislative Advocate

## Linus Pauling and the Hosmer Bill

Five years ago Linus Pauling began learning what thousands of National Health Federation members have known for twenty or thirty years. Pauling, holder of two Nobel Prizes has "discovered" that Vitamin C, in large enough amounts, will cure and prevent the common cold. (Pauling uses the terms "ameliorate" and "avert").

If the "Hosmer Bill" had been law thirty years ago, Dr. Pauling could have avoided 25 years of unnecessary suffering with the common cold. Likewise with millions of other Americans. When it is eventually passed, the Hosmer bill will allow manufacturers of Vitamin C (and any other vitamin or food supplement) to truthfully label and advertise their product to prevent, ameliorate, or cure any disease if it will do what is claimed.

Until the Hosmer bill is passed, no manufacturer or retailer of Vitamin C may imply or state in his labeling or advertising that ascorbic acid (Vitamin C) is effective in the prevention of amelioration of the common cold. They cannot

even tell their customers what America's most famous Nobel Prize winner has said about Vitamin C to sell their product.

This legal deficiency in our Food, Drug, and Cosmetic Act is far more serious than the present deficiency of Vitamin C in most Americans' diet—serious as that is.

### VICTORY COMES CLOSER

In the 90th Congress (1967-1968), 60 U.S. Representatives recognized this serious legal deficiency and cosponsored the Hosmer bill to correct the problem. In the 91st Congress (1969-1970) 80 Congressmen cosponsored the measure. Our goal for the 92nd Congress is 100 cosponsors which should justify the House Health Subcommittee to hold hearings. Ex - Congressman, David King, told NHF in 1962 at our annual national convention that we had only about 6 members of Congress at that time who would sponsor or vote for NHF legislation.

He said that to enact any NHF legislation we would need *at least* 100 to 150 Congressmen on our

side. Few optimists in 1962 envisioned that in less than 10 years NHF would be the most powerful consumer health lobby in America with the ability, at will, to get the magic 100 cosponsors on our high priority bills. (We had 122 cosponsors in the last Congress on our bill to include chiropractic in Medicare.)

### PAULING AND THE HOSMER BILL

If NHF consumers can get Linus Pauling to crusade and testify for the Hosmer bill as vigorously as he is crusading for Vitamin C, there is a good chance we can have hearings on this bill in the 92nd (1971-1972) Congress.

We'll need your help to get Pauling's understanding of the need for the bill and his needed support.

First, get his new book, *Vitamin C and the Common Cold*.

Second, read it.

Third, write him (send for our form letter or compose one of your own) at Stanford University, Stanford, California. Ask him to study the Hosmer bill and testify for it when hearings are held.

### PAULING AND POLITICS

Most scientists, unlike Pauling, do not realize that they have an obligation to enter the political arena if the widespread use of their discoveries is suppressed or prevented by unjust laws or unfair enforcement.

The last 5 pages of Pauling's book on Vitamin C and the cold

blasts the current proposed regulations by the Food and Drug Administration by warning his readers that "There is at the present time (1970) a serious danger that the availability of the important food, ascorbic acid, will be greatly restricted by action of the United States Government."

Pauling advocates a *regular* intake of 3 grams (3000 milligrams) of Vitamin C per day for many people and up to 10 grams a day to stop a cold.

He notes that "For ascorbic acid (Vitamin C), the proposed (FDA) maximum amount per tablet or capsule that could be sold (without a physician's prescription) is 100 mg (even this amount could be restrictively labeled 'for pregnant or lactating women')."

Then he adds: "To stop a cold by taking 10 grams per day I would have to swallow 100 tablets each day. I think that I would have as much trouble swallowing all of these tablets as I have in swallowing some of the statements made by the Food and Drug Administration in proposing these regulations."

Pauling then warns, "The 100 mg. ascorbic acid tablets consist largely of 'inert' filler. The large amount of this unwanted substance in 30 or 100 tablets might have some deleterious effect."

### ATTACKS INCREASED COST OF SMALLER POTENCY TABLETS

"Also," Pauling continues, "the 100 mg. tablets are expensive—two or three times as expensive (per

gram of ascorbic acid) as 500 mg. tablets, six or eight times as expensive as ascorbic acid crystals."

Pauling then moves on to attack FDA's proposed warning label for all vitamin packages by stating: "The proposal contains the requirement that each package of vitamins should have the following statement in prominent type on the label:

Vitamins and minerals are supplied in abundant amounts by commonly available foods. Except for persons with special medical needs, there is no scientific basis for recommending routine use of dietary supplements."

Dr. Pauling then says simply and emphatically, "This statement is not true."

Every member of NHF knows the above proposed compulsory warning label is NOT TRUE. But isn't it nice to have a two-time Nobel Prize winner say it is NOT TRUE? The Hosmer bill will prevent FDA from requiring the statement. Wouldn't it be nice to have Pauling tell Congress FDA's inquisitorial proposal is NOT TRUE?

The Stanford chemistry professor unknowingly strikes to the heart of the need for the Hosmer bill when he notes: "It is also proposed (by FDA) to *forbid* in the labeling, promotional material, or advertising any statement that represents, suggests, or implies . . .

"That a dietary deficiency or threatened dietary deficiency

of vitamins and/or minerals is or may be due to loss of nutritive value of food by reason of the soil on which the food is grown, or the storage, transportation, processing, and cooking of food."

"Why," asks Pauling, "should our government forbid anyone to learn or tell the truth about foods? Why should it be illegal to quote such information as the statement in the handbook *Metabolism* (Altman and Dittmer, 1968) that after storage for three months potatoes contain only half as much ascorbic acid as when fresh? What crime does one commit in quoting the paper of Glazebrook and Thomson (1942) who found that a ration of potatoes (12 ounces) containing 50 mg. of ascorbic acid when raw contained only 4 mg., less than one tenth as much, when cooked and reheated for serving?"

And we might add a question of our own to Pauling's query: "Why should it be illegal to quote the statements of Nobel Prize-winning author, Linus Pauling in his new book, *Vitamin C and the Common Cold* (W. H. Freeman and Co., San Francisco) in the labeling or advertising of ascorbic acid (Vitamin C)?"

In the 9 year old vitamin battle, I haven't read a statement by anyone which has more clearly or succinctly stated NHF's consumer case against FDA's proposed vitamin regulations than Pauling has in his valuable treatise.

The world renowned chemistry professor, without knowing it, has made an overwhelming case for the Hosmer bill.

If he actively supports the bill, we will get our 100 cosponsors this year and thus greatly improve our chances for Congressional hearings next year.

After you have bought and read Pauling's book, send to NHF's Monitoring office for the "plea to Pauling." When it arrives, if you agree

with it, sign and mail it to him with any added note you want to add. We'll keep you informed in future issues on the outcome.

Oh, by the way, be sure to read the comments Pauling has on Dr. Fred Stare on pages 2, 40, and 51. NHF members have known about the venal professor from Harvard for many years, but no one has so beautifully exposed his scientific dishonesty as Pauling has on these pages.

## David Is Still Growing

### Editor's Reflections On the NHF Annual Convention

Seven or eight years ago, when NHF was sponsoring National Conferences on Health Monopoly in opposition to — and in competition with — the Congresses on Medical Quackery being staged about the country by the AMA and FDA, the National Health Federation was appropriately referred to as David while the AMA-FDA forces were called Goliath. Even in those years, when NHF membership was very much smaller, David gave a very good account of himself. After a few repeated experiences, the AMA-FDA sponsored Congresses were discontinued when they found that they were losing face and that the public preferred to hear the story as it really is and as told by NHF in their Congresses generally held in a nearby auditorium at the same time.

Today, we find that David has grown remarkably. He has grown in stature and in strength. He has gained the respect of large segments of the American public including scores of scientists, professional people, representatives of the news media, and honest public officials who are truly concerned about the freedoms and the welfare of the people for whom they work.

David's growth in stature and strength was evidenced at the 16th Annual West Coast NHF Convention held at the Ambassador Hotel in Los Angeles during mid-January. To merely state that the convention was successful would be a colossal understatement. The large Ambassador Convention Center was jammed—at times beyond capacity —with people from all parts of the

(Continued next page)

country. Attendance far exceeded all expectations and plans are already being made for convention facilities which will afford double or triple the seating capacity for the convention next year.

The growing attendance is certainly gratifying and is significant of a very definite grass roots trend but perhaps more significant was the spirit, the dedication, and the determination of the people who attended. Probably without exception, every individual attending is deeply disturbed about what is happening to his environment and the failure of his government to heed the warning sounded years ago by the NHF and other similarly concerned organizations and individuals. These people are troubled about the grave discrimination practiced by government in its failure to give equal recognition to all legalized branches of the healing arts in such health care programs as workmen's compensation, Medicare, Medicaid, etc. They abhor monopolistic dictation in things pertaining to their most personal and priceless possession, their health. They tend to become rebellious when faced with the prospect of losing their right to purchase food supplements of their choice as proposed in the FDA food supplement Order. These are Americans who have not forgotten the tenets of freedom, liberty and justice upon which this nation was founded.

The NHF convention was but a sampling of the pulse of the nation.

The factors which made this convention such a huge success are only indicative of the tremendous ground swell that have been felt all over the country. Those who place greed ahead of the health of the people, those who wish to monopolize the field of health, and those in high places whose bigoted minds and whose intellectual dishonesty place threats in the paths of healthful living are in for big trouble. When NHF was founded in 1955, we were very nearly alone. Now we have help and support from many quarters. This gathering force, as it rapidly gains momentum, shall not stop until the mission is accomplished.

These observations of the convention are being written as the convention draws to a close in order to meet the printer's deadline. The next issue of the *Bulletin* will carry a more detailed account of the many significant events which highlighted the four-day program.

Little Timothy had bought Grandma a Bible for her birthday and wanted to write a suitable inscription on the flyleaf. He racked his brain until suddenly, he remembered that his father had a book with an inscription of which he was very proud. So Tim decided to copy it.

Imagine Grandma's surprise when she opened her gift, a beautiful Bible, and found neatly inscribed, the following phrase: "To Grandma, with the compliments of the author."

# The Action of Informed Citizens Is Needed

By CHARLES ORLANDO PRATT  
Washington General Counsel

The present almost unlimited power over the health and welfare of the American people, which we are witnessing being exercised by the chemical-drug-food-medical complex, will be destroyed only by the ultimate weapon; and that weapon is the educational and political action of the informed citizens of the United States.

In the first century and a half of our American Constitutional Government, our citizens grew strong and healthy because they had fresh air, safe and fertile soil on which to grow food naturally and fresh, safe and wholesome water to drink and use in cooking their fresh food.

The early farm lands were not poisoned with dangerous chemical insecticides and fungicides; and therefore the fruit, vegetables and grains were not poisoned before those nutritious crops were harvested.

The fruit trees and berry bushes were not poisoned with dangerous chemical fertilizers and sprays. The fruit was not dyed or preserved with disease-causing chemicals.

The meat from animals and poultry was not poisoned by "medicated" feed and the use of "fast-growth" chemicals.

The streams, rivers and lakes were not poisoned with all kind of chemicals and industrial poisons and wastes. The fresh water was safe and wholesome to drink and the fish and water animals were not poisoned by dangerous chemicals such as mercury, sulphur and arsenic.

The food was not dead because of processing with chemical preservatives, dyes, stabilizers, pasteurizers, homogenizers and the use of substitutes, imitation or synthetic ingredients, some of which were illegal and disease-causing food additives.

In truth, Americans had and enjoyed safe air, safe water, safe land and safe food, all of which was nutritious and wholesome.

As America became industrialized, our air, land, water and food became polluted. During this period of our history Americans asked their local, state and federal legislatures to enact laws to protect them. These laws were enacted. State and Federal Departments of Agriculture were established to encourage the production of wholesome food and feed crops and to protect fish and wildlife and to pro-

(Continued next page)

vide for marketing and fair distribution of the products and by-products derived therefrom. These Departments protected Americans. They were "consumer" agencies.

In 1906 Congress passed the Pure Food and Drug Law. Later Congress established the United States Department of Health, Education and Welfare to serve as a "consumer's" protection agency. This included the Federal Food and Drug Administration and the Public Health Service.

In 1938, at the request of FDA, the Pure Food and Drug Law was amended. The word "pure" was dropped from the law and the new Act was called The Federal Food, Drug and Cosmetic Act.

The Congress enacted laws to establish the Federal Trade Commission to serve as a "consumer" agency to protect all Americans from the dangers of products shipped in interstate commerce bearing false or misleading advertising or being below safety and quality standards.

Then Congress enacted laws to establish the Federal Communications Commission to protect all Americans from the dangers of drugs and food products being advertised on radio and television by false and misleading therapeutic or nutritional claims.

The Congress enacted laws to establish the National Institutes of Health and appropriated billions of dollars to build hospitals, research laboratories and to finance hos-

pitals, medical schools and laboratories all over the United States to find a way to diagnose, treat, mitigate, prevent or cure the dread diseases being suffered by our citizens.

Notwithstanding the foregoing efforts of our national, state and local governments engaged in the health and medical activities described above, America is a sick nation according to the opinions of some experts and distinguished government officials.

Some Americans are undermined. Some are overfed and malnourished. Some million Americans during the past year suffered drug-caused diseases and were hospitalized as the result of the use of such drugs.

The U.S. Public Health Service spokesmen have estimated or predicted that one out of every ten or twelve citizens will suffer mental diseases during his or her lifetime. Some experts have predicted that one out of five or six in certain cities will suffer mental diseases or disorders in his or her lifetime.

Cancer and related cancer diseases such as leukemia are on the increase. Deaths from heart diseases of all kinds are increasing.

The Federal Food and Drug Administration and the National Academy of Sciences-Research Council have re-evaluated several thousands of drugs on the market and have found several hundred drugs not to be safe and efficacious for the intended uses.

There is a dangerous shortage of medical hospitals, nursing homes and child care centers. There is a shortage of about 50,000 medically trained doctors. There is a shortage of highly trained registered nurses, certified nurses and domestic nurses. There is a shortage of medical schools.

It is believed that the tragic health condition in which Americans find themselves today is the result of the economic greed and ignorance of the chemical-drug-food-medical complex and the apathy of the uninformed American citizens, because of the false and misleading assurances from our government officials that our air, land, food, water, medicines and drugs were safe and that America was the healthiest nation on earth.

Americans had the right to rely on the official advice of our governmental agencies responsible for our safe fresh air, wholesome food and safe and efficacious drugs and dependable medical services. The reliance was reasonable—but wrong.

Now, only national organizations such as The National Health Federation, working with other non-stock, non-profit and non-economic groups, can, and will, provide a national forum by which to inform the people of this nation of possible and practical ways and means to protect, and hopefully, to restore the health of our people.

The National Health Federation, under the foresight and the leadership of our founder and Chairman of the Board of Governors, Fred J.

Hart, and of the untiring devotion and guidance of our President, Charles I. Crecelius, will play an ever-increasingly important role in the crusade for a better and healthier America through the exercise of our Constitutional right of freedom of choice in matters of health, provided such choice does not harm others.

NHF must continue to work for the governmental encouragement and protection of organic farming, the natural approach to health care, and the right of all Americans eligible for Medicare or Medicaid to select the doctor of their choice, be that doctor a medical physician or a doctor in another branch of the healing arts licensed by state law.

NHF must work for the legislative right for the patients of any licensed healing arts profession to have access to tax-exempt or tax-supported hospitals, nursing homes and health clinics.

NHF must work to stop public ridicule, libel and slander of the health food stores and their customers, and the non-allopathic professions and their patients.

NHF must work to stop the pollution of our air, land, water and food by any government agency or private corporation.

NHF must work to maintain the present Food Additives Amendment, which prohibits the use of food additives in foods or food supplements because such additives are NOT generally recognized as safe.

(Continued next page)

NHF must work to stop tax-supported educational institutions, such as schools, from libelling and slandering the officials and supporters of The National Health Federation or of any other institution, foundation or organization that uses the right of freedom of speech, press or assembly to promote a health idea or to stop monopolistic control over health care and health matters. The use of AMA - FDA oriented "educational material" to encourage children to despise the natural approach to health care must stop.

America is sick and tired of the present tragic health conditions in the United States.

An informed American electorate will break the shackling bonds of the monopolistic powers presently being enforced by federal, state and local governments, under the invisible influence of the chemical and drug industries, the food processing industry, the medical-dental and allied professions and the agricultural industries.

NHF has faith in the future of America and in the will of the American people to do what is necessary to re-establish faith in our Government once they are fully informed and understand the present existing dangers to the health of mankind.

The present unlimited power over the health and welfare of all of us, now being exercised by the selfish monopolistic complex, can, and will be, destroyed only by the ultimate weapon. That is, the rea-

sonable legislative and judicial action instituted by the citizens of the United States. Members and friends of The National Health Federation will be serving as a forum through which positive ideas on freedom of choice in health matters can be expressed. The Federation will serve as a bulwark against the destruction of the health of Americans. We shall ever work for *Equal Justice Under Law*.

The healing arts professions, the food and drug industries and governmental agencies cannot do the whole job of protecting the health and welfare of our citizens. Therefore, The National Health Federation will help our citizens all over America to work for enlightened new laws and for the proper enforcement of old laws which will save America.

America needs The National Health Federation; and the Federation needs you.

## Next Convention

### SAN DIEGO

March 27 and 28

at the beautiful, new

### ROYAL INN

Harbor Drive at Ash Street

An outstanding program — Exhibits

A lovely luncheon — Excellent accommodations

Room reservations should be mailed directly to the ROYAL INN

NATIONAL HEALTH FEDERATION BULLETIN

## Total Fluoride Intake From Multiple Sources Causing Concern

Those who advocate the fluoridation of public water supplies usually do so without regard to the potential total fluoride intake. Following are some sobering statements which should be given consideration:

**PROFESSOR PAUL R. EHRlich** (author of **THE POPULATION BOMB**) writes in his more recently published book **POPULATION, RESOURCES, ENVIRONMENT** (W. H. Freeman & Co., S.F.):

"Fluoride pollution is definitely a serious problem. Fluorides are discharged into the air from steel, aluminum, phosphate, glass, pottery and brick works. It can add to the fluoride uptake of individuals who drink fluoridated water. In addition, increased fluoride concentration has been detected in foods and beverages processed in communities supplied with fluoridated water. The difference between 'safe' and 'unsafe' levels of fluoride uptake is small and it is clear that some people in fluoridated communities and elsewhere are now taking more than the official 'safe' level (there is evidence that even this level may be unsafe for certain people)."

**RALPH NADER** (Alameda Times Star, April 14, 1970):

"No sub-segment of the fluoride problem, whether it is fluoridation of the water supply or fluoride pollution can be scientifically analyzed until we analyze the total fluoride intake. This focuses the need for a complete re-evaluation of our policy for fluorides. The urgent consideration is total fluoride ingestion—how much fluoride are people taking into their bodies from fluoride air pollution, from soil, from water, from products processed in fluoridated water, from pharmaceuticals, pesticides, herbicides and so forth? PHS never has responded to any scientist—whether of the stature of Barry Commoner, Washington University of Law School, or anyone else—on the question 'do you have data about total fluoride ingestion from all sources, products, etc.?'"

**STANFORD UNIVERSITY WORKSHOP ON AIR POLLUTION** (Summer, 1970):

"Fluorides in both gaseous and particulate forms can cause serious problems even in extremely low concentration, a few parts per billion. The problem (fluoride pollution) is complicated by the existence of other environmental sources of fluoride, most notably fluoride drinking water at 1 part per million."

# Beware the Salmonella Bug Will Get You

By EDITH JANE PARKE, B.A.

The partaking on occasion of bountiful supplies of food at town picnics, church suppers, and ceremonial dinners has caused the frail human anatomy to experience stomachache, cramps, diarrhea, vomiting, fever, and headache.<sup>1</sup>

Were the illness to enter the blood stream, a host of other ailments could result, affecting the bones, joints, lungs, and heart valves.<sup>2</sup> Food poisoning is the name of this physical upheaval.

Man, this weak-willed creature, cannot resist such dainties as deviled eggs, creamy macaroni salad,<sup>1</sup> chicken a la king, strawberry tarts, smoked salmon,<sup>3</sup> and banana chiffon pie.<sup>4</sup>

A mother isn't exactly over-joyed when the doctor explains that her child has food poisoning, but she heaves a sigh of relief from this interpretation of those dreaded words "salmonella" or "salmonellosis".<sup>4</sup> However, this illness is not always caused by food, but may come from family pets, ranging from dogs and cats to ducklings, baby chicks, and even turtles.<sup>5</sup>

In the records involving man and his pets, there is confusion as to who infects whom in the case of salmonellosis. Children from three months to seven years are inclined to be over zealous in bestowing affection on their pets by kissing them, sleeping with them, and drinking water from their pans.<sup>5</sup>

The innocent pets or their adoring masters could have eaten germ carrying foods. This is the reason the Los Angeles County Health Department makes no suggestions that we either stop eating or give away our pets. According to the Department, the sources of infection are poultry, livestock, dairy and poultry products, domestic animals, fertilizers plus the earth itself, animal foods, pet turtles, and person-to-person contact.<sup>4</sup>

Though salmonellosis is sometimes found in fish, the germ in no way can be pinned on the tail of the delectable-tasting pink or red salmon. Instead the microbe was named in 1900 after Daniel Elmer Salmon, an American bacteriologist and veterinarian, the first chief of

the United States Bureau of Animal Industry (now the Agricultural Research Center) who had isolated it in 1885 as a cause of hog cholera.<sup>3</sup>

Since that time 1,300 kinds of this bacterium have been discerned, but only 12 are harmful to man.<sup>1</sup> S. typhi (the typhoid fever bacteria) is the only one for which a vaccine was developed in 1913, while S. typhimurium accounts for one third of all cases.<sup>5</sup>

While this uninvited invader of the gastrointestinal tract may cause its victims to feel like human misfits, the malaise usually lasts only for from three days to a week. This poses no grave concern to the average adult, but could bring dire consequences to babies, the aged, and the infirm.<sup>3</sup>

Because we cannot all go around spying our food with a microscope, the food industry as well as the home has had difficulty in controlling salmonellosis, for back in 1952 contaminated fresh and frozen eggs were found in large commercial cake-baking operations in this country and Great Britain. Baby food containing egg yolks, cream pies, and hollandaise sauce were favorite nesting places for the germ.

Since then this elusive bug has lighted upon hamburger, sausage, liver, and other meat and poultry parts. The United States Department of Agriculture and the Food and Drug Administration have required pasteurization and similar treatment of these products.<sup>3</sup>

This is supposed to control the

culprit, because if raw meat and poultry were subjected to as severe scrutiny as candy and dry milk, Americans would face a severe shortage of beef, lamb, pork, and fowl.<sup>6</sup>

As the population in America has grown, so has the spread of this infection, until today two million or more humans are besieged each year. An exact figure is difficult to calculate, due to numerous unreported cases.<sup>4</sup>

What a dilly of a predicament! The bug could be hiding in food which looks and tastes normal,<sup>1</sup> yet we must go through elaborate, aseptic, sanitary precautions resembling those observed in a hospital. Our hands<sup>4</sup> should be washed thoroughly in warm soap and water before handling food, all working surfaces in the kitchen must be spanking clean,<sup>1</sup> especially wooden chopping boards which need to be treated with a household bleach, also meat grinders, can openers, and knives used for cutting meat and poultry are best cleansed with hot soap and water.

All eggs and meat<sup>4</sup> should be cooked and never eaten raw. Refrigerated food should be kept at 40°F. or less and while the County Health Department suggests to heat food to at least 145°F.,<sup>4</sup> the American Medical Association prefers the higher temperature of 165°F.<sup>7</sup> Left over foods should be refrigerated immediately at the completion of a meal, cracked eggs

(Continued next page)

# FOOD for THOUGHT

A Reprint of an  
**EDITORIAL**  
From "The Gazette and Daily"  
published in York, Pennsylvania

should only be used if cooked thoroughly, milk products (including ice cream) should be pasteurized,<sup>4</sup> do not hold food<sup>1</sup> at room temperature for any length of time, serve hot food at once, and cold food directly from the refrigerator.

Freezing does not kill salmonella, but keeps it dormant,<sup>1</sup> so defrost food in the refrigerator. These warnings may sound ominous, but Dr. Steven A. Shroeder, chief of the Salmonella Unit of the United States Public Health Service, National Communicable Disease Center in Atlanta, Georgia says that we have a serious problem with salmonella today and there is no reason to expect it to get better in the near future.<sup>7</sup>

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has been to let them be used until some one proves them unsafe instead of the other way around.

Another reason is that Dr. Stare appeared as a consultant for the cereal industry, Kellogg and Nabisco, before a Congressional subcommittee the other day in which he seemed to do very little but muddy the waters as far as what the people of this country really want to know about the nutritional value of breakfast cereals.

Now we believe that Dr. Stare should not have appeared before the Congressional subcommittee in the capacity of being a consultant for anybody but the people, the consumers. As such he should have appeared as an unbiased, impartial, independent expert on nutrition trying to present the real facts in the matter involved.

We have learned from a column which appeared in the Boston Globe recently, written by Carl M. Cobb, that Dr. Stare reported, in response to Congressional questioning, that roughly four per cent of his department's million-dollar-a-year research budget, some \$40,000 annually, is provided by the cereal industry, and Mr. Cobb's column reported that it is known that the building in which Dr. Stare's office and much of his nutrition department's research space is located was financed in part by the food industry.

General Foods Corporation, according to Mr. Cobb, contributed \$1 million toward construction of

that building, and the gift of this building was described by the associate dean of financial affairs at the School of Public Health at Harvard as "the largest gift ever received by Harvard at that time from a private corporation for construction."

Also, according to Mr. Cobb, Dr. Stare's testimony with the prestige of his Harvard appointment was of inestimable value to the cereal industry.

We of the Gazette and Daily regret that we have not been able to present the kind of unquestionable information on nutrition and diet that we thought that we had been giving our readers, but hope to correct the situation in the very near future. We apologize to our readers for presenting the views of one who was not as unattached as we thought or wanted him to be.

—C. M. Gitt

**EDITOR'S NOTE:** Mr. Charles M. Gitt, President of the York Gazette Company, is to be commended for his forthright editorial integrity which resulted in the above editorial and the action which it reports. His attitude is exemplary and in the highest traditions of American journalism. His editorial expresses a contention long held by the National Health Federation. We sincerely hope that his editorial may, indeed, "give food for thought" to other editors and publishers and inspire them to follow the high journalistic tradition which is exemplified by "The Gazette and Daily."

## VEGETARIAN FATHER SUES ON CHILD'S HOSPITAL DIET

### Charges Infringement of Religious Liberties

A Southwestern Virginia father, John E. Willson, who is a conscientious vegetarian has instituted a one-million dollar civil rights suit in the United States District Court. Named as defendants in the suit are the University of Virginia and a physician, Jerry C. Bernstein, M.D., and the hospital administrator, Phillip Brooks, all in Charlottesville, Virginia; the Carroll County Welfare Department and its Superintendent, Mrs. Love Cox, in Hillsville.

Willson lost custody of his 8-year-old daughter, Juliana, October 9, 1970 after a hearing in the Carroll County Court, a hearing instigated by the Carroll County Welfare Department. Willson and his daughter have been living in Wytheville with a Seventh Day Adventist family since Willson's wife died September 10, 1970. Willson charges that he and his daughter are being persecuted for their religious beliefs and personal views of life and health.

The Complaint filed in the federal court, asked the court for an order to return custody of Juliana to her father so that the girl might be taken back to Wytheville and

out any regard to the religious, philosophical and personal dietary beliefs" of the girl or her father.

The suit filed in the federal district court also asked for an order to enjoin the University of Virginia Hospital from performing a needle biopsy on his daughter claiming that the biopsy is unnecessary, a claim supported by another physician familiar with the case.

The Complaint charged that Juliana almost died as a result of insulin shock induced by the hospital, and further charged that on November 28, the hospital administrator instructed two policemen to go into Juliana's room to harass and embarrass her and her father and to threaten Willson with arrest although Willson had not given cause for suspicion of violating the law.

The suit claims violation of the freedom of religion and freedom of conscience which are guaranteed by the 1st and 14th amendments of the Constitution of the United States and applicable provisions of the Virginia Constitution.

John Joseph Matonis, 34, the Washington, D.C. attorney representing the Willson's in the civil rights suit, stated, "Welfare authorities must always be cognizant of the religious and privacy rights of the individuals they are supposed to serve. This is a typical case of the tendency of the bureaucracy to overprotect people to the point of harming them rather than helping them."

MARCH, 1971

## Let's Go To HAWAII

The annual NHF Hawaiian Convention will be held in Honolulu May 8-9. Everyone is invited. A special group travel plan has been arranged which affords a savings as well as a fabulous, exciting trip not only to Honolulu but also to Hilo and Kona. The price of \$328 includes air fare between the mainland and Hawaii as well as inter-island transportation, hotel accommodations, convention registration, NHF luncheon, and special events and sightseeing tours. Write NHF headquarters for a detailed brochure. Better do it now—reservations must be made early.

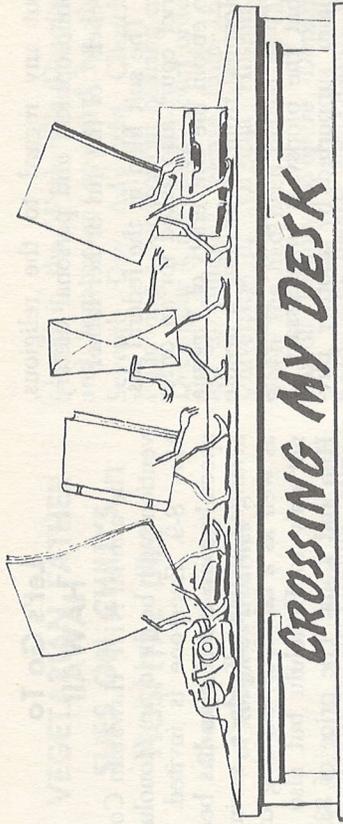
## PROTEIN BARGAINS

When you switch from costly steaks to hot dogs or bologna, you'll get past the checkout counter for less money, but you won't be getting a bargain in proteins. As a bonus, however, you will be getting an extra, generous dose of nitrates.

At average prices, 20 grams of protein (one-third the minimum amount needed for young adult male) cost 42c for bologna compared to 30c for round steak. An equal amount of protein in frankfurters cost 13c. Ham was 27c, rib roast 42c, and bacon was 46c. Cheaper cuts of meat actually give the best value in protein.

"Meat alternatives," such as cheese, fish or eggs, offered even further savings.

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NOTES AND COMMENTS BY HOWARD C. LONG

### NEW HOPE FOR PELICANS

California produced at least one new pelican this year—good news for naturalists who had about given up hope that any would hatch. Franklin Gress, a University of California zoologist, said the single pelican egg that did hatch was the only one from among 500 mating pairs on Anacapa Island off the Ventura County coast. Virtually all other eggs laid by pelicans, cormorants, egrets, herons and murres on Anacapa, or anywhere else along the coast where sea birds nest, have broken before they could hatch. The fish-eating birds appear to be the victims of a man-made chemical disaster linked with the use of chlorinated hydrocarbons in pesticides such as DDT. Because pelicans live to be 25 or 30 years old, there is a chance that if the use of all long lasting pesticides is stopped they eventually might recover the ability to form hatchable eggs. It is not known, however, if the damage can be reversed in time.

### STILL ANOTHER INDICTMENT

The AP reports that Dr. Rene Menguy, professor of surgery at University of Chicago, wants aspirin to be sold by prescription only—like other dangerous drugs. Drs. Menguy and Gottschalk mentioned that aspirin "can cause massive, sometimes lethal, internal bleeding and can cause gastric ulcers. Incidentally, aspirin sales have reached an all time high—now well over \$100 million annually and this does not include the products in which aspirin is included in combination with other drugs.

### FLUORIDES

Sodium fluoride was added to bulk wine in Spain for patients at the University of Barcelona. As a result a Dr. M. Soriano discovered, in several autopsies, odd bone formations. It was this man who determined the source of irregularities in the bone structure of a Java skeleton judged to be 700,000 years old—the oldest skeleton known to man! The problem was FLUO-

**RIDE POISONING.** It seems that the skeleton was found near a volcano which spewed forth fumes (much like modern industry) laden with fluorides. The fruits and vegetables were loaded with the toxic chemical and hence the deformity. This interesting story appeared in a UPI release recently.

### RIGHT AGAIN

We urge NHF members to pay careful attention to our notices. As an example, for years we have been talking about preservatives and often, specifically, the nitrites used in preserving and curing meats. A recent study done at the University of Nebraska and reported through AP recently **PROVED** that nitrite produced lung **CANCER** in test animals—and up to 90% of them. **PLEASE AVOID** foods containing nitrite!

### VITAMIN A

Here's more proof of the need for more vitamin A for most Americans. The Los Angeles Herald Examiner reported recently that deficiencies are producing night blindness, eye tissue damage, respiratory infections, digestive upsets, measles and other infectious diseases. Dr. Oswald A. Roels of Columbia University believes that the deficiency ranks with protein as the second most serious deficiency in the world today. NHF reminds you that most foods generally considered rich in A are usually deficient because of growing methods (Ref.: Firman Bear Report—Rut-

gers; 1968 U.S.D.A. Nutritional Study).

### HORRIBLE

Two scientists reported from Rome through AP recently that studies done proved that petroleum and chemical companies are polluting our waters. The fact is not new. What was that the pollution is producing massive amounts of toxins to develop **CANCER** in fish, skin ulcers, malformations, emaciation and genetic changes. Their concern is for the human who consumes the food and consequently ingests the toxins which can cause cancer in humans. The most damaging pollutants involved were mercury, nickel, selenium, tin, uranium, zinc, arsenic, cobalt, copper, lead and **CHLORINATED HYDROCARBONS**.

### ANOTHER FIRST

It is a step in the right direction, but inadequate. That is NHF's reason for the passage of a bill that became effective January 1 in California. It was reported recently in the Los Angeles Herald Examiner that all cereals, corn meal, corn grits, farina, macaroni, noodles, milled rice, crackers, chips, cookies, cakes, breads and dry cereals **MUST BE ENRICHED** with iron, niacin, riboflavin and thiamine. Is there such a bill—or a better one in your state? If not, write to your legislators.

### WHAT'S WRONG WITH US?

Reuters reported from Switzerland on standings of nations with regard to infant mortality. The U.S. (Continued next page)

is number 19! Some of the standings are:

Netherlands	13.4
Iceland	13.4
Norway	14.8
Finland	14.8
Japan	14.9
Denmark	15.8
Switzerland	17.5
New Zealand	18.0
Australia	18.3
England	18.3
Wales	18.3
France	20.7
Sweden	19.3
Canada	22.0
UNITED STATES	22.4

These are deaths per 1,000 children in the FIRST week of life.

#### PARADISE POLLUTED

At the Honolulu airport new signs are popping up along a beautiful lagoon. They read "POLLUTED WATER." Officials are (finally) checking nearby industrial facilities to try and determine the source of the filth.

#### REALLY SHOCKING

Without a permit and with no regard for the citizenry, ARMCO STEEL CORPORATION has been discharging tremendous amounts of cyanides, phenols and other suspended solids into the Houston Ship Channel in Houston for years! FINALLY, according to UPI, the U.S. Attorney General moved and has cited the firm. The suit is now pending—and the pollution continues, of course. Last July the same department took action and stopped mercury pollution in nine cases and closed a 10th plant. The

successful action caused 50 other plants to stop the pollution voluntarily.

#### INNOCENT UNTIL PROVEN GUILTY?

In America the tenet applied to our judicial system would seem to be a wise one. When applied to our ecology it would seem folly—but it is being done. Here is a short list of items we have permitted to be called "innocent":

- Thalidomide
- No. 4 Red Dye
- 2,4,5-T
- DDT
- Cyclamates
- Thermal pollution
- Defoliants
- Nitrites
- Nitrates

And, 3,000 other chemicals . . .

#### 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."

# NOTES FROM THE NEWS

## Christian-Science Monitor

### Udall Urges Recycling of Old Newspapers

Stewart Udall, former U.S. Secretary of the Interior, has recommended that old newspapers be recycled to produce newsprint to help eliminate the danger of forests being depleted. "If we can not do this, I see no way that the forests in this country can produce our needs," Mr. Udall told an Ashland College audience. He estimated that "we could produce half, maybe three-fourths of our newspaper needs in this country from recycled newspapers."

\*

## Springfield, Mass., Daily News

### Doctors Warn Unknown Substances May Pose Genetic Danger to Man

Hundreds of substances capable of causing genetic damage may be in common use today, the hazards posed by them are unknown to science, government or the public, a noted geneticist believes. Dr. James Crow of the University of Wisconsin sounded the warning before a meeting of 500 scientists. Although drugs and other chemicals intended for human consumption are tested for safety and cancer causing no tests for genetic effects are run on new compounds, yet tests can be done "very cheaply

and very reliably" to pinpoint this undesirable quality, which scientists call "mutagenicity," the Dr. stated. Mutations happen naturally, and are the basis for evolution. Mutations can also be caused by avoidable manmade factors such as atomic radiation. Some chemicals, notably nitrous acid and formaldehyde are mutagenic, but are not consumed by humans, of course.

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## Los Angeles Times

### Injecting 'Speed' Found to Cause Fatal Blood Disease

As many of 20% of youths shooting "speed" may develop a blood vessel disease that has been fatal in about 30% of cases detected to date, a County-USC Medical Center team reported recently. The disease, which kills by blocking blood vessels in vital organs such as kidneys and the heart, is the first lethal systemic disease that doctors have associated with any of the drugs of abuse. Speed is a form of amphetamine—the so-called "pep" pill drug—which users inject in order to get a heightened response quicker. Persons taking the amphetamines orally to control appetite, abusively, may also be in danger of acquiring the lethal blood vessel disease.

(Continued next page)

**Chemical Food Additives**

Ethylendiametracetic Acid is added to salad dressing to prevent discoloration, off-taste, and rancidity. It is a sequestering agent which prevents adverse effects caused by metallic ions in certain food products by forming chemically inactive complexes with the metals. In excess, this chemical can cause calcium imbalance, dissolve teeth, kidney damage, a state of vitamin deficiency and it can even be fatal. This chemical is also added to vinegar, canned sodas, beer, sandwich spreads, cooked or canned crabmeat and shrimp, oleomargarine and pecan pie filling.

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**The Houston Post****New Breakfast Roll Approved**

The Department of HEW announced recent approval for a new, enriched breakfast roll with a cream-like center to take the place of fruit juice and bread or cereal served at schools and day-care centers. The department said the fortified roll includes all the vitamins and other nutrients found in one slice of bread or half a cup of cereal plus half a cup of fruit juice. Officials of FDA said it is the first such product to be approved for government-aided child-feeding programs.

**URGENT**

**WHEN YOU HEAR PRO-FLUORIDATION SPEAKERS OR COMMENTATORS ON RADIO OR TV:** Note the station, the program, date and time, and the name of the speaker or commentator. Immediately convey this information to one of your strong, regional anti-fluoridation organizations or to Dr. Robert H. H. Mick, 915 Stone Road, Laurel Springs, New Jersey. Do this by phone or air mail-special delivery. Equal time may then be requested of the station to refute the proponents statements but this request must be made within seven days.

**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.

**NHF REPRINTS**

The following is a list of NHF reprints available from NHF by writing Box 666, Monrovia, California 91016. The price includes handling and postage. California residents, please add 5% sales tax. Allow three weeks for delivery unless first-class postage is sent with orders. Build your own library now from these excellent reprints.

Revised List as of March, 1971 — Please discard all previous lists

	Each	5 or More
<b>NHF PROMOTIONAL MATERIAL</b>		
1. 15 page pamphlets that tell about NHF	\$.25	\$.05
2. NHF postage-paid envelopes with application	.25	.01
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9. Help Yourself to Beauty	.25	.03
<b>EYES</b>		
10. Cataract Cure Without Operation	.25	.15
11. I Threw My Glasses Away	.25	.06
<b>PESTICIDES</b>		
13. What Are Pesticides Doing?—Granville Knight, M.D.	.25	.20
14. Public Health and New Pesticides—Morton Biskind, M.D.	.25	.15
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15. AMA Links Drugs to Blood Damage	.25	.02
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17. The Concept of Safe Tolerance—J. B. Bruce, M.D.	.25	.03
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(Continued next page)

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**The influence and power of NHF increases with each new member**

**LET'S MAKE NHF GROW**

**Resolve to get at least one new member in 1971**

**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?

**FEDERATION ELECTED OFFICERS AND THEIR RESPONSIBILITIES**

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

**NATIONAL HEALTH FEDERATION**

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**COMING CONVENTIONS**

- San Diego—Royal Inn .....March 27-28
- New Orleans—Jung Hotel .....April 16-17
- Houston—Rice Hotel .....April 15
- Phoenix—Del Webb Townehouse .....May 1-2
- Honolulu—Imperial Hotel .....May 8-9
- Milwaukee—Plankinton House .....May 15-16
- San Francisco—Palace Hotel .....May 22-23
- St. Petersburg—Hilton Hotel .....May 22
- Miami—McAllister Hotel .....May 23
- Denver—Brown Palace Hotel .....June 6
- Chicago—Pick Congress Hotel .....Sept. 10-12
- Portland, Ore.—Hilton Hotel .....July 10-11
- New York City—New Yorker Hotel...Nov. 13-14

**HELP SAVE OUR HEALTH FREEDOMS**