

# National Health Federation

**BULLETIN**

October, 1971

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**NHF,  
America's Largest  
Consumer Group  
Devoted Exclusively  
to Health Issues  
and Services**

**Next:**

## **NATIONAL FLUORIDATION?**

Senate Bill 1874 proposes to make available \$15 million to communities, schools, and other public or non-profit private agencies, to assist them in initiating a water fluoridation program. Proponents estimate this will extend fluoridation to another 7,000 communities having a total population of 45 million.

## **An Open Letter To President Nixon**

The health of the American people is undergoing a gradual deterioration. The cry is for more and larger hospitals, more medical schools turning out more doctors, new drugs, and vast sums for research. Will these provide the solutions to our declining health? Here, a doctor gives some fresh viewpoints and constructive suggestions regarding our national health goals.

**Dedicated to the Protection of Health Freedoms**

# THE NATIONAL HEALTH FEDERATION BULLETIN

Protection of Health Freedoms

Published Monthly

Volume XVII — Number 9

October, 1971

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

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.

## Washington Report

By CLINTON R. MILLER  
NHF Legislative Advocate

### "National Fluoridation Bill" (S-1874) Ramroded Through Senate Committee

Those tricky advocates of fluoridation are at it again in Washington, D.C. Apparently they have succeeded in cleverly misinforming or misguiding a large segment of the Senate, for obscured in S. 1874, "The Children's Dental Health Act of 1971" (this should be called *The National Fluoridation Act of 1971*) is a proposal to appropriate \$15 million to assist communities, schools and other non-profit private agencies in initiating the fluoridation of their water.

Senator Warren G. Magnuson (D-Wash.) is the chief sponsor of the bill and it is strongly favored by Sen. Edward M. Kennedy. NHF is disappointed that these and the other cosponsoring senators have not fully realized the highly controversial nature of the fluoridation question and that they are not more keenly aware of the great mountain of evidence, presented by scientists of stature, opposing fluoridation.

Thirty-six fellow Senators have co-sponsored the bill which will provide, for the first time in American history, federal funds to buy fluoridation equipment for local communities and schools. Kennedy,

a co-sponsor, is chairman of the Senate Health Subcommittee. He held a single afternoon hearing on the highly controversial bill making no attempt to invite the nation's leading scientists and environmentalists who are opposed to increasing the total fluoride consumption.

NHF protested strongly at Sen. Kennedy's unfair limiting of witness and debate on the most controversial health issue America has ever had. The following exchange took place just prior to NHF's introduction of Dr. Robert Mick who came at his own expense to Washington, D.C. to testify against the bill as NHF's witness:

*Mr. Miller:* ... (Reading a letter) ... "To the Honorable Edward M. Kennedy. This letter is being presented for your consideration concerning Sec. 1002 of Senate bill 1874. The National Health Federation representing over 45,000 Americans concerning matters of health freedom have asked Dr. Robert Mick to represent us in urging that Sec. 1002 of your bill, S. 1874 be omitted and the bill be amended to specifically prohibit any federal funds being appropriated for the

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purchase of fluoridation water supply equipment and/or fluorides."

... We wish to make it clear that the National Health Federation is strongly in support of you and the near 40 sponsors of this bill, in doing all that we can to have as perfect dental health in this country as possible with safety.

... However, when Senator Magnuson complimented the chairman because the subcommittee has moved so quickly, I had just a little feeling of apprehension. It seems to us, sir, that perhaps the subcommittee has moved a little too quickly.

I was notified during my vacation at 2:30 last Friday that the hearing would be held today (Monday).

I was notified today by a member of your staff that the record would be closed in about 1 week. We would like to register at this time, sir, the very strongest possible protest to closing the record in a week, or in limiting the testimony to those witnesses who have appeared today. We would like you to keep the hearings open until other great scientists who have taken strong positions against the fluoridation of public water supplies have an opportunity to appear before the committee.

*Senator Kennedy:* ... Just for the record, I would like to say that the notice about this hearing was placed in the Record last Tuesday.

We can't notify people all over the country about the times of

these hearings. But we publish it in the Congressional Record, that is the procedure which has been followed for as many years as this great democracy has existed.

So we apologize and regret that you didn't have other personal knowledge of it. Just for the record, I wanted to make that clear.

*Mr. Miller:* For the record, is there any intent to close the hearings as of today or will there be a chance for other witnesses to appear?

*Senator Kennedy:* I expect the record would be open for several days for statements.

*Mr. Miller:* That is not my question. Will other witnesses be allowed to appear?

*Senator Kennedy:* I don't expect that we will have additional hearings.

*Mr. Miller:* I wish to protest that very strongly. I don't think that is a fair way to conduct this hearing. This crisp exchange was followed by Dr. Mick's testimony.

S. 1874 is not titled the NATIONAL FLUORIDATION ACT, but it should be. It is called, instead, "The Children's Dental Health Act of 1971" and the word "fluoridation" doesn't even appear in the bill. It makes provision, however, in Sec. 1002, for \$15 million to be appropriated over the next 5 years to "be used by the Secretary (of Health, Education and Welfare) to make grants to States, political subdivisions of States, and other public or non-profit private agencies, organizations, and institutions to as-

sist them in initiating, in communities or in public elementary or secondary schools, water treatment programs designed to reduce the incidence of oral disease or dental defects among residents of such communities or the students in such schools (as the case may be)."

That the phrase "... water treatment programs designed to reduce the incidence of oral disease or dental defects..." refers explicitly to fluoridation equipment was made clear by Sen. Warren G. Magnuson when he testified for the bill July 26. Senator Magnuson is the chief sponsor of the bill. He and the officers of the American Dental Association stated in their testimony and publications that they hoped and estimated the authorization of \$15 million would extend fluoridation to another 7,000 American communities with a total population of 45 million!

Sen. Magnuson is one of the most powerful and highly respected members of Congress. Thirty-six other senators (including Sen. Edward Kennedy) have co-sponsored his bill.

Listed by States, these Senators are:

*Alabama:* James B. Allen (D)  
*Alaska:* Mike Gravel (D), Theodore F. Stevens (R)  
*California:* Alan Cranston (D), John V. Tunney (D)  
*Hawaii:* Daniel K. Inouye (D)  
*Illinois:* Charles H. Percy (R)  
*Indiana:* Birch Bayh (D), Vance Hartke (D)  
*Iowa:* Harold E. Hughes (D)

*Kansas:* James B. Pearson (R)  
*Kentucky:* John Sherman Cooper (R)  
*Maine:* Edmund S. Muskie (D)  
*Maryland:* J. Glenn Beall, Jr. (R)  
*Massachusetts:* Edward M. Kennedy (D)

*Michigan:* Philip A. Hart (D)  
*Minnesota:* Hubert H. Humphrey (D), Walter F. Mondale (D)  
*Missouri:* Thomas F. Eagleton (D)  
*Montana:* Lee Metcalf (D)  
*New Jersey:* Clifford P. Case (R), Harrison A. Williams, Jr. (D)  
*New York:* Jacob K. Javits (D)  
*New Mexico:* Joseph M. Montoya (D)

*North Dakota:* Quentin M. Burdick (D)

*Oklahoma:* Fred R. Harris (D)

*Oregon:* Mark O. Hatfield (R)

*Rhode Island:* John O. Pastore (D), Claiborne Pell (D)

*South Carolina:* Ernest F. Hollings (D)

*South Dakota:* George McGovern (D)

*Tennessee:* William E. Brock III (R)

*Vermont:* George D. Aiken (R)

*Washington:* Henry M. Jackson (D), Warren G. Magnuson (D)

*West Virginia:* Jennings Randolph (D)

*Wisconsin:* Gaylord Nelson (D)

There you have it! 27 Democrats and 10 Republicans, representing 30 states! They're all great, powerful statesmen! Many of them have championed NHF legislation and causes for years.

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I suspect several, if not most of the above Senators would NOT have co-sponsored S. 1874 if they had known the main hidden political thrust of the bill was fluoridation, and not dental care as the title misleadingly implies. So we must promptly inform every U.S. Senator and Representative (especially those who have co-sponsored S-1874) that federal coercion of local communities and schools into accepting nearly free fluoridation equipment is an intolerable and improper extension of the police powers of the state. I suspect few if any Congressmen will openly tell their constituents that they now feel the fluoridation question should be decided at a Federal level. S. 1874 is designed to do just that. For many years the United States Public Health Service has been blatantly promoting universal fluoridation using the awesome power and prestige of the federal government to intimidate naive or unsuspecting city and state officials.

Letters of protest to Congress about the USPHS unauthorized federal fluoridation promotional activities invariably brought the same answer: "... We believe the matter should be decided at the local level." Well, now the issue is clear. Your Congressman cannot support Sec. 1002 of S. 1874 which will clearly appropriate federal funds to buy fluoridation equipment for local schools and communities and say he still believes the matter should be decided at the local level.

#### WHAT YOU CAN AND SHOULD DO

At the end of this article there is form letters which has been prepared for your signature. If you agree with the text, sign and mail them at once.

Then, send to Monrovia for as many of the form letters as you can get signed and do all you can to get every friend and neighbor, etc., to sign and mail identical letters. Send copies of the replies you receive to me. After you have sent letters to your two U.S. Senators and one Representative sign and send one to Sen. Warren G. Magnuson, the chief sponsor, and Sen. Edward M. Kennedy, the chairman of the Senate subcommittee, who are the key promoters in the Senate.

Following this, contact your U.S. Representative with the enclosed form letter and urge him to be careful not to be misled, as so many Senators were, into co-sponsoring the House bill which is expected to be introduced very soon.

Keep writing and calling on your Congressman's home office until you have their staff convinced that S. 1874 and the companion bill which will be introduced in the House must be amended to leave out Sec. 1002 which authorizes \$15 million for water treatment programs and in its place put NHF's amendment.

The National Health Federation successfully beat back an effort in 1966 to finance all fluoridation programs at a federal level and we can do it again in '71 and '72.

The Honorable  
United States Senate,  
Washington, D.C. 20510

Dear Senator:

I am strongly opposed to S. 1874 as written. I respectfully urge you to work in my behalf to omit Sec. 1002 which authorizes \$15 million to make grants to buy fluoridation equipment, and in its place insert the National Health Federation's amendment to specifically prohibit any federal funds being appropriated or used for fluoridation propaganda or for the purchase of fluoridation water supply equipment and/or fluorides.

I am strongly opposed to having any federal funds authorized or spent to either promote or encourage or subtly coerce local communities or schools to fluoridate their water supply.

I am very disappointed that extensive and fair public hearings were not held on S. 1874 by Senator Kennedy's Health Subcommittee. I urge you to do all in your power to get him to reopen the hearings so the record will contain testimony of some of our great environmental scientists who are strongly opposed to unnecessarily increasing the public's total exposure to any avoidable additional burden of highly cumulative poisons and industrial pollutants like lead, mercury, fluorides, etc.

The promoters of compulsory universal fluoridation have done a serious disservice to those needing immediate dental care (and this includes millions of children in Washington, D.C. and other American cities who have consumed fluoridated water all their lives) by attempting to engraft the highly

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controversial fluoridation issue with the other less dubious aims of S. 1874, such as projects for dental care for children and projects to promote effective use of auxiliary dental personnel.

Constantly increasing environmental pollution is the No. 1 concern of most enlightened citizens in America today. Fluorides are one of the most serious air borne pollutants in America today.

Respectfully,

\_\_\_\_\_  
(Name, print)  
\_\_\_\_\_  
(Signature)  
\_\_\_\_\_  
(Street)  
\_\_\_\_\_  
(City, State)

P.S.

This form letter was prepared for my convenience by Clinton R. Miller, Legislative Advocate and Vice President of The National Health Federation, 121 2nd Street, N.E., Washington, D.C. For additional information, please call him at 547-2547. No reply is necessary. I know you are busy and your vote will be published in the NHF Bulletin.

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

Dear Sir:

Please do not introduce or cosponsor a bill in the House identical to S. 1874 (misleadingly labeled "The Children's Dental Health Act of 1971"). I am strongly opposed to S. 1874 as written and will be as strongly opposed to any identical bill introduced in the House. If the bill is introduced by some other House member, I respectfully urge you to work in my behalf to omit Sec. 1002 which authorizes \$15 million to make grants to buy fluoridation equipment, and in its place insert the National Health Federation's amendment to specifically prohibit any federal funds being appropriated or used for fluoridation propaganda or for the purchase of fluoridation water supply equipment and/or fluorides.

I am strongly opposed to having any federal funds authorized or spent to either promote or encourage or subtly coerce local communities or schools to fluoridate their water supply!

The Senate unfairly limited hearings on S. 1874 to a single afternoon and made no attempt to solicit opposing witnesses to inform the Congress of the views of America's greatest environmental scientists who have made fluoridation of water supplies the most controversial health issue of our time. If the bill is introduced in the House, and if hearings are held by the House Health Subcommittee, please insist that they not be unfairly limited as the Senate hearings were. Lead, mercury, and fluorides are powerful cumulative poisons, and any governmental plan to deliberately add any one of these to our

(over)

Dr. Airola is a nutritionist, a popular lecturer, the author of seven widely-read books dealing with health, and an NHF member. Recently, he shared with us his "Open Letter to President Nixon" reproduced here. Due to its length, small parts of the original letter have been omitted in order to fit it into the space available in these pages. The views expressed are his own and not necessarily those of NHF. The letter expresses many excellent ideas worthy of serious consideration and we trust that our readers will find these ideas both interesting and thought-provoking.

## An Open Letter To President Nixon

by PAAVO O. AIROLA, N.D.

Dear Mr. President:

I have a recent news clipping before me. It reports:

"In his first attempt to tackle the nation's health crisis on a concerted basis, President Nixon has asked Federal officials to draft a program that will make Americans the healthiest people in the world."

The report said that although Americans spend more for health care than any other nation—over \$60 billion a year—their aggregate health is worse than in most other industrialized countries. We have more cancer, diabetes, mental disease, arthritis, birth defects and heart disease than any country in the world. We rank 13th in infant mortality, 50th in total mortality and 19th in life expectancy for men among world nations. All in all, Americans are less healthy than they were 20 years ago, and our life expectancy is actually *going down*. Appalled by this shocking condition of American health you gave Secretary of Health, Education and Welfare, Elliot L. Richardson, the charge of finding out "what is necessary to make this country healthier than any other country in the world."

This report came as a great shock to most Americans. You see, we have been told by the HEW, FDA and the American Medical Association that *we ARE the healthiest people in the world!*

Mr. President, I would like to believe that your concern for the catastrophic deterioration of the health of this nation is genuine. If it is, what I have to tell you should be of interest to you.

Permit me to correct the statement about Americans spending \$60 billion on *HEALTH*. We are spending \$60 billion on *DISEASE*, not on

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environment, so our total ingestion is measurably increased, should be subjected to full and fair debate.

Constantly increasing environmental pollution is presently the No. 1 concern of most enlightened American citizens. Fluorides are one of the most serious air borne pollutants in America today.

Please do not support, cosponsor, or vote for the House version of The Children's Dental Health Act of 1971 unless it is amended with the NHF amendment.

Respectfully,

\_\_\_\_\_  
(Name, print)  
\_\_\_\_\_  
(Signature)  
\_\_\_\_\_  
(Street)  
\_\_\_\_\_  
(City, State)

P.S.

This form letter was prepared for my convenience by Clinton R. Miller, Legislative Advocate and Vice President of the National Health Federation, 121 2nd Street, N.E., Washington, D.C. For additional information, please call him at 547-2547. No reply is necessary. I know you are busy and your vote will be published in the NHF Bulletin.

health. Not a penny of this huge amount of money is used for the promotion of health. It's all used on doctors, drugs and hospitals, trying to cope with the growing amount of disease. If we would begin to use even a small fraction of this money teaching people how to *prevent* disease and *build better health* by improved nutrition and healthier living habits, our national health would improve with dramatic speed and *within one generation we would truly become the healthiest people in the world.*

The programs and measures which your advisors, federal officials and committees, will propose to you—no matter how many more billions they will get—will not likely improve the health status of Americans one bit. Why? Because any programs which they will propose will be disease-oriented. Their proposals will deal exclusively with the care of those who are already ill. As laudable as some of their suggestions in this regard may be, it is not likely that they will propose anything which will improve the general health of the American people, in spite of the fact that prevention of disease is best achieved through the improvement of one's general health with the enhancement of one's vitality, vigor and endurance.

The tragedy of the American government is that the Federal agencies and departments, financed by taxes and set up to regulate and control medical, drug and food industries for the benefit of all Americans, *are controlled by the very same professions and industries that they are supposed to regulate!* For example, officials of Health, Welfare and Education seemingly must be approved by the American Medical Association before even you, Mr. President, can appoint them. You must remember how two years ago you tried to appoint an Assistant Secretary of HEW of your choice—unsuccessfully—because the AMA did not approve of your choice. You must have learned your lesson. Recently, Dr. Merlin DuVal, Jr. was appointed new Assistant Secretary of HEW. *He was chosen to this post by the American Medical Association.*

The AMA is America's wealthiest and most powerful professional union, whose main concern is the welfare and financial interest of its members. AMA has a long history of opposing and fighting against *every measure by the government or other concerned agencies aimed at improvement of the health of the American people.* Here are a few facts:

AMA, using its powerful lobby in Washington, has for forty-five years successfully defeated all proposed legislation by the U.S. Government for an effective program of medical care of aged and poor. Finally, when Medicare was accepted, in spite of millions of dollars spent by the AMA in an effort to defeat it, it was completely watered-down to suit the AMA.

When in 1964 the Surgeon General's report linked smoking and cancer, *the AMA withheld its endorsement of the Report.* A few weeks later it was reported the AMA accepted \$10 million from tobacco industry "for

research of the effects of smoking." Five years later it was further reported that AMA accepted an additional \$8 million from the tobacco industry to "continue the research." Of course, until this "research" is completed the AMA would not endorse the conclusion of the Surgeon General that smoking causes cancer.

AMA has used Government Agencies such as FDA, FTC and Post Office, and millions of taxpayers money, to protect its own monopoly on healing arts and suppress and prosecute all the other healing professions—especially those that use nutritional and other harmless therapies and teach people how to prevent disease. It has been reported that the AMA voted \$8 million for 1971 alone to fight chiropractic. Holding a monopoly control over health care delivery, the AMA has subverted the principles of equality, justice and democracy.

AMA-controlled FDA, FTC and other government agencies have consistently persecuted writers, lecturers and nutrition consultants who tried to voice their opinion that the American health and the American nutrition is not all as rosy and good as we were told they are. Health lecturers have been harassed and arrested. Books, that the government medical advisors disagreed with, were burned—actually burned, as in Nazi Germany's dark ages!

You are in for a big disappointment, Mr. President. You can be sure that whatever your trusted advisors will propose to you, *will not help to improve our health in the least!* There is a real basic *conflict of interest* here. The AMA, as a doctors' union, is mainly interested in the financial welfare of its members, not in the health of the American people. On the contrary, healthier America would mean less income for doctors and druggists, while our multiplying disease mean billions of more dollars for medical and drug industries. It would be naive to expect that the huge drug and medical empire would willingly put itself out of a lucrative business by improving health of Americans and eliminating disease. Already some HEW officials had spelled out a few of the actions they will propose to you!

- More and larger hospitals and multi-doctor clinics subsidized by taxpayers money.
- More medical schools and shorter training terms.
- Speed-up research to develop new and stronger drugs.

Mr. President! The present American medical system has proven its total inability to guard the health of Americans and halt the catastrophic increase of our major killing diseases. We already have more doctors, more hospitals and more drugs and the "most advanced medical science

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and facilities in the world." Yet, our health, instead of improving, is deteriorating at a catastrophic speed.

You can *not* improve health by building more hospitals, developing more drugs and educating more doctors. You can *not* improve health by drugs and surgery, which treat the symptoms of disease but *do not eliminate its basic causes*. The health of this nation can be improved only by *preventing* disease through elimination of the basic causes of disease.

These causes can be found in our disease-producing way of life: devitalized, over-processed and chemicalized foods; poisons in our air, water and soil; emotional stresses and worries of our competitive, "dog-eat-dog" economical system; overuse of drugs; sedentary life and lack of exercise; and such health-destroying habits as smoking, alcohol, soft drinks, etc. Virtually all our most common diseases can be completely irradiated and Americans made the healthiest people in the world in just one generation by changing our ways of eating and living, and by changing our *cure-oriented MEDICAL system* into a *prevention-oriented HEALTH system*. This means a total revolution in our medical thinking. *For too long the precious health of Americans has been left to the mercy of greedy interests of chemical-drug-food-medical industries*. You can not expect that our health will improve as long as our medical and economical system is based on the principle: *the more disease—the more profit*.

You can change this course, Mr. President, and go into history as an American president who did more for the health and happiness of all Americans than any other president in the history of this country. How can you do it? Here are a few steps you can take:

1. Set up a new *HEALTH-promoting and disease-PREVENTIVE* Federal agency. Ask the National Health Federation which is dedicated to the betterment of the health of Americans, to suggest to you an Advisory Committee on how to improve the national health. Members of NHF include dozens of concerned doctors, nutritionists and biochemists who are *not* allied with multi-billion dollar industries that profit from the ill health of Americans.
2. Stop the AMA's monopoly on health care and see that Americans can exercise their constitutional right of freedom of choice in health matters.
3. Get the representatives of chemical-drug-food-medical complex out of all government agencies that are concerned with the health of Americans, such as HEW, FTC, NHI, NCI, etc., and make these agencies what they were truly intended to be: *the consumer protection organizations*, which will effectively protect Americans against the unscrupulous practices and abuses of medical, chemical drug and food-processing industries.

Mr. President, we are still a great country and an unsurpassed world power with superior technological competence and economical and military strength. The motivation behind writing this letter is a serious *concern* that our great nation may be in danger of losing its leadership through "decay from within" in the form of a catastrophic health deterioration. It is my conviction that the real danger that is threatening the very existence of this nation is not the atomic bomb, communism, or any other external enemy, but a gradual physical and mental degeneration brought about by a toxic environment and poor nutrition. While our health is rapidly declining due to our misguided and misdirected chemical and medical sciences, the communist nations are investing heavily in scientific research aimed at giving their citizens superior health and greater endurance. Perhaps we should not fear their bombs and space rockets as much as their tremendous energy, vigor and health reserve. Who knows, in the cold war and international contest for world supremacy the enemy's *secret weapon* may not be their atom-powered submarines or the superior space rockets, but their *superior health*. Only a HEALTHY America will be able to defend itself against virile and vigorous armies of totalitarian nations.

It is sad indeed that not only our health and happiness, but our national existence is at stake *when the scientific knowledge of how to prevent disease and build superior health IS available*.

You, Mr. President, can take the decisive steps that may save this nation. If the right measures are not enacted soon, we will reach the point of no return and the Great Fall of America, through physical and moral degeneration, will be an accomplished fact. I know that millions of Americans will join me in the hope that you will take an appropriate action and are offering you all our support.

Paavo O. Airola, N.D.

## PSYCHOLOGY AND PHYSIOLOGY

Dr. George Comstock of John Hopkins University recently conducted exhaustive tests on 567 men. The results proved that men who attended church regularly stood twice the chance of avoiding fatal heart attacks, cancer, tuberculosis, chronic bronchitis, suicidal tendency and cirrhosis of the liver. NHF does not involve itself in religion, but this test, which was investigated by us, is so conclusive that we are reporting it. Apparently, the psychic or emotional response to a religious oriented life in church relieves stresses that otherwise have a deleterious physiological effect on our bodies. An original survey on which the study was based included 91,000 persons.

# There Is No Escape, Unless . . .

By CHARLES ORLANDO PRAIT  
Washington General Counsel

There is no escape from our environment. There remains only a limited, and perhaps a dangerously brief, time in which Americans can persuade our federal, state and local governments to act together to save some, if not all, of America by taking action to clean up and protect our environment.

To save our lives and the lives of future generations of Americans will require drastic, but reasonable, national action with *wholehearted* effective cooperation of the people with state and local governments.

It may be true that America is the richest nation the world has ever known, but only from a material standpoint. This richest of nations has refused, and still refuses, to change its materialistic course so that all Americans can have and enjoy fresh, safe and wholesome air to breathe in our villages, towns, counties, cities, in rural, mountain and resort areas, and on our farms.

Recently, I heard and saw on television the new head of the Atomic Energy Commission when he said, in effect, that America needs its man-made environment as much as its natural environment. It occurs to me that millions of Americans do not believe that, because we can live without the so-called comforts and luxuries of man-made environment which has poisoned our air, our water, our land, our food and our drugs.

America doesn't need any more so-called "model cities" programs until we can provide *safe* cities first.

Millions of Americans are seriously concerned because they fear we have lost our way, our sense of direction and our goals for a healthy and wholesome society.

The officials and the staff of The National Health Federation, as well as its thousands upon thousands of members, have believed always and do believe now that our country

can find its way again before it is too late. We believe that Americans deserve better, down-to-earth living conditions than our bureaucracy has provided in the past and is providing now.

Millions of Americans believe the time has come for all of us to work for new directions in matters of health *now*.

## Minority-held Health Views Must Be Recognized and Protected

It is the time to demand that Congress, our state legislatures and local governments take positive action to provide whatever legal authority is necessary to protect the rights of minorities in matters of health care, health food, safe drugs and medicines, and above all, a wholesome environment.

No longer should any governmental regulatory agency censor, ridicule, embarrass, belittle or stifle dissent in health matters.

Members of your great National Health Federation must stand together, without fear, in a positive program for a safe and wholesome environment.

The National Health Federation believes that all Americans must see to it that the public health interest is predicated upon, and nourished by, scientific facts developed by minority as well as majority opinions. It is neither just nor right for the economic vested special interests to destroy the health and welfare of Americans by merely charging them with

"consumer emotionalism." The voice of reason must be heard and understood by our congressional and legislative leaders.

The exercise of powerful and sometimes ruthless coercion, duress and undue influence by the food and drugs industrial-vested interests upon congressional committees, state legislative committees, and, indeed, upon the very Administrative or Legislative Agencies established to protect the public health and welfare, must stop and stop now.

The officials and members of The National Health Federation cannot be cowed or deterred in their campaigns and crusades for government protection in matters of health. It matters not that bureaucrats call us zealots, extremists, health nuts or food faddists.

Bureaucrats in the past, and even now, have been successful in drowning out the voices of reason and responsibility in matters of health, only because they expressed well-organized minority opinions of the vested self-interests; whereas, the great majority of Americans was helpless because it was unorganized and its voice was like a pitiful but tragic cry in the wilderness.

## NHF Represents a United Voice In Health Matters

Now there is new hope on the horizon for all Americans, because millions of Americans are joining (Continued next page)

the thousands of members of The National Health Federation to find and to build a new environment. Only this new environment of fresh safe air; land free from chemical poisons; water pure and safe for drinking; food safe from adulteration, misbranding, free of dangerous processing and packaging procedures, toxic ingredients, food additives that are not generally recognized as safe, and free from unsafe artificial coloring, flavoring, sweeteners and toxic preservatives, can save America.

The great majority of our drugs are made and used as curative, not preventive care. Far too little attention is being given to the area of health care and preventive medicine to keep people from becoming sick medical patients in the first place.

The field of chronic toxicity has received little attention by the government, the drug industry, or the medical profession.

Industry has concentrated and greatly increased the processing of natural foods and materials, and made them into formulated foods often containing added chemicals of questionable long-range safety. Industry has poured toxic (poisonous) materials into our air, into our food, on our land and into our water. Some of these toxic waste materials find their way into the human and animal bodies.

Deficiencies in nutrition in America are serious. Anaemia is prevalent

ent. Research has revealed, for a long time, deficiencies in Vitamin A, Vitamin C, calcium and riboflavin. There is increased manufacturing and marketing of formulated foods, some of which cause health problems. The labels do not bear the list of all ingredients; therefore, the consumer is not fully informed.

FDA recognizes that trace nutrients may not be present in our manufactured diets in adequate amounts for maximum health.

#### **FDA's Knowledge In Nutritional Matters Is Deplorably Lacking**

The Federal Food and Drug Administration still does not know whether Vitamin C helps in the prevention of the common cold. FDA still does not recognize officially all of the values of Vitamin E in human nutrition or what daily requirement of Vitamin E should be recommended. The requirement of chromium is not known or whether it is essential in nutrition. The FDA knows too little about

the long-term consumption, or long-term deficiency of many of the nutrient materials which appear in trace quantities. Apparently, FDA now is beginning to recognize officially that acute and chronic deficiency and poisoning could be linked to food. We know that FDA in 1941 recognized officially that dietary deficiencies caused deficiency diseases. FDA said so in its official Regulations. Then, why has FDA in the past criminally prosecuted food supplement distributors

who warned the people of the dangers of dietary deficiency diseases?

Apparently, FDA's present knowledge of the problems which arise from long-term deficiency of a large number of nutritional materials is becoming increasingly clear. FDA admits its present knowledge in this area is deplorably lacking.

Americans take tens of billions of doses of drugs each year. Some of these drugs are the major cause of morbidity and not infrequently death.

Based on the well-publicized past history of the failures and ineffectiveness of federal, state and local government agencies to protect Americans from man-made dangerous, deleterious, toxic, and sometimes deadly, environment, it has become apparent and clear that cooperation of all Americans in matters of environmental protection is not a sentiment—it is a life-preserving necessity.

#### **An Idea Whose Time Has Come**

History has shown that there is one thing stronger than armies and ruthless self-serving bureaucracy, and that one thing is an idea whose time has come. Americans know now what Fred J. Hart, founder of The National Health Federation, has known for years; and that is the fact that the people must care enough to suffer public ridicule while working for a safe and healthy environment.

Members of The National Health

Federation know that caring is one of the most hazardous of human experiences, because it means choosing to be vulnerable.

The information and positive action thereon of the people at large concerning the present environmental dangers to the health of man, animals, fish and birds, can alone make them safe, as they are the sole depository of our religious, political, social and health freedoms.

Powerful governmental officials, who fail and neglect their responsibilities to protect the health and well-being of the American people, do not deserve their gratitude.

Remember, you are no less a patriot, in fighting positively for a safe and healthful environment, than he who bears his bosom to hostile steel in the ranks of his country's soldiery.

It is clear that really there is no escape from our rapid pace on the paved roads of self-destruction, unless millions of Americans take lightning action to request urgently that Congress, state and local legislatures protect our environment.

We can survive humiliation from bureaucrats and organized minority economic interests; but we cannot survive any increased pollution of our environment.

There is a serious leadership crisis in every branch of American society.

Your National Health Federation will join and cooperate with all (Continued next page)

Americans who are working for a healthy nation. NHF will help America to restore public virtue in the market place, ancient principles of economic integrity, and the majesty of just laws in the field of health and environment. NHF will join hands and heart with all Americans, including our youthful citizens, who are aware of real values as distinguished from the mere material values of so-called affluent society.

Our untiring efforts to protect and save our environment shall be like a stream of love flowing from the wellsprings of human kindness. The new horizons of faith and hope for America can and will provide an escape from our deadly environment and national disaster, *provided* an informed electorate takes the necessary action to advise, and convince, officials that government derives its just powers from the consent and will of the governed, who are the people.

## NEW PERPETUAL AND LIFE MEMBERS

### Perpetual

George A. Perry, D.C.  
Helen R. Eager  
Marie C. Herold

Mr. and Mrs. Harold E. Stenehjem  
Blanche W. Harper  
Jon W. Pruss

### Life Members

Julie Schaap  
Mrs. Margaret B. Baker  
D. J. McIntosh  
Mr. and Mrs. Charles D. Sedley  
Helen and Warren Perry  
Mr. and Mrs. Austin Moyle  
Betty Kraker  
Sherwood T. Grimes, N.D., D.O.  
Dr. Ted J. Piotrowski  
S. D. Selan  
George Zevitas  
Lucille D. Eisenhower  
Dr. Hermine E. Saher  
Mr. and Mrs. Alfred B. Jacob  
Miss Madeline Powers  
Mr. and Mrs. Clarence Cummings  
Mr. and Mrs. James M. Foster

Betty McKee  
Larry and Carol Goats  
Elaine Muhr  
Walter Forsberg  
Mr. and Mrs. J. G. Churchill  
Mr. and Mrs. Emil Wirklan  
Miss Barbara Puky  
Sabra J. VanLom  
Effie J. Godman  
Helen Knab  
Cyril D. McConnell  
Mrs. Elsie Eilers  
Clifford A. Barkley, D.C.  
Dr. Joseph V. Wachter  
Loreita L. Drake  
Mr. and Mrs. Rene Eggleston

(Received mid-July through mid-August)

# The Fluoridation Snow Job

By EDITH JANE PARKE, B.A.

It would seem that city governments have gone overboard in striving to guard the health of their children. In too many cases fluoridation of water has been fostered on city populations to prevent cavities in teeth of children and possibly young adults.<sup>1</sup> This mad rush to follow a pied piper, without thorough investigation of other bodily functions which might be affected, could be just as disastrous as it was for the rats who ended up in the river and the children who never returned from the forest.

Ten to fifteen years ago most dentists were skeptical about fluoride, but today medical doctors,<sup>2</sup> home economists,<sup>3</sup> the United States Department of Health, Education, and Welfare, Public Health Service,<sup>4</sup> research chemists,<sup>5</sup> life insurance companies,<sup>6</sup> and the American Dental Association<sup>7,8</sup> are championing fluoridated water in magazines, dental journals, newspapers, and myriads of pamphlets to be found in libraries or handed out by dentists.

Between 1953 and 1965 Milwaukee, a city in southeastern Wisconsin,

went all out for fluoridation and set about to prove that this chemically treated water cut in half the average number of decayed, missing, or filled teeth for 14,000 children who had reached 14 years of age.<sup>1</sup>

Prior to fluoridation eight permanent teeth of each child needed extraction, filling, or restoration, but afterwards, only four permanent teeth were affected. Dr. William Schultz, director of the Dental Division of the Milwaukee Health Department, seemed quite satisfied that only the fluoridated water was responsible for this remarkable improvement. Nothing was mentioned about the heredity, eating habits, family income, general health, or mouth hygiene (brushing of teeth) of each child.

In addition \$14 a tooth was considered a reasonable average for repairing teeth from 1950 to 1965, because the value of the dollar in 1950 was much greater than in 1965. With only four teeth needing care, a savings of \$56 per child over the 1950 figure was estimated.

(Continued next page)

Such statistics are questioned by economists and social scientists.<sup>1</sup>

In the spring of 1970 there appeared in the *Los Angeles Times* an article by Sue Avery about Mrs. Margaret McWilliams, chairman of home economists at Cal State, Los Angeles.<sup>2</sup> She said "... fluoridated water is necessary for older people. It's not just for teeth—it helps prevent broken bones..."

The research behind Mrs. McWilliams' statement, I later found out, was a review on fluoridation by Frederick J. Stare, M.D. who dared to present one weak example after another to prove that fluoride ranging from 3.8 parts per million (ppm) to 8 ppm in drinking water was beneficial for tooth decay, osteoporosis, reducing urinary calcium secretions, and calcification of the aorta. These large doses of fluoride were said not to be toxic, but often the amounts ingested and the duration were merely assumed. The exact age and number of people tested was not clear and there was uncertainty as to beneficial or detrimental effects on bone formation.<sup>2</sup>

Could this increase in osteoid (calcium deposit) be the same as slight dental fluorosis<sup>10</sup> at 1 ppm fluoride<sup>2,3</sup> in water as set by the American Dental Association? Does it also resemble the fluorosis in cattle grazing on pastures near phosphate fertilizer and aluminum and steel plants? Crippling skeletal changes in the animals were noted and damage to vegetation.<sup>11</sup>

Are all the experiments upon

which the American Dental Association bases its benefits for fluoridated water, so inaccurate and casual as these? One wonders about this as Beverly Hills, Huntington Beach, and Long Beach in Southern California succumb to fluoridation, while the state of Illinois sets up a mandatory fluoridation law, and the United States Public Health Service comes out with three new fluoridation booklets.<sup>12</sup>

Voluminous literature on drinking<sup>12</sup> fluoridated water to lessen tooth decay continues to roll out, but the studies are written as if the foregone conclusions would again be repeated. Noticeably lacking are diligent observations of other aspects of human health. One is inclined to wonder if some industrial giant stands to gain by this wholesale outlet for fluoride by-products.

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National Research Bureau, Inc., 221 North La Salle Street, Chicago, Ill. 60601.

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<sup>11</sup> "The Effects of Air Pollution," United States Department of Health, Education, and Welfare, Public Health Service, Washington, D.C. 20201, 1967.

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An alumnus shown a list of current examination questions by his old economics professor, exclaimed, "Why, those are the same questions you asked when I was in school!"

"Yes," said the professor, "we ask the same questions every year."

"But don't you know that students hand the questions along from one year to the next?"

"Sure," said the professor. "But in economics, we change the answers."

By the time our children are old enough not to say or do anything in public to disgrace us, they have reached an age where things we say or do embarrass them.

## ATTENTION ALL YOU NORTHEASTERNS

NHF membership and activities on the East Coast have reached a phenomenal peak. As a result, a bigger and better NHF Convention than ever before has been planned for New York City. There will be door prizes, free literature, exhibits, free samples and a gala luncheon/banquet. But best of all, you will have the opportunity to hear such outstanding personalities as

**Dr. Walter Hodson — Dr. Frederick Doughty-Beck**  
**W. W. Seroy — Lisa Cosmon — Rheo Blair**  
**Dr. Dean Burk — Dr. Fred Miller — Clinton Miller**  
**Charles Orlando Pratt — Adm. A. I. Malsstrom**

Mark your calendars now for

**Saturday and Sunday, November 13 and 14**

**Hotel New Yorker**

**34th Street at Eighth Avenue, New York City**

If you live in the northeastern states, you will be receiving a detailed program shortly.

## You Are Asked to Give Generously — But Where Does the Money Go?

Many non-profit, tax-exempt organizations, soliciting funds from the public, refuse to tell the public where the money goes. Included are some of the largest of the health fund-raising organizations. Even though they depend on public contributions and annually receive many millions of dollars as a result of their solicitation efforts, some of them have steadfastly refused to make public a financial accounting of their income or the manner in which they have distributed their funds.

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

minds of many.

In 1961, NHF was able to get a bill introduced in Congress which would have required such tax-exempt organizations to make public a detailed financial statement or otherwise lose their tax-exempt status. Other urgent matters about that time diverted the efforts of NHF away from this bill and it was never passed.

Eight years later, however, as a part of the 1969 tax reform law, Congress set forth the requirement that tax-exempt foundations reveal the salaries and other compensation given their "highly compensated employees." By way of implementing this mandate of Congress, the Internal Revenue Service originally proposed that such foundations reveal the names, addresses and the total annual compensation of the five employees who receive the greatest amount of compensation plus the names of all who receive \$15,000 or more annually. Later, IRS changed this \$15,000 figure to \$25,000.

Several months ago, in the pages of this Bulletin, members were requested to write a letter to the Internal Revenue Service supporting their original proposal. IRS needs your support on this issue but not enough members have written. To make it easier for you, we have provided, on the following page, a prepared letter which you may re-move, sign and mail. If you can use additional copies of this letter, request them from NHF Headquarters in Monrovia.

Commissioner of Internal Revenue,  
Washington, D.C. 20224

Attention: CC:LR:T

Dear Sir:

I agree with the original proposal made by the Internal Revenue Service in the Federal Register on October 13, 1970. It required reporting to IRS the compensation as well as the name and address of each employee and independent contractor who received more than \$15,000 annually from a tax-exempt foundation or fund raising charitable organization, exempting all those organizations with annual receipts, from public donations, of less than \$1 million.

I disagree with the subsequent tentative plan of IRS to change the original proposal and require the reporting of only the five most highly compensated employees and independent contractors who received more than \$25,000 a year, later changed to \$30,000.

Several years ago IRS approved a bill which would deny tax exemption to any such organization having an annual income of \$1 million or more, unless, and until, such organization had filed with IRS a detailed report which would include the name and address of each employee and individual contractor who received \$15,000 or more per year from the tax exempt foundation or fund raising organization.

A bill which would be in keeping with the above reasonable provision would have my support.

The time has come when government must cause these organizations to take more responsibility, inasmuch as they are not only supported by our gifts, but also by the federal government through the privilege of tax exemption.

(over)

## Vitamin C May Help White Blood Cells Do Their Thing Say Researchers

consumption of oxygen, (2) increased production of hydrogen peroxide, and (3) increased hexose monophosphate shunt activity.

For our technical-minded readers, hexose monophosphate, sometimes called fructose-6-phosphate, is an ester of glucose with phosphoric acid. The shunt is a chemical cycle that handles glucose-6-phosphate, and there is a reversible transformation from the latter hexose monophosphate.

The team studied white blood cells from a patient with chronic granulomatous disease of childhood, a condition in which the white blood cells engulf bacteria but seem unable to kill the bacteria after engulfment. In these cases, they found there was no increase in hexose monophosphate shunt activity and hydrogen peroxide output does not rise. The team found, however, that the addition of a little ascorbic acid (Vitamin C) initiates the shunt activity.

The team proposes an explanation of phagocytosis which begins with the switch from ascorbic acid to the oxidated form. Then dehydroascorbic acid and hydrogen peroxide are formed, followed by a chain of chemical reactions and reductions via enzymes culminating in activation of the hexose monophosphate shunt. However, the central reactions are the ascorbic acid conversion and the production of hydrogen peroxide.

A team of three researchers has come up with a new theory to explain how Vitamin C does its thing. For many years, some nutritionists and proponents of the natural methods of treating disease have advocated a high intake of Vitamin C for all types of infections and more lately, Linus Pauling has hailed Vitamin C as the best preventative and cure for the common cold. But all this has been without a scientific explanation of just how the vitamin accomplishes this.

The team—Drs. Lawrence R. DeChatelet, Charles McCall, and M. Robert Cooper, all from the departments of biochemistry and medicine at Bowman Gray School of Medicine, Winston-Salem, N.C.—have a new theory about phagocytosis, the process by which white blood cells engulf and digest bacteria and other foreign particles in the body. The team believes that phagocytosis may be turned on by Vitamin C.

In a paper presented at the American Society of Biological Chemists, the team observed that three things are known to happen when white blood cell "eats" a bacterium, but nobody seems to know exactly why they happen. The three things are (1) increased

It is my opinion, that unless the government takes such action as is suggested in this letter, we never will have an answer to the problems for which we give our money. It is human nature for well-paid employees to do what is expedient to their financial welfare, instead of the welfare of those who provide the funds.

I will appreciate your giving the foregoing information your wholehearted attention, for as stated before, I will support a bill which, in substance, includes my suggestions.

Respectfully yours,

\_\_\_\_\_ (Name, print)

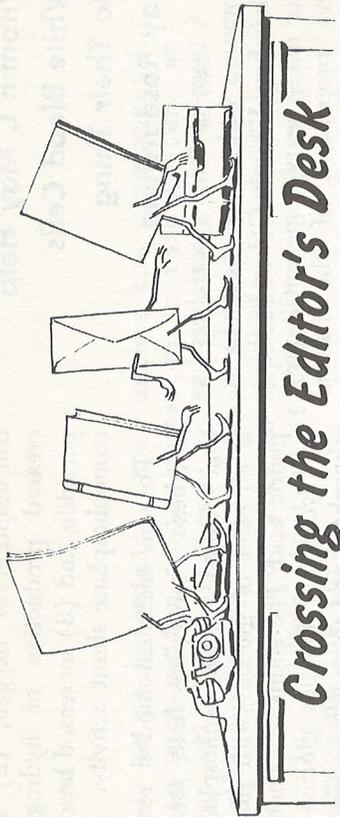
\_\_\_\_\_ (Signature)

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

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

P.S.

This form letter was prepared for my convenience by The National Health Federation. If you desire more detailed information, please contact Clinton R. Miller, our Legislative Advocate, 121 2nd Street, N.E., Suite 5, Washington, D.C. 20002. Telephone 547-2547.



## Crossing the Editor's Desk

It is noteworthy that at least one large eastern firm has taken a step in the right direction. Giant Food has introduced two household paper products (bathroom tissue and towels) made from recycled paper—actually, factory salvaged industrial paper. As stated in the firm's advertising, "By the recycling of paper which might not otherwise be reused, we at Giant are helping to do our share to respond to the solid waste disposal problem and to conserve our precious national resources thus making a contribution towards preserving our environment." Recently, your editor received a letter from an ecology-oriented organization—their letterhead was printed on recycled paper.

After completing an 11-month study, Federal Trade Commission economists have concluded that cold breakfast cereal prices are inflated 15 to 25 per cent by extraordinarily high profits and advertising expenditures. They found that 15 to 22 per cent of the retail sales dollar is spent on advertising, compared with a food industry average of 1.5 per cent. Their survey found also that the cereal makers wholesale prices to grocers are about 20 per cent above costs. In addition, manufacturers suggest retail prices giving the grocer a markup of 20 per cent and most grocers use these "suggested" prices because there is little or no price competition among brands.

To convince the public that the AMA "is a reliable source of information on health care," the organization has started a new \$750,000 a year advertising program on such subjects as the doctor shortage and what it is doing about them. This will be a part of the total effort that will raise AMA public and professional communications spending from \$2.4 million to \$3.4 million a year. The way things have been going however, the AMA may have to begin thinking about curbing some of their expenditures. Several state medical associations have recently dropped the requirement that their members must also be AMA members. As a result

of this action in New York alone, the AMA lost 9,000 members and may lose a like number in California which is planning a similar move.

Your editor has just received reports of the remarkable medical missionary work in Brazil of Dr. Luke Tupper, a graduate of Marquette University Medical School and a former Lieutenant Commander in the U.S. Navy Medical Corps. He has pledged the remainder of his life to freeing the people of Brazil from their shackles of ignorance and disease. His work thus far has been in the heart of Brazil along the Amazon and its tributaries where a newborn child has only a 50-50 chance of reaching his first birthday. Dr. Tuper is back in this country again to assist in raising funds for the continuation of his work and especially for the construction of a shallow draft ship to enable him and his team to reach the multitude of small villages along the river. The notable point, and the reason his work is mentioned here, is that he invites members of all the healing professions, including chiropractors and naturopaths, as well as paramedical personnel to join with him. He believes there is a place for all and that "... we can find a common goal in Christianity." Wouldn't it be wonderful if all the doctors (of the various schools of thought) in our own country could find a common goal in the welfare of their patients? Anyone interested in Dr. Tupper's work can get information by writing his sponsoring organization, Esperanca, Inc., 4501 West Indian School Road, Phoenix, Arizona 85031.

Just when the Commerce Department announced a mandatory flameproofing for the manufacturers of small children's sleepwear to take effect two years from now, it has been found that most of the present non-phosphate detergents on the market will wash away the flameproofing. So will old-fashioned soap and water.

A bill sponsored by 29 representatives has been introduced in the House which will regulate the \$100-million-a-year bottled water industry. This followed a survey of the bottled water available in the Washington, D.C. area. With the exception of one brand which was found to be sterile, all others were loaded with bacteria—none considered harmful to humans however. The lowest bottled-water bacteria count proved to be 2000 per cent greater than the highest bacteria count found in the city water supply. These findings were somewhat of an eye-opener.

The Food and Drug Administration would be converted into a new entity called the Consumer Safety Administration under a plan proposed by the White House. It would regulate not only food and drugs but also a wide range of consumer products—anything in the marketplace that might be a threat to health and safety. Also proposed is a national center for consumer safety statistics, which would analyze information on any adverse effects of drugs, foods, and consumer goods.

## Quality Health Care Is A Concern of NHF

It is not the purpose nor intent of the National Health Federation to judge or criticize the therapy employed by any doctor. The NHF is, however, vitally concerned with the spiraling of medical costs and the quality of health care available to Americans. We believe that when one seeks professional help for his health problems, he is entitled to honest, conscientious and judicious service from his doctor based on the real needs of his case.

Too often, we receive reports from members or other readers relating sad and disturbing experiences. We are very conscious of the fact these reports constitute only one side of the story and we do not solicit these complaints inasmuch as it is not the purpose of NHF to serve as a grievance committee. However, we cannot help but be disturbed when we hear of a nursing home charging \$8.00 for one bottle of Geritol furnished to a Medicare patient on the direction of the physician. Further, we are inclined to consider as irresponsible the physician who says, in effect, to his patient, "Since you are covered by insurance (or Medicare) and it won't cost you anything, let's go ahead and..." Who does the doctor think he is fooling? He is the culprit who is driving health insurance premiums skyward and bringing the Medicare and Medicaid programs to the point of disaster.

And then we constantly hear about the cases where "shotgun" therapy is used as a substitute for careful diagnosis. Then there are the cases of over-medication and we wonder how many cripples and addicts are made in the doctors' offices. Recently, a friend of ours went to his physician complaining of backache. He came away from the doctor's office with 9 different prescriptions. On his second visit, he was given two additional prescriptions. These included a tranquilizer, a muscle relaxant, a drug to relieve visceral spasms, a diuretic, a strong analgesic, a drug to relieve allergic symptoms, a sedative/hypnotic, an anti-nauseant, another drug to prevent nausea and vomiting, and a stool softener. Incidentally, after six weeks of this, our friend still had his backache and then sought the services of a chiropractor who gave our friend relief after three visits.

Fortunately, the criticisms mentioned here cannot be directed towards the great majority of the doctors and they are not intended to condemn any profession but we are still concerned with the quality of health care services.

A conceited and much sought after bachelor was invited to dinner by a lady of consequence, but he failed to go. Meeting her on the street a few days later, he said in his best manner, "I believe you asked me to dine with you last week."

"Yes, I believe I did," responded the lady. "Did you come?"

that "it is of prime importance to note that every colorant used in foods must be certified by the FDA prior to use," but he fails to add that such certification does not guarantee safety. The author lightly dismisses such problems as mercury and pesticide residues in the food supply. He would have the reader believe that official actions have been hasty and ill-considered, and have resulted from pressures of strident voices of poorly informed individuals. The author chooses to ignore the critical data from reputable scientists.

An entire chapter in *THE CHEMICALS WE EAT* is devoted to poisonous chemicals in natural foods (substances such as thioglucosides in cauliflower, kale, broccoli, rutabaga, kohlrabi, radish and horseradish; and cyanogens in lima bean, sweet potato, yam, sugar cane, pea, cherry, plum and apricot). The author's purpose in discussing poisons in natural foods is to demonstrate that intentional chemical food additives are no more harmful. This is a false argument, and comes in different guises. It is one used to assure us that radioactive exposure is not harmful, nor that mercury contamination presents a problem since natural background radiation and mercury are both present in our environment. *The fact that these hazards exist in nature makes it imperative to limit our exposures, and certainly not add to the total body burden from avoidable sources.* Furthermore, the problem of natural food

(Continued next page)

## BOOK REVIEWS

*THE CHEMICALS WE EAT* by Dr. Melvin A. Benarde (American Heritage Press, 330 W. 42 St., N.Y., N.Y. 10036, 208 pages, hardcover, figures, tables, index, \$6.95)

"Internal pollution" was the phrase used by an international team of eminent scientists meeting in June 1971 to describe the ingestion of a great variety of synthetic substances. The scientists noted that the populations in developed countries are eating more and more synthetic foods or food additives whose subtle effects on the body have not been adequately explored. Dr. Melvin A. Benarde, in *THE CHEMICALS WE EAT*, writes as if the problems of "internal pollution" are nonexistent. The author assures the reader, from the beginning, that he is not worried, since "everything is being done that can be done to ensure the safety of the chemicals used in foods." This covers both the food industry and the Food and Drug Administration. The author chooses to ignore completely a long list of chemical food additives at one time used and sanctioned officially as "safe" only to be found at a later date to be harmful, and ultimately to be banned. Many chemical food additives are presently in use which are inadequately tested. The author says

OCTOBER, 1971

NATIONAL HEALTH FEDERATION BULLETIN

toxins is not comparable to intentional food additives. Through the centuries countless people have been ingesting naturally occurring food poisons. The human race has been able to survive the experience through acquired wisdom. In eating a varied diet, the toxic effects of these substances have been minimized. Intentional chemical additives represents relatively recent novel innovation. Frequently, humans are being exposed to substances that are foreign to normal metabolism. The long-term effects of these substances are still largely unknown.

**THE CHEMICALS WE EAT** contains many half-truths and lacks necessary qualifying statements. The author speaks of our increased health, but omits mention of the alarming rise in degenerative diseases. "A given chemical that has been synthesized in a laboratory is indistinguishable from the same chemical that has been extracted from a plant or an animal." While this may be true chemically, it is not true biologically. "Market basket studies indicate that, so far, the pesticide residues we are absorbing do not represent a health hazard." This statement is not borne out by critical scientists who have shown the inadequacies of the testing program. "Saccharin has had a long history of safe use." This substance is now under review, due to growing doubts and poor past research. In practically every subject covered in **THE CHEMICALS WE EAT** there are similar omissions—whether by ignorance or by design.

In discussing the synthetic antioxidant, BHT, the author states that the World Health Organization approved the use of this substance. He fails to mention that the recommendation was a "conditional" one, and also fails to note that BHT was deleted from the lists of permitted additives in Sweden and Romania. In Australia, where much of the BHT research was conducted, the substance was not included on the government's list of permitted antioxidants. In Great Britain, an outright ban was recommended several times; to date, this ban has been implemented for baby foods; the amount of BHT permitted in other foods was cut in half.

In dealing with the Codex Alimentarius, an international set of food standards currently being developed, the author comments that since the United States already has so many of its own food standards, we are in a strong position to guide the development of the international provisions. He fails to mention that the use of many of our present chemical food additives and substances used in our agricultural practices make it impossible to export some of our foods to certain European countries. Their health food laws regard some of our foods as substandard, if they contain antibiotics, hormones, animal feed; or our dried fruit prepared with sulfur dioxide; or our oranges with color added to the rind.

There are numerous factual er-

rors in **THE CHEMICALS WE EAT**. For example, the author says that there is no evidence that aflatoxins (a mold commonly found on peanuts and certain grains) affect humans. Aflatoxins have been shown to inhibit the growth of human lung cells (*Journal of the Association of Official Agricultural Chemists*, Dec. 1964). The author describes the Delaney clause as one which prohibits chemicals from use if they are found toxic to animals. The clause deals with cancer-inducing properties, not toxic qualities of substances. The author confuses grading with inspection, two distinctly different operations.

Not only does the author attempt to reassure the consumer that the chemical additives in foods are safe, but he also feels that the consumer should remain uninformed as well as unenlightened. "I wonder," writes Dr. Benarde, "whether the present laws about the listing of ingredients are really in the best interests of the consumer? Does benefit from such a listing really accrue to the consumer? Can the general consumer extract useful information from the lists, or do they make him queasy and uneasy? . . . To list all ingredients, often resembling a chemical catalog, may be doing more harm than good."

To make intelligent choices, we need more information on labels, not less. For individuals who wish to avoid certain ingredients, or for those who must avoid them due to health problems, it is important that labelling be fully informative. If reading about the presence of

chemical food additives results in feelings of queasiness and uneasiness, so much the better. This may lead to consumer demands for fewer additives, and an elimination of the unnecessary ones, as well as those that are dubious and may ultimately result in far graver bodily ailments than queasiness and uneasiness.

**THE CHEMICALS WE EAT** will admirably serve as a public relations vehicle for food processors and trade associations. It should be viewed warily by the consumer as an unreliable and inaccurate book.

—Beatrice Trum Hunter

## 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.

## STATEMENT OF

### OWNERSHIP-MANAGEMENT-CIRCULATION

1. Date of filing: August 18, 1971
2. Title of publication: National Health Federation Bulletin
3. Monthly except that the July and August issues are combined
4. Location of office of publication: 211 West Colorado Boulevard, Monrovia, California 91016
5. Location of headquarters or general business offices of publishers: 211 West Colorado Boulevard, Monrovia, California 91016
6. Names and addresses of publisher, editor and managing editor: Publisher: National Health Federation, 211 West Colorado Blvd., Monrovia, Calif. Editor: Raymond H. Houser, 5366 Auburn Drive, San Diego, Calif. 92105. Managing Editor: Fred J. Hart, 211 West Colorado Blvd., Monrovia, Calif.
7. Owner: National Health Federation (a non-profit organization), 211 West Colorado Blvd., Monrovia, Calif. 91016
8. Known bondholders, mortgagees, and other security holders owning or holding 1% or more of total amount of bonds, mortgages, or other securities: None
9. Paragraphs 7 and 8 include, in cases where the stockholders or security holders appear upon the books of the company as trustee or in any other fiduciary relation, the name of the persons or corporations for whom such trustee is acting, also the statements in the two paragraphs show the affiant's full knowledge and belief as to the circumstances and condition under which stockholders and security holders who do not appear upon the books of the company as trustees, hold stocks and securities in a capacity other than that of a bona fide owner. Names and addresses of individuals who are stockholders of a corporation which itself is a stockholder or holder of bonds, mortgages or other securities of the publishing corporation have been included in paragraphs 7 and 8 when the interests of such individuals are equivalent to 1 percent or more of the total amount of the stock or securities of the publishing corporation.
10. Extent and Nature of Circulation (Average number of copies each issue during

preceding 12 months): A. Total number of copies printed: 22,000; B. Paid circulation sales through dealers and carriers, street vendors, and counter sales: 2,615; Paid circulation mail subscriptions: 15,705; C. Total paid circulation: 18,320; D. Free distribution (including samples) by mail, carrier, or other means: 220; E. Total distribution (sum of C and D): 18,540; F. Office use, left over, unaccounted, spoiled after printing: 3,460; G. Total (Sum of E and F)—should equal net press run shown in A): 22,000.

I certify that the statements made by me above are correct and complete.

Raymond H. Houser, Editor

### 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."

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

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