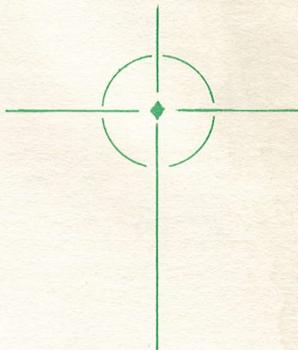


National
Health
Federation
BULLETIN

DECEMBER, 1972

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Season's
Greetings

AND BEST WISHES FOR
A NEW YEAR OF HAPPINESS



Dedicated to the Protection of Health Freedoms

THE NATIONAL HEALTH FEDERATION BULLETIN

Protection of Health Freedoms

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

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Our Yuletide Greeting to You...

Once again the Yuletide Season is at hand and mankind is quickened by the eternal hope that peace and goodwill might yet eventually prevail in the hearts of all men.

And so as we enter this Holy Season, we of the National Health Federation family can look back upon the year now closing as a year throbbled with responsibility and challenge, a year of vision and courage, of extended sacrifice and much goodness. It is a time to give thanks for our many blessings and to humbly acknowledge all the privileges that have been ours. It is a time to rededicate ourselves to the duty that is ours and the responsibility we have assumed.

We, the officers and staff of NHF, count as one of our great blessings, the privilege of our involvement in this work, a work filled with so many noble ideals and goals for the good of all people. Each of you, as members, are a part of the great National Health Federation family which has become a household of destiny. With vigor, with readiness of response, with courage and continued foresight, we continue to forge ahead together. We, here in the offices of NHF, are grateful to you and mindful of your goodness. And so to each of you, we say, may the Joy of the Season attend you and yours and may the Blessings of the Eternal abide with you. God bless you for being what you are—the finest and noblest people possible.

Washington Report

By CLINTON R. MILLER
NHF Legislative Advocate

'Organic' Certification Bills Are Wolves In Sheep's Clothing

U.S. Representative Edward F. Koch (D-N.Y.) and Senator Alan Cranston (D-CA) have introduced nearly identical bills in the House and Senate to regulate the advertising, labeling, and distribution of "organically" grown and processed foods. Fifteen other members of Congress have cosponsored these bills. The Koch bill (H.R. 14941) has 14 cosponsors and the Cranston bill (S. 3784) has one cosponsor, Sen. Charles H. Percy (R-Ill.).

Both bills are bad bills and should be opposed vigorously by NHF members and friends.

It does not follow that Senator Cranston, a health enthusiast, or Rep. Koch and the other cosponsors wanted to harm the organic foods movement when they introduced their bills. Just the opposite is true. The intent of these distinguished and concerned members of Congress was to correct the serious and undisputed problem of fraud which exists in the advertising and sale of food and food supplements labeled as "organic" when they aren't.

NHF approves and acknowledges the intent of the sponsors and will

suggest and support legislation to gain our common goal of widely available, reasonably priced, honestly labeled and advertised "organic" foods.

H.R. 14941 and S. 3768 would decrease the supply, raise the price, and hopelessly wrap the labeling and advertising of "organic" foods in an endless entanglement of bureaucratic confusion and complication. The bills, if enacted, and enforced by the Food and Drug Administration, the United States Department of Agriculture and sister agencies would cause millions more consumers to be defrauded and misled by a federally regulated and standardized "organic" foods movement than is now the case.

The Term 'Organic' Has A Multitude Of Possible Definitions

Voltaire said, "If you would talk with me, define your terms." NHF says, "If you would attempt to regulate the growing, advertising, labeling and sale of 'organic' foods, define your terms." And here is where the bills fall on their faces. With unbelievable naivete they set forth a broad definition for "organic" which would allow hostile

agencies like FDA and USDA to harass the "organic" foods movement into oblivion in the name of protecting consumers.

The Term 'Organic' Should Not Be Standardized Nor Defined By Federal Or State Law

MAKE NO MISTAKE ABOUT IT, FDA AND USDA HAVE BEEN AND ARE HOSTILE AGENCIES. In a report by FDA entitled "FDA's Campaign Against Nutritional Quackery," they spell out in unmistakable terms their intent to wage war against NHF and other groups who have tried to encourage enrichment of soil and non-use of highly toxic pesticides and herbicides in growing "organic" foods.

The following is a quote from FDA's booklet on Nutritional Quackery:

On the 'negative' side of the information picture, the faddists, pseudo-scientists, and self-styled experts are becoming more and more organized and more determined in spreading misinformation. There are now several groups or organizations in this country who are taking the leadership in spreading nutritional nonsense. And most of them have a stake in the sale of so-called natural foods and vitamins. Among these are the Boston Nutrition Society; Natural Food Associates with headquarters at Atlanta, Texas; National Health Federation with headquarters at Monrovia, Calif.; and the American Nutrition Society and the Academy of Applied Nutrition; both with headquarters at Los Angeles, Calif.

The National Health Federation is waging a vigorous and often vicious campaign which misinforms, clouds issues, and misleads consumers, legislators, and their own members, on where the best interest of the public lies. The principles of nutrition and

health expressed by the Federation are not supported by present-day nutritional and medical experts.

Natural Food Associates is a leading advocate of the use of "natural" foods and a foe of all processed foods, fluoridation of water, and use of commercial fertilizers and pesticides. It is the basic philosophy of this group that all mental and metabolic diseases are caused by commercially produced foods.

The American Nutrition Society, American Academy of Applied Nutrition, Natural Food Associates, Boston Nutrition Society, and National Health Federation have as their principle objective the promotion of so-called natural or unprocessed foods and carry on a continuous propaganda war against all other foods which they refer to as processed or refined. It is their basic tenet that the major cause of disease and poor health is "devitalized" foods and they spread the four myths of nutrition:

1. That all diseases are due to faulty diet;
2. That soil depletion causes malnutrition;
3. That commercial food processing destroys the nutritive value of foods; and
4. That most Americans suffer from subclinical deficiencies and therefore need to supplement their diets with various concoctions.

The Truth About Our Food Supply

It is not true that the American food supply is deficient in vitamins, minerals, and other essential nutrients. This is the "big lie" of nutritional quackery. It is the theme song of a persistent propaganda campaign to undermine public confidence in the nutritional adequacy of staple foods, and thereby to "soften up the market" for special dietary products.

The truth is that the American food supply is unsurpassed throughout the world in both quantity and nutritional value. Our farming and food processing industries have provided the American people with an ever-increasing variety of wholesome and nutritious foods.

(Continued next page)

The Soil Depletion Myth

Many food supplements are even promoted on the myth that our soils have become so depleted that the foods they produce no longer provide their normal nourishment!

The facts are that research has determined that the nutritional values of our crops are not significantly affected by either the soil or the kind of fertilizer used. Only the yield is affected. Lack of iodine in soil or water, of course, has been shown to cause goiter, but this is the only disease definitely associated with a soil deficiency.

"Natural" and "organic" foods: In general these are wholesome foods but not more wholesome than other foods. They are supposed (emphasis supplied) to be produced without the aid of chemical fertilizers, pesticides, or food additives, but it is questionable whether very many are actually grown and processed in the manner represented. (Emphasis supplied.) Frequently they are an expensive source of nutritional factors which are readily available in ordinary foods costing much less. Laboratory and clinical research has proved that synthetic vitamins have the same biological response in man as the naturally occurring vitamins.

The FDA report then goes on for 49 pages listing hundreds of enforcement actions taken in federal courts on health food products seized under court orders. There is everything from El Molino Kitchens' Mineralized Molasses Cookies and Wheat Germ Cookies to Honey, Vinegar and Sea Kelp. FDA seems particularly incensed over any claims about the value or need of kelp in food supplements. There is little reason to believe that FDA or USDA will look any more kindly on claims of need and value of kelp in soil than in food supplements.

It seems most unwise to give a

federal agency, with the above publically stated beliefs, a mandate to define, regulate and enforce the "organic" foods industry.

Alternate Proposal

If federal regulation is needed at all in this matter, and I'm not at all convinced it is, it is suggested that we simply have each farmer who wishes to use the term "organic" on his produce labels and advertising explain on the label what he means by the term "organic." Then if it is discovered that he is not doing what he claims he is doing (or not doing), he can be prosecuted for fraud. There is plenty of authority in FDA at the present time to prosecute anyone who makes out a label that is false or misleading in any particular. No more laws are needed.

The Koch-Cranston bills would officially define the term "organically grown food" to mean "food which has not been subjected to pesticides or artificial fertilizers and which has been grown in soil whose humus content is increased by addition of organic matter." Now, at first blush this looks O.K., doesn't it? Well look again! Closely! And keep in mind that anyone who is found "guilty" of selling food as "organic" that doesn't fit the above definition may be given a fine and/or a criminal federal penitentiary sentence. What is the definition of *pesticide*? Are the relatively non-toxic and natural insect control substances and sprays which are widely used by "organic" farmers and gardeners, *pesticides*? Of

course they are. When I was discussing this matter with one of the cosponsoring Congressmen's legislative aide, he said, "Oh, I understood 'organic' meant nothing could be used to kill or control insects."

And the bill provides for just that! What about less toxic chemicals like the pyrethrins, rotenone, ryania? Would they be banned? Obviously! The bill makes no distinction between relatively non-toxic and highly toxic pesticides. It just sweeps all pesticides together in one pile and bans them. I personally buy "organically" grown foods from farmers who freely admit they use one or more of the above mentioned pesticides. They would be the first to be arrested under the new law. I can never forget the dismay and frustration of Senator Kefauver and his staff who fought to pass the Kefauver-Harris drug act of 1962 when they saw FDA's first enforcement action directed at Krebiozen, a highly non-toxic, gentle anti-cancer drug, instead of against the highly toxic drugs Sen. Kefauver intended his legislation to ban. Sen. Kefauver joined Sen. Douglas, Sen. Humphrey and 50 other members of Congress in a bill to force a fair test of Krebiozen after they saw how their legislation was being turned around by FDA to harass, and ban testing of, the most non-toxic product then being used against cancer. We should learn from such experiences that FDA, and sister agencies are under the control and domination of the vested drug and food industries of America, can be used to destroy

any and all competition to refined or processed foods, or toxic drugs. Would you really want FDA to regulate the use of the term *organic*?

Cost Of 'Organic' Foods Will Skyrocket and Supply Will Dwindle

The costs of hordes of FDA and USDA inspectors and bureaucrats which will be needed to inspect every organic farm (or garden if produce is sold from it) defy imagination. What is more, these fantastic costs will be paid for directly by the small farmers and gardeners who, naturally will attempt to pass these costs onto their customer-consumers. The bill unfairly provides that:

"The Secretary shall inspect each farm and establishment . . . no less than twice per year for each crop . . ." (emphasis supplied and note that it is not twice per year, but twice for each crop).

The bill further provides the inspection may be made "by one or more officers or employees."

And finally, "The Secretary may establish such fee for registration as he determines necessary to cover the cost of carrying out this section."

How unfair! The \$125 billion devalitized and pesticide-saturated food industry does not pay a cent for registration fees to cover even the rare inspections made of their farms or establishments.

Representative Koch (who neither eats nor believes in 'organic' foods

(Continued next page)

according to a member of his staff) showed a lack of sensitivity to the double standard his bill would impose against "organic" food consumers.

Koch explained it this way to his colleagues (See Congressional Record May 11, 1972, Vol. 118, #77): "...And the best part of my federal (organic) inspection and certification legislation is that it is self-financing. The fees will be charged to the producer and ultimately paid by the consumer. But producers and consumers are *more than willing to pay these fees* (emphasis supplied) because at present the latter are already paying premium prices for foods sold to them as organically grown which were in fact not so grown and the (organic) farmers are now subjected to unfair competition from unscrupulous vendors."

What tortured reasoning! Rep. Koch argues that because we already have to pay premium prices we will be willing, indeed anxious, to pay the additional fees to have a hostile army of FDA and USDA inspectors assure us that food we buy with an "organic" label has passed their bureaucratically established standards.

I personally know many consumers who are hard pressed to pay premium prices for "organic" foods. They have been chronically sick for years and have been bankrupt by medical bills and continued sickness until they have finally learned there was a relationship between the way food is raised and good health. The best way to kill

the Koch-Cranston bills is to write directly to the chief sponsors telling them you are opposed to their bills. (Their address is simply House or Senate Office Building, Washington, D.C.) If they know the consumers of foods advertised as "organic" are opposed to their bills, they will be less inclined to reintroduce them in the 93rd Congress which starts in 1973. Send me copies of any replies received. Send to me, Clinton R. Miller, 121 2nd Street N.E., Washington, D.C.

Congress Passes Bill To Include Chiropractic In Medicare

Congress' approval of chiropractic benefits in Medicare culminates a seven-year effort by the chiropractic profession and The National Health Federation to achieve this victory. NHF worked for passage of the bill in order that the millions of Medicare-eligible senior citizens, who desire chiropractic care, might have that freedom of choice. The bill imposes some limitations on the scope of services which may be delivered under Medicare. The covered services are limited to manual manipulation of the spine for the correction of subluxations demonstrated on x-ray to exist. As we go to press, the bill is awaiting the President's signature.

The chiropractic in Medicare measure is part of a very complex multi-billion dollar welfare-social security bill and thus the chiropractic measure depends on the President's acceptance of the entire bill.

Arthur Koch Joins NHF Legal Staff

The NHF legal staff was greatly enhanced when the Executive Committee recently persuaded Mr. Arthur Koch to join the staff in the NHF Washington office as Assistant General Counsel.

If the name, Arthur Koch, rings a familiar tone, there is good reason. Readers of this Bulletin may recall reading in the July-August, 1971 issue, a story about five George Washington University law students who petitioned the Food and Drug Administration to promulgate new regulations requiring that all ingredients contained in a food product be listed on the label. The five students had organized a non-profit corporation which they called LABEL, Inc. The students—Arthur Koch, chairman and spokesman for the group on most occasions; Gary Laden; Ellis Saull; Louis Kaufman; and John Levy—were then all taking a relevant Unfair Trade Practices course taught by Professor John Bazhaf.

Following the filing of their petition, the five students waged a vigorous campaign for their proposal, first before the FDA, and then before widely publicized congressional hearings and in television interviews. Representative Benjamin S. Rosenthal (D-N.Y.) quickly became sympathetic to the efforts of the students and was responsible for getting the petition in the Congressional Record. Later, he introduced a bill in the House

which would require, through legislative enactment, the same label declarations as set forth in the petition filed by LABEL, Inc.

Ultimately—in fact, about a year after LABEL, Inc. had filed the petition—the FDA denied the petition stating that although they favored such a regulation, the FDA lacked the legal authority to require full disclosure of ingredients in the case of "standardized" foods.

Since NHF gave full support to the efforts of the five law students and reported developments in connection with their efforts in the pages of the NHF Bulletin, the name, Arthur Koch, will be familiar to many readers. In any event, we can guarantee that in the future, you will hear much about, and from, this brilliant young attorney who has since graduated from law school and has taken his bar examination.

During interviews with Mr. Koch, even as far back as last January, the members of the Executive Committee were impressed with Mr. Koch's youthful vigor, his enthusiasm, his dedication to the rights of consumers, and his grasp of understanding of health freedom issues. Mr. Koch comes to NHF at a time when the Federation is prepared to enter an expanded phase of its activities, namely that of utilizing the courts to resolve many of the health freedom issues.

Slashing the Gauze Curtain: The Doctor As A Witness

ROBERT S. SHAW, M.D.

Part 2

The Doctor's Point of View

A free society frightens many by seemingly running wildly out of control. This is now keenly felt by both the medical and legal professions which are under heavy attack for commercialism and ruthless exploitation of the public. Both are threatened by loss of autonomy through governmental intervention and stern control. In the medical profession, many have sought, and still seek, the safety of a salaried security in the arms of Big Brother government, and politicians urge that this be extended in the interests of quality control. It is timely to review the mechanisms for quality control which exist in our still-free society and are available to the medical and legal professions working as a team.

Robert S. Shaw, M.D., is a New England surgeon who has logged many hours as an expert medical witness.

In a forthcoming issue, the Health Freedom Series will continue with the next installment written by the Washington, D.C. trial lawyer, John Joseph Matonis.

Civil action for malpractice, as it exists in both government and private sectors, is a powerful and effective means of insuring quality of professional performance. This is the check against the formation of case-hardened and corrupt "establishments" brutalizing and exploiting the public in the ancient pattern. In medicine, the AMA is presently under attack for becoming such an "establishment"; and the same is certainly true of government medicine as offered in federal and state hospitals, especially those concerned with an ethical entity termed "mental health." What are the barriers to quality control through civil action, and what has already been accomplished to provide a working example of such control for the future?

The first requirement for meaningful dialogue between lawyers and doctors is clarification of semantics, translation of jargon to mutually understandable terms. This is thus the first task in this discussion.

Evolvement of Societies Results In Grant of Authority and Power

The words *health* and *sickness* have been given precise definition in sociological terms by Talcot Parsons and his school in the Harvard Department of Sociology. Valid generalities applicable to all known cultures have been evolved, and this seems a good place to start. In general, societies evolve and authority with the job of determining whether an individual is sick or well, disabled or able, dangerous or safe, unclean or clean, stigmatized and rejected or given a seal of approval and acceptance. Such an authority, created and accepted by a society, has enormous power as a few examples will show.

This authority is clearcut in the Australian aborigeny's society. When the witch-doctor points the bone at an individual, the individual knows he will die and his society knows he is dead and treats him accordingly, thus reinforcing his belief. Therefore, he just dies, to the amazement of Westerners who do not believe in the witch-doctor's authority in such matters. Illustrated here is the dual definition of sickness and health, as the combination of the individual's self-image and his image in the eyes of his social surroundings.

But Westerners have a short memory and need to be reminded of times when the authority was ecclesiastical and "witch" or "non-witch" had the force of "sick" and "well." As Dr. Thomas Szasz has so graphically shown, "mentally ill" or

"mentally healthy," have precisely the same impact in our American society today; and he would have psychiatrists classified as an ecclesiastical rather than a medical authority.

But in our society, there is a rapidly evolving understanding of human biology, and of its order and disorder, in terms of classical physical science. This approach, termed *Biophysics*, was pioneered by Prof. Francis O. Schmitt among others and has had explosive application in medicine during the past 30 years.

Body Viewed As An Elaborate Physical and Chemical Machine

With its application in medicine, the "authority" in our society changes from the empiric nature of authority as it appears in the witch-doctor or psychiatric or ecclesiastical authority, to an impersonal conclusion derived from the application of the scientific method to reproducible, accurate measurements of the individual's body viewed as an exceedingly elaborate physical and chemical machine. As the physician assumes such a character as this demands, he no longer is allowed differences of opinion and judgement. He makes scientific errors, unforgivable in the precise science which is evolving very rapidly now. But the ancient sociological reality of the witch-doctor's power to cure or to disable the individual in the society which believes in him, remains.

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Quality of performance in medicine, in the face of this rapid evolution, required a major effort at continuing education on the part of established doctors. Great effort in this direction has been, and is, a part of the AMA and other related specialty organizations within medicine. Individual participation in such continuing education by doctors appears spontaneously in many who have learned and retained the belief that this is the "right" or "moral" thing to do. Doctors are ordinary people, however, and show the same extremes in motivation and morality as any random selection of the population. Control of quality requires a stick, as well as the carrot of self-esteem in doing a competent job. Civil actions for malpractice provides one stick, reinforcing and supplementing that which can be mobilized within organized medicine by committees on ethics and discipline and post-graduate courses.

Civil Action For Malpractice Has Many Barriers

What are the barriers to applied quality in medicine through civil action for malpractice? We build human institutions, not divine ones. All the interacting "establishments" concerned have both attractive, clean parts and also very dirty parts. Our concern is the latter, which will remain dirty unless we do look. Our concern is true malpractice and its correction through civil action.

Defending true malpractice are the malpractitioners themselves and

that portion of the insurance industry penalized by paying damages in response to claims proved valid. Where government institutions house true malpractice, the government defends malpractice.

Laws Granting Immunity To Suit Breeds Corruption

One means of defense is the passage of laws granting immunity to suit, and such immunity, where it exists as *sovereign* or *charitable* immunity, encourages the growth of corrupt "establishment" as becomes clearly apparent from site visits and interviews of consumers of the product of medical institutions enjoying such immunity. The medieval horror of the state and federal mental hospital in the present day, is the direct product of such immunity obtained through statute or through systematic removal of the victim's ability to obtain counsel, and the systematic discrediting of complaints by convincing the outside world that the complainant is insane. The corrupt establishment involved here has been exceedingly active in attempting to defend itself by legislative action. One example will suffice. Others are obvious on inspection of statutes almost everywhere in the U.S.A.

Some Psychiatric Practices Termed Libelous

Chapter 335, 1971, of the General Laws of the Commonwealth of Massachusetts was made law through the efforts of the Massachusetts General Hospital. The bill (Continued on page 29)

Some Observations On Cancer Treatment

By LEE HARDY

The discouraging reports from the Proceedings of the Sixth National Cancer Conference (see *National Health Federation Bulletin*, September 1972) lead us to meditate on the problem. Are conventional treatments logical? If so, why are they not producing results?

Conventional treatments consist primarily of surgery, radiation and chemotherapy. It is to be noted that all three are destructive instead of constructive, and that they are directed toward eliminating the symptom instead of removing the cause. "The target of a cancer drug is a cancer cell . . ." states a booklet, *Drugs vs. Cancer*, issued by the National Cancer Institute. It is true that surgical removal of a cancerous growth may be the only expedient available to permit necessary life processes to continue until Nature can restore the victim, but such is only a stopgap measure. Unless the causes of cancer are removed there is no logical reason to claim a cure.

In recent correspondence with the Director of Information and Education of the National Cancer Institute this writer has gleaned the following ideas:

1. Thus far, the causes of cancer seem to be unrecognized by the medical profession.

Lacking other ideas it has become popular to suggest that cancer is caused by viruses. It is true that viruses have been found in cancerous areas, but is it necessary for us to conclude from this fact that they are the cause of cancer? Common sense compels us to understand that germs and viruses, as also is true of insect pests and plant diseases among our food crops, are merely Nature's scavengers, whose duty it is to destroy unfit tissue. Obviously, if Nature had not such a way of disencumbering the environment of such impedimenta this earth would long since have become uninhabitable. It is normal to find germs or viruses in any weak or diseased tissue. Nature's laws are irrevocable and inescapable.

2. No consideration is being given by the National Cancer Institute to possible cancer remedies unless the material proposed for consideration is a drug, and is injectible.

This is hardly a logical approach. Drugs are foreign substances within an organic system, and must be gotten rid of before the system can again return to normal. Hence, they may complicate the situation instead of relieve it. Since no dis-

(Continued next page)

case is known to be caused by a lack of drugs in one's system it is unlikely that drugs are the answer to cancer.

3. Only isolated, single factors seem to be considered in the search for a cancer cure.

Hence, even if research were to be made in the realm of nutrition the cure still would not be found, since nutritional factors must work together as coenzymes to be effective in rebuilding degenerated tissues.

Cancer is properly classed as a degenerative disease. By scrutinizing the causes of degeneration we find they are two in number: 1) abuse; 2) maintenance failure. We have created cancer hazards by multiplying abuses to human systems to the extent that many are inescapable. Others we inflict upon ourselves. We smoke, drink alcoholic beverages, and introduce other drugs into our systems. We are poisoned by preservatives and other substances in processed foods and by agricultural, industrial and vehicular poisons in our environment, and in some areas by fluoridated water. Synthetic farming has unbalanced the nutritional values in our food crops, and many foods are devitalized by the removal of fresh, live values to give them shelf life.

We are justifiably alarmed by the increase of cancer and other degenerative diseases. However, our efforts have thus far been relatively fruitless, and are likely to remain so unless we turn our attention to the elimination of the causes

of degeneration. This writer has had spectacular success in rebuilding the bodies of friends who had been given up with cancer by the simple device of supplying them with nutritional sources which are complete and well-proportioned. The National Cancer Institute has, understandably, declined to demonstrate for themselves the efficacy of this means.

The restorative power of proper dietary intake must eventually become recognized. Our efforts to restore a livable environment must be continued and intensified. It should be noted, however, that even an abused system can resist degeneration more effectively if it is well maintained.

NEW PERPETUAL AND LIFE MEMBERS

Perpetual Member

Douglas Waldo

Life Members

Mrs. Maud R. Stover
L. Nannette Cohn
Hayden MacDonald
Mr. and Mrs. R. L. Abell
Mrs. Dorothy Hanks
Mrs. William Page Buford
Horace W. Hartman, A.I.A.
R. W. Wegner

Thomas Martindale Company

Jean Smith

Mr. and Mrs. Ronald Ishmael

John and Bernel Swelker

Mrs. Lee Sirat

James Politz

(Received mid-September through mid-October)

George Washington's Last Hours

Death undoubtedly was hastened, or caused, by the 'medical' ministrations

George Washington died on December 14, 1799 at the mature young age of 67 years. He died in less than twelve hours after he first complained of his illness during which time he was attended by doctors who undoubtedly were considered to be the foremost medical physicians in the area. Yet, a study of the accounts of the last horrible, agonizing hours experienced by The Father of Our Country leads one to a justified speculation that he was literally "done to death" by his physicians; that his death was hastened, if not actually caused, by excessive blood letting, excessive doses of calomel (Mercury), and other poisons.

Washington suffered from a sore throat and it was later medically reported that he was suffering from Cyanache Trachealis, whatever that was because it is a term not now recognized. It is possible that he was suffering from a severe tonsillitis or possibly quinsy, either of which could have been quite painful but certainly not considered fatal diseases.

The accounts of the time indicate that a bleeder was first called to attend the General during the night and it was reported they drew 12 to 14 ounces of blood. The next morning, a physician was summoned and he, in turn, called for

two consultants. The more doctors who were called, the more blood was extracted until a total of 90 ounces or nearly three quarts had been drained from him; and the more Mercury (Calomel) was administered as well as copious doses of tartar emetic (Salts of Antimony), plus "blisters," cataplasms (poultices) and various inhalants.

Perhaps the best available account of Washington's last hours was written by John Reid, M.D., London, which we present:

"April 21, 1800. In reading the official report of the death of General Washington, . . . I should imagine there were few medical persons who did not feel astonishment at the very extraordinary manner in which that great man was treated by his physicians during his last and fatal indisposition.

"Sometime in the night of the 13th of December, it is said that the General was seized by a disease, called the Cyanache Trachealis. During the same night, he sent for a bleeder, who took from him 12 or 14 ounces of blood. The next morning, a physician was sent for, who arrived at Mount Vernon at eleven o'clock; when imagining danger in the case, he advised the calling in of two consulting physicians.

(Continued next page)

"In the interval, however, he thought proper to employ, in spite of the 12 to 14 ounces that had already been extracted, two copious bleedings. Now, when we consider that these are copious, and the other is not noticed as such, and also the indifference with which a future most copious bleeding is afterwards mentioned, we may presume that each of these was 25 or 20 ounces at least.

"After this, 'two moderate doses of calomel were administered.' I know not exactly what a moderate American dose of calomel may be, but, if, as it is fair to presume, it be in proportion to the bleedings, we may conclude that it was at least very considerable.

"Upon the arrival of the first of the consulting physicians, it was agreed that as there were no signs of accumulation in the bronchial vessels of the lungs, they should try *another bleeding*. Now this appears to be perfectly inexplicable. As *there were at present no signs of accumulation in the bronchial vessels of the lungs, they were driven to another bleeding!* Hence, it would seem that this last bleeding was to *PRODUCE* an accumulation in the bronchial vessels of the lungs. There was great difficulty of breathing, great inflammation, but as there was as yet no accumulation in the lungs, they were determined to induce that also; and, as a likely means of inducing it, had recourse to a most extravagant effusion of blood. This is not an unfair interpretation of their words, but it could not have been their

eleven o'clock on that Saturday night, when he expired without a struggle.

"Think of a man being, within the brief space of little more than 12 hours deprived of 80 or perhaps 90 ounces of blood; afterwards swallowing two moderate American doses of calomel, which were accompanied by an injection; then five grains of calomel, and five or six grains of emetic tartar; vapors of vinegar and water frequently inhaled; blisters applied to his extremities, a cataplasm of bran and vinegar to his throat, upon which a blister had been already affixed. It is surprising that, when thus treated, the afflicted General, after various ineffectual struggles for utterance, at least articulated a desire that he might be allowed to die without interruption? To have resisted the fatal operation of such Herculean remedies one should imagine that this venerable old man ought to at least to have retained the vigor of his earliest youth.

"A British physician may be deemed not competent to ascertain the propriety of transatlantic practice, the current of blood in the inhabitants of the new world may bear some proportion to the current of its rivers; in that case, the medical treatment ought likewise to be conducted on a larger scale. But this is a subject not proper for levity; it is a serious and solemn subject; and it is on that account that I have been induced to make the few preceding observations."

—Source, in part, *Spears Sanigram*

THE PASSING OF A FRIEND
Esther Saylor Newton, of San Francisco, passed away September 8th. Esther was a devoted humanitarian and an earnest friend of NHHF. Though she was residing in Europe for five years during the early days of NHHF, a note and check for \$50 was received from her every month — a tremendous help during those early days when we struggled to meet our expenses.

REQUESTS and GIFTS

REQUEST 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."

The NHF Log...

A REPORT OF CURRENT MAJOR NHF ACTIVITIES

Growth and accomplishment continue to be the key descriptive words relating to the Federation. The number of new memberships received this year exceeds any previous year in the history of NHF. The number of persons attending NHF conventions have, with very few exceptions, exceeded last year's attendance. Likewise, the number of exhibitors has increased. With the resulting increased income, the Federation has been able to become involved in more projects and extend its sphere of influence. Without question, the stature of NHF has been enhanced beyond all previous years. Our heightened stature is well illustrated by the fact that three prominent publications—The Wall Street Journal, The Washington Post and Business Week—on their own initiative, contacted our legislative advocate, Clinton Miller, and subsequently quoted him, in their respective publications, as a recognized consumers' spokesman.

More meaningful and fruitful relationships have been established with congressional leaders than ever before. The increased number of calls received by the Washington office from the offices of congressmen and senators seeking information, is significant. A spokesman for (Walter Reuther's) Committee of 100 for National Health Insurance complimented NHF by remarking to Clinton Miller that NHF has "the strongest lobby on the hill." If this is indeed true, it is not only because NHF has a very competent, honest and forthright legislative advocate, but also because NHF's position regarding pending legislation is just and fair, in the best interests of the public, and is detached from commercial ties or obligations—who can oppose this position?

A good many months ago, NHF voted a grant to the Center For Science In the Public Interest to underwrite an unbiased study of total fluoride consumption and its influence on health. This was done on the anticipation that such a study, never before undertaken by a scientific body, would put the fluoride controversy into its proper perspective. That study is nearing its completion. Two preliminary, interim reports have been issued. It begins to appear as if most of the contentions of NHF on this question will be validated in this unbiased study.

The National Health Federation has joined as a co-petitioner with LABEL, Inc. in filing an action in the United States Court of Appeals which asks the court to determine whether or not the FDA (the respondent in this action) has the legal authority to require that labels on all processed or packaged food products bear a complete list of ingredients. Label, Inc. and NHF contends the FDA has this authority; the FDA contends it does not. This action is a follow-up on an action initiated by Label, Inc. almost two years ago when it petitioned the FDA to promulgate a new regulation to require complete ingredient disclosure on all food products.

The National Health Federation has agreed to provide limited financial support in another court action popularly known as the Andrews case. This case will resolve the question of whether or not a person may receive a harmless or safe drug, not approved by FDA, which has been prescribed by a physician in another country where such a drug is legal. In this particular case, Laetrile (Amygdalin) was prescribed for Mrs. Andrews, a cancer victim, by a physician in another country. When she returned to her home in the United States, she expected to be able to receive a continuing supply of Laetrile from her foreign doctor. However, the drug, on its entry into the United States, was seized by the government, thus depriving Mrs. Andrews of the medication needed to continue the treatment prescribed by her chosen physician.

The NHF Board of Governors met in Los Angeles on October 12th in an unprecedented mid-annual session. Formerly, the Board has met only during the annual West Coast Convention always held in January. The flurry of other convention activities made a fully satisfying meeting most difficult with never enough time to fully discuss Federation matters. To overcome this problem, Mr. Fred J. Hart, Chairman of the Board of Governors, called the special October meeting so that there might be a more meaningful exchange of ideas and views between the members of the Executive Committee and the Governors and to provide an opportunity for the officers to present a full and complete report of their stewardship of the Federation. Those members of the Board of Governors present enthusiastically endorsed the idea of this mid-annual meeting enabling them to consider the Federation's affairs in a more relaxed and unhurried atmosphere. As a result, much good was accomplished and the meeting ended with a unanimous vote of confidence in the members of the Executive Committee.

The DES Ban -- Fact or Fallacy?

By VERNETTE TAYLOR
Secretary-Treasurer, Washington, D.C. Chapter

During the course of a recent meeting of The Northern Virginia Chapter of The National Health Federation at which we honored our retiring NHF Washington General Counsel, Mr. Charles Orlando Pratt, a report was made by a member which could be misleading. The member was reporting on the latest "happenings" on Capitol Hill and stated that DES (diethylstilbestrol, a synthetic female hormone) will no longer be permitted in beef or lamb meat after January 1, 1973. Many members were overjoyed believing that they then would be able to purchase "non-DES" meat at their local supermarket. Most press reports released by FDA seemed to be written to convey this same impression.

It would be well for anyone who has this idea to examine the report of the DES ban in depth. The United States Department of Agriculture Employee Newsletter for Aug. 23, 1972, clarifies this matter. Secretary of Agriculture Earl L. Buttz, announced, "I regret that it was necessary for the Food and Drug Administration to withdraw approval of DES for use in cattle and sheep feed beginning next January first." The article points out that the Delaney Amendment of 1958 restricts the use of any potentially carcinogenic substance being used in animal feed. Further on in the article we find this state-

ment, "DES CAN STILL BE USED AS AN IMPLANT UNDER THE FDA RULING." The reason that the implant method in animals is not banned is that in testimony before Rep. L. H. Fountain's House intergovernmental relations committee, FDA Commissioner Edwards testified, "U.S. Dept. of Agriculture has never detected a residue when implants were used as a sole source of DES." Rep. Fountain, as reported in "Science" magazine on Aug. 11, 1972 felt that this statement was misleading and untrue. "It is misleading because the USDA does not include implants in its regular sampling program for DES residue; it is therefore not surprising that residues are not being detected when the USDA is not looking for them." Fountain says Edwards' statement is also untrue in that a USDA inspector in June of 1970 did detect a DES residue of 60 parts per billion in beef liver, a fact which was reported before Fountain's subcommittee last March.

NHF members should take notice of this. The supermarket beef and lamb ARE NOT GOING TO BE FREE OF DES. The method of getting this material into the animal has been directly limited to implants only, insertion of a pellet of DES into the animal's ear. The DES ban prohibits only the feeding of DES to cattle and sheep.

I know of one veterinarian who works for one of the largest beef producers in the country and in his capacity uses vast amounts of DES. He refuses to eat DES treated animals and raises a few animals free from DES for his own family's consumption. This man has observed literally hundreds of thousands of animals over the past years and has concluded that a DES treated animal is not healthy. This highly qualified expert will not eat meat from these sick animals.

My sister and her husband raise organic beef without growth stimulants like DES; use feeds grown without chemical fertilizers containing synthetic nitrates and nitrates and without pesticide sprays and herbicides of any kind; without antibiotics; and without artificial protein. They grow their beef the way God intended the animals to grow, naturally and healthfully.

I know it is hard work to ecologically compete with conventional supermarket meats. After years of hard work they are building a following all over the country and are air-freighting genuine organic beef anywhere in the United States. Due to my close first-hand knowledge of organic beef-raising, I am not satisfied with simply removing the DES from the feed and continuing to permit implanting DES into the animals. DES in the feed goes through the digestive tract and it is reasonable to expect some of it passes through the animal without being assimilated. By contrast DES implants enter the animal's blood stream and thus

ALL of the DES has to be assimilated by the animal.

I like to know also that the beef I eat is fed organically grown soy beans, corn, barley, oats, wheat, alfalfa and timothy hay, and that any supplements fed to the cattle either directly or through the soil are ground phosphate rock, natural trace elements, natural seaweed, etc. which will pass the most critical review of the most qualified organic biochemist. I like to know that any nitrates or nitrites are from animal excretion from the farm. No manure is ever brought in from outside questionable sources. Nitrogen is also supplied from green manures and legume roots on their new land. I like to be able to go back over the yearly records of this historic farm which was built in 1791 and know that not a pint of 2,4,5-T or DES, or other similar substance has ever been purchased or used on this farm. I'm not satisfied with the current USDA-FDA ban on DES and would like to warn other members not to be satisfied by this recent announcement.

Write your Congressman for a copy of the DES ban, examine it carefully and objectively. Judge it for yourself and don't be fooled into a false sense of complacency. If anyone would like xerox copies of the two articles (USDA Newsletter and Science magazine) referred to, write:

Vernett Taylor
3510 Kirkwood Drive
Fairfax, Virginia 22030

(Please include \$1.00 to cover handling costs.)

THE FAMILY CIRCLE

By FRED C. HART
Chairman of the Board of Governors

I should like to use this column as a means of conveying my thanks and appreciation to the scores of people who have sent me cards and letters expressing their thoughtful wishes for my rapid recovery and to those who have sent up prayers on my behalf. I am confident the Lord has answered your prayers. I am very happy to report that my doctors have told me that my heart is in better condition now than it has been at any time during the past five years.

It gives me great pleasure to report that the affairs of the Federation are in better condition now than they have been for a number of years. The year 1972 has brought the greatest increase in membership, it has produced better and larger conventions with more paid exhibitors, and, in general, the Federation has made definable progress.

The addition of Mr. Arthur Koch as assistant general counsel in our Washington office will enable the Federation to attack some of the health freedom problems on a legal front to augment our well-established legislative program. We have long dreamed of establishing an aggressive and competent legal department but in the past, we have not been financially able to take this step.

In connection with our legal projects, I would like to correct some misinformation which has been spread out. It is true that the Federation is financially involved in the support of the Andrews case in New York. Another non-profit organization has taken the primary responsibility for raising the money for this case and, so far, are doing well enough that they anticipate raising, through contributions, the entire sum needed for the case. In order to get the case underway without further delay, however, The National Health Federation agreed to underwrite any deficit which might occur after the fund raising efforts had been exhausted. Consequently, at most, the Federation will have only a limited financial obligation. In any event, it seems certain that the NHF contribution to the support of this case will be considerably less than the \$15,000 figure which has been rumored about. In this case, the court will be asked to determine whether a person residing in the United States has the right to receive a safe and harmless drug, not approved by the FDA, which has been prescribed and furnished by a physician in another country

where the said drug is legal. NHF believes this is an important issue and that Mrs. Andrews should have the right to receive such a drug from her chosen physician.

All members have recently received a ballot with the request that they vote for nine persons to serve for the next three years on the Board of Governors. If you have not yet returned your marked ballot, please do so immediately. It is a tremendous job to count the thousands of ballots with so many names. The Board of Governors consists of 27 members, each serving a three-year term with the terms of nine members expiring each year. The candidates listed on your ballot were selected by a nominating committee who are guided in their selections by the suggestions made by individual members or local chapters, and by their personal knowledge of individuals who have shown themselves to be dedicated to the idea of health freedom and who have been active in promoting these ideas.

A great deal of effort and planning is going on to make the forthcoming West Coast Annual Convention the best convention yet. As previously announced, it will be held at the Anaheim Convention Center in Anaheim which is just southeast from Los Angeles. The Convention Center is adjacent to Disneyland and near Knott's Berry Farm. It will be worth your while to plan for an extra day and visit these two famous attractions. Having the convention at the Anaheim Convention Center affords many advantages. First, there will be 5500 seats so you will be assured of a seat for all events. Parking will be available at very reasonable rates in the area surrounding the Center. There are many motels in the immediate area, most of them offering rooms for almost half the rates prevailing at the large Los Angeles hotels. Another big feature is the fact that within the Center, will be two snack bars offering, among other things, whole grain sandwiches, fruit juices, yogurt, etc. In addition, for both luncheon and dinner, there will be a buffet type restaurant open offering healthful foods. You will find their charges reasonable. Tickets for the official luncheon on Saturday will be only \$5.00, and for the President's breakfast on Sunday, only \$4.00. Vegetarian plates will be available for those who desire them. Look for the convention program in this issue of the **Bulletin.**

As the holiday season approaches, we enjoy pausing for a time to reflect upon the many blessings of the year just ending and to give thought to our friends. I wish that I could personally tell each of you how much your friendship and your support of NHF have meant. My ever-helpful and loving wife, Dorothy, joins me in extending to you and your loved ones our most sincere wishes for a joyous and blessed holiday season.

WASHINGTON ROUNDUP

Noise "Pollution" and Product Safety Bills Signed By President

The President has signed a Product Safety Bill creating an independent, five-member regulatory agency to set and enforce standards "designed to eliminate unreasonable risk of injury or death" from use of household consumer products ranging from washing machines to football helmets. It has been estimated such products kill an estimated 30,000 Americans and injure another 20 million each year. The bill recognizes that a defective lawn mower or electric heater can be just as dangerous to the consumer and his family as contaminated foods or improperly packaged drugs. The new commissions authority would not extend to products now governed by other safety laws such as drugs, foods, cosmetics, pesticides, firearms, motor vehicles, etc.

The President signed another bill giving the Environmental Protection Agency \$24 million over three years to set and enforce acceptable noise levels for a host of products from jetliners and jackhammers to dish washers and dump trucks.

Antibiotic Drug Residues Found In Meat

Government meat inspectors have found illegal residues of streptomycin in some veal calf carcasses. Streptomycin is among a group of antibiotics commonly used as feed additives in livestock, dairy and poultry production as an aid to growth and to help prevent bacterial disease development. Although the Food and Drug Administration allows "tolerance" amounts of residues in food products for some antibiotics, there is no "tolerance" allowed for streptomycin. The FDA has estimated that about 80% of all meat, milk and eggs come from animals and poultry which have consumed medicated feed. The FDA has previously proposed banning animal feed antibiotics unless manufacturers can show evidence that humans do not develop resistance to the drugs which are also used to treat humans, however, to date, the FDA has made no move to implement the proposed ban. The FDA further stated that there may be evidence that animals treated with antibiotics develop resistant bacteria which may then be passed along to humans with the possibility that these bacteria may be too tough to be effectively treated with medically prescribed antibiotics.

The Annual NHF West Coast Convention

January 18, 19, 20 and 21 at the

Anaheim Convention Center
Anaheim, California



- For the general public
- Hear prominent, authoritative speakers
- Hear reports on NHF's latest legal and legislative battles to preserve your health freedoms
- See the famous NBC film made in China showing acupuncture used as the only anesthesia in four major surgeries
- See and hear prominent TV and movie personalities
- Learn what's new in health aids as you visit with the 180 exhibitors

All this and much more awaits you at the best-yet NHF Convention January 18-21 at the Anaheim Convention Center. Anaheim is just south-east of Los Angeles. The Convention Center is adjacent to Disneyland just off U.S. 5—just follow the signs as if going to Disneyland. Many hotels and motels are located in the immediate area, many within easy walking distance of Convention Center—all providing excellent accommodations at moderate rates.

A catered food service will be providing nutritious foods, (including fresh juices, salads, yogurt, whole grain products, etc.) within the Convention Center from two snack bars open all through the convention hours and in a restaurant serving lunch and dinner.

Note the special luncheon event on Saturday, January 20th and the President's Breakfast on Sunday morning. Do NOT send in advance reservations for these events but do obtain your tickets as soon as you register at the convention.

Program of the Eighteenth Annual West Coast Convention

Thursday, January 18, 1973

- 8:00 A.M. Registration
- 9:30 A.M. Sectional Meetings:
 Legal and Legislation—K. W. Dilling and Arthur Koch
 Cancer—Lorraine Rosenthal
 Organic Gardening—Betty Lee Morales
 Nutrition—K. W. Donsbach
- Since attendance at later sessions will be large, this will be your best opportunity to get specific questions answered in the field of your greatest interest.
- 10:45 A.M. Opening Ceremonies
- 11:00 A.M. THE SEA WITHIN US—Dr. Joseph V. Wachter—Acknowledged expert on sea vegetation and its values to soil, animals and man. An important work that could change your whole way of living.
- 12:00 Noon Recess and Visit Exhibits
- 1:30 A.M. FOOD CHEMISTRY AS RELATED TO BODY CHEMISTRY—Dr. Jay M. Hoffman, Ph.D.—Past President of the National Geriatrics Home Association—Author, Lecturer.
- 2:15 P.M. BASICS—PLANNING HEALTH FOR THE FAMILY—Walter J. Hodson, N.D., D.C., D.D., Th.D., Author, Lecturer, Consultant.
- 3:15 P.M. Recess and Visit Exhibits
- 4:00 P.M. VISION VICTORY—VIA VITAMINS, VITAL FOODS AND VISUAL TRAINING—Diana Deimel—Author, Lecturer, Consultant.
- 4:45 P.M. YOUTH UNLIMITED—Pamela Brenton. One of NHF's favorite speakers. Accomplished Author, Lecturer and Consultant.
- 5:30 P.M. Adjourn for Recess and Visit Exhibits
- 7:00 P.M. NEW HORIZONS—K. W. Donsbach, D.C., N.D., B.T.S., Author, Lecturer, Consultant—Vice President NHF Board of Governors.
- 7:30 P.M. REMEDIES FOR GREATER HEALTH—Bernard Jensen, D.C., Author, Lecturer, Consultant.

Friday, January 19, 1973

- 8:00 A.M. Register and Visit Exhibits
- 9:30 A.M. DOPING OUR SCHOOL CHILDREN—Clinton R. Miller, NHF Legislative Advocate—Hear how our school children are being given drugs without parental consent or approval.
- 10:15 A.M. Recess and Visit Exhibits
- 11:00 A.M. FREEDOM OF CHOICE—FACT OR FICTION—K. W. Dilling, NHF Attorney at Law. Well known for his knowledge of public health laws.
- 11:45 A.M. STRENGTH IN UNITY
- 12:00 Noon Recess and Visit Exhibits

- 1:30 P.M. CHEMICALS DON'T HAVE RIGHTS—PEOPLE DO—Teresa Drury—Consumer Affairs Director for KHJ AM FM—TV—Famous for her frank reports on NEWS WATCH.
- 2:15 P.M. FOOD FOR THOUGHT AND THOUGHTS FOR FOOD—Irl C. Clary, D.D.S.—Author, Lecturer, Graduate of University of Oregon Dental School—Active in research coordination in health, nutrition, management, motivation and communication.
- 3:15 P.M. Recess and Visit Exhibits
- 4:00 P.M. HOW MINERALS MAY REPLACE TRANQUILIZERS IN YOUR MEDICINE CHEST—Dr. K. W. Donsbach
- 4:45 P.M. CLINT WALKER, the famed TV personality with a warm and fascinating personal story of how good nutrition has become an important part of his life and that of his family. He believes the results of his nutritional program and healthful living habits made possible his miraculous recovery following a disastrous accident.
- 5:45 P.M. Adjourn for Recess and Visit Exhibits
- 7:00 P.M. AN EVENING WITH ADELLE DAVIS—DON'T MISS THIS EXCITING EVENING PACKED WITH INFORMATION FROM THIS INTERNATIONALLY HERALDED AUTHOR AND EXPERT ON NUTRITION.
- Saturday, January 20, 1973**
- 8:00 A.M. Register and Visit Exhibits
- 9:30 A.M. FATAL FALLACIES REGARDING HEALTH—V. Earl Irons—Pioneer in the health field—One of the founders of The National Health Federation.
- 10:15 A.M. Recess and Visit Exhibits
- 11:00 A.M. POLLUTION AND YOUR HEALTH—CAUSE AND CORRECTION AND RESPONSIBILITY—John Cromshaw—Ardent ecology activist—One of the founders of HEED (Help End Environmental Destruction).
- 11:45 A.M. ORGANIZED FOR HUMAN RIGHTS
- 12:00 Noon BANQUET LUNCHEON—This year we are able to bring to you a choice of a regular or a vegetarian plate. Both promise to be the best we have ever had. The price will be \$5.00. Get your tickets when you arrive at the convention. As our very special guest we will be having the brilliant president of the Federation of Homemakers, Ruth Desmond, a diligent crusader for more healthful foods and honest labeling. In addition to give you up-to-date information on legislative and legal activities will be our new young attorney, Arthur Koch, a recent graduate of the George Washington University Law School. Instrumental in initiating 'LABEL' which is forcing adequate food labeling.
- 2:15 P.M. ACUPUNCTURE ANAESTHESIA—1971 FILM PRODUCTION WILL GIVE YOU MUCH SOUGHT AFTER INFORMATION ABOUT THE USE OF THIS REVOLUTIONARY ANAESTHESIA. SERIOUS FILM PRODUCED TO EDUCATE AMERICAN DOCTORS AND INTERESTED LAYMEN TO THE REMARKABLE POSSIBILITIES AVAILABLE THROUGH A KNOWLEDGE OF THIS ANCIENT ORIENTAL FORM OF HEALING. A HIGHLIGHT OF THE CONVENTION.
- 3:00 P.M. Recess and Visit Exhibits

4:00 P.M.

THE AMERICAN DIET: FROM THE GARDEN TO THE GULLET—Dr. E. Cheraskin, M.D., D.M.D.—Author of the new book—NEW HOPE FOR INCURABLE DISEASES.

4:45 P.M.

BRANCHING OUT—NUTRITION FOR SPECIFIC PROBLEMS—Dr. Walter J. Hodson

5:30 P.M.

Adjourn for Recess and Visit Exhibits

7:00 P.M.

GIANT STRIDES OF PROGRESS — Charles I. Crecelius, M.S. President of NHF in his 8th year. Devotes untold hours to the cause of health freedom and NHF at \$1.00 per year.

7:30 P.M.

THE TIME BOMB OF NUTRITIONAL DEFICIENCY—Dr. Forrest C. Shaklee, Sr.—Student of nutrition for over sixty years.

8:00 A.M.

Register and Visit Exhibits

9:00 A.M.

SPECIAL MEETING OF NHF MEMBERS—Charles Crecelius will be in charge of this annual meeting.

9:30 A.M.

FOUNDERS BREAKFAST—THIS ANNUAL EVENT WILL BE AN OUTSTANDING AFFAIR FEATURING MRS. ELYSE DONSBACH WHO WILL SPEAK ON "MY FIFTEEN YEARS ON DRUGS." DON'T MISS THIS TOUCHING STORY OF A FANTASTIC LADY. Price \$4.00. Tickets should be purchased early during the convention.

11:00 A.M.

PHYSICAL FITNESS — Bob Hoffman — President's Advisor, Physical Fitness Committee, Member NHF Board of Governors.

11:30 A.M.

ULTIMATE CRISIS — Alan A. Trantner — Director Global Environmental Education Group.

12:00 Noon

Recess and Visit Exhibits

1:30 P.M.

NUTRITION—EDUCATION'S NEW FRONTIER—Dr. Alvenia M. Fulton—Dietitian to the Stars—Outstanding Lecturer and health authority.

2:15 P.M.

NEW HOPE FOR INCURABLE DISEASES—E. Cheraskin, M.D., D.M.D.

3:15 P.M.

Recess and Visit Exhibits

4:00 P.M.

NEW OUTLOOK ON CANCER—Dr. Dean Burk, Ph.D. Researcher on cancer and photosynthesis—A FEDERAL COURT VICTORY.

4:45 P.M.

NATURE'S ANSWER TO CANCER—This historical film deals with Laetrile, a suppressed nontoxic control of cancer. If you haven't seen this film—do not miss it!

5:45 P.M.

Recess and Visit Exhibits

7:00 P.M.

FLUORIDATION—LOCAL, STATE AND NATIONAL—Clinton R. Miller

7:30 P.M.

WHAT THEY DON'T TELL YOU ABOUT HEALTH AND NUTRITION—Mr. Dick Gregory—Hear this outstanding personal story and experiences on why he became a vegetarian and then a fruitarian. THE REAL INSIDE STORY.

Consumer Affairs Report

By TRESA DRURY

New Foods and Chemicals Coming On Market

A quivering blue mass . . . it is 100% artificial, doesn't contain any nutrients, but, on the other hand, doesn't contain anything that will kill you either. What is it? It is a new imitation blueberry filling. This is just one of the many new non-food products that you will be seeing on the market soon. In an article entitled *Too Many Chemists Spoil the Broth*, the recent edition of *Environmental Action* tells of a visit to the food technologists convention where food manufacturers take pride in the fact that technology has topped nature and provides instant profits in the bargain.

Attractions in the convention included imitation hot dog and relish flavors, imitation watermelon flavor, shredded coconut infused with fruit flavors and imitation coloring, lobster flavored almonds, and imitation eggs, which are expected to replace the eggs used in pancake batters, french toast and baked goods. The price of real eggs is depressed in California. Egg producers are going out of business and now we have an artificial egg which is a clever combination of water, xanthan gum, corn oil, carrageenan, carob gum, potassium citrate, and artificial color. If your next jelly donut or frozen fruit pie tastes a little different, it just could be the new reality, colored and flavored shapes.

It is a gooey mass that looks like gelatin and smells like a lollipop. And while I'm on the subject, sodium acid pyrophosphate known as *sapp* for short may now be added to hot dogs, bologna and other cooked sausages. This chemical which speeds the curing process has been declared safe for this use by the FDA and USDA. It is already used in baking powders and cake mixes, cooked and cured hams, bacon and pork loins. Senator Gaylord Nelson speaking before the Senate said that *sapp* is akin to phosphoric acid . . . a toxic chemical. It will cut production time by 25 to 40%. Therefore, he was sure the USDA would OK its usage since the crux of the situation is economics. He was right. On September 12th, the USDA gave its approval to *sapp* to be used in hot dogs.

Drug Safety Legislation

The Drug Listing Act of 1972 is a new law recently signed by President Nixon that provides the Food and Drug Administration with a current listing of all drugs on the market. This may come as a shock to many who felt that the FDA already had such a listing. The law enables the FDA for the first time to have access to needed information on how many drugs there are, who makes them, what their ingredients are, how they are labeled and promoted and whether the drugs are in compliance with pre-clearance requirements. Now, when the FDA issues a warning about a particular drug or drug ingredient, all parties can be notified.

The FDA in recent months has borrowed a page from the FTC's book and begun to crack down on misleading and deceptive advertising by companies making prescription drugs. The Lederle Laboratories were forced to run follow up ads on a drug of theirs called Minocin, telling doctors in the AMA Journal that earlier claims for the drug were misleading. Sandoz Pharmaceuticals retracted some of its claims for its tranquilizer, Serentil. Marion Labs has acknowledged that Triten is chemically similar to at least one antihistamine. Ortho Pharmaceutical has conceded that its Ortho/Novum contains no less estrogen and is in no way superior to other contraceptives.

According to Time magazine, 15 companies, including most of the country's major drug manufacturers, have publicly admitted errors in advertising. The FDA found court cases took too long, so it adopted principals similar to those of FTC requiring companies whose advertising it found misleading to either run corrective ads or send a letter to all doctors detailing their over enthusiasm and explaining the facts about their product. Drug manufacturers, to say the least, are unhappy. A letter to all doctors in the U.S. can cost around \$40,000. A one page ad in the AMA Journal costs a minimum of \$5,000. Who knows, they just might decide that telling the truth in the first place is cheaper.

Treesa Drury can be heard nightly in the Los Angeles area, Monday through Friday at 9:30 p.m. with CONSUMER WATCH on KHJ-TV's NEWSWATCH—Channel 9. She also may be heard on a nationally syndicated show — check your local radio station schedules.

Book Reviews

"VISION VICTORY VIA VITAMINS, VITAL FOODS & VISUAL TRAINING by Diana Deimel (Chalru Publications, P.O. Box 744, Pasadena, Calif. 91102; 190 pages; paper bound; \$3.00)

Good vision depends upon many factors generally considered by the average individual to be completely unrelated to the eyes. Their first mistake, of course, is their assumption that vision is related only to the eyes and that the visual apparatus is completely apart from, and unrelated to, the rest of the body and the general state of health including the general nutrition of the body.

When vision begins to fail, most individuals resort to a crutch in the form of eyeglasses without giving thought to, or even trying, other procedures which could possibly bring about a remarkable improvement in their vision. Usually it is due to complete ignorance of these other procedures. Diana Deimel's book was surely written to dispel such ignorance.

In some 28 chapters, the author explores all the natural procedures, methods and factors which should be considered when one is striving to maintain or to improve vision. The subjects range from proper nutrition to constipation and from

chiropractic to eye "exercises." And we might even add, from homeopathic remedies to faith. Considerable attention is given to the subject of light as a biological and health factor and the effects of light on the eyes as well as on the glandular system.

Several other prominent persons have contributed to the contents of this book. Several chapters are from the pen of the distinguished medical nutritionist, J. D. Walters, M.D. Another chapter is by Betty Lee Morales. The chapters dealing with the effects of light have been written by John Ott, without question America's foremost authority on the subject and author of the book, *My Ivory Cellar*.

If one has even the slightest interest in the subject of vision, or even health in general, we can guarantee that he will find fascinating reading in this book and certainly no one could claim that the book is boring.

Slashing the Gauze Curtain . . .

(Continued from page 10)

which became this law was submitted under the name of the hospital's lobbyist shortly after publication in the November, 1970 issue of the *Atlantic* magazine of an article titled, "A Fashionable Kind of Slander" by Dr. Robert Coles, a research psychiatrist at Harvard University, not involved in institutional psychiatry as practiced under the Board of the Massachusetts General Hospital. This article con-

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vincingly exposed the standard practice in the United States institutions under "mental health" as slander, libel, and the grossest of violation of the right of privacy. It supported and extended the work of Dr. Szasz, and posed a serious threat of legal action to guilty institutions which, up to this time, enjoyed the protection afforded by the credibility of the Harvard name. The law grants specific exemption to both civil and criminal liability for "slander, libel, and violation of the right of privacy" for psychiatrists and physicians. It deals specifically with State Medicine, and enables release of slander and libel as it appears in psychiatric diagnoses without the knowledge and consent of the libeled. The wording of the law is so liberal as to allow such release of libel almost without restraint.

The other side of the coin appears in the efforts of responsible, organized medicine to protect itself against civil action by malpractitioners it expells through the action of review committees set up under the law in hospitals. Example in Massachusetts exists in nuisance litigation brought by a doctor guilty of collecting insurance benefits arising from the administration of electric shock therapy, through administering such treatment wholesale and to all comers without regard for indication. Fear of harassment, such as that received by the review committee which caused this doctor to be discharged from the hospital staff, caused the State Society to sponsor a bill granting

immunity to civil action for the members of such committees. Although, in this specific instance, the "good guys" would have been protected by such legal immunity, but it would open the door to abuses by hospitals run by "bad guys" and so the bill is highly dangerous in the long run.

Another defense of true malpractice, as well as defense against unjust claims, exists in that portion of the legal profession which defends claims of medical malpractice. Where open and free of the problem of "corrupt establishments," the adversary system functions as it was designed to do and is to the glory of our civilization, a fair fight under the rules in a courtroom. Reality is a little different.

Monopoly in Malpractice Insurance

The St. Paul Fire and Marine Insurance Company enjoys a virtual monopoly in malpractice insurance. The effect has been studied in the Boston area, and may exist in other major cities. St. Paul has retained attorneys in the major Boston law firms which dominate politics in both parties, in courts, and in the Great and General Court in the Commonwealth of Massachusetts. These same firms represent most hospitals in the Commonwealth. Conflict of interest prevents the more able lawyers, which are selected to join such firms, from representing parties with valid claims of medical malpractice. Such parties must secure lawyers who lack influence with clerks of court and judges, opening the door to defense

by delaying tactics and judicial bias and threat of reprisal against the too aggressive attorney who threatens to upset the applecart. Reprisal against a physician who poses a similar threat, through cancellation of malpractice insurance without cause or explanation is a documented reality.

Courts Seeking To Protect State Obstruct Civil Malpractice Actions
Barriers exist in the courts, obstructing civil malpractice actions against state hospitals in the Commonwealth of Massachusetts. They also exist in the law which requires judicial sanction in order that an attorney be enabled to secure the medical record of an inmate in such state institutions.

Attorneys familiar with the modus operandi of the Bay States judges, report that, as a matter of policy, judges give total credibility to statements made by staff members of state hospitals and seldom lay their records open to attorneys representing the claims of inmates of these institutions. One Superior Court judge, among the more enlightened in Massachusetts, has justified this practice with the statement that he feels it is his duty to protect institutions of the State. He is a thoughtful and literate man, totally free from the slightest stain of involvement with organized crime which caused the recent retirement of one Superior Court judge and the censure of another in the Bay State.

Film Showing Malpractice In State Hospital Banned
There is a lesson in persistence

in the litigation which followed the exposure of true concentration camp depravity in one Massachusetts State Hospital, the Bridgewater State Hospital for the Criminally Insane, in the film, "Titicut Follies." This exposed the vildest of malpractice, but civil action for medical malpractice against the staff is yet to appear. The defense effort of the "corrupt establishment" in the courts of the Commonwealth is, however, a matter of instructive effort.

The first action appeared against the procedures of "Titicut Follies" by the Massachusetts Attorney General. The film was banned in Boston and suit was brought against the producers for violating the privacy of inmates. The decision of the U.S. Supreme Court denying a right of corporate or institutional privacy, but allowing an individual right of privacy was in effect at the time. An appeal resulted in an indecisive postponement of resolution of the question whether the "establishment" was defending its right of secrecy or the inmates' right of privacy by this legal attack by the State.

Since the issue was left hanging, the "establishment" next attacked with civil action in the form of a damage suit brought by guardians appointed to protect the interests of the inmates by the "establishment." This attack was well-defended in a jury trial. This claim was, again, that the right of privacy of inmates had been violated, but massive outrage at this claim, ex-

(Continued next page)

pressed in letters from inmates and their friends and families, reduced the claim of the establishment-appointed guardians to absurdity. The judge delayed handing down his decision for a year, but a reminder of his oversight by a politically significant member of the Boston Bar was followed by a quick appearance of a decision favorable to the defendants.

Triumph of Justice Requires Cooperative Efforts of Doctors and Lawyers

Justice will triumph, if just a few lawyers and a few doctors can get together and think, as proven by the public record in the "Titticut Follies" series. The door now seems open to completing the job through civil action for medical malpractice in Massachusetts, but a few more doctors and a few more lawyers will have to join forces in this heartland of the Salem witch and the "Church of Mental Health." But, Boston is also the home office of the American Trial Lawyer's Association, our "Disciplinarians of Democracy," so there is hope!

Summary

Civil action for medical malpractice is an essential safeguard for the protection of both the medical profession and the public, and a quality control mechanism of prime importance in a free society. Effective function of this mechanism requires appreciation of its importance by able people in both the medical and legal profession, and enriched communication of fact,

particularly scientific fact, using a clear, simple and direct terminology free of jargon.

Barriers to effective application of this mechanism for quality control in medical practice have arisen in both the public and private sector and are of such a nature as to seriously interfere with the function of the adversary system. Such barriers protect true medical malpractice and encourage further decay of standards and performance. They include law granting sovereign immunity to governmental hospitals, and law giving charitable immunity to hospitals in the private sector. In the extreme, they include the recent law passed by the lobbying activity of fearful groups in organized medicine, granting exemption to both civil and criminal liability for their actions.

In government hospital practice, judicial bias arising from a well-intended wish to guard the state, and from massive ignorance of standards of medical practice and medical ethics, is a major barrier. A significant barrier also exists in the form of undue political control of the legal profession and the courts, due to the evolution of a monopoly in the insurance industry which defends medical malpractice claims.

All barriers can be melted through discovery of fact concerning them and communication of such findings to the professions and the public.

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

Charles I. Crececius — President and Executive Head of the Federation.
Address: P.O. Box 688, Monrovia, California 91016

Kurt W. Donsbach, N.D., D.C., B.T.S.,
Vice President

Betty Lee Morales — Secretary

Dorothy B. Hart — Treasurer

Fred J. Hart — Chairman of the Board of Governors and Managing Editor of the Bulletin.

Address: P.O. Box 688, Monrovia, California 91016

PAID FEDERATION STAFF AND THEIR SPECIFIC FIELDS OF ACTIVITY

Clinton R. Miller — Vice President in charge of the Washington Office, which includes Legislation and Regulations.

Address: 121 2nd Street N. E., Washington, D.C. 20002
Phone: (202) 547-2547

R. A. Laurye — Business Administrator
Address: P.O. Box 688, Monrovia, California 91016. Phone: (213) 358-1155

Hazel K. Stevens — Controller at the NHF headquarters office and Director of Convention Arrangements.

Address: P.O. Box 688, Monrovia, California 91016
Phone: (213) 358-1155

Raymond H. Houser — Editor of the National Health Federation Bulletin.

Address: 5366 Auburn Drive, San Diego, California 92105

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

P.O. Box 688
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