

**CHELATED  
MINERALS —  
A Key to  
Better Nutrition**

**Can Vested Interests Use Bureaucracy  
To Destroy Our Freedoms?**

**COURTS PROVIDE HOPE  
FOR HEALTH FREEDOM**

**"Even the smut-peddlers have won cases in court making more freedom for themselves. In fact, it is now easier for teenagers to buy a book depicting sexual perversion than for a cancer patient to buy a book about nutrition and cancer! Certainly health publishers and those who distribute health foods and nutritional remedies should have the same rights as pornographers. But they won't until they do what the pornographers do: fight for freedoms in court."**

**NHF Urges Amendment to Cancer Attack Bills**

**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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## The NHF Viewpoint-

The National Health Federation often is accused of being a front for health food stores, the vitamin manufacturers, the chiropractic profession, and other minority health-associated groups. These are false accusations, of course. The truth of the matter is, NHF is a front for only one group—THE PEOPLE.

NHF members, as individuals, hold a variety of health views. However, they are an open-minded group and they adamantly believe that people should be permitted freedom of choice in matters relating to their own health.

It is true that NHF frequently has "come to the defense" of the chiropractic profession, the health food industry, the writers of health books, and others, as well as many individuals without commercial ties whose personal health freedoms and liberties have been attacked. When aid and support have been given to any of these segments of the health industry or professions, it has been done, primarily, to insure the continued availability of their services for the benefit of the people desiring them. However, NHF is concerned also with the rights of those who provide these services. A denial, to these individuals, of equal opportunity and equal protection as afforded by the Constitution is a rank injustice especially when their only "crime" stems from their holding views contrary to the consensus of medical opinion.

NHF is as opposed to dishonesty, incompetency and quackery as anyone, but recognizes that unscrupulous, incompetent individuals may be found in all professions and types of businesses. However, NHF holds that the mere fact that a person may advocate measures for the prevention or treatment of disease which are not strictly in accordance with the consensus of medical opinion, does not necessarily make him a charlatan. There is no place for monopoly in the field of health care and NHF will continue to oppose the efforts of any single profession working in this direction.

# Courts Provide Hope For Health Freedom

By JOHN JOSEPH MATONIS, J.D.  
Member of the District of Columbia Bar

*John Joseph Matonis is President of the District of Columbia Chapter of the National Health Federation and is a veteran trial lawyer of many courtroom battles for health freedom.*

Within the last decade the Courts have made drastic changes in the Law. Some of these decisions directly or indirectly affect your health and your health freedom. When the appellate courts—courts above the trial courts—change the law, this new law is often adopted, followed by other appellate courts and trial courts. This is called precedent, and precedents make up “the Common Law.” Rule by precedent, or judge-made law, is often criticized by laymen, and lawyers, too, because it appears to impose upon the future the mistake of the past and the stubbornness of the old. Where precedent is followed slavishly in cases which differ in principle or in facts, the result is not always *Justice*. But the concept of precedent was developed in early England for very practical

reasons which are still valid today. 1) The legislatures cannot make rules for every fact situation man is capable of producing; 2) the laws made by the legislatures, called “statutes,” must be interpreted by courts anyway; 3) the legislative process is sluggish and often unresponsive; and 4) the law, to be effective and respected, must be generally predictable. Total predictability is impossible, if not undesirable.

But citizens should expect society to set forth the limits of their varied behavior even when legislatures fail to foresee the particular problem. Precedent, together with statutes, and regulation of administrative agencies created and limited by statutes, under the guidance of the Constitution, all interpreted by court, blend to form the Body of Law, the *Corpus Juris*.

And so, we see that the courtroom are the arenas, like the tournament lists of the days of Ivanhoe, where important individual decisions are made by a conflict, a battle. They are also the chambers where laws are made that

affect the nation for generations to come.

Of course, the legislatures make laws and can change the Common Law by statute. Remember, however, that the Constitution, as interpreted by the courts, is superior to statutes. This network of authority is necessary if we are to live under a *rule of law* rather than a rule by man—by *fiat*. The entire network, courts and congresses, must be considered in determining the rule affecting our freedoms. Just as law can be changed by lobbying in Congress, law can be changed by “lobbying” in the court with lawsuits.

Now, in the area of health and health freedom, from where in this network of authority is the oppression? Who makes the law forcing medication? Fluoridating water? Restricting freedom of the press, limiting use of the mails by health book publishers? Harassing producers of health foods and their customers? Helping the medical establishment and the drug, chemical and processed food industries? Who? Congress, state legislatures and city and county councils, that's who! And while the legislatures continue as the source of law opposing health and health freedoms, the courts are making laws which expand freedoms which can be used to expand health freedoms.

The laws have been used by individuals and groups—many controversial and even revolutionary—to force their demands for more freedom and more power. These

individuals include Madalyn Murray O'Hare, the atheist who sued successfully to throw God and the Bible out of public schools; criminals; smut-peddlers; communists; homosexuals. And some of the groups include Black Muslims and the Communist Party. Regardless of how you feel about such people, the fact is they get their way.

The court victories of Black Muslim prisoners show how a judge-made law granting freedom to a group unlike your cancer patients' association, natural food club or anti-fluoridation group can assure you health freedom. The controversial Black Muslim religion adopts the dietary rules of Islam and, like the Jewish religion, forbids pork products. Prisoners sued the prison officials, demanding special pork-free, high protein diets. The prison officials claimed that special diets would provide too much of a burden for their dieticians. The Black Muslim prisoners lost. They had to give up meat when pork was served, until a prisoner named Barnett sued the warden of the District of Columbia Jail and appealed to the U.S. Court of Appeals: In *Barnett vs. Rodgers* 410 F2d 995, in 1969, the Court held that the Black Muslims had a right to their special diet, and ordered the warden to serve a nutritious pork-free meal to the Muslim prisoners. The law created was: The government cannot limit religious practices unless it shows compelling state interest and lack of alternatives, even if the govern-

(Continued next page)

ment is forced to respect the dietary rules of a religion. This Black Muslim case was used when the writer represented Scientology ministers and won for them the right to use their E-Meters, harmless skin galvanometers, to do what the judge said was the diagnosis, cure and treatment of disease and in spite of the Food and Drug Administration. In turn, that Scientology case can be used in future courtroom battles for health freedom. You see, the First Amendment can immunize you from the Food and Drug Administration.

But the Scientology case was not the first time a Black Muslim precedent helped the cause of health freedom. In 1968, Mrs. Sheila Soave was tried and convicted of violating a Kentucky Statute which required massive vaccination against virtually all diseases for which a vaccine existed for all babies at the age of 18 months. But infants whose parents belonged to established recognized religions opposed to medication were exempted. The problem was that the Soaves were not Christian Scientists or Jehovah Witnesses, and objected to the massive shots for personal religious and personal health reasons. Representing this courageous mother in the appeal of her conviction and the new trial, the writer argued that to grant exemption from medication to only those who belong to an organized religion who opposed medication and deny to those who oppose the shots because of their personal beliefs was the establish-

ment of religion and a violation of the First Amendment.

The judge asked if this point had ever been raised before in any court of law. It had—in *SaMarion v. McGinnis* 253 F Supp 738, a Black Muslim case two years earlier. New York State prisons' regulations only allow visiting ministers of "approved faiths," and the Black Muslims were not approved. This regulation was ruled unconstitutional and the federal court ordered the prisons to grant entry to Black Muslim ministers.

Kenton County Circuit Court Judge William Dunn, a former trial lawyer, spotted the principle of the *SaMarion* case: Once the government starts approving or disapproving religions, we have the same establishment of religion and the same persecution that the Founding Fathers sought to prevent when they made freedom of religion the first provision of the First Amendment to the Constitution. The judge ruled the Kentucky vaccination statute unconstitutional if applied to deny an exemption to Mrs. Soave, and then he released her. The many rulings of judges in these constitutional cases provide many laws to be used in health freedom cases. And why not? Are not your personal beliefs about health as deserving as First Amendment protection as your personal religious beliefs? And are not the two related? And should not the law protect good health practices as it protects religious practices? "Yes," answers the Kolbeck fam-

ily of New Jersey. They believed that man should live a healthy drug-free life even though they did not belong to an organized religion teaching this precept. Following his personal belief, Wayne Kolbeck refused inoculations at Rutgers, the State University, on religious grounds. Because of his refusal, the University refused to admit him to classes. The New Jersey Supreme Court upheld his right to personal religious health beliefs and ordered the University to admit Wayne to classes.

Even the smut-peddlers have won cases in court, making more freedom for themselves. In fact, it is now easier for teenagers to buy a book depicting sexual perversion in vivid detail than for a cancer patient to buy a book about nutrition and cancer!

You would not know by observing the nude movie houses and pornographic book stores, but there are laws against pornography. And, like the Food, Drug and Cosmetic Act, these laws provide for seizure of the books and films. In Kansas, the police seized pornographic books the way the FDA seizes health foods. But unlike the FDA, the Kansas officials were stopped by the U.S. Supreme Court. Why? Because the smut-peddlers fought the State of Kansas in court in the case, *A Quantity of Books v. Kansas* (1964) 378 US 204. The Supreme Court ruled that swooping down on the smut dealers without warning was a violation of their rights under the First and Fourth

Amendments. Now, the smut seller is entitled to a hearing before seizure. Certainly, health publishers and those who distribute foods and nutritional remedies should have the same right as pornographers. But they won't until they do what the pornographers do: fight for freedoms in court.

Two recent decisions from trial courts show some hope for the future, a trend, perhaps, in judicial attitude. Usually courts order involuntary surgery on children, and even adults, on the basis of "the consensus of opinion" in orthodox medicine. But two judges in the same week, in July, 1971, refused to go along with forced surgery. In the case of *In Re Martinez*, Judge David Popper of the Dade County Circuit Court in Miami, Florida refused to order an operation. In Cincinnati, Ohio, Judge Benjamin Schwartz refused to order surgery upon a 16-year-old girl who had bone cancer. Judge Schwartz said: "This Court is not going to play God. Our prayers are with the girl and that she will survive whatever decision is made."

Judge Schwartz is not alone. The writer has met judges all over the country. Many are beginning to question the wisdom of forced medication and doubt the infallibility of orthodox medicine. When these judges are encouraged by skilled lawyers with constitutional arguments and observed by a concerned, but polite, public and interviewed by the press, health freedoms will be a reality.

# Can Vested Interests Use Bureaucracy To Destroy Our Freedoms?

By CHARLES ORLANDO PRATT  
Washington General Counsel

Business and industry, since the end of the Second World War, have grown more and more careless, and sometimes ruthless, in their uncontrolled rush for so-called progress and for unreasonable and unwarranted profits for inferior products.

Some of the inferior products were falsely advertised; some of the products were dangerous, deleterious, toxic and even deadly; and some of the products and services were inferior, hazardous and plainly dishonest.

The only justifiable reason for the establishment and maintenance of federal, state or local agencies, commissions, and departments is to protect the health, welfare and safety of our citizens. It may be well to refresh our memories of the noble purposes for which our forefathers established and adopted our Constitution. The purposes are beautifully and precisely set forth in the Preamble to The Constitution of the United States of Amer-

ica, adopted by the Continental Congress on September 17, 1787. It reads as follows:

*"WE THE PEOPLE of the United States, in order to form a more perfect Union, establish justice, insure domestic tranquility, provide for the common defense, promote the general welfare, and secure the blessings of liberty to ourselves and our posterity, do ordain and establish this Constitution for the United States of America."*

## **NHF Formed to Promote Blessings of Liberty in Health Matters**

More than a decade and a half ago Fred J. Hart and a few concerned Americans organized The National Health Federation to promote the general welfare and to secure the blessings of liberty in matters of health, provided the exercise of liberty harmed no other person. Since that time, The National Health Federation has grown

gradually and cautiously in power and influence in its crusade for pure air, pure water and safe land. It has worked with hundreds of worthy consumer organizations and thousands of members and friends of NHF for national, state and local legislation to protect Americans from any and all kinds of pollution of our land, air, water, food and medicine.

Local, state and federal legislative bodies have passed laws to protect our environment and to stop dangerous and deadly pollution. The Congress of the United States has enacted protective environmental laws; some of which were recommended and presented to it by the President of the United States at the urging of Members of Congress, because concerned Americans had petitioned our Federal Government for redress from the dangers of pollution.

During the past few years, the majority of Americans has become alarmingly aware of the dangers of almost universal pollution and of non-nourishing food products, dangerous and adulterated foods and drugs, and medicines that were not safe or effective for the advertised and labeled therapeutic claims made for them.

It seems that the more legislation passed to protect the American consumer, the more business and industry attack and belittle consumer groups for pressing for environmental and health laws.

Now, there is a new area of attack by writers in reputable national magazines, newspapers and business publications. This new area includes attacks on consumer advocates and governmental regulatory agencies charged with the administration and enforcement of consumer protection and environmental laws. Some of these attacks express or imply that restrictions on false and misleading advertisements will lead to governmental denial of freedom of speech and freedom of press.

## **Freedom of Speech Gives No Right to Deceive Or Mislead**

The right of free expression is, in truth, a fundamental right of liberty; however, no American has the right to deceive or mislead a consumer by false or fraudulent advertising or labeling of any product. America did not become the greatest nation in the world because business and industry had the right of free expression of half truths or untruths.

America grew to be the most powerful and the most blessed nation in the world, because business and industry operated with honesty and integrity, and the Americans generally could rely on that honesty and integrity.

The health of our people was strong because our food was fresh, natural, nourishing; or the food was processed without the use of unsafe ingredients, including food

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additives, which are not generally recognized as safe.

### **Industry Exerts Tremendous Pressure On Government**

The American people do not realize just how powerful the influence of industry is on federal, state and local officials and employees. For example, the chemical industry, using the backing of agricultural officials, has convinced the Environmental Protection Agency to allow the continued use of DDT and its derivatives on our food crops, land, rivers, lakes and streams, all of which pesticides poison our daily products, fruits and vegetables, and some of our meat products.

The drug manufacturers have used so much influence that FDA has been unsuccessful in banning combination drugs and medicines that may be dangerous or ineffective.

The drug manufacturers apparently have prevented the Federal Trade Commission from banning false and misleading radio and TV advertising of dangerous or ineffective drugs or non-nourishing foods.

### **Power of AMA**

The medical and drug complex influenced the President of the United States not to appoint a prominent medical doctor from Boston, Mass., to the highest medical position in the U.S. Department of Health, Education and Welfare. A medical doctor from California approved by AMA was substituted

by the President and confirmed by the United States Senate.

The present Commissioner of Food and Drugs, at the time he was an official of the AMA, was appointed to his present government position by the President of the United States at the suggestion, and with the approval, of the American Medical Association and influential representatives of the industries subject to regulation under his guidance.

Few people realize the pressure and undue influence exercised on the bureaucracy of FDA, the Federal Trade Commission and the U.S. Department of Agriculture by the food, drug, chemical, and the commercial interests of the agricultural industries.

The serious question relating to survival today or during the remainder of this century is, who is going to take care of the Environmental Protection Agency while the Environmental Protection Agency is busy taking care of the monopolistic financial interests of business and industry? The only answer is YOU. You must work for environmental protection laws and proper enforcement of them. This means you must be brave, patient and willing to stand up to abuse, ridicule, libel and slander.

### **A New Chemical Pesticide Bill**

The new chemical pesticide bill, H.R. 10729, was endorsed by the Environmental Protection Agency; and it was reported out favorably by the House Committee on Agri-

culture. The Chairman of that committee defended that bill in a letter to the Evening Star (newspaper in Washington, D.C.), November 3, 1971, published in the column entitled "Letters to the Editor." In his letter he said, among other things:

"In summary, H.R. 10729 is not a 'farmer's bill.' It is not a 'manufacturer's bill.' Neither is it an 'environmentalist's bill.' It is rather a mixture of each, a composite of all, and the manifestation of a sincere effort by the Committee on Agriculture to meet the need for reasoned progress in this important area of public concern." (Italics supplied)

It would seem to me that the only real concern of this particular bill should have been the safety of our environment and of our food, and not that of the money interests of the chemical industries or the commercial agricultural industry.

To save America you must be ready, willing and able to labor often against reproach, and more often against obloquy, indifference and apathy, to bring about that fortunate condition of things when a great code of environmental laws will overcome and supercede the selfish laws of greed and ultimate destruction.

### **Only An Aroused Citizenry Can Neutralize Industry Pressures**

Remember, representatives of powerful economic interests frequently resort to ridicule of concerned citizens only when reason

is against them. Unfortunately, the press, radio and TV is used as news media to ridicule the concerned citizens as being misguided alarmists, faddists, or just misled environmentalists.

It has been reported that the U.S. Senate unanimously approved a bill that provides for the complete and final ban on future pollution by 1985 of our lakes, streams, rivers and the oceans by business, industry, agriculture and citizens.

This pure water bill passed only because concerned citizens, their leaders and scientific experts, for years and years, have warned the Senate and the House of Representatives of the fatal dangers of pollution of our waters, including our drinking water. There is little evidence that industry urged the passage of this bill which, when enforced, will interfere with their indifferent industrial practices and procedures and thereby reduce profits.

When the food industry adulterates and dilutes peanut butter, and then misbrands it, why shouldn't the concerned citizens ask FDA to standardize peanut butter and require that it be made of peanuts and not of some other chemically processed vegetable or fat oils?

When breakfast cereals, breads and other food products are falsely labeled, why shouldn't the concerned citizen ask our government to enforce the Federal Food, Drug and Cosmetic Act and the Federal Trade Laws to stop it?

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## NHF Urges Amendment To Cancer Attack Bills

regardless of the nature of the final version of the bill which eventually will be passed by Congress, or how much money is made available for cancer research, there is virtually no added assurance that cancer will be conquered any sooner. Over the past decade or two, vast sums have been spent through the National Cancer Institute, as well as privately, for cancer research and while this research has been rewarding in some respects, the value to the average cancer sufferer has been extremely limited. The incidence of cancer has increased through these years. Perhaps the search for the primary causes and the prevention of cancer has been too limited. Perhaps a new direction is needed. Perhaps needed also is a reordering of the priorities in cancer research. Certainly the apparent bias long evident in the NCI and FDA towards the gentle, essentially harmless, non-toxic therapies must be eliminated. If the same type of thinking

On November 15th, the House passed a \$1.6-billion cancer attack bill. Earlier, the Senate passed its version of a somewhat similar bill designed to provide for an all-out attack on cancer. The House bill provides for an organizational set-up opposed by the American Cancer Society while the Society had endorsed the organizational approach in the Senate bill. A conference committee, composed of members from both houses, will now have to settle on a final version which then will have to be adopted by both the House and Senate.

Rep. Paul G. Rogers (D-Fla.), chairman of the House Subcommittee on Public Health and Environment, said the bill "would make available to the director of the National Cancer Institute, the new authorities, increased autonomy, higher funding levels, and streamlined procedures deemed necessary to transform the present cancer efforts into a coordinated, all-out national cancer attack program."

NHF has been concerned that

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JANUARY, 1972

the few remaining years of this century, leaders of business and industry must realize that they and their posterity are children of the Universe and that they also are subject to its environment.

Neither federal, state nor local bureaucracy will destroy America or our Constitutional freedoms, if millions of concerned Americans will join the members and friends of The National Health Federation and other worthy health oriented groups in a fair and reasonable crusade to protect our environment from dangerous pollution and our consumer products from false and misleading advertising.

### Government Safety Controls Do Not Endanger Constitutional Liberties

It is not a denial of freedom of expression, of speech or press to deny industry the assumed right to advertise and to label falsely any product. The governmental controls over adulterated and/or misbranded food, drugs, devices and cosmetics, and the legal restriction or ban of the careless use of dangerous chemical pesticides on fruits, grains and vegetables, all for the protection of the American consumers, do not endanger our American Constitutional liberties.

Someday before the passing of

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will prevail, perhaps by the same administrators, in this new or re-organized cancer agency, it is difficult to become enthusiastic about the prospects of conquering cancer in the near future.

In an effort to guard against the continuation of some of the past problems, NHF has urged the adoption of an NHF-prepared amendment to both the Senate and House bills before they were passed. Our amendment was not incorporated into either of the bills before passage but we have had assurance from at least one member of Congress that our amendment will be introduced as a separate bill.

About two weeks prior to passage of the House version, on September 30 to be exact, your Washington representative appeared before the House Subcommittee on Public Health and Environment to urge the inclusion of the NHF amendment to the bill under their consideration at that time. Our proposed amendment and the testimony given in connection with it is printed below just as it appears in the official records of the hearings. At the conclusion of our NHF testimony, the chairman requested Dr. Dean Burk to testify in connection with H.R. 10681 and to express his views in connection with problems associated with current cancer research.

Our testimony follows. Rep. Symington was acting as chairman in the absence of Rep. Paul Rogers, the regular chairman of the Sub-

committee, who was busy on another committee at the time.

\* \* \*

*Mr. Symington.* Mr. Clinton Miller, who is legislative advocate for the National Health Federation.

He is our final witness this afternoon.

*Mr. Miller,* we are delighted to have you with us.

*Mr. Miller.* Thank you very much, Mr. Chairman, and members of the subcommittee.

I am Clinton Miller, legislative advocate and Washington representative of the National Health Federation. NHF is the largest consumer organization in the United States devoted exclusively to health matters.

Mr. Chairman, I have deliberately made our statement very short today. We have an amendment to propose to what is known as National Cancer Attack Amendments of 1971 which although it is very short, we believe will change the thrust of the bill so that it will accomplish that which is intended rather than to simply have more money being spent for probably more frustration.

I am here today to testify in favor of amendments that will encourage, or at least allow, clinical research and testing of gentle, essentially nontoxic cancer therapies.

Under all bills being considered by this subcommittee, we will simply have more in the future of the kind of biased, relatively unproductive, research we have had in the past. Unless amended, both

the bill being considered by this House and that recently passed by the Senate will simply give comparatively unlimited funds to continue research on highly toxic and savagely destructive therapies which have monopolized all officially recognized cancer research in the United States in the past.

New cancer therapies have had difficulty in getting a fair test by the responsible agencies of the U.S. Government in direct proportion to the gentle and nontoxic nature of the therapy. The more gentle the anticancer agent, the more impossible it has been to get a test.

The seemingly responsible philosophy behind this presently orthodox outlook is that... "what cannot harm the patient cannot harm his cancer."

This is sophistry. The biochemistry of most cancer cells differ in important particulars from the biochemistry of most normal cells, so that highly significant differential responses to a gentle agent may occur, and have indeed been extensively demonstrated to occur.

The amendment we propose is that in section 407(b)(1), be made to read as follows:

*In order to carry out the purpose of this part, the Director shall, "plan and develop an expanded, intensified, and coordinated cancer research program encompassing the programs of the National Cancer Institute, related programs of the other research institutes, and other Federal and non-Federal programs,*

*including the testing and clinical research of any drug, food, vitamin, or other substance which is essentially non-toxic, e.g., with an L.D.<sub>50</sub> of 500-10,000 mg/kg body weight, derived from any source that qualifies under the standard of safety and care for such persons and which drug, food, vitamin, or other substance may be useful or effective to diagnose, prevent, mitigate, treat or cure cancer, provided the sponsor of the drug, food, vitamin, or other substance obtains written informed consent of the patient or of his legally authorized representative; and provided further that the testing of such drug, food, vitamin, or other substance is conducted by a qualified scientist or investigator. No Federal Agency shall have the authority to ban such drug, food, vitamin, or other substance for clinical research and for clinical testing or efficacy.*

Then at the end of 407(b)(2), where it reads "expeditiously utilize existing research facilities and personnel of the NIH for accelerated exploration," and so forth, we would add the words "including but not limited to essentially nontoxic therapies."

Mr. Chairman, I have included with my statement a reprint from *Time* magazine of April 12, 1971, in which they report the debate over Laetrile.

Laetrile would be one of these essentially nontoxic remedies which would be covered by our amendment.

(Continued next page)

If I could point to the summary in the last paragraph of this article, it states: "Krebs and others have repeatedly appealed to FDA for permission to conduct controlled tests of Laetrile's effectiveness but few scientists have supported the request and the exception is Dr. Dean Burk, head of the cytochemistry section of the National Cancer Institute.

"He has tested Laetrile on mice and concludes 'the stuff is absolutely harmless so why not give it a try?'"

Then *Time* editorializes, "Why not indeed? A test could resolve once and for all the question of Laetrile's effectiveness. In the absence of such a test, the debate and accusations can only continue."

*Mr. Miller.* Thank you, Mr. Chairman.

*Mr. Symington.* Thank you, Mr. Miller.

It seems to me that the mandates of the bills before us are sufficiently broad to allow the man in charge of the cancer fight to authorize the expenditure of funds in the pursuance of the effectiveness of any substance in the treatment of cancer.

I don't think that it would be necessary to write into the law all of the possible and contingent approaches that might be taken. In other words, I take it that the cancer authority, however it is designated or entitled, really has a free hand.

I am certainly impressed by your statement and this is an interesting article appended.

I note that in fact that it was an NCI man himself who suggested that this clinical experimentation occur. I take it that were he elevated to the position of director, that he would see that was done.

Do you have any comment about my suggestion that the authority is broad enough as it is?

*Mr. Miller.* Well, I believe there is no question, Mr. Chairman, that the authority is broad enough. It is the purpose of our amendment to limit this broadness with a highly specific mandate of congressional intent.

You see bias can occur in very honest and sincere people. I have never met an unbiased person in my life and I hope I never do. I think it is a myth that we have bought that scientists are less biased than politicians or than people with strong religious convictions.

We have assumed and have actually been taught that there is something in science that removes bias, and this simply is not so.

Now, the medical establishment in this country has looked only at highly toxic chemotherapeutic drugs and they have a bias that unless the chemotherapeutic agent is toxic enough to destroy normal cells, it does not even deserve a look and does not even have a possibility of working. Every chemotherapeutic agent that they have tried at the National Cancer Institute has been near or well above the toxic level.

The minute that an agent gets to the gentleness of Laetrile, they will

not even try it nor, what is more important, will they allow it to be tried on others.

I can find nothing in the two bills, Representative Rogers' bill, H.R. 10681 or S. 1828, that will change this in the slightest. This is not because these NCI men are dishonest. It is because they are biased from premed school right to the present time against the possibility that a gentle agent like Laetrile could work.

As a result, we have a fantastic situation that people from this city, in fact a staff member of the Senate, had to take his wife and leave this country, go through California, and go down to Mexico in order to get his wife Laetrile.

We have, as the *Time* article pointed out, a stream of Americans that are leaving the land of the free and are going into Mexico or going to Germany, where this less toxic therapy is available, and I think it is up to our Congress to let the National Cancer Institute recognize that their bias is showing and that they must by congressional mandate recognize that there is a whole field of gentle therapy that must be included and tested.

As far as Laetrile is concerned, we are not asking for a dime from Congress. The only thing we are asking for is that it be allowed to be tested and paid for by the sponsors and believers of the drug.

*Mr. Symington.* Mr. Miller, I understand what you say. I think that, of course, your statement is a novel one for us to consider and that it

has in no way been controverted or sustained by prior testimony before us.

*Following the conclusion of Mr. Miller's testimony, Dr. Dean Burk testified. Due to the continued, searching questions put to him by the Subcommittee members, his testimony is both revealing and lengthy. The high-points of Dr. Burk's testimony will appear in the February issue.*

#### 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."

# THE FAMILY CIRCLE

By FRED J. HART  
Chairman of the Board of Governors

Recently it was my pleasure to meet with many NHF Chapter groups and to attend the Midwest NHF Convention in Chicago in the course of an extended trip which took us through the Northwest, then eastward to Washington, D.C. via Chicago, and then through the South before returning to Monrovia. In talking with members along the way, it became apparent that very few of our members are aware of the official structure of The National Health Federation. We hope that the following will explain this structure and clarify any points on which there may be any question or misunderstanding.

**The National Health Federation membership** is composed of folks from all walks of life; these members govern the organization through a Board of Governors. There are twenty-seven of these and they are elected by the members. Members receive mail-in ballots during the latter part of November each year. The printed names on the ballot are those selected by the nominating committee acting on recommendations received from the field. Write-in names are permitted. The nominating committee selects individuals from all parts of the country and, insofar as possible, those who express the general thinking and purposes of the Federation. These 27 Governors are elected for a three-year term; these terms are on a rotating basis so that only 9 members are elected each year. In addition to these 27 Governors, each state, when formally organized as a state unit, is entitled to select a member to the Board to represent their interests. The Board of Governors meets once each year, or oftener at the call of the Chair.

**The Chairman of the Board of Governors** has general supervision of the activities of the National Health Federation to see that such activities are in keeping with the Federation's charter and the policies of the Board of Governors. The Vice-Chairman of the Board acts in the absence of the Chairman or his inability to serve.

**An Executive Committee**, composed of all the elected officers of the Federation plus one additional Board member, serve to supervise the Federation's activities and to carry out the wishes of the Board of Governors, as well as manage, through the President of the Federation or his Executive Assistant, all the business affairs of The National Health

Federation. The Executive Committee meets once each month and examines the activities of the Federation, makes decisions on future programs, and acts on any other matters that demand attention. All decisions and actions of the Executive Committee must, of course, be in keeping with the policies of the Board of Governors and the membership.

**The President of the Federation** is the executive head of The National Health Federation and is in direct charge of all the Federation's activities.

**The Assistant to the President** is appointed by the President and serves only as long as the President desires. At the pleasure of the President, and acting under his direction, the Assistant serves as the Executive Officer of the Federation.

**The present elected officers** of The National Health Federation who have served during 1971 are Fred J. Hart, Chairman of the Board of Governors; Rear Adm. Alvin I. Malstrom, U.S.N. (ret), Vice Chairman of the Board; Charles I. Crecelius, President; Kurt W. Donsbach, Vice President; and Betty Lee Morales, Secretary-Treasurer. The foregoing, along with John C. Vann, serve as the Executive Committee.

**To expedite the work of The National Health Federation**, the President, with the approval of the Board of Governors, appointed Fred J. Hart as his assistant. At the pleasure of the President and the Executive Committee, Howard C. Long serves as a vice president in charge of membership, promotion and conventions. Clinton R. Miller serves as a vice president in charge of the Washington office of the Federation as it is related to legislation and federal regulations. Charles Orlando Pratt serves as the General Counsel of the Federation. Rear Admiral Alvin I. Malstrom, U.S.N. (ret) serves as the coordinator of the Washington activities of the Federation. Raymond H. Houser serves as the editor of the National Health Federation Bulletin. This summarizes the duties of the elected officers and the official staff of the Federation.

Much of the success of The National Health Federation has been due to the hard work and the zeal of Howard C. Long and Clinton R. Miller, each working in their respective fields of activity. They are both overworked, dedicated men and they are to be commended for their fine work and accomplishments.

**If it is at all possible to attend the Annual NHF Convention** to be held in Los Angeles on January 13th through 16th, you are bound to come away saying that it was the finest convention yet. Howard Long has succeeded in obtaining truly outstanding speakers and a number of special events have been planned. There is no other convention quite like an NHF convention for interest, educational value and the pleasure of associating with like-minded people.

# The World Conference On Nutrition and Planning

## -- A Report

By SAMUEL S. TROYER, D.C.

*Dr. Troyer is a chiropractor, nutritionist, nutritional teacher, and an NHF Life Member. He was one of the 300 experts invited to attend the world conference on nutrition and planning recently held. The following article prepared by him briefly reports some of the highlights of the conference. He has promised to prepare additional articles for later publication.*

Nutrition is a major world problem which is commanding the serious attention of governments all over the world. This was made abundantly clear in a world conference on nutrition and planning held at the Massachusetts Institute of Technology, in Cambridge, October 19 through 21, 1971.

The conference was sponsored by the U.S. National Institutes of Health through the Joint Malnutrition Panels of the United States/Japan Cooperative Medical Sciences program, the U.S. Agency for International Development Through the Committee on Inter-

national Nutrition Programs, Food and Nutrition Board, National Academy of Sciences, The World Bank, and the Association for Aid of Crippled Children.

Participating agencies were the United Nations Childrens Fund, World Health Organization, Food and Agriculture Organization, United Nations Industrial Development Organization, Ford Foundation, and United Nations Educational Scientific and Cultural Organization.

Papers were read by representatives from 24 foreign nations as well as by several from the United States. There is no doubt that nutrition is a major world problem as revealed by the various representatives in their papers. The extreme importance of the problem is recognized by the governments of all the nations. With a possible exception one or two, the problem, as cited, is not merely the prevention of starvation, but rather, the problems discussed were on how to provide nutritional adequacy. Protein adequacy was the problem most frequently mentioned.

### Dr. Cravioto Links Malnutrition With Learning Difficulties

The first major paper presented at the conference was by Dr. Joaquin Cravioto, who heads the Nutrition Department at the Hospital Infantil de Mexico, in Mexico City. Dr. Cravioto has been studying the effects of severe malnutrition on the learning process among Latin American children for many years. The theme of his message was that a poor or deficient diet causes mental retardation or deficiency, as well as physical impairment.

"In the world's poor countries," said Dr. Cravioto, "where more than two and a half million people live, scores or even hundreds of millions of children suffer severe malnutrition in babyhood." This near-starvation, according to this scientist from Mexico City, definitely erodes the children's ability to learn in school. This, in turn, cripples the struggle of the world's poor nations to escape from ancient poverty. The children who were malnourished in babyhood do less well at such tasks as learning to read than the better-fed brothers and sisters. This means that infantile starvation is an extra burden on top of all other burdens of living in a poor land. Poverty and disease cause such pressing needs for children's labor that even normal children may not finish school and the deficient children have an excuse not to, which lends some human dignity to their inability to learn.

"The big question before the conference," said Dr. Cravioto, "is

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whether the extra burden of infant starvation is so great that the world's new, and usually poor, nations need to change their priorities in struggling against poverty." He added that the link between early starvation and poor learning ability is established, though the exact reasons for the link aren't clear. Does early starvation stunt or damage the brain, or does it interfere with key learning that a baby must do to lay the groundwork for later learning? The answer is yet to be found but probably, it lies in brain damage.

He went on to tell us that studies of laboratory rats indicated that brain damage interfered with learning. There are three studies indicating that children who died from severe malnutrition had smaller brains and even fewer brain cells than normal children. Dr. Cravioto spoke of the gained information as "sketchy." He spoke of it as "suggestive but by no means conclusive evidence that lack of nutrients per se directly affects intellectual competence."

There are alternate possibilities—one he called "loss of learning time." He described it this way. "Since the child was less responsive to his environment when malnourished, at the very least he had less time in which to learn, and had lost a certain number of months of experience. On the simplest basis, therefore, he would be expected to show some environmental lags." This would indicate that such a

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loss of learning time could come during crucial periods of the baby's development of powers to control his limbs and focus on the environment through his senses of vision, touch, smell, etc.

A starving baby is apathetic and its mother can't get all the responses she would get from a well-fed baby. Consequently, she stimulates the baby less. "Apathy can provoke apathy, and so contribute to a cumulative pattern of reduced adult-child interaction." To this Dr. Cravioto added that whether from brain-damage or starvation-induced apathy, or both, the severely malnourished child seems to face school with a couple of strikes against him. For in a poor country, the scores of millions of such children represent reduced intellectual capital for the struggle against poverty.

Dr. Cravioto concluded, "It is evident that children who have survived severe forms of malnutrition show alterations in intellectual performance and learning ability which clearly place them at a higher risk of failure to profit from school exposure."

#### **Japanese Pushing Nutritional Education**

Summing up the opinions and statements of the Japanese delegates (at least ten) the situation in Japan was desperate in 1945 following the war. Since then, however, Japan has definitely improved the dietary intake of its people and has improved its general economy to such an extent that it now ranks

as a leading industrial nation in the world. The Japanese Government has established nutritional education throughout its school systems which seems to be the world answer if it can be accomplished soon enough. Japan now has 160,000 nutritionists employed throughout the nation and has established a health center for every 100,000 persons. These health centers educate the people, conduct nutritional surveys when needed, and help solve local food problems. Japan's primary problem today is degenerative diseases such as cardio-vascular disease, cancer, emphysema, and others, which are so prevalent in the United States, England, and Europe. Japan is making strides in the elimination of these diseases because the country is organized and aware of its major problems.

How many trained nutritionists are employed in the United States and what is being done about our deficiency diseases, our 3,000 nutritionally based cardiovascular deaths daily and 1,300 cancer casualties each 24 hours in our country?

#### **India Institutes Training Centers**

The situation in India has improved during the last 10-15 years. From periodic famines with large mass deaths, they have progressed to at least obtaining some type of food for the masses. The nutritional planning commission of India has instituted training centers to educate the masses on growing grains, legumes, pulses, etc. Certain types of deficiency and communicable

diseases are still rampant in India. They are escaping mass famine, but still need a great deal of help from themselves and other nations.

#### **Famine Predicted In This Decade**

The Latin and African nations need financial and educational help. However, most of them are aware of the immensity of the problems and are at least organized for action. If they can obtain help from the industrial nations in time, a world crisis in nutrition may be averted. However, the consensus is that organization, education and financing will not be in time to forestall a world famine which is predicted for some time between now and 1980.

#### **U.S. Lacks Sufficient Nutrition Education**

In the United States we are high in specialized knowledge, we are

aware of situations in other nations, but seem so unaware of our own plight of deficiency and/or degenerative diseases. We have so much at present to choose from in foods and so little education in nutrition that we don't know what to eat to obtain nutrients to accomplish good health and retain it and prevent degenerative and deficiency diseases.

The conference was worthwhile and informative and certainly laid the groundwork for future action—we hope, at the United Nations in the spring. Lack of definitive direction is the only complaint voiced by most of those present. Our nutritional plight as a nation was illustrated by the fact that coffee and donuts (all varieties) were served at the morning and afternoon breaks for all three days of the Conference!!

## **The TEN-PLUS CLUB is for you . . .**

When you get at least ten new members during one calendar year, you become a member of the 10-PLUS CLUB. Talk your friends, neighbors and relatives into joining—give memberships as gifts for birthdays, Christmas, etc. Your rewards for becoming 10-PLUS CLUB member will be better legislation, a feeling of accomplishment, and a FREE ticket for a luncheon held in conjunction with our Annual NHF Convention OR your own NHF dues paid for the following year. Keep a record of the memberships you have sent in during the year and, if you qualify as a 10-PLUS CLUB member, send your list to NHF headquarters in December for verification and indicate whether you will want the luncheon ticket or your membership dues paid.

# Chelated Minerals - - A Key To Better Nutrition

By WILLIAM W. SEROY  
A condensation of an  
NHF Convention address

Forty years ago, the belching of black smoke from factory chimneys was regarded as a sign of prosperity. Today, we see these symbols as the destruction of our very environment. Scientists and government officials throughout the world agree we are in trouble, and unless we stop abusing our vital life systems, we will fail, and the penalty for this will be our own death and destruction.<sup>1</sup>

I do not intend to make this talk a report on environmental ecology but I do wish to speak about a special phase of ecology—that related to nutrition—and to tell you what is currently being done constructively in this field.

We should all be concerned about the hydrocarbons in the atmosphere and the effect their residues have on us and our plant life but I, for one, am also deeply concerned about the growing use of inorganic fertilizers and pesticides and their effect on the steady depletion of trace minerals in our food supply and, in turn, the effect

of this depletion on enzymes. Without enzymes, no important chemical process in the body can occur. Many of these enzymes are activated by trace minerals. For instance, we cannot make hemoglobin without a trace of copper even though we have enough iron. We cannot synthesize Vitamin B-12 unless we have a trace amount of cobalt.

As mentioned before, I am concerned about the increased use of the inorganic fertilizers by our agricultural people. Most of the commercial fertilizers contain the chemical, potash or potassium nitrate. This chemical is readily assimilated by plants. Nitrates are broken down chemically in the body to form nitrites. Also, we find nitrites being used as a food preservative, particularly in sea foods, hot dogs, sausages, and in prepared packaged foods. To complicate the potential danger of this chemical, nitrites may react, in the stomach, with amines which are contained in many popular foodstuffs includ-

ing beer, wine, tea, some cereals, and tobacco. When the nitrites react with amines, nitrosamine is formed. The nitrosamines are carcinogenic in laboratory animals, and they may possibly cause cancer in you and me also.

To determine what the common practice of using inorganic fertilizers may be doing to our soils and the crops grown on these soils, a four-year study was conducted in 11 midwestern states on 4000 grain samples.<sup>2</sup> Corn, when analyzed over a 3-year period, showed a reduction in copper of 82 parts per million or 66%. At the same time, iron content dropped from 21 parts per million to 15 parts. Calcium content in oats from this same area fluctuated from .1% to .05%. Animals feeding in this area are becoming deficient in trace minerals and are developing stress syndromes which are demonstrated by convulsions, hemorrhaging, poor growth, and many other diseases. We in turn are eating these grains and these animals. Is this not reason enough for concern?

This concern over trace minerals is not new among the scientific body. Several years ago several scientists set out to do something about it. Three such men are Harvey C. Ashmead, Ph.D., Phil Hinze, D.V.M., and Darrel Graff, Ph.D. For fifteen years these men have been directing their efforts into this field and have come up with some startling discoveries. They first set about to learn why inorganic (metallic) trace minerals were not as

readily assimilated by the body as were the organic minerals. Their research carried them all the way from studying trace mineral levels in the soils, and comparing these to the levels in foodstuffs grown in this soil, to the transportation and evolution of these minerals in actual living tissue.

Absorption is no doubt a major problem in considering the nourishment of the human body. All food factors reaching the upper intestinal tract are not absorbed uniformly or adequately.<sup>3</sup> The animal body may be thought of as a very complex battery that not only receives, stores and uses electrical energy for chemical purposes, but also maintains itself by assimilating the vitamins, minerals, amino acids, and other nutrients needed to meet its daily functions.<sup>4</sup> Food is comprised of both negative and positive charged ions. The negative charge, or *anions*, break away from the positive charge or *cations*, during digestion. The anions (—) pass through the wall of the intestinal tract quite readily because of the electrical characteristics of the cells of the intestinal wall. On the other hand, the positively charged factors are not at all well absorbed and may largely be passed out of the body through the bowel. It has been estimated that as much as 4/5 of the positively charged factors may be so lost with only 1/5 getting into the bloodstream.<sup>5</sup> In fact, only 1 milligram out of every 10 milligrams (10%) of iron that is

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ingested may be actually assimilated.

Several years ago, Drs. Ashmead, Hinze, and Graff began experimenting with these inorganic trace minerals (namely iron, zinc, copper, and cobalt). They found that by "chelating" or complexing these minerals with amino acids, they could increase the assimilation into the system sometimes by as much as 300%. They could measure this by analyzing the hair, feathers, and tissue of animals and poultry by use of an atomic absorption spectrophotometer.

The process of chelation is a means of surrounding or enclosing a mineral atom by a larger protein molecule. This is done by solubilizing the minerals and hydrolyzing the proteins into amino acids and thus by electrolysis are able to capture the positive charged mineral atom within the amino acid molecules, and thence the minerals, as organic minerals, are carried through the intestinal wall intact and on reaching the bloodstream, the amino acids release the minerals to be chelated by globulin and transported to the cells where the minerals is most needed. Of course this is a very elementary explanation but, the fact is, this is basically how it works and it is an extremely important breakthrough. By this changing of an inorganic mineral into a so-called organic form, the problem of assimilation has been overcome and this opens up a whole new field in mineral therapy.

Experiments have shown the superior assimilation of organic chelated trace minerals versus inorganic minerals at the same level. Corn was found to germinate quicker and grew higher when chelated zinc was added to the soil.<sup>6</sup> In poultry, chelated minerals have shown increased egg-laying, better feather quality, disappearance of the leucosis syndrome, harder egg shell membrane.<sup>7</sup> Anemia in piglets, a very common condition today, has been prevented by feeding sows chelated iron during their pregnancy.<sup>8</sup> In fish hatcheries, fingerlings grow much faster with a mixture which approximated the texture of fish in a natural environment.<sup>9</sup> The alleviation of synovitis in turkeys (leg weakness) dramatically cleared up.<sup>10</sup> Sperm count in bulls greatly increased with improved breeding efficiency.<sup>11</sup>

In all, over 200,000 animals to date have been subjected to these experiments. In most every case, mineral levels were favorably increased. The beneficial effects of increased assimilation and better mineral balance were noted in better growth of the young.

Thus, in summary, we have defined chelated minerals as being inorganic trace minerals enclosed within amino acids to form highly utilizable and assimilatable organic minerals. Assimilability is one of the major problems of supplemental feeding, where ionization or breaking down of the inorganic minerals within the intestinal tract

takes place, the positive-charged metallic cations recombine with other products to form non-assimilable precipitates with most of these being expelled as waste without ever getting into the bloodstream. Another point in favor of chelation is that these do not produce the adverse or toxic effects of the inorganic minerals.

Who knows, these discoveries may serve as an opening wedge into a dramatic new health horizon to benefit particularly those afflicted with degenerative diseases such as muscular dystrophy, multiple sclerosis, epilepsy, arthritis, and heart disease. Only through continued research of this kind, can the doors be opened for the growth of better foodstuffs and the elimination of trace minerals depletion both in our soils and in our bodies.

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#### NEW LIFE MEMBERS

Dr. and Mrs. Arthur Lasky  
Beatrice O. Hill  
Carl and Ruth Wilkins  
Gene Child  
Homer B. Caswell  
Ray H. and Maxine Anerson  
Mr. and Mrs. Dale Wolfe  
Billie Schwarz  
Susan McLelland and Family  
Rachel Q. Longhurst and Family  
Figurette

Received mid-October through mid-November

#### 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.

## Thank You, All Dedicated Members

*The National Health Federation is blessed with scores of active, dedicated members who realize the importance and the urgency of the matters in which the NHF becomes involved, and accordingly, on their own, set out to do something about it. The following letter received from one such member illustrates what one inspired individual can do.*

Dear Mr. Long:

Thank you for your letter and NHF Bulletins which I received this morning. You may certainly reprint my letter of October 11th. I was genuine happy to write it, and hopefully expect to get results. I sent in 2 checks for membership yesterday, and there is another in the mail today.

It is this kind of loving involvement I hope to inspire in my friends, and all concerned people. I have been writing dozens of letters to Senators in Washington, and getting petitions signed—each with at least 30 to 40 names and addresses—regarding honest labeling, and protesting the vast variety of chemicals, agricultural hormones, antibiotics, pesticides and sprays that affect: eggs, milk, poultry, meat, vegetables and fruit—and mercury in fish.

I received answers from Senator Abraham A. Ribicoff and Representative Benjamin S. Rosenthal, and Governor William T. Cahill. I am now in the process of writing to Senator Warren G. Magnuson, Senator Edward M. Kennedy, Senator Clifford P. Case, and Senator Harrison A. Williams, protesting S. 1874 as written—and requesting Sec. 1002 be omitted.

I am disappointed in most people though, they do not realize the serious need to get involved in the making of decisions that vitally affect our environmental destiny. They do not take the trouble to do anything about this appalling situation!

Regarding membership gift subscriptions for my friends, I would like to wait until a later date, as several have already promised to join on their own.

Many thanks for the additional Bulletins—I will use them to good advantage. I am enclosing another copy of my appeal letter for membership, which I had already improved by adding the NHF address. Any further suggestions will be appreciated.

Sincerely yours,  
Mrs. Elizabeth Fisch  
Ridgefield, N.J.

*The "letter" of October 11th referred to in the above letter follows. It is an appeal for NHF membership and was prepared by Mrs. Fisch at her*

*own expense and she is distributing untold numbers of these appeals to her friends and anyone else she considers a prospective member. Needless to say, NHF appreciates this type of spirited, voluntary action.*

### ATTENTION: ALL CONCERNED HEALTH-MINDED PEOPLE

Every nutritionally knowledgeable individual realizes the danger to health caused by drug residues in animal meat and poultry intended for human consumption. We know of the perils and hazards of the declining quality of our food—and the hazards have escalated! We cannot survive any increased pollution of our water, air, and food! Every day our body is bathed in a combination of toxic substances, from pollution and industrial processing. The vast variety of additives, chemicals and stimulants in the foods we consume must be looked upon as slow poisoning! We must understand the problems if we are to solve them! What is important is what we do to help!

Now, there is new hope for all American's because millions are joining the National Health Federation (NHF) to find, and to build a safe and wholesome environment. This organization is dedicated to the protection of our health freedom! The Food and Drug Administration has not effectively protected us. The answer depends largely on actions taken now—by governments and individuals all over the world! We need the wholehearted effective cooperation of the people along with state and local governments. We must take some initiatives ourselves in the making of decisions that vitally affect our environmental destiny—if the direction of deterioration is to be reversed!

Ralph Nader, one dedicated consumer advocate has warned that nothing will succeed without the concern, support, and participation of the consuming public. Each individual consumer must write to his Senator to make his dissatisfaction known. The key figure to whom you should write is Senator Abraham A. Ribicoff, chairman of the Subcommittee on Executive Reorganization and Government Research. Many important decisions are made in response to tremendous pressure from the public!

**YOU CAN HELP**—by joining the National Health Federation, America's largest organized health consumer group. The public needs a strong voice such as the NHF provides to speak and act in their behalf in these health-related matters. The NHF 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! Each member receives the monthly NHF Bulletin, which serves its readers as a forum for the presentation and discussion of important health issues. There is great strength in great numbers —

**WON'T YOU PLEASE JOIN IN THIS WORTHY EFFORT?**

# NOTES FROM THE NEWS

Houston Post

## Labeling of Meats Altered

Safeway, the nation's second largest grocery chain and several other supermarket chains have recently dropped as misleading, the traditional practice of labeling ground beef according to cut and will instead disclose the fat content. Under Safeway's new system, ground beef will be labeled "regular" (25 to 28 per cent fat, 59 to 69 cents a pound); "lean" (22 to 25 per cent fat, 89 cents); "extra lean" (18 to 22 per cent fat, 99 cents); and "super lean" (15 to 18 per cent fat, \$1.29). These prices may vary slightly from city to city. A spokesman said the new labels already were used in many of Safeway's 2,300 supermarkets and would appear in others shortly. The switch followed an article in the August issue of Consumer-Reports saying that higher priced ground chuck, round and sirloin were no tastier or more nutritious than cheaper ground beef and sometimes contained more fat. The Safeway spokesman said that grinding virtually eliminates taste and tenderness among various beef cuts. "Many consumers believe that when you buy ground sirloin you're buying a ground sirloin steak," the spokesman said—"You're not."

National Enquirer

## U.S. Now Testing New British Cancer Drug On Humans

Dr. Steven Carter, Chief of Cancer Therapy Evaluation at the U.S. National Cancer Institute, has revealed that the FDA had given the Institute permission to use a new cancer drug known as ICRF-159 on humans in three phases. Phase I now in progress, is to find out if it can be used safely with no side effects. Dr. Kurt Hellman, English inventor of the drug, told the Enquirer that his drug had worked perfectly on over 500 mice and rats by stopping the spread of fatal secondary cancer cells and completely neutralizing the primary malignant tumors. "There is every reason to believe that we can get the same effect in human beings," Dr. Hellman said. The National Cancer Institute is the only organization in America experimenting on human cancers with ICRF-159 but if individual doctors could obtain samples of the drug from England they might be able to get permission from the FDA to try it on their patients, Dr. Carter said. He emphasized however, that these doctors must be thoroughly expert in the use of chemical drugs for the treatment of cancer.

National Enquirer

## Medicine for Humans Can Poison or Kill Your Pet Animal Expert Warns

"Human" medicine can poison and even kill your pet, says a leading authority on animal care. Dr. Charles C. Hunter, director of the animal care facility at Loma Linda (Calif.) University School of Medicine, said most people mistakenly believe that antibiotics, for example, can be used on animals just as they are on man. Antibiotic mixtures, said Dr. Hunter, "destroy such a wide range of bacteria that in many cases the helpful organisms necessary for essential life processes—are destroyed along with the disease producing organisms." An antibiotic such as penicillin that is effective for treating one species of animal can poison another he said. Even an aspirin tablet, fed each morning and evening for a week or so to a housecat, will very likely poison or kill it.

and which is intended to predict the fertile period from one to five days in advance. Foster, of Ottawa, Ill., told about it in a report made public by the American Chemical Society on the event of its 162nd National Meeting. He stressed that while preliminary results were promising, additional studies must be done before the value of the technique can be fully assessed and before approval of the Food and Drug Administration to market the tape can be obtained. His report, co-authored by Dr. Albert B. Lorz, a Los Gatos, Calif. physician, indicates the finding that there is a periodic variation in the level of chemical enzyme found in saliva—alkaline phosphatase—which usually exhibits significantly higher levels during the few days preceding ovulation than during the other days of the menstrual cycle. The saliva test is designed to predict the ovulation or fertile period even for women with irregular periods.

Los Angeles Times

## Saliva Test Seen As Aid In Birth Control

Dr. Raymond O. Foster, an Illinois chemist, reported Sunday preliminary development of a simple, self-administered saliva test that might help women achieve reliable birth control without using the Pill or other artificial contraceptives. Foster said the test employs a strip of chemically sensitive tape to be held in the mouth briefly each day

Los Angeles Times

## U.S. Urges Return To Phosphate Detergents

The federal government advised housewives to go back to using water-polluting phosphate detergents because substitutes may harm health. William D. Ruckelshaus, head of the Environmental Protection Agency, and Surgeon General Jesse L. Steinfield also said the government would ask manufacturers to lower the amount of phosphate

phates in their products. They told a news conference that some non-phosphate detergents on the market contain ingredients that if accidentally ingested, inhaled or introduced into the eyes, might injure humans, particularly children. Last February a law took effect in Chicago barring the sale of detergents containing more than 8.7% phosphates by volume. Suffolk County, N.Y. on the populous eastern portion of Long Island, bars the use of anything but soap for clothes washing. Last month, Purex Corp., the nation's fourth largest producer of soap and detergent home products, said it would market only phosphate free products by 1972. It was the first major soap company to choose such action. Although phosphates are still leading water pollutants, they are not such a health hazard as the substitutes which are highly caustic, and are a danger to the household.

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Los Angeles Times

#### Pollution Affecting Skin Of Humans

Dr. H. Harrop-Griffiths of Newport, Wales, a coal mining area, wrote a colleague over here, Dr. Irwin I. Lubowe, Clinical Professor of Dermatology at New York Medical College, that he found the skin of his patients affected by the chemicals in the air. Dr. Lubowe had already noted the same loss of tone in the skin of those of his patients who lived and worked in New York City. Although the most significant

function of the skin is providing protection against heat, dust, wind, sun, cold, continuous exposure of the skin to noxious air pollutants may either cause or precipitate a dermatosis, particularly in the aging female whose sebaceous glands are diminishing in function. The disintegrating effect of sulphur dioxide on nylon, marble and granite are well known and the continuous exposure for long periods of time of noxious agents loosened by the combustion of coal and oil, automobile fuel and fats in incinerators, not to mention "sootfall, dustfall, fly ash and animal droppings," will affect the epidermis and cutaneous systems as well as the pulmonary system. The possible relationship of air pollutants and skin health cannot be dismissed lightly.

## Book Reviews

**NEW HOPE FOR INCURABLE DISEASES** by E. Cheraskin, M.D., D.M.D. and W. M. Ringsdorf, Jr., D.M.D., M.S. (Exposition Press, Inc, 50 Jericho Turnpike, Jericho, New York 11753; hard cover; 187 pages; extensive bibliography; \$6.50)

Basically, this book concerns itself with nutrition—especially the newer findings in this field and how nutrition is being applied success-

fully in the treatment of many of the so-called incurable diseases. The book emphasizes, of course, that any nutritional approach in the treatment of a disease might also prevent the ailment if employed early enough.

There is a clear distinction made between diet and nutrition. "Diet" is the food we eat and while it is essential that we have a "good" diet, providing all the essential nutrients in adequate quantities, in order to insure good nutrition, a "good" diet does not necessarily insure good nutrition. Nutrition concerns itself with the final utilization of the foods after they are eaten. Faulty nutrition may occur, even with a good diet, due to difficulties in absorption, transportation and/or the actual utilization of foodstuffs.

Singled out for detailed discussion, in separate chapters, are multiple sclerosis, alcoholism, glaucoma, and schizophrenia with another chapter dealing with the aging process. These chapters are highly informative and are written in a style that is both interesting and can be easily understood by the layman. In addition to the discussion concerning the therapeutic approaches, the authors competently outline the symptoms and the underlying nature (pathology) of the disorder. Megavitamin therapy is the key feature of most of the therapeutic programs discussed as is the restriction of dietary carbohydrates, especially sugar, syrup and the highly processed starch

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foods; restriction of saturated fats and a replacement with unsaturated; and general multiple vitamin-mineral supplementation.

The first chapters of the book are descriptively titled, "How Many People Are Sick?" "What Makes People Sick?" and "What Does the American Eat?" The authors point to the great mass of people who, while not suffering from any specific diseases, are not enjoying good health. The application of some of the principles outlined in the book, might well prevent or delay the development of an identifiable disease.

In the words of the authors, this book has been written with the hopes that its contents may catalyze much-needed interest in nutrient-disease interrelationships and generate additional research. We sincerely hope that it succeeds in this objective.

**THE SECRET OF ETERNAL YOUTH, Rejuvenation Through Dr. Niehans' Cell Therapy** by Dr. Peter M. Stephan (Arco Publishing Company, Inc., 219 Park Avenue South, New York, N.Y. 10003; hard cover; 160 pages; \$5.95)

Professor Paul Niehans, a Swiss physician, has been one of the most controversial medical figures of our time. The "cell therapy" which he developed and used has brought him both condemnation and praise. But in spite of the controversial nature of his therapy, a great many American movie stars and some of

(Continued next page)

the most distinguished personages of the world, including a Pope, have sought and received Dr. Niehans' cell therapy.

Written by Dr. Peter M. Stephan, England's best-known cell therapist, this book competently explains in terms understandable to the layman, the theory underlying cell therapy, how it was discovered and the system perfected, how diagnosis is made, and how the simple treatment is carried out. Basically, the treatment consists of the injection of living material derived from unborn or newly born animals, and is given to aid the human body to replace and regenerate its worn-out cells. The advocates of the system claim that the treatment delays ill-health and deterioration commonly associated with growing old. Evidence is presented to show that the Niehans method can prevent or alleviate heart trouble, cirrhosis of the liver, arteriosclerosis, kidney problems and a host of other degenerative diseases.

Whether or not one cares to accept the theory of the Niehans method, he will at least find this book to be interesting and informative.

**HOW DANGEROUS IS FLUORIDATION?** by Phoebe Courtnev (Published by Free Men Speak, Inc., P.O. Box 4223, New Orleans, La. 70118; paperback, 160 pages; \$1.25)

The author of this well documented book is the managing editor of *The Independent Ameri-*

*can*, a national conservative newspaper founded in 1955. This is her ninth book, all of which have revolved, in some way, around issues of the day affecting all Americans. This book, of course, is no exception.

The ardent anti-fluoridationist probably will find little new information in this book because, for the most part, it is a compilation of statements and arguments by doctors, dentists, chemists and other authorities who oppose compulsory fluoridation—these being fairly well known by those who have battled on the fluoridation front. However, it is an excellent tool to be used in a fluoridation fight. It is jam-packed with authoritative information, sound scientific data with which to oppose fluoridation, and, best of all, it is all assembled in a hard-hitting style that provides interesting, convincing reading. The author has done an outstanding job in covering all aspects—scientific as well as political—of the fluoridation question. The book is extensively indexed so that one may instantly find information on almost any aspect of the subject. The author tells the fluoridation story briefly and convincingly with carefully selected, pertinent supporting data. The anti-fluoridationist will find this book to be a valuable handbook.

The trouble with the guy who talks too fast is that he often says something he hasn't thought of yet.

## 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. Crecelius—President and Executive Head of the Federation.  
Address: P.O. Box 686, Monrovia, California 91016

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

Fred J. Hart—Chairman of the Board of Governors and Managing Editor of the Bulletin.  
Address: 211 Newport Drive, Palm Springs, California 92262

## PAID FEDERATION STAFF AND THEIR SPECIFIC FIELDS OF ACTIVITY

Howard C. Long—Vice President in charge of the following divisions of Federation activities: Membership, Promotion, Education, Public Relations, and Conventions.  
Address: P.O. Box 686, Monrovia, California 91016. Phone: (213) 357-3695

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

Charles Orlando Pratt—NHF Washington General Counsel.

Address: 2534 North Vermont St., Arlington, Virginia 22207

Hazel K. Stevens—Controller at the Main NHF Office, Monrovia, California.

Address: P.O. Box 686, Monrovia, California 91016

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.

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