National Health Federation
BULLETIN

MAY, 1972

35¢

NHF's Ten Most Significant Achievements

Florida Initiates Action To Ban DES and Red Dye No. 2

THE DAY JUSTICE DIED

An incredible account of the actual events which occurred in a Pennsylvania Court in the case of Bruce E. Butt. It It will shake your faith in the honesty and integrity of the American judicial system.

A Fluoridation Rebuttal

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THE FOOD DYE STORY

•

The Teacher As A Pusher

Dedicated to the Protection of Health Freedoms

THE
NATIONAL HEALTH FEDERATION
BULLETIN

Protection of Health Freedoms — *Published Monthly*

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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 PRESIDENT'S LETTER

By CHARLES I. CRECELIUS
President, The National Health Federation

Business people, both large and small, follow the practice of taking regular inventories, not only for tax purposes but also to enable them to evaluate their own performance and progress. I believe that it is both timely and proper that we too pause occasionally to take inventory of our assets and our achievements. Heading our list of assets, of course, is that very special group of concerned and dedicated Americans who have chosen to become members of The National Health Federation. It is this group that have made our achievements possible.

Since The National Health Federation came into being in 1955, NHF has established a record of accomplishments that defines merit and worthiness. Admittedly, we have not won all the legislative battles in which we have become engaged but even though we were not victorious, we gave a good account of ourselves and the position which we held in the battle. In reviewing the Federation's activities over these past years, we prepared a list of ten achievements which we felt were the most significant. Needless to say, those listed constitute only a small portion of our total accomplishments. I'd like to share this list with you.

A FEW OF THE MANY ACHIEVEMENTS OF NHF

1. The now famous Delaney anti-cancer amendment was enacted with the support of NHF in 1958 over powerful chemical and food industry opposition. It prohibits any additive to a food which causes cancer in man or animal. Congressman James J. Delaney (D-N.Y.) was awarded NHF's first Humanitarian Award, October 11, 1958, for this landmark legislation. From 1958 till now NHF has led the battle against all efforts by vested interests to repeal or weaken the Delaney amendment. Billions of dollars worth of foods and beverages with the potential to cause cancer have been and continue to be banned from the marketplace under this great law.

2. NHF's "Human Guinea Pig" amendment to the 1962 Drug Act provided, for the first time in the legal history of this or any foreign country that a person could not be used in a medical experiment without his or her informed consent.

(Continued next page)

3. In 1963 NHF abruptly stopped a beginning series of mislabeled "National Congresses on Medical Quackery." They were co-sponsored by the American Medical Association and the Food and Drug Administration. NHF exposed the unholy alliance by simultaneously sponsoring our first National Congress on Health Monopoly. In this, the first public head-on confrontation between NHF and AMA-FDA, NHF clearly won public opinion, the press and the Congress. Congress responded by insisting that FDA cease co-sponsorship with AMA of the Quackery Congress which had been engineered by AMA to use a Federal Agency (FDA) to destroy Chiropractic and all non-medical approaches to health.

4. NHF forced the United States Public Health Service to renew reporting airborne fluoride levels when our researchers discovered USPHS had quietly stopped measuring one of the major air pollutants under pressure from the offending steel, aluminum and phosphate industry lobbyists. NHF reported our findings in testimony to Congress where Representative Richard Ottinger (D-N.Y.) picked up our cause. He forced USPHS to again report air fluoride levels.

5. On behalf of consumers of natural foods, NHF prevented an attempt by the Florida Citrus Commission to completely ban the exportation from Florida of organically grown citrus on the aesthetic, not health hazard, grounds. NHF's Washington General Counsel negotiated a complete reversal of the FCC's original position.

6. Homeopathy was included in Medicare via the lobbying efforts of NHF and against the combined opposition of the American Medical Association and the Department of Health, Education and Welfare.

7. For ten years NHF has led the fight to prevent the Food and Drug Administration from prohibiting the sale of vitamin and mineral food supplements in all but a very narrow range of potencies and combination. NHF, represented by Dr. Miles Robinson, M.D., defended the health rights of millions during FDA hearings lasting over two years. NHF's testimony occupied over 20% of the 30,000 pages of transcript. NHF has enlisted the support of nearly 100 Congressmen to oppose FDA's proposed restrictive vitamin regulations. FDA has acknowledged that NHF members and friends sent in more letters (70,000) in opposition to their proposal than they have ever received on any other issue.

8. NHF pioneered legislation in 1959 which would require nonprofit tax exempt fund raising organizations like the American Cancer Society to report the salaries of their top executives. After twelve years Congress enacted NHF's recommendations over bitter opposition of fund raising agencies. First reports show the Arthritis Foundation with Dr. William Clark receiving $45,200 and Dr. William E. Reynolds receiving $32,760 annually.

9. NHF gave testimony in 1971 in an effort to halt a bill to indemnify food and beverage manufacturers with up to $500 million for losses they sustained when cyclamates were banned under NHF prodding. NHF proposed indemnification of consumers who got cancer or other injury from consuming cyclamates. This bill has not yet come before Congress for vote.

10. NHF thwarted a Joint American Dental Association/U.S. Public Health Association attempt in 1966 to stampede Congress into passing a National Fluoridation Act by simultaneously holding NHF's First National Symposium on Fluoridation to which we brought the top scientists and Congressmen opposing fluoridation. As a result, Congress refused to consider National Fluoridation Legislation.

Government Publication Reveals Benefits From Improved Nutrition

A publication issued by the Science and Education Staff of the U.S. Department of Agriculture, titled *Report No. 2—Benefits From Nutrition Research* is based on an evaluation of research in the United States on human nutrition. The publication contains a vast amount of revealing information and statistically substantiates the thoughts expressed by many nutrition-oriented doctors and researchers for many years.

As an example, the publication reveals that in 1967, there were over 1 million deaths in the United States due to heart and vascular disease. Using statistics collected in 1960-62, it was estimated that there were over 5 million people with definite or suspected heart disease. The writers then estimated that, with improved nutrition, this figure might be reduced 25%. Furthermore, it is suggested that the total annual cost of heart and vascular disease, said to be $31.6 billion, could likewise be reduced 20% with the implementation of improved nutrition.

Arthritis is discussed also, stating that 16 million people are afflicted, causing 27 million work days lost, with 500,000 people becoming unemployed due to arthritis, and setting the annual cost of the disease at $3.6 billion. The authors estimate that through improved nutrition, the total number of persons afflicted could be cut in half, reducing the work days lost to 50%, and cutting the cost to $900 million per year.

Many other major health problems are discussed in a similar manner. It is estimated that through improved nutrition, a 50% reduction in the incidence of dental problems could be brought about. Likewise a 75% reduction in the number of cases of osteoporosis, 33% fewer alcoholics, 50% fewer cases of diabetes.

WARNING: Reading this article may be hazardous to your health if you suffer from high blood pressure or have been told by your doctor to avoid anger and excitement. No fair-minded American will remain calm and unaffected after reading Mr. Pratt's incredible account of what recently occurred in a purportedly American Court of Law.

The Day Justice Died

By CHARLES ORLANDO PRATT
Washington General Counsel

This is my story.

The liberty bell in Independence Hall in Philadelphia, Pennsylvania, strangely was silenced on Tuesday, March 7, 1972, by the Judge in the Court of Common Pleas of Cumberland County, Pennsylvania.

On that day I appeared in court on behalf of The National Health Federation in defense of Mr. Bruce E. Butt to argue the MOTION TO QUASH THE INDICTMENT against him and to argue the BRIEF ON BEHALF OF BRUCE E. BUTT IN SUPPORT OF MOTION TO QUASH INDICTMENT.

After two years, minus five days, the court and court officials, *at my request*, listed the case for argument in open court on March 7, 1972, along with 30 other cases. The argument on behalf of Mr. Butt was 27th on the list that day.

When the presiding Judge announced the Bruce E. Butt case for the purpose of ascertaining whether the defense counsel and prosecuting attorney were ready to procede with argument in due course that day, I stood up and announced that the defense was ready for argument on the Motion and Brief.

Immediately thereafter, the prosecuting attorney, Edgar B. Bayley, First Assistant District Attorney, Office of the District Attorney of Cumberland County, Pa., stood up and announced to the Judge in open court that no Brief had been filed on behalf of the defendant, Mr. Butt. The Judge then announced that there would be *no argument* that day, since *no Brief* had been filed.

At once, I stood up and stated to the Court that the Brief had been filed. Then the Judge said that there would be no argument on the case, because the District Attorney said that no Brief had been filed, therefore, no Brief had been filed. The Judge then refused to allow

FOR THOSE NOT ACQUAINTED WITH THE BACKGROUND OF THE BUTT CASE: On March 12, 1970, Bruce E. Butt, a respected Pennsylvania citizen, was arrested following the showing of the movie film, "Laetrile, Nature's Answer to Cancer" at a meeting of a small health club of which he was president. He is charged with violation of Pennsylvania's Drug, Device and Cosmetic Act even though the film was shown only for its educational and entertainment value and no product was offered for sale. NHF, in defending Mr. Butt, believes that the Act under which he was charged is not applicable to Mr. Butt or the motion picture under the existing circumstances and, accordingly, Mr. Pratt entered a Motion to Quash the Indictment supported by a Brief setting forth the basis for the Motion. Though several dates have been set for arguments on the Motion during the past 18 months, the prosecution has repeatedly requested postponements. NHF entered this case because of the constitutional issue involved. Federal courts have clearly included motion pictures within the free speech and free press guaranty of the First and Fourteenth Amendments. At stake here is what NHF believes is the constitutional right of everyone to freely discuss minority-held views pertaining to health matters. In short, we are fighting for the preservation of the right of free speech.

me even to present evidence that the Brief had been filed. He then announced the next case.

Immediately, my secretary and I left the court room, retired to the lawyer's lounge and went through my files for evidence to present to the Court. We found the transmittal letters and Return Receipts to the Clerk of the Court and the Office of the District Attorney. Thereupon I returned to the court room.

In the meantime, my secretary placed a telephone call to the local law firm in Harrisburg, Pa., and related what had taken place in the court room. According to her, the lawyer to whom she spoke could not believe her story. He advised her that he would review the file in his office to determine if anything had been overlooked in the case. In his return call to my secretary, he was very definite that according to his records the Motion and Brief had been properly filed and that all rules of the Court had been followed.

Then upon leaving the lawyer's lounge and by chance, my secretary ran into the Clerk of the Court. She questioned him as to the whereabouts of the Motion and Brief; and his reply was that all the papers concerning this case were in the Office of the District Attorney. After that she returned to the court room.

My secretary was seated next to me when all of a sudden, much to my amazement, she was sitting in a chair beside Mr. Bayley, the prosecuting attorney, showing him documents in my correspondence file. When she returned to her chair next to me, this was what she related.

"I showed Mr. Bayley the letter to his office, addressed to him personally, with the Return Receipt. He then said the Brief had not been filed with the Court. I showed him the letter addressed to the Clerk of the Court with specific instructions to deliver a copy of the Brief to the Presiding Judge of the Court and a copy of the Brief

(Continued next page)

to the Judge of the Court and the Return Receipt. Then Mr. Bayley said the rules of the Court had not been followed. I showed him the rules and informed him that in a letter from the local law firm in Harrisburg, Pa., prior to the listing of the argument in open court, Mr. Pratt was informed that all rules of the Court had been properly followed. This was in reply to a letter written by Mr. Pratt on the subject. Mr. Bayley turned away and nothing more was said."

In truth and in fact, on July 15, 1970, I mailed the necessary copies of the *Motion to Quash Indictment* to the Clerk of the Court. The Motion was sworn to by me under oath before a Notary Public with Seal. The Motion was mailed to the Clerk of said Court with postage prepaid and Return Receipt Requested. Another copy of this Motion was sent directly to Mr. Bayley in the Office of the District Attorney, postage prepaid and Return Receipt Requested. The Receipts mentioned were signed by clerks in the offices of the officials to whom the Motion was sent and were returned to me by the Post Office Department.

On August 27, 1970, I mailed the *Brief on Behalf of Bruce E. Butt in Support of Motion to Quash Indictment*, postage prepaid and Return Receipt Requested. The original and two (2) copies of this Brief were mailed to the Clerk of the Court of Common Pleas of Cumberland, Pa., with the request that he personally deliver copies of the Brief to the President Judge and to the Judge of the Court, and file the original with the records of the Court.

On August 27, 1970, I mailed, postage prepaid and Return Receipt Requested, a copy of the Brief to Mr. Bayley in the Office of the District Attorney; and in a letter of transmittal I notified Mr. Bayley that I had mailed the original and two copies of the Brief to the Clerk of the Court with instructions to deliver copies to the Judges. The Receipts in this instance were returned to me by the Post Office Department.

After the filing and receipt by the Court and the Office of the District Attorney of the Motion and the Brief, I was notified on many occasions by Mr. Bayley that the case was set for argument on certain dates. Then I received subsequent notices that the dates for argument had been postponed for different reasons.

One piece of evidence that I did, in fact, file the Brief with the Court and did comply with the rules required to be met prior to setting the case for argument is a letter addressed to me, dated September 1, 1970, and written by Mr. Bayley Re: Commonwealth vs. Bruce E. Butt. It read as follows:

> "This is to advise you that the Court has stricken the argument on the above case set for September 9, 1970 and rescheduled same for October 13, 1970. Your Briefs filed in this case will be carried over to that date."

Another letter dated November 23, 1970, addressed to me by Mr. Bayley read as follows: Re: Commonwealth vs. Bruce E. Butt

> "This will confirm your telephone phone call of this morning, on the above case. At this point, I don't plan to bring the case up until January. I shall give you an exact date as soon as our Court Calendar is established."

Further evidence that I have complied with the rules in order to have the Brief set down for argument is set forth in a letter dated February 17, 1972, addressed to me by Dale F. Shughart, President Judge, Commonwealth of Pennsylvania, Ninth Judicial District, Carlisle, Pa., Re: Commonwealth vs. Bruce E. Butt. It read:

> "In reply to your communication of February 15, we have contacted Assistant District Attorney Edgar B. Bayley, Jr., and he advises us that he will call the above case for Argument Court on March 7 and you need not appear for the call of the list in February 29."

During the year 1971, I corresponded with the President Judge, the Judge and the District Attorney urging that the case against Mr. Butt be dismissed and that the motion picture, "Nature's Answer to Cancer," be returned to its rightful owner. The requests set forth reasons based on the facts, the law, and above all, on justice. This correspondence and numerous telephone conferences with Mr. Bayley were in vain.

I might add that the local law firm in Harrisburg, Pa., has been most cooperative in its endeavor to bring about a dismissal of this case without the necessity of a long drawn out trial with the possible additional expense of appeals.

It is the responsibility of the State (or Commonwealth of Pennsylvania in this case) to provide a speedy trial for a defendant in a criminal case. In fact, the Sixth Amendment to the Constitution of the United States provides for speedy trial. It is unusual, and practically unheard of, for the attorney for the defendant to press for trial. However, after the many delays caused by the State in postponing this case I did, in fact, press for the right to argue the Motion and Brief at the earliest possible date. At all times I believed sincerely that Mr. Butt was not guilty of any crime, and that the charges against him violated the provisions and purposes of the DRUG, DEVICE AND COSMETIC ACT of Pennsylvania and the freedom of speech provision of the CONSTITUTION OF PENNSYLVANIA and the CONSTITUTION OF THE UNITED STATES. I still believe this to be true.

On that discouraging Tuesday of March 7, 1972, between arguments of other cases, I pointed out to Mr. Bayley that he and the Court must have received copies of my Brief.

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Then he reluctantly replied, in effect, "Are you referring to the old Brief?" I said, "Yes. It is the Brief on which I have been seeking an argument in court since it was filed in August, 1970." He refused any further conversation on the matter.

Later that afternoon during a brief Court recess, while I was attempting to contact the local Harrisburg, Pa., law firm, the Clerk of the Court came to me and suggested that I hurry back into the court room because "there was going to be some action." I asked him "what action"; and again I asked him what happened to the copies of the Brief I filed in his office. He replied that the copies of the Brief had gone to the Office of the District Attorney and that his office had no copies.

When I went back into the court room with the Clerk, the Judge announced again that there would be no argument on the Butt case, which case he had reached on the list for argument that day. Again, I insisted that the Brief had been filed. Then Mr. Bayley stated that the Brief had not been filed according to the *rules.* I then approached the bench of the Judge to show him proof (correspondence and Receipts) that the Brief had been filed according to the rules. The Judge then responded that he had no Brief. I replied that the court rule required that I "furnish to the Court and opposite counsel a typewritten brief," and that this I had done. Over the Court's objection I attempted to argue that in filing a Brief with the Clerk of the Court I had complied with the rules of the Court. At this time the Judge denied me the right to argue the Brief, stating that I had failed to follow the rules of the Court. He even denied me the right to present proof that I had complied with the rule of the Court when I filed the Brief.

When I asked the Judge with whom was I required under the rule to file the Brief—the President Judge, the Judge, the District Attorney, the Clerk of the Court, or where or with whom I should file the Brief—I received no clear response. The Judge merely repeated that he had no Brief.

In effect, the Judge then indicated that the Court should get rid of this case. I asked him if I could make, at that time, an oral motion to dismiss the case for the State's failure to prosecute and the State's failure to provide a speedy trial as required by the Sixth Amendment of United States Constitution and the rules of that Court. He replied, Yes, you may make the motion and it will be denied. I made the motion; and he then and there denied that motion.

The courts throughout America have said frequently that JUSTICE DELAYED IS JUSTICE DENIED.

Notwithstanding the obvious miscarriage of justice in this case thus far, I shall attempt again to have the case dismissed or brought to trial on its merits at the very earliest possible date. For this purpose I shall work with the local law firm in Harrisburg, Pa.

It seems clear to me that the Commonwealth of Pennsylvania realizes, and for a long time has realized, that it does not have a justifiable or valid case against Mr. Butt; and that the interest of the Commonwealth will not be served by having a trial on the merits of this case.

The courage and patience of Mr. Bruce E. Butt in suffering the ordeal of this case for several years, rather than to plead guilty to a crime he did not commit, is symbolic of the courage and patriotism of the signers of the Declaration of Independence of the United States.

Editor's Note: For a more detailed background of this case, see the July-August, 1970 and September ,1970 issues of the *NHF Bulletin.*

Who Pays For It?

"Desk Pollution." That is what a medical doctor called it. Reporting in the *Journal of the American Medical Association,* December 21, 1970, on the flood of unsolicited medical literature he received, he noted some interesting facts regarding it.

In one day he received nine such publications, in one month a total of seventy. They all had three things in common: They all contained advertising by more than one drug company; they were all sent to him without his soliciting them, and they all contained articles of interest to the practicing physician. A sampling of three magazines showed that they contained 173 pages of reading matter and 277 pages of advertising. Counting the number of lines contained in these seventy journals, he estimated that it would take forty hours a week to read them all in the course of a month.

These magazines are sent weekly or monthly to thousands if not hundreds of thousands of physicians. The total weight of the magazines he received in one month totaled 30.5 pounds. He estimated that if all 200,000 physicians in the United States received that many each month, it would total some 3,000 tons monthly.

These medical journals, by and large, are published on fine-quality paper and contain very colorful costly medical advertising. Who pays for all this? Not the doctors nor the publishers but the patients who pay for the drugs that doctors prescribe; for all this advertising is added to the cost of the drugs. Apparently the manufacture of drugs is a very profitable business.

From AWAKE!

Washington Report

By CLINTON R. MILLER
NHF Legislative Advocate

Florida Starts Action to Ban Red Dye No. 2 and DES

Florida may be the first state to ban F.D. & C. Red Dye No. 2 and diethylstilbesterol (DES). Legislation to accomplish this was introduced this year by Palm Beach County Representatives Jack Poorbaugh (R-Delray Beach), Dave Clark (R-North Palm Beach) and William M. Gillespie (D-New Smyrna Beach).

The National Health Federation was called in to give testimony in support of these bills. On February 29 and again on March 2, 1972, I flew to Tallahassee and gave NHF's views, first to the subcommittee on consumer affairs and then to the full committee on business regulations.

To the surprise of lobbyists for the $125 billion food and cattle industries, the bills went sailing through the House subcommittee with a favorable vote taken immediately after NHF gave its testimony. The opposition was dumbfounded!

One powerful lobbyist told us immediately after the initial victory that he couldn't figure how we ever won it. He said "We were positive we had killed those bills in the subcommittee."

It took a lot of courage to vote for the bills and face up to one of the most serious health issues of our time. But the Chairman of the Consumer Subcommittee, to his everlasting credit, gave us adequate time to give our testimony, and once the lawmakers heard the powerful case against the use of Red Dye No. 2 and DES, they voted 4 to 3 in support of the bills.

Favorable votes were cast by:

Carlucci (D)—*Dubal County*
Callen, Tom (D) — *Hardee and Manatee Counties*
Nergard, Chas. (R) — *St. Luice County*
Forbes, John R. (D) — *Dubal County*

Anti-consumer votes were cast by:

Clark, John R. (D) — *Polk and Sumper Counties*
Libertore (D) — *Polk and Sumper Counties*
Mooney (R)—*Orange and Seminole Counties*

How We Won Our Initial Victory

Reps. Jack Poorbaugh and Dave Clark had introduced five bills, and all were coming up for hearing at the same time. The first bill would ban DES, the second banned Red Dye No. 2, the third outlawed use of arsenical compounds in poultry feed, the fourth required full labeling of meat products (including moisture content) and the fifth would require full labeling of soft drinks especially requiring the listing of caffeine when present.

We decided to concentrate our testimony on the bill to ban DES and Red Dye No. 2. They are both illegal under present federal laws if honestly and vigorously enforced by the Food and Drug Administration. So we emphasized in our testimony that... "It is becoming increasingly apparent that consumers are going to have to depend upon State Legislatures to enact and enforce health legislation" because of FDA's failure to administer federal health laws, as intended by the people and their Congress.

We gave each member of the subcommittee a copy of *The Chemical Feast* by Jim Turner, which is Ralph Nader's Study Report on the Food and Drug Administration. We also gave them a copy of Omar Garrison's book, *The Dictocrats.* Finally, each was given a copy of the February *NHF Bulletin* which had a full report on Senator Proxmire's bill to ban DES at a federal level.

We had prepared a large flip chart which had a graph showing how the U.S. had slipped from 6th to 13th place in the rate of infant mortality since 1950 which is about the time DES was cleared by FDA and the U.S. Department of Agriculture to be used to fatten cattle and sheep.

On one chart we had this quote from Dr. Herbert L. Ley, Jr., a former FDA commissioner:

> "The thing that bugs me is that the people think the FDA is protecting them—it isn't. What the FDA is doing and what the public thinks it's doing are as different as night and day."
> *New York Times, Dec. 31, 1969*

Having carefully developed our case on the failure of the federal government to act, we discussed the reasons Red Dye No. 2 and DES should be banned by Florida.

We pointed out that the Delaney anti-cancer amendment of 1958 said unequivocally that no additive could be added to a food or cosmetic if it caused cancer in man or animal. We insisted it was one of the greatest and most reasonable health laws passed in this century, which had stood the test of time. We then charged that there wasn't the slightest argument that DES is a cancer causing additive. Even the opponents freely conceed the carcinogenic properties of DES although they are somewhat less willing to admit the emerging proof that Red Dye No. 2 causes cancer.

We provided the subcommittee members with a special file of three documents prepared by Ralph Na-

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der's Health Research Center in the Public Interest on Red Dye No. 2. (Before flying to Tallahassee, I got the very latest Russian research on Red Dye No. 2 from Dr. Sidney Wolfe, M.D., and Anita Johnson of Nader's Health Research Group. It was of tremendous value in educating the Florida legislators.) We informed them that in 1968, a study in Russia using a paste containing FD&C Red Dye No. 2 caused cancer in test rats. This study, Dr. Sidney Wolfe fairly reported (and so did we), was criticized on the basis that since the pure dye was not used, the tumors might have been caused by other ingredients in the paste.

But then, more recently, a second Russian study, begun in 1966, was published in 1970. (Andrianova, Vop a. Pitan 1970, 29 (5), (61)). In this study, the experimental group eating food containing FD&C Red Dye No. 2 had 13 tumors in 50 animals. This study, too, has been criticized on several grounds so the FDA, according to Dr. Wolfe, has chosen to "close" the issue of carcinogenicity of FD&C Red Dye No. 2 by not conducting further studies!!!

Another Russian study published more than 1½ years ago showed an increased fetal death rate in rats fed extremely low levels of FD&C Red Dye No. 2. The same levels as were found by the Russian study to cause increased fetal death rate in rats were set as acceptable daily intake rates for humans by the World Health Organization as recently as 1966.

The conclusion of Nader's Health Research Group which we passed on to the Florida Legislature was: "It appears that now, 11 years after the original provisional listing of FD&C Red Dye No. 2, there is unrebutted evidence that this color additive may be unsafe."

We pointed out that a 110 pound woman who drinks 2 bottles of cherry soda is ingesting the same level of FD&C Red Dye No. 2 which caused embryotoxicity in pregnant test rats.

Because the dye is used in nearly $10 billion worth of food and cosmetics, it is almost impossible to avoid ingesting it. It is the most widely used coal tar dye in our food and cosmetic industry today. In lipstick, for example, FDA allows up to 25,000 parts per million. One is reminded of the cartoon in the *New Yorker* where a man was saying to his wife, "Lips that touch FD&C Red Dye No. 2 shall never touch mine!"

What did FDA do in the face of the shocking discoveries of the recent Russian studies? It told the manufacturers of breakfast cereals, candies, soft drinks, drink powders, gelatin desserts, jellies, gum, syrups, cosmetics, pet foods, and dozens of other products to continue their bloody red business as usual and somehow convinced the National Academy of Sciences (NAS) to set up an "Ad Hoc Subcommittee on the Evaluation of Red Dye No. 2" while they stalled for time. This immediately evoked a strong letter of protest by Nader's team of Dr. Wolfe and Anita Johnson, Esq. to

to NAS, and has already greatly diminshed the prestige of this once highly regarded academy in the eyes of Congress and the scientific community.

So, we argued to the Florida consumer subcommittee, it was obvious that we would have to get protection at the state level because of an almost total breakdown at the federal level.

(Incidentally, I noticed in the Florida legislature they have their roll calls electronically recorded in less than 1 minute in marked contrast to the federal Congress where a roll call usually takes from 45 minutes to an hour and is done by laborously calling the roll of 437 Representatives one at a time.)

But we made our strongest case against DES because here we already had the precedent of 21 foreign countries having banned DES to fatten meat. We also pointed out that the two largest beef producing countries outside of the U.S.—Argentina and Australia—have completely banned DES to promote growth of livestock.

Parts Per Million (ppm), Parts Per Billion (ppb), and Now Parts Per Trillion (ppt)

The lobbyists defending DES use tried to belittle what they were pleased to call the "DES scare" by "alarmists" by trying to point out what fantastically small amounts of DES were being found in the few animals in which it was discovered.

With an indulgent but thinly disguised impatience, they talked down to the lawmakers by trying to make out that the 2 parts per billion (ppb) was safe simply because that was as low as they could measure with today's crude instruments.

They somewhat sneeringly stated that . . . "if 3 ppb were present in beef that a person would have to eat 18 one thousand pound steers to get the equivalent of 10 mg DES which a steer consumes daily." "This," they felt to obliged to explain, "is more beef than a person eats in a lifetime." Then they tried to teach the new math of the USDA by arguing that 2 ppb "would certainly approach a zero residue."

We were ready for that kind of sophistry. USDA may have temporarily been able to fool some of the people (the livestock producers) by specious arguments that "two equals zero" and "if we can't measure it, it doesn't exist," and "if people don't die immediately, there's no harm," etc., etc., ad nauseum, but when someone is present to point out to interested lawmakers the absurdities of such reasoning, they find they cannot stand the light of the public gaze.

FDA To Use New Method For Detecting DES Residues In Parts Per Trillion

To counter the opponents arguments that 2 ppb is the same, really, as zero, we provided the legislators with the latest information from Washington, D.C. We quoted from a newly uncovered FDA memo by two "good guys" on FDA's staff.

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They are Drs. A. J. Kowalk and R. L. Gillespie, two veterinarians who really know the score, and aren't afraid to call it out.

In a searing memoranda highlighting the internal FDA strife between the "good guys" and the "bad guys" in FDA, Drs. Kowalk and Gillespjie recommended FDA develop or use methods for detecting diethylstilbestrol (DES) in the part per trillion range (ppt). The suggestion, if implemented, would eliminate use of the synthetic hormone, DES, in the feed of cattle and sheep.

It would give the lie to the pretense that because there is now a 7 day withdrawal before slaughter, there is no residue. It is true there is no DETECTIBLE residue in 99% of the samples, but with a new method using radioimmunossay, residues can be measured in ppt giving a 1,000-fold improvement over current methods which are only sensitive to 2 parts per billion.

The FDA veterinarians, Kowalk and Gillespie, point out in their memo in answer to those who argue, you would have to eat 18 one thousand pound steer to get an implied harmful amount that "... the level of circulating estradiol in serum of post-menopausal women is about 15 ppt."

4 Ozs. of Liver ,Not 18 Steers Increases DES Physiological Level 22 Times Normal

The memo states: "Assuming one of these women ate four ounces of liver containing 1 ppb DES, she would consume the equivalent of 2.5 ppt compared to her body weight. "Since DES has 10 times the activity of estradiol," the memo continued, "this could be equivalent to adding 25 ppt estradiol to that already normally present almost tripling the physiological level on a whole body weight basis ..." and then added, "If we assume that the DES and estradiol exist only in the circulating blood, the increase would be 22 times normal."

So much for the argument that 2 ppb or 1 ppb is equivalent to zero.

We pounded home the truth that "THERE IS NO SAFE LEVEL OF AN ADDED CARCINOGEN." The subcommittee voted with us, and a $125 billion food industry was shaken at its foundations! The sheep and cattle industry can voluntarily stop using DES or DES will eventually be banned in the U.S. The initial victory in Florida will go a long way to win that victory because they can now feel the hot breath of legislation coming from 50 different directions.

NHF gave Representatives Jack Poorbaugh and Dave Clark our Statesmanship Awards at our St. Petersburg and Miami conventions in March for championing this historic legislation.

The battle in the full committee is another story in which will introduce NHFers to another great Florida statesman, Rep. William M. Gillespie and his attractive, articulate wife, but we'll tell that at a later time.

NHF Support For Bill To Abolish FDA Turning Tide

The following letter from Senator Warren G. Magnuson to Clinton R. Miller, NHF Legislative Advocate in Washington, D.C., will be of interest especially to the hundreds of members who sent letters to Senator Magnuson and to their own Senators, concerning S. 983, the bill which proposes to abolish the FDA and to establish in its place a Consumer Safety Agency. From time to time, members have questioned the effectiveness of the letters which they frequently are requested to write to their legislators. The first paragraph of Senator Magnuson's letter emphasizes the value of these letters and should be noted by all members.

Mr. Clinton R. Miller
National Health Federation
121 2nd Street, N.E.
Washington, D.C. 20002

Dear Mr. Miller:

Although you indicated that no response was necessary, I could not help but be impressed by the hundreds of letters that I have received in the past few weeks from members of the National Health Federation regarding S. 983. The broad based support of this legislation from your members can only promote the prompt passage of this bill.

As I noted in my letter to you of January 24, 1972, I favor changing the name of the Commission of Foods to the Commission of Foods and Nutrition. I believe that through such a designation, that this would be the first step in accomplishing that which you advocate. S. 983 however, is a reorganization of the structure of federal regulatory scheme of foods and drugs. Any substantive amendments to the Food, Drug and Cosmetic Act will have to be accomplished in subsequent legislation. However, I have instructed the Commerce Committee staff to continue their analysis of the Federation's amendments and they will contact you if they have any additional questions.

Once again, thank you for the support that the members of the National Health Federation have shown for the independent Consumer Safety Agency.

Sincerely yours,

WARREN G. MAGNUSON

THE FAMILY CIRCLE

By FRED J. HART
Chairman of the Board of Governors

The National Health Federation is growing so fast the headquarters office is hard put to keep up with the work. To expedite the work we are now setting up several departments to be headed by capable individuals. This will divide the work load and responsibilities and make for more efficiency.

The Monthly News Letter, which is mailed to some sixty publications each month, will be prepared and edited in the future by Raymond H. Houser, the capable Editor of the National Health Federation Bulletin.

We appreciate the many new members who are joining the ranks of the Federation. We also appreciate the many members who are changing from regular to Life or Perpetual Membership.

We have noticed with pleasure, the many members who are placing stamps on the postage paid envelopes used by the Federation. This saves the Federation considerable money as the Post Office charges the Federation a penalty for the 'postage paid' service.

The Federation has moved to another phase of its program. This new phase will be in the legal field. We are now determined to take legal action against the FDA whenever they take any action which we are convinced is outside their legal authority. In keeping with this policy we have instructed an attorney, in cooperation with our General Counsel, to start legal action to set aside a recent order by the FDA banning the importation of Ginseng. NHF has entered this matter on the basis of the principle involved; we believe that FDA has exceeded their legal authority in attempting to ban the importation of this harmless material. NHF has no interest in Ginseng as such and certainly it not advocating its use nor claiming that its use has any merits. Inasmuch as it is a harmless substance and as long as it continues to be sold without therapeutic claims being made for it, it should continue to be available to those Americans who desire to purchase it for whatever benefits they believe it may provide.

The Federation is now ready to become more aggressive in the field of legislation also. NHF, working through certain ecology and health oriented members of the California legislature, several bills are being prepared for introduction. One bill would ban the use of arsenic in chicken feeds. Another bill, when passed, will prohibit the administration

of diethylstilbestrol (DES) to any animal in California ultimately intended to be used for human food, and will further ban the sale in California of any meat from DES-treated animals. Two other bills being readied have to do with foods and will affect the food processors. One will require the manufacturers of processed foods, offered for sale in California, to list on the label, all the ingredients contained in the finished product. Another is directed at a dye very commonly used in foods and cosmetics, FD&C Red No. 2. Because of the high potential health hazards associated with the use of this chemical, we are going to seek its ban in California. Our continued concern about what we believe to be an unwise and indiscriminate use of behavior-modifying drugs in our elementary schools is the basis for another proposed measure. The bill would make it a criminal offense for anyone connected with an elementary school to give or make available to a school child, amphetamines or other behavior-modifying drugs except under the most stringent conditions as set forth in the proposed bill. These bills will require the ardent support of all our California members. Bills to accomplish some of these same objectives have already been introduced in the Florida legislature. Our experience in these two states will be of value to groups in other areas and it is hoped that NHF member groups in other states will be inspired to push for similar legislation in their own state.

We need information. We are deluged with inquiries asking "Where can I find the name of a Doctor of any kind that uses nutrition as a part of his treatments?" YOU CAN HELP US, by sending in the names of such doctors whom you may know. Be sure to send in their full address.

as we go to press...

By an overwhelming vote on March 21, the Senate Commerce Committee voted favorably to report out the Magnuson bill (S. 983) which would abolish the FDA and establish in its place, a new independent Consumer Safety Agency. There was only one opposing vote.

The bill as reported out contained the NHF-suggested change -- changing the Commission on Foods to the Commission on Foods and Nutrition.

The bill will not reach the Senate floor for at least 45-60 days while, in accordance with prior agreement, the bill is considered by the Senate Government Operations and Public Welfare Committees.

The FOOD DYE STORY

Reprinted from FREEDOM

The maraschino cherry on top of your ice cream sundae may look pretty but the red dye used to color it has been proven toxic by both American and Russian scientists. Last February, Soviet scientists disclosed that the dye, called Red No. 2 ,had caused the death of unborn rats. The Food and Drug Administration conducted tests of their own and verified this. The findings of toxicity, however, did not alter the FDA's official approval of the coal tar derivative dye.

A law was passed by Congress in 1960 requiring that all food colorings be safety tested using modern scientific methods. The FDA was charged with administering the law.

In 1963 FDA told dye manufacturers how they were to perform the tests and gave them a year and a half in which to finish. The agency in the meanitme would allow the dyes to be used on a "provisional certified basis. *Federal law requires that for a color to be certified, it must first be proved "harmless and suitable for use" regardless of how much is ingested.*

Since then, the FDA has given industry yearly extensions and, according to an agency official, is sure to grant another extension for 1972.

Colorful Cornucopia

Some 882,664 pounds of Red No. 2 were eaten by Americans in 1968, primarily in foods such as ice cream and sherbet, sausage, beverages and breakfast cereals as well as in the food coloring sold in markets. In 1971, the FDA certified 1,287,367 pounds of Red No. 2 for use.

About ten percent of all food eaten by Americans is made to look like what it isn't with the help of synthetic dyes. Oranges, which naturally come off the tree a greenish color, reach supermarkets a bright orange by the use of Citrus Red No. 2, known to cause tumors in animals.

Other coal tar derivative food dyes have been forbidden, often after the offending chemical has been in wide use for years. Certification of Red No. 32, used to color the skins of oranges was withdrawn in 1955. Scientists found that this dye damaged vital internal organs of animals when ingested regularly. In November, 1960, use of Red No. 1 was eliminated after finding it caused liver damage and possible cancer in animals.

In 1964, Red No. 4, used in soft drinks, candies, sausage casings was taken off the approved list after a 7-year testing program with dogs proved its toxicity.

Dr. Robert Schaffner, director of the FDA's office of product safety, said that the agency will soon issue orders restricting the use of Red No. 2, which now accounts for a third of all food coloring used in the U.S.

The agency, however, has already invited food, drug and cosmetic industry users to submit current usage data and "requests" for continued use by October 31.

Unnecessary Hazard

Dr. Michael Jacobson, a director of the Center for Science in the Public Interest, a consumer group, stated: "There's no reason to use food colors at all in things like breakfast cereal where they are just an unnecessary hazard."

Dr. Jacobson has been particularly critical of the FDA's handling of a color called Violet No. 1, which is used in the government grade stamps found on raw meat. The Canadian counterpart of the FDA found in 1962 that this dye caused skin tumors when fed to animals.

If you wish to make a man your enemy, tell him simply, "You are wrong." This method works every time.

—Henry C. Link

Chapter News

By LARRY HUTTON
Director of Membership Promotion and Chapter Activities

The cities are grasping at ideas and ways to preserve the Ecology and improve health standards. Maybe the trend of things have been on the downswing lately, but this is all being changed. This is noted in many of the cities where new chapter development is taking place. This will be the first of a monthly review of chapter activity. Watch the CHAPTER NEWS and share the success of other chapters. NHF is moving ahead in great stride and reaching out. Look what happened.

SALINAS, CALIFORNIA had a very warm welcome for Mr. Hart for the organizing of a chapter there. It seemed so appropriate that our founder, a native of the fertile valley, present the charter. Best wishes Salinas, you are the first 1972 charter.

CARMEL, CALIFORNIA in a very well planned evening, drew a remarkable (145) students and adults for our film, *Action For Survival.* We all look to this beautiful natural setting with a sense of envy and preserving it must take special concern.

(Continued next page)

MEDFORD, OREGON presented a new dimension in chapter activity in an effort to cope with the drug problem. Certainly, Medford is not unique in this problem, but they are making a tremendous effort to solve it. They have a new chapter. Welcome Medford, Oregon.

SACRAMENTO, CALIFORNIA heard a discussion of a student's view of NHF over a popular radio station. I found the topics discussed to be more provacative than "how to pitch Mickey Mantle with the bases loaded." NHF has a story to tell, so let's grasp at every opportunity.

UNIVERSITY OF CALIFORNIA AT RIVERSIDE and college activity is just beginning. The active concern of students of the Ecology Center at UCR drew a crowd of over 40 students for showing of *Action For Survival.* We had a great discussion and most agreed that an organized effort through the auspices of The National Health Federation to be the most workable solution. Join these students in their recycling efforts and ask them of ways to help.

ATLANTA, GEORGIA is on its way toward passing HB 1278 to make certified raw milk available over - the - counter. Goodluck Georgians!

CLEVELAND, OHIO has made tremendous strides forward to service the needs of its members. They have planned weekly and bi-weekly discussion groups, book reviews, and field trips. A job well done.

ORLANDO, FLORIDA welcome aboard! Florida has accomplished much in health legislation through NHF activity there.

NORTH DADE COUNTY OF FLORIDA is another newly formed chapter and shows the active concern of the Sunshine State.

FORT MORGAN, COLORADO is our newest chapter in a state with much NHF activity. Best wishes for a continued success on the frontiers of health freedoms.

NORTHERN VIRGINIA has the making of a very active chapter. Much interest is being shown on the East coast.

New Perpetual and Life Members

Perpetual Members

Gertrude Engle
Augusta Lierman
Simon and Ruth Siegel
David Finch

Life Members

Winifred O'Connor
Myolab
County House Nutrition
Rosalyn A. & Christine L. Pack
Mrs. G. N. Person

(Received mid-February to mid-March)

A Fluoridation Rebuttal

Recently, a Los Angeles TV station, Radio KNXT, aired a station editorial urging fluoridation of the Los Angeles water supply. It is the policy of the station to give equal time for the presentation of opposing viewpoints. Accordingly, Betty Lee Morales, a member of the Board of Governors and of the NHF Executive Committee, requested, and was granted, time to present the viewpoint of those who oppose fluoridation. Replies to the KNXT editorials, like the editorials themselves, are limited to 1 minute and 45 seconds. This short time to discuss such a vast subject would present a real challenge to anyone. However, in the 105 seconds allotted her, Betty Lee managed to include a number of effective, thought-provoking statements. Her rebuttal, as given over the air, is printed here in the anticipation that it may be useful to someone else faced with a similar challenge.

A REPLY TO AN EDITORIAL BY KNXT
URGING FLUORIDATION OF LOS ANGELES WATER SUPPLY
BY BETTY LEE MORALES
FOR THE NATIONAL HEALTH FEDERATION

The National Health Federation opposes water fluoridation for the following reasons.

The U.S. Dispensatory defines fluorine as a violent poison to all living tissues.

The American Medical Association, in 1971, said supplemental fluorides to prevent cavities was irrational and not recommended.

A federal judge branded fluoridation as the biggest hoax of the century.

The California Pharmacy Code defines fluoride as a "Class A Poison," the same as mercury and arsenic—and, by law, forbids addition of fluorides to food or water intended for human consumption.

No scientific proof exists to show fluoridation at 1 part per million is either effective against cavities or safe for everyone.

Figures can lie, and liars can figure. It is NOT TRUE that children in fluoridated areas need 50% less dental care. What is true is that permanent teeth of children exposed to fluoridated water erupt more than two years later than those of children in non-fluoridated areas. And no cavities exist in teeth not yet erupted.

(Continued next page)

Ten years after fluoridation in Newburgh, New York, 18% of the children had deformed, mottled teeth – a recognized sign of chronic fluoride poisoning.

To cinch the argument against fluoridating our water, Los Angeles already has more fluorides in the water than the recommended so-called safe level. This was proved when the Pollution Control Board tested tap water in their own building.

Fluorides belched into the air from factories and aircraft end up as fluoride pollution in soil, water, food and people. We need to REDUCE, not increase fluorides. And let's not kid ourselves; the best protection against dental cavities is a good diet, low in sweets, plus sensible hygiene. We invite your questions and comments.

An Editorial Opinion

The Teacher As A Pusher

Reprinted from THE DAILY OLYMPIAN

If a man gives a child a mind-changing chemical, he is a pusher—a criminal and often a felon. He can spend a large part of his life at hard time for one such act.

If a teacher does the same thing with a restless, over-active child, he is somehow advancing the educational process, and patted on the back.

This is done to thousands of school children each year, many in ghetto areas, by teachers who are acting as either medical doctors or pushers, or a combination of each, without any special knowledge of either psychiatry or of the properties of the juvenile downer called Ritalin.

The practice has been denounced by many teachers, and by some redneck right-wing politicians; but the evidence seems to say the rednecks are right, and the dissenting teachers too. The abuses continue, however. Largely, it appears because it makes life easier for the teacher—and to hell with what it does to a jumpy pupil.

The chief pusher of Ritalin, its manufacturer, claims that two million children in this country could benefit from use of his drug. Ritalin is similar to the amphetamines, but has a paradoxically calming effect on young children. The manufacturer has also acknowledged that Ritalin sales account for about $13 million a year of his profits, or 15 per cent.

The label on the drug Ritalin says it acts as an aid to general management in the treatment of minimal brain dysfunction, which often manifests itself in the form of hyperkinetic behavior."

Brain damage, then, is the only medical indication for use of the drug. Who knows what this "brain damage is? Is every ebullient kid in a classroom suffering from minimal brain dysfunction? Nonsense, of course. Yet this is the justification for its administration. Teachers blithely diagnose and treat MBD, as their jargon has it.

How do teachers make their diagnosis? In Los Angeles, at least, they are furnished with a guide put out by a clinic for hyperkinetic children. Some signs: "The little boy who is rather silly and immature and does not do schoolwork up to his expected standard." "Disrupting classes." "Talking out of turn in class." "Telling tall stories to create an important impression." "Not getting work done in school." "Precocious sexual behavior."

There is a sweeping mandate indeed. It touches everyone who has ever gone to school, with the possible exception of the slug. To some teachers, of course, the slug is the perfect pupil. He creates no trouble. For those who create trouble, Ritalin is an answer from the teacher's point of view. The dope does indeed quiet them down.

Yet in the schoolyard and without, there is a lively trade in amphetamines, which are subject to the severe sanctions of the Harrison Narcotics Act. California is so strict on these uppers now that druggists are forbidden to take prescription renewals from doctors by phone. A new prescription must be written. These uppers, and Ritalin too, are habituating though not bodily addictive. Speed leads to more speed, and much anti-social action. Ritalin, at the least, makes children used to drug-taking. What its long range effects are, nobody seems to know. But it does quiet the little rats down.

This is an important matter. Ignorant prescribing of drugs, for the purpose of controlling behavior, is a disquieting taste of 1984. The liberal community, much of it brainwashed by John Dewey in the past and the B. F. Skinner behaviorists of the present, is only too willing to grant that chemical control of behavior, especially among poor and black children, is a legitimate aim of education.

Teachers should be forbidden from administering as much as an aspirin to a pupil There are shoemakers and there are lasts. When teachers become quacks and give out mind-changing chemicals to avoid one of their chief responsibilities – coping with the restless child – the time has come to examine one more thing we have wrought in our public school system.

–Charles McCabe in The Daily Olympian

DISSOLVED GALLSTONES

Researchers at the Mayo Clinic claim they have successfully dissolved gallstones in four women. The new treatment involves the use of a chemical known as CDC, found naturally in human and animal bile. The treatment is still experimental.

WASHINGTON ROUNDUP

Sen. Nelson Introduces Food Protection Act of 1972

Senator Gaylord Nelson has introduced a bill (S. 3163) known as the "Food Protection Act of 1972." It is aimed principally at curbing the proliferating use of chemical additives in food by requiring proof of safety and necessity. The proposed legislation is an amendment to the Food, Drug and Cosmetic Act.

It amends Chapter IV of the Act, giving HEW (Health Education and Welfare) authority and responsibility for all tests or investigations conducted on all new food additives submitted for approval for use in food. The Secretary shall also be responsible for having new tests conducted on additives that were approved prior to enactment of this bill, to determine whether they should be withdrawn.

The Secretary shall contract with qualified third-party laboratories to conduct such tests.

The sponsor of food additives for testing may receive pertinent facts relating to the testing procedure, and, if he objects to the procedure, may request a hearing on the matter.

Sponsor shall provide the necessary material for testing, and shall pay all costs of testing, with charges to be recoverable by civil action if unpaid after the date due.

The Secretary may use the services and facilities of any other agency in the federal government and of any institution, organization, or individual for testing.

The sponsor may request termination of testing prior to one year from date of application, which request shall constitute sufficient basis of denial of approval of such additive.

Nothing prohibits sponsor of any additive from conducting tests of his own.

The results of tests conducted under this section shall be made public.

A new section added to Sec. 301 of the Food, Drug and Cosmetic Act prohibits the introduction or delivery for introduction into interstate commerce of any food, food additive or color additive or food containing additives that have not been proven to be safe, effective and necessary in accordance with procedures established and results approved by the Secretary, in the production of food, or unavoidable by good manufacturing practices for use under the conditions prescribed.

Sec. 704(a) is extended to allow any factory, warehouse or establishment in which food additives are manufactured, processed, packed or held to be inspected by HEW employees.

In Sec. 4, "nutritional value" is added to definitions and standards for food and gives the Secretary the responsibility for setting reasonable standards of nutritional value for food.

Bill To Prohibit Sale Of Diseased Animals As Food

H.R. 204 is a bill to provide that poultry and meat products prepared from diseased animals shall be deemed adulterated. It was introduced by Representative Spark M. Matsunaga (D-Hawaii) and has been referred to the House Committee on Agriculture. The Committee has taken no action yet. Tens of thousands of beef carcasses are sold each year, without warning to consumers, which have had cancers cut out of them. It was estimated by the Associated Press in an article published in February, 1970 that 10% of the 31 million beef slaughtered each year in America received post-mortem whittling of offending diseased parts. Once the diseased part is cut out, the U.S. Department of Agriculture reasons that the balance of the animal is healthy and safe to be consumed unlabeled in any way to indicate it had a diseased part removed. In fact, once the diseased part is removed, the remaining carcass can receive the highest grade of "Prime" if it meets other requirements of that grade.

Cyclamate Compensation Bill Out Of Committee

The House Subcommittee on Claims of the Committee on Judiciary has approved a bill which would reimburse food and beverage canners and bottlers for financial losses they suffered as an aftermath of the ban on cyclamates imposed by the Food and Drug Administration October 18, 1969. The Subcommittee gave its approval to the measure in spite of strong opposition from consumer advocates. It has been estimated that, if passed by both the House and Senate, the measure will cost the government between $50 and $100 million, and perhaps much more. Hearings were held last fall, at which time Clinton R. Miller, NHF Legislative Advocate, presented testimony opposing the bill unless amended to permit individuals, whose health has been damaged due to ingestion of cyclamates, to sue the government for these damages. The *Washington Report* in the December, 1971 *NHF Bulletin* analyzed the measure, reported on the hearings, and contained the NHF testimony.

Another National Health Insurance Plan

Still another plan for a national health insurance probably will be introduced in the House sometime this spring by Representative Ronald V. Dellums (D-Cal.). The plan proposes to give free care to all, with the whole shebang to be paid for with a tax on a person's assets, not income.

F.D.A. actions

OF NOTE TO CONSUMERS

FDA Investigates Oven Bags

The FDA has launched a two-prong investigation into the safety of plastic oven roasting bags. One aspect of the investigation comes as a result of reports of explosions and oven fires when the bags have been used. The bags could be banned if the investigation proves that the bags actually pose a hazard. The agency said that so far, however, it has been unable to determine "that more home oven fires occur with the bags than without." A spokesman for the Reynolds Metal Company, manufacturers of *Brown-in-Bag*, said the firm has received reports of bags bursting when holes were not punched in the top, as specified in the directions, and of oven fires when the bag was used in undersized pans or no pan, or when the bag was permitted to touch the sides of the oven. Accordingly, FDA has asked the seven principal manufacturers of oven bags to launch an intensive consumer education effort to explain how the bag should be used.

The other aspect of the FDA investigation is to determine whether certain chemical substances contained in the bag might be capable of migrating into the food placed in the bag and whether or not manufacturers have used substances not cleared by FDA. Federal food additive laws require FDA approval of packaging materials that come in contact with foods. The FDA said that in checking products, it discovered that Reynolds was in technical violation of the law because its petition for approval, submitted in December, 1970, was still pending. However, the FDA said there was no indication that the plastic was unsafe. In view of the technical violation, FDA has requested Reynolds to halt manufacture and shipment of the bags. Reynolds said it would comply with the request. Manufacturers, including Reynolds, hold the view that no migration problem exists and that therefore, the substances are not subject to Food Additive controls.

*

Child-Proof Bottles For Aspirin Ordered

FDA has ordered child-proof caps to be in use on all aspirin containers by August 15. The order, aimed at cutting down on the thousands of accidental poisonings of children each year, is a requirement of the Poison Prevention Packaging Act of 1970. Similar child-proof safety requirements will soon be required for furniture polish containing petroleum distillates, liniments containing oil of wintergreen, and 4,300 drugs the agency said could be dangerous. The new order requires that an aspirin container thwart the efforts of 85% of a test group of 200 children to open it and 80% of them after a demonstration. The FDA said aspirin is the leading poisoner of children under 5 years of age.

*

Synthetic Petroleum Wax Approved As Additive

Food Additive Orders have been issued to clear both direct and indirect food additive uses of synthetic petroleum wax. This clears the way for its use as a chewing gum base, on cheese and *on raw vegetables and fruit* as a protective coating, and as a defoamer in foods. The wax has been approved also for use in paper and paperboard to be used as food containers. For the chemically-minded reader, synthetic petroleum wax is described as a mixture of solid hydrocarbons, paraffinic in nature, prepared by catalytic polymerization of ethylene, and refined to meet certain specifications.

*

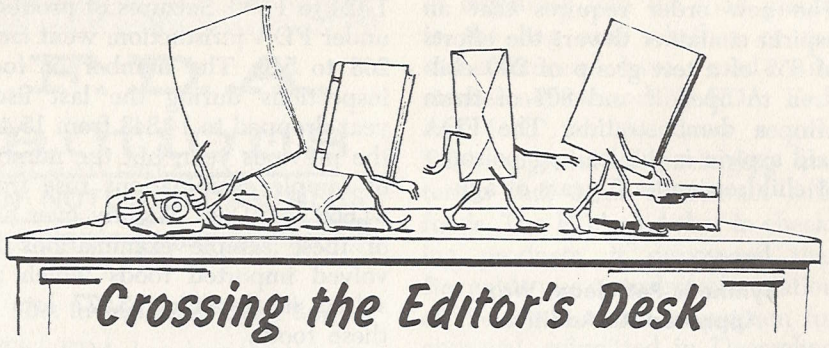
FDA Annual Report Shows Increase In Enforcement

The Food and Drug Administration's annual report covering the fiscal year 1970-71 shows an increase in enforcement activity when compared with the preceding year. The number of "court cases to enforce the laws" jumped from 674 to 845. Recalls of products, most of them voluntary, increased from 1,424 to 1,986. Seizures of products under FDA jurisdiction, went from 268 to 510. The number of food inspections during the last fiscal year dropped to 14,843 from 15,432 the previous year, but the number of sample examinations rose from 34,666 to 39,825. Slightly over half of these sample examinations involved imported foods which resulted in detaining 3,577 lots of these foods.

*

New Labeling Requirements Proposed By FDA

As this column was being prepared for the printer, the FDA was putting the finishing touches on new proposed labeling requirements which will enable consumers to better evaluate nutrients in processed foods. The proposed requirements were scheduled to be published around April 1, after which consumers, industry and other interested parties will be given 60 days in which to submit comments. Sometime after the end of the 60 day period, FDA plans to have meetings with food industry representatives, scientists and consumer advocates before a final decision is made on the new labeling requirements. The proposed labeling system would require the label of all processed foods to show the percentages of the Recommended Daily Allowance (RDA) for eight nutrients—vitamins A, B1, B2, C, niacin, iron, calcium and protein—which will be provided by a common measure of the food.



Crossing the Editor's Desk

Illness and death seem to be linked to the use of chemical defoliants in workers who used the defoliants to clear vegetation along railway tracks in Sweden. It has been reported from Stockholm that five of about 30 workers have died after suddenly becoming ill and a sixth is in critical condition with cancer. Symptoms experienced by the affected surviving workers included headaches, loss of taste, impairment of sight, bladder contraction and impotency.

Two chemicals have been extracted from garlic that have been 100% effective in killing the larvae of the Culex and three other species of mosquitoes in a laboratory. It is hoped by the two researchers in India who discovered the chemicals, that they will be a harmless substitute for DDT. The chemicals were effective in concentrations as low as five parts per million. In a recent issue of **Science,** they reported that they had also been able to synthesize the "active" substances.

The Pennsylvania legislature has killed a bill, temporarily, at least, that would require all water companies serving 20,000 persons or more to fluoridate its supply. The House voted 110-67 to send the bill back to committee. Its sponsor, a dentist, said the measure "may see some life" after the April primary election.

Some interesting statistics concerning botulism has recently crossed our desk. Botulism is the most common illness which may result from improperly canned foods. Since 1925, four deaths have been reported from the consumption of commercially canned foods in the United States (one death occurred in 1941, two in 1963, and one in 1971). These four deaths occurred over a period during which consumers ate the contents of more than 775 billion containers of canned food. By contrast, approximately 700 deaths occurred since 1925 by botulism contracted from home canned foods.

Benzoic acid, a preservative used in meat sold at pet stores, can intoxicate cats, sometimes causing them to chase imaginary mice, according to a report by researchers at Britain's Royal Veterinary College.

Irreversible shrinking of brain tissue in ten men who had smoked marijuana for from three to eleven years has been reported by a team of British doctors. Such atrophying of brain tissue produces such symptoms as memory loss for recent events, changes in personality, changes in temperament, decreased desire to work and diminished clarity of thought.

A new low-calorie sweetener, named monellin, has been isolated from a wild red berry that grows abundantly in the tropical West Africa. It is said to be 3,000 times more intense by weight than sugar. Chemically, monellin is a protein completely free of carbohydrate.

Americans bathe too much and they are so obsessed with taking baths and using cosmetics and deodorants that they get more skin diseases than they would get from the dirt and germs they try to wash off, warns a dermatologist, Dr. John M. Knox, chairman of the dermatology department at Baylor College of Medicine. In a report, another dermatologist, Dr. Raza Aly, revealed the results of an experiment that indicates the human skin has a natural antimicrobial substance. Staph microorganisms applied to the unwashed forearms decreased considerably in numbers in five hours whereas the microorganisms placed on arms previously washed with acetone, showed an increase from 2 to 510 times. The doctor questioned the wisdom of using powerful antibacterial cleansers and deodorant soaps as they might be washing away the natural protective agent on the skin.

Minimum Daily Requirement gives way to **Recommended Daily Allowance** on labels of products claiming to contain vitamins. Since 1941, any product claiming to contain vitamins has been required to show on the label the number or units per milligrams of the vitamins provided by the product. In addition, the label had to state the percentage of the minimum daily requirement, of each vitamin listed, would be provided by a specified, usual serving or, in the case of food supplements, the recommended number of tablets to be used in one day. The "minimum daily requirement" (MDR) is the smallest amount of the vitamin which the average individual requires to avoid deficiency manifestations. The MDR designation will be completely replaced by this summer with "Recommended Daily Allowance" (RDA). The RDA is the recommended, optimum intake rather than the bare minimum. This newer designation is already on most all products to be found in stores.

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:

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SCHIZOPHRENIA TREATMENT

The Long Island Hospital was able to reduce by 90% the cost of treating people who have schizophrenia by adopting a treatment combining nutritional, biochemical and psychological techniques. The treatment includes the use of large doses of niacin and vitamin C with a low carbohydrate diet. Patient visits, on the average, was reduced from 150 to 15 per year.

Book Reviews

SUE THE BASTARDS by Billee Shoecraft (Franklin Press, 2436 East Indian Road, Phoenix, Arizona; 460 pages; soft bound; illustrations; $3.95 plus 50c postage when ordered by mail.).

This book cannot be summarized better than to quote the descriptive lines printed on its cover ,"The true story of the illegal practices of the United States Department of Agriculture . . . of the arrogance and lies of numerous Government Officials . . . and how one woman dared to challenge and expose them."

Sue the Bastards tells a true and incredible story of an absolutely remarkable lady, Mrs. Billee Shoecraft. The Shoecrafts moved to the Pinal Mountains at Globe, Arizona in 1965. Subsequently the U.S. Forest Service ordered the aerial spraying of adjacent land with phenoxy herbicides. These are the defoliants 2-4D, 2,4,5-T and related chemicals which were used extensively in Vietnam where such use has since been discontinued after the U.S. was condemned by 58 countries in the United Nations for using such lethal chemicals capable not only of defoliating the land but also of producing death and deformities in people and other animals. Then it happened. The Forest Service made the ill-fated mistake of spraying Billee Shoecraft herself, as she stood beside her home in a pink chiffon nightgown.

Other writers have warned of a woman's fury when provoked and the spraying incident was the last straw; Billee Shoecraft became provoked and the fury which resulted might be likened to the explosion of an atomic bomb—or at least, I am certain that some of the government officials must feel this way about it. Billee Shoecraft did not become provoked merely because they had sprayed her but rather because of deep love and adoration for her family, her pets, her garden, her home, her mountains, in fact, her love and respect for all living things. It was when she saw her mountains devastated, the ground laid barren and unable to produce anything, when her animal friends and pets gave birth to deformed and blind offspring, when the trees and shrubs grew crooked and deformed, it was then that she reacted hoping to save other areas a similar fate.

What happened then, is the story told in *Sue the Bastards.* How the government reacted, is enough to provoke the ire of every citizen. The book is written in a spirited, conversational style and no words are minced. There is humor in the book, most of it very pointed. There is one difficulty however. The reader is apt to be so angered at the idiotic actions of his government in this matter that he is apt to be in no mood to enjoy the humor. It is highly unlikely that the reader will become bored with this book.

Mrs. Shoecraft has filed a $4.5 million suit against the federal government for damages allegedly caused by Forest Service use of 2,4,5-T and 2,4D in the area—hence the basis for the title of the book. The author reports that she has already won a partial victory. The Forest Service has agreed to discontinue the use of the two defoliant sprays in the Globe area "because of the adverse psychological effects" the chemicals were having on local residents.

* * *

VITAMIN E, WONDER WORKER OF THE '70's? by Ruth Adams and Frank Murray (Larchmont Press, 25 West 45th Street, New York, N.Y. 10036; paperback; 124 pages; $1.25).

Much has been written about the role of Vitamin E in the treatment of coronary heart disease, in fact, a number of excellent books devoted exclusively to this subject are available. This book, however, goes further and summarizes cases reported in medical literature in which Vitamin E was used successfully in many other ailments.

The Foreword of the book is written by Dr. Evan V. Shute of the famed Shute Institute in London, Canada. For many years the Drs. Shute and the Shute Institute have been identified with the clin-

(Continued next page)

ical use of Vitamin E, particularly in cardio-vascular disease and have written extensively on the subject. Ruth Adams and Frank Murray have drawn heavily on the medical reports of the Shute Institute for their references, but, in addition, they have summarized the reports from many other investigators all over the world. These summarized reports are brief but have been prepared in a style which makes for interesting reading.

Entire chapters are devoted to such subjects as the role of Vitamin E in the aging process, how Vitamins A and E may protect lungs against air pollution, the importance of Vitamin E in infant nutrition, how Vitamin E may aid in preventing a heart attack and how it has helped in circulatory problems. Other chapters emphasize the versatility of Vitamin E and tell how physicians are discovering new clinical uses for the vitamin by finding it effective in many conditions not generally considered to be related to Vitamin E. Finally, the book discusses the question of how much Vitamin E the average individual needs for good nutrition and whether or not he is getting sufficient amounts even in well planned diets.

The book is definitely for the lay reader and is devoid of any highly technical medical terms and discussions. The authors advance no personal theories. All the information reported in their book has been gleaned from literature and the experiences compiled by competent physicians and researchers who have experience in the clinical uses of Vitamin E. The reader is bound to be impressed with the importance of Vitamin E and almost certain to take steps to insure an adequate intake of this versatile vitamin in his own nutritional program.

1972 NHF Conventions

Kansas City, Mo., Continental Hotel.....**May 7**
Honolulu, Hawaiian Regent.....**May 13-14**
Milwaukee, Plankenton House.....**May 20-21**
Miami, Deauville Hotel.....**May 28**
Phoenix, Westward Ho.....**June 3-4**
Las Vegas, Sands Hotel.....**June 10-11**
San Francisco, St. Francis.....**June 24-25**
Portland, Portland Hilton.....**July 8-9**
Denver ..... **August 12-13**
Chicago, Pick Congress.....**August 25-27**
Palm Springs, Calif. ..... **September 2-3**
New York City.....**November 11-12**

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 harrassment of those who advocate natural methods of healing and natural foods, the poisoning of our air, water and soil through greed and carelessness, and many other health-related issues.

The NHF opposes monopoly and compulsion in things related to health where the safety and welfare of others are not concerned. NHF does not oppose nor approve any specific healing profession or their methods, but it does oppose the efforts of one group to restrict the freedom of practice of qualified members of another profession, thus attempting to create a monopoly.

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

Will you join us in this worthy effort?

FEDERATION ELECTED OFFICERS AND THEIR RESPONSIBILITIES

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

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