

National Health Federation BULLETIN

OCTOBER, 1972

35c

•
Update On
Chiropractic In Medicare
Legislation
•

FDA Plans Curbs On Vitamin and Mineral Products

First installment in a Health Justice series

Health Justice: An Elusive Goal

By John Joseph Matonis

•
The Sea Within Us

•
Vitamin C Held A Cancer Preventive
•

Dedicated to the Protection of Health Freedoms

THE NATIONAL HEALTH FEDERATION BULLETIN

Protection of Health Freedoms

Published Monthly

Volume XVIII — Number 9

October, 1972

CONTENTS

The NHF Viewpoint	1
Health Justice: An Elusive Goal John Joseph Matonis	2
Heart Disease Linked To Fluoridation	6
FDA Plans Curbs On Vitamin and Mineral Products	7
An Open Letter To the FDA — Lee Hardy	10
Cigarette Smoking As A Cause Of Lung Cancer	13
Update On "Chiropractic In Medicare"	14
Washington Report: 198 U.S. Representatives Have Cosponsored NHF Priority Legislation — Clinton R. Miller	16
The Sea Within Us — Joseph V. Wachter, D.C.	18
New Perpetual and Life Members	21
Washington Roundup	22
Consumer Affairs Report — Treasa Drury	24
Vitamin C Held A Cancer Preventive	26
The Annual NHF West Coast Convention	27
Crossing the Editor's Desk	28
Book Review	31

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

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

The NHF Viewpoint...

Recently, we received a letter from one of our NHF members telling us that he was dropping his membership. Though we dislike losing a member for any reason, it was the reason given by this gentleman that disturbs us most. He charged that we were failing in our responsibilities by failing to encourage our members to adopt a vegetarian diet—an approach he personally had found to be most helpful.

We are happy that our friend found health benefits through vegetarianism and we admire him for his desire to encourage others to adopt the approach he has found so successful. His letter, however, indicates a lack of a clear understanding of the purposes for which NHF was organized. It makes us wonder how many others may have a similar misconception.

As a matter of fact, The National Health Federation does not endorse or oppose any specific therapeutic approach or any legally-established healing profession, feeling there is a place and a need for all. NHF stands firmly on the belief that one needing or desiring the services of a doctor, should have freedom to choose the type of health care he desires. NHF believes that all licensed health care professions should receive equal legal recognition and that any legislation, be it on a local, state or federal level, which fails to provide for such equal recognition, is discriminatory, aids in creating a medical monopoly, and denies equal rights to both the members of the denied professions and to their patients. Freedom of choice is principally what NHF is all about.

It is on this basis that NHF would oppose any ridicule, harassment or government interference with our friend's efforts to pursue the vegetarian way of life. It is on this basis that NHF has opposed FDA's attempt to seriously restrict the sale of harmless food supplements, and the attempt of the Post Office to ban from the mails certain health books because the contents were not in accordance with "the consensus of medical opinion."

OCTOBER, 1972

Health Justice: An Elusive Goal

By JOHN JOSEPH MATONIS
Member of the District of Columbia Bar

The first installment in a Health Justice series

"There ain't no justice!" is what I hear most often when health-minded folk find out I'm a lawyer. You never hear them say to a doctor: "There ain't no health!" The reason is most of us have either experienced or seen *Health*. On the other hand, few of us have experienced or seen *Justice*. For most of us who advocate Health and Health Freedom, there really "ain't no justice."

What is "justice?" The answer is not philosophical. When you're right, justice is *winning*. When you're wrong, justice is *losing*. How often have we been *right* about fluoridation, nutrition or a cure for cancer? All the time. And how

John Joseph Matonis is a Washington, D.C. lawyer and is president of the District of Columbia NHP Chapter. He is a veteran of many health freedom courtroom battles involving nutrition, unorthodox healing, drugs and ecology.

often have we won? Almost never. That's not justice. That's injustice. Whence this paradox? How come so many health enthusiasts know *health*, and are 50, even 60, and full of vitality and never sick? How come you healthy people know *health* and would not know *justice* if Athena took off her blindfold and hit you with a scale full of the stuff? Why is health a goal we can achieve, while justice is such an elusive goal? I'll tell you why.

We are daily interested in our bodies, in health; we strive each day to reach the goal of health and we often do reach that goal. But many of us seldom taste *justice*, savor the victory of the righteous. We have been losing when we were right and others who are wrong have been winning. Even though I am a lawyer who can recognize justice, I confess I often

NATIONAL HEALTH FEDERATION BULLETIN

say to myself "There ain't no justice."

Usually lawyers tell about the cases they've won. I'll tell you about one that I lost. In a health freedom trial, the lawyer takes a lot of credit but the real heroes are the health freedom clients who cherish principles above expedience, who put their reputations, their families, even their lives, on the line when they spit back at the Government-Medical Establishment, the intoxicants of paternal control. This infuriates the government and the battle lines are drawn and the battlefield is the courtroom.

The members of the Artwohl family in Minnesota are health freedom heroes. The state welfare agents took their two daughters, hospitalized them and petitioned the court to give permission to a surgeon to perform a highly dangerous and extremely delicate spinal operation: inserting steel rods in the girls' spines! These parents were not poor, uneducated welfare recipients. They owned a motel and some land. But they took natural vitamins, considered taking the girls to an M.D. who disagreed with the Mayo Clinic, and enrolled the crippled girls in a "creep and crawl" exercise program run by lay volunteers. This showed that they were "food faddists," "health nuts" and "unfit parents," according to the Minnesota health and welfare bureaucrats.

The girls had been crippled since birth with scoliosis, a lateral bending of the spine, caused by the

OCTOBER, 1972

polio vaccine when it was rammed down our throats by the medical whiz kids. Now the medical whiz kids wanted to solve with scalpels and rods the problems their needles and nostrums created.

I cross-examined the surgeon for almost two days. I confronted him with medical journal articles on the dangers of this operation, called "the Harrington Spine Instrumentation." He even admitted that the operation was highly dangerous and that there was no emergency need for the operation. Yet, the judge gave the surgeon a "blank check" to operate on the girls. We were right and we lost. There ain't no justice!

However, before the appeal, the Artwohl girls somehow checked out of the state hospital and ended up in a chiropractic-osteopathic hospital in another state. They are happy and doing well but the law had nothing to do with it. Left alone, the law would have produced a brutal injustice. As an epilogue, the State of Minnesota had the nerve to sue Mr. Artwohl for the bill of the hospital where they kept his children against the family's will!

Contrast the Artwohl case with a 1971 Los Angeles case, *Ballard v. Anderson*, 484 P2d 1345, a teenage girl seeking an abortion. Her parents did not consent. The health and welfare authorities refused to perform the operation. Her lawyer sued and after appealing, the California

(Continued next page)

fornia appellate court ordered the abortion.

So the law apparently is: A government hospital can operate on teenage girls even if their parents protest, but, cannot refuse to operate on teenage girls whose parents do not consent. Either way, the knife wins out over nature. Use this example the next time some pompous lawyer tells you about justice.

Somewhat, for some reason, justice is scarce for the "food faddists" and "health nuts." The smut peddlers and their consumers get more justice than the health food sellers and their consumers. In Kansas in 1964, state agents seized pornographic books. The smut peddlers and their lawyers yelled "freedom of the press" and the U.S. Supreme Court in a landmark decision ruled that the raid and seizure were unconstitutional because the smut peddlers were surprised by the raid, and now smut peddlers are opening stores all over the nation and the government gives them notice and a hearing before a seizure.

Does the Food and Drug Administration or the state agencies give a health food dealer, vitamin companies, chiropractors, or a health book publisher warnings and a hearing before a raid? Don't be silly. They're not pornographers. FDA and their state equivalent agencies, like the California Food and Drug Bureau, zero in on people trying to improve the nation's health and to advance health free-

dom, with efficiency and speed they can't seem to find when catching pornographers, dope pushers or polluters.

Yet, in spite of the dirth of *Justice in Health* in the past, there is hope. (See Matonis, "Courts Provide Hope for Health Freedom," *NHF Bulletin*, January, 1972.) I have hope because I have seen health justice. I have shared in health freedom victories in the courtroom. I have seen the medical establishments and bureaucracy defeated in court. It is the legislatures which make the laws which give the bureaucracy power to interfere with our achieving health as a goal. It is the bureaucracy which favors drugs, the medical monopoly and limits health freedom. The health agencies are ideologically opposed to health freedoms. We are, of course, right, and to win and thereby to obtain justice and to live without bureaucratic meddling, we must fight in court or move!

Sure we have heard about court cases involving health. But do we use the courts enough? Madelyn Murray O'Hare, the avowed atheist, had God and the Bible thrown out of public school so that now it is easier for kids to learn about sex than morality. She didn't do it by asking for what she considered justice. She went out and took it. If we are right, we should go to court more often and take some of the justice less righteous causes get.

The easiest way to get to court is to resist government oppression of health freedom. Draw that line

and when the government steps across, go to court or make the government take you to court. Remember—you're not breaking the law—they are! If you are right and you know you are, they must be wrong.

This is what Dr. F. M. Houston, a minister and author of *Contact Healing*, is doing in San Diego County, California. This renowned healer, whom I am proud to represent in his case, was arrested and charged with fraud and practicing medicine without a license because, following the command of Christ, he "laid on hands" and healed. In the arrest warrant affidavit, a California state agent said she posed as a sick person and when the reverend-doctor started an attempt to heal her, she could "hardly keep from laughing." What are those who believe in the Bible and in spiritual healing or in health freedom to do? Put their hats in their hands, shuffle around like Uncle Tom on the plantation and "negotiate" with the oppressors? We are the subject of their ridicule, the object of their derision, the predicate of their law enforcement activities. To them: We are "fools" and our doctors are "quacks."

So being "nice" to our oppressors just does not work. They are ideologically opposed to health freedom. Their occasional cordial appearances give us only false hope and give them more time. They must be fought—in court, of course. You don't get justice by asking for it. You have to take it.

In health-justice cases, we must be careful to separate the false victories from the genuine victories. Often cases against our people are dismissed but the reason why has nothing to do with health-justice. In one recent unorthodox healing case, a dismissal was ordered because the defendant promised not to violate the law anymore. This is like a guilty plea and is not a victory. Many lawyers, not dedicated to NHF principles, laugh up their sleeves at us. In some cases, if your attorney does not believe in your cause, you may be better off representing yourself.

The medical monopoly does not suppress only health rights. It suppresses *truth* as well, particularly in medical malpractice cases. Justice is barred in these cases by a "Gauze Curtain," a conspiracy of silence. Providing the scalpel to slash this Cause Curtain is Robert S. Shaw, M.D., a New Hampshire surgeon. Shaw and I will take you through this "Gauze Curtain" in the next article in this Health-Justice Series.

In obtaining *health-justice*, the lawyer must know and be able to explain not only the *law* but the *facts* as well, specifically the facts of health science. The union of the health sciences with trial techniques and legal precepts is a necessary factor in the formula for health-justice. The lawyer and the health scientist as a team can retrieve much of that freedom we have lost. But this retrieval must be

(Continued next page)

done NOW. H. Rudolph Alsleben, M.D., the Anaheim, California chelation and ecology expert and editor of *The Answer* magazine, express this emergency philosophy in each issue of his magazine on preventive medicine: "The attackers against Life are gaining momentum and power. We who hold any ammo against such attackers must begin a tremendous counter-attack." In the following issues of the Health-Justice Series,

I will join with doctors to show how this medicolegal team approach can handle problems like medical malpractice rights of unorthodox healers and their patients, psychiatric abuses, fluoridation, the FDA and the nutritional crises.

Don't miss the second article in this Health-Justice Series, "Slashing the Gauze Curtain: The Medical Expert in Malpractice and Health Freedom Cases" by John Joseph Matonis and Robert S. Shaw, M.D.

Heart Disease Linked To Fluoridation

The skyrocketing rate of heart deaths in Antigo, Wisconsin may be linked with fluoride's cumulative effect, Isabel Jansen, R.N., said after compiling data from public health sources.

The Wisconsin State Board of Health and Langlade County vital statistics reveal the drastic heart death increase began about 1951. Artificial fluoridation commenced in the Antigo water supply in 1949.

By 1957, the heart death rate per 100,000 in Antigo had surpassed the national average for the first time and statistics reveal that it has been climbing at an increasing rate ever since. No age group has escaped this increase in heart deaths.

In the twenty year period, 1950-1970 (the national average rose 35.3 per 100,000, while the Antigo

average rose 298.2 per 100,000—an alarming increase of 744.9% over the national.

The increase in Antigo heart death rates follows the pattern of increase in Grand Rapids, Michigan, Newburgh, N.Y. and in the birds and mammals in the Philadelphia Zoological Gardens after the water in those cities was fluoridated.

"It would be deplorable if we have been talked into trading a hole in a tooth for a hole in the ground," Miss Jansen said. She spent three years studying death certificates and records from the USPHS and the U.S. Census Bureau in behalf of the Citizens Action Program for Safe Wisconsin Water Inc. The records are available from the various bureaus and can be checked by anyone, she said.

FDA Plans Curbs On Vitamin and Mineral Products

By Jonathan Spivak

REPRINTED FROM THE WALL STREET JOURNAL

After a decade of dispute, the Food and Drug Administration is preparing to impose new restrictions on the marketing of vitamins, minerals and other food supplements.

The rules, due to be published in the next few weeks, have been softened to meet industry and scientific criticism, and companies will be given plenty of time to comply. But the regulations still are sure to stir major controversy, probably embroiling the agency in a bitter battle with health-food users.

While the decisions aren't final yet, the FDA is expected to:

—Prescribe the minimum and maximum amounts of specific vitamins and minerals that must be contained in multivitamin and mineral products sold directly to the public.

—Require that companies eliminate health claims for such products and probably make them include statements that the products are designated only as nutritional supplements.

—Adopt a new method of labeling amounts of vitamins and minerals in other foods for which nutritional claims are made; this method, known as the "recommended dietary allowance," or RDA, would replace a previous labeling requirement known as the "minimum daily requirement," or MDR, and would limit claims made for many food products.

—Require that containers of vitamin and mineral pills carry an expiration date, probably two years from manufacture, to avoid problems with loss of potency.

The regulations are bound to have a major impact on manufacturers, which are selling an estimated \$322 million of vitamin and mineral pills a year, according to recent estimates. The minimum and maximum limitations and requirements that pills contain specified vitamins and minerals could force many companies to reformulate products. One FDA specialist predicts that 75% to 80% of the products involved may have to be reformulated.

(Continued next page)

Drug-Marketing Standards

While some of the big-selling preparations sold for daily use will probably meet the new requirements, many so-called "shotgun" pills that have an even wider variety of components probably won't. Those that don't would then be considered drugs and have to meet the FDA's tougher drug-marketing requirements. As drugs, mixtures the FDA considers unreasonable wouldn't be allowed, although other products, with high amounts of specific vitamins, could continue to be sold as drugs. However, the FDA might limit many of these to prescription status.

The switch to recommended dietary allowance from minimum daily requirements as a means of providing information on nutritional contents will call for massive relabeling of food products. "The companies will have to relabel practically everything," predicts one FDA specialist.

The MDR was basically an FDA concept designed to specify the minimum level of nutrients required to prevent disease. The RDA, developed by the Food and Nutrition Board of the National Academy of Sciences, is designed to suggest levels adequate to nourish most healthy people.

The MDR for many nutrients is only about half the RDA. Using the MDR, many companies have been able to claim that their products provided well in excess of the desired nutritional level. Required

use of the RDA instead will restrict these claims.

Expiration dating of vitamin and mineral pills could lead to a more rapid turnover of such products in the market place. While many potency problems are due to incorrect storage rather than time, the drug makers probably would find it to their advantage to keep preparations with the longest possible expiration date out in the market.

Two Years of Hearings

These dietary regulations first were proposed by the agency in 1962, in much different form. Although they never went into effect, a revised version was proposed in 1966 that contained even tougher provisions. These were followed by two years of hearings, during which the drug industry and many nutritionists and health-food enthusiasts bitterly protested most of the provisions.

Now a final version is almost ready for the signature of FDA Commissioner Charles Edwards and is expected to be issued shortly. The critics may seek a new hearing, but this request is almost sure to be turned down by the FDA, and the only recourse would be to the federal courts.

The drug makers' reaction is difficult to predict. They are most concerned with the question of whether vitamin and mineral pills that don't meet FDA specifications will be restricted to prescription sales or made available directly to the public as over-the-counter drugs. They prefer direct sale, but the FDA's

decision on this question won't be contained in the coming regulations and may not be settled for many months.

But the National Health Federation, which says it represents the interest of health-food advocates, already is preparing to wage a legislative and legal battle. The federation contends the FDA doesn't have authority to restrict the components of vitamin and mineral pills and is determined to take the issue to court. "The position we are taking is that the manufacturer has a right to put anything in the bottle that is harmless and label the contents," maintains Clinton Miller, vice president and legislative advocate of the group.

Will Seek Legislation

Mr. Miller says the federation also will take its case to Congress when the regulations are issued, seeking legislation that would keep the FDA from restricting food-supplement marketing. The legislation specifically would authorize marketing of food supplements to be used for treatment of disease. What's at stake, Mr. Miller says, is the "self-medication of people through safe substances."

The new regulations would give companies probably as much as a year to comply with reformulation and relabeling requirements. The agency would grant extensive time to minimize the economic impact and permit existing stocks to be used up.

The major concession the FDA is

likely to make to critics of the 1966 proposal is a change in a tough warning statement. As originally proposed, this label warning was designed in effect to deter consumers from buying vitamin and mineral pills. It stated: "Vitamins and minerals are supplied in abundant amounts by commonly available foods. Except for persons with special medical needs, there is no scientific basis for recommending routine use of dietary supplements."

The industry objected that the statement suggested their products were useless. More importantly, many nutritionists argued the label was scientifically unsound. While an adequate diet might be obtained from natural foods, they maintained, many persons made incorrect selections.

Since the 1966 proposal was made, more-over, a vast amount of public and political attention has been paid to the problem of hunger among the poor. Nutritional surveys by the Health, Education and Welfare Department have shown that some groups, such as the aged, women and children, don't always obtain all the necessary vitamins and minerals. And a 10-state nutritional survey just released shows that some groups in the population don't receive enough of such nutrients as calcium, Vitamin A, iron or the B vitamins.

Health Claims Ruled Out

While Commissioner Edwards hasn't made a final decision on this requirement, FDA experts say the

(Continued next page)

original warning statement is clearly out. The most likely alternative would be a more positive version requiring companies to state that vitamin and mineral pills can be used to supplement the diet to produce a basic level of required nutrients. The new statement, however, would just as rigidly rule out any health claims for the products.

And controversy still may arise over the statement. "No matter what we do, people will go up the wall," worries one FDA man.

Another major change was the elimination of required minimums and maximums of specified vitamins and minerals that could be contained in fortified breakfast cereals. Increasingly, companies are adding nutrients to breakfast cereals, and the 1966 proposal specified the contents.

The FDA intends to handle the problem in a voluntary manner

through recommendations that are being developed by the National Academy of Sciences. These recommendations, which may be available by the end of this month, may propose that breakfast cereals contain from 25% to 35% of the recommended dietary allowance of certain vitamins and minerals.

Meanwhile, however, the dietary regulations would require companies marketing cereals with a wide and heavy array of vitamins and minerals to label them as vitamin and mineral preparations. The theory is that if an ounce of such products contains the same amount of nutrients the FDA is requiring in a multivitamin and mineral pill, the consumer should be told. This would help mothers decide whether to use vitamin pills or breakfast cereals as nutritional supplements for their children, and avoid relying on both, officials say.

In the face of the new regulations reportedly planned by the FDA to severely restrict the sale and distribution of dietary supplements, this "Open Letter To the FDA" is especially timely. Mr. Hardy, an NHF member, writes in behalf of all health-minded Americans.

An Open Letter To the FDA

By LEE HARDY

Let me introduce myself. I am freedom-loving, health-seeking America. It's time we sat down and had a heart-to-heart talk. I know you have jobs to do—very essential jobs. One of them is to protect me against harm from adulterated and devitalized foods. But your job is not to tell me what I may eat and what I may not eat. That choice is mine. The Constitution of our Country does not empower any agency of federal or state government to abridge any of the privileges of citizens, and one of those

privileges is the freedom to choose my own way of seeking health. You were not set up to deny me that freedom, but to make sure I have safe foods from which to choose.

But my dear FDA, I hear rumors that you are attempting to overstep your authority and deny me freedom of choice. It is reported, for example, that I am not to be permitted to buy the bioflavonoid complex, or to buy more than a limited quantity of other foods without—of all things—a prescription. A prescription for food! Don't be ridiculous! America is not a dictatorship. Why shouldn't I buy and eat all the Vitamin E I might choose? If it is from natural food sources it is not a drug, but a food, and harm from such a natural food is a very remote possibility.

If you plan to keep me from buying the bioflavonoid complex, I want to know why. It is a natural food. I buy it every time I buy citrus fruits. The Good Lord put it there, together with Vitamin C, and I believe they belong together. I've heard your reason is because you haven't decided yet that the bioflavonoids are needed in human nutrition. That's a lame excuse. Also dangerous. What if you had made the same decision twenty years ago about Vitamin B12? You would have to hang your head in shame, wouldn't you?

If your intention is to protect me from spending my money for things which don't benefit me why don't you ban the sale of tobacco and alcoholic drinks? We both know they are harmful in any quantities.

There are plenty of important matters for you to be concerned with. If you really mean to protect me you should get busy on these matters instead of interfering with my freedom to eat my food as I choose. This idea of *Recommended Daily Allowance* is pure nonsense. Recommended daily allowances for whom? For Man Mountain Dean? For Tom Thumb? For Broadway Joe when he's playing football for the New York Jets, or when he's before the cameras in Hollywood? No two individuals are alike, you know, and their nutritional needs vary daily with occupation, growth rate, stress, body condition and many other factors. Why not just let me choose as I feel the need? If I'm not sure, I can have my nutritionist help me. A nutritionist, you know, has studied health and nutrition. He may know little about illness and drugs, but he does know that degenerative conditions caused by maintenance failure can be remedied only by making up the nutritional lacks which caused them. He also knows the only way to keep me healthy is to teach me how to maintain myself properly and to escape from as many as possible of the conditions which abuse my body. I can't keep well just by fighting disease after I've become ill.

(Continued next page)

So for my sake, get busy and make sure my food supply is free from dangerous ingredients. Then stand out of my way and let me eat it. If you will get the BHT, BHA, formaldehyde, synthetic glucose, sodium nitrate, sodium nitrite, sodium benzoate, sodium sulfite, monosodium glutamate, artificial colorings, artificial flavorings and other harmful substances out of my food and the sodium fluoride out of my drinking water you will be earning your pay.

And let the producers of food supplements strictly alone. I can't get in my food as much of the various nutrients as I need, especially since we have been duped into synthetic agriculture as a national practice, so I must have sources from which I can get enough of them. No wonder I'm overweight. I get plenty of carbohydrates, but I have to eat so much more of ordinary food than I should to get half enough vitamins and minerals and essential amino acids. If we don't get back to sensible farming practices, we'll never be able to produce enough nutrition to keep me healthy. The only way I can manage now is by supplementing my diet every day. Without free access to really good food supplements I could never make it.

As time goes on, our foods contain more and more synthetic substances and synthetics aren't much good as food. In 1881 Lunin demonstrated that life could not be sustained on a "purified basal (i.e., synthetic) diet." In 1905 Pekelharig discovered that if synthetics are to be used by the body at all they must be "supplemented" by natural foods. So let's encourage the production of natural foods, by which the human race has lived and thrived during all but the past century or two of its long life. Remember that some of our forefathers lived hundreds of years on their natural, unprocessed foods. Compare that with records today. This should teach us something. We cannot improve on Nature. When we try we get into trouble.

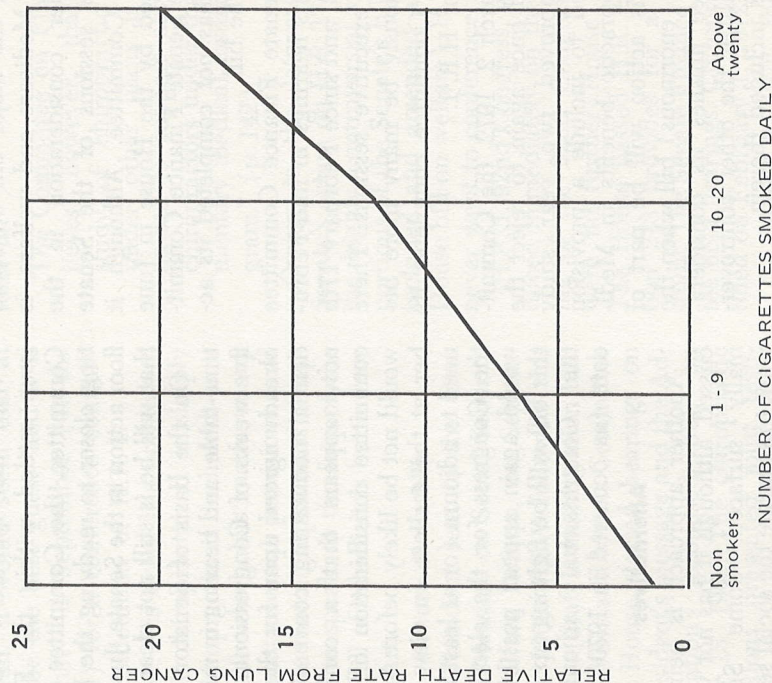
So, my dear FDA, remember your job is to make sure I have foods which I can live on safely and healthily, and let me choose what I want to eat. You were designed to be my servant; not my master. My ancestors got along wonderfully without an FDA, but now we have more self-serving, profit-seeking adulterators who must be restrained. Can I depend on you, or has your faithfulness and usefulness come to an end?

—Health-minded America

*For good or ill, your conversation is your advertisement.
For every time you open your mouth, you let men look
into your mind.*

—Bruce Barton

Cigarette Smoking As A Cause Of Lung Cancer



According to Dr. Charles LaDochy, lung cancer as a cause of death increases with the number of cigarettes smoked daily, or the gram equivalent. The Relative Death Rate (as shown on the above chart is the death rate among smokers divided by the death rate found among non-smokers. Dr. LaDochy is a member of the faculty of the Los Angeles College of Chiropractic. He enjoys a world-wide reputation as an ecologist, and is a member of The World Health Federation, Geneva, Switzerland. (Graph reproduced from *The Chirogram* — *Journal of the Los Angeles College of Chiropractic*)

Update On 'Chiropractic In Medicare'

By HARRY N. ROSENFELD
American Chiropractic Association Washington Counsel

H.R. 1, the major bill on social security, Medicare and welfare, is still under consideration in the executive sessions of the Senate Finance Committee. Although it was passed by the House in June 1971, the Senate Finance Committee still has not completed its action on the bill.

The Senate Finance Committee finished its hearings in mid-February, 1972, and since February 17th has had executive sessions. There will obviously be many more before the Committee completes its version of H.R. 1.

On March 2, 1972, the Committee voted once again to reject the House-approved two year study and voted to include a provision for chiropractic benefits in Medicare. This action will be part of the total (enormous) bill when the Committee finishes its consideration of all of the other controversial items included therein.

The currently most controversial provision deals with the President's proposed welfare program which, in substance, was approved by the House. The Finance Committee has just rejected that proposal of the President and substituted what it calls a "workfare" approach. This will cause a very heated lengthy fight on the floor of the Senate when the bill finally reaches the floor for debate.

With the Welfare — "workfare" issue settled within the Finance Committee, the Committee is getting closer to readying the bill for floor action in the Senate. Just when that will be is still not clear.

On the basis of Senator Long's time-table, and bearing in mind the five weeks of Congressional recess already agreed upon for the presidential nominating conventions, it now appears that a conference committee consideration of H.R. 1 would not be likely before September at the earliest. In view of the need to adjourn (or at least recess) the Congress for the elections, it would again appear possible that this bill will be fighting up against the Congressional adjournment date (as occurred in 1970).

Alternatives

Another approach is being discussed, although it has not yet formally surfaced. Some Senators want to separate the social security-Medicare portions of H.R. 1 from the more controversial welfare provisions, and act this year on social security-Medicare and leave welfare for next year. This possible course of action will in itself be highly controversial because some believe that it would consign the welfare provisions to legislative death. However, if this course be followed, and depending on whether the social security-Medicare pro-

visions are considered by themselves or as a rider to another "must" bill with a shorter deadline date, it is possible that the social security-Medicare provisions could come up for vote somewhat earlier. Overall, it would seem that at this time the best guess—and it is only that—is September (at the earliest) for a conference committee consideration of H.R. 1.

Again, this delay has nothing to do with chiropractic. It is simply that chiropractic is included in a huge bill which has many, many other controversial provisions, and therefore that chiropractic is a captive, so to speak, to the fate of the whole bill of which it is but a very small part.

History of the Bills

The President sent to the Congress a Message on Social Security and Welfare Reform, on September 25, 1969. HEW followed this up with a draft Administration bill.

The Ways and Means Committee of the House started hearings on the President's message and the Administration's proposed bill, on October 15, 1969. The chiropractic associations presented joint testimony on November 3, 1969.

On May 14, 1970, the Ways and Means Committee reported out H.R. 17,550, House Report No. 91-1096. (This was the third social security bill reported to that date.) The bill provided for a two-year study of chiropractic, Subsection 263.

On December 11, 1970, the Senate Finance Committee reported H.R. 17,550. The Committee de-

leted the House study provision and substituted Subsection 205, providing for chiropractic coverage on a limited basis. The Senate approved this action. The Senate Finance Committee's Report stated, *inter al:*

"The Committee on Finance believes, however, that further study of chiropractic services under other plans is not required to support coverage of chiropractors under the supplementary medical insurance program." (p. 142).

Owing to the lateness of the Senate's action on H.R. 17,550, and the highly controversial nature of portions of the Senate's bill (which included and amended an earlier House bill on welfare), H.R. 17,550 never went to conference. It died.

H.R. 1, 92nd Congress, was introduced immediately on the convening of the 92nd Congress. There were no further House hearings. The House passed H.R. 1; Subsection 273 provides for a two-year study. The Senate Finance Committee held hearings. Chiropractic testified on February 1, 1972.

On March 2, 1972, the Senate Finance Committee announced that it had that day approved inclusion of chiropractic in precisely the same fashion as it had been included in H.R. 17,550, and with the same report language. As of this date, the Senate Finance Committee has not yet reported H.R. 1.

—From the *Journal of the California Chiropractic Association*

KANSAS	Badillo	L	Dent	C
Perkins	Brasco	H	Eilberg	L

KENTUCKY
Stubblefield H C L
Carney C L Green
Chisholm Moorhead H
Delaney Nix C
Felton

Rarick	H	Hanley	C	Saylor	H
Waggoner	H	Horton	H	Vigorito	C
		King	H	Yarton	C
MARYLAND		Koch	L	Whalley	H
Fallon	H	McKneally	C	NORTH CAROLINA	
Friedel	H	Murphy	C		

Mitchell	L	Redington	L	Dorn	C
Sarbanes	L	Podell	C	McMillan	C
MASSACHUSETTS		Ottenger	H	Watson	H
Burke	C	Lent	C		
Donohue	C	Ryan	L	SOUTH DAKOTA	C
Drinan	C	Smith	C	Abourezk	C
Harrington	C	Scheuer	C	Berry	C
Heckler	C	NEW JERSEY		Denholm	C
Hicks	C	Daniels	L	TENNESSEE	
O'Neill	C	Dwyer	C	Balton	H
	C	Gallagher	C	Anderson	
MICHIGAN		Helstoski	H	Duncan	H
Federhofer	H	Hennrich	C		C

Conyers	C	Patten	C	L	Quillen	H
Conyers						

NAME	STATE	POSITION
Diggs, H. C.	TEXAS	CHIEF
Rodino, C.	TEXAS	CHIEF

Hutchinson	H	Roe	Cabell	H
Nedzi			Casey	

[illegible]

The Sea Within Us

By JOSEPH V. WACHTER, D.C.

As more and more people, including some of the world's outstanding authorities, become acutely aware of the ecological problems facing the world today, attention has been turned to the sea as possibly being the last frontier which may yet be capable of meeting the nutritional needs of the world's rapidly growing population. Yet, in spite of all the study of the great seas of which we are aware, it has not been readily recognized that there also exists a sea within us of which we are not aware. As we study these two seas, we find some striking similarities and, to say the least, the sea within us provides a fascinating study. Let us look first at the sea outside of us and examine the nature and character of the vegetation found in this sea.

Unlike the flowering plants of land, seaweeds do not reproduce by seeds. They form spores of various kinds produced at different seasons of the year. The spores are simpler in structure than the seed and in its simpler terms can be defined as a cell, much as the female ovum of the human body. The

spore eventually becomes free from the parent plant to develop into a new plant. The reproduction of sea vegetation is, in many instances, most amazing and rather unbelievable. For example, Rockweed contains both eggs and sperm reproductive cells, just as in the human. During ebbtide the eggs and sperm are discharged into the water. While the eggs float, a swimming sperm congregates near them, attaches itself, and spins around on the point of attachment. One sperm fertilizes the egg and the others disappear. The fertilized egg immediately begins to develop. This process is almost identical to the human system of reproduction. Periodic functions of sex organs have been observed in bladderleaf, a species of sea vegetation. In many regions 60% of the sexual cells are released in a single hour before daybreak. This occurs in some regions once every two weeks, and in other regions once a month, again, astoundingly similar to human reproduction.

Seaweeds, we find, make excellent mothers and protect their

young, as all mothers in nature do. If one raises the blade of a sea cabbage, a specie of seaweed, one sees dozens of small seaweeds taking shelter under its protective covering. This protection makes life possible for many plants that could not endure the direct beating of the waves.

Another startling similarity of seaweed with our world, is that the fertilizing properties of seaweed are about the same as those of manure. And as our study continues we find more and more that we carry within us a miniature reproduction of the sea.

The Cell Is the Elementary Unit Of All Life

The elementary unit of all life is the cell. All plants, from the smallest algae to a mammoth tree, and all animals, from the lowest plankton to the whale or elephant, are composed of microscopically small vital units called cells. On the average each cell is 8/1,000th of an inch long, so that over 1,250 cells could be put side by side along one edge of a cubic inch while it would take 2 billion cells to fill the space within it.

To examine a human cell an ideal model might be a chicken egg. The human cell is filled with protoplasm comparable to that of the white of the egg, and in the center floats a sphere, the cell nucleus, or the yolk of the egg. The protoplasm of a cell might be compared to foamy soap suds, filled with fluids of protein, sugar, and salt solutions of various kinds. These include

minerals and trace minerals, enzymes and other vital factors.

The walls in the protoplasm that hold and contain these nutritional substances are selective in materials that they will allow to be absorbed through them. So it is that we must chew, digest, and split our foods up into tiny particles called molecules, so they can pass through these sieves of the cell wall. Calcium, for instance, has a sedative effect because it contracts these sieves or walls. Within the walls of the cell itself are different structures; some contain iron and bind oxygen to the interior. They are the respiratory units of the cell. Others attract food that is entered into the cell and store nutritive substances. If the cells starve, these storage granules are small. When the cell receives food, they swell and often become visible oil drops or protein vacuoles. So it is, the selective walls of each particular human cell will select from the blood the nutritional substances necessary for the development and health of that cell and will excrete into the blood the poisonous substances that are wastes. Thus the lifeline of the cell is the blood.

Human Body Is 60% Water

If the human being were squeezed out like a lemon, no less than 11 gallons of water would be obtained. The human body contains on the average 60% water. Now here is where the first and startling similarity between man and sea begins.

This is no ordinary water, but (Continued next page)

sea water! It contains the same salts that are dissolved in the ocean and almost in the same proportion that are contained in sea vegetation. One authority believes that the salt concentrations found in man and animal blood today reflect the concentrations that were the same as those prevailing in sea water during the geological era in which various forms of life were being evolved in the sea. Thus it is that we are true brothers to the sea.

We walk on dry land but we carry our own sea within us. The body fluids are not cold, but have a temperature of 37°C and a salt content of 1%! If we could but descend into the interior of the human body and examine the life of the cells with a microscope we would be looking at the depths of a tropical ocean and observing the life and activities of extremely tiny aquatic animals—the cells—which in their totality make up our body.

So now we begin to see the relationship between the sea and the living animals in it, and body fluids and human cells. What better way to maintain the ecology of our internal sea than to use the most compatible food for mankind, vegetation of the sea. The pigment of the blood is closely related to chlorophyll, the green pigment of plant leaves, and a substance that was first developed in sea plants. Like the blood pigment in the animals, chlorophyll is contained in small, round granules. The chlorophyll granules and the blood cells are cousins. Chlorophyll itself contains magnesium instead of iron, but it

attracts iron compounds from the soil and the sea. Next to the lungs, at any given moment, one-quarter of the blood in the body is found in the liver.

Viewing the body as a vast sea again, we can say that in the liver exists starfish cells for they bear an astonishing resemblance to these fish. These cells extend arms and remove old worn out cells from the blood stream in order to destroy them. The iron from these worn out cells is retained in the liver for future use. Aside from the liver the two other organs most essential in maintaining the health of the body by removing poisonous materials from its environment are the kidneys and the large intestine. Time does not permit our studying what I call the "Golden Triangle of Health," the manner in which the kidneys, liver, and large intestine function and relate to each other. It is suffice to say that in addition to supplying to each individual by way of the blood the essential nutrients needed, the elimination of poisonous materials by way of cleansing the liver, the large intestines, and kidneys, is of course, essential.

The Sea Provides A Source Of Compatible Nutrients

The importance of the sea as the cradle of most of the life in the world today cannot be overemphasized. When we realize that we carry around within us our own sea, which must establish its own chain of life similar to the chain of life in the sea, so it is ever more

important that man use the source of all nutrition in the sea, sea plants. With this he can provide his miniature internal sea with those minerals, trace minerals, and other nutrients with which his cells are completely compatible.

If we now understand the process of life in the sea by which sea water must be constantly enriched with the upwelling of minerals and trace minerals from the ocean bottom for the subsistence of those tiny cells of the sea, plankton, we can begin to see that it is only logical for man to use these minerals of the sea in the form of sea vegetation to continually fertilize and enrich the humors of the body, the sea water of the body, in which all nutrients are contained.

I hope in the not too far distant future to begin the preparation of a book, "Man Is a Sea," so that far greater and greater segments of the population can understand the importance and relationships of the ecology of the great seas of the world with the ecology of man's own internal sea and the importance of preserving both.

In closing I would admonish all of you to ever remember that life is eternal in the sea and when properly balanced, health in the sea persists. So it is that within your personal body, you can correct your own ecology to bring you an unbelievably abundant life. It is not impossible and not even difficult; for always remember, health is not a privilege — health is your God-given right.

NEW PERPETUAL AND LIFE MEMBERS

Perpetual

Mr. and Mrs. Alvin O. Alton

Life Members

Hank Burdick

Mr. and Mrs. Daniel Johnson

L. Nannette Cohn

Dr. D. Norman Hansel

Esther Dickey

Richard Jones

Bonnie Scott

Douglas Walso

J. G. Churchill

B. L. Bane

David Watumull

John L. McKindley

Mrs. Ellen Colin

Audrey Clemens

Tippie and Brad Lemerond

Royal Laboratories, Inc.

Douglas S. Janney

(Received mid-July to mid-August)

NEW POLLUTION WORRY

Cadmium, a toxic metal, is becoming a rival to mercury as a pollutant, some experts say. Already, deaths have been caused by cadmium poisoning in Japan. In Illinois, California and Washington at least 15 people have become ill from eating candy that contained large amounts of cadmium.

—Awake

WASHINGTON ROUNDUP

House Passes Cyclamates Compensation Bill

By a narrow margin, 177 to 170, the House on July 24 approved a bill which would pay damages, estimated at between \$100 million and \$500 million suffered by businesses and growers as a result of the ban on cyclamates by the FDA in October, 1969. The bill was actively opposed by NHF, Ralph Nader, and the chairman of the House Judiciary Committee, Emanuel Celler, (D-N.Y.). Rep. Leonor Sullivan (D-Mo.) also warned that if the government bailed out cyclamate users "you are inviting every industry in the country to come in and ask to open the same cash box for them too, whenever a product is taken off the market as unsafe."

Nader issued a statement saying the bill "rewards the businessmen with the worst business judgment—those who ignored the warnings that cyclamates were going to be restricted. It pays . . . private industry when there was no fault on the part of the government."

The bill now goes to the Senate.

FDA Bans DES In Animal Feed

The Food and Drug Administration, on August 2, ordered a ban

on the use of DES in animal feeds, the controversial livestock growth hormone suspected of causing cancer. The ban does not apply to DES implants. The FDA said no cattle or sheep receiving the drug as an implant has shown illegal residues in the liver.

Previously, the FDA had proposed such a ban and a notice of the proposed ban was published in the Federal Register. The FDA admitted that the proposal was made primarily as a means to opening the door to comments from interested parties and the probability of holding public hearings on the matter. However, the definite ban was invoked when the Department of Agriculture studies showed the hormone present in beef liver after seven days from withdrawal and that it was likely to be there for up to 30 days.

The order immediately cuts off new production of DES but does permit the use of existing stocks of DES manufactured for feed use until January 1, 1973. In the meantime, it is anticipated that the manufacturers of DES will appeal in court for a stay of the FDA ban and to ask the court to order the FDA to hold hearings.

Senate Bill To Ban DES Approved By Health Committee

A Senate bill (S. 2818) which would revoke all use of DES in animal feed as well as the use of DES implants, was introduced by Sen. Proxmire sometime ago. Hearings on the bill were held by Sen. Kennedy's health subcommittee and, at the conclusion of the hearings, the subcommittee approved the bill on August 3. The bill was scheduled to go to the full Committee on August 8. FDA's sudden action on August 2 to ban the use of DES in animal feeds, may tend to slow progress of the Proxmire bill but, in any event, even if the bill is approved by the Senate, the bill may face some stiff opposition in the House.

Cosmetic Labeling Drive Launched By Consumer Affairs Chief

Mrs. Virginia Knauer, President Nixon's special assistant for consumer affairs, has launched a national campaign to have the cosmetic industry label the ingredients in its products. Pointing out that, on the average, 60,000 women a year develop reactions to cosmetics serious enough to consult skin specialists, Mrs. Knauer said that if all the ingredients were shown on the label, those which cause allergic reactions could be avoided.

Right now, she is asking industry to do this on a voluntary basis but she is getting little cooperation. Colgate-Palmolive, however, says it

will so label all their products. Three others, Mennen, Revelon and Warner-Lambert, say they will label at least some of their products. Avon, Elizabeth Arden, Helen Curtis, and Lavin Charles of the Ritz reported they will provide ingredients to customers on request.

More Child-Proof Caps

The FDA technical advisory committee has decided to require "child-proof" caps on three more categories of hazardous substances: pesticides, iron preparations, and paint solvents. This brings to 13 the number of substance types cited under the Poison Prevention Packaging Act of 1970. Aspirin, the leading poisoner of children, was the first item scheduled for the new packaging which was required beginning August 15. A "child-proof" cap is one which has been shown to resist opening by 85 out of 100 children under the age of 5.

Program To Increase Stove Safety

Commerce Secretary Peter G. Peterson has announced that the National Bureau of Standards, the American Gas Association and Underwriters Laboratories will cooperate in a program to redesign gas and electric ranges to reduce accidental clothing fires. Among features to be incorporated will be knobs that can't be accidentally turned on, burner arrangements which eliminate "reaching over" one burner to use another, and the avoidance of "invisible" hot burners.

Consumer Affairs Report

By TREESA DRURY

The Replacements For DES

Much has been written and said about the cancer inducing synthetic growth hormone . . . diethylstilbestrol. Several bills have been introduced to outlaw its use. However, this may not end the problem. Rodale's Health Bulletin reports that there are two other chemicals, both more powerful than DES, waiting in the wings to take its place. In fact, continues the article, they're already being used on hundreds of thousands of American cattle.

The two chemicals are MGA and zeranol. MGA or melengestrol acetate is also a synthetic hormone. Just how it works within the body of the animal is unknown but its manufacturer, Upjohn, reportedly claims it provides as much as a 6% weight gain over DES, and only a 48 hour withdrawal time is required instead of the present seven day period for DES. However, remember at one time 48 hours was also thought sufficient for DES until last year the USDA changed it to a week. Zeranol is an anabolic not a hormone and is implanted in the ear of cattle and feedlot lambs. For maximum weight gain it can be administered as many as three times before the animal is slaughtered.

The withdrawal period for zeranol is 65 days since no residues have been detected in edible tissue after this time. Yet the drug is effective up to 125 days after implant. Just how that one works at this point defies explanation. No allowable residue levels have been set for either of these drugs as yet. Anyone for good old fashioned grain fed beef? Interestingly enough, there are livestock producers doing just that . . . but the USDA refuses to let them label it in anyway so you, the consumer, can tell the difference.

The Importance of Washing Produce

Dr. Jean Mayer, Professor of Nutrition at Harvard University, feels that consumers are headed in the wrong direction by demanding that technology be kicked out the window in favor of the natural uncooked foods. Dr. Mayer says that people, often to their regret, feel that natural is a synonym for pure. The doctor points out that one of the most important reasons for cooking food is not for taste or tenderness but for

protection against bacteria and parasites which may contaminate even the most lovingly grown organic foods.

However, he is quick to add that there is much good to be said for raw or natural foods. Vegetables and fruits are irreplaceable sources of vitamins and minerals. Raw fruits and vegetables are in general better sources of these nutrients. The doctor, however, is worried about the growing neglect of the most elementary precepts of food sanitation. He points out that organic fertilizers are obviously the most likely to contain parasites. Salmonella is also present which poses a real problem if the produce is not either cooked or washed. Dr. Mayer states that any fruit or vegetable that is eaten raw and unpeeled should be washed thoroughly and, if heavily waxed, as are many apples, peppers and cucumbers, should be peeled.

Eggs present another hazard states Dr. Mayer. If you eat them raw in eggnogs, wash the shell very carefully. Never use a cracked egg and avoid sucking raw eggs. He says you lose nothing nutritional by boiling or poaching it. And what about raw ground meat? Dr. Mayer says no! no! . . . a thousand times no! Leave unwashed produce, uncooked eggs and raw meat to those people who are foolhardy enough to want to play raw food roulette.

Chemicals In Our Food

"The nation's health and that of future generations demands that regulatory agencies immediately stop the practice of vesting chemicals with rights . . . chemicals do not have rights . . . people do." These are the words of Representative Delaney of New York, author of the so-called Delaney Amendment to the Food, Drug and Cosmetic Act. He further stated that chemicals generally are highly toxic, and should be considered guilty of being hazardous until proven innocent.

All chemicals, of course, do not cause cancer. However, Delaney points out that over 1,000 substances have been shown to be carcinogenic in test animals and several are conclusively known to cause cancer in man. Dr. Leo Friedman, toxicologist with the FDA, says chemicals are responsible for some 90% of the cancers in man. Despite this, continues Delaney, the FDA regularly grinds out publicity releases expressing mock surprise that certain chemicals are toxic.

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

Vitamin C Held A Cancer Preventive

... Nullifies Food Peril

The role of vitamin C in reducing the risk of cancer in man, previously suggested by Prof. Linus Pauling of Stanford University, has received fresh support from a team of Nebraska researchers.

The vitamin can chemically nullify the cancer producing action of many commonly used medicines and highly cherished foods when these enter the stomach, the new findings strongly imply.

At the Eppley Institute for Research in Cancer of the University of Nebraska Medical Center, Omaha, Nebraska, Drs. Sidney S. Mirvish, Lawrence Wallcave, Michael Eagen and Phillip Subik have established the cancer preventive effect of ascorbic acid, in the following manner:

Experiments were made with rats and mice, who were fed a number of important medicinal drugs used by physicians in routine practice. After a long enough period, it was found that these animals developed cancers.

But when ascorbic acid, vitamin C, was also given together with the same medicines, practically no cancers occurred. Its effectiveness in destroying the cancer-forming substances present in the medicines was clearly shown.

What are these substances which carry the risk of cancer when they are present in the stomach? They are known as "N-Nitrose compounds," meaning that a particular molecule, called "nitrous acid," consisting of one hydrogen, one nitrogen and two oxygen atoms all yoked to one nitrogen atom, is present in them.

The nitrous acid forms are rendered inactive by the ascorbic acid, by chemical reactions.

So, cautiously the Nebraskans state, in their report to the American Association for the Advancement of Science:

"The possibility of in vivo (inside the body) formation of carcinogenic (cancer producing) N-nitrose compounds from (medicinal) drugs could be lessened by the combination of such drugs with ascorbic acid (vitamin C)... Addition of ascorbate to certain foods containing nitrite compounds might be worth considering."

This research, part of the current search for curing cancer, was supported by grants from the National Cancer Institute and the American Cancer Society.

— From Los Angeles
Herald-Examiner

EVERYONE . . .
(Well, almost everyone)
will be attending

The Annual NHF West Coast Convention

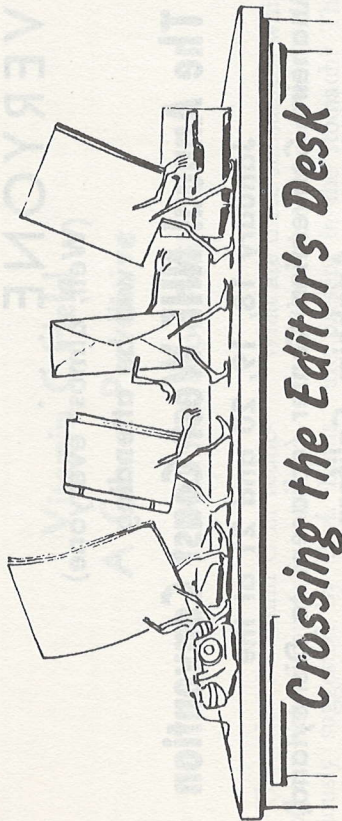
January 18, 19, 20 and 21 at the

**Anaheim Convention Center (adjacent to Disneyland)
Anaheim, California**

This will be the greatest NHF convention ever. The program will include many perennial favorites, but in addition, there will be new faces including Dr. E. Cheraskin, M.D., D.M.D., co-author of *New Hope For Incurable Diseases*, and Ruth Desmond, President of the Federation of Homemakers in Washington, D.C., whose organization has kept a constant vigil on Congress and its activities relating to health. The complete program will appear in the December issue of the *NHF Bulletin* but you can anticipate a four-day program jam-packed with noted speakers sharing their information on current health legislation, nutrition, cancer, fluoridation, pollution, etc. This year, there will be ample seating—the auditorium will accommodate 5500. As usual, there will be over 160 exhibitors.

There are many excellent motels in the general area of the Convention Center. For the convenience of those who may desire motel accommodations, we are here listing the six motels which are situated within two blocks. All have **Anaheim, California 92802** addresses: **PIXIE MOTEL**, 1016 West Katella, \$8.00 per person, \$1.00 extra for each additional person, \$2.00 extra for twin beds and \$2.00 extra for efficiency kitchen; first night deposit must accompany reservation. **MAGIC LAMP**, 1030 West Katella, \$9.00 per person, other rates and regulations same as for Pixie Motel. **RAMADA INN**, 1100 block on West Katella, \$12.00 for 1, \$15.00 for 2, \$18.00 for 3, \$21.00 for 4; possibility of group rates beginning at \$10.50 for 1, if you can organize a group (mention NHF). **INN OF TOMORROW**, 1100 block on West Katella, \$12.00 for 1, \$14.00 for 2. **SPACE AGE MOTEL**, 1100 block on West Katella, \$12.00 for 1, \$14.00 for 2. **TRAVEL LODGE**, 1166 West Katella, \$14.00 single, \$16.00 for double.

Several restaurants are located within two blocks of these motels.



In what two dental researchers described as "dumb luck," a chemical compound has been discovered that painlessly removes tooth decay, eliminating the need for most drilling. The compound is sprayed on the decayed area and seems to work by breaking down dead protein without harming the healthy tooth enamel or dentin, the soft material underneath the enamel. In another formulation, the material may remove plaque, a coating which forms on tooth enamel and blamed for many dental problems as well as possibly being a forerunner of decay. For this, the compound may be incorporated into tooth paste or in mouthwashes. The results of tests on humans is expected to be available sometime in October.

A recent national survey by Medical Economics magazine revealed that three out of five physicians in the country believe that they should unionize. To date, at least six doctors' unions have been organized. The largest, in the San Francisco area, has more than 1,000 members. A Nevada group, the first to organize, is affiliated with the AFL-CIO. At the national level, however, AFL-CIO takes the position that "unless there is an employee/employer relationship, it isn't a union; it's a trade or professional association. The unionized doctors may face a serious legal obstacle. A spokesman for the AMA contends that collective bargaining by physicians who work for fees instead of salaries amounts to price fixing, a violation of the Sherman Antitrust Act. The chief purpose of doctors' unions is to place the physicians in a stronger bargaining position when dealing with insurance carriers, government health care programs, and industry. Among other things, these doctors who favor unionization say they are distressed by the increasing number of rules that governmental and insurance agencies set for them. As Dr. John Holmes, president of the Nevada Physicians Union, puts it, "They tell us when we can put a patient in the hospital, how long we can leave him there, and more and more, they're interfering with the practice of medicine, and it's not in the best interests of our patients."

According to Dr. Charles C. Edwards, Food and Drug Administration Commissioner, the billion-dollar-a-year drug industry spends \$4,000 on each physician to promote the sale of their products—some 35,000 prescription drugs. Senator Gaylord Nelson said there was no question that drug companies are overzealous in pushing their products. He particularly singled out Eli Lilly Co.'s advertising of its pain-killer, **Darvon**, as "irresponsible promotion of a questionable, expensive drug when cheaper, more effective products are available." Darvon costs from \$12 to \$14 for 100 tablets at the drug store. Senator Nelson cited the **New England Journal of Medicine**, 4/13/72, which said Darvon was significantly inferior to plain aspirin in analgesic effect.

In a paper crossing our desk, we note an article stating that the State of Washington is the only state in the nation that has legislation forbidding medical doctors to adjust spines. Sounds like a logical bit of legislation unless the physician had received adequate and proper training—and we question that the 2 to 4 day courses given to some medical groups in spinal manipulation can be regarded as adequate training. The chiropractic student devotes from 1200 to 1800 hours of his four year course to the theory and practice of chiropractic adjustive techniques—so we question how much can be learned in 12 to 24 hours.

More than 600,000 persons die annually in the United States due to heart disease—almost double the number of cancer fatalities. Although the great push in cancer research along with the massive government appropriation for an all-out war against cancer has captured the spotlight, the government's National Institutes of Health has already launched an intensive research program mainly focused on trying to find ways to prevent arteriosclerosis. In the first phase of tests now being conducted, 250 patients aged 21 to 55, with extremely high cholesterol levels and evidence of heart disease, are being studied. Part of the group is being treated by diet alone while the remainder of the group will be treated by a combination of diet and drug therapy. Other aspects of heart disease will be studied at the same time using other groups of volunteer patients—possibly as many as 10,000 persons. With little fanfare, the Senate has already approved a bill introduced by Senator Edward Kennedy which will pour \$1.3 billion over three years into research, prevention and treatment of heart disease. Approval in the House is expected this year.

It has been reported that the House of Delegates of the Wisconsin State Medical Society has voted unanimously to assess each of the Society's 4,400 members \$10 each to fight the growth of chiropractic practices in Wisconsin. NHF holds no brief for chiropractic and certainly does

(Continued on next page)

not condemn the practice of medicine but it surely seems that there is a rightful place for both professions and that people should have the right to choose. To us on the sidelines, it seems highly unethical and unprofessional for any profession to make bold and outward gestures of condemnation of another profession. Even Montgomery Ward and Sears, Roebuck don't engage in that type of conduct. If any one profession had all the answers to man's ills, the other professions would probably dry up on the vine.

The FDA continues to seize dietary supplements or take action against health preparation presumably based on the "secret regulations" recently distributed only to FDA enforcement personnel and not legally implemented or announced publicly. In one case, preliminary action has been taken against a Vitamin E product providing 100 I.U. per capsule. Judging from the information given on FDA's "Charge Sheet" in this case, apparently the FDA considers any Vitamin E product to be in violation if it provides more than 30 I.U. per capsule or suggests an intake of more than one such capsule per day. Preliminary action has been taken also against Chaparral Herb Tablets distributed by the same company. FDA's objection here seems to be the terms, on the label, "For nutritional use as a dietary supplement" and "Formulated and distributed for professional use" (this particular brand of chaparral tablets is sold only to doctors.) The FDA claims both of these statements "falsely represent and suggest that the article has special nutritional and therapeutic value."

In the July-August issue, mention was made in this column regarding the findings of Dr. Ernest Beutler relative to the rather rare inherited deficiency of galactokinase, the enzyme which enables the body to metabolize galactose sugar present in milk and milk products. When galactose cannot be properly utilized, cataracts may result. Edith Jane Parke, an occasional contributor of articles to the Bulletin, pursued the matter further and learned from Dr. Beutler's office at City of Hope that cataracts developing in individuals past the age of 40, are certain to be due to causes other than a deficiency of the enzyme. Since the deficiency, when present, is inherited and present from birth, the cataracts due to this cause will have developed before the age of 40. Naturally, there are other causes of cataracts at my age. It was learned that not too many laboratories are equipped to test for the adequacy of galactokinase.

Americans bought a record 547.2 billion cigarettes in 1971, according to the Federal Trade Commission. This figure exceeds the previous high record in 1968 when 540.3 billion were sold—all in spite of the massive educational program emphasizing the hazards of smoking. There is one consolation: the sales figure, though again climbing, is lower than in 1964 when smoking first became a public issue.

Book Reviews

WHOLE GRAIN BAKING SAMPLER by Beatrice Trum Hunter (Keats Publishing, Inc., 212 Elm Street, New Canaan, Conn. 06840; cloth bound (washable cover), 312 pages; index; \$6.95)

Probably there is no one better qualified to write a book on whole-grain baking than Beatrice Trum Hunter and we are even a bit surprised that this book was not forthcoming years ago. We say this because Mrs. Hunter is the author of several other books, all dealing with foods or food preparation, and she has become especially noted for her expertise in whole-grain bread baking. Her demonstrations of whole-grain baking and her lectures and radio and television appearances throughout the United States, have won her thousands of followers.

Here is a long-needed book which will enable even the novice to make delicious and nourishing breads, rolls, cookies and confections, using whole grains, natural sweeteners and no preservatives. But beyond nutritional values, Mrs. Hunter proves that bread making is both effortless and a lot of fun, with opportunities to express one's imagination in innumerable shapes, sizes, colors and bread textures. Mrs. Hunter has a knack of preparing

the recipe directions in such a manner as to give courage and inspiration to the novice who has always considered bread making a complex task beyond her capabilities.

The book contains over two hundred and fifty tasty recipes to please every palate, with nourishing ingredients such as honey, flaxseed, yogurt, nuts, raisins and fruits. For instance, here are a few of the tempting delights: Tangy Cheese Bread, Oatmeal-Honey Bread, Lentil-Pumpnickel, Millet-Carrot Bread, and adaptations of the traditional French brioche and croissant. And to satisfy that sweet tooth, Banana-Walnut Bars, Sunflower Seed Kisses, and Almond Cookies. Some of the recipes require only minimum preparation and brief baking. All have easy-to-follow directions including directions for (where necessary) kneading, shaping and storing. There is a dictionary of terms for the beginner, and every recipe has been kitchen tested. Even after the briefest perusal of this book, the individuals with a flair for cooking will scarcely be able to wait until they can get into the kitchen to try some of these interesting, delectable recipes.

This book is a perfect companion to *The Natural Foods Cookbook* also by Mrs. Hunter. In addition, Mrs. Hunter is the author of *Gordening Without Poisons*, *Consumer Beware!*, and the recently published *Natural Foods Primer*.

STATEMENT OF

OWNERSHIP-MANAGEMENT-CIRCULATION

1. Date of filing: August 18, 1972
2. Title of publication: National Health Federation Bulletin
3. Monthly except that the July and August issues are combined
4. Location of office of publication: 211 West Colorado Boulevard, Monrovia, California 91016
5. Location of headquarters or general business offices of publishers: 211 West Colorado Boulevard, Monrovia, California 91016
6. Names and addresses of publisher, editor and managing editor: Publisher: National Health Federation, 211 West Colorado Blvd., Monrovia, Calif. Editor: Raymond H. Houser, 5366 Auburn Drive, San Diego, Calif. 92105. Managing Editor: Fred J. Hart, 211 West Colorado Blvd., Monrovia, Calif.
7. Owner: National Health Federation (a non-profit organization), 211 West Colorado Blvd., Monrovia, Calif. 91016
8. Known bondholders, mortgagees, and other security holders owning or holding 1% or more of total amount of bonds, mortgages, or other securities: None
9. Paragraphs 7 and 8 include, in cases where the stockholders or security holders appear upon the books of the company as trustee or in any other fiduciary relation, the name of the persons or corporations for whom such trustee is acting, also the statements in the two paragraphs show the affiant's full knowledge and belief as to the circumstances and condition under which stockholders and security holders who do not appear upon the books of the company as trustees, hold stocks and securities in a capacity other than that of a bona fide owner. Names and addresses of individuals who are stockholders of a corporation which itself is a stockholder or holder of bonds, mortgages or other securities of the publishing corporation have been included in paragraphs 7 and 8 when the interests of such individuals are equivalent to 1 percent or more of the total amount of the stock or securities of the publishing corporation.
10. Extent and Nature of Circulation (Average number of copies each issue during

preceding 12 months): A. Total number of copies printed: 25,250; B. Paid circulation sales through dealers and carriers, street vendors, and counter sales: 2,326; Paid circulation mail subscriptions: 18,173; C. Total paid circulation: 20,499; D. Free distribution (including samples) by mail, carrier, or other means: 220; E. Total distribution (sum of C and D): 20,719; F. Office use, left over, unaccounted, spoiled after printing: 4,531; G. Total (sum of E and F—should equal net press run shown in A): 25,250.

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

Raymond H. Houser, Editor

REQUESTS and GIFTS

BEQUEST IN WILL: Here is a suggested statement for the convenience of those who wish to incorporate into their wills a bequest to The National Health Federation:

"I give, devise and bequeath to The National Health Federation, a non-profit corporation, incorporated under the laws of California, with headquarters at Monrovia, California, the sum of (\$.....) (and/or property herein described) for its discretionary use in carrying out its general aims and purposes."

INSURANCE POLICY GIFT: For those who wish to name The National Federation as sole beneficiary, or one of the beneficiaries, in an insurance policy, it is suggested that you obtain from your insurance agent the necessary legal form or application for your signature, before witnesses if required. The following designation is suggested:

"The National Health Federation, a non-profit corporation, incorporated under the laws of California, with headquarters at Monrovia, California, the sum of (\$.....) for its discretionary use in carrying out its general aims and purposes."

MEMORIAL FUND: Should the donor desire to create a Memorial Fund in a will or insurance policy, state, after the sum of property described in the beneficial gift, that the fund is to be known and designated as the "..... (name) Memorial Fund."

THIS IS THE NATIONAL HEALTH FEDERATION

The National Health Federation is America's largest, organized, noncommercial health consumer group. It is a nonprofit corporation founded in 1955. Its membership is comprised of men and women in all walks of life, belonging to a variety of religious faiths and political persuasions, and engaged in nearly every profession and trade.

Its members believe that health freedoms are inherently guaranteed to us as human beings, and our right to them as Americans is implied in the words, "life, liberty and the pursuit of happiness." Yet, frequently, these freedoms and rights have been and continue to be violated. Too often, as a result of the unopposed pressures from organized medicine, the chemical industries, pharmaceutical manufacturers, and others, laws and regulations have been imposed which better serve these special-interest groups than the public at large. We see and hear of new instances daily. To name a few: spiraling health-care costs, consumer exploitation by leading industries, excessive devitalization and adulteration of our foods, restriction of certain types of treatment, banning of certain health books from the mails, the harassment of those who advocate natural methods of healing and natural foods, the poisoning of our air, water and soil through greed and carelessness, and many other health-related issues.

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

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

Will you join us in this worthy effort?

FEDERATION ELECTED OFFICERS AND THEIR RESPONSIBILITIES

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

Betty Lee Morales—Secretary

Dorothy B. Hart—Treasurer

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

PAID FEDERATION STAFF AND THEIR SPECIFIC FIELDS OF ACTIVITY

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

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

Charles Orlando Pratt—General Counsel Emeritus

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

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

Address: P.O. Box 688, 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.

NATIONAL HEALTH FEDERATION

P.O. Box 688
211 West Colorado Boulevard
MONROVIA, CALIFORNIA 91016

PLACE
6¢ STAMP
HERE

Entered as Second-class Matter

\$5.00 Membership (includes **Bulletin** subscription)

PRICE FOR ADDITIONAL COPIES OF THIS
ISSUE

35¢ each—5 for \$1.00—30 for \$5.00—50 for \$7.50—
100 for \$14.00

**YOUR INVITATION TO JOIN
THE NATIONAL HEALTH FEDERATION**

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

Name.....

Address.....

City..... State..... Zip.....

CLIP OUT AND MAIL TODAY

COMING NHF CONVENTIONS

New York, Commodore.....November 11-12

Palm Springs, Calif., Riviera..... December 16-17

Annual West Coast NHF Convention

Anaheim Convention Center.....January 18-21

HELP SAVE OUR HEALTH FREEDOMS