

National Health Federation BULLETIN

The story of NHF's
first nutritional POW

NUTRITIONAL MARTYRS

By CLINTON R. MILLER

Linus Pauling says FDA's pending dietary supplement regulations are stupid and would interfere with proper nutrition for the American people

What 20 Doctors-Researchers Say About Man's Need For Vitamins

The illogical and unscientific position of the FDA in attempting to severely limit the potency of vitamins and minerals in dietary supplements is emphasized in the comments of 20 prominent doctors-researchers who stress the wide differences in the daily need for these specific nutrients which exist among "normal" individuals.

Orthomolecular Psychiatry: An approach with a future

The Couch Is Out In Modern Psychiatry

By JAY PATRICK

Dedicated to the Protection of Health Freedoms

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THE NATIONAL HEALTH FEDERATION BULLETIN

Protection of Health Freedoms

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

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Editorial Commentary

New Attempts To Discredit NHF and To Block Hosmer Bill Fail

"When you can't defend your point of view against those of your opponents on the basis of truth, logic or scientific facts, use, instead, the diversionary technique of attacking the character and integrity of the opponents."

Not a very lofty or ethical approach but millions of Americans had the opportunity observing this technique in use during the month of May when an article appeared in many of the larger newspapers of the nation under the by-line of Richard D. Lyons, writer for the New York Times News Service. We don't know Mr. Lyons but we suspect that he is merely naive, believes everything a government bureau tells him to be gospel truth, and consequently, has been "had." In any event, his cardinal sin as a reporter was his failure to seek out other views on his story and to check his facts.

His story deals with the grave dangers which attend the possible passage of the Hosmer bill. As Mr. Lyons puts it, "Thousands of food faddists, 142 congressmen and a health lobby, which the federal government has linked with quackery, are backing an obscure bill that would allow Americans to obtain as many vitamins as they want." It may come as a shock to Mr. Lyons to learn that Americans have had this privilege ever since vitamins were discovered.

The article then gives NHF a left handed compliment when it is stated, "A massive flow of letters [urging support for the Hosmer bill], described by one congressional aide as 'coming in by the baleful,' is being financed and directed by a group of health food faddists united as the National Health Federation..." We wish that we could claim all the credit for "baleful" of letters reaching Congress but this credit must be shared with other groups, trade organizations, health publications, and individuals. NHF has thus far printed and distributed a half-million letters (an equal number has been printed and distributed by other groups). This quantity has been printed merely to fill a demand with most of the letters having been sold (at cost) to members and non-members who ordered them. Consequently, it is not true that NHF has "financed" the letter-writing campaign as alleged by Mr. Lyons. An aroused public has been happy to pay the costs of their own participation in the fight to block FDA's pending food supplement regulations.

Most of the remainder of Mr. Lyons' article was intended to smear the character and standing of the National Health Federation and its

(Continued next page)

officers through the use of innuendos and half-truths and thereby hoping to cloud the whole issue of the Hosmer bill and to discourage further congressional support. Does Mr. Lyons believe that the members of Congress lack the intelligence to realize that the character of the Federation and its officers, whether good or bad, has no relationship whatsoever to the necessity for the type of legislation proposed in the Hosmer bill? As Representative Hosmer expressed it, "It's beside the point."

Mr. Lyons quotes from a 10-year old report on the Federation prepared by the Food and Drug Administration which alleges that NHF is a "front for promoters of unproved remedies, eccentric theories and quackery." As our members know well, NHF is not, and never has been, a "front" for any person, group, firm or profession. Advocating a fair clinical testing of a remedy or device does not constitute being a "front." Neither does advocating the inclusion of chiropractic, a legally recognized profession, in Medicare constitute being a front nor even an endorsement of chiropractic methods.

Mr. Lyons then goes on to say that six past and present officers of the Federation have been convicted of breaking various medical and drug laws and that several served prison sentences. We presume Mr. Lyons refers to the *suspended* prison sentence given Dr. Royal Lee and the sentence given V. Earl Irons, both found guilty of product labeling charges. Clinton Miller reveals additional information on the Irons case in another article appearing elsewhere in this issue of the *Bulletin*.

Any competent or fair-minded reporter, of course, would have confronted NHF with the allegations of these criminal records and made an effort to learn the circumstances of the arrests. However, if Mr. Lyons had done this, he could not, in good conscience, have written the story in a manner to give the impression that NHF is run by a bunch of "criminals"—the real purpose of the article.

Space here does not permit a complete review of the charges brought against the elected officers and members of the NHF Board of Governors referred to in Mr. Lyons' article. Most of them, however, involve label claims on food supplements found objectionable to FDA. And, it must be remembered that almost anything a manufacturer or distributor of food supplements might say about his product is objectionable to the FDA—even if it is the truth. In any event, their "crimes" have harmed no one.

Mr. Lyons' diatribe is scarcely worthy of a reply. Intelligent people read such pieces and reject them for what they are. Dr. Paul C. Whyte, of Oshkosh, Wisconsin, a respected member of his community and profession, became so irked, however, he felt he could not discard the whole matter until he expressed his thoughts in a letter to Mr. Richard D. Lyons. He shared his letter with us and has given us permission to print it here.

Mr. Richard D. Lyons
The New York Times News Service

Dear Mr. Lyons:

A column carrying your by-line appeared May 20 in the "Milwaukee Journal." In it you discuss the proposed FDA policy of attempting to restrict vitamin sales in opposition to the present "freedom of choice" enjoyed by citizens.

My impression after reading your column, is that you are an unofficial "official" spokesman for the FDA/AMA establishment. And given the value judgements you make that "thousands of food faddists" exist in opposition to the FDA maneuver, I gather that you have great skill in name calling as a red herring device. This is what logicians call the "ad hominem" fallacy.

I should like to have equal space in your syndicated newspaper arrangement to reply to your column. However given the facts that the free press is unable to do that which equals what radio and TV must do when public matters are discussed, I shall write you hoping that my words will at least be read by you, even though not by the thousands.

I have just read anew the First Amendment of the U.S. Constitution. It guarantees citizens the right to petition and assemble, along with freedom of speech. It does not attach any labels to those who are so instructed or motivated except the word "people."

My question to you, Mr. Lyons, is this: On what do you base your knowledge that it is the "thousands of food faddists" who back the Hosmer bill?

I belong to the National Health Federation because it takes its stand for freedom of choice in health matters against the near-monopoly of the American Medical Association and its manipulated official governmental partner, the FDA. How do you know that I am a food faddist? Perhaps I am a citizen striking a blow for liberty, as I see it. If I am a food faddist because I support the Hosmer bill and oppose Big Brother FDA protection, what are you to be called in mouthing the official line? A "verbal prostitute?" A "trained writing seal?" A "white man who speaks with a forked tongue?"

Perhaps you may get my point. You are guilty of the writing sin of red herring labeling. Even worse, you have done it intentionally.

In the same vein, you mention in your lead paragraph that the federal government has linked the National Health Federation with quackery.

As a knowledge claim, I must ask what this means. My dictionary defines "quackery" several ways. What seems pertinent here is the definition which states a "quack is one who professes skill or knowledge in any matter of which he knows little or nothing."

The National Health Federation exists primarily as a legal vehicle to lobby for FREEDOM OF CHOICE IN HEALTH MATTERS. It does not oppose the AMA or FDA except on the basis that each institution operates like the camel who merely wanted to stick his head in the tent. Likewise, in the fluoridation dispute, the NHF could care less if the Lyons family or Citizen X takes fluoride tablets by the painful. What it does oppose is the use of public water supplies as a vehicle for drug treatment. And if you don't think fluorine is a drug, try to get some at the drugstore without a medical prescription. Likewise in the polio-diet question. I have made a study from North Carolina where the reduc-

tion of carbohydrate intake reduced a polio outbreak. The NHF offers this information for citizens to consider. If they want polio shots instead, the NHF would fight to help them. However, if they did not want shots, the NHF would certainly oppose "forced" polio shots. Since we do not have a prison state, exactly how can you justify such a charge of "quackery" by quotation. Please specify how the federal government has linked the NHF with quackery. Any way, if such a position is quackery, make the most of it.

One thing more about the NHF. Its membership is voluntary, its members are as varied as the members of the some 223 religious sects in the United States. Some have profound beliefs about food, the same as religious believers may have profound ideas about God. So what? This is the nature of the human animal. To believe, even where there is no public evidence. The FDA "believes" high potency vitamin sales may be damaging. Meanwhile it does not ban cancer-causing tobacco, mind-robbing alcohol, the ingestion of some 20 tons of aspirin every day by citizens, or cancer-causing saccharine. Given 200,000,000 citizens who may take vitamins as they choose, please give me some hard evidence as to the damage such practice has on health. How many cases? Where? What kind of vitamins? What sustains the FDA "belief?" I have seen none that is acceptable and I don't think you have either or your word have supported your written bias with them. Furthermore, Dr. Charles C. Edwards, as an allopathic physician, is in no position to be an ideal observer or opinion maker in any fashion. He begins with an unforgivable medical bias in any controversy and ends the same way.

Finally, as to the Hosmer bill, I support it because it will guarantee my freedom of choice to take the supplements I want, in any potency I select, when I want to, without elevating their cost by forcing me to get a medical prescription when they are artificially labeled as a "drug."

I have seen hundreds of persons abused by drugs prescribed and recommended by allopathic medical practitioners, most recently a person taking 18 different kinds of medications . . . and paying handsomely everytime he went back for another office call. However, in 33 years of seeing thousands of people, not one of them has had vitamin poisoning but too many, day after day, were seen with obvious vitamin and other nutritional deficiencies.

You mention that six past or present officers of the National Health Federation have been convicted of breaking various medical and drug laws. And they are the ones now brave enough to take a stand against the might of the federal bureaucracy, which has been known to stoop to any practice to neutralize those who oppose its power to coerce behavior. So hooray for them. Ghandi was such a man.

In all the United States, apparently it is only such men who have the courage to take a stand for freedom of choice. Certainly not Richard D. Lyons, columnist and special pleader.

I think this is the reason Representative Hosmer has put his courage into a congressional bill. And why some 142 other congressmen have co-sponsored it.

And this is why it will pass. It is a new dimension of freedom, whose time has come.

Yours truly,

Paul Courtright Whyte

Rep. Froehlich Asks Linus Pauling For Opinion On Vitamin Regulations

Congressman Harold V. Froehlich (R-Wis.) has released a letter from Dr. Linus Pauling, renowned chemist and Nobel Prize winner, criticizing regulations recently proposed by the U.S. Food and Drug Administration to restrict the sale of vitamin supplements.

The proposed regulations have prompted a flood of mail to many members of Congress. Froehlich wrote to Dr. Pauling to ask his opinion on the regulations.

Dr. Pauling called the proposed regulations, which would control the non-prescription sale of vitamin supplements, "asinine."

Dr. Pauling indicated that many individuals require more than the maximum daily allowance permitted for sale under the proposed rules. "This regulation would interfere with proper nutrition for the American people," Pauling said.

"If the proposed limitation of the sale of vitamins were extended to food," Pauling wrote, "a prescription would be required for serving $\frac{1}{2}$ of 1 oz. of broiled lamb liver or 2 ozs. of sweet potatoes. The FDA is either wrong in proposing the limitation over the sale of vitamin tablets or capsules, or remiss in not also proposing the equivalent limitation in the sale of liver, sweet potatoes, or other foods rich in vitamins."

Dr. Pauling told Froehlich that there is very little chance of dam-

age to humans from ingesting too many vitamins, whereas much damage (ulcers, death) is done by aspirin and other drugs that are sold over the counter. The FDA has not proposed limiting the sale of aspirin.

The proposed regulations would financially penalize individuals who require vitamin supplements because a physician's prescription would be necessary to obtain potent supplements. This would mean paying a doctor's fee in addition to the customary charge for prescription as compared with over-the-counter items.

"The proposed restrictions on the sale of vitamins," Pauling told Froehlich, "limit the freedom of the American people, with no discernable advantage to the country or to the government and with disadvantage to the people themselves."

Froehlich urged the House to hold hearings in the near future on legislation he has co-sponsored with Rep. Craig Hosmer (R-Cal.) which would prevent the FDA restrictions from taking effect.

SORRY

Due to the extraordinary number of orders received for extra copies of the March and April, 1973 issues of the *Bulletin*, our supply is now exhausted.

In the face of FDA's pending regulations which would severely limit the amount, number and combinations of ingredients in vitamin and mineral dietary supplements, The National Health Federation sought out the opinions of recognized physicians and/or researchers who really know something about the biochemical processes and the nutritional needs of man. The statements of most of the authorities quoted, give recognition to the wide differences in the daily need for these specific nutrients which exist among individuals, even in the absence of obvious manifestations of disease, and thus emphasize the illogical and unscientific position of the FDA in attempting to restrict the potency of vitamins and minerals which may be freely purchased as dietary supplements.

The remaining authorities quoted emphasize the effectiveness of megavitamin (high potency) therapy in certain disorders or other circumstances. In view of the reported effectiveness of the therapy, who can say that had the patients consumed adequate amounts of the nutrients prior to their illness, their symptoms may not have occurred?

What 20 Doctors-Researchers Say About Man's Need For Vitamins

Roger J. Williams, Ph.D.
Clayton Foundation, University of Texas

"There surely must be left room in our country for the legitimate sale of nutritional insurance in the form of food supplements. The use of such supplements need not rest on knowing that we are deficient. The facts of individuality suggest strongly that deficiency is widespread and that nutritional insurance makes sense."

"The Food and Drug Administration officials have consistently tended to leave out of their thinking both the *human element* in disease and the idea that cellular malnutrition is a prominent cause of disease."

Linus Pauling, Ph.D.

Stanford University, Palo Alto, California

"In the new science of orthomolecular medicine, an effort is made to determine the nutritional needs of each person for best health. Due to the variations of genetic inheritance, environment, and life style, these needs may vary enormously. Thus, one person may require 100 times as much (or more) of a particular vitamin as another."

Irwin Stone, Biochemist, San Jose, California

"Lack of ascorbic acid has contributed to more deaths, sickness and misery than any other single factor in man's long history. Modern evidence indicates that optimal daily needs for full health to be closer to 5,000 milligrams than 60 milligrams."

A. Hoffer, M.D., Ph.D., Saskatchewan, Canada

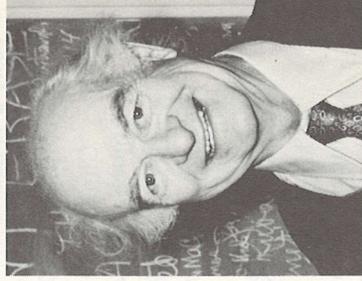
"The body can deal with an excess of vitamins and minerals much more effectively than it can deal with a deficiency. In other words, more than is required does much less harm than too little, as the body handles an excess by simply getting rid of it. The water soluble vitamins are not harmful in quantities far above the minimum daily requirements of the FDA, as they are easily thrown off by the body if they are not needed."

Granville F. Knight, M.D., F.A.C.A.,
Santa Monica, California

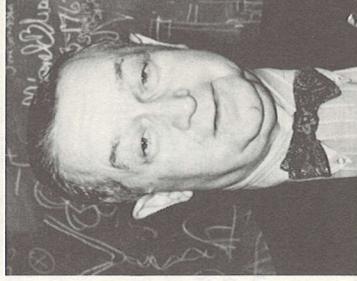
"Food processing and preparation result in the loss of large amounts of important vitamins and minerals. Selection of a good diet, including the avoidance of empty calorie foods, such as sugar, white flour and polished rice, is important, but not enough. Supplements of vitamins A, C, B-Complex, D and E, with emphasis on desiccated liver and powdered yeast, are essential for good health."



ROGER J. WILLIAMS



LINUS PAULING



IRWIN STONE



A. HOFFER

*Richard P. Huemer, M.D.,
Molecular Disease Institute, Woodland Hills, California*

"A central fact of biology—human and otherwise—is that individuals can vary considerably from one another in their needs for nutrients. Vive la difference! Such individual differences helped scientists to decipher the secrets of the genes."

*E. Cheraskin, M.D.,
Department of Oral Medicine, University of Alabama*

"Clinical tests clearly show that the ingestion of vitamin C in amounts much greater than generally recommended significantly speeds wound healing."

Michael Walczak, M.D., Studio City, California

"Magnesium activates more enzymes in the body than any other mineral. Among other things, it is also intimately involved in the storage of sugar as glycogen in the liver—and in its release into the blood for energy. Yet the so-called 'balanced' diet provides only about 25% of the amount required for good health."

John Ward, M.D., Trenton, New Jersey

"The so-called vitamin Minimum Daily Requirements has blinded physicians to the specific vitamin requirements of the individual patient. Because of this, many patients suffer needless symptoms that would be remedied by safe and simple high dosage of the required vitamins."

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GRANVILLE F. KNIGHT



RICHARD P. HUEMER



E. CHERASKIN



MICHAEL WALCZAK



JOHN WARD



HARVEY M. ROSS



VIRGINIA LIVINGSTON



MELVIN E. PAGE



Harvey M. Ross, M.D., Los Angeles, California

"Instead of Minimum Daily Requirements or Recommended Daily Intake, anyone interested in health should try to determine his own Optimum Daily Requirement. In my experience in Orthomolecular Psychiatry, the Optimum Daily Requirement for some supplements varies 10 fold and more between individuals."

Virginia Livingston, M.D., San Diego, California

"The treatment of any disease, whether acute or chronic, should begin with the goal of attaining complete nutritional balance. To the optimal requirements for carbohydrates, proteins, fats, and minerals, must be added those essential substances necessary to all life processes, the vitamins. Because of poor absorption and increased requirement in the diseased state, megavitamins are clearly indicated, particularly vitamin C, since it is not produced by human synthesis."

Melvin E. Page, D.D.S.

"Vitamins are truly named. They are health giving and maintaining, and the amounts necessary vary with the needs of the individual."

*Carl C. Pfeiffer, M.D., Bureau of Research,
New Jersey Neuropsychiatric Institute, Princeton, New Jersey*

"In people under stress, the urinary mauve factor causes a depletion of zinc and pyridoxine which may result in mental illness, with white spots in the fingernails."

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W. D. Currier, M.D., Pasadena, California

"Our research work and that of others shows that food alone cannot supply the indispensable nutritional elements. Vitamins and other supplements are often urgently required. No one, no group of doctors, knows how much of these supplements is needed, especially in severe cases of malnutrition. The so-called Recommended Daily Allowance has no meaning in most physical and mental illness. Thus, I frequently prescribe huge amounts of nutritional supplementation, relying upon computerized laboratory analysis and other data as well as my own clinical evaluation."

Frederick R. Klenner, M.D., Reidsville, N.C.

"I recommend 1,000 milligrams of vitamin C for all my patients for each year of age until they are 10 years old and taking 10,000 milligrams daily. I advise them to maintain this level as they grow older, and to increase it, if necessary. My personal intake of 'C' is about 18,000 milligrams daily."

George Prastka, M.D., Costa Mesa, California

"Shambles have been made out of the FDA's *Minimum Daily Requirements and Recommended Daily Allowances* of various vitamins and minerals by countless scientific studies. This is because there is a tremendous variation in the range of the requirements of the so-called 'normal' person. Indeed, we have yet to discover the optimum amount of these substances for the human body. This is even more true of the individual. One person may require perhaps 1,000 times more of a given nutrient than another, due in many cases to problems he may have in assimilating it."

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Philip Taylor, M.D., Thousand Oaks, California

"Mental health care can be delivered to the public at greatly diminished cost through selective usage of large doses of vitamins and minerals."

Elizabeth A. Plante, R.N., Eastchester, New York

"It appears evident from my work with Schizophrenics Anonymous, Chapter 30, that these acute cases are due either to a life-long deprivation of essential vitamins such as C, B-3, B-1, B-6, and E or to a personal, genetic need for higher than average quantities of these vitamins, or both. These vitamins are non-toxic, not stored in the body, and are essential for good health."

H. L. Newbold, M.D., New York, New York

"No one knows what are your vitamin requirements for optimal health. My best advice is to take very large amounts of all the water soluble vitamins plus brewers yeast."

Harold Stone, D.D.S., La Habra, California

"One gram of vitamin C per hour (for approximately 8 hours) prevents mouth infections following extractions, and also increases the integrity of the tissues involved. In using vitamin C for the last 35 years, we have not had to use antibiotics, which are harmful to the bacterial flora of the intestinal tract."

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CARL C. PFEIFFER



W. D. CURRIER



FREDERICK R. KLENNER

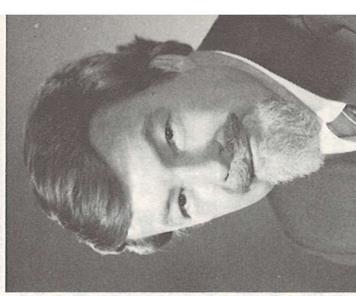
GEORGE PRASTKA



PHILIP TAYLOR



ELIZABETH A. PLANTE



H. L. NEWBOLD

HAROLD STONE



Congressional Support On Hosmer Bill Rapidly Gaining Momentum

As of June 5, 1973, a total of 153 U.S. Representatives had either introduced a bill on their own identical to the Hosmer bill or had joined with Representative Hosmer as a co-sponsor on the several identical bills introduced by Mr. Hosmer. The list of these congressmen follows:

Alabama Bevill, Tom (D) Buchanan, John (R) Dickinson, Wm. L. (R) Edwards, Jack (R) Flowers, Walter (D) Nichols, Bill (D)	Florida Bafalis, L. S. Skip (R) Burke, Herbert J. (R) Fascel, Dante B. (D) Haley, James A. (D) Lehman, William (D) Pepper, Claude (R) Young, C. W. Bill (R)	Michigan Brown, Gary (R) Cederberg, Elford (R) Chamberlain, Chas. (R) Conyers, John (D) Diggs, Charles (D) Esch, Mervin (R) Ford, Gerald R. (R) Hutchinson, Edward (R)	Ohio Carney, Charles J. (D) Clancy, Donald D. (R) Miller, Clarence E. (R) Minshall, William (R) Regula, Ralph S. (R) Seiberling, John F. (D)	North Carolina Jones, Walter B. (D) Mizell, Wilmar (R)	North Dakota None	South Carolina Davis, Mendel J. (D) Spence, Floyd (R)	South Dakota Abnor, James (R)	Tennessee Baker, LaMar (R) Duncan, John T. (R) Fulton, Richard H. (D) Kuykendall, Dan (R) Quillen, James (R)	Oklahoma Jarman, John (D)	Oregon Dellenback, John (R) Wyatt, Wendell (R)	Pennsylvania Clark, Frank M. (D) Coughlin, Lawrence (R) Eshleman, Edwin (R) Gaydos, Joseph M. (D) Goodling, George A. (R)	Virginia Fisher, O. C. (D) Jordan, Barbara (D) Pickle, J. J. (D) Teague, Olin E. (D) Wright, Jim (D)	Wyoming None	District of Columbia None	Guam Won Pat, Antonio B. (D)	Virgin Islands None	Puerto Rico None			
Arizona Conlan, John B. (D) Rhodes, John J. (R) Steiger, Sam (R) Udall, Morris K. (D)	Georgia Mathis, Dawson (D)	Minnesota Blatnick, John A. (D) Frenzel, Bill (R) Karth, Joseph E. (D) Zwach, John (R)	Mississippi Lott, Trent (R)	Missouri Randall, William (D)	Montana Shoup, Richard G. (R)	Nebraska Thone, Charles (R)	Nevada Towell, David (R)	New Hampshire Cleveland, James C. (R) Wyman, Louis C. (R)	New Jersey Forsythe, Edwin B. (R) Helstoski, Henry (D) Howard, James J. (D) Hunt, John E. (R) Roe, Robert A. (D)	New Mexico Jujan, Manuel (R) Runnels, Harold (D)	New York Abzug, Bella S. (D) Addabbo, Joseph P. (D) Biaggi, Mario (D) Brasco, Frank J. (D) Dulski, Thaddeus (D) Fish, Hamilton (R) Grover, James R. (R) Hanley, James M. (D) Horton, Frank (R) Lent, Norman F. (R) Rangai, Charles (D)	Illinois Anderson, John B. (R) Annunzio, Frank (D) Collier, Harold R. (R) Crane, Phillip M. (R) Hanrahan, Robert F. (R) McClory, Robert (R) Michel, Robert H. (R) O'Brien, George M. (R) Railsback, Tom (R) Shipley, George E. (D)	Indiana Bray, William G. (R) Hudnut, William H. (R) Myers, John T. (R) Zion, Roger H. (R)	Iowa Gross, H. R. (R)	Kansas Shriver, Garner E. (R)	Kentucky None	Louisiana Larick, John R. (D) Treen, David C. (R)	Maine None	Maryland None	Massachusetts Moakley, John J. (I) Studds, Gerry E. (D)
Arkansas Hammerschmidt, J. (R)	California Anderson, Glen M. (D) Brown, George E. (D) Burgener, Clair W. (R) Clawson, Del. (R) Corman, James C. (D) Danielson, George (D) Goldwater, Barry (R) Gubser, Charles (D) Hanna, Richard T. (D) Hawkins, Augustus (D) Hinshaw, Andrew J. (R) Hosmer, Craig (R) Ketcham, William (R) Leggett, R. L. (D) Moorhead, Carlos J. (R) Pettis, Jerry L. (R) Rees, Thomas M. (D) Rousseio, John H. (R) Royball, Edward R. (D) Ryan, Leo J. (R) Sisk, B. F. (D) Talcott, Burt (R) Teague, Charles M. (R) Waldie, Jerome R. (D) Wilson, Bob (R) Wilson, Charles (D)	Colorado None	Connecticut Grasso, Ella T. (D) Steele, Robert H. (R)	Delaware None																

If your congressman's name appears in the above list, drop him a note thanking him for co-sponsoring the Hosmer bill and urging him to work for early hearings. If your congressman has not yet co-sponsored the bill, write him a brief letter (even though you may have previously written) asking him to co-sponsor the Hosmer bill, HR 643, and, if you have experienced special benefits through the use of food supplements of the type or potency which would be outlawed by the pending FDA regulations, tell him of your experiences. Also, tell him if he feels he has good reasons why he can not support the Hosmer bill, you would like to know his reasons. If you receive a reply of this type, send it to Clinton Miller, NHF Washington office, 121 2nd Street N.E., Washington, D.C. 20002.

Do not be confused by the fact the Hosmer bill carries several different numbers, such as HR 6043, HR 7241, etc. Early in the session, Rep. Hosmer introduced his bill which was assigned the number HR 643. As more and more congressmen indicated their desire to co-sponsor the bill with him, he repeatedly introduced identical bills in order to carry the names of the new co-sponsors. Each of these bills are assigned numbers in the order of their introduction.

The Couch Is Out In Modern Psychiatry

By JAY PATRICK

"If I, the doctor, (who knows so much about the human body), despite your many complaints, cannot find anything wrong with you organically, you must (by exclusion) be nutty, a case for the psychiatrist. Go to him."

This is a wonderfully simple solution for many a physician. It reestablishes the doctor's ego and gets the difficult patient out of the way. But it often dooms the sufferer to years of expensive, frustrating chitchat with the dreamy psychoanalyst. It is frequently one of the legalized crimes of our society.

After bankrupting himself and his family, the patient may then end up a permanent resident of an institution, among the mental patients who compose nearly 50% of all those hospitalized in this country.

Such is the state of the conventional psychiatric program. Fortunately, a revolutionary approach has been emerging in recent years. It is called ORTHOMOLECULAR PSYCHIATRY. Bearing that same title is the first definitive book on the subject, as edited by David Hawkins, M.D., and Linus Pauling, Ph.D. (W. H. Freeman and Co., San Francisco).

Nobel Prize winning Dr. Pauling and Dr. Hawkins, a distinguished physician and director of the North Nassau Mental Health center of Amityville, New York, have collaborated in bringing together the work of some 37 researchers in the field of orthomolecular psychiatry.

The orthomolecular approach, as Dr. Hawkins observes, "has moved psychiatry into the mainstream of science, which means that it is now subject to its rigorous disciplines."

Under this new program the mind and body will be no longer treated as separate entities, an attitude inherited from Greek philosophers. Instead (at long last!) the mind is now regarded as another organ of the body.

Thus treatment of mental disease or dysfunction must involve treatment of *bodily* dysfunction, the biochemical imbalance that exists in the whole person.

Dr. E. Cheraskin has reported that under conventional psychiatry, the Freudian approach of the psychoanalyst, who may spend years trying to get the patient to talk himself into good mental health, 65% of the patients treated may recover, whereas the recovery rate

for *untreated* patients is also about 65%! This is progress?

Thus psychoanalysts are subject to many of the frustrations of their patients, since it has rarely been shown that the analyst's procedure really works. Indeed, this frustration may be responsible for the high incidence of suicide among psychoanalysts, far higher than that of other doctors.

Some 10% of the population of the United States is held to be at some time afflicted by mental illness to an extent requiring treatment. However, maybe nearly 100% of the population is at some time afflicted by mental illness, since an outstanding conclusion of this new knowledge is that any bodily illness is often accompanied by some mental dysfunction.

The couch is "out" in modern psychiatry, Dr. Hawkins has stated. Thus a sharp line is drawn between those psychiatrists who adopt this new concept and those who follow the older, largely Freudian approach.

"Orthomolecular" Defined

The word "orthomolecular" was coined by Dr. Linus Pauling, taking the word "ortho" from the Greek for straight or correct and "molecular" is from the Latin as applied to the molecule.

Thus, as Dr. Pauling outlines so well in the introduction to the book, orthomolecular psychiatry involves an effort to obtain an optimum molecular concentration of substances required by the body for good health.

This is obviously a chemical ap-

proach, since all bodily dysfunction must be held as biochemical in nature, whatever its causes. Indeed, in illness the body is thrown out of balance, *homeostasis*, for which state I have coined the word *homeodysia*.

Much of this work has been pioneered by Drs. A. Hoffer of Saskatchewan, Canada, and Humphrey Osmond of New Jersey, whose first discoveries occurred some 25 years ago, in Canada. These men developed the HOD test for schizophrenia. Many other fine researchers have collaborated, among them Drs. Mark C. Altschule, Roger J. Williams, Allen Cott, Carl C. Pfeiffer, Robert E. Meiers (deceased), Linus Pauling and David Hawkins.

While slightly less than 3% of the population is currently likely to reach the advanced stage which might be identified under the onerous name of schizophrenia, the disease obviously affects us all. This is not only because many of us may be subject to sub-clinical (less obvious) stages of the ailment, but also because its drain on the resources and energies of our society is enormous.

Niacin—A Key Vitamin

The book is chiefly concerned with schizophrenia which affects somewhat under 3% of the population. However, there is another psychotic condition known as pellagra. This is due to a deficiency of Vitamin B-3 (niacin) — but requires smaller amounts for control than is needed for schizophrenia.

"If all the Vitamin B-3," com-

(Continued next page)

ments Dr. Hoffer, "were removed from our food, everyone would become psychotic within one year. This pandemic psychosis would resemble pellagra... most of the victims of the psychosis would recover within a few months if B-3 were replaced in the diet... but many people would have been so severely damaged that only massive doses of B-3 would alleviate their symptoms, and would be required for life.

"Most symptoms of pellagra are alleviated by doses of B-3 below one gram per day, but a few people may need many times as much. Most schizophrenics respond to from three to six grams but a small percentage of people may require more than 20 grams per day."

In mild niacin deficiency one may feel tense, nervous, irritable and may suffer from insomnia, dizziness, impaired memory, recurring headaches, and skin ailments, including sensitivity to the sun, or the skin may darken and become dry and scaly. Digestion may also be much impaired, since niacin, the preferred form of B-3, is much involved in the sugar transport system and in the secretion of digestive juices.

As pellagra advances toward the state of schizophrenia, the sufferer tends more and more toward violence, disorientation, and delusions. He progressively requires more and more niacin and an equal amount of Vitamin C. (High levels of niacinamide, however, may induce depression.)

Treatment of the Whole Person

Dr. Hoffer tells me that his version of the orthomolecular approach involves *treatment of the whole person by every means available*. This will include the temporary use of tranquilizers and shock treatments for acute cases which are out of control.

His program also involves the elimination of "junk" foods loaded with starch and sugar, intake of a good, high-protein diet, and supplementation with the whole range of vitamins and minerals.

But the chief nutritive tools employed in the correction of this orthomolecular imbalance are Vitamin C and the B vitamins, especially Vitamin B-3. This vitamin has proved most effective as niacin, although some use is made of its neutral form, niacinamide. Dosage of niacin (nicotinic acid) may range from 1 gram (1,000 mg.) to the more than 20 grams (20,000 mg.) required daily for advanced cases of schizophrenia.

"Many people are short on niacin and Vitamin C," says Dr. Hoffer. "Most people, especially those over 40, need about 3 grams of niacin daily, if taken in the standard tablets. However, they should be able to get by on smaller quantities if they are suitably timed release. This is because niacin, like Vitamin C, is water-soluble and is readily lost from the body.

"The new timed release, buffered tablets, just going on the market, offer the best solution to the problem. They produce little or no flushing, and distribute this water-solu-

ble vitamin more evenly through the day.

"If you take the conventional tablets, which are not timed release, you must watch very carefully because the flushing action can be quite extreme. It will not harm you but it could be very disconcerting while driving your car, for instance. The flush starts in your forehead and works down. It lasts maybe an hour, is accompanied by itching of the skin and some chilling effect.

Vitamin C Important

"Also most important is Vitamin C, and there I think a minimum is 3 grams. That's a minimum, but when you are under stress, have a cold, an infection, or are working too hard, not sleeping well, you need more. Some people have gone up to 10 or even 20 grams of 'C' daily. There, again, timed release 'C' is far more effective, since it is assimilated in the body over something like an 8-hour period and tends to maintain a more steady level of this vital substance in the body," concludes Dr. Hoffer.

Many physicians would like to see the word "schizophrenia" withdrawn from the medical vocabulary, because of the stigma attached to it. Indeed, Dr. Hoffer states that the condition does not truly represent a split personality—but that it is always characterized, when fully advanced, by some dispercption of the five principal senses, hearing voices or seeing images of persons not present, the feeling of pressures not truly exerted on the body, etc.

Dr. Edwin Boyle, Director of the Miami Heart Institute, reports,

moreover, that niacin greatly improves the circulation of the blood, giving most patients a sense of well-being, even of euphoria.

Dr. Linus Pauling and Dr. Arthur Robinson outline their astounding results in the chromatographic analysis of urine and breath, concluding that this is a most promising method for the analysis of body function, especially in regard to the amino acids present or utilized by the body after protein digestion.

One of the purposes of their work is to identify genetic abnormalities which have led to severe mental retardation. Their latest equipment is able to make enormously sophisticated determinations of the presence of hundreds of amino acids in the body not heretofore readily analyzed.

Be it understood, though, that these learned men do not represent the views of the establishment, the medical profession as a whole. Even though, these dedicated physicians are pioneering major advances in our approach to diseases of both the body and mind (inseparable), they are regarded as *meriticks* in their profession. Alas, they probably number less than 1% of some 630,000 physicians in this country.

Hopefully, ORTHOMOLECULAR PSYCHIATRY and the work it represents will rock the entire medical profession from its backward stance and lead to major reforms not only in psychiatry but also in our whole attitude toward health.

Nutritional Martyrs

The story of V. Earl Irons, FDA's first nutritional POW

V. Earl Irons was prosecuted and convicted of a federal "crime," by the United States Food and Drug Administration through the U.S. Dept. of Justice, for having and teaching nutritional opinions which differed from those held by the Food and Drug Administration.

One of the heretical, and in the eyes of FDA criminal, opinions taught by Mr. Irons was that to have optimum health it is desirable to have regular bowel movements to eliminate the wastes and toxins from the body. The FDA strongly differed with this opinion and produced an "expert" to the contrary. The FDA witness, Dr. Dale G. Friene, stated that, "people have gone three or four months without moving their bowels." He claimed this would produce "not a bit" of toxic condition. Indeed, FDA's "expert" stated that it wasn't necessary to have regular or frequent bowel movements. He said that if one didn't remove waste through the bowel, that "There are bacteria in the bowels, inside. They break down all kinds of material into just plain ordinary water and carbohydrates. The carbohydrates go out through the lungs. The water goes out through the kidneys."

It is unlikely, but someday FDA may be proved correct in what may seem to some to be a

States. This cereal grass was harvested at the peak of its nutritional potency, juiced and dehydrated under a vacuum to preserve nutrients, and sold to people who agreed with Mr. Iron's nutritional opinions: that to have optimum health it may be helpful to add this concentrated food to supplement their diet. FDA didn't charge that Mr. Irons' product was unsafe. They only charged that his nutritional opinions as "labels" on his admittedly safe and wholesome food products, were criminally in conflict with theirs. FDA mistakenly felt that Congress had empowered them to elevate their nutritional opinions into holy scripture and inquisitorially prosecute all those, like Mr. Irons, who differed.

When Ralph Waldo Emerson peered through the small window in the prison cell door and saw Henry David Thoreau inside, he said, "What are you doing in jail?" Thoreau replied, "What are you doing out of jail? When the government imprisons righteous men, the place for every righteous man is in prison."

A GOOD QUESTION

"Daddy, does a doctor ever doctor another doctor?"

"Yes, I suppose so."

"Well, does the doctor doctor a doctor the way the doctored doctor wants to be doctored, or does the doctor doing the doctoring doctor the other doctor the way he wants to?"

NHF President To

Address HEALTH EXPO '73

Charles I. Crecelius, president of the National Health Federation, will be one of the keynote speakers at HEALTH EXPO '73 to be staged at the Los Angeles Sports Arena September 19-23.

HEALTH EXPO '73, a first-of-its-kind major exposition bringing together corporate and public interests in a booming field, will display for thousands of California residents and out-of-state visitors the most recent developments and products available for improved nutrition, physical fitness, exercise, and over-all ecological balance. Displays and presentations will come from a wide category of educational, public agency, corporate, and commercial interests.

Mr. Crecelius will speak on Thursday, September 20 on the topic, "FDA Tries To Stop the Nutrition Revolution." Other speakers scheduled to appear during the five day event include Adelle Davis; Dr. Wheeler North, an ocean ecologist and professor at Cal Tech; and Mr. William Guy, president of Blue Cross of Southern California and an expert on health care.

TODAY'S CHUCKLE

Why have a Department of Health, Education and Welfare? Well, after you pay for the first two, you'll need somewhere to turn.

—*Bellefontaine Examiner*

Naturopaths and Teamsters Union Join Forces In Push For Naturopathic Legislation In California

In a somewhat unprecedented move, the California Naturopathic Physicians and Surgeons Association and the International Brotherhood of Teamsters, Local 572, located in Long Beach, California have joined forces for the purpose of making a concerted effort to obtain the passage of a law for the licensing of naturopathic physicians in California. At present, naturopathy is not legally recognized in the state.

A bill (SB 1265) was introduced in the California Senate on May 2 which would establish a Board of Naturopathic Medical Examiners and a program of certification and licensing for the practice of naturopathic medicine. Under the proposed act, naturopathic physicians and surgeons would be authorized to use drugs and any and all other methods of treatment except major surgery.

The Naturopathic Physicians in California seek to unite their profession by membership in the Teamsters Union. In January, 1973 the Teamsters Local stated that 150 doctors had filed applications for membership in the Teamsters Union. This number has increased to nearly 1000 since January, we are told. This represents a new concept in the labor movement. There is usually an employer-employee relationship involved whereby the employee is represented by a labor union in collective bargaining with the employer. In this case, the Teamsters Union will have mem-

bership from the California Naturopathic Association who are self employed and where no employer-employee relationship exists.

A spokesman for the California Naturopathic Physicians and Surgeons Association stated that the objective goal of this mutually beneficial joint venture is to bring back to the public "family general practitioners" with its emphasis on treating the whole man and not just a symptom.

Passage of a naturopathic law, as proposed, would give Californians still another choice of methods of healing available to them.

NOTICE

In the June issue of the *Bulletin*, there appeared a piece titled, "More Ammunition For Anti-Fluoridationists" in which Dr. Howard H. Hillemann, a professor at Oregon State University referred to "FLUORIDES," a 1971 publication of the National Academy of Science. He considers the publication a great base on which to fight efforts to introduce fluoridation in any community or state. Since the *Bulletin* was issued in June, Dr. Hillemann has been swamped with inquiries as to where the book may be obtained. He has informed us that "FLUORIDES" published in 1971 is available for \$6.50 (payment should be sent with order) from the National Academy of Science, 2101 Constitution Ave. N.W., Washington, D.C. 20418.

Radio Helps NHF To Reach Out

By WILLADEAN VANCE
NHF Director of Public Relations

"Administrative agencies have used publicity as a substitute for litigation and it has been suggested that the news media is as important a weapon in adversary proceedings before regulatory agencies as the legal brief."

The long struggle waged by the National Health Federation to protect freedom of choice in health has been hampered by the millions of tax dollars spent by public agencies to brainwash the public through the news media. Now at long last, the scales of justice are about to be balanced as NHF finds the doors of the news media opening for equal time in the battle of truth.

One of man's first exciting communication breakthroughs was the radio. If the boob tube caused it to be pushed aside temporarily, now it's value takes on new meaning. As 20th century citizens rush about, their tiny transistor radios accompany them to work, to play, and even to nap. People are trying to keep informed and are reaching out to share happenings of vital concern to all of us. Thanks to a famous creator of radio commercials, Johnny Gunn of "Gunn-Vigran Spots" in Hollywood, project reach-out for the National Health Federation can now take a giant step forward with the granting of a permit by the Southern California Broadcasters Association assigning us a SCAB file number for free public service announcements. It is not essential that an an-

nouncement submitted to a station for airing bear the SCAB file number (or an equivalent number issued in other regions) but in Southern California, the number indicates to the radio station that the Southern California Broadcasters Association has investigated the National Health Federation and found the organization "worthy" of having free air time for public service announcements.

Once a radio station is assured that your organization is truly nonprofit and organized to serve the public in some way, the station generally will be glad to give time for your spot announcements. Therefore, it is suggested that you prepare the spot announcement on the letterhead of your chapter. If your chapter does not have letterheads, a supply should be obtained making sure it indicates your nonprofit status, perhaps using the line which appears at the bottom of the NHF letterheads, "A Nonprofit Health Rights Organization." The letterheads give an air of legitimacy to your organization and can be used, in addition, for press releases as well as correspondence.

All radio stations coast to coast (Continued next page)

grant free time for nonprofit corporations or foundations to make public service announcements. Of course, there are some strict rules to abide by and we must get familiar with these facts of life to stay in the game.

Here are the points to remember:

1. No station will donate free advertising to a non-commercial establishment which may be in competition with one of their paid advertisers. (We're safe on that one.)
2. Write all copy on white bond 8½ x 11 paper, not thin copy sheets. **ONLY ONE ANNOUNCEMENT** per page. Copy must be clear and easy to read.
3. Most radio spots granted free are 30 seconds. Check with your director of news on your local radio stations for the length of time available on your station. Ask for the name of the news director handling public service announcements and correct mailing address along with the deadline. For example, most stations need ten days or two weeks advance notice to read your announcement or play your tape on the air.
4. Events you can cover are meetings of the chapter or conventions — just highlights — such as our color film on acupuncture. It's always wise to do a good job with just a few facts the general public will be interested in, and invite listeners to write for free information or call your local number. Never confuse them with too much, because you

lose their interest if you give them too much to remember.

5. You cannot use this time to influence legislation. Politics are out! Of course, you can give the listener some dramatic facts that will insure they call you for more FREE information, then he or she can act on their own to influence legislation. (We can't help it if they are inspired!)
 6. Use upper and lower case typing — double spaced. Punctuate simply for ease as in any written article. Do not separate sentences with a series of dots... do not abbreviate, fold, staple or hyphenate. These rules are important because your message might be taken out of context by changing one word.
 7. Remember not to offend by making a statement using fear, sex, etc. for shock value. Never say anything you wouldn't say anywhere in mixed company and you'll be safe. Do remember, it isn't what you say, but how you say it that counts. If you have a number of local radio stations in your area, you can make one statement and send copies to all the stations, date with starting and closing times to announce your event. As a rule, two weeks is the lifetime for one statement, however, some can run thirty days.
- Following is a specimen showing the manner in which you might prepare the copy for your spot announcement for submission to the radio station. It is very important that you include the name and telephone number of a local individual

who may be contacted by the station should they desire to do so.

Johnny Gunn, by the way, is a life member in the NHF in Los Angeles and has won many awards in the Hollywood area for his creative writing so we are happy to have him aboard the health freedom train and want to salute a busy professional for taking time and talent to help us out.

We invite all of you to put on your thinking caps. Let's have a contest on who can come up with

the most interesting statements to get our NHF message across to the general public. Study our bulletins, recheck the goals and accomplishments, and pick up your pen and paper and start to write. See the guideline on the number of words you can use per second. For example, as a rule, a thirty second spot can't handle more than 75 words. Someone with a Kentucky drawl could only use fifty words, while the Yankee might use eighty, so we

(Continued next page)

The Monrovia Chapter THE NATIONAL HEALTH FEDERATION

P.O. Box 00
Monrovia, California 91016

May Brown, Secretary
Monrovia Chapter, NHF
(213) 358-1156

RADIO SPOT ANNOUNCEMENT

START USE: July, 2, 1973
STOP USE: Indefinitely

(30 seconds)

Some 2 million Americans suffer from the living death called Schizophrenia. There is mounting evidence what we thought was a split personality is a chemical imbalance possible to correct with mega-vitamin therapy. But Dr. Jean Mayer, President Nixon's nutrition advisor says the average physician knows less about nutrition than his secretary. The National Health Federation offers free facts on vitamins and minerals. Only you and your doctor should choose your diet. Write today to NHF, Box 00 Monrovia 91016, and enjoy tomorrow.

SCBA No. 50874-2101

A Nonprofit Health Rights Organization

also have to consider the locale as well as time.

Sincerity and simplicity are the keys in coming up with a message that inspires the listener to call you up for more information and to volunteer to help.

Paul Revere didn't say very much when he rode through the town with his lanterns calling the "British are coming"...he didn't have to because "British" struck fear in every heart. Today he would be arrested for drunk driving, disturbing the peace, failing to have a city license, etc. Anyhow, we can all think of words that wake people up. We don't want to frighten them, but rather wake them up out of the state of apathy they are living in. *Survive* is a good word.

Recently, I ran an advertisement in our local paper to see how many readers care about nutrition. The ad said: "Wanted two million health concerned Americans who think they deserve the right to buy vitamins and minerals of their choice" ... call 714-556-0782. (My phone number.)

The telephone rang all day and the callers wanted to know about our bill in Congress, Hosmer Bill HR 643, and how could they learn more about the NHF. I signed up five early in the day and although they had seen our display ads on conventions, none had been aware that we are about to loose the right to choose our own diets. This is a lesson we should value.

My old newspaper editor once told me he could write any editorial eight times before his readers found the subject familiar. We cannot

take it for granted that we have talked so much about a subject that EVERYBODY knows it inside out. We have to watch the response to judge how well we get the message across. A flood of letters or phone calls asking, what, where, why and how can I help is the best yardstick to measure the success of your communication.

For some years, the NHF has issued a newsletter along with the monthly bulletin to keep members informed. Unfortunately, the dictators in Washington have flooded every news media in the nation with biased reports designed to turn opinions into facts that could place new controls over health. When the public reads or hears something, often enough what began as fiction becomes fact. The war being fought over health on both sides will be won or lost through publicity. The enemy has thousands of agents using our tax dollars to send out messages on the air, in the paper and by book. We must all arm ourselves to help NHF combat this trial by press by asking equal time for the truth to be told.

It's no accident that the statue of justice in the attorneys' offices shows the good lady wearing a blindfold. If the health industry is to survive, we must take off the blindfolds issued by Washington and the radio can be our eyes and ears to win this war. Johnny Gunn has fired our first important shot and it will soon be heard on the air waves. Won't you join him and help NHF fire off shots around the nation because the health you save, will be your own.

Ingredient Labeling For Cosmetics Proposed

By ARTHUR KOCH, NHF Legal Counsel

As part of a new program of cosmetic regulation, the Food and Drug Administration announced in February two different ingredient labeling plans. Already in effect are voluntary registration of cosmetic manufacturing establishments and a system of filing product formulas with the FDA. A system for reporting adverse experience by cosmetic users is planned to begin during this year.

A petition for ingredient labeling of cosmetics submitted by the Consumer Federation of America, Professor Joseph A. Page of Georgetown University, and Mr. Anthony L. Young and an alternative plan suggested by the Food and Drug Administration were published concurrently in the February 7, 1973 edition of the *Federal Register* (36 FR 3523).

While both proposals require ingredients to be listed in descending order of predominance on labels firmly attached to each product, each proposal has a separate procedure for exceptions to the general rule which will deny the average consumer of needed content information.

The FDA's proposal is both simple and broad in its exception:

The labeling of a cosmetic shall bear a declaration of each ingredient in descending order of predominance, except that fragrance, flavoring, and coloring may be declared as such. An ingredient which is both fragrance and flavoring, or both flavoring and coloring, or any combination of the three, shall be designated by each of the functions it performs unless such ingredient is specifically declared. No ingredient may be designated as fragrance, flavoring, or coloring unless it is within the meaning of such term as commonly understood by consumers.

The result is that the entire category of ingredients classified as colorings, fragrances, and flavorings need not be listed or identified on the label. Rather, the consumer will be given the totally useless information that the product contains colorings, fragrances, and flavorings.

The proposal submitted by Professor Page, Mr. Young, and the Consumer Federation of America makes a good and sincere effort to move closer to complete ingredient labeling. Citing the protection of trade secrets as the necessity for some exceptions to complete ingredient identification, their petition calls for an elaborate and detailed administrative procedure to be followed before a manufacturer is granted an exemption. Thus, "Any person engaged in the packaging or labeling of a cosmetic product may assert that full compliance...[with complete ingredient labeling] would divulge a trade secret by filing with the person designated by the Commissioner, a petition." Among other requirements, the Petitioner must state "with particularity the reasons why the inclusion of any such ingredient(s) on the label would divulge a trade secret."

(Continued next page)

In addition, claiming that there is a moral and professional obligation to protect consumers who must know the complete ingredient content of a cosmetic product, the Petition provides the following unique system for making even trade secreted information available:

Cosmetics; "Trade Secret" information, availability in emergencies

(a) It is the moral and professional obligation of the Food and Drug Administration and the physicians and scientists employed therein to protect American consumers from injury from cosmetic products.

(b) Upon application from poison control centers, the Commissioner, or his delegates, may provide, irrespective of whether a trade secret might be divulged, information on all ingredients to assist in the evaluation of accidental use or accidental ingestion of a cosmetic product.

Upon application from a licensed physician, the Commissioner, or his delegate, may provide, irrespective of whether a trade secret might be divulged, information on all ingredients, where necessary to assist in the determination of the cause of a medical reaction for which a patient is being treated.

(d) Any person engaged in the packaging or labeling of a cosmetic product who so desires may provide the Commissioner, or his delegate, with information on diagnostic or remedial procedures adequate to permit evaluation and treatment in the situations described in paragraphs (b) and (c) of this section. Such information will then be made available in lieu of the ingredient information to which it is compatible.

The National Health Federation is on record of favoring complete ingredient labeling of all food, drug, and cosmetic products. Such information is imperative not only for the individual who wishes to make an economic differentiation between two similar products, but also for the person with allergies or the consumer who believes that certain ingredients may be harmful, despite FDA approval and assurance of safety.

Alternatively suggesting complete ingredient labeling—without exceptions, the National Health Federation officially responded to the FDA with the following statement:

Taking only the example of Red Dye No. 2, we find that it may be, and is being, used in various injected cosmetic products including lipstick, toothpaste, and mouthwash. As is generally well known, there is currently a growing literature of test results indicating a strong case for the harmfulness of this dye. Though the Food and Drug Administration does not at this time accept most of this evidence, it is a fact that many consumers wish to avoid it—and the number of such concerned consumers is constantly growing with the increase of consumer knowledge and awareness.

The Food and Drug Administration has been wrong before and has on several occasions changed its opinion about possible harmful effects of various ingredients used in foods, drugs, and cosmetics. The National Health Federation supports the right of the individual to weigh all available opinions and to personally make the choice about the various products he uses which may, in one way or another, affect his health. If the FDA is going to allow Red Dye No. 2 to be used, then it would seem that at the very least they would have an obligation to make it possible for the consumer to know of its presence so that he can reject it when he so desires.

The National Health Federation noted that it was well aware of the "economic" importance of maintaining trade secrets, but pointed out that "when the possible harmful effects of some of these secreted ingredients are considered—especially to those consumers with allergies—the scales tip in favor of complete disclosure."

Although the NHF submitted its own proposal for complete ingredient labeling of cosmetics, it made the following summary of the two alternative plans as proposed in the *Federal Register* and opened for public comment:

If, however, the Food and Drug Administration is making a choice between the two proposed regulations, then the National Health Federation wishes to support the proposal of Professor Page, Mr. Young and The Consumer Federation of America which at least sets guidelines for administrative determination of which trade secrets may be omitted from a label declaration, provides for the availability of trade secret information when such information is needed in an emergency, and requires a statement "and other ingredients" to be included whenever an ingredient listing is incomplete.

While the official comment period has ended, any individual concerned about ingredient disclosure of cosmetics is urged to write the FDA at the following address:

The Hearing Clerk

Department of Health, Education, and Welfare
5600 Fishers Lane — Room 6-88
Rockville, Maryland 20852

New and Perpetual Life Members

Perpetual Members

Mrs. E. W. Moseley

Life Members

M. C. Norberg
Dr. William J. Mauer
Gordon A. Ruesink, D.C.
Ruby R. Little
C. Keith Gregory
Dale Alexander
H. A. Ilstrup
Mr. and Mrs. Reinald Wolfe
Claire Nutting Miller
Robert J. Peterson
Daniel H. Duffy, D.C.
Dr. W. Duane Burnard
J. E. Ettien

Margaret Culberison
Felice Kaulukukui
Sakiko Okubo
Setsu Okubo
Virginia Teipel
Mr. and Mrs. Jon Young
Leona Cook
Valerie L. Rudolph
Fred Cann
Virginia Van Voorst
Mrs. E. P. Petrash
Jean E. and Marshall W. Wolfe
Mrs. Violet M. Girard

(Received mid-April to June first)

THE FAMILY CIRCLE

By FRED J. HART
Chairman of the Board of Governors

Because of the Food and Drug Administration's unwarranted dietary supplement regulations due to become effective next year, the American people, at long last, have become aroused and are demanding that this bureaucratic encroachment on their liberties be ended. This widespread awakening of the people is, of course, pleasing to NHF and the Federation is grateful for the new support which it is receiving for its fight in opposing the regulations. More and more organizations are contacting the Federation and assuring it of their wholehearted support of NHF's efforts to block the ridiculous FDA regulations either through passage of the Hosmer bill (HR 643) or through court action.

The FDA has become desperate. Knowing that they cannot justify and defend their position with regard to their dietary supplement regulations on the basis of law, logic and science, the high officials of FDA are working hard on Congress to prevent hearings from being held on the Hosmer bill because in hearings, under oath, they would have to support their position with scientific facts. As further evidence of their desperation, the FDA is now seeking, through newspapers and magazines, to malign and vilify the Federation and its officers hoping this will lessen the increasing congressional support for the Hosmer bill. However, we are happy to report that in spite of these efforts of the FDA to malign NHF, more and more congressmen are cosponsoring the bill. As of this writing, 150 have cosponsored. Members of Congress are intelligent enough to see through FDA's innuendos and half-truths and also to realize that this is not NHF's fight alone and that there are countless thousands of people opposed to the FDA action who possibly have never even heard of the National Health Federation.

We are now working with several prominent senators and we believe shortly there will be a bill in the Senate which is identical or similar to the Hosmer bill in the House. When this is done, there will be a need for another letter-writing campaign. In the meantime, it is not too early now to write your Senators asking them to cosponsor and give active support to the bill when it is introduced. At the present time, you can refer to the bill as "the bill similar to the Hosmer bill (HR 643) in the House."

We must win, we are determined to win, and we will win, but we need the prayers, the hard work and the financial support of everyone who believes in freedom of choice in matters of their health and their nutrition.

Apparently in order to frighten those in the business of distributing and selling food supplements, there has been a seeming step-up in

actions taken against these people by both the federal and state food and drug agencies. In most cases, these have been cases of obvious harassment and, sometimes, of entrapment. The FDA is counting on their record of past court victories in such cases to justify their authority to issue the unduly restrictive regulations now pending. Admittedly, the FDA has had their share of victories but generally this has been because the defendant was unable, financially or otherwise, to present an adequate defense. Often, he was defended by a local attorney with little or no experience in food and drug law. Or, he pleaded guilty to one charge in return for a light sentence and the dropping of other charges—the easy way out and usually the only way out available to the defendant who could not afford to do otherwise. This situation has resulted in the inauguration of another phase of our total planned program—the establishment of a LEGAL DEFENSE FUND out of which financial help can be given in those cases where constitutional issues are involved, where important precedent is involved, or where the case is clearly one of harassment and entrapment.

To finance the LEGAL DEFENSE FUND, we are setting aside the revenue received from our Liberty Stamp Drive. Also, at the suggestion of John Charles, a member in Mississippi, we have inaugurated a DOLLAR-A-MONTH CLUB. Anyone may become a member of the Club merely by sending in a dollar and then each month, without being billed or reminded, sending in another dollar. Many who have already joined, have sent in a check for \$12.00 for the entire year in order to save the inconvenience of mailing a dollar each month. To be successful, we must have at least 1000 members in this club.

Regarding the Liberty Stamps—if any of our members feel they cannot make a contribution, do not feel you must return the stamps. We want you to use the stamps anyway—they help advertise the Federation.

Welcome Visitors—Ten years ago, when we were operating the Federation out of a small office on Van Ness Avenue in San Francisco, two lovely ladies, a mother and daughter, from Texas came to visit us. Their names were Bernice and Ellene Reindl. They said they wanted to see just what NHF looked like and wondered if we had any work they could do to help during their vacation stay in San Francisco. I said, "That's wonderful. We are stuffing envelopes for our membership and are short of help." And they spent their vacation doing just that. Their only reward was a fish dinner at San Francisco's famous Fisherman's Wharf as my guest. Yesterday while sitting at my desk, Mr. and Mrs. Eddie Reindl and their daughter walked in saying they were visiting California and thought they would look in on us and see if there was something they could do to be of help. I said, "We are stuffing envelopes" and they said lead them to it. And so, they spent their vacation again stuffing envelopes.

(Continued next page)

They are wonderful people and it is a great lift to our morale to have such dedicated members.

In closing the Family Circle for this month, I want to thank personally, all of our wonderful members who have responded to our many pleas and requests for their personal involvement of the work of the Federation, their financial support, and for their prayers for the success of the Federation's program and for my personal health that I may be able to continue to carry on the campaign to its ultimate victory. Prayer changes things, and I am so thankful that we have so many praying people as members of the Federation.

Beatrice Trum Hunter Honored

Beatrice Trum Hunter, whose excellent book reviews frequently appear in the *Bulletin*, has been honored as the winner of the R. T. French Tastemaker Award in the Organic and/or Natural Foods Category for 1972. The award was based on her book, *The Natural Foods Primer*, released last year. In addition to *The Natural Foods Primer*, Mrs. Hunter is the author of a number of other books including *Gardening Without Poisons*, *Natural Foods Cookbook*, *Consumer Beware*, and *Whole Grain Baking Sampler*.

More recently, Mrs. Hunter made a series of 16 color TV tapes entitled *Beatrice Trum Hunter's Natural Foods* for WBGH (Channel 2) in Boston, a public broadcasting station. Though the tapes are short (3½ minutes), they are packed with a vital, important message. Members in other areas would do well to suggest to their local public broadcasting TV station that they secure the tapes for local showing. Public broadcasting stations (often at universities) frequently exchange, rent or sell programs to one another.

Book Reviews

THE CHOLESTEROL CONTROVERSY by Edward R. Pinckney, M.D. and Cathey Pinckney (Sherrbourne Press, 1640 South La Cienega Blvd., Los Angeles, CA 90035, 165 pages, deluxe paperback, annotated bibliography and author's notes, index \$3.95)

The eminent cardiologist, Dr. Paul Dudley White, made a candid admission, "I think I have a pretty clear idea of the role of proteins, carbohydrates and so forth, but I must admit I'm thoroughly confused about cholesterol, and for that matter, I'm not sure whether some form of the weight-control diets might not be dangerous to the heart. The amounts in the blood—we call it serum cholesterol, is not necessarily related to cholesterol found in food."

If Dr. White is confused by the significance of cholesterol, pity the poor layman! Dr. and Mrs. Pinckney have attempted to clear up this confusion in their well-documented expose, *The Cholesterol Controversy*. They substantiate all their statements with nearly forty pages of annotated bibliography and author's notes for readers who would like to explore the subject further. The Pinckneys demonstrate how the very terms "cholesterol" and "saturated fats" have become symbols as culprits that menace the heart. On the other hand, "polyun-

saturates" has become the magic word cultivated by the edible oil interests, and given support both by scientific groups and governmental agencies, as a benefactor that protects the heart. The Pinckneys rip off these unearned labels of the "men in the black hats" (cholesterol and saturates) and the "men in the white hats" (polyunsaturates) and tell it as it really is.

To date, there is no scientific evidence to prove conclusively that even if cholesterol is consistently lowered in the blood that such lowerings decrease the chances of heart attack. Nor has it been proven that heart or artery diseases are prevented from starting, of progressing if existent, through the use of polyunsaturates in the diet.

The Cholesterol Controversy tells the reader what cholesterol is, how it is formed, and how it functions in the body. The authors discuss the unreliable nature of laboratory testing for serum cholesterol, as well as the meaningless interpretations even if the testings are accurate. Many factors must be considered, they point out, and serum cholesterol level may not even be related to dietary intake.

The Pinckneys' primary purpose in *The Cholesterol Controversy* is to relieve the worry and anxiety imposed on the public by the blatant and misleading propaganda which continues to be ground out by the sellers of polyunsaturated oils. The authors chastise professional groups, such as the American Heart Association and others, who have been literally brainwashed by

(Continued next page)

this propaganda. The authors charge that such groups have made statements and taken actions which cannot be supported scientifically. Governmental agencies, such as the Food and Drug Administration, and the Federal Trade Commission are taken to task for ignoring flagrant violations of the edible oil interests that urge customers to use large amounts of polyunsaturates, and as therapeutic agents rather than as foods. This industry has succeeded in preying on the public's fear of heart disease. Meanwhile, the dairy interests, another behemoth pressure group which *could* have mounted a campaign to vigorously combat such misleading promotions, has chosen to be a passive sideline spectator. The authors' explanation of this stance is that the profits of the dairy interest is assured while the battle of saturates vs. unsaturates continues to rage. Any losses incurred to the dairy interests from a decline in consumer purchases of dairy foods are automatically bolstered through the system of price supports.

The Pinckneys are of the opinion that research for truly effective means of preventing and curing heart disease has been madly hampered because the public has been motivated by fear tactics into making radical dietary changes that may be more harmful than helpful. A substantial number of scientific experiments demonstrate that an excessive intake of polyunsaturates in the diet can cause premature aging, an increased incidence of cancer, and other damaging diseases.

Instead of this program, based on fear and anxiety along with radical dietary changes, the Pinckneys offer sensible recommendations. They suggest the importance of eating a well-balanced diet, with all kinds of food, but in limited quantities. They emphasize the importance of mealtime being one with a pleasurable, relaxed atmosphere. They discuss the role of physical fitness for general as well as for heart health. They devote an entire chapter to stress as a significant risk factor in heart disease. The authors make many wise recommendations as to how the individual can relieve or overcome stress.

Dr. Pinckney is a board-certified specialist in preventive medicine, and holds post-graduate degrees in public health and medicine. He has had a distinguished career in preventive medicine at several universities as well as in medical writing, and presently practices as a consultant in internal medicine. Cathey Pinckney, whose academic training was primarily in psychology, has co-authored with her husband several medical books and an encyclopedia on medicine. For many years, the Pinckneys jointly wrote "Mirror of Your Mind," a daily newspaper column. Their ability to write lucidly for the layman is reflected in *The Cholesterol Controversy*. This book will be a shocker for many, who up to the present, have been exposed to only one side of the cholesterol issue. As the Pinckneys say, "The only protection a consumer can have is knowledge."

— Beatrice Trum Hunter

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?

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

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Chicago, Pick Congress Hotel August 24-26
Albuquerque, Holiday Inn, Midtown September 1
Denver, Cosmopolitan Hotel September 2
Miami Beach, Deauville Hotel September 23
Las Vegas, Showboat Hotel September 29-30
New York, Statler Hilton November 17-18

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