National Health Federation
BULLETIN

JUNE, 1973

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MORE DAMAGING EVIDENCE AGAINST FLUORIDATION

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FDA Fails To Tell the Whole Story

By not telling the whole story, FDA is grossly misrepresenting the effect of their new dietary supplement regulations on the availability of vitamin products. FDA says the higher potency products can still be sold — they merely must be technically labeled as "drugs." This is misleading because the full implication of this "technicality" is not explained. Here is the rest of the story.

Dedicated to the Protection of Health Freedoms

THE
NATIONAL HEALTH FEDERATION BULLETIN

Protection of Health Freedoms — *Published Monthly*

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

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The NHF Log...

A REPORT OF CURRENT MAJOR NHF ACTIVITIES

Acting on behalf of NHF, Kirkpatrick W. Dilling has filed NHF's formal Exceptions (objections) to FDA's tentative final food supplement order issued January 19. This a 95 page document masterfully prepared by Mr. Dilling and his staff and Arthur Koch, NHF Legal Counsel.

The rapid growth of NHF and the increase in activities has forced us to seek larger quarters for the headquarters office. Our seams have been bulging for the past year but the phenomenal growth this year with the consequent necessity of adding to our staff has caused us simply to run out of space. We have been fortunate in finding a very attractive building in an excellent location on a main thoroughfare just four blocks from our original Monrovia office. The new address is 212 West Foothill Boulevard. Our mailing address (P.O. Box 688, Monrovia, California 91016) remains the same. The new building provides 10,000 square feet and should fill our needs for several years.

Clinton R. Miller, our genial Washington Legislative Advocate, has recently returned from England where he represented the National Health Federation at the Fifth Conference of the International Society for Fluoride Research. Because of the importance of the meeting, it was felt that it was essential that NHF be represented.

The list of co-sponsors for the Hosmer bill (HR 643) continues to grow. The avalanche of letters from all parts of the country which have poured in on Congressmen urging them to co-sponsor the bill has been very effective. Members whose congressman has not yet co-sponsored, are urged to continue their campaign of cordial persuasion. Don't feel that you have done your part if you have merely mailed a form letter. Write again and again. A brief personally written letter can be the most effective.

Acting on behalf of the National Health Federation, Arthur Koch, our very competent legal counsel, has prepared and submitted comments on FDA's proposal to issue new regulations requiring ingredient listings on cosmetic products—something that is not now required. The proposed regulation as issued by FDA allows for the cover-up of many ingredients under the classification as trade secrets. NHF has taken exception to this portion of the proposal and has submitted a couple of alternate rules.

Editorial Commentary

FDA Fails To Tell Whole Story

The Food and Drug Administration would like you to believe that their dietary supplement order, issued in its tentative final form on January 19, 1973 and scheduled to become effective next year, offers no serious restrictions to your freedom to purchase any safe vitamin and mineral supplement you may desire to use, or that you have any logical reason to use.

Prompted by the large number of form letters, stating objections to the new dietary supplement regulations, which have been received by members of Congress and subsequently sent to the Food and Drug Administration, the FDA prepared and sent to every member of Congress a four page letter, accompanied by an "informal packet" consisting of nearly 60 pages, purportedly for the purpose of clarifying the whole matter regarding the dietary supplement regulations and seeking to justify their actions in promulgating the regulations. The FDA letter notes that the objections stated in the form letters "reflect a basic lack of knowledge about our recent food labeling regulations" and "... the concerns expressed in the form letters are largely unfounded."

Our form letters, of course, strenuously objected to the unwarranted and unreasonable restrictions imposed on the potencies permitted in vitamin and mineral dietary supplements. The FDA letter, in reply to this point, emphasizes that the allowed potencies are a whole 50% above the Recommended Daily Allowances. Presumably, we should take this as an implied gesture of magnanimity. The FDA letter states also, "... consideration has been given to the fact that the nutrient needs of one individual vary from those of another." It is indeed thoughtful of them to have given this fact their "consideration." However, their restrictive potency levels provide no discernable allowance for these individual variations.

The Recommended Daily Allowances (RDA) were established by the Food and Nutrition Board of the National Academy of Sciences-National Research Council. These levels should be considered, and undoubtedly were established to serve, merely as guidelines and not to serve as hard and fast rules which can be applied to every person in the nation or even all the reasonably healthy individuals. The metabolic machinery of each person is highly individualized which may create nutritional demands varying widely from that of the so-called "average" individual. There is a growing body of scientific opinion to support the concept that there are perhaps millions of essentially healthy people who require an intake of specific vitamins and/or minerals far in excess of the RDA levels if they are to enjoy the ultimate in health.

The Recommended Daily Allowances presumably are based on the amounts which has been found necessary for the "average" person to consume each day to prevent frank deficiency symptoms plus an overage of approximately 50%. The serious health seeker is interested in far more than merely avoiding deficiency manifestations.

Following the issuance of the new regulations on January 19, a spokesman for the Food and Drug Administration was quoted as saying that it was estimated approximately 80% of the food supplements now marketed would have to be re-formulated or taken off the market as a dietary supplement because they currently provide higher potencies or contain ingredients, or combinations of ingredients, which will not be allowed in dietary suppplements after the new regulations are implemented. However, the FDA has recently emphasized that these products would not necessarily need to be taken off the market inasmuch as fair percentage of these products could continue to be sold as over-the-counter, nonprescription drugs rather than as dietary supplements. This would require re-labeling of the products, however, in order that the labels be in conformity with the rules applicable to all drugs.

Three Categories Established

What the January 19 regulations proposes to do is to create three categories for products providing nutrients such as vitamins and minerals. The three categories are based on the Recommended Daily Allowances. (1) Those products providing from 50% to 150% of the RDA, in the recommended daily intake, of vitamins and/or minerals will be regarded as *dietary supplements* and will be subject to all the rules pertaining to foods for special dietary uses. (2) Products providing less than 50% of the RDA will be regarded as containing too little of these nutrients to be called a dietary supplement and thus these lower potencies will appear as fortification in food products such as breakfast cereals. In passing, it might be noted that some currently marketed breakfast cereals provide more than the 50% levels and these will then have to be labeled as dietary supplements or the level of the fortification will have to be reduced. (3) Products containing more than 150% of the RDA, in the recommended daily intake stated on the label, will then be classified as *drugs.*

The FDA implies that the furor raised in connection with the restriction of potencies in dietary supplements is needless and based on the "lack of accurate knowledge." After all, they say, the higher potency vitamin and mineral products will still be readily available to those who desire them. They imply that the fact these products will technically be regarded by FDA as drugs should be of little interest to the consumer.

All this sounds rather logical, and unfortunately a goodly number of members of Congress have accepted this FDA version of the matter and cite it as a reason for not supporting the Hosmer bill, HR 643. This FDA

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version is grossly misleading because the FDA has not explained in detail what is entailed in labeling a product as a drug.

As "drugs" the higher potency vitamin and mineral products will be subject to a different and more complex set of regulations bearing on safety and efficacy. Among other rules, is the requirement that the label state the indications for use, i.e., the label must state the symptoms or diseases for which the product is effective. Effectiveness (and safety) must be established through very elaborate, time-consuming and costly studies.

A high potency vitamin B-1 product labeled for use in the treatment of beriberi might conceivably be acceptable to FDA since beriberi is a disease recognized as resulting from a vitamin B-1 deficiency. Likewise, a vitamin C product for use in scurvy, or a high potency vitamin B3 (niacin) product for pellagra. However, in the case of these vitamins, the FDA would likely take the attitude that anyone suffering from beriberi, scurvy or pellagra should be under medical supervision and would thus make the vitamin preparations available only on prescription to discourage self-treatment of these conditions. Such a move would effectively remove from the over-the-counter market, all high potency preparations of these respective vitamins.

On the other hand, vitamin E deficiency, for example, is not associated with a recognized specific disease. Although FDA accepts vitamin E as essential in human nutrition, their stand has been that an intake in quantities greater than 45 International Units per day has no value whatsoever. Therefore, how is a high potency vitamin E product to be labeled? Remember, the product must be labeled with an indication for use which is acceptable to FDA's review panel. The answer is, probably, no vitamin E product in potencies greater than 45 units per capsule would be approved for marketing even as a drug and in spite of the outstanding results reported by Dr. Shute and others through using intakes of several hundred International Units per day, especially in some types of cardio-vascular diseases. The same situation undoubtedly would prevail in the case of other vitamins for which there have been no clear-cut deficiency diseases recognized.

FDA Seems Incapable Of Understanding Nature of Nutrients

The real basic problem in this whole matter is the attitude of the FDA with regard to nutrient factors. The FDA is so disease-oriented and so drug-oriented they seem incapable of understanding the nature of nutritional substances. They expect vitamins and minerals to behave like drugs and they insist that efficacy studies to determine their value in specific disease be conducted in the same manner as required for medicinals.

Roger J. Williams, noted nutritional biochemist, states the case well in his latest book, *Nutrition Against Disease*, where he writes, "Testing a drug is fundamentally quite different from testing a nutrient. If one

wishes to know whether quinine is effective as a treatment for malaria, it is tested *by itself*, and one finds the answer. If one wishes to test the effectiveness of digitalis for certain heart conditions, one tests it *by itself* and gets a positive answer. Drugs in general are *by themselves* effective agents.

"Testing a nutrient for its effects is quite different from testing a drug. When a nutrient is tested by itself, it is like a professional football coach trying out a quarterback without providing him a football team to work with. Nutrients are effective because they are constructive; they enter into the makeup of enzyme systems and can function in this constructive way only when all the other building blocks are available. If only one link is conspicuously missing, then supplying this one link by itself will be effective. This is exceptional, however. When a single nutrient is tested, it cannot be effective unless it happens to strengthen the weakest link. For it to work, all other members of the team must be playing ball."

Nutrients are not, and never will be, drugs per se regardless of their level of intake or the intent of their use because they are essential and normal in the body's internal environment, possibly playing a multitude of subtle, obscure, and small but essential roles in the biochemical processes of the body. On the other hand, with the exception of the so-called drugs consisting of hormones, enzymes, etc. normally found in the body and occasionally used for substitutive therapy, drugs are substances not normal to the body and, under usual conditions, are not required in the body's physiological and biochemical processes.

Questions To Ponder On

Upon this basis, how then can limitations on the availability of harmless nutrient substances be justified?

In the light of the regulations applicable to *drugs*, is there really any assurance whatsoever that the higher potency supplements will still be available as over-the-counter drugs—not with standing FDA's assurances on this point?

Considering the very nature of nutrient substances and their role in the body's physiological processes, should they logically ever be considered as *drugs* merely because they happen to be packaged in potencies considered greater than is needed by the "average" individual?

Doesn't FDA's statement, "Vitamin and mineral preparations with potencies above the supplement levels are appropriate only for the treatment of vitamin-mineral deficiencies or for some other medical purpose" indicate a basic lack of understanding of the true nature and function of these nutrients in the body and thus is not FDA's arbitrary decision to classify these preparations as *drugs*, an unwarranted, capricious action?

Really, are there any compelling reasons for imposing the severe restrictions on potencies and availability of vitamin-mineral products? How many persons have been harmed thus far? If no sound reasons exist, is

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not this FDA action a clear case of an unwarranted exercise of dictatorial power and an invasion of fundamental freedoms which have no place in the American way of life?

Physicians Group Plans Suit To Bar Government Interference In Practice

Legal counsel has been retained by the Association of American Physicians and Surgeons to explore the possibility of suing the federal government to prevent it from interfering in the practice of medicine. This need for litigation by the doctors against government was occasioned by a new law authorizing so-called Professional Standards Review Organizations.

Under this law (P. L. 92-603) signed October 30, 1972, government employees and not the patient's doctor would finally control medical decisions on a case-by-case basis. As might be expected, elaborate, expensive and top-heavy organizational machinery is established by the law to hide the fact that iron-fisted control is vested in the Secretary of HEW and his agents.

The Association of American Physicians and Surgeons (AAPS) is a nationwide association of independent doctors interested in retaining their freedom to use their best ethical professional medical judgment solely for the benefit of their patients. These doctors SEEK NO FEDERAL SUBSIDIES and are concerned with other medical organizations which do. The reason for this concern is they realize government subsidy means government control.

The president of AAPS, Dr. Robert S. Jaggard of Oelwein, Iowa, in announcing the decision of the Board of Directors also said: "The new law would force physicians to justify their medical decisions to federal employees and conform to governmentally dictated standards of diagnosis and treatment for Medicare and Medicaid patients." He added that "forcing physicians to conform to computerized norms of care on the basis of averages, as decreed by government clerks without regard to the uniqueness of each individual, would be a tragedy. This would mean that physicians would be forced to provide Medicare and Medicaid patients with second-class medicine." He went on to say "that this could lead to such bureaucratically dictated medicine being applied to everyone which is what 'National Health Insurance' would mean."

"The Board of Directors of AAPS," Dr. Jaggard said, "welcomes support from any state or local medical society in resisting government interference in the practice of medicine."

It is assumed by the Association, it will be necessary to take the case to the Supreme Court and it is prepared to go that far in an effort to maintain the freedom of physicians and their patients.

NHF Continues Push For Complete Ingredient Labeling

By ARTHUR KOCH, NHF Legal Counsel

On January 31, 1973 I argued the LABEL - NHF ingredient labeling case before the U.S. Court of Appeals for the District of Columbia Circuit. With the aide of James Turner as my co-counsel, I tried to convince the court that consumers not only have a need and desire to have complete ingredient labeling, but that partial ingredient labeling was both false and misleading to the general public.

LABEL, Inc. in February, 1971, submitted a petition to the Food and Drug Administration requesting that a new regulation be promulgated that would require:

> For the purposes of promoting honesty and fair dealing in the interest of consumers, all food manufacturers and distributors must list on the label, in the order of their predominance, all of the ingredients contained in the product.

A year later and after more than 5,000 letters were received by the FDA supporting such a proposal, the FDA rejected the petition on the grounds that it lacked the legal authority to promulgate such a regulation. Ironically, while rejecting the petition, the FDA publicly took a stand in favor of more complete ingredient labeling and *recommended* that all manufacturers begin to list all of the ingredients.

LABEL, Inc. and the National Health Federation argued in their brief and in court that Section 403 (a) gave the FDA ample authority to issue such a regulation. That section declares that:

> A food shall be deemed to be misleading —
> (a) If its labeling is false or misleading in any particular.

We discussed in great detail the complicated and inconsistant regulations that have been promulgated under the guise of standards of identity and currently allow a list of ingredients to appear which is not complete. We demonstrated to the court how any consumer who reads ten or fifteen ingredients on a label was sure to believe that such a list must be complete. We also pointed out to the court the tragic story of the ten-year-old Boston boy who, because of his severe allergy to peanuts, was taught to read ingredient labels and to avoid eating peanuts. Unfortunately for this ten-year-old child—we told the court—ice cream is one of those products exempted from complete ingredient labeling. After reading the label of an ice cream product and deciding that it was allright to eat since the label said nothing about peanuts, the child consumed the ice cream and within a matter of hours was dead!

We in essence asked the court to render a liberal interpretation of the Federal Food, Drug and Cosmetic Act and to interpret it as did the Supreme Court of the United States when it stated in the famous

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case of *United States v. Dotterweich:*

> The purposes of this legislation thus touch phases of the lives and health of the people which, in the circumstances of modern industrialism, are largely beyond self-protection. Regard for these purposes should infuse construction of the legislation if it is to be treated as a working instrument of government, and not merely as a collection of English words.

The court, however, did not accept this point of view. Rather it agreed, as courts so often do, with the "expertise" of the Food and Drug Administration. The court also seemed to be impressed with the fact that the FDA was seeking legislation in this area. Thus, on March 1, 1973, the court rendered its opinion affiming the decision of the Food and Drug Administration and helping to aid in the continuing consumer deception in this area.

NHF and LABEL, Inc. preparing appeal to Supreme Court of the U.S.

Undaunted by this initial setback —and realizing that we have been fighting an uphill battle since the truth about labeling regulations was made public by LABEL, Inc. more than two years ago, the Executive Committee of the National Health Federation decided to take the case to the Supreme Court of the United States. In making the appeal, which is currently being drafted, the National Health Federation and LABEL, Inc. must ask the Supreme Court to review the case. The choice of whether or not to review is completely within the discretion of the nine judges of the Supreme Court. Once again, however, we are facing great odds, and have only a small chance of having the case heard. For example, of the paid cases submitted to the Supreme Court during the October 1971 Term, the Court either granted or summarily decided 236 cases while it denied 1,409 cases.

Further Petition Being Drafted

In light of the decision of the U.S. Court of Appeals, and pending only a possible reversal by the Supreme Court of the United States, LABEL, Inc. and the National Health Federation are currently drafting a petition to the Food and Drug Administration that in essence will ask that whenever an ingredient label is incomplete, a statement as follows must appear:

> **Warning:** Hidden Unlabeled Ingredients Contained in this Product. Persons with allergies, or those who for a variety of health and personal reasons, must know the ingredient content of the foods they eat are warned that this product is a standardized food product and is exempted by Congressional Law and Food and Drug Administration Regulations from containing a complete ingredient listing.

It is hoped that the petition will be completed and filed with the Food and Drug Administration in the near future. Our aim is to have the warning proposed as a regulation.

Corrective Legislation Pending in Congress

In January of this year, Congressman Benjamin Rosenthal introduced a strengthened version of his Truth in Food Labeling Bill. This bill, HR 1650, if enacted, will specifically require that all ingredients of all food products be listed on the label, including the identification of all spices, flavorings, and colorings.

The Food and Drug Administration has also had an ingredient labeling bill introduced into Congress. Their bill is HR 5642. However, this bill has a tremendous loophole and would allow the Food and Drug Administration to make exceptions to ingredient labeling whenever it so desired. The basic difference between the weaker FDA bill and that of Congressman Rosenthal is that while the FDA bill would *permit* ingredient labeling, the Rosenthal bill would *require* it.

Congressman Rosenthal's bill already has 66 co-sponsors. If your congressman is not on the following list of co-sponsors, you should urge him to do so. Since all congressmen will be asked whether or not they would like to co-sponsor the bill, it is imperative that those who have not already joined be made aware that their constituents want complete ingredient labeling to be required on all food products.

A similar bill, S. 904, has been introduced by Senator Harrison Williams of New Jersey. All Senators should be urged to co-sponsor this legislation. At this time, the FDA is also planning to introduce its weaker bill into the Senate as well.

Note: Congressman Rosenthal's Truth in Food Labeling Bill, HR 1650, also carries the following numbers: HR 1651, HR 3700 and HR 3701. It can most simply be referred to as HR 1650.

Cosponsors of Rosenthal's Truth in Food Labeling Bill, H.R. 1650

Bella S. Abzug, D-NY
Frank Annunzio, D-IL
Herman Badillo, D-NY
Alphonzo Bell, D-CA
Jonathan B. Bingham, D-NY
Frank J. Brasco, D-NY
George E. Brown, D-CA
James A. Burke, D-MA
Phillip Burton, D-CA
Shirley Chisholm, D-NY
James C. Cleveland, R-NH
John. Conyers Jr., D-MI
James C. Corman, D-CA
William R. Cotter, D-CT
Ron De Lugo, D-VI
Charles C. Diggs, D-MI
Harold D. Donohue, D-MA
Joseph E. Karth, D-MN
Robert Kastenmeier, D-WI
Jack F. Kemp, D-NY
Edward Koch, D-NY
Robert L. Leggett, D-CA
William Lehman, D-FL
Mike McCormack, D-WA
Spark Matsunaga, D-HI
Romano L. Mazzoli, D-KY
Parren J. Mitchell, D-MD
Jonh Moakley ,I-MA
William S. Moorhead, D-PA
Claude Pepper, D-FL
Jerry L. Pettis, R-CA
Bertram L. Podell, D-NY
Melvin Price, D-IL

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Robert F .Drinan, D-MA
Thaddeus J. Dulski, D-NY
Bob Eckhardt, D-TX
Don Edwards, D-CA
Dante B. Fascell, D-FL
Hamilton Fish, R-NY
Daniel J. Flood, D-PA
L. H. Fountain, D-NC
Donald M. Fraser, D-MN
Sam Gibbons, D-FL
Ell T. Grasso, D-CT
William J. Green, D-PA
Michael Harrington, D-MA
Augustus Hawkins, D-CA
Ken Heckler, D-WV
Elizabeth Holtzman, D-NY
James J. Howard, D-NJ
Joel Pritchard, D-WA
Charles B. Rangel, D-NY
Ogden R. Reid, D-NY
Peter W. Rodino, D-NJ
Benjamin Rosenthal, D-NY
Edward R. Roybal, D-CA
Leo.J. Ryan, D-CA
Paul S. Sarbanes, D-MD
Patricia Schroder, D-CO
John Seiberling, D-OH
Neal Smith, I-IA
Gerry S. Studds, D-MA
James Symington ,D-MO
Frank Thompson, D-NJ
Antonio Borja WonPat, D-Guam
Gus Yatrom, D-PA

The National Health Federation Files an Amicus Curia Brief in the Nuclomin Case

In August, 1972, District Court Judge John K. Regan held that Nuclomin, a dietary food product which was labeled with all of the ingredients in accordance with the applicable section of the Federal Food, Drug, and Cosmetic Act, was misbranded because of the complete ingredient listing! In the words of the court :"In our judgment, the very intent and purpose of listing numerous ingredients on the label is to make it appear to a prospective purchaser that the product is of more value as a dietary supplement than one which does not contain all such ingredients."

In preparing the *Amicus Curiae* (friend of the court) Brief, I pointed out that the members of the National Health Federation and the general consuming public felt that it was the products that did not list all of the ingredients that were false and misleading. I showed that people with allergies, specific diseases, religious preferences, and individual concepts about safe foods and proper nutrition, had a need and right to know every .component of the foods they bought.

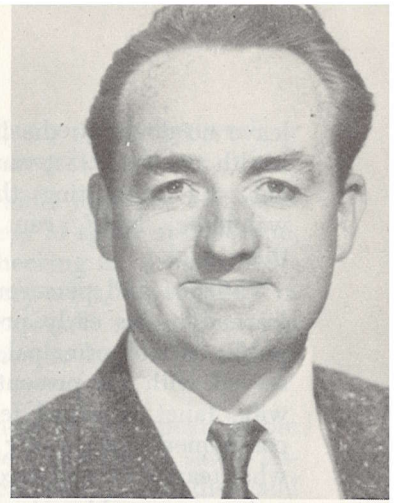
The case is currently pending before the U.S. Court of Appeals in St. Louis, Mo.

Conclusion

Our goal of complete ingredient labeling, though simple in its concept and very important to the individuals freedom of choice in matters that concren their health, will not easily be achieved. Yet, despite the barriers put before us, the National Health Federation has declared its intent to continue climbing the mountain of obstacles until we reach the top.

NHF President Proves Patience, Persistence and Perseverance Pays Off

By WILLADEAN VANCE



CHARLES I. CRECELIUS
President

Around the world in eighty days is old hat to NHF President Charles I. Crecelius who frequently makes a trip around the globe in thirty days and can average two lectures per day as he travels.

For all of you "stay at homes" wondering how much luggage you would require as president, Charles and his lovely wife, Janet, use one suitcase for two packed with wash and wear. "After all, we aren't on the road for a fashion show," Charles explained, "we have a selling job to do and we can't lose time hunting for luggage."

As I watched him load up his groaning station wagon for the trip across country between May and June 1973, with box after box of membership books and forms, form letters to Congress supporting the Hosmer bill, HR 643, and educational literature in the health field, there barely was enough space to hold the one suitcase over the tools of his job needed to hold open the new doors ahead of him.

A glance at his schedule revealed Phoenix, Arizona; Albuquerque, New Mexico; Omaha, Nebraska; Minneapolis, Minn.; Green Bay, Wis.; Madison, Wis.; Springfield, Ill.; Kalamazoo, Mich.; Bay City, Mich.; Akron, Ohio; Wichita, Kansas; Oklahoma City, Oklahoma; Salt Lake City, Utah; Irape, Idaho; Lewiston, Idaho; Spokane, Washington; Portland, Oregon; Seattle, Washington and then back again to San Francisco and an NHF convention *after* a short jaunt to Australia and New Zealand!

In case you think this kind of travel is exciting, keep in mind at each stop he will address a crowd from one hundred people to fifteen hundred or more without benefit of fresh food or rest, sometimes the suitcase isn't even unpacked!

An ardent fighter straight out of the free enterprise system and well informed on the Dictocrats, revealed to us by Omar Garrison's book, his enthusiastic, fiery talks

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leave no doubt to the listener our health rights are fast vanishing and only by supporting the nation's watchdog, NHF, can we bring them back.

Patience and perseverence were learned in his early profession as public school principal, where he served with his present and only wife, Janet, a school teacher who compliments him nicely and shows what teamwork will accomplish.

Anyone working in the public school system understands you need the wisdom of King Solomon and patience of Job to calm students, teachers and PTA conflicts in order to hold down explosions. The same talent is shown at Board of Director meetings for any nonprofit organization and Charles' background has stood him in good stead here.

What motivates a man to give up a career already established and strike out on a new one eating up great future savings and leaving behind security of early retirement and peaceful seclusion he would have enjoyed with his camper and backyard pool?

For Charles, it was a deadly enemy to all mankind—cancer. Some of his close friends fell victim to this malady and were completely without hope until he learned of a clinic offering nontoxic treatment to bring it under control. He accompanied them in his station wagon, again at his expense, to watch and be sure the friends would not be a victim of fraud based on fears. To his astonishment they improved and had very low cost bills without any side effects. He took others for treatment. Then the Dictocrats, who are fighting to keep a health monopoly for America's largest industry — sickness — took over and closed this doorway of hope without even allowing testing.

Charles couldn't believe they would refuse hope of a new nontoxic remedy to help so many when current methods often killed more than the cancer itself. How could our medical leaders insist a treatment be harsh enough to maim or kill to win their approval?

Being a fighter and a leader, he resigned from school and had Janet join him in working with Mr. Fred Hart, then just getting the NHF under way.

This took not only persistence but courage in a society brainwashed and under control from apathy and misdirected politics.

My first personal meeting with our NHF President came in April 1971 at St. Petersburg, Florida where I got a small taste of the schedule he lives with day in and day out.

I caught a bus to L.A. International Airport at eight the night before and boarded a nonstop flight to Tampa to speak as managing editor of a preventive medicine publication and the foundation I represented in Public Relations.

The nonadjusting narrow seat on the plane meant the only exercise I could get between nine that night and five in the morning was a walk to the powder room. These are designed to force you to fight your way in and squeeze your way out so you won't visit too often and if you hit an air pocket—pray!

Arriving in Tampa at five a.m. I found all transportation tied up for the next two hours due to a musical festival — this is also something Charles hit daily — each convention or lecture seems to find something to compete with; and little comforts like hotel room, food and taxi's aren't available till you are ready to leave!

With black coffee to keep my tired eyes open I sat with swollen feet from the Florida damp humidity and waited for a ride. The ancient bus creaked like the tired plane I flew in on and took over an hour with stops at almost every crook in the winding road.

Once in the Princess Martha I presented a paid reservation to the sleepy clerk and watching him turn white and red—because my room had been sold to a music festival visitor who had lingered on. "Sir, a contract is a contract," I reminded him, "and since you took my money if I don't have a room, your hotel will pay damages."

The bedroom given to me belonged to a hotel maid working at that time and the water cooler was so loud it sounded like a Chinese torture treatment so I took a bath and went looking for our convention leader, Charles Crecelius.

I found him smiling at the top of the circle stairway and the sparkle in his brown eyes and freckles under dark auburn hair were lit up with a smile and a pleasant voice that completely hid how many miles he has covered that week or how little sleep he had.

"I'm afraid I look like a Zombie but I'm here to speak at 1:00 p.m. so I am checking in," I explained— "Don't worry a bit," he replied, "In time you won't remember you haven't been to bed, I do this all the time."

In listening to him speak before I was to be introduced, I saw a lesson in perception . . . "Ladies and gentlemen," he said, "A speaker can always do a better job when they are inspired, and to be sure all my speakers are inspired I handle things differently. As a rule you applaud after a speach — but I would like you to all stand when the speaker is introduced and give each a standing ovation in advance."

"You know," he explained smiling, "your circulation and muscles get tired sitting there even when you look forward to the health education we bring you, so if you stand and warmly applaud you wake up that tired circulation and stretch those lazy muscles while the speaker feels so important they will be inspired to offer a little bit more."

Would you believe I completely forgot my swollen feet and lack of sleep as the warm glow hit me from so many standing, clapping people wearing smiles—the response seemed to go both ways and I don't feel the many compliments I received were deserved because we had all been transformed and motivated to do a little bit better!

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So many hands to shake and interviews to give you and information to impart so the new door opened won't swing shut when you leave.

Three hour waits in the small coffee shop with unexpected visitors and then another day and another flight to West Palm Beach. "Oops" — a flight that couldn't be made because the hotel clerk didn't tell us we had to leave a full hour early for the Tampa airport.

At six o'clock the next morning I stood in the lobby wth my suitcase and books ready for a trip I hadn't counted on when Charles came in wearing white short sleeves and looking very happy. I couldn't understand what secret he shared.

"Well, Willadean," he laughed, "isn't it good we missed the plane? Now we can use a car and drive to West Palm Beach and see the country from the ground again."

Two and a half hours drive ahead and a breakfast of grits at a truck stop and another speech at the convention ahead of us and here he was saying, "Aren't we in luck."

That drive gave me real insight into the President so few have a chance to talk with as we went over history and hopes for the future, never once complaining about traffic or the heat as our friend, Lloyd Gardner drove us south.

Thousands of dollars are invested yearly by Charles and his wife, Janet, in educating the public here and abroad in NHF goals and needs. Fighting for principles and inspiring others to join in. His success is shown in the many new chapters springing up over the years and memberships pouring in from small towns across the map that wouldn't hear about us except through the press or news on the air.

With the current fight to stop the FDA from taking over 80% of our vitamins and minerals off the free health market and water down the remainder, then leaving us paying an office call to a doctor to get those available, Charles will circle the country and the globe many times over. He will spend even more of what could be his savings and go hours without sleep. Leave his home, collecting dust and return quietly to sit in on board meetings and help make the many decisions such a job calls for. Yet he has declined reimbursement for his travel expenses.

His official pay is one dollar per year. His efforts bring the NHF thousands in needed members that make up our voice in Washington. So members when you hear about the President being gone, be glad we have one with the patience, persistence and perseverance of Charles Crecelius. It has paid off in the past and it will continue to do so in the future as our expanded membership currently proves. I hereby give a standing ovation to a much deserving president who gives just a little bit more as he directs each audience to inspire others and thank him for inspiring me, as I take pleasure in being able to share it with you!

Health Food Industry Sues FDA

The health food industry announced recently it has filed a $500-million class action suit against the Food and Drug Administration for creating "great confusion" in the minds of the American people about the nutritional worth of the foods they eat.

The suit was filed March 9 in U.S. District Court of New Jersey on behalf of four plaintiffs and the National Nutritional Foods Association, a trade organization representing approximately 2,000 manufacturers and distributors. NNFA president, Max Huberman, said in a press conference the action was also taken on behalf of "the 40 million people in America who depend on health foods."

The suit seeks to restrain the FDA from issuing any "press releases, public announcements or other communications attacking plaintiffs or the health food industry." Huberman charged that the agency has systematically villified the industry for more than 10 years, calling its members "nutrition quacks," "food faddists," "health quacks" and their products "shotgun mixtures."

Huberman said that his organization would institute further legal action within a month or two in an effort to stay the FDA's recently announced regulations. These severely limit the potency of vitamin supplements, a major part of the health food industry.

In January the FDA ruled that any dietary supplement, such as alfalfa tablets or vitamin E, that contains more than 150 per cent of the Recommended Daily Allowance (some now contain as much as 600 per cent) must henceforth be marketed as an over-the-counter drug. OTC drugs are subject to review as to the safety and efficacy.

The health food industry feels the FDA should concern itself with the safety of food — ferreting out harmful additives, filth and the like, and not with telling people what or how much of a substance to eat when there is no danger involved. The industry claims the FDA's proclaimed vitamin levels are too low and points to leading scientists like Dr. Linus Pauling who advocate and take massively higher doses of Vitamin C or other supplements with seeming impunity.

Huberman admitted the new regulations have hurt the health food business. "We are losing sales and the confidence of people who are now confused," he said. When asked by a reporter if the $500 million was meant to represent losses, Huberman replied that it was the sum "our severest critics claim the people who patronize our stores are diverting each year" (from the processed food industry).

Before initiating the suit, Huberman said he had written to FDA Commissioner Charles C. Edwards on March 5 seeking a hearing, but had never received a reply.

—From Washington Post

Adelle Davis was kind enough to share with us the letter she sent to her Congressman. We found it so interesting and so informative, we asked her permission to reprint the letter here so that it might be shared with all the members.

Adelle Davis Writes Her Congressman

Dear Congressman:

May I call your attention to the fact that the FDA regulations on nutritional supplements, if allowed to go into effect, will cruelly increase suffering in America? Our sickness rate is already appalling: 79 million men with heart pathology; 240 million severe infections suffered annually; 22 million have allergies; 18 million, arthritis; 80 million are obese; and on and on. Scientists produce and correct, or prevent, such illnesses by the adequacy of diet. There are additional so-called "well" millions who have poor bone structure, no vitality, lousy dispositions, and are unable to concentrate. More than half the food eaten by Americans now have most of the nutrients removed during refining. Such a diet cannot support health.

A large percent who are healthy are staying well only by the help of supplements the FDA proposes to restrict. Yet it is known that many persons need up to a hundred times more of a specific nutrient than do others. Thousands of studies have shown that generous amounts of vitamin C can help prevent infections; the B vitamin, pantothenic acid is essential in preventing allergies and arthritis, as is vitamin E in preventing clots which can cause heart attacks or strokes. The FDA has completely ignored such studies.

Unfortunately, since no American medical school gives a thorough course in nutrition, the FDA physicians are not well trained in the subject and therefore underemphasize its importance. Even doctors who do research in nutrition rarely work with anything larger than a rat, which scarcely qualifies them as authorities in human needs.

Except for tiny amounts, several non-toxic nutrients have already been put on prescription, invariably resulting in increased illness, cessation of research, and soaring prices. Iodine has been limited to 150 micrograms per supplement whereas the daily requirement appears to be approximately 5 milligrams or 30 times the amount allowed. The Ten State Nutritional Survey of 1969 reported a tremendous increase in goiter and goiter surgery. Since the non-toxic B vitamin, PABA, was put on prescription, research concerning it has halted, few drug stores carry it, and illnesses it appears to prevent, such as vitiligo, rickettsia infections, and perhaps skin cancers from overexposure to sun, go unchecked. Another non-toxic vitamin, folic acid, found to be deficient in one-third of our

population, is essential for the production of DNA and RNA. Its lack causes serious brain damage; the number of brain-damaged children born each year multiplies mercilessly. Without a prescription, we bought 100 tablets of folic acid, 5 milligrams each, for 50c. With a prescription, 100 tablets of 1 milligram each sells for $11.75, or an increase of $58.25 [for the same total number of milligrams].

I am told that lobbyists of every group who would profit financially by the FDA restrictions are trying desperately to get them put into effect: The AMA members, whose incomes would increase as more people came to them for prescriptions; the drug manufacturers, who would make 10 capsules or tablets when one formerly sufficed; the drugstores, who receive extra money for every prescription filled; the multi-billion-dollar refined food industry, because no mention can be made of nutritive losses during processing; and the chemical fertilizer and pesticide manufacturers, since one may not say that poor land can produce only poor quality of food.

Your right to stay healthy and mine are at stake. If you have not already supported the Hosmer bill, HR 643, will you please make every effort to bring it up for immediate hearings and successful enactment.

No answer is expected.

Thank you very much indeed.

Warmest good wishes,
Adelle Davis

* * * * *

There is no letter which is more effective when writing to your congressman than a short, to-the-point letter in your own handwriting. If your congressman has not yet co-sponsored the Hosmer bill, we urge you to write him such a letter NOW. Below is a suggested letter of this type. Whether you use exactly this wording or something similar doesn't matter – but write.

Representative .....
U.S. House of Representatives
Washington, D.C. 20515
Dear Sir:

Please co-sponsor the Hosmer bill, HR 643, and urge immediate hearings on the bill to prevent the Food and Drug Administration from limiting valuable nutrients that are not dangerous.

No reply to this letter is necessary.

Sincerely yours,
(Your name)
(Your address)

It will take no more than five minutes to write this letter and address an envelope. Much depends on YOU – please act now even though you may have sent earlier letters.

More Ammunition For Anti-Fluoridationists

The following piece is reprinted from "The Readers Forum" appearing in the "Capital Press," Salem, Oregon. Dr. Hilleman is a professor of zoology at Oregon State University.

On Feb. 22 at the Senate Hearings on SB 230 (statewide fluoridation), the fluoridation forces were trounced with the introduction of "Fluorides," a 1971 publication of the National Academy of Science. This Academy is the most prestigious scientific body in the USA, and is advisory to the government.

Along with citing 751 references, this release summarizes its extensive prose with many tables to substantiate the excessive contamination by fluorides in the environment, in humans, other animals, and plants. It states explicitly, that unequivocal evidence does not exist that fluoride prevents tooth decay, or is essential to any animal or plant.

The pro-fluoridators presumably are ignorant of this authoritative book, or silently disregard data so completely devastating to their arrogant presumptions. They also lack intellectual honesty in ever failing to mention the many cities (e.g., Salt Lake City), states (e.g., Ohio), and dozens of foreign nations (e.g., Sweden) which have rejected fluoridation as scientifically baseless and damaging to the public interest.

The power-pack of posturing pseduo-scientists and medico-dental politicians, well greased and supported by federal commissars, act reflexly in the spirit of Orwell's "1984," to use our tax dollars in brazen attempts to impose by means of their unconstitutional and perverted moral concepts, mass medication via poisonous fluoride in Oregon's domestic waters — all without a sliver of scientific evidence.

Our anti-fluoridation side was getting a big hand from the public before the hearing senator pounded the gavel to "restore order"; As our fan mail and calls attest, "We were the greatest!" We stand adamantly against this outrageous nutritional faddism and shamanistic medico-dental quackery, as fostered in certain bastions of political power defending the citadel of systemized ignorance.

The pro-poisoners bemoan that anti-poisoners are so well-informed, scientific, humanistic and public-oriented. Thus discomposed, they are left to embrace instead, those biased and moldy non-factual data inimical to a democratic republic. In a public debate we could, with equal allocation of time, challenge the poison proponents.

Dr. Howard H. Hillemann
712 NW 26th Street
Corvallis, Oregon

Monosodium Glutamate

The Unnecessary Health Hazard

By IDA HONOROF

Monosodium glutamate (MSG) is the sodium salt of glutamic acid, an amino acid which has a number of important biochemical functions in the human body, particularly important for brain metabolism. MSG is another GRAS (Generally Recognized As Safe) chemical, permitted in our foods by the FDA, one that was readily accepted as innocuous. It is used extensively by the food industry as an additive "for enhancing flavor" of many food preparations, thus enabling the manufacturer to reduce the amount of natural ingredients in his product. It acts as a color and flavor preserver, it is credited with preventing or retarding that "warmed-over and off-flavor" that develops during storage, restores flavor lost through over or under cooking, as well as suppressing the oxidized flavor that develops during storage.

More than 40 million pounds of MSG are sold annually in the United States, added to over 10,000 processed foods—meat, soup, chicken and beef bouillon cubes, sea food, poultry, cheese, sauces, mayonnaise, salad dressings, French dressings, canned and frozen vegetables, in crackers, potato chips, imitation maple syrup and even in tobacco. It is used in animal feed to induce cattle, sheep, swine and poultry to eat more. MSG is marketed under a variety of trade names for use as a flavoring agent in restaurants and home cooking. The housewife is encouraged to lavishly scatter this delectable chemical into everything she cooks. In one "Accent" commercial the product actually helps to save a marriage! "A little Accent is like a little love"!!!

Until 1908, MSG was thought to be just another amino acid. Dr. Kikunae Ikeda (Tokyo University) found that it had extraordinary ability to intensify the flavor of protein containing foods. It is the active component of soy sauce and sea tangle, but it differs greatly from the Oriental product Tamari, which is made from soybeans, wheat, sea salt and water, naturally fermented and aged for a minimum of 18 months.

In 1969, Dr. John Olney (Washington School of Medicine, St. Louis), using control experiments, reported that "Feeding large amounts of MSG to infant mice, destroyed the nerve cells in the hypothalamus (that region of the brain that controls appetite, body

(Continued next page)

temperature and other important functions). He also confirmed that identical effects were accomplished by injecting MSG under the skin of mice and monkeys, that there was massive damage and the baby mice grew up to be short and fat, their livers, uteri, ovaries and their coats were visibly affected. Testifying at a Senate Hearing, Dr. Olney pointed out that *whenever a small percentage of brain cells are destroyed there is evidence of a subtle process of brain damage in the developmental period. This could easily go unrecognized if it occured in the human infant under routine circumstances.* He also cautioned that a toxic quantity of MSG might be found in as few as 4 jars of baby food. Bear in mind that MSG had been added to all baby meat and vegetables products for many years, added to baby food, not for nutrition, but to make the food more palatable to mothers. Because it is listed as a permissible GRAS ingredient it may be used in some foods without label declaration. It was used in baby foods until October 1969, when an aroused public forced the baby food companies to stop adding MSG to their products. In some cases, despite its prohibition, baby foods containing MSG remained on the grocer's shelves for as long as 1½ years after the ban!

MSG has been proved to cause, not only brain damage and eye damage, but also stunted skeletal development, marked obesity, sterility in the female, pathological changes in several organs associated with endocrine function in rats, mice, dogs, monkeys, rabbits and chicks. What's even worse is that the human placenta complicates matters by concentrating MSG and exposing the (human) fetus to twice the concentration that the mother is exposed to. Pregnant women are therefore cautioned against eating foods that contain MSG. Dr. Olney warns that even though MSG has been removed from baby foods, infants are in danger when they are fed adult foods that contain MSG, and there's also the danger of MSG being present in mother's milk.

Since the FDA does not require labeling requirements for MSG, many people may unwittingly be exposed to this hazardous chemical. FDA maintains that if they informed people that MSG had caused both brain and eye damage, it might undermine public confidence in the American food supply. True information is indeed a rare commodity, thanks to distortion by the food industry and the FDA.

The FDA may have their own private reasons for choosing to take no action on MSG. MSG has *absolutely* no nutritional value. It is used solely for economic reasons. Dr. Olney's recent testimony before the Senate Select Committee on Nutrition and Human Needs stated, "The 1970 study giving the chemical a clean bill of health showed a high degree of industry bias and poor qualifications." He charged the industry with creating a whitewash that has allowed free use of the "flavor enhancer" in any amount, for any age group . . . that the dangers to human infants was not negated when U.S. baby food companies removed MSG from their products in 1969, since infants are fed adult food containing much higher amounts of MSG. The FDA has volumes of control experiment documentation on the hazards of MSG. Research done through grants from: United Public Health Service — National Institutes of Mental Health — National Institutes of Allergy and Infectious Diseases. Leading scientists have condemned its use. The only sensible approach is an *IMMEDIATE BAN!*

The foregoing is an excerpt from "A REPORT TO THE CONSUMER" published bi-monthly by Ida Honorof, P.O. 5449, Sherman Oaks, Calif. 91503. Subscriptions $7.00 per year.

NEW PERPETUAL AND LIFE MEMBERS

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Graham Carey
Marilyn Dieter
Rose Long
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(Received mid-March to mid-April)

Pollution and Energy Waste Begin At Home

By MEARL ELLISON

The National Health Federation members are much concerned about pollution of the air we breathe, and rightly so, but we have been subjected to much misinformation in the press and on the air as the cause and cure.

Have you ever heard an ecologist mention what happens to the fumes from your gas cook stove or furnace? We can't help wonder why, in view of the fact that your cooking flame produces three times as much nitrous oxide right in your indoor environment as an equivalent amount of heat produced electrically from the same fuel in a power plant itself. This is not to mention the carbon compounds released in your kitchen, especially from the pilot light burning 24 hours a day, and cumulatively producing far more pollution than your actual cooking.

You have been told innumerable times that gas burns clean, and this is true, by comparison with coal or oil! Studies made by the Environmental Protection Agency show concentrations in residential kitchens, of up to 20 times the federal air quality limit of nitrogen dioxide of .5 per million parts of air following the preparation of a meal using a gas range.

NHF members are well aware that FDA pronouncements "ain't necessarily so," and this applies in the case of recent adverse publicity concerning the electronic oven. Any electronic waves released by an electronic oven are not in the frequency spectrum of such devices as X-rays, radium watch numerals and the boob tube. If such radio waves were harmful, then most radio hams and their neighbors would have long since have had cataracts or worse.

We have been cooking with an "unsealed" electronic oven for 13 years at Many Mansions Guest Home, and being immune to FDA propaganda, we will continue to cook electronically. Incidentally there is no better way to preserve food values and at the same time conserve natural resources. Because of the very brief cooking interval it would be unlikely that a family of four could use more than 3c per day of electricity, and that means very few cubic feet of gas! Only people who wear the electronic pacemaker should beware.

On the other hand, studies have shown that women who cook with gas have 32 percent greater incidence of "acute lower respiratory illness' than those who cook with electricity. In other words, what the "clean" flame is doing to your pots, pans, and walls, is exactly what it is doing to your lungs. Unvented gas heaters have been banned in most areas, why not the gas stove? Let's ignore the fact that the gas company propaganda never mentioned noise, drafts, or burned dust streaks around the registers of their heating equipment, what we are interested in is the pollution factor. Only a small percentage of the heat produced in a home furnace is actually utilized in the home. Most of the energy goes right up the vent stack. It is possible with low density electrical heating and six inches of Cellulose insulation in the ceiling, to heat a 1500 sq. ft. home in Southern California with 3000 watts, or approximately 10,000 BTU (British Thermal Units) of energy. The same home, with less uniformity of comfort, would require a furnace consuming about 75,000 BTU of fossil (modern ?? gas) fuel. Even allowing for loss in generating equipment and transmission lines, this means that a vast amount of our natural resources are being wasted in inefficient home equipment, as well as multiplying the pollution of our atmosphere.

Modern steam plants control the flame for the minimum of pollutant factors, then extract every available bit of energy by passing the flame under pressure over a series of tubes to create steam. The result is a very small percentage of emissions are released, and these are released hundreds of feet higher in the air than the home furnace vent.

Someday next summer, it can safely be predicted, when the air conditioners are all turned on, there will be blackouts in many parts of America. While you sit in a world gone strangely dark and quiet, you can thank the gullible, headline seeking ecologists who didn't look into the facts before setting up legal barriers to the building of power plants. Light a smokey candle and read up on how to conserve energy, be more comfortable and cut the pollution of the precious air we breathe.

BEQUESTS and GIFTS

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

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

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

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

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

I Walk Into The Lion's Den

By JAY PATRICK

So as not to keep anyone in suspense, I want to state that I came out alive.

However, my head was "bloody but unbowed" (Invictus).

The date is May 25, 1971. The hour is 11:00 a.m. I have flown from Newark, N.J. this morning to visit Mr. William Boehne, Chief of the Special Dietary Branch, Food and Drug Administration, Washington, D.C.

But it is not a social call. I have heard so much about this branch of government that is organized to serve us, the people, that I have become confused. "So," I think to myself: "Why not visit those fine administrators in Washington and get a better idea of their thought processes?"

So here I am on an upper floor of an imposing building that is 200 C St., Southwest.

The office for my appointment is only about 12 by 12. Mr. Boehne, a small, unimpressive man with a crippled leg, soon arrives. He is joined by Messrs Anderson and Gottlieb, as we manage to get enough chairs together from nearby rooms.

It soon develops, though, that they are disappointed in me. They had thought I came to discuss a specific food supplement label. But I want, first, to get a better idea of their basic policies.

"Is it all right," I ask, "if, on a Vitamin A label we state that it improves night vision if one is suffering from a Vitamin A deficiency?"

"Absolutely not," I am quickly told. "You can't say anything about what a vitamin is good for."

"Then how will anyone know what vitamins to take?"

"There are plenty of vitamins in a well-balanced diet."

Somewhere at about this point I pull out a sheet of paper listing the diet of my secretary, a 20-year-old girl, Vickie, by name. Vickie has been very good about listing everything she has to eat on an average day, which isn't hard, as Vickie is determined to keep her weight down, at least until she and her boy friend have the knot tied.

Vickie has a cup of coffee and white toast for breakfast, another cup or two of coffee at ten o'clock during our office rest period, plus pastry.

Lunch is a hamburger with a coke.

Dinner: little more than lunch—but with a good serving of ice cream and plenty of coffee.

I show Mr. Boehne the total mineral and vitamin count of Vickie's daily diet, based on standard tables. Nearly everything but phosphorus come out to about one-half of the Minimum Daily Requirements put out by the FDA.

"What do you think of that, Mr. Boehne?"

"She'll catch up."

"When?"

"Oh, she'll catch up."

I start to feel a great warmth under my collar.

The conversation goes on to other phases of nutrition, though I steadily begin to wonder if The Chief really knows anything about the subject.

"You know, Mr. Boehne, a high percentage of the American people are really suffering from malnutrition."

"Nonsense- Americans are about the best fed people in the world."

I argue a bit. But it's three to one, and I obviously have no business trying to tell these learned men anything.

Then I get eloquent. I quote Roger J. Williams, The Smithsonian Magazine, Theocritus.

Finally, I mention Adelle Davis.

For some reason these fine gentlemen seem to loose their cool.

I exit quickly, head held high.

As the door closes upon me, I blurt out the immortal words of the Persian poet, Omar Khay•yam:

"Myself, when young, did eagerly frequent
Doctor and Saint, and heard Great Argument
About it, and about; but evermore
Came out by that same door wherein I went."

Post Script:

Vicki has now been married for at least a year and a half and no longer works for me.

I often wonder about her. Is she now producing a baby, and is she still eating in the same way? If so, what is she providing for her baby as it grows inside her? Does she still smoke a pack of cigarettes a day, or has she gone up to two?

And I also wonder how many other young women are doing it in just about the same way.

The Complexities Of Fluoride

Earlier this year. the following appeared in the Honolulu Advertiser as a "letter to the Editor." We enjoyed Mrs. Kauble's bit of logical satire and thought you would too.

Dear Sodium Fluoride,

I was so pleased to meet you at the Senate hearing. You seem to be so well known (under so many different names) and so versatile.

Your acquaintances who pointed you out in the air said you are a pollutant, already under attack by Ralph Nader. And when you settled down in my glass of milk the FDA said you are a contaminant – you should be thrown out along with the milk.

You seemed to be more comfortable in my glass of water, where you are a God-given harmless nutrient. On the other hand, another acquaintance said you should be in my milk (as a nutrient, not a contaminant) because that is where your improved relationship with calcium is going to do the most good in preventing cavities in my children's teeth, and you should not

be in my water because you aren't going to strengthen the enamel on my '67 Ford.

I just have to get you into all my water, but I can't purchase a little bit of you in a drugstore because there you are a prescription drug. Did I say drug? Is a drug a medicine? Will my druggist understand when I tell him that Dr. Stare says you couldn't be a medicine because you do not treat a disease?

I can feed you to my cockroaches because you are a poison, and I can feed you to my child because you promise to reduce his cavities. However, if my child gets too much of you from water, air and food combined, you will turn his teeth black. But black is beautiful.

You were said to be of the greatest benefit in preventing tooth decay when you are given to my baby during the first three months of my pregnancy. Yet the FDA says you may change my unborn child's bones, and the FDA has banned you from prenatal tablets. But you have said you hope to be a fountain of youth to my bones when I am old—at least until I die of heart disease caused by you—yes, you—after you have stolen my body's supply of magnesium.

But until that fateful day, you have promised to protect me from a hip fracture—unless I meet you in a kidney machine where you will cause my ribs to weaken until they crack from the effort of breathing. Oh, well, if I welcome you into my teeth and bones, will you promise not to visit my kidneys?

You are a beneficial nutrient when you are in my water, but when a tensy bit of you took the stage under a fancy microscope, you were caught in the act of destroying animal cells and necessary enzymes—odd behavior for a nourishing substance!

But those cells you destroyed were only rat cells, and so far no plant, animal or fish has come forward and filed 35 copies of a formal complaint against you. Someone mentioned that the people of Marin County were sending one of their humans to find out what you are doing to those creatures in their community, though.

Who can count every person as his friend? You are accepted by San Francisco and rejected by Salt Lake City. I'm told you will be hailed as one of the greatest medical advances of our age and that you will be condemned as one of the greatest scientific hoaxes of our age. Either way, you certainly are destined to become the greatest!

But Sodium Fluoride, dear, everywhere I hear it whispered that perhaps you have nothing to offer me. I am an adult—I'm too old for you to protect my teeth and too young for you to save me from a hip fracture.

I heard all of these fascinating things about you at the hearing: and now . . .

Will the real Sodium Fluoride please stand up! And until you do, I hardly know what to say to your proposal of marriage. I have heard so much about you. Yet I feel that after the wedding party is over, I may wake up and find myself living with a complete stranger.

ANN KAUBLE

Consumer Affairs Report

By TREESA DRURY

Antibiotic Residues In Food — A Hidden Risk

Better than three years ago the FDA produced a slide series entitled, "Antibiotic Residues—Hidden Risks." It was one part of FDA's education program to make farmers and livestock producers aware of potential hazards associated with antibiotics. The 38 slide presentation points out that if these antibiotics are not used properly, the animal may not discard it sufficiently and the drug could remain in meat, milk or eggs.

There is the possibility of man becoming infected by the resistant organism. If this occurs, the antibiotic will not be as effective in the treatment of the human disease or infection. If the disease or infection should be serious, it is of particular concern with the very young, the very old and the frail. It then explains the complicated rules to be observed such as withdrawal periods, the cleaning of feed bins, and the importance of careful label reading . . . the presentation then closes with these words . . . "if each poultry and livestock producer follows these guidelines, everyone can be reasonably assured that contaminated meat, milk and egg products will not reach the consumer's table."

Recently, the animal science research division of the USDA released a report on antibiotics in animal and poultry feeds. It carefully details their effectiveness on livestock animals . . . but not the human animal. The last paragraph in the report says . . . "in view of the concern over the possible harmful effects of feeding antibiotics . . . there is a need for research to clearly define the advantages and disadvantages." The use of antibiotics in animal feed was introduced in the late 1940's. Now almost 30 years later, the USDA is finally calling for research to find out whether it could be affecting the human's ability to fight disease. Being used as human guinea pigs is bad enough . . . but we're not even that . . . because almost 30 years and no one has been particularly interested in knowing what the feeding of antibiotics might do to humans. Now is the time for you, the consumer, to remind your congressman that "chemicals don't have rights . . . people do."

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.

F.D.A. actions

OF NOTE TO CONSUMERS

FDA Urges Changes In Antacid Products

After a year-long study, the special FDA-appointed review panel has issued its findings and recommendations on over - the - counter antacid products. The report is the first segment of the FDA's unprecedented review of all nonprescription drugs. The panel reported that most ingredients in most antacid products are safe and potentially effective but a number of recommendations were made. The report covered also those products which combine antacid ingredients with an analgesic, such as Bromo Seltzer and Alka Seltzer.

Based on the panel's findings, the FDA has published the recommendations as a formal proposal, with a final regulation not likely to take effect for at least another eight months.

The report named nine products which it said should be taken off the market because the antacid is combined with other ingredients which are either unsafe or present in such small quantities as to be ineffective. In addition, the study singled out nine ingredients present it at least 17 products, for which it said there was inadequate evidence of effectiveness and recommended that manufacturers be given two years to prove the ingredients—designed to coat the stomach, absorb acid, or in some other way help the antacid compound—should be allowed to remain. One of these ingredients was "simethicone," an an anti-foaming agent present in the widely advertised Digel.

Claims that antacid products relieve such conditions as "nervous or emotional disturbances," "nervous tension headaches," "cold symptoms," or "morning sickness of pregnancy" should not be allowed, the report said, because the relationship between these conditions or symptoms and gastric acidity is both unproven and unlikely.

*

FDA Approves 'Minipill' Contraceptive

The FDA has approved, for marketing, the sale of a so-called "minipill" contraceptive. However, it is not a true contraceptive because it does not prevent ovulation nor the fertilization of the ovum. Rather, it apparently makes the uterine lining unsuitable for implantation of the fertilized egg. Consequently, it is basically abortive in nature and does not actually prevent conception. The pill does not contain estrogen used in the conventional birth-controll pills which prevent ovulation by acting on the pituitary gland.

*

FDA Bans All Use Of DES

The FDA, on April 25, banned all use of the growth hormone, diethylstilbestrol, in cattle and sheep including ear implants previously exempt in the order affecting DES in feeds.

THE FAMILY CIRCLE

By FRED J. HART
Chairman of the Board of Governors

On behalf of the NHF Board of Governors, I want to thank all of you who are actively working for the passage of the Hosmer bill (HR 643). We are especially grateful to the hundreds of members who have ordered additional form letters to be sent to Congressmen urging that they co-sponsor the Hosmer bill. And especially are we grateful to those who have generously contributed much-needed funds to help cover the cost of our forthcoming court battles aimed at preventing the implementation of the new dietary supplement regulations. It has been estimated that we'll need no less than $50,000 to cover our share of the costs of the court action so more — many more — contributions are needed.

The thousands of letters reaching congressmen every day are having the desired effect. As this is being written, 119 congressmen have co-sponsored the Hosmer bill. We must not slack off now in our letter-writing campaign. There are still over 300 members of the House of Representatives who have not co-sponsored the Hosmer bill and the NHF members who live in the districts of these congressmen should concentrate their efforts on their own Representative. Don't stop with merely sending him a form letter. Follow up with a personally written letter and, if necessary, write again and again. In another part of the **Bulletin** is a very short, suggested letter which everyone should be able to take the time to write in their own handwriting — these are the most effective types of letters

As explained in a previous Family Circle, our efforts are not being directed exclusively to the passage of the Hosmer bill as a means of blocking the enforcement of the dietary supplement regulations set to be imposed next year. We will, of course, continue to seek additional co sponsors in the House and will be pushing for early hearings on the bill. At the same time, we will begin a campaign in the Senate to get an identical bill introduced there. On the legal front, NHF will soon be filing an action in federal court where we will show the court that the dietary supplement order as proposed by the Food and Drug Administration is not based on the best findings of fact as revealed during the famous two-year-long hearings in 1968-1970, and that the FDA is exceeding their legal authority in this matter. Victory in this case will end, once and for all, FDA's efforts to impose such regulations as would destroy the health food industry — something they have been attempting to do for many years. It is gratifying to note the activities of other groups and organizations who also are pushing for the enactment of the Hosmer bill and, in some cases, planning their own legal attacks on the FDA. This is everybody's fight. Together, we are going to win this battle.

(Continued next page)

The Lord has been good to us. At a time when we had completely outgrown our headquarters, He provided us with a fine, new home for the NHF headquarters. The building, located at 212 West Foothill Boulevard in Monrovia, provides us with 10,000 square feet which should take care of our needs for the next ten years.

We have just received notice of a bequest of $1000 for our endowment fund and a bequest of scientific health books for our library. God bless those dear members who are remembering the Federation in their wills so that the work may be carried on after they are gone.

Our new building will provide ample room for the NHF Memorial Library which is being incorporated as a separate non-profit organization. This will mean that persons with good libraries can contribute or bequeath them to the Federation library and their value will be tax deductible. At this time, the opportunity exists for someone to establish a sufficiently large endowment fund for the library to care for its future operational expenses. If this were done, the library would be named for the donor or the person for whom the fund is established as a memorial. Thus, the library would be known as The National Health Federation ——— (name of donor) ——— Memorial Library.

BOOK REVIEWS

CANCER: A NEW BREAKTHROUGH by Virginia Wuerthele - Caspe Livingston, M. D. (Nash Publishing, Los Angeles; 269 pages; 8.95)

Since first finding, in 1947, a strange, many-formed, acid resistant organism in the cancerous tissue of both man and animals, Dr. Livingston has followed, indeed, as a "magnificent obsession," the theory that cancer is the consequence of an infectious agent.

Her work also leads her to believe that man can protect himself against attack by this organism—and that he can increasingly find ways to overcome cancer, once it has been induced.

This is an extraordinary story of a most compassionate woman, fighting against enormous odds—and of her success in unravelling secrets which still seem to confound the "experts" in huge foundations and laboratories which soak up financing running into hundreds of millions of dollars annually.

Dr. Livingston opposes the indiscriminate use of "cut, burn, and poison" procedures for cancer still employed by the medical profession. She feels that such methods rarely prolong life substantially, that even when life may be extended briefly, it is often an agonizing existence such as leads many a patient to prefer the painless ease of death.

Progenitor Crytocides is the name she has given to the infectious organism, which, once established in the body, seems to have the power to induce the break-down of cell metabolism which we call cancer. Thus, she emphasizes: "cancer is not a localized but a generalized disease."—And, so, the removal by surgery of one area of the body which has been found malignant may not be sufficient to avoid spread of the disease. "Indeed," she adds, "the cancer inducing agent, Crytocides, may be present throughout the body, waiting to attack any other vulnerable area."

Dr. Livingston believes there is much that we can do to guard against this cancer-inducing bacteria. In fact, she recommends a way of life designed to heighten one's resistance to infection. Good diet, food supplementation, cleanliness, reduction of stress are major factors.

When a patient comes to her with cancer, "the past history is critical," she points out:

"What took place before he discovered he had cancer? A serious accident? A life crisis? A crash diet? A series of increasing stresses? Chronic disease, fatigue, poor diet?"

She objects to the powerful poisons currently being used against cancer by numerous agencies and doctors.

"Over 100,000 cancer patients have been used as guinea pigs without their full knowledge and informed consent," the doctor protests, "and over 170,000 poisonous drugs have been tried out—with zero results, except in a few rare types of cancer."

Dr. Livingston is currently preparing in her San Diego laboratory from each patient's urine a vaccine composed of microbes which may help the body to resist certain infectious agents, including the Crytocides organism which she holds responsible for cancer. In order to comply with strict FDA regulations, these vaccines must be autogenous (developed from each patient's body) and cannot be shipped out of state.

Hopefully, her discoveries truly represent "A New Breakthrough" and deserve to get a good, prompt trial by that amalgamation of agencies and backward doctors which we call "The Medical Establishment."

Only our lives are involved.

—Jay Patrick

NEW HOPE FOR THE MENTALLY RETARDED – STYMIED BY THE FDA by Henry Turkel, M.D. (Vantage Press, 516 West 34th Street, New York, N.Y. 10001; 241 pages; illustrations; $5.95)

This important book of our times actually conveys two stories, intermingled, but both equally revealing and timely. First, it is a book which should be read and considered by all parents having retarded children for here is a story of a medical approach developed by Dr. Turkel which has been shown to be capable, in one documented case after another, of effectively diminishing the intellectual and physical disabilities of mongoloid children and others suffering from metabolic effects of abnormal genes or chromosomes. The other story is Dr. Turkel's account of the attacks which have been made on his method of treatment by the Food and Drug Administration, and other organizations.

(Continued next page)

Dr. Henry Turkel is the developer of the so-called "U" Series drugs which, in many countries, are successfully used to give much help to "mongoloid" children—those who are mentally and physically retarded because of chromosomal or genetic defects. His method of treatment, while not a cure, has worked effectively to diminsh the accumulated metabolites responsible for the retardation, thus bringing about both mental and physical improvement.

Dr. Turkel has included in the book photographs demonstrating the physical improvement in some of his retarded patients which has occurred during their use of the "U" Series drugs. A number of X-rays are reproduced also which show the marked boney development, previously retarded, which occurred when the harmful metabolites were removed through the use of the drugs. In passing, it might be mentioned that the "U" Series is a combination of standard medicines that act synergistically to reduce or eliminate the various accumulations of harmful metabolites which interfere with normal utilization of nutrients, efficient removal of wastes, and thereby, with maturation, growth and function. The "U" Series of drugs are entirely safe and is not intended to treat the "underlying causes" of mongolism (which are genetic) but rather makes it possible for the body to develop normally to its hereditary potential by removing blockages. It might be added that because of the success of this approach in removing harmful accumulations of metabolites, the therapy has been found valuable in a number of situations other than mongolism.

In spite of the safety of the drugs used, the logical nature of the approach, and the successes achieved through the utilization of the "U" Series drugs over the course of about thirty years, organized medicine continues to behave as if the "U" Series therapy is nonexistent, foundations presumably concerned with aiding retarded children have not taken the trouble to investigate the merits of the approach, and the Food and Drug Administration has steadfastly refused to give approval for the use of the "U" Series drugs in cases of mongolism and thus has prevented the shipment of these remedies in interstate commerce. Dr. Turkel is able to use the drugs in his own State of Michigan but is unable to ship them outside of Michigan and thus this type of treatment is denied those who are unable to travel to Detroit to consult with Dr. Turkel personally.

The story of Dr. Turkel's encounters with the FDA, as told in his book, will amaze and astound most readers, especially those who have assumed that the FDA is an impartial federal agency devoted to the protection and promotion of the health of this nation's people.

Your reading of this book is warmly recommended, if for no other reason than to give you an insight into the political workings of organized medicine and the FDA.

THIS IS THE NATIONAL HEALTH FEDERATION

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

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

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

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

Will you join us in this worthy effort?

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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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St. Petersburg, Ramada Inn South ..... **June 2**
West Palm Beach, Ramada Inn on Golf Course **June 3**
Portland, Portland Hilton ..... **June 16-17**
San Francisco, Airport Plaza Hotel ..... **June 23-24**
Salt Lake City, Ramada Inn ..... **August 3-4**
Chicago, Pick Congress Hotel ..... **August 24-26**

HELP SAVE OUR HEALTH FREEDOMS