

**National  
Health  
Federation  
BULLETIN**

DECEMBER, 1974

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Program of the  
**ANNUAL WEST COAST  
NHF CONVENTION**  
January 16-19, 1975

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*Season's Greetings*

AND BEST WISHES  
FOR THE HOLIDAYS



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**How To Avoid Foodborne Illness  
Which Could Spoil Your Christmas Feast**

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Washington Report:  
**FACTS YOU HAVE A RIGHT TO KNOW**

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**The American Dental Association and Fluoridation**

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Dedicated to the Protection of Health Freedoms

# THE NATIONAL HEALTH FEDERATION BULLETIN

Protection of Health Freedoms

Published Monthly

Volume XX — Number 11

December, 1974

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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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## WASHINGTON REPORT

### FACTS:

## You Have A Right To Know

By CLINTON R. MILLER  
NHF Legislative Advocate

"We've been betrayed!" This is the feeling expressed apparently by a significant percentage of the health-minded and nutrition-oriented consumers who have followed the recent actions of the House Subcommittee on Public Health and Environment. At least, this is our deduction based on the signals we have been picking up from all over the country.

The charges of betrayal have been directed, in general, at the House health subcommittee but more specifically at Representative Paul Rogers (D-Fla.), chairman of the subcommittee, and at Representative Peter Kyros (D-Maine), a member of the subcommittee, and have come as a result of the subcommittee's action during the "mark-up" session following hearings on the Hosmer and related bills.

It was at this mark-up session that the subcommittee members, bowing to the wishes of the chairman, Rep. Rogers, tossed aside the Hosmer and other almost identical bills which had been introduced or cosponsored by a majority of the House members, and then proceeded to draft an entirely new bill which, if not amended, could be

more disastrous to the health food industry than the pending FDA dietary supplement regulations that the legislation is intended to correct.

The new bill was subsequently introduced by Rep. Kyros and is now known as H.R. 16317. Though introduced by Rep. Kyros, it distinctly is a bill instigated by Rep. Rogers and master-minded by Peter Hutt, FDA's chief legal counsel. Thus, what the subcommittee did was bury proposed bills which had gained wide support among consumers as well as members of Congress and substitute, in its place, a bill which fails miserably to achieve the objective of the original bills.

### A Review Of Events

In order to place the subcommittee's new bill, H.R. 16317, and the current situation into proper perspective, it is well that we review certain events of the past two years. Nearly two years ago, early in the beginning of the 93rd congressional session, Representative Craig Hosmer (R-Calif.) introduced a bill (H.R. 643) which would all but nullify new dietary supplement regulations issued by the Food and

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Drug Administration which, among other things, would severely restrict the potency, number and combinations of ingredients in dietary supplements.

In the months that have ensued, several other congressmen introduced almost identical bills. All bills gathered cosponsors so that eventually over half of the members of the House of Representatives had either introduced or cosponsored bills which would block the pending FDA regulations. Included in this number were 7 of the 11 members of the House Subcommittee on Public Health and Environment which was to hold hearings on the bills. Unprecedented consumer support for the proposed legislation was evidenced by the nearly one million letters which were received by members of Congress urging support for the bills.

Later in the session, Senator William Proxmire introduced a bill (S. 2801) in the Senate which was essentially the same as the Hosmer bill. This measure has since been adopted by the Senate by a vote of 81 to 10. The Senate action came just two weeks after the infamous mark-up session of the House health subcommittee.

It would have been reasonable to expect that the members of the subcommittee would consider the unprecedented, widespread support, both in and outside of Congress, as a mandate to report out the Hosmer bill with no essential changes. The subcommittee members chose to do otherwise however, as reported above. What they

did has been regarded by some as a betrayal of the principles of our democratic, representative form of government.

#### New Bill Misleadingly Called

##### A Compromise

In one of the strangest exhibitions I have witnessed in more than a quarter century of lobbying for consumer causes, I saw the House health subcommittee hold what it mockingly called a "mark-up" session on the Hosmer and similar bills. What a hollow farce it was! After burying the Hosmer-type bills, Peter Barton Hutt, FDA's chief legal counsel, virtually dictated every word of the new bill (H.R. 16317) later introduced by Rep. Peter Kyros.

That's right!

The Food and Drug Administration, the ardent opponent of the proposed legislation under consideration and, in a sense, the defendant in the vitamin controversy before Congress, was accorded the privilege of writing the verdict by literally drafting the new bill. And apologists for the bill still have the effrontery to call it a "compromise bill."

You might wonder, while this "mark-OUT" of the Hosmer bills was taking place, where were the National Health Federation, the National Nutritional Foods Association, the Federation of Homemakers, and other consumer and industry groups whose members, customers and friends had written approximately a million letters protesting FDA's nutritional tyranny? We were there . . . but, we were

silenced as effectively as though our tongues were cut out. It was an "open" session. We were allowed to attend, but not participate. We could watch and listen, but not speak, challenge, rebut, or advise. On the other hand, Mr. Hutt was invited to be seated with the subcommittee and staff and to participate freely in the decision-making processes of the subcommittee.

The personable and frighteningly powerful chairman of the House health subcommittee, Paul Rogers, appeared to act on the false premise that suddenly, somehow the Food and Drug Administration had become unbiased, 100 percent honest, and the completely trustworthy, primary and final source of legal information for the eleven members of his subcommittee as they proceeded to draft the new bill.

The National Health Federation flew Kirkpatrick Dilling to Washington, D.C. for the mark-up session so the subcommittee members could have the advantage of one of the finest and most experienced food and drug attorneys in the U.S. for consultation. We could have spared our members the expense and Mr. Dilling the anguish of having to sit in a meeting where FDA's Mr. Hutt misinformed and misled the subcommittee on every single major point at issue. It was unbelievable!

The Hosmer and other similar bills were contemptuously ignored and swept aside as though they had never been cosponsored by more than half of Congress. The sub-

committee proceeded to draft their own bill from scratch with Mr. Hutt slanting nearly every word, paragraph, and section.

Now, I don't want to give the impression that we were not treated courteously by Chairman Paul Rogers. We were. That is, if you define courtesy as indulgent smiles and flattering oratory. Oh, the oratory! Peter Kyros made the finest speeches I have ever heard about health freedom and the rights of citizens to choose their own diets. Smiles and assurances were everywhere. It was almost as though we had to have "a distracting side show" to amuse us while the FDA helped the subcommittee staff members draft a masterpiece of deception.

#### H.R. 16317, A Deceptive Bill

H.R. 16317 is just such a masterpiece. It contains at least 8 overkill provisions inimical to the health and food supplement industry. It is far worse than the original FDA regulations blueprinted in '59 by the American Medical Association and first published in the Federal Register by FDA in 1962.

The "Hutt - Kyros - Rogers" bill was reported out of the subcommittee August 7, 1974. It was introduced by Mr. Kyros (D-Maine), Mr. Rogers (D-Fla.), Mr. Satterfield (D-Va.), Mr. Preyer (D-N.C.), Mr. Symington (D-Mo.), Mr. Roy (D-Kan.), Mr. Nelsen (R-Minn.), Mr. Hastings (R-N.Y.), Mr. Heinz (R-Pa.), and Mr. Hudnut (R-Ind.). Ten of the 11 members of the subcommittee had cosponsored it. The

(Continued on next page)

# Don't Let Foodborne Illness Spoil Your Christmas Feast

By MARGARET MORRISON  
Reprinted from FDA CONSUMER

Turkey and trimmings. Or ham and candied yams. A table loaded with platters of good food.

It's the traditional Christmas picture that will be repeated in millions of American homes on Christmas Day.

But the picture could change to one that's not so festive if the food should become contaminated and cause illness. And it can happen so easily if you don't know about proper food handling in the home.

You could be making your first Christmas dinner, or you might be an experienced cook. You could be preparing for 15 or for two. In any event, the food you serve could cause illness if you don't understand and follow some precautions to prevent contamination.

One of the most common causes of contamination and illness is *Salmonella*, a bacteria which multiplies in the gastrointestinal tract and produce irritation, with resulting nausea, vomiting, abdominal cramps and pain, diarrhea, and fever.

Some foods are especially susceptible to *Salmonella*, and meat and poultry are two of them.

The precautions you should take begin in the supermarket. Chances are your turkey—and many other Christmas foods—will be frozen. When you are buying frozen foods, check the display cases to make

(Continued on next page)

intensive review of the bill gave independent verdicts which were reflected in NHF's strong letter of August 12, 1974 to Rep. Craig Hosmer. Hosmer was getting strong pressure to approve H.R. 16317, as well as lots of questions from the more than 200 cosponsors of his bill.

Our letter to Rep. Hosmer said in part:

Dear Craig:

Unless drastically amended, the National Health Federation is strongly opposed to the so-called "compromise bill" H.R. 16317, reported out by the House health subcommittee with 10 of the 11 members of the subcommittee as cosponsors.

The bill is a radical departure from and distortion of the Hosmer-Proxmire type bills which have been introduced by a majority of the House (234) and a near majority of the Senate (45).

It is my opinion that H.R. 16317 would dismantle the health foods and food supplement industry more surely and permanently than FDA's new vitamin regulations.

Copies of the letter were sent to Representative Harley Staggers (D-W. Va.), the powerful chairman of the full committee which has jurisdiction over Paul Rogers' health subcommittee.

Had it not been for the magnificent legal work done under incredible pressure by attorneys Dilling, Bass, Ullman, King, and Pratt, we may have suffered from the swift-est switcheroo in history.

**NHF and NNFA Support Hosmer's Discharge Petition**

This close call which could have turned our work of the past 12 (Continued on page 25)

only member not adding his name and who was conspicuous by his absence at all 4 days of the markup session was Dr. Tim Lee Carter, the M.D. from Kentucky who was forced by NHF to publically retract and apologize to Dr. Carlton Fredericks for an unjustified attack made a year earlier at the subcommittee's regular hearings. So for all intents and purposes, it was 11 of 11, unanimous decision.

Suddenly the green lights were on all the way. Supposedly, the bill which had languished for a year awaiting hearings and for months since hearings, now miraculously had no opposition and was cleared to be whipped through the full 44 member committee on Interstate and Foreign Commerce then through the House and Senate and to the President for his approval.

The only trouble was that there was no resemblance between H.R. 16317, the Hutt-Kyros-Rogers bill, and H.R. 643 or S. 2801, the Hosmer-Proxmire bills.

**Four Prominent Food Law Attorneys Nix H.R. 16317**

NHF and NNFA immediately asked the four top food and drug law attorneys in the United States to evaluate H.R. 16317 to determine whether or not we should support all or part or none of it. Charles Orlando Pratt, NHF's general counsel for over 15 years, although very ill and under 24-hour medical care, studied the bill and said in terse opinion, "... NHF cannot afford to support this bill." Milton Bass, Bob Ullman, Kirkpatrick Dilling, and David King, after

least 165° F. so bacteria will be destroyed. The only way you can be certain you cook the meat sufficiently is to use a meat thermometer. Using a meat thermometer is advisable no matter what kind of meat you are cooking, but it is especially important when you're cooking turkey or any other poultry.

But Christmas dinner doesn't consist only of turkey. There are vegetables and salads, puddings and pies. And these can pose as many problems as meat and poultry. Foods that consist in whole or in part of milk or milk products, or eggs, can be potentially hazardous and must be handled with care.

If you should decide to buy frozen pies, put them in your shopping cart last. Take them home as quickly as possible, and put them in your freezer immediately, until time for baking. Whether you use frozen pies or your own homemade, after they are baked, be sure they are kept refrigerated. This is especially important if the pies contain milk and/or eggs — cream pies, custard pies, pumpkin pies.

Perhaps there is a salad that is traditional fare for your family. Potato salad, or a similar salad in which you use mayonnaise or salad dressing. To prevent bacteria from growing, this kind of food should be kept refrigerated until you're ready to serve it.

If something should happen to delay your serving dinner as planned and you want to keep some prepared foods warm, the temperature should be kept at above 140° F. to prevent growth of

bacteria and contamination.

After the big meal is over, everybody is feeling relaxed. You want to watch TV or just sit and visit, and you could be tempted to "clear up the table later." Don't let this happen.

Cooked foods should not be left at room temperature; they should be refrigerated immediately. Infectious bacteria in food can double every 15 to 30 minutes when the food is not kept sufficiently hot or cold.

Also remember it is not necessary to cool hot foods before putting them in the refrigerator. Today's refrigerators can quickly bring foods to the proper temperature for safekeeping without preliminary cooling.

What about your refrigerator itself? Are you sure it is cold enough to keep bacteria from growing in foods? The temperature should be at least 45° F. or below. And check to be sure the refrigerator is properly defrosted. A buildup of ice on the cooling coils can prevent the refrigerator from working well.

Another suggestion: never cover refrigerator shelves with paper or foil. This cuts down on air circulation and makes it harder for the refrigerator to operate at top efficiency.

Food contamination in the home is possible any time, but during a holiday, when you're preparing especially large and festive meals, the possibilities are greater. This Christmas, have yourself a feast—but avoid contamination and illness by handling foods with common-sense precautions.

# The ADA And Fluoridation

By LEE HARDY

No. 15 In A Series

We have mentioned in No. 5 of this series that the American Dental Association was in 1950 one of the first influential organizations to endorse fluoridation of public water supplies. Since that time it has been their official policy to promote the practice, even to the extent of the expulsion of members who have taken an opposing stand. It is to be expected that the *ADA Journal* would give a considerable amount of its space to articles promoting fluoridation. Many members of the Association, as well as influential persons outside the dental profession, have been quoted in the *Journal*, echoing the time-worn claim of 60% reduction in dental caries. Even Dr. Benjamin Spock, well-known pediatrician, has permitted his voice to be added to the cause of fluoridation.<sup>1</sup> However, among the articles published have occasionally cropped up admissions of inadequacy and of detriment. All of the quotations following are from the *ADA Journal*.

Frank A. Bull, D.D.S., of Madison, Wisconsin, although making the positive declaration, "There is no valid objection to the fluoridation program," adds, "Fluoridation is not the complete answer to the dental health program."<sup>2</sup> This admission jars somewhat the idea that a community which adds fluoride to its water supply has done the

ultimate in protecting its children's teeth.

Many members of the dental profession have accepted without question the general policy of the ADA and have contended that for the full benefit of fluorides the child must receive them during the period of gestation as well as throughout his period of development. Peter P. Dale, D.M.D., of Boston, in 1964, stated, "It is a fact that 1,821 of 12,421 American dentists recommend prenatal sodium fluoride . . . during pregnancy." However, Dr. Dale disagreed with the idea that this practice is beneficial. "Presently, on the basis of various experimental and clinical studies," he concludes, "it cannot be claimed that prenatal fluoride therapy to expectant mothers in non-fluoridated areas will make the deciduous or permanent teeth of the offspring resistant to dental caries."<sup>3</sup> This dissent was expressed prior to the action of the Food and Drug Administration which banned the addition of fluorides to vitamin preparation for use during pregnancy because of the harm which could result.

The phenomenon of mottling (see No. 6 of this series) which often accompanies the ingestion of fluoridated water has been a matter of interest and concern to den-

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tists, if not to the ADA as a body. Allen O. Gruebbel, D.D.S., of Chicago, although he quotes C. V. Black, fluoridation researcher and early proponent of fluoridation, as saying that "... the reduction of the incidence of dental caries (through fluoridation) gives promise of being one of the landmarks in the history of public health not only in this generation but in this century," states flatly that "Severe mottling is as destructive to teeth as dental caries."<sup>4</sup> It is true also that when teeth are lost through the action of fluoride, or when any degree of mottling from the action of fluorides is evident, the body has suffered general fluoride poisoning (see No. 12 of this series). The loss of teeth from mottling is perhaps one of the lesser hazards of fluoridation.

There have been a number of studies to determine the relation of nutrition to mottling. As a part of the dental research program of the Italian Medical Nutritional Program (1945), mottling in two Italian communities, Quarto and Campagnano di Roma, was compared with that in two American communities, Joliet, Illinois, and Conway, South Carolina. Maury Massler, D.D.S., and Isaac Schour, D.D.S., both of Chicago, write of the study: "Quarto, with a fluorine content in the water supply of 1.3 ppm, showed, for the age group of 12 to 14 years, a prevalence which was twice as high and an index of 100% higher than that found in the same age group at Joliet, Ill., also with 1.3 ppm of fluorine. . . . The

higher index of mottling in Italy may be explained on the basis of difference in nutritional status. It appears that as the nutritional status is lowered, the cells (ameloblasts) which are responsible for the formation and the calcification of the enamel become more susceptible to the deleterious action of fluorine."<sup>5</sup> The same relationship between mottling and nutritional variation was found in the comparison of conditions in Campagnano di Roma and Conway, S.C., although the concentration of fluorine in the Conway water was slightly higher.

The same authors state also, "There is general agreement in the literature that calcium deficiency does increase the severity of the manifestation of fluoride intoxication. Raganathan, experimenting with rats in 1944, found that a calcium deficiency superimposed on a diet containing fluorides increased the toxic effects of fluorides and resulted in a noticeable reduction in the survival of the animals."<sup>5</sup> The conclusion is that "... the poorer the nutritional status and the lower the calcium intake, the more prevalent the mottling."<sup>5</sup>

Dr. John Yudkin goes still further, saying: "There is evidence that . . . distortion of diet plays a part in the increased incidence of . . . dental caries. . . ." In other words, dental decay is more marked in those with poor diets, including too low calcium intake, and this is true whether fluorides are administered or not, and independent of the amount of fluorides

ingested. Samuel Dreizen, D.D.S., of Chicago, states: "A direct relation between the frequency of ingestion of cariogenic carbohydrate foods and dental caries was demonstrated in rats and in children. Weiss and Treithert found a consistent association between dental caries prevalence and the number of between-meal snacks of items with a high sugar content and a high degree of adhesiveness in preschool children. . . ."<sup>7</sup>

Gerald J. Cox, Ph.D., of Pittsburgh, the original proponent of fluoridation, and H. C. Hodge, of Rochester, New York, express caution in regard to the use of fluorides in dentistry. "Fluorine and its compounds have long been known as poisons. . . . Fluorides rank among the substances whose ingestion can cause death within a few hours. . . . The classical effects of chronic poisoning seen industrially, and in those ingesting drinking water with excessive concentration of fluorides, are stiffness of the joints, exostoses (excessive bony outgrowth or tumors formed on either the outer or inner surface of a bone or cartilage), moth-eaten bones, calcification of the ligaments, and of special interest to dentists, changes of the roentgenograms of the jaw bones characterized by heavy trabeculae (bands of connective tissue) . . . H. V. Smith concluded from observation in Arizona: 'The evidence indicates strongly that any water with a fluorine content of 0.9 ppm. . . . or over is dangerous from the standpoint of probable damage to the teeth.'<sup>8</sup>

In the May 1955 issue of the *ADA Journal* Herbert B. Bain, Director of the Bureau of Public Information for the ADA, replies to a published column by syndicate columnist, George E. Sokolsky, who had "attacked fluoridation as 'this business of pouring another poison into our water.'" The reply repeats stock arguments in favor of fluoridation. Sokolsky's rebuttal also is printed: "You do not answer my article at all. You simply tell us that the scientific professions have competence. They have a certain degree of competence but not exclusive competence. We have not yet reached that state in America when we are forced to conform to the opinion or the doctrine of any group."

"You made no distinction between naturally fluoridated water and the fluoridation program by infiltrating pure water with this particular poison in small quantities. I have inquired of members of your association as well as physicians outside of it. I find a vast difference of opinion. I find that as many of those whom I interviewed who are members of your association are opposed to it as favor it. I also find that they live in terror of being quoted. They tell me that they may be brought up on charges should I quote their names. I regard such intimidation of any citizen for whatever reason *un-American*. I should like to see a Congressional Committee investigate this whole subject."<sup>9</sup>

1. Spock, B., *JADA*, 59:621. Nov. 1962.
2. Bull, F. A., *A Public Health Dentist's* (Continued on next page)

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## Major Breakthrough Against Arthritis

Reprinted from the National Tattler

A British biochemist has given new hope to millions of Americans who suffer the pain of crippling arthritis by announcing a major breakthrough in controlling the disease.

Dr. E. C. Barton-Wright did not claim to have found a cure for the crippler, but that could be just around the corner if his findings prove valid.

"I am not claiming I have discovered a permanent cure for arthritis," Dr. Barton-Wright said. "What I do claim is that we have discovered the cause, the method of control and the method of prevention."

Dr. Barton-Wright contends that arthritis is brought on by a lack of sufficient pantothenic acid in the diet.

Pantothenic acid was discovered by an American doctor in 1933. It is a B-complex vitamin that has its richest sources in liver, soybeans, peanuts, egg yolks, rice husks, dried peas and royal jelly, that delicacy of the queen bee.

While, except for royal jelly, all of these foods appear to be common enough, they are not as common as many might think.

Americans, for example, may be the victims of the very food processing techniques that were thought to make them the best fed people in the world.

Pantothenic acid can easily be destroyed by pasteurization, grilling, toasting and even boiling.

Experiments have shown that more than half of the vitamin content in spinach or tomatoes is lost when these vegetables are canned.

Even the defrosting of frozen meats can lead to a loss of the vitamin.

Modern food processing makes sure that we never get near one of the richest sources of pantothenic acid—the rice husk.

So, given our modern diets, based mainly on processed goods, a "common" vitamin becomes rare.

Dr. Barton-Wright believes the result is 30 million Americans suffer

arthritis, three times more than in 1965.

It is estimated that the average person needs at least 25 to 50 mgs of the vitamin in his daily diet.

Yet average Americans, supposedly the best fed people in the world, have only 4.5 mgs of the vitamin in their daily diet.

Dr. Barton-Wright sees this modern diet, rapidly becoming the diet of the entire western world, as responsible for doubling the number of arthritic victims in 10 years.

Experiments in diet control have been made which convince Dr. Barton-Wright that a pantothenic acid deficiency leads to arthritis.

Pigs, for example, when fed on a diet deficient in the vitamin, develop a number of arthritic symptoms including "goose stepping gait." This lack of coordination in the pigs' hind legs is believed caused by arthritis in their leg joints.

In the United States, experiments with rats fed on a diet completely devoid of any pantothenic acid resulted in symptoms of arthritis similar to those found in humans.

Arthritis has also increased dramatically among dogs during the last 15 years. This, too, says Dr. Barton-Wright, is due to diet.

First, more and more dogs are being fed canned rather than fresh food. Second, the pantothenic acid content of these canned dog foods has dropped steadily over the years.

In humans, there is also a direct correlation between arthritis and diet deficiency, Dr. Barton-Wright said.

The biochemist conducted experiments with a colleague, in which the blood of persons suffering from rheumatoid arthritis was examined and compared with that of persons free of the disease.

Results showed that a person with a normal, balanced diet had 50 per cent more pantothenic acid in his blood than the arthritis victim.

When the level of the vitamin in the blood dropped below 50 per cent of the normal level, patients with arthritis were bedridden with the disease.

More than 11 years ago, Dr. W. A. Elliot, an American, carried on clinical trials on arthritis victims using injections of royal jelly and calcium pantothenate.

He found that as long as the treatment continued, keeping the pantothenic acid level in the blood high, the patients showed marked improvement. But when treatment stopped, symptoms returned.

With vegetarian arthritics, even more startling results were achieved. Of the 18 patients treated, only one showed a recurrence of symptoms after 15 months. And after a second course of treatment, even this patient was cured.

He did say, "If every individual could be sure of consuming in his or her daily diet at least 25-50 mg of pantothenic acid, preferably from infancy, arthritis would be as rare as other vitamin-deficiency diseases such as scurvy, beriberi, pellagra and rickets."

# The Role Of Iodine In the Body

By EMORY W. THURSTON, Ph.D., Sc.D.

It is only recently that the actual role of iodine in the human body has been definitely established. Traces of the element are found in the blood, nerves, various glands, and organs. The active principal of the thyroid is the hormone thyroxin, which contains about 65% iodine. The normal thyroid stores about 25 milligrams of iodine, the rest of the body containing about 10 milligrams more. The entire volume of blood iodine in the body is normally less than 1 milligram.

## Daily Need For Iodine In Controversy

Many authorities have attempted to estimate the actual amount of the element required by the body for normal functioning. Swiss and German investigators determined that this should be about 6 milligrams daily. Our own Food and Drug Administration now claims that the maximum amount should not be in excess of 0.15 milligrams, or about 1/40th the amount the Swiss scientists claimed. In our own experience it would seem that the Swiss and Germans are much nearer a realistic approach. As we are operating under United States laws however, preparations for general sales to the public are restricted to the smaller amount.

Near our seacoasts the soil con-

tains more iodine than farther inland. Often flowers grown in gardens near the seacoast are much more brilliant in color than those grown farther inland. Many observers feel that might be due to the iodine in the air resulting from the evaporation of sea spray. The coastal crops are usually much better supplied with the element.

Since iodine salts are very soluble in water, rains and irrigation soon leach most of the salts from the soil. In several sections of the world, as in Switzerland and the high Himalayan valleys, soil iodine deficiency is notorious. The Great Lakes region, the Rocky Mountain areas, the Central Plateau (Utah, Idaho, Montana, etc.), and the Pacific Northwest, are especially deficient in the element. Even where actual deficiency is not so pronounced, disinclination of many people to consume iodine bearing foods, and living on largely a carbohydrate diet, may tend to produce a condition of actual deficiency.

Those foods which contain the most iodine are predominantly all seafoods, with lobster, clams, and oysters heading the list of usual foods. The variation in iodine content of food depends entirely on the amount found in the soils. As previously pointed out, so many

soils throughout the United States are quite deficient in the element that it is always well to use an efficient supplemental food that provides an adequate supply.

## Iodized Salt Poor Substitute For Food Iodine

The Food and Drug Administration endorses the use of iodized salt as a source of a sufficient amount of the element to maintain good health. While your author has no objection to the use of iodized salt, it seems a poor substitute for true food iodine as supplied by ocean fish and sea plants. For countless centuries, many Oriental peoples have used vast amounts of these sea plants in their daily foods, and it is quite certain they often consume every day a hundred times the amount of iodine suggested by the Food and Drug people as a maximum safe daily requirement.

Your author has been experimenting with sea plants for some fifty years, and during that time has eaten sufficient dried sea plant products to provide over a hundred milligrams of iodine daily over long periods of time, and entirely without any apparent harm. In fact, those people who use sea plants regularly are said to be blessed with good teeth and gums, and have fewer colds or other infections. They are also said to be generally free from arthritis and other disorders that are so prevalent in our modern America.

As long ago as 1932, Professor McCarrison showed that test animals confined in dirty and over-

crowded cages developed various infections, and their thyroid glands became much enlarged. Those kept in scrupulously clean cages and not crowded were perfectly healthy. Later, animals kept in dirty cages and crowded but fed a ration with adequate organic iodine, were in perfect health.

Evidently iodine has a definite effect in preventing infections. This element is now known to be one of those absolutely essential to good health and even life itself, even though the entire amount required is infinitely small, probably an amount less than 1/10th the size of a pinhead daily.

## The Role Of Iodine In the Body

This element would seem to be involved in the proper metabolism of calcium, phosphorus, and the starches. A deficiency of iodine in the diet may cause lowered vitality, inability to think logically, loss of control of muscles and glands of the mouth resulting in contortion and drooling, defective formation and structure of the teeth, tendency to obesity, goitre, and cretinism, faulty habits in general, loss of tone in the circulatory system as well as in other tissues, and slow or defective sexual development.

Despite the almost universal use of iodized salt, the decrease in goitre and other thyroid diseases has not been as marked as had been anticipated. Apparently the use of the inorganic form is not the ideal way to obtain the element. An interesting comment regarding

(Continued on next page)

iodine was made some years ago by Dr. William Weston of the United States Department of Public Health. He said in part—"After a most diligent search of the literature, I have failed to find a single incident of iodine poisoning where the diet contains an enormous amount of iodine in its organic state. Investigations have shown that when inorganic iodine is supplied it leaves the body in a relatively short time (less than 24 hours), mostly through the kidneys. The organically bound iodine of foodstuffs however, is set free only slowly in the body, and a longer time elapses before it leaves the body. . . A number of investigators have therefore emphasized the great importance of naturally bound iodine in goitre prophylaxis instead of the inorganic form."

#### Organically-Bound Iodine More Desirable

Iodine must be considered a food element of tremendous importance. Its lack in the diet must be supplied if the organism is to function normally. Inorganic forms, while they may be of value as stabilizers, are too uncertain to be relied on. They are, in fact, drugs. Strictly organic iodine, as it occurs in food forms, is the only proper nutritional source of the element.

If normal foods are lacking in proper amounts they must be supplemented by natural sources which are rich in the element. Perhaps many borderline and vague symptomatic conditions may be merely a manifestation of mild iodine de-

iciency. Iodine in the food form is essential as a catalyst for stabilizing the calcium metabolism.

The principal periods of demand for iodine are during pregnancy, puberty, the menopause, and where infections occur. Women require considerably more than men.

In seeking a satisfactory food form of iodine, the reader is urged to make use of more ocean life forms, as well as sea plants of various kinds.

#### REQUESTS and GIFTS

**REQUEST 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."

## Annual West Coast NHF Convention Set For January 16, 17, 18, 19

The time is moving closer for NHF's and Southern California's greatest health event of the year. Our Annual Convention scheduled for January 16, 17, 18, and 19, 1975 at the Anaheim Convention Center, Anaheim, California will attract members and friends from around the nation. Please plan to be with us.

Where else, other than at a National Health Federation convention, could one hear, at one place at one time, so many outstanding authorities willing to share their knowledge as they speak on subjects relating to nutrition, cancer, problems in our ecology, health legislation, food and drug regulations, legal approaches in the protection of our health freedoms, and a great number of other health-related subjects? As you peruse the program on the following pages, you'll have to agree that this is a convention program just too good to miss.

Again this year, the Annual West Coast NHF Convention will be held at the Anaheim Convention Center, located almost adjacent to Disneyland in Anaheim, California near Los Angeles. Those who have seen the Convention Center agree that it is the ideal convention site offering every possible convenience and facility for conventions in a beautiful setting. This year, we will be in the huge North Exhibition Hall which will provide all ground-floor seating for the lectures with exhibitors in a separate section on the same ground floor so there will be no stairs to climb as before. The approximately 200 exhibitors who will be on hand will provide a fascinating show of the latest health-related products and services. The Convention Center has ample, reasonably-priced parking and the convention hall management will again be providing a catered food service so that it will be unnecessary to go outside the building to eat.

#### Telephone Message Center Provided

Through the courtesy of the telephone company, a telephone message center will be established and staffed during the convention hours. The telephone number will be (714) 635-8440. You may give this number to friends or family members as the number through which you may be reached through the day and evening hours. Messages will be taken by the telephone company personnel on duty and will be posted on the message pick-up board.

#### Convention Open To The Public

The public is cordially invited to attend all the convention events including the luncheon and the breakfast. The admission charge for NHF members and non-members alike is \$2.50 per day, \$8.00 for 4 days.

(Continued next page)

### Many Motels Available Nearby

Information about the following room accommodations may be of assistance in your planning. There are many motels located within easy walking distance of the Convention Center. Each of the motels listed below has set aside blocks of rooms for those attending our convention. Reservations should be placed at the earliest possible date to insure availability. Tell them you will be attending the NHF convention.

**Royal Inn of Anaheim**, 1855 South Harbor, Anaheim, California 92802. Telephone (714) 638-8300. This will serve as the NHF convention headquarters. Rates are \$22.00 single, \$24.00 double, \$28.00 twin, with \$3.00 for each additional person and \$3.00 for additional bed.

**Magic Carpet Motel**, (formerly the Pixie Motel), 1016 West Katella, Anaheim, California 92802. Phone (714) 772-9450. In the past, we have found these rooms to be neat, clean and comfortable. A real bargain. Winter rates will be in effect: \$10.00 for one person, \$1.00 for each additional person, \$2.00 extra for twin beds. First night's deposit required with reservation.

**Jolly Roger Inn**, 640 West Katella, Anaheim, California 92802. Phone (714) 772-7621. Rates: \$16.00 single, \$17.00-\$19.00 double or twin, \$20.00 triple, \$4.00 extra person.

## TWENTIETH ANNUAL WEST COAST CONVENTION ANAHEIM CONVENTION CENTER

### Thursday, January 16

- 8:00 REGISTRATION and visit exhibits.
- 9:30 OFFICIAL welcome and opening ceremonies by Walter J. Hodson, N.D., Th.D., D.D., master of ceremonies.
- 10:45 GENE JOHNSON—"The Food Crisis"; due to the rising cost of foods, we feel you will enjoy learning the art of self-survival.
- 11:45 LUNCH and visit exhibits.
- 1:00 ALAN H. NITTLER, M.D.—"A New Breed Of Doctor"; noted physician who is nutritionally oriented.
- 2:00 V. EARL IRONS—"Modern Health Fallacies"; refreshing and stimulating speaker.
- 3:00 RECESS and visit exhibits.
- 4:00 MARY ROYER—"When Is Guidance Not Guidance?"; President of The National Parents League.
- 4:30 KIRKPATRICK DILLING, Attorney for NHF—"Our Continuing Legal Battles For Health Freedom... No End In Sight"; skilled in food and drug and other health matters.
- 5:15 Where Do We Go From Here?
- 5:30 DINNER and visit exhibits.

- 7:00 CARLTON FREDERICKS, Ph.D.—"Preventive Nutrition vs. Crisis Medicine, Part I"; noted educator, author and lecturer. Radio and television personality.
- 8:00 CLINTON R. MILLER, NHF Legislative Advocate—"FDA's Plot To Destroy."
- 8:30 CARLTON FREDERICKS—Questions and Answers.
- 9:00 ADJOURN and visit exhibits.
- 10:00 EXHIBITS close.

### Friday, January 17

- 7:00 CLINTON R. MILLER—"Our Legal Issues"; special information session. Don't Miss It!!!
- 8:00 REGISTRATION and visit exhibits.
- 9:30 LARRY JACOBS, Yoga Instructor—"A Practical Guide To Everyday Fitness"; basic-immediate approach for improving one's well being.
- 9:45 Our Health Future, What Are The Prospects?
- 10:00 ERNST KREBS, JR.—"The Nature Of Cancer"; author and discoverer of pangamic acid (B-15) and Laetrile (B-17), a brilliant lecturer.
- 11:00 PAUL DE LOE, D.C.—"Your Spine and Health"; President of California Chiropractic Association.
- 11:30 ARNOLD PIKE, D.C.—"Viewpoint On Nutrition"; producer and host of television show on nutrition.
- 12:00 LUNCH and visit exhibits.
- 1:30 BERNARD JENSEN, D.C.—"Health Not Cures"; author of several books, internationally known lecturer.
- 2:30 HENRY TURKEL, M.D.—"Medical Treatment Of Mental Retardation In The United States and Abroad, Part I"; research specialist in the field of mongolism.
- 3:30 RECESS and visit exhibits.
- 4:30 HENRY TURKEL, M.D.—"Medical Treatment Of Mental Retardation In The United States and Abroad, Part II."
- 5:15 ALBERT SCHATZ, Ph.D.—"The External Degree." An alternative in higher education. Professor of Science Education, Temple University, Philadelphia, Pennsylvania.
- 5:30 DINNER and visit exhibits.
- 7:00 CARLTON FREDERICKS, Ph.D.—"Preventive Nutrition vs. Crisis Medicine, Part II."
- 8:00 WALTER J. HODSON, N.D., Th.D., D.D.—"Our World Of Vibration—From Music To Light"; outstanding nutritional lecturer.
- 8:30 CARLTON FREDERICKS—Questions and Answers.
- 9:00 ADJOURN and visit exhibits.
- 10:00 EXHIBITS close.

### Saturday, January 18

- 7:00 CLINTON R. MILLER—"Our Legal Issues"; special information class!
- 8:00 REGISTRATION and visit exhibits.
- 9:00 PAAVO O. AIROLA, N.D., Ph.D.—"How To Get Well"; internationally known nutritionist, naturopathic doctor and lecturer.
- 10:00 JOHN F. THIE, D.C.—"Acupuncture Touch and Your Health"; enriching and rewarding speaker, author.
- 11:00 JAMES R. PRIVITERA, M.D.—"Nutrition For All BUT The Cancer Patients"; refreshing and informative speaker.

# Thyroid and/or Vitamin D May Help Greatly, But....

By JAY PATRICK

As I observed in the July-August *NHF Bulletin*, man is trying to abandon his inheritance by living in glass houses which isolate him from the great natural source of energy to which he was born.

This is because the full spectrum of electromagnetic radiation which reaches the earth through our increasingly fouled up atmosphere contains an invisible source of energy, the near ultra-violet rays, without which both plants and animals, as they are now composed, could not exist.

Between man's two brain sections is a tiny, pine cone shaped gland known as the pineal gland. In some animals the pineal is much greater in evidence, located between the eyes and has been described as a "third eye."

About 300 years ago the French philosopher, Descartes, propounded a theory of the separation of mind and body which, though invalid, still confuses many of us. Descartes also concluded that the brain's pineal gland is the resting place of man's soul.

The most recent research, however, gives a more prosaic function for the pineal. It has now been ascertained beyond all doubt that

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"Nearly everyone over 30 needs thyroid," says Dr. Murray Israel of New York City at a recent meeting of the International Academy of Preventive Medicine in Washington.

Dr. Israel has spent the major part of his medical career investigating the effectiveness of thyroid in reducing the ailments of the many patients that have come to him. Some patients, he reports, were actually on their deathbeds when suddenly brought back to life with the administration of the essential hormone.

Millions are no doubt benefiting enormously from the daily oral injection of thyroid from the glands of cattle or from a synthetic thyroid which closely duplicates the molecular structure of the natural hormone. Indeed the *NHF Bulletin* recently printed an article pointing out that insufficient thyroid is a key factor in heart attacks, muscle aches and weakness, hearing disturbances, mental disorders and memory loss, difficulty in concentrating and many other metabolic disorders.

But there's another part to the story that is rarely told, that is largely overlooked by physicians, too.

11:45 CAROL LESLIE—"An Encounter With The GOON Squad"; a case history.  
12:00 LUNCHEON—In Honor and In Memory of: Fred Miller, D.D.S.—early pioneer in the field of nutrition and research; Charles O. Pratt—NHF Legal Advisor; Adelle Davis—devoted, courageous and dedicated fighter for the betterment of humanity; Jonathan Forman, M.D.—one of the early freedom fighters opposed to fluoridation. These individuals were staunch supporters and true friends of NHF.  
2:00 BETTY LEE MORALES — "What's New In Health Around The World?"; outstanding nutritionist and rewarding speaker.  
2:45 Our Future Plans and Objectives.

3:00 RECESS and visit exhibits.  
4:00 CARLTON FREDERICKS, Ph.D.—"Comprehensive Evaluation of Food and Drug Activity as Related to the American Scene."  
5:00 DR. ROBERT HAROLD SCHULLER—Internationally known author and lecturer... has made the idea of positive thinking famous.  
6:00 DINNER and visit exhibits.  
7:30 BRODA O. BARNES, M.D., Ph.D.—"Learning To Live With Your Thyroid Gland"; discovering amazing relationship between thyroid problems and chronic diseases.  
8:30 JOHN YIAMOUYIANNIS, Ph.D.—"Fluoridation... A New Horizon For NHF"; researcher, writer and biochemist.  
9:00 ADJOURN and visit exhibits.  
10:00 EXHIBITS close.

## Sunday, January 19

7:30 CHARLES I. CRECELIUS, NHF President—General meeting... NHF membership.  
8:00 REGISTRATION and visit exhibits.  
8:30 FOUNDER'S DAY BREAKFAST—This event will again be an outstanding affair. (Speaker to be announced)  
10:30 ALBERT SCHATZ, Ph.D.—"The Soil-Food-Health Chain"; Professor of Science Education, Temple University, Philadelphia, Pa.  
11:15 PAUL BRAGG, N.D.—"War On Death"; one of America's best known, most dynamic lecturers. He will share with our audience a life-time of learning and experience.  
12:00 LUNCH and visit exhibits.  
1:00 DEAN BURK, Ph.D.—"New Developments On Cancer Therapy"; author, lecturer, researcher on treatment of cancer.  
2:00 BRODA O. BARNES, M.D., Ph.D.—"Hope For The Diabetic, Hypertensive and Arthritic"; practicing physician for 40 years.  
3:00 RECESS and visit exhibits.  
4:00 CHARLES I. CRECELIUS, National Health Federation President—Updated report on NHF Activities... recent health information gathered by NHF.  
4:30 HARLAND HOLDERBY, M.D.—"Enzymes—The Spark Of Life"; National Vice-President, Natural Food Associates.  
5:30 DR. WALTER HODSON—With special guests from Australia reporting on Arthritis treatment.  
6:00 ADJOURN and visit exhibits.  
7:00 EXHIBITS close.

this tiny gland receives impulses from our eyes coming from the near ultra-violet spectrum of the sun—and that these impulses control its production of the hormone melatonin.

This hormone acts, says Dr. Richard J. Wurtman of Massachusetts Institute of Technology, as a "neuro chemical transducer," assisting in maintenance of the circadian (24 hr.) rhythms which are key factors in our daily lives.

Also, melatonin crosses the blood brain barrier of the brain, seems to concentrate within the areas of the midbrain and hypothalamus, and raises the concentration of serotonin. This serotonin is much involved in the control of the pituitary, which then activates the gonads, the thyroid, and affects countless other metabolic functions in addition.

If a low level of near ultra-violet reaches the eyes of man, production of melatonin is increased, restricting the activity of the pituitary. If a high level of full spectrum light reaches the eyes, the volume of melatonin is reduced, and the pituitary, thyroid, and gonads then tend to be more active.

Do you get it? Thyroid is great, but it is only one of the things good light helps to make happen.

Yet few people are getting any of these invisible rays, which have been called *black light* (because they cannot be seen by the human eye). Billions of square feet of glass in households, offices, automobiles, and eyeglasses filter out most of these invisible rays, so that they

cannot get into our eyes, help in the setting of our daily rhythm, and activate basic glandular and body timing functions.

That thyroid will bring many of us back to renewed energy is most gratifying, and I am not recommending that its use be abandoned. However, it is evident that the taking of thyroid is much like supplying an automobile with adequate gasoline—but operating with a poor grade of oil in the engine and letting the ignition system go out of correct timing.

This near ultra-violet, which is in a range of about 320 to 380 nanometers, also does other very important things for us such as breaking down the oils in our skin into calciferol, which is finally converted in the liver to a highly active product, the "Vitamin D" that aids our bones to accept calcium.

Rickets is a deficiency disease involving weakness and deformity of the bones, due to their inability to accept adequate quantities of calcium. But rickets, reports W. F. Loomis in *Scientific American*, is not primarily a Vitamin D deficiency disease but, rather, a *sunlight deficiency* disease.

Wild animals never get rickets because they are out in the sunlight. However, once caught and confined in cages with little sunlight, these animals, especially monkeys, show a great disposition towards rickets. Thus, we can take thyroid because our own thyroid glands are not activated to make enough for our bodies, and we can swallow Vitamin D because we are

not making enough of the vitamin, but we may not enjoy extraordinary health by these artificial means.

When I am indoors I am also sitting directly under full spectrum (Duro-test) fluorescent lights which help my pineal gland to get the activation it so badly needs. A 40 hour exposure under these lights is equal to something like one half-hour under direct sunlight. In contrast, standard fluorescent and incandescent lights are described by Dr. John Ott of Sarasota, Florida, as *deleterious* to one's health. Not only do they fail to send the near ultra-violet rays needed—but their general effect is more harmful to man's health than total darkness, he says.

Taking thyroid and/or Vitamin D (which is really another hormone) must have something in common with the use of the single hormone cortisone. Isolation of cortisone was supposedly a great forward step in the fifties, but physicians slowly learned that very much of the stuff produced round faces, sodium retention, hyperglycemia, mental problems and other side effects. Most of the doctors finally learned that if they gave cortisone at all, it should be along with some 42 other hormones produced by the adrenal cortex.

So it is, when we start using just one of the hormones made under the direction of the pituitary. This fabulous, master gland is involved in countless functions in our body such as control of growth, water conservation, lactation, synthesis of polypeptide and protein hormones,

activation of the adrenals, stimulation of the thyroid, pregnancy, production of estrogens and progestins, sperm production in the male, testosterone, regulation of skeletal, connective, and visceral tissue growth. The list runs on and on.

But a high percentage of the many actions of the pituitary are programmed by the pineal gland. And just furnishing the body one of the products triggered by the pituitary is rarely enough.

I have accordingly listed the full spectrum of sunlight as one of some six major oversights of medicine—but it need not be your personal oversight. You can make a special effort to get outdoors each day. Even if the sunlight is filtered by clouds, it is still beneficial. Of course it is more difficult to get adequate light in northern climes and in winter.

It is interesting to note that the farther north one goes, the lighter the skin of the natives. Scandinavians have exceedingly light complexions through which their blood vessels can often be seen. They need this type skin so that what little sun is available to them can penetrate their bodies. Conversely, as we go south, we find that the Italians, who generally have a lot of sunlight available, have darker complexions. Farther south, in Africa, the natives have black skin so as to protect them from getting overexposed to the life giving rays. At this point, someone will ask, "But what about the Eskimos?" It

(Continued on next page)

is true the Eskimos have a darker skin and they don't have an overabundance of sunshine. However, their diet includes an abundance of fish, including fish liver, providing large quantities of natural Vitamin D.

So it may be a good idea, if you cannot get adequate sunlight, for you to take thyroid and/or Vitamin D—but not the irradiated kind, D-2, about which J. Y. Moon warned you in the October issue of *The*

*Bulletin*. Fish can make natural D-3 without sunlight, so they are a good source of this fabulous hormone, which, as Dr. Carl Reich of Canada has so effectively pointed out, participates in dozens of major metabolic functions.

But certainly, for maximum health, you should try to get enough sunlight so that you can make in your own body most or all of the thyroid and Vitamin D you require.

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## NHF Activities Humming At Hectic Pace

By R. A. Laurye, NHF Business Administrator

Those of us at Federation headquarters have been working at a most hectic pace for the past several weeks in an effort to coordinate all of the various programs and activities with which the NHF is concerned. Our personal participation in the very successful convention held in Atlanta gave us much pleasure and satisfaction in the work we are doing. The enthusiastic welcome extended to us and the sharing of responsibilities of the convention reassured me and Mrs. Laurye that the loyal members of the Federation are in the position of leadership in our current battles for freedom of choice in all matters concerning health and therein lies the strength of the Federation.

Upon returning from Atlanta we immediately plunged into the last minute details for the convention

at San Bernardino, Calif., where for the first time we offered our newest publications—*The History Of A Crime—How Did It Happen?* (the re-issue of Dr. Harvey Wiley's revelation of the trickery and deceit as practiced by the Food and Drug Administration), which is now only \$2; and the booklet, *Food: Green Grow The Profits* (50c each or 3 for \$1). We highly recommend these books and urge you to order your copies immediately since the information is so revealing and explosive you will want your friends to know about them also.

The whirlwind of activity generated by our new Science Director, John Yiamouyiannis, Ph.D., has necessitated hiring additional help and several senior citizens were happy to supplement their incomes by coming in to assist with the ad-

ditional mailings. The current fluoridation issue in Los Angeles has kept Dr. Yiamouyiannis on the go from early morning until far into the night with press conferences, rallies, and strategy sessions with leaders of many other groups and individuals opposed to fluoridation. This particular project has, of course, increased the workload of this activity in the knowledge that the battles already won in Houston, Texas, in the State of Washington, and elsewhere, will perhaps prevent the threat of this poison in YOUR water system. The Federation intends to stop fluoridation in America and with your help, it will be stopped!

The recent move of our Washington, D.C., office was accomplished after much searching and negotiation on the part of those on the Executive Committee and myself in cooperation with our legislative advocate, Clinton R. Miller. The new address is 4620 Lee Highway, Suite 240, Arlington, VA 22207. Telephone: (703) 525-3014.

A somewhat larger, more up-to-date office facility is now in operation and proving to be a very satisfactory arrangement for the conduct of NHF business in that important area.

I would like to emphasize the importance of early NHF membership renewals, as well as the solicitation of new memberships and the consideration of Life memberships (\$100 payable \$10 per month) since the \$5 annual fee does not nearly cover the cost of publishing and mailing the *Bulletin*. We want to

keep the membership fee low so as to enable as many as possible to keep their memberships for we believe the strength of the Federation lies in its numbers of loyal, dedicated members.

We are now looking forward to another great Annual Convention in Anaheim in January. Early reservations for exhibitor spaces are coming in fast and we expect a sell-out for this outstanding January event. We suggest you send your exhibitor reservation as soon as possible so you will not be disappointed. Complete information, contract, floor plan, and program will be forthcoming. If we can help you in any way, please contact us immediately by calling (213) 358-1155 and our Convention Department will give you full particulars and assist you in every way possible.

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### NEW LIFE MEMBERS

Mrs. L. S. Stacknick

Arthur J. Poulin

Mr. and Mrs. Robert Turnquist  
Robert Crowel

Mrs. Robert Crowel

Margaret R. Trippel

Else Sonne Nissen

Mr. and Mrs. Herbert E. Moses

Mrs. Av Crosier

Ann K. Hudson

Helen C. Snodgrass

Alva Crain

Mrs. W. C. Simmons

Mrs. V. M. Cassidy

(Received mid-September through mid-October)

# THE FAMILY CIRCLE

By CHARLES I. CRECELIUS  
President of The National Health Federation

**Cancer Surgery**—A study of 1700 women who have had their breasts removed shows that a simpler, less drastic operation performed by many Australian surgeons is as effective as the traditional radical surgery. This was reported in *The Australian*, Monday, September 30, 1974. The principle still holds—too much of anything is bad.

**What are your qualifications**—One of America's outstanding Congressmen paid you a very high compliment recently. He stated, "You vitamin people are the most stubborn, unyielding, intensely dedicated and persistent constituents I have." These are the qualities that lead to victory. At the time he was checking with Clinton Miller, our Legislative Advocate in Washington, to gather information on the current status of our important health legislation. He said, "Everytime I go back to the district I have to answer the vitamin people who want to know what is going on." Naturally he is a co-sponsor of the Proxmire-Hosmer Food Supplement Bill. His support has been consistent and unwavering. America owes a great debt of gratitude to those who have shown these outstanding qualities. We pray that you will not become "weary in well doing." It is doubtful if ever before in our history as a nation, the citizen consumer has carried on such an intensive and effective educational program. We thank you for making it all possible and want to express our deep appreciation to Clinton Miller for the leadership he has given.

**The Answer**—Dr. Charles E. Butterworth, Jr., Chairman of the AMA's Council on Foods and Nutrition, charges that the largest pockets of unrecognized malnutrition in the United States and Canada exists not in the rural slums or urban ghettos, but in the private rooms and wards of big city hospitals; and, he blames doctors—not the hospitals.

**One of our NHF members** was so impressed by the above report that she scheduled an interview with a top AMA representative. He stated that in his opinion the major cause of illness in the U.S.A. is poor nutrition, or poor choice of foods, improper or over-medication, and faulty living habits. He felt it would be "unwise at this time for the AMA to go all out for nutrition because it would seriously upset current medical practices . . . upset training programs in medical schools . . . and possibly bring on the displeasure of the major manufacturers of many drugs now used in treating medical problems." He further said, "It would not be proper at this point in time to embrace the general principles of the NHF because of internal opposition from certain circles!!" Another way of put-

ting it is that internal politics within the medical profession and monopolistic economics are preventing progress in our efforts to improve the nation's health. That's one kind of prevention we must eliminate. Thanks to the growing number of dedicated and informed medical doctors our horizons appear brighter. Health Freedom goals are nearer because of these courageous individuals.

**The Paul Brackenbury Memorial Fund**—Recently, the National Health Federation gratefully received a check designated as a memorial fund for the late Paul Brackenbury, a resident of Garden Grove, California, who passed away on August 5th. Mr. Brackenbury was a popular and highly respected Shaklee Co-ordinator. Inasmuch as he believed so firmly in the purposes and objectives of the National Health Federation, his friends felt the establishment of this memorial fund was a fitting tribute to the ideals and beliefs by which he lived.

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## Facts:

*Continued from page 4*

years to a complete victory for AMA-FDA schemers on the vitamin regulations caused NHF and NNFA and our friends to re-examine our long-standing decision NOT to ask Congress to support Hosmer's discharge petition. We had turned down a request by Rep. Hosmer a year earlier to throw the strength of NHF and NNFA behind a discharge petition for the Hosmer bill. Without our support, Craig Hosmer, to his credit, introduced the discharge petition on his own and was able to get 50 congressmen to sign it from May, 1973 to October, 1974. This experienced veteran warned us a year and a half ago that we would never get the subcommittee to report out our bill or anything like it.

When we finally witnessed a breakdown of the committee system so far as our bill was con-

cerned, we turned to the only other alternative left. We decided to wholeheartedly support the discharge petition. In less than two weeks, with our support, an additional 37 congressmen signed the discharge petition so that when Congress recessed in the middle of October for the November elections, we had 87 congressmen signed up. Congress will reconvene on November 18th.

To become effective, a discharge petition needs 218 signatures. We are only 131 short at the time of this report. Once the required simple majority (218) is met, the bill is immediately reported out on the floor of the House for a vote and the subcommittee chairman, no matter how powerful, cannot prevent it.

When the committee system (Continued on next page)

works, it is unwise, we believe, to resort to the discharge petition. This is the first time in NHF's 19 year history that we have ever supported a discharge petition.

It would probably be good for Congress if one discharge petition were successfully introduced every 2 or 4 years. It would act as a reminder to subcommittee and committee chairmen that they are elected and employed to represent the citizen consumers, and not venal vested interests.

The last discharge petition to pass the House took only 39 days from the time the petition was filed until the required 218 names were acquired. When called up, it passed the House 350-15! If we can get the Hosmer bill to the floor of the House for a vote we are convinced it will pass by the same overwhelming majority it passed the Senate.

But if Paul Rogers and Peter Kyros have their way, the Proxmire-Hosmer bill will never have a chance to get a vote on the floor of the House as it did in the Senate.

#### Medical Political Contributions To Paul Rogers

NHF believes the public is entitled to know that in his last election campaign, Rep. Paul Rogers evidently received a larger amount of medical political contributions than any other member of the House.

The Health Security Action Council, 821 15th Street N.W., Washington, D.C. 20005 has provided NHF with the following fig-

ures on medical political contributions to Representative Paul Rogers. They made the information available to the public in a press release October 2 entitled "Your Congressman May Be Hazardous To Your Health." The major contributions listed for Mr. Rogers were as follows:

\$ 1,000	American Dental Association
\$ 5,000	Florida MEDPAC
\$ 1,000	Federation of American Hospitals
\$ 1,000	American Nursing Home Association
\$ 500	American Podiatry Association
\$ 1,000	Carl Andrews, M.D., Palm Beach
\$ 1,000	Bernard Kimmel, M.D., Palm Beach
\$ 1,000	Howard Wilson, M.D., Del Rae Beach
\$ 1,000	Harold Yount, M.D., Palm Beach
\$ 2,000	Chairman of Board of Family Health Magazine, Maxwell Geffen
\$ 1,500	Florence Geffen
\$ 500	Bernard Millman, M.D., Pompano Beach
\$ 500	Stephen Staryk, M.D., Fort Lauderdale
\$ 500	John Purger, M.D., Fort Lauderdale
\$ 500	Carl Kaplan, M.D.
\$ 1,000	Chairman of Warner Lambert Pharmaceuticals, Elmer Bobst
\$19,000	Total of Medical Political Money For Paul Rogers '72 Campaign

This is the highest amount received by any of the 435 members of the House of Representatives as reported by HSAC.

When NHF received the above report we wrote Rep. Paul Rogers on October 10, 1974 as follows:

Dear Paul:

It has been reported to the National Health Federation that you, Sir, received \$16,500 from the American Medical Association to use in your last election campaign. I would appreciate immediate verification or denial of this report. Do you feel, Sir, this might give you a serious conflict of interest as Chairman of the House Subcommittee on Health?

How much have you received from the American Medical Association in each of your election campaigns since you were first elected?

Did you receive more or less after you became a member of the Health Subcommittee?

Did you receive more or less after you became Chairman?

How much have you received or been promised this year?

Sincerely,  
Clinton F. Miller,  
Legislative Advocate, NHF

My letter was hand-delivered the day it was written.

Paul Rogers promptly prepared a reply on the same day which read:

Dear Mr. Miller:

With reference to your letter of October 10th regarding contributions to my election campaign, I would refer you to the Clerk of the House of Representatives or to Mrs. Dorothy Glisson, Secretary of the State of Florida. All contributions regardless of size are public record and are recorded with these offices. I think these records will be most adequate for any questions you may have.

Sincerely yours,  
Paul G. Rogers

We immediately made a request for the records from Florida and will report them to NHF members when they arrive.

#### What We Must Do Now

Our work is now cut out for us. We must first convince the co-sponsors of the Proxmire-Hosmer bills that we are strongly opposed to the FDA-Huit-Kyros-Rogers bill, H.R. 16317, and more strongly than ever in support of the original Proxmire-Hosmer bills, the former having passed the Senate 81-10.

Each NHF member must be sure his representative has, or will promise to sign the Hosmer discharge petition.

Congress will be back in session for a few weeks after November 18. If it doesn't pass the Proxmire bill in the House before adjournment, we will have to start all over again in 1975. The best way to determine if your representative is already on the discharge petition is to phone his local district office and ask the staff. If he hasn't already signed the discharge petition ask him to do so. And ask him and ask him until he has done so. This can be done by phone, telegram, personal or form letters or by personal visit. But in a courteous, firm way, persist until he has signed the Hosmer discharge petition. Form letters for this new approach are available at the NHF Monrovia office, Box 688, at \$2.00/100.

Because the discharge petition list may not be made public, we have only the names of those who have notified this office they have signed. We know there are 87 signatures as of the time this report is made (October 18) but we have

(Continued on next page)

only the 55 names below. Thank them.

### Partial List of Congressmen Who Have Signed Discharge Certificate

Abdnor, J. (R-S. Dak.)  
Anderson, G. M. (D-Calif.)  
Annunzio, F. (D-Ill.)  
Bergland, B. (D-Minn.)  
Blackburn, B. (R-Ga.)  
Bray, W. G. (R-Ind.)  
Broynhill, J. (R-Va.)  
Burgener, C. W. (R-Calif.)  
Burke, J. H. (R-Fla.)  
Clancy, D. (R-Ohio)  
Collins, J. (R-Tex.)  
Danielson, G. (D-Calif.)  
Dickinson, W. L. (R-Ala.)  
Eshleman, E. (R-Pa.)  
Frenzel, B. (R-Minn.)  
Froehlich, H. V. (R-Wisc.)  
Ginn, B. (D-Ga.)  
Goldwater, B. (R-Calif.)  
Gray, W. (D-Ill.)  
Gunter, B. (D-Fla.)  
Haley, J. (D-Fla.)  
Hammerschmidt, J. P. (R-Ark.)  
Hanrahan, R. P. (R-Ill.)  
Hansen, O. (R-Idaho)  
Hicks, F. (D-Wash.)  
Holt, M. (R-Md.)  
Hunt, J. (R-N.J.)  
Ketchum, W. M. (R-Calif.)  
Lagamarsino, R. J. (R-Calif.)  
Landgrebe, E. (R-Ind.)  
Lott, Trent (R-Miss.)  
Luken, T. A. (D-Ohio)  
Melcher, J. (D-Mont.)  
Miller, C. (R-Ohio)  
Minish, J. (D-N.J.)  
O'Brien, G. M. (R-Ill.)  
Parris, S. (R-Va.)  
Quie, A. M. (R-Minn.)  
Railsback, T. (R-Ill.)  
Randall, Wm. (D-Mo.)  
Rarick, J. (D-La.)  
Rinaldo, M. J. (R-N.J.)  
Roe, R. (D-N.J.)  
Roncallo, A. D. (R-N.Y.)  
Shipley, G. E. (D-Ill.)  
Shriver, G. E. (R-Kan.)  
Snyder, G. (R-Ky.)  
Stelman, A. (R-Tex.)  
Symms, S. (R-Ind.)  
Thompson, F. (D-Wisc.)  
Thomson, V. (R-Wisc.)  
Wilson, B. (R-Calif.)  
Wilson, C. (R-Calif.)  
Young, D. (D-Alaska)  
Zwacht, J. (R-Minn.)

## Book Reviews

**KEEPING HEALTHY IN A POLLUTED WORLD**, by Harald J. Taub (New York: Harper & Row, Publishers, 1974). 246 pages. Suggested reading; Index. \$6.95.

*Keeping Healthy In A Polluted World* is a unique book among health books, for it does not merely complain and tell one to write his congressman. Rather, the concept of the book is that one large fact of our daily lives is that we *do* live in a polluted world, so what are some things a person can do to alleviate the world's problems?

Mr. Taub, Executive Editor of *Prevention*, has organized his various chapters so that they cover problems and symptoms with suggested ways to alleviate them. For instance, all today are aware of pollution from excessive radiation. Mr. Taub says that research done at the Gastrointestinal Research Laboratories of McGill University in Montreal showed that sodium alginate (which comes from the giant brown kelp which grows off the coast of California) . . . can reduce by 50%-80% the amount of radioactive strontium-strontium90 absorbed through the intestine. He says he feels that less than  $\frac{1}{4}$  oz. would give important protection to a person. In addition, sodium alginate has the advantage of having no known toxic side effects.

Another interesting item of the book concerns nitrates and nitrites. Sources of the poisonous effects include tap water (nitrate cannot be boiled out), vegetables that are not eaten fresh picked, and processed meats. The author says that the nitrates in tap water come from the residue on the surface of farm land following the use of nitrate as a fertilizer; the runoff from melted snow on the farm lands after spring thaw goes into streams and rivers, and eventually into tap water. Another source is the manure from cattle, swine, and chickens; their waste is poured into rivers—along with human sewage. The problem of nitrates is a bacterial action whereby nitrate becomes nitrite, a substance so poisonous that it is used as a preservative because it prevents botulism (it also keeps meat red). This bacterial action that changes nitrate into nitrite also occurs in vegetables after they have been picked.

The real danger from nitrites comes from their combining with secondary amines in the stomach to form nitrosamines. Nitrosamines are known to be able to cause cancer. Secondary amines come from so many sources (fish, cereal, tea, cigarettes being smoked by someone else, etc.) that it would be virtually impossible to have a diet free from them *or* of nitrites. However, one can take vitamin C, according to a study published in *Science*, for if the vitamin C is in the stomach *at the same time* as the nitrites, their tendency to combine with secondary amines is largely blocked.

The nitrates in water mentioned above are not, however, the only problem one has with water today. Another is chlorine. A study made in Michigan advances the theory that chlorine is a significant cause of atherosclerosis. The study of chickens fed chlorinated water *vs.* chickens fed *no* chlorinated water revealed that after 7 months, *every* chicken fed chlorinated water developed atherosclerosis, while *none* of the chickens fed pure water had done so.

Also, statistics gathered on deaths from heart disease revealed that in 1900, when chlorination was not widely used, there were 137 deaths per 100,000 population. By 1950, deaths from heart disease were up to 355 per 100,000. Dr. Paul Dudley White wrote that he did not see a heart attack of the type caused by atherosclerosis until 1920, and prior to that, when Sir William Osler published his lectures on heart disease in 1910, he did not even mention this type heart attack, which is "now the leading cause of death in the United States." So, if one does not wish chlorine in the water, and has no well, the water can be boiled for 3 minutes to remove 67% to 70%.

The illustrations given above are just a few from Mr. Taub's book, which is heartily recommended as a down-to-earth, lucidly written contribution in the annals of health books. Mr. Taub makes no pretense of being thorough in discussing pollutants if for no other reason than science has discovered no antidotes for many of them. Also,

(Continued on next page)

just because he offers some advice on how to best cope with pollution problems, he is *not* excusing man's abuses which have led to the predicament in which he currently finds himself. I think Mr. Taub would welcome a return to a more sane approach to living, but for the time being, this polluted world is where one currently finds himself, so he must try to cope the best he can.

— Marilyn Ramsey

\* \* \*  
EATING MAY BE HAZARDOUS TO YOUR HEALTH, The Case Against Food Additives, by Jacqueline Verrett, Ph.D. and Jean Carper (Simon & Schuster, 620 Fifth Ave., N.Y., N.Y. 10020, 256 pages, index, hardcover, \$7.95)

"Many highly sophisticated and intelligent people truly believe that the government's decisions about food additives are made rationally on a purely scientific and legal basis in the best interests of the public health. In fact such decisions are largely political and economic," charged Dr. Verrett and Jean Carper, in *Eating May Be Hazardous To Your Health*. "It is hard to imagine the day-to-day battles or irrelevant points, the evasions, half-truths, deliberately misleading statements and corruption of scientific data which official statements feed to the public as reasons for action or nonaction." This book documents the day-to-day battles, as waged by FDA and USDA, the two federal agencies responsible for food safety. The book confirms many earlier charges

not shown by less sensitive tests. Experts within FDA's own Bureau of Science found many items on the Generally Recognized As Safe list (GRAS) as "suspect" and others for which there were "substantial grounds for concern." Dr. Verrett names these specific additives, and reveals the hazards which had been noted. FDA data, as yet unpublished, show that certain synthetic flavors currently in use, may be damaging to health and even may be cancer-inducing. Instance after instance is given showing the deliberate distortion of scientific information, the sweeping of damaging evidence "under the rug," and the failures to release adverse findings. FDA and USDA have learned the advantages of stalling, of drawing out proceedings so as not to cause any food industry crisis. These two agencies constantly employ the technique of foot-dragging by "studying the matter" with what the authors call an "obtuse resistance to any action."

Dr. Verrett notes that when an individual within FDA dares resist this policy, the person may be punished by superiors or colleagues for being "overly conscientious," "rash," or "irresponsible" by "unduly alarming the public" or "making the agency look bad." Dr. Verrett, by her own courageous disclosures, has personally experienced these castigations. She takes the position that unpleasant facts "should not be hidden from the public. The public should not be treated as children who cannot be alarmed. If truly informed, the public can be counted on to take far stricter

views on correcting environmental hazards than the conglomerate of federal agencies."

The reader is shown how many decisions made by FDA pass from the public arena (where it belongs) to private ones, such as the National Academy of Sciences. Within that group, a review is made by a select few, often with close industry ties, who operate secretly in closed hearings, and are unaccountable to the public. Yet this handful of persons make grave decisions which affect more than 200 million Americans, and countless numbers elsewhere, since other governments frequently follow suit and accept our findings of 'safety.' Those individuals who do not bend easily to the prevailing opinions of the Academy's committees are not chosen, or are not invited back. Or, their views may be totally ignored, and dissenting opinions may not even be included in final reports. In such an atmosphere, despite substantial damaging evidence, such food additives as FD&C Red No. 2, cyclamates, saccharin, monosodium glutamate and other substances have been declared 'safe.'

The reader is also shown the farcical nature of the ongoing review of the GRAS list. With the best scientific minds available under the U.S. Department of Health, Education and Welfare, and especially within the National Cancer Institute, FDA shuns such advice, and instead relies on self-serving scientists, who may be industry oriented, to bolster the agency's

(Continued on next page)

policies. Astonishingly, the ongoing review of the GRAS list is *not* screening food additives for cancer-inducing potential. FDA is using taxpayers' money for a large new testing laboratory at Pine Bluff, Arkansas. Under the guise of conducting basic research, the agency is actually diverting funds from the projects to prove its pet theory that cancer-inducing substances can be used 'safely' in the food supply. This idea has been repudiated repeatedly by cancer experts. FDA's actions further subvert the Delaney Clause which expressly forbids the introduction of known cancer-causing substances into the food supply.

In the past, Congress, the General Accounting Office, various committees of public citizens, investigative reporters, and consumer activists have all uncovered scandalous incidents demonstrating

the dismal and repeated failures of FDA and USDA to adequately protect the public from food hazards. The uniqueness of the present book is that the problems are described by an insider, since Dr. Jacqueline Verrett, a biochemist and researcher, has worked for the last fifteen years within the FDA. The co-author, Jean Carper, is a responsible Washington, D.C. area writer, interested in the subjects of consumerism and health. These women have written an important book. In this reviewer's opinion, *Eating May Be Hazardous To Your Health* is a landmark book, comparable to *Silent Spring* in serving to awaken the public to a grave threat to health and life. May it serve to outrage the citizenry and to spur the initiation of actions that will correct an appalling situation.

— *Beatrice Trum Hunter*

## Your Invitation To Join THE NATIONAL HEALTH FEDERATION

Name (Print).....  
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I wish to become a REGULAR MEMBER of the NHF and am enclosing \$5.00 as yearly dues. \$1.50 of which is for a subscription to the BULLETIN for the current year.

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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 and will pay the sum of \$..... each month until the sum of \$100.00 is reached.

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Enclosed please find a donation of \$..... for the Washington Office.

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Mail to: The National Health Federation, P.O. Box 688, Monrovia, California 91016

NATIONAL HEALTH FEDERATION BULLETIN

## 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?

## ELECTED FEDERATION OFFICERS

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

Betty Lee Morales — Secretary

Dorothy B. Hart — Treasurer

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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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**Every family in America should belong to the National Health Federation to —**

1. Support the principle of freedom of choice and liberty in health matters.
2. Be a part of a strong and united consumer's voice in all health matters.
3. Work for beneficial and needed health legislation and, at the same time, oppose proposals which are detrimental to the health interests of the people or which do not provide for equality of recognition of all legally established health professions.
4. Support a united effort to reduce the cost of health care.
5. Oppose insults upon our ecology which have an impact on health
6. Oppose the use of chemical food additives which have not been proved absolutely safe or which are not needed.
7. Secure fair and impartial enforcement of food and drug laws and regulations.
8. Insist that all monies raised for health research and care be used exclusively for these purposes.
9. Compel all health fund-raising organizations to disclose in an annual report, the amount of funds collected and how the funds were expended.

THESE ARE THE THINGS THE NATIONAL HEALTH FEDERATION IS ORGANIZED TO DO — JOIN ITS RANKS AND TAKE PART IN THIS VITAL EFFORT ON BEHALF OF YOURSELF AND OF ALL AMERICA.

**IMPORTANT NOTICE**

If the last numbers in the code appearing under your name in the address above read 12-74 (or any earlier date), it means your membership renewal will be due January 1, 1975. Sending in your renewal now, in advance, will save your Federation the time and expense of billing you.

**HELP SAVE OUR HEALTH FREEDOMS**