

National Health Federation

BULLETIN

FEBRUARY, 1974

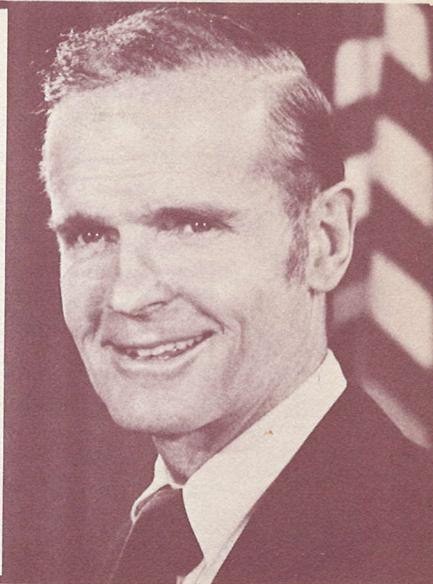
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**URGE YOUR
U.S. SENATORS
TO COSPONSOR AND
SUPPORT S. 2801**

Sen. Proxmire Introduces Food Supplement Bill

**Joined By
Ten Cosponsoring Senators**

S. 2801, like the Hosmer Bill pending in the House of Representatives, defines 'food supplements' and blocks FDA's current attempts to limit, in food supplements, the potency, number, combination, amount, or variety of any vitamin or mineral or other nutritional substances or ingredient if the amount recommended to be consumed does not ordinarily render it injurious to health



Fact Sheet: Tobacco Smoke Emissions

A Letter To Dr. Stare

Dedicated to the Protection of Health Freedoms

THE NATIONAL HEALTH FEDERATION BULLETIN

Protection of Health Freedoms

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

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Washington Report

By CLINTON R. MILLER
NHF Legislative Advocate

Sen. Proxmire and Ten Cosponsoring Senators Introduce Bill To Block FDA's Vitamin Regulations

Wisconsin consumers can be proud and grateful that William Proxmire, their great U.S. Senator, has such a profound interest in the health and health freedoms of all U.S. citizens, as well as his own. Senator William Proxmire, with ten other U.S. Senators has just introduced S. 2801 which is similar to the Hosmer bill in the House of Representatives. When enacted, it will protect consumers from FDA's attempt to unreasonably restrict vitamin potencies and combinations.

The ten other Senators represent a wide assortment of political persuasions. They are Senators Frank Church (D-Idaho), James O. Eastland (D-Miss.), Barry Goldwater (R-Ariz.), Jesse Helms (R-N.C.), Hubert Hupmhrey (D-Minn.), George S. McGovern (D-S. Dak.), Frank E. Moss (D-Utah), Richard S. Schweiker (R-Pa.), Strom Thurmond (R-S.C.), and John C. Tower (R-Tex). NHF members and friends in the states of these 11 great Senators should write THANK YOU letters to these 11 consumer protection statesmen telling them how much they appreciate their

leadership in cosponsoring legislation to protect your health freedoms and rights.

NHF members and friends who have U.S. Senators not yet cosponsoring the bill should start writing, and using every other form of personal communication to ask the other 89 Senators to join as cosponsors on the Proxmire bill (S. 2801).

Special emphasis should be made by every U.S. citizen to get cosponsorship and support from Harrison A. Williams (D-N.J.), who is chairman of the full Committee On Labor and Public Welfare and Edward M. Kennedy (D-Mass), who is chairman of the Subcommittee on Health. These two Senators have life-and-death power over S. 2801 and it will not have hearings or pass the Senate without their support.

The 16 members of the full Committee On Labor and Public Welfare are listed below according to rank and seniority. All but 3 members of the full committee are members of the Subcommittee on Health. They are Senators Rank

Continued on next page)

dolph, Hathaway, and Stafford. Their cosponsorship and support is just as important as the 13 members of the subcommittee. Every concerned citizen should write every member of the full committee IN ADDITION to his own state's U.S. Senators. When these 16 men understand that American consumers want consumer protection from FDA but will not tolerate nutritional tyranny, and that we can discern the difference, they will hold hearings on S. 2801 and will see it is enacted into law.

The members of the Senate Labor and Public Welfare Committee follow: All except Senators Randolph, Hathaway and Stafford are members of the 13 member Health subcommittee.

DEMOCRATS:

1. Harrison A. Williams, Jr. (N.J.)
Chairman of the full committee
2. Jennings Randolph (W.V.)
3. Clairborne Pell (R.I.)
4. Edward M. Kennedy (Mass.)
Chairman of the Health Subcommittee
5. Gaylord Nelson (Wisc.)
6. Walter F. Mondale (Minn.)
7. Thomas F. Eagleton (Mo.)
8. Alan Cranston (Calif.)
9. Harold E. Hughes (Iowa)
10. William D. Hathaway (Maine)

REPUBLICANS:

1. Jacob K. Javits (N.Y.)
2. Peter H. Dominick (Colo.)
3. Richard S. Schweiker (Pa.)
4. Robert Taft, Jr. (Ohio)
5. J. Glenn Beall, Jr. (Md.)
6. Robert T. Stafford (Vt.)

We now have a majority (218) of the House of Representatives as co-

sponsors on the Hosmer or related bills. We will need % of both House and Senate to override a threatened veto. For this reason we are asking for 300 cosponsors in the House and 67 in the Senate.

There is an urgent need now for every NHF member and friend of NHF to write their own two senators urging them to cosponsor S. 2801. A personal note, even though short, is most effective. However, for those busy people who will not take the time to write a personal note, the printed form letters already mailed to all NHF members may be used. In addition to using these immediately, we urge you to order additional copies of this letter (printed on a full-size sheet) from NHF headquarters, P.O. Box 688, Monrovia, California 91016. The cost is 1c each postpaid (minimum order, 100). Have your relatives, friends and neighbors sign these copies and then you mail them personally to your senators. You are welcome to have these letters duplicated yourself at a local instant print shop if you desire—you may find it more economical.

Don't believe those who report that it does no good to write Congress, or that form letters don't count, or that Washington is so corrupt that nothing we do will matter. People usually see in others what they are themselves. NHF members know that we have won victory after victory in the past and will win victory after victory in the future by presenting our case in a fair, firm and persistent manner to

our great statesmen (like the 11 listed above).

Time and time again this year in the House we had U.S. Representatives tell their constituents they were in favor of FDA's regulations and opposed to the Hosmer bill only to do a complete reversal once their constituents persisted in sending more and more information to clear up misinformation given the Congress by FDA. Don't stop writing your Senator just because you get no or a negative response. Redouble your energy and your contacts. We are right in this issue, FDA is wrong. The majority of the House of Representatives have seen and endorsed our side and the same will soon be the case in the Senate.

In the last showdown vote in the Senate between NHF and the American Medical Association (which has fathered the FDA's vitamin regulations), the Senate voted 66-6 in favor of NHF's health freedom position (which was to include Chiropractic in Medicare) and opposed to that of the AMA's health monopoly position.

Strategy Of NHF —

House First . . . Then Senate

Early last year the Executive Committee of NHF decided to focus all our effort on the House of Representatives until we got hearings on our bill and cosponsorship of a majority of its members. A year ago we were much weaker in the House than the Senate. There isn't a single M.D. in the Senate while there are three in the House. Unfortunately, two of those three

are members of the House Health Subcommittee (see January issue of *NHF Bulletin*). Years ago the U.S. Senate starting taking an increasing number of positions in favor of consumers and opposed to AMA when they could see AMA was fighting to enrich the pockets of its members to the detriment of the consumer.

The U.S. Senate has not yet seen that the AMA has FDA dangling like a puppet in its enforcement of food and drug laws and it is AMA calling the shots in the vitamin battle. That's your job! Now get to it! A copy of Proxmire's bill and a few of the remarks he made when he introduced it follow.

Convention Addresses Available On Tapes

Tape recordings of the addresses given at the recent NHF West Coast Convention, as well as many of the previous conventions are available on either cassettes or reel tapes.

Making these tapes available to NHF members and friends is an independent endeavor of Ray H. Womack, 227 West Fairview Blvd., Inglewood, California 90302. A large stamped, self-addressed envelope sent to him will bring you a complete listing of the convention addresses available to date. Prices start at \$3.75 for a 60-minute tape which may provide one hour-long address or two 30-minute talks of your choice. Prompt handling of your order is assured.

S. 2801

Be it enacted by the Senate and House of Representatives of the United States of America in Congress assembled, That this Act may be cited as the "Food Supplement Amendment of 1973."

Sec. 2. (a) Paragraph (f) of section 201 of the Federal Food, Drug, and Cosmetic Act (21 U.S.C. 321(f)) is amended by (1) redesigning clauses (1) and (2) as clauses "A" and "(B)", respectively, (2) inserting "(1)" immediately after "(f)", and (3) adding at the end thereof the following:

"(2) The term 'food supplement' means food for special dietary uses.

"(3) The term 'special dietary uses,' as applied to food for man, means particular (as distinguished from general) uses of food, as follows:

"(A) Uses of supplying particular dietary needs which exist by reason of a physical, physiological, pathological, or other condition, including but not limited to the conditions of diseases, convalescence, pregnancy, lactation, allergic hypersensitivity to food, underweight, and overweight;

"(B) Uses for supplying particular dietary needs which exist by reason of age, including but not limited to the ages of infancy and childhood;

"(C) Uses for supplementing or fortifying the ordinary or usual diet with any vitamin, mineral, or other dietary property.

Any such particular use of a food is a special dietary use, regardless of whether such food also purports to be or is represented for general use.

"(c) No provision of any regulation under section 403(j) of the Act shall be construed as exempting any food from any other provision of the Act or regulations thereunder, including section 403 (a) and (g) and, when applicable, the provisions of chapter V of the Act."

Sec. 3. Chapter IV of the Federal Food, Drug, and Cosmetic Act (21 U.S.C. 341-348) is amended by adding at the end thereof the following new section:

"Sec. 410. In administering this Act the Secretary shall not limit the potency, number, combination, amount, or variety of any synthetic or natural vitamin, mineral, or other nutritional substance, or ingredient of any food for special dietary uses if the amount recommended to be consumed does not ordinarily render it injurious to health."

Senator Proxmire Introduces S. 2801 With Brilliant Floor Speech

When he introduced S. 2801, Senator Proxmire made a disconcerting floor speech critically reviewing intent of the pending FDA food supplement regulations and emphasizing the need for his proposed legislation. His remarks follow.

MR. PROXMIRE:

Mr. President, on behalf of myself and Mr. Eastland, Mr. Humphrey, Mr. Goldwater, Mr. Church, Mr. Thurmond, Mr. Moss, Mr. Tower, Mr. McGovern, Mr. Schweiker, and Mr. Helms, I send to the desk a bill to amend the Food, Drug, and Cosmetic Act to include a definition of food supplements and for other purposes. The basic intent of the bill is to prevent the Food and Drug Administration from carrying out its determination to classify safe vitamin and mineral supplements as dangerous drugs and to regulate them under the drug provisions of the law rather than as foods or food supplements.

What the FDA Is Proposing

The Food and Drug Administration—in a very complex and lengthy addition to the Federal rules and regulations—is essentially proposing the following action. I may add that the proposed rules and regulations take up 30 pages in the Federal Register.

First, they propose that vitamins and minerals in quantities 50 percent or below what is called the recommended daily allowance—RDA—can and should be sold as a food.

Second, vitamins and minerals in

quantities between 50 percent and 150 percent of the recommended daily allowance can be sold as a food supplement or as a food for special dietary uses.

Third, they propose that vitamins and minerals in quantities in excess of 150 percent of the RDA be classified as drugs and be regulated accordingly.

These first three actions were originally scheduled to go into effect next January 1 but a series of court cases has postponed that action.

Fourth, in the special case of vitamins A and D the FDA provided by regulation last August 1 that vitamin A could be manufactured in tablets larger than 10,000 international units and vitamin D in tablets larger than 400 international units for prescription use only.

What Is Wrong With This?

One might ask, what is wrong with that? Why should not vitamins and minerals be labeled as drugs and sold either as over the counter drugs—OTC—like aspirin, or by prescription in certain cases? Aspirin is sold in large volume over the counter even though it is called a drug. Why should not this be

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done for vitamins and minerals now sold as foods or food supplements?

FDA Prejudice and Active Hostility

The answer is very simple. The Food and Drug Administration and much, but not all, of the orthodox medical profession are actively hostile against the manufacture, sale, and distribution of vitamins and minerals as food or food supplements.

They are out to get the health food industry and to drive the health food stores out of business. And they are trying to do this out of active hostility and prejudice.

That may seem to be a harsh charge against the FDA, but it is no more harsh than the attack on the FDA by a key figure in the National Academy of Science—National Research Council, and by the distinguished syndicated columnist Mr. James J. Kilpatrick. I ask unanimous consent that an article from the July 20, 1973, Washington Post detailing the former and a February 5, 1973, syndicated column by Mr. Kilpatrick be printed at this point in the *Record*.

There being no objection, the articles were ordered to be printed in the *Record*.

Now let me develop the point concerning FDA's hostility and prejudice.

Drugs Must Meet Test of Safety and Effectiveness

If vitamins and minerals are defined as drugs then they must pass muster through the FDA bureaucracy and meet the requirements of the law and the FDA that they are both safe and efficacious. In addi-

tion, they would have to contain on their label the specific diseases or symptoms which the recommended dosage would prevent, cure, mitigate, or treat.

There are several reasons why this requirement is not only onerous and impossible but why it represents an absolutely prejudiced and hostile act on the part of the FDA.

First, the FDA in its rules and regulations already published in the Federal Register lists six prohibited statements in the labeling or branding of foods. It states that a food shall be "misbranded" if it labeling represents, suggests, or implies six items including item 1 which states:

(1) That the food because of the presence or absence of certain dietary properties, is adequate or effective in the prevention, cure, mitigation, or treatment of any disease or symptom.

It is therefore illegal now to claim that the vitamin or mineral is effective in the prevention, cure, mitigation, or treatment of any disease. And obviously, the vitamin and mineral firms do not do this.

But, and here is the kicker, if vitamins and minerals are treated as drugs, then under the law they must prove that they are effective or "efficacious" in the prevention, cure, mitigation, or treatment of specific diseases.

Illegal Act Required

The FDA would require them to commit what is now an illegal act.

Here is an agency which states that vitamins and minerals are "illegal" and "misbranded" if they claim they are effective against any

disease, but they now want to require that the manufacturers and distributors of these same vitamins and minerals prove that they are effective in the prevention, cure, mitigation, or treatment of a disease if they are to be sold as drugs in quantities in excess of 150 percent of the so-called recommended daily requirement.

Obviously, the FDA will use this provision as a means of banning many vitamins and minerals in quantities in excess of 150 percent of the RDA.

They have already pronounced on this issue. They have already made up their minds. They are requiring the vitamin and mineral industry to meet a requirement which the FDA has already said cannot be met. It is a contemporary version of that line from "Alice In Wonderland," "Sentence first. Verdict afterwards."

In fact, applying the FDA's own language, they want to require vitamins and minerals to meet a test under the drug regulations which FDA says would be illegal and misbranding if done under the food regulation.

That is asking the industry to meet an impossible regulation.

Its only purpose—and in fact its purpose is—to essentially ban altogether the purveyance of vitamins and minerals—either as foods, food supplements, or drugs, in quantities in excess of 150 percent of the so-called recommended daily allowance.

That is why I have said, without peradventure of contradiction, that

the FDA is both prejudiced and actively hostile against the manufacture and sale of vitamins and minerals. They want to "do in" the health food industry.

Further FDA Prejudice

But there is more to it than this. The FDA in numerous statements, publications, and arguments—and specifically in a FDA staff paper relating to the proposed dietary food regulations—has labeled as "false" certain claims they say have been made by the health food industry.

They refer to them as "subtle frauds" and as "nutritional quackery." But the overwhelming prejudice and bias of the FDA can be seen by an analysis of their own statements.

Here is what the FDA has said, and I quote it in full.

It has not been easy to stop the more subtle frauds practiced by those who exploit the four myths of nutritional quackery: (1) that all diseases are caused by, or related to, nutritional deficiency; (2) that major segments of the population of this country are now suffering from, or are in imminent danger of suffering from, nutritional deficiency; (3) that a diet of ordinary foods cannot supply adequate amounts of vitamins and minerals; and (4) that our soil is depleted in vitamins and minerals, and that modern methods of harvesting, processing, packing, transportation, storage, and cooking eliminate what few nutrients are in the food to begin with.

The FDA goes on to say that—

These claims are false, but all are believed by many consumers because they have been used repeatedly in promoting nutritional quackery.

What about this?

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First of all, I know of no competent or responsible authority either within or without the vitamin and mineral industry who has ever claimed that "all," and I repeat "all" diseases are caused by, or related to nutritional deficiency.

That is an FDA strawman. The myth is the FDA myth that it has been claimed by responsible parties. The FDA has set up a series of strawmen and then proceeds to knock them down.

Second, it is no myth that major segments of the population of this country are now suffering from nutritional deficiency. That "myth" has, in fact, considerable truth to it.

One major segment of the population in which numerous studies and reports indicate that vast numbers suffer from nutritional deficiency is the aged. I ask unanimous consent that an article by Richard Pothier of the Knight News Service reporting on a conference on Nutrition and Human Survival held in Washington, D.C. on September 1, be printed at this point in the *Record*.

There being no objection, the article was ordered to be printed in the *Record*.

There are studies which show that among the poor—who compose about 15 percent of the population, which must be called a major segment—there are serious nutritional deficiencies.

There is also an NIH funded study which indicates that there are abnormally low levels of vitamins and minerals among elderly men, both rich and poor. According to

the NIH news release: "The findings show that nutritional problems exist in advantaged as well as disadvantaged elderly and that vitamin supplementation may be a reasonable means of overcoming deficiencies." I ask unanimous consent that the August 25, 1973, release from NIH be printed at this point in the *Record*.

There being no objection, the release was ordered to be printed in the *Record*.

What an ironic situation we have here. On the one hand the FDA states that it is a subtle fraud and a form of nutritional quackery for anyone to claim: That major segments of the population of this country are now suffering from, or are in imminent danger of suffering from nutritional deficiency. On the other hand, the NIH, also an agency of the Department of Health, Education, and Welfare has released a study showing that nutritional problems of the elderly exist in the advantaged as well as the disadvantaged elderly. In this case one hand does not seem to know what the other is doing. And clearly the FDA has not read the latest scientific evidence from its sister agency.

Junk Food

And we all know the dangers to children, who drink vast quantities of carbonated soft drinks and eat candy and junk foods, from excessive amounts of sugar and an absence of highly nutritious foods unless their families are especially

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The Annual Report of NHF's Business Administrator

The following report by Mr. R. A. Laurye, NHF Business Administrator, was presented at the annual meeting of the Board of Governors held in Anaheim, California on January 16, 1974.

The year 1973 was truly one of movement, action and challenge for The National Health Federation. The cooperation of the Executive Committee, the Board of Governors and the officers of NHF, as individuals, with the office of the Business Administrator was excellent. Following the decision to purchase the building at 212 W. Foothill Boulevard, Monrovia, for a new NHF headquarters, the thrust of our energy and planning for the next six months resulted in an enlarged, comfortable and beautiful facility where the business of the Federation is carried forward with greater expediency and efficiency.

New Headquarters

The building had been occupied by a leathersgoods manufacturing concern and required a great deal of cleaning and renovation. Additional heating and cooling equipment was installed. An addition of approximately 3,000 sq. ft. of floor space was completed on the second floor to accommodate our new tax deductible NHF Memorial Library and to provide space for study, research, conferences and meetings, and where films can be shown and stored. A separate room was appointed as the Executive Board Room, and offices for NHF officers

and secretarial staff provides areas for the daily management of the Federation's business.

Renovation—Equipment—Staff

With the exception of actual structural or additions, all of the painting, minor repairs, new work tables, shelving for storage of supplies, and much cleaning, sorting and arranging of supplies and equipment, was done entirely by our own staff members. Much of our office equipment has been either replaced, overhauled or minor repairs made. A few well-chosen pieces of new and/or rebuilt office and mail room equipment, as well as changes in work procedures have added immeasurably to the accuracy of our daily work output and the well-being and happiness of our employees. Many of the work procedures have been learned by several employees and can now be carried out by any combination of workers so that in case of absences the work goes on uninterrupted and results in greater productivity for getting the work done on regular schedule.

Tax Deductible NHF Memorial Library

Of great significance to the Federation is the

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eration was the granting by the California Attorney General's office of a tax deductible status for the NHF Memorial Library. This was granted following our application and a full review and audit of our financial records as a non-profit organization by the Attorney General's office. This new status will mean a great deal to those members and friends considering trusts, bequests, memorials, and regular donations in the future. During the past year there has been a greater interest in this aspect of NHF support, and several estates have been concluded with the cooperation of Charles Orlando Pratt, and we have reason to believe this activity will increase in the very near future due to our tax deductible status. For instance, several trusts have been set up or are being considered by loyal members as a means of providing "living memorials" in support of NHF work.

Auditor's Report

The Auditor's report was completed with accuracy and dispatch during the year, reflecting upon the capability and dedication of our bookkeeper. From the Annual Financial Report the current finances and the operational accounts will be found to be in excellent condition, and the savings account will again reflect increases following the use of these funds during the past year for the purchase of the new headquarters, the refurbishing and renovating thereof.

Location—Supplies

The present location is now in a

prime business area and should adequately meet the needs of the Federation for the next decade or more. All property taxes have been paid to date; all current operational expenses paid and a very good stock of paper and office supplies on hand. All machinery and office equipment paid for and in good working condition. Due to the talents and versatility of our supervisor of publications and shipping and of our maintenance engineer many new features of our stockroom, printing - reproducing machine room, and the mail room, have been provided and add greatly to the efficient flow of work. In addition, the daily custodial duties are carried out properly and with promptness.

Open House

The official "Open House" on January 5, 1974 was marked by an enthusiastic attendance of members, friends, community personalities, local press and organization representatives. The event itself was preceded by the mailing of special announcements and invitations, press, radio and TV publicity, and much correspondence. Editor Raymond Houser and Dr. Arnold Pike were excellent in their talented coverage of this long-awaited event. The exposure of our total program, the NHF Memorial Library, the presentation of films, the presence of Federation officers and headquarters staff made the occasion a memorable one and will surely be the impetus for continued growth of the Federation. Special thanks go to all those members and

friends who donated healthful foods and beverages served during the afternoon and evening.

Liaison—Appreciation

The office of Business Administration has cooperated fully with the Washington office in liaison with Clinton Miller and Admiral Malstrom to further the legislative goals of the Federation; also, with Attorney Kirkpatrick Dilling in the Legal Department; and especially with our Convention Department. Due to the change of personnel, the many facets of the convention program had to be coordinated with and in innumerable instances routed through the business administrator's office and required constant oversight and coordination with our printer and the editor of our *NHF Bulletin*. Increased attendance at all NHF conventions and the ever growing volume of memberships and requests for literature and information, we believe, is evidence of the reliable headquarters staff and teamwork of which I spoke. Since experience is the best teacher, we are certain the few mistakes or oversights will be avoided 'next time around.'

Literature—Service

The necessity of stocking our reprint shelves, filling the orders, and keeping up with the sheer volume of mail and packages, demands constant vigilance in order to be of utmost service to our NHF members. The recent revision of our *NHF Story* by Editor Houser is superb and in its final colorful form

is perhaps a forerunner to others needing to be updated.

Fluoridation Issue

Not only has the FDA vitamin battle accounted for much of our paper work, but also the vicious attempts to fluoridate the water supplies of many of our cities have accounted for much of our mail, requests for information and financial help. The proposal to fluoridate the Los Angeles city water supply promises to attract much attention and will demand great effort in time and money if it is to be defeated.

Future Needs

As a future projection for our educational service, it is apparent that an effort should be made to not only update our reprint materials, but to initiate a new service of gathering, editing and printing new materials on every health subject possible in order to be of definite service to our members. The compiling of information, reports on current scientific research, provide authoritative papers on alternate therapies, and other definitive gleanings from our Memorial Library by a qualified person . . . and a wide coverage of data on specific subjects is becoming more and more necessary. Consideration should be given to this growing need if we are to fulfill our obligations of leadership to our members and the general public as well. To know — and broadcast — the TRUTH about health matters should become our top priority as far as our educational service is concerned.

Heart Disease Linked To Fluoridation

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

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

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

In the twenty year period, 1950-1970 (the national average rose 35.3 per 100,000, while the Antigo average rose 298.2 per 100,000—an alarming increase of 744.9% over the national.

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

"It would be deplorable if we have been talked into trading a hole in a tooth for a hole in the ground," Miss Jansen said. She spent three years studying death certificates and records from the USPHS and the U.S. Census Bu-

reau in behalf of the Citizens Action Program for Safe Wisconsin Water Inc. The records are available from the various bureaus and can be checked by anyone, she said.

LESSON IN LOGIC

"I'm six," said the proud little boy.

"Six!" teased the adult. "You're not as tall as my umbrella."

"And how old is your umbrella?" asked the little boy.

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."

A Letter To Dr. Stare

Dr. Frederick Stare's syndicated columns are widely read but a large number of nutrition-oriented persons, both professional and non-professional, do not agree with the nutritional philosophy he espouses. One is Max Huberman, President of National Nutritional Foods Association, who, in the following letter (slightly condensed from the original), tells why.

Frederick J. Stare, M.D.
Nutrition Department
School of Public Health
Harvard University
Cambridge, Massachusetts 02138

Dear Dr. Stare:

The rising tide of consumer concern about food adulteration and environmental hazards has spurred demands for better protective legislation and a new thirst for enlightenment about food additives and commercial frauds.

In recent years, most of the giant food processors and their allies of the chemical and pesticides industry have been called to task for repeated swindles against American consumers. It is therefore no surprise that a highly financed campaign has been launched by the \$25 billion dollar food industry to convince overfed but malnourished Americans that chemical preservatives and other synthetic food additives are some kind of blessing and that natural foods represent a waste of consumer time and money.

Just how can seemingly intelligent Americans be persuaded that chemical additives are healthful, that most pesticides are harmless or that natural and organically grown foods are not safer and more nutritious than the highly advertised embalmed "bargains"?

The propaganda treasure chest of the giant food and chemical industry is never empty. It finances a barrage of magazine and newspaper articles "exposing" the Health Food Industry that actually does less than one percent of the nation's food sales, but remains a relentless beacon of truth to enlighten consumers who still think that processed, chemical-ized, "convenience" foods are the ultimate in good nutrition.

For several years millions of newspaper readers have been exposed to your assertions on matters of nutrition. The average layman is quite happy to accept your undocumented statements as valid because you usually give your blessing to the dubious quality of his food supply and you readily endorse some of his eating habits, even those habits often branded as suicidal by your own knowledgeable colleagues.

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It is also a fact that most consumers are properly impressed by your professional background and will accept your prestigious association with a great university as a substitute for objective, clinical research and scientific documentation.

For ten years I have watched your career as a newspaper columnist and paid consultant for the commercial foods industry. It has been a most fascinating study.

It staggers the rational mind that while you boast of forty years experience in nutritional research, you seem unaware that responsible scientific authorities in your own field (but unconnected with commercial enterprises) are completely opposed to the products that you endorse, the obviously devitalized cereals, cosmetized meats, the bleached flour and all the refined foods from which natural nutrients have been removed and chemical substitutes and preservatives added.

Every major expose about food additives, every honest report about the nutritional bankruptcy of "convenience" foods, every fair test proving the superiority of natural and organically grown foods, has brought a ringing response from you, categorically insisting that all the researchers have been deluded or "seduced," that night is day, that black is white, and that artificial soils which produce artificial foods will also produce 100% real healthy people.

Indeed, you have even asserted that nutrition is not a factor in most diseases though Dr. Thomas Parron, former Surgeon General of the U.S., expressed the views of most honest researchers by declaring, "Faulty nutrition is the greatest single cause of disease." This concurs with the observation of your AMA Journal of March 1963 in stating, "In general, medical education and medical practice have not kept abreast of the tremendous advances in nutritional knowledge." In the ensuing decade you have not proven to be any exception despite your professed expertise in this field.

Like other consumers and citizens in or outside the health food industry, I have written numerous letters to newspapers that carry your column or your featured articles. I have often submitted conclusive proof from government sources and your own medical colleagues that you are guilty of many half-truths, distortions and outright slanders against the leaders of the natural-organic food movement and the members of the health food industry.

I don't know how successful I have been in my attempts to undo some of your damage. I have only the weapons of truth and facts and very limited financial resources. Unfortunately, newspapers and magazines that sponsor your writings are largely dependent on advertising revenue from giant food interests and are not inclined to provide equal space to evidence that you may be lacking objectivity or scientific detachment in

defense of the advertised goodies. However, I will continue to tell it like it is and I will urge my associates to do the same at every opportunity.

I could fill a book with many of your columns and articles that many reputable leaders in nutrition, medicine, bio-chemistry and agriculture find to be biased and scientifically unsound.

Space permits me to cite only limited but appropriate examples.

It is significant that early in 1971 when the respected Washington nutrition consultant firm of Robert B. Choate and Associates publicly disclosed that the most highly advertised breakfast cereals were making "suckers" of consumers by providing mostly "empty calories," and "nutritional frauds," it was you who turned up at the Senate Hearings to offer official testimony on behalf of the accused giant cereal processors.

According to the Supermarket News of Feb. 22, 1971 and other publications, you were also identified as a director of the Continental Can Company whose major clients include the giant food processors. Other disclosures have established that you were under contract with large food firms, involving such services as performing radio broadcasts three times weekly for the First National supermarket chain.

The accounts by publishers of Supermarket News, Drug News Weekly and other periodicals disclose that during the time of the aforementioned Senate Hearings about false cereal advertising, you were actually employed as a consultant to the Cereal Institute. Robert Choate, Jr. specifically charged that you "inflate" the value of the allegedly foodless cereals because you are "in the employ of the cereals industry." The official hearings make no reference to earlier reports that the largest food corporations have contributed over \$1,000,000 for the expansion of the laboratories of your school. A denial from you will be promptly acknowledged publicly.

I do not find anything illegal in your financial associations or commercial arrangements with the oligarchs who supply 99% of the nation's food and drug supply. Nor do I imply that there is anything criminal in being sponsored by their advertising agencies or media. Furthermore, I am not concerned with the degree of financial success you may achieve, and I fully respect your right to your opinions and to your choice of employers.

However, you must forgive me and the dedicated men and women of the health food movement and industry if we look at your record, study your writings and inevitably conclude that your unwarranted attacks on our products and our integrity are not only blatantly false and slanderous, but serve to expose your own narrow bias and obvious conflicts of interest.

It is interesting to note that while you have been insisting that the
Continued on next page)

continued refining, processing and "enriching" of foods are contributing to the nation's health, your eminent Harvard colleague, Dr. Jean Meyer (President Nixon's medical adviser), declared that "all the medical advances in the past 25 years have been wiped out by the decline in nutrition." This further confirms the conclusions of the U.S. Dept. of Agriculture survey in 1965 that only 50% of the population, rich or poor, are getting adequate nutrition from the typical, average dietary program.

In recent years, the most serious challenges have been made by lawmakers and responsible researchers against the continued misuse of chemicals in meat processing for preserving, synthetic fattening or coloring purposes.

Despite glaring loopholes, important measures have been taken to curtail further use of DES. Less attention has been given to the proven hazards of nitrites and nitrates, routinely utilized in a variety of meats and other food products. I need not review the strong case against the use of these chemicals in food. Congressional probers have been investigating for years and a subcommittee report begun in January 1971 recently concluded that "nitrites and nitrates in food pose a potential danger to public health requiring effective administration of food and drug laws."

The report reiterates the fact that nitrites are poisonous substances that destroy red blood cells and call attention to newer findings that the chemical conversion of nitrite in food into compounds called *nitrosamines* can be powerful cancer-promoting agents and are a matter of great concern.

The report also brands the FDA and USDA as guilty of not even enforcing its own safety levels, though it should actually be working to reduce the use of nitrites and nitrates. Concerning the "normal" use of such potential killers, the law-makers specifically recommend that "FDA and USDA give the highest priority to an adequate and expedited research program to determine whether or not nitrites and nitrates may continue to be used safely as food additives and are essential for preservation . . ."

This is not the arena to review the entire Congressional Subcommittee findings and recommendations. However, I am mailing you an official copy as issued by the Chairman, Rep. L. M. Fountain (D-N.C.) who declares: "I am very disappointed that the FDA and USDA have not demonstrated more interest and initiative since the subcommittee's hearings began March 1971, in controlling the excessive and possibly unnecessary use of nitrates and nitrites."

After you have read the entire official report, I trust you may wish to reappraise your evaluation of the aforementioned additives and begin to issue warnings instead of endorsements.

The American "hot dog" is one of the clearest examples of nutritional larceny, an "all-beef" creation that may contain 50% fat, cereals, pork trimmings, sodium erythorbate and the usual doses of nitrates and nitrites. This is a major source of the five pounds of chemical additives each person consumes annually according to USDA figures. You must be aware that since food animals are at the end of the food chain and whereas the preservatives, drugs, colorings, etc., are essentials to commercial feedlots and processors, meat today is a major source of chemicals in the human diet.

While several lawsuits are prepared by environmental and consumer groups to protect Americans from such perils, I am shocked to find you engaged in tortured reasoning in your syndicated columns to convince Americans that such "foods" can be eaten with complete safety.

On more than one occasion you have singled out the aforementioned hot dog as a "good source of protein" without qualification about non-nutritive additives and you have recommended this item as a desirable snack for school children.

Your evaluation about the nitrites this product contains is a matter of record. In your syndicated column dealing with the commercial uses of nitrites you give special emphasis to the use of this chemical as a required "meat curing" agent and as a protector against botulism. Passing reference is also made to what you consider the beneficial use of nitrates for flavoring and coloring. Indeed, it appears that your readers are led to believe that nitrites in meat are a real boon to mankind instead of an actual or potential hazard.

Dr. Michael F. Jacobson, noted Washington microbiologist and author of the recent "Eater's Digest" handbook, reminds us of the nice red "fresh" but phony color that nitrite gives to meat.

"While meat packers defend the use of nitrite primarily on the grounds that it kills bacteria," Dr. Jacobson reports, "they relish it mainly because it makes meats redder . . . much more attractive and salable if they are pink rather than gray."

The arrogance of the giant meat processors and their spokesmen is without bounds. They remain unmoved by facts and respond angrily to even the mildest criticism. At the November public hearings on the dangers of chemicals in meats, the packers dismissed not only Ralph Nader but New York's Commissioner of Consumer Affairs Bess Myerson and President Nixon's consumer chief, Virginia Knauer as "not knowing what they are talking about."

This recalls your own public TV appearance with Nobel Prize winner
Continued on next page)

Linus Pauling on the subject of Vitamin C, a program where millions of viewers heard you assert that Dr. Pauling "just doesn't know what he is talking about."

From the viewpoint of America's giant food conglomerates, you must be credited with amazing consistency. Not only have you declared that canned foods are as healthful as natural foods, but you have engaged in an all-out vendetta to convince consumers that health food dealers cater to "deluded faddists" and that the ideal sources of good nutrition are to be found on supermarket shelves.

I find much ironic humor in this situation. While your employers and sponsors in the processed foods industry loudly applaud your defamatory attacks on the natural products that are sold in health food stores and while they initiate campaigns to crush our growing health food industry, these same giant food corporations and conglomerates are rushing to stock their supermarket accounts with the unbleached flours, the cold-pressed oils, the natural cereals, etc., even the organically grown produce that you claim is no more nutritious, tastier or safer than the chemicalized variety.

I regret that space and time limitations soon force this letter to a reluctant conclusion. But I promise you that as long as you continue to attack the integrity of health food dealers and the leaders or the members of the natural food movement, you and your readers shall be hearing from me again. And again.

Your professional background will give you no sanctuary or special immunity from being exposed as unfair, arbitrary and completely biased in your judgements about the health foods industry and movement.

The public will learn to turn to the real champions of your profession, a growing army of physicians, dentists, bio-chemists and food scientists plus thousands of others in all branches of the healing arts who support the natural food movement and who are completely dedicated to serving humanity by dispensing truth instead of slander.

Your attacks on us may grow in their intensity and absurdity. But, they cannot stop the forces of truth or the power of an idea whose time has arrived.

I declare now as I have declared before: The real waves of the future are the waves of enlightenment that serve the health of the people, the purity of our food and the quality of life.

And the future is ours.

Sincerely,

MAX HUBERMAN, President
National Nutritional Foods Association

Fluoride and Tooth Structure

By LEE HARDY

No. 6 In A Series

The fluoride controversy has grown to include claims by proponents that fluorine is a necessary nutrient, and that "fluoride-deficient" waters must be brought up to their proper content. We are asked to believe that every water supply should contain one part per million of fluoride to insure that from conception throughout their entire development period, children would have the building material they need for strong, decay-resistant teeth. Since teeth, both temporary and permanent, begin their development before birth, mothers must have the benefit of fluoridated water during pregnancies.

Needless to say, scientists have disagreed with the idea that fluoride is necessary in tooth structure. P. H. Phillips, Professor of Biochemistry, University of Wisconsin, stated in 1956: "Good strong teeth have been developed, and are still being developed, without dietary intake of fluoride."¹ In a survey of eighteen German communities Dr. A. Kantorowicz found that incidence of dental decay was not related to the amount of fluoride in drinking water.² Drs. H. J. Shaw and R. F. Sognnaes reported in 1954 that "... minerals other than fluoride are major factors in determining the difference between sound and carious teeth."³ In Athens, Greece, a study of high school

students showed sounder teeth without fluoride than those of Grand Rapids, Michigan, children who had been drinking fluoridated water for ten years.⁴ In a survey of American Samoa the USPHS, itself, found teeth free of decay where there was no fluoride in the water.⁵ Dr. Robert Harris, Biochemist at the Massachusetts Institute of Technology, puts the matter beyond speculation in reporting: "Fluorine is not necessary for healthy tooth formation. Spectrographic analyses have shown that many healthy teeth do not contain fluorine."

Controlled experiments with animals have shown no need for fluorine in tooth structure. G. R. Sharpless and E. V. McCollum, of the Biochemical Laboratory of the School of Hygiene and Public Health, Johns Hopkins University, after carefully planned and executed experiments with rats fed "... diets depleted as far as possible in fluorine..." reported: "No fluorine could be detected in the teeth of the animals on the low fluorine diet. Thus, if fluorine is present as a factor in the consolidation of the teeth, abnormalities should appear in the histological picture. There is, however, no marked abnormality in the structure. The teeth seem to be excellent, no indication of caries, and seemingly perfect calcifica-

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tion."⁶ To this mass of evidence, Jonathan Forman, M.D., adds, "No one has ever been able to show that fluorine is an essential element in the nutrition of any plant or animal."⁷ This fact is reiterated by Edward Ryan, D.D.S., editor of *Oral Hygiene*, who states, "It has never been demonstrated that fluorine, even in trace amounts, is necessary for life processes."⁸

Instead of benefits, damaging effects to tooth tissue from fluorine have been certified by dental authorities. It is well known that in areas where fluorides are present in the water, even at one part per million, "mottling" of teeth is common. L. P. Merideth has described mottling as "... white, yellow or brown spots of various sizes and irregular shapes ... on the outer surface of the teeth." He spoke also of the destruction of the "... general evenness of the enamel by formation of little pits, indentations or grooves on its surface ..." and observed that "... the tooth at these points is of soft structure and easily cut away."⁹ C. V. Black, formerly Dean of the Northwestern University Dental School, states of mottled teeth, "When they do decay, the frail condition of the enamel makes it extremely difficult to make good and effective fillings."¹⁰ C. H. Boissevain confirms this fact: "Once a mottled tooth starts to decay ... it deteriorates rapidly, as they are difficult to repair because of the brittle enamel and hard dentine."¹¹

So those who know teeth best, dentists who endeavor to repair

tooth damage, authoritatively contradict the fluoridationists, who guarantee 60% fewer cavities.

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4. *Jour. Dental Research*, 39:590-597, 1960.
5. U. S. Cong. Hearings on H. R. 2341, P. 128, 1954
6. Sharpless, G. R., McCollum, E. V., *Jour. Nutrition*, 6:117, 1933.
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Label Warning Asked

Rep. Benjamin Rosenthal (D-N.Y.) and a coalition of consumer groups has petitioned the FDA to require certain food labels to carry a warning reading, "Warning - Unlabeled ingredients contained in this product." Rosenthal stated this was only a stop-gap move until legislation can be enacted requiring full disclosure of ingredients on labels. Under present regulations, some foods need not list any of the ingredients and others need only list some of the ingredients and the consumer has no way of knowing the list is only a partial listing.

Fact Sheet: Tobacco Smoke Emissions

Prepared by the Tuberculosis and Respiratory Disease Association
West Palm Beach, Florida

- Smoke-filled air contains visible smoke particles and invisible gases that may irritate the eyes and nasal passages. These same substances may also trigger allergic reactions.
- Several harmful gases in tobacco smoke emissions have been identified: Carbon monoxide, nitrogen dioxide, hydrogen cyanide, hydrogen sulfide, hydrocyanic acid, arsenic, and other components.
- The least obvious and most insidious danger is that a colorless gas, carbon monoxide, may get into the non-smoker's bloodstream in sufficient quantity to damage his heart and lungs or exacerbate heart-lung disease that he already has.
- Inhaled carbon monoxide, in smokers and non-smokers alike, enters the bloodstream through the inner surface of the lungs. Carbon monoxide robs the body of oxygen and commonly leads to headaches, dizziness, and lassitude.
- The acceptable maximum in most industrial situations is 50 parts of carbon monoxide to 1,000,000 parts of air. A roomful of cigarette smokers, investigators have found, raise the carbon monoxide content to between 20 and 80 parts per million.
- Cigarette smoke contains 250 parts per million (ppm) of nitrogen dioxide, an acutely irritating gas possibly giving rise to nitrate, a potentially mutagenic agent. Pollution alert levels in Los Angeles have gone as high as 3 ppm.
- Hydrogen cyanide is not found in customary forms of air pollution, yet is a highly active enzyme poison, found in cigarette smoke. Long term exposure to levels of about 10 ppm is considered dangerous. Concentration in cigarette smoke is 1,600 ppm.
- Teams of researchers at the University of Cincinnati Medical Center reported that smoke drifting from the burning ends of cigarettes, pipes, and cigars contains cadmium which could definitely be harmful when inhaled by non-smokers.
- The presence of tobacco smoke in the air can trigger an attack in a person plagued with chronic lung disease. The attack can result in either a mild discomfort such as a coughing spell, running eyes and nose, and im-

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paired breathing or a more serious attack involving extreme discomfort and great difficulty in breathing.

- Smoke from an idling cigarette contains almost twice the tar and nicotine of an inhaled cigarette and thus may be twice as toxic as smoke inhaled by the smoker. An idling cigarette contaminates the air for approximately 12 minutes while the average smoker is usually inhaling on the average for 24 seconds.

- If a non-smoker must be in the company of a smoker, he may be safer when near one who inhales because the inhaling smokers filter mainstream smoke rather effectively. Studies have shown that a smoker's lungs retain more than 85% of the volatile chemicals and particulate matter, and more than half the carbon monoxide in smoke.

- Since pipe and cigar smokers inhale less than cigarette smokers, they contribute relatively unfiltered smoke into the air.

- In one minute one cigarette can so affect the circulation that it takes the tissues 30 minutes to return to normal. A reduction of peripheral blood circulation occurs not only in the fingers and toes, but in other areas of the skin, and of prime importance to the dentist, in the periodontal tissues. The blood circulation of non-smokers is also affected when these individuals enter a smoke-filled room.

- Heavy cigarette smoking while driving in traffic can harm some people. The carbon monoxide present in such a situation can interfere with the driver's ability to judge time intervals and thus lead to accidents. Ten cigarettes smoked in a closed automobile produce carbon monoxide levels up to 90 ppm.

- 58% of adult men do not smoke and approximately 70% of adult women do not smoke. The American Medical Association estimates that at least 34 million Americans are sensitive to cigarette smoke. They have respiratory conditions which are made worse, often dangerously so, by tobacco fumes.

- The patient who is already ill is likely to become much worse if he encounters smoke in the doctor's reception room.

- A health survey in Detroit homes concluded that smokers' children were sick more frequently than non-smokers' children, and that the presence of tobacco smoke in the environment was associated with "lessened physical health."

- One test made in Germany showed that smoking of several cigarettes in a closed room makes the concentration of nicotine and dust particles in a short time so high that the non-smoker inhales as much harmful tobacco as the smoker inhales from four or five cigarettes.

College Professor Offers Rebuttal To Fluoridationist's Propaganda

Reprinted from "Letters to the Editor"
in the Gazette Times, Corvallis, Oregon

To the Editor:

Mary Bernhardt, secretary, Council on Dental Health (American Dental Association), made some fantastic but rebuttable statements about fluoridation (Lawrence Eagle-Tribune, AP dispatch from Chicago, March 12, 1973).

1. Bernhardt claimed: "Fluoridation is gaining in foreign countries." Fact: Rome, Paris, London, Stockholm, West Berlin, etc., denounce fluoridation as a plague and escalating environmental polluter. While Ireland did fall for fluoridation, the AP reported that after 10 years of fluoridation, "Ninety-eight per cent of Irish people suffer from decaying teeth or gum inflammation."

2. Bernhardt expostulated: "It has also been shown to be beneficial in prevention of osteoporosis, a bone disease." Fact: This deceptive, cruel hoax perpetuated on crippled, elderly folks, was exploited by Dr. Frederick Stare to give false hopes about fluoride cures. Strictly controlled scientific experiments on beagles demonstrated the very opposite. Stare "copped out" as follows: "It will take at least another generation or more to find out what effect fluoride

has on the skeletal systems of the elderly."

3. Bernhardt remonstrated: "A California study found that costs for dental work under Head Start programs were three times as high in nonfluoridated areas as in those with fluorides." Fact: Los Angeles water is "naturally" fluoridated with the "recommended" concentration. Also, dentists charged \$12 per child for topical fluoride treatments of Head Start children who, as any first-year dental student (or mine) knows, do not have sets of permanent teeth, that the crowns of their teeth were formed prior to birth, and that fluoride had nothing to do with their condition.

Weekly, Chicago discharges 46 tons of waste fluorides into its water supply; in 1971, some 30,000 tons went into city water nationally. The Environmental Protection Agency should halt all waste fluoride pollution from industry. National fluoridation schemes are a grotesque "Watergate" involving Food and Drug Administration, Health Education Welfare, industry, medical dentists; they should be exposed.

—Dr. Howard H. Hillemann

The top echelon staff of York Barbell Company, of which Hoffman is president, presented him with a huge silver plate embellished with a handsome likeness of himself. John Terpak, former Olympic weightlifting gold medal winner and business manager, asked Congressman George Goodling to make the presentation.

Despite the request of no gifts, please, and no speeches, one-minute statements were recited as accolades poured forth, beginning with a heartfelt message from President Nixon and a tribute from His Excellency James C. H. Shen, Ambassador of the Republic of China.

Admiral A. I. Malstrom and Clinton Miller, legislative advocate for the National Health Federation, awarded Bob a magnificent achievement award naming Hoffman the Humanitarian of the Year.

Max Huberman, president of the National Nutritional Foods Association, in presenting a plaque to Hoffman, said, "Once in a while we meet someone who stands out from the rest of the flock. Someone who flies higher and faster and farther than we ever thought possible and helps us do the same. Someone like you!"

Among the guests were C. Carson Conrad and his wife, Margaret. He is executive director of the President's Council on Physical Fitness and Sports and he too extolled Bob for his noble spirit.

The honorable Jack Kelly (a remarkable resemblance to his sister, Princess Grace of Monaco), now a Philadelphia councilman and for-

mer international president of the Amateur Athletic Union, made praiseworthy comments about benevolent Bob's inspiration to many athletes in the world.

Dancing continued into the night with Bob dancing the entire time and, again, demonstrating his endurance by dancing the polka. At a contest in Poland in 1959, Bob was acclaimed the world polka champion.

It was an eventful night and it concluded with Robert Collins Hoffman giving the shortest speech of his career when he said, "Thank you very much."

Coming

NHF Conventions

Phoenix

Ramada Inn East
March 16-17

Washington, D. C. Symposia

Washington Hilton
April 25-28

Honolulu

Princess Kaiulani
April 27-28

New Orleans

Braniff Place
April 27-28

San Diego

El Cortez Hotel
May 18-19

Houston

Mariott Hotel
May 25-26

Bob Hoffman Honored

The Kennedy Center Atrium in Washington, D.C. was recently the center for a gala affair to honor Bob Hoffman on the occasion of his distinguished 75th birthday year. Some 200 friends, admirers and associates gathered for the occasion, some coming from as far as California, and were greeted on their arrival by the charming Washington lobbyist-columist, Gertrude Engel.

Besides being a member of the Board of Governors of the National Health Federation for a number of years, Bob Hoffman is a member of the President's Council on Physical Fitness and Sports, a world-famous Olympic coach (1932-1972) and winner of over 600 athletic awards. He is also an authority on physical fitness, sports, and nutrition, and is a publisher, author and lecturer. Senator Richard Schweiker, with his beautiful and cordial wife, Claire, set the tone of the party-spirit with a happy birthday song and cut the first slice of birthday cake and offered it to the guest of honor.

l. to r. Bob Hoffmann, Admiral A. I. Malstrom, Clinton R. Miller

Senator Proxmire . . . Continued from page 8

careful to see that they eat balanced, nutritional meals after they have filled themselves up with junk.

There are classes and segments of the population who do, in fact, suffer from nutritional deficiency. That is no myth.

The FDA also claims that a diet of ordinary foods can supply adequate vitamins and minerals. We have heard the FDA say again and again over the years that vitamins and minerals are supplied in abundant amounts by commonly available foods.

But again, in the words of the old song, "it ain't necessarily so."

What is a so-called "balanced diet," and who gets it?

Vitamin C — The New Evidence

Take, for example, vitamin C. The recommended daily allowance is 60 milligrams. It is probably true that a diet which included fresh fruits daily would supply 60 milligrams a day.

But there is now very strong evidence to indicate that the RDA is far too low except perhaps as a minimum amount to prevent scurvy, and that vitamin C in much larger amounts—as much as 1,000 milligrams a day or more—can have very favorable health effects.

Dr. Linus Pauling, the Nobel Laureate, created something of a sensation when in 1970 he published a book entitled "Vitamin C and the Common Cold" in which he advocated that individuals rou-

tinely use 1,000 or more milligrams of vitamin C a day and that these amounts be increased three- or fourfold with the first symptoms of a cold.

Canadian Study

Orthodox medical circles, the FDA, and others pooh-pooed Dr. Pauling's findings. But it now appears that his findings, or rather findings that vitamin C in relatively large daily amounts do have highly beneficial effects, have been confirmed in a highly scientific study done in Canada at the University of Toronto by Professors Anderson, Reid, and Beaton.

A double-blind test—neither the doctors nor the patients knew which group was getting a placebo—was run with 1,000 individuals, 818 of whom completed the study. Half of them got 1,000 milligrams of vitamin C a day and the other half a placebo. When they felt a cold coming on, dosage of the vitamin C or the placebo was raised to 4,000 milligrams a day. The test was continued over 90 to 120 days. There were some startling results.

First, Twenty-six percent of the vitamin C group remained free of any illness. For the placebo group, it was 18 percent. The study states that this was statistically significant.

Second, The duration of illness for the vitamin C group was 5 percent lower than for the placebo group.

Third, The mean length of disability—namely, days confined to the house—per illness was 21 percent lower for the vitamin C group

as compared with the placebo group.

Fourth, Because both the number of illnesses were fewer and the number of days confined were fewer for the vitamin C group, the number of days per subject was 30 percent lower for the vitamin C group than for the placebo group.

Fifth, The mean number of days off work was 67 percent lower for the vitamin C group than for the placebo group.

Sixth, During the period of the study, 40 of the vitamin C subjects saw a doctor on a total of 60 occasions. But 56 of the placebo subjects saw a doctor on a total of 97 occasions. I ask unanimous consent that an article from the October 7, 1972, National Observer entitled "New Research Bolsters Pauling's Theory About Colds and Vitamin C" and the original scientific study, "Vitamin C and the Common Cold, a Double-Blind Trial" by Professors Anderson, Reid, and Beaton, from the Canadian Medical Association Journal for September 23, 1972, both be printed at this point in the *Record*.

There being no objection, the articles were ordered to be printed in the *Record*.

RDA For Vitamin C Far Too Low

The point is that the so-called recommended daily allowance—RDA—of vitamin C of 60 milligrams a day certainly appears to be an inadequate amount when the Pauling study and the Anderson, Reid, Beaton studies are read.

In these circumstances, for the

FDA to assert that it is "nutritional quackery" for anyone to say that a diet of ordinary foods cannot supply adequate amounts of vitamins and minerals when those so-called adequate amounts are defined as the recommended daily allowance—RDA—is ridiculous.

One might properly ask that the FDA be more scientific and less religious in their opinions.

And to go further than that and to require by law that quantities in excess of 150 percent of the RDA must be manufactured, distributed, and sold as a "drug," is merely an attempt by the FDA, based on wholly inadequate knowledge and on a deep and pervasive hostility, to drive the present vitamin and mineral food and food supplement industry out of business.

FDA Myths

Let me turn now to the fourth so-called myth of nutritional quackery as defined by the FDA. The FDA claims that it is a myth that "modern methods of harvesting, packing, transportation, storage, and cooking eliminate what few nutrients are in the food to begin with."

Of course, modern methods do not always eliminate nutrients. The FDA, once again, has phrased its criticism in false terms. But it is often the case.

Let me just mention two items which contradict the FDA on that claim. The first is flour. Until modern times flour was stone ground. The wheat germ in the flour was

Continued on next page)

retained. That happens to be the highly nutritional part of wheat.

When the modern machine mill-
ing arrived on the scene, it was
found that it crushed the wheat
germ which in turn made the flour
go rancid quickly and difficult to
keep for long periods of time. As a
consequence, the wheat germ or
the most, nutritious part of the flour
was removed. In fact for years mil-
lers sold the most nutritious part of
the flour, namely, the wheat germ,
to farmers to feed to their pigs as
swill while people got the least nu-
tritious food.

As a result the American people
probably eat the poorest, least nu-
tritious white bread of any modern
industrialized civilized nation. It is
a perfect example of how modern
methods of processing have re-
moved the basic nutrient of the
food. That is no myth. That is the
truth.

Loss Through Storage

The second example has to do
with vitamin C: Nobel Laureate
Linus Pauling makes the point on
page 107 of his book on vitamin C.

Why should our government forbid
anyone to learn or to tell the truth
about foods? Why should it be illegal
to quote such information as the state-
ment in the handbook **Metabolism**
(Altman and Dittmer, 1968) that after
storage for three months potatoes
contain only half as much ascorbic
acid as when fresh?

What crime does one commit in
quoting the paper of Glazebrook and
Thomson (1942) who found that a
ration of potatoes (12 ounces) con-
taining 50 mg of ascorbic acid when
raw contained only 4 mg, less than
one-tenth as much, when cooked and
reheated for serving?

It is well known that the vitamins

in foods are in part destroyed by the
storage, transportation, processing,
and cooking of the foods. Why should
it be forbidden to tell the truth about
the dangers of malnutrition and the
possibilities of vitamin or mineral de-
ficiencies in foods?

In their zeal and hostility the
FDA has thrown up a group of
straw men, distorted statements,
and outright misstatements of facts
and scientific evidence.

They are the myth makers.

Harmful To Consumers

I believe this legislation is neces-
sary to prevent the FDA from ban-
ning or unduly restricting vitamins
and minerals in quantities greater
than the 150-percent RDA. That, I
believe, is their purpose.

But there will also be a very
tragic effect on consumers if the
sale of vitamins and minerals ex-
cept as drugs is limited to units that
are 150 percent or less than the re-
commended daily allowance. Let me
be specific.

In July of 1973, 100 capsules of
vitamin A in 25,000 international
units cost \$1.60 if ordered from
William T. Thompson Co., Carson,
Calif., one of the major distributors
of vitamins.

Starting August 1, FDA banned
the sale of capsules in excess of
10,000 units except as prescription
drugs. Obviously, to sell vitamin A
on the commercial market without
a prescription, capsules were re-
duced to 10,000 units.

On October 31, 1973, the price
for 100 capsules of vitamin A in
10,000 international unit capsules
was \$1.95.

Not only did the price of 100

capsules go up from \$1.60 to \$1.95,
but 100 tablets at \$1.60 bought 2.5
million units while \$1.95 bought
only 1 million units.

The consumer paid 35 cents more
for 1.5 million fewer units of vita-
min A.

Put another way, on July 31,
1973, 1 million international units
of vitamin A cost 64 cents, but on
October 31, 1973, a million units of
vitamin A cost \$1.95 or more than
three times as much.

The FDA call that "consumer
protection."

Toxicity

The Food and Drug Administra-
tion is proposing to limit the sale of
vitamins A and D without prescrip-
tion to very small amounts.

As I have said in the case of vita-
min A they propose to limit non-
prescription supplements to 10,000
international units or only twice the
recommended daily allowance —
RDA—for vitamin A.

In the case of vitamin D they
propose to limit nonprescription
supplements to 400 international
units or an amount which is the
same as the RDA.

They are doing this in part in the
name of "safety" on grounds that
these vitamins taken in large
amounts can be toxic.

No one objects to limiting the
quantities of food on grounds of
safety. But the problem here is that
these are excuses for limitations
rather than substantive objections.
Just consider a few facts.

No Known Vitamin Deaths

So far as anyone knows, there

has never been a death from taking
too much vitamin A.

Yet for "aspirin," which is a so-
called safe drug, the estimate is
that about 200 deaths a year are
caused by excessive use. But aspirin
is not on prescription and should
not be on prescription. And neither
should vitamin A.

The fact is that through 1971,
only some 17 cases of vitamin A
toxicity were even known, and no
deaths were attributed to an ex-
cessive use of vitamin A.

The next thing we know the FDA
will want to put water on prescrip-
tion. Excessive use of water and
water-torture methods have been
known to cause death as has the
excessive use of hundreds of foods,
minerals, beverages, and drugs.
Sugar to a diabetic can be fatal.
But with no known deaths and only
exceedingly rare examples of tox-
icity, to place vitamin A on pre-
scription when sold in units larger
than twice the RDA is another ex-
ample of the perverse and preju-
diced attitude of the FDA.

In the case of vitamin D, the
FDA wants to limit nonprescription
sales of vitamin D to 400 units. But
they are also proposing that whole
milk, skim milk, and evaporated
milk be fortified with vitamin D.
That is fine. That should happen.
I am for it.

But this in an ironic position for
the FDA to take. Vitamin D taken
in milk is somewhere from 3 to 10
times as potent as vitamin D taken
in an oil base. If you add 400 IU's
of vitamin D to milk, you are in

Continued on next page)

fact probably providing the equivalent of 1,200 to 4,000 international units.

The FDA cannot have it both ways. They cannot and should not limit the sale of vitamin D without prescription to 400 international units on the one hand, and require that a quart of milk contain the equivalent of 1,200 to 4,000 international units on the other. But that is, in fact, what they are proposing. If they were to be logical, they would also put vitamin D fortified milk under prescription.

But the FDA is not logical, and the FDA is using this false issue of toxicity to require vitamin A and vitamin D to be sold in relatively small amounts except under prescription.

Like the flowers that bloom in the spring, it has almost nothing to do with the case.

The answer is very simple. So long as the vitamins or minerals are nontoxic in the quantities recommended, and provided there is accurate labeling or the absence of false labeling, the FDA should not interfere except to carry out its existing legal responsibilities to see that food is manufactured in clean circumstances, and so forth.

Explanation Of Bill

The bill, first of all, defines "food supplements" and the term "special dietary uses." These definitions are the same definitions that the FDA has used for 32 years, or since 1941.

Second, the bill prohibits the Secretary of Health, Education, and Welfare from limiting "the potency,

number, combination, amount, or variety of any synthetic or natural vitamin, mineral, or other nutritional substance, or ingredient of any food for special dietary uses if the amount recommended to be consumed does not ordinarily render it injurious to health." This is the standard now in the law which the FDA uses to regulate food. It is a proper standard.

What this means is that the FDA cannot require vitamins to be sold over the counter—OTC—or under prescription if the units exceed the so-called recommended daily allowance unless the amounts recommended would "ordinarily render it injurious to health."

If the FDA can show that some vitamin or mineral in the capsule or international unit size recommended is ordinarily injurious to health then they can limit its potency or amount, et cetera.

But if the recommended quantities do not ordinarily injure health, the FDA cannot limit these items. I want to make it clear that the bill changes no other provisions of the Food, Drug, and Cosmetic Act nor does it affect any consumer protection provision.

The bill is just that simple. It is needed. I urge its adoption by the Senate. Meanwhile the FDA stop its stupid and idiotic attempt to play God.

HOW TO LIVE TO AN OLD AGE

"Acquire a chronic illness and take care of it."

—Oliver Wendell Holmes

Two Mile Walk Aids Diabetics Says Dr. Cheraskin

By JAY PATRICK

"A two mile walk usually brings the blood sugar level of a diabetic down to normal," reported Dr. E. Cheraskin at a recent meeting in Pasadena of The International Academy of Metabology.

"So," I ask, "do diabetics really need insulin?"

"In most cases diet and exercise are far more effective in helping the diabetic than insulin or any other type of drug therapy," the internationally known nutritional researcher assures me.

"Is diabetes really a specific disease, Doctor?"

"No, it's not. It's a very personal ailment, different with every, unique person. It's a symptom of a metabolic imbalance, sometimes partly inherited, but certainly aggravated by the excess consumption of sugar and by countless other mistakes of living of which modern man is guilty."

"So there's no magic cure?"

"Absolutely not! But if the diabetic would, first, make a conscientious effort to correct his mistakes of living—such as smoking, drinking, poor nutrition, high carbohydrate,

(Continued next page)

NEW LIFE AND PERPETUAL MEMBERS

Perpetual

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Life

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Willie C. Cart
May Post
Anthony J. Luisi

(Received mid-November thru mid-December)

drate intake, lack of exercise, coffee, tea, cola drinks, et cetera—it would certainly help to bring him back to good health.”

Recently I encountered the wife of my printer. She had just learned that she has diabetes. She's a very attractive gal of about 40, a little chubby, seems to smoke constantly. I told her what Dr. Cheraskin has to say about the ailment. "Give up all those things—do you think I'm crazy? I want to enjoy life."

This reminds me of one of my diabetic neighbors when I lived in New Jersey some years ago. She continued to smoke two to three packs of cigarettes a day, giving herself insulin shots, until they had to amputate her legs. Death soon followed.

Horrifying, yes — not pleasant parlor talk. But it does seem that maybe it would be a good idea for the diabetic (along with the rest of us), if he really wants to enjoy life—and to have more of it—to make a genuine effort to correct those *mistakes of living* that finally make life not only shorter but intolerable.

PRIORITY

"Congratulations, ma'am, you're fit as a fiddle," said the young doctor to an elderly female hypochondriac.

"Don't tell me that, young man," she answered. "I was failing in health before you were born!"

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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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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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 12-73 (or any earlier date), your dues are now past due. If you are one of these, please remit your dues NOW so that your membership and subscription to the **Bulletin** will not be interrupted.

HELP SAVE OUR HEALTH FREEDOMS