National Health Federation BULLETIN

SEPTEMBER, 1974

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New Insight
On
Heart Disease

Senator Proxmire Calls Vitamin-Mineral RDA's Unscientific and Illogical

"The Recommended Daily Allowances (RDAs) are not scientific standards. They are little more than subjective, off-the-cuff and, in many cases, prejudiced values which fluctuate capriciously. How can such unstable standards be used to regulate vitamins?"

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Dedicated to the Protection of Health Freedoms

THE
NATIONAL HEALTH FEDERATION BULLETIN

Protection of Health Freedoms — *Published Monthly*

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

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NHF Log...

On June 19, 1974, the Second Circuit U.S. Court of Appeals, located in New York City, heard oral arguments on the petitions, filed by NHF and others, for review of FDA's pending vitamin regulations. FDA's position was defended by four attorneys while ten different attorneys represented the several petitioners respectively. The Court placed strict time limits for the presentation of arguments on both sides and consequently, the hearing was concluded in one day. A more detailed account of the hearings is reported on another page in this issue of the **NHF Bulletin.**

The Senate Health Subcommittee has scheduled hearings on Senator Proxmire's bill, S. 2801, to be held on August 14 and 21. Inasmuch as this issue of the **Bulletin** will be on the press on August 14, a report of the hearings will have to be held for the October issue.

NHF has added a Science Director to the staff. He is John Yiamouyiannis, Ph.D., an extremely capable young man with an impressive background of experience and academic achievement. More about Dr. Yiamouyiannis will be found on another page of this issue of the **Bulletin.** Currently, he is working out of NHF's Washington, D.C. office and is devoting his full time to the fluoridation problem. Hopefully, in the not too distant future, the whole fluoridation matter can be put to rest where it belongs.

Made possible by those who have generously contributed to the NHF Legal Defense Fund, NHF continues to become involved in the defense of a number of individuals charged under a variety of circumstances. Actually, NHF does not become involved in cases to defend the individual per se, but rather in order to defend the principle which may be at stake in the cases. NHF will become involved only in those cases where health rights are involved, where constitutional freedoms are being denied or ignored, and in selected cases where freedom-restricting legal precedents may be established in the event of a decision adverse to the defendant. Several cases are currently pending. One important case in Arizona has just been concluded and is reported in this issue of the **Bulletin.**

Though it does not seem possible, slightly more than a year has passed since NHF moved to its new, more spacious headquarters building. In retrospect, it can be said, without reservations, that it was a good move. The added facilities and space have greatly enhanced productivity. However, the tremendous amount of work done at headquarters and the orderly manner in which it is accomplished is due to the dedication of the staff and the harmony which prevails throughout all departments. Few offices could boast of higher employee morale.

Federal Court Hears Arguments In Review Of Vitamin Regulations

June 19, 1974 was a highly significant day in the continuing battle to block FDA's pending dietary supplement regulations which would severely limit the number, potency and combination of ingredients in all dietary supplements

When the Food and Drug Administration issued the regulations in final form on August 2, 1973, a number of organizations (including the National Health Federation), firms and persons filed an action in federal Courts of Appeal petitioning the courts to make a judicial review of the regulations to determine, chiefly, whether or not the FDA has the statutory authority to promulgate such far-reaching regulations which touch upon the basic freedom of the individual to choose his own diet and nutritional program; and whether or not the FDA, in drawing up the regulations, relied on the best and most authoritative evidence available to it in the transcript of the two years (1968-1970) of hearings on the then proposed regulations. In addition some of the petitions asked the court to permanently set aside the regulations on the basis of alleged irregularities, marked bias, and numerous prejudicial errors on the part of the Hearing Examiner during the course of the hearings.

Inasmuch as most of the petitioners filed their actions in the Court of Appeals in their "home" district, cases were scattered in appeals courts throughout the country. On a motion by the government, the various cases were consolidated and it was this consolidated case which was heard on June 19th in the Second Circuit U.S. Court of Appeals located in New York City. The oral arguments were heard by the three judges of the Court. Four government attorneys, representing the FDA, defended the pending regulations. The position of the petitioners was argued by ten highly qualified attorneys representing their respective petitioner. The National Health Federation was represented by Kirkpatrick W. Dilling, of Chicago, who has a highly regarded reputation in the field of food and drug law.

The Court placed strict time limitations on the presentation of oral arguments in the case. The FDA was allowed two hours total time for the agency's oral presentation. Each principal counsel representing the petitioners was allowed 25 minutes total time, 20 minutes for an opening argument and 5 minutes to reply to FDA arguments. The Court had previously specified also that there must not be repetition of the arguments by the various counsel. This necessitated a prior meeting of the counsel representing petitioners so that each counsel might be assigned a specific aspect of the issues involved in the regulations. The arguments delivered by Mr. Dilling on behalf of NHF were on what many believe to be the most crucial issues, namely, the "freedom of choice" issue and the "standard of identity" argument.

In an effort to show the Court just exactly what the FDA is attempting to do through the regulations, Mr. Dilling emphatically emphasized that the entire proceeding is about nutrition, nothing else, with no issue of safety whatsoever, with the principal issue being whether or not a consumer may select for his or her diet those nutrients deemed desired for addition to or supplementation of the diet, as against having FDA tell the consumer what he or she may eat. The judges seemed impressed by the citation of various nutrients, such as potassium, manganese, protein, choline, Vitamin K, unsaturated fatty acids, molydbenum, and others deemed essential even by FDA, which would be "banned" by the regulations. Incidentally, in regard to this subject, the four attorneys arguing for the FDA did considerable "waffling" on the subject, even contradicting each other as to the overall effect of the regulations in this area.

Almost immediately after Assistant Attorney General Howard Epstein led off with arguments for FDA, Chief Judge Friendly asked him whether or not various essential nutrients would be banned for dietary supplements. It was at this point that contradictory responses were given by the four government attorneys.

One of the other judges, Judge Smith, then asked, "Could I have a B-complex product that did not have the combinations specified in the regulations, if I desired to buy it?" Attorney Epstein stated that this would be considered a "drug" which would have to have a therapeutic purpose. One of the other government attorneys ventured the thought that it possibly could be sold as an "imitation dietary supplement" and another attorney cast doubt on both theories. During the rebuttal to these conflicting views, Mr. Dilling emphasized to the Court that indeed the FDA argument had only confirmed the banning of these important nutrients, without any rational basis whatsoever, or evidentiary support in the voluminous hearing record.

In continuing his oral arguments, Mr. Dilling attacked the "standard of identity" which the regulations seek to establish for all dietary supplements. A "standard of identity," as set forth in the Food, Drug and Cosmetic Act establishes a "recipe" or formula for many manufactured foods such as mayonnaise, peanut butter, etc. which requires that these foods contain only certain prescribed ingredients and permits no significant deviations. The dietary supplement regulations in question seek to establish a "standard of identity" for vitamin and vitamin-mineral products thus making all such products essentially the same. Mr. Dilling pointed out that

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this makes about as much sense as trying to "standardize" all fruits, vegetables, picnic lunches, between-meal snacks, or other non-related items. He also pointed out that FDA's attempted limitation on quantities of the vitamins and minerals is as ridiculous as a government agency decreeing that only an 8-ounce size of a given cereal could be sold, and banning a 20-ounce size.

At another point in the hearing, Attorney James Turner did a creditable job in showing that the "Recommended Daily Dietary Allowances" published by the National Research Council, goes to great lengths to indicate that the "RDA's" adopted by FDA as an immutable standard for dietary supplements, and over which limits a product becomes a "drug" (e.g. Vitamin C at 91 milligrams), are not any such reliable indicia, the Council specifically pointing out that the RDA's are not intended as a guide for the nutrient content of foods, among other things. Mr. Turner pointed out these facts with apparent impact.

The hearing lasted just one day. The case is now submitted for decision by the Court and such decision will be forthcoming when the Court has rendered due consideration to the record, briefs, and the argument. It is problematical as to when a decision may be anticipated.

NHF Reprints Harvey Wiley's 'History Of A Crime'

In the early part of this century, Dr. Harvey W. Wiley was appointed head of the Bureau of Chemistry, the forerunner of the present day Food and Drug Administration. As today, his department then was charged with the responsibility of insuring the purity and safety of the foodstuffs available on the market place. Even in those days, the grain millers and other food processors were far more interested in finding legal loopholes to enable them to devitalize and chemicalize their food products in order to improve the keeping properties than they were in providing nutritious foods. Dr. Wiley was a stalwart foe of the processors and fought vigorously against their attempts to circumvent the law and to nutritionally emasculate some of the basic foods in the American diet. Ultimately the processors won out—when Dr. Wiley was no longer in a position to oppose them— and their practices persist even today. Writing as a history of a crime against the food laws and against the American people, Dr. Wiley recorded the struggles in a detailed account which was published as, "A History Of A Crime." This classic book has just been reprinted by NHF, after being unavailable for a number of years. Every member should have a copy. Order from NHF, P.O. Box 688, Monrovia, CA 91016 enclosing $2 for each copy desired. California residents add 12c per copy for sales tax.

Petition Filed For Stay Of Dietary Supplement Regulations

Shortly after the conclusion of the hearing in the U.S. Court of Appeals in the matter of the petition for review of the pending dietary supplement regulations, all of the attorneys, except one, representing the various petitioners in the case, filed a joint petition with the Commissioner of the Food and Drug Administration requesting that he grant a stay of effective date for the implementation of the regulations. The text of the petition follows:

IN THE MATTER OF

REVISING THE REGULATIONS FOR FOODS FOR SPECIAL DIETARY USES — Docket No. FDC-78
21 CFR PART 80
21 CFR PART 125

JOINT PETITION TO COMMISSIONER OF FOOD AND DRUGS FOR STAY OF REGULATIONS 21 CFR PART 125 AND PART 80 (FEDERAL REGISTER, AUGUST 2, 1973)

As the Commissioner knows, on June 19, 1974 the United States Court of Appeals for the Second Circuit heard oral arguments on the petitions for review of the revised regulations governing label statements concerning foods for special dietary uses (21 CFR Parts 125.1, 125.2 and 125.3) and a new definition and standard of identity for dietary supplements of vitamins and minerals (21 CFR Part 80.1).

As the Commissioner also knows the petitions for review herein have raised substantial and complex questions for judicial review. It may fairly be anticipated that whatever result is reached by the Court of Appeals, either petitioners or respondents will seek prompt review by the United States Supreme Court.

The Commissioner has heretofore stayed the effective date of December 1, 1973 for ordering of new labeling pursuant to the revised regulations. The Commissioner did not, however, stay the effective date of December 31, 1974 for the use of new labeling and shipment in interstate commerce.

Until the conclusion of final judicial review, it cannot be known what form, if any, the final regulations will take. The formulation, preparation and distribution of products in compliance with any regulations as finally upheld on completion of judicial review, will require a reasonable "lead time" for the marketing of such products. In view of the foregoing, the undersigned counsel for petitioners respectfully request that the Commissioner grant a stay of the December 31, 1974 effective date for a period of six months following the completion of final judicial review in these proceedings. It is submitted that historically no such urgency exists herein as to warrant the denial of such request.

The Commissioner's attention is respectfully directed to the fact that a similar stay was in effect with respect to the peanut butter regulations previously promulgated by the Agency wherein the record of proceedings and the issues were not as extensive as those of the instant proceeding.

Dated: New York, New York.
June 24, 1974

Senator Proxmire Calls RDAs Unscientific and Illogical

Sen. William Proxmire (D-Wis.) charged in a speech delivered in the Senate on June 10, 1974, that "The Food and Drug Administration proposal to regulate safe vitamins and minerals as dangerous drugs if they exceed 150 percent of the so-called Recommended Daily Allowance (RDA) of vitamins and minerals, is based on an arbitrary, unscientific and tainted standard. The RDA standard is established by the Food and Nutrition Board of the National Research Council which is influenced, dominated, and financed in part by the food industry. It represents one of the most scandalous conflicts of interest in the Federal Government."

Proxmire is author of a bill, S. 2801, which has 37 Senate co-sponsors which would prevent the FDA from putting its regulations into effect next January.

"There are a dozen or more reasons why the so-called Recommended Daily Allowance (RDA) is a capricious, unscientific, and illogical standard.

"First and foremost is the unconscionable conflict of interest of those on the Food and Nutrition Board which establishes it. The Board is both the creature of the food industry and heavily financed by the food industry. It is in the narrow economic interest of the industry to establish low official RDAs because the lower the RDAs the more nutritional their food products appear.

"The Board's industry liaison panels include breakfast food companies, candy makers, soft-drink producers, baking firms, and chemical corporations.

"The present Chairman of the Food and Nutrition Board, for example, occupies an academic chair funded by the Mead-Johnson baby food company. He appeared at the FDA vitamin hearings not only as an FDA-Government witness but also on behalf of such firms and groups as Mead-Johnson and Abbott Laboratories.

"He was also scheduled to appear on behalf of the Pet Milk Company and Distillation Products.

His research was funded to the tune of about $40,000 by the FDA and he had additional government grants of about $90,000 in the year he appeared for the FDA.

"In the latest (1974) edition of the Food and Nutrition Board's Recommended Daily Allowances, most values that were changed were lowered from previous standards. There is a very simple and quite unscientific reason for this.

"With low RDAs the food companies which advise the Food and Nutrition Board can then print tables on their food packages making their products appear to contain a higher level of nutrients than if higher or optimum levels were established. When milk and fruit together provide as much nutritional value as the breakfast food they are eaten with, one can see how ridiculously low and self serving the new low RDA standards really are.

"A second reason why the RDA standards are suspect is that they have fluctuated capriciously from year to year both in the nutrients listed and in the Recommended Daily Allowance. For example, in the recommendations by the Board for Pantothenic Acid, a B complex vitamin, in the period 1964-1974, it was not on the 1964 list, was listed at 5 mgs. on the next list, was not on the third list, was back on at 5 mgs. on the fourth list, was doubled to 10 mgs. on the fifth list, and was removed completely from the latest 1974 edition.

"Is it a drug? Isn't it a drug? Under the proposed FDA regulations, 10 mg. capsules would have been regulated as a drug after the 2nd and 4th editions of the RDAs, as a food or a food supplement under the 5th change, and ignored after the 1974 list.

"In the 1968 RDA list, there were 55 changes in value from the 1964 list, varying from 20 to 700 percent. The latest (1974) list shows similar subjective and unscientific variations. In the 1964-1974 period the RDAs recommended by the Food and Nutrition Board for a child of four have varied by 100 percent for Vitamin A, 230 percent for Vitamin E, 700 percent for folacin, 150 percent for Vitamin B-1, 122 percent for Vitamin B-6, and 300 percent for Vitamin B-12.

"How can such an unstable standard be used to regulate vitamins? The RDAs are not scientific standards. They are little more than subjective, off-the-cuff and, in many cases, prejudiced values.

'Third, not only do the RDAs fluctuate capriciously and are established by those with overwhelming economic conflicts and self-serving interests, but there is a very considerable body of scientific evidence that the RDAs are ridiculously low. For example:

"*Folacin.* The RDA for folacin for categories of individuals has varied by 700 percent in the last 10 years. It is now 400 micrograms for mature adults. The latest pronouncement cut the RDA for children in half. This has come at the

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very time the Canadian Government's nutritional survey found that half of all Canadians had 'moderate deficiency' levels of folacin in their blood and that 10 percent of all Canadians were in the range of 'high risk' deficiency.

"There is strong evidence that the lack of folacin produces congenital deformities and increases the danger of accidental hemorrhage by fivefold. It is considered by some authorities as the most widespread deficiency in the United States, especially among pregnant women.

"In light of such evidence, the RDA established for folacin by the Food and Nutrition Board appears to be dangerously low.

"*Vitamin B-6.* The 1974 RDA for Vitamin B-6 in 23-50-year-old females is 2 mgs. But Dr. Paul Gyorgy, the eminent scientist who discovered Vitamin B-6 recommended in 1971 that the general RDA for B-6 should be 25 mgs. a day or 12.5 times the present RDA. Women on the pill are especially subject to Vitamin B-6 deficiency. Yet millions of women in the 23-50-year-old age group are told by the FDA and the Food and Nutrition Board that they can get a sufficient amount of B-6 at one-eighth the level which its discoverer recommends.

"*Vitamin C.* There is now a very wide body of scientific evidence, in addition to the recommendation of Dr. Linus Pauling the Nobel Laureate, that the daily requirement for Vitamin C is many times the 45 mg. RDA now recommended by the Food and Nutrition Board.

"The double blind test performed at the University of Toronto by Professors Anderson, Reid, and Beaton in which half the subjects got 1 gram (1,000 mgs.) a day (or 22 times the present RDA) and the other half a placebo, for 90 to 120 days (*Canadian Medical Association Journal,* September, 1972) showed some amazing results. The number of illnesses, the duration of illnesses, the days confined at home, the days lost at work, etc. were all 'statistically significantly' lower for the Vitamin C as opposed to the placebo group.

"The 45 mg. RDA level now proposed by the Food and Nutrition Board is actually less than the traditional 50 mg. level said to be needed merely to prevent scurvy. But after next January, Vitamin C in 100, 250, or 500 milligram tablets will be called a drug and regulated accordingly.

"The proposal to subject safe vitamins and minerals to regulation as drugs by the FDA if they are sold in quantities of 150 percent or more of the so-called RDA is a biased, unscientific, and capricious standard. At best the RDAs are only a 'recommended' allowance at antediluvian levels designed to prevent some terrible disease. At worst they are based on the conflicts of interest and self-serving views of certain portions of the food industry. Almost never are they provided at levels to provide for optimum health and nutrition."

What's A Cosmetic?

According to the Federal Food, Drug, and Cosmetic Act, cosmetics are defined as: (1) Articles intended to be rubbed, poured, sprinkled, or sprayed on, introduced into, or otherwise applied to the human body or any part thereof for cleansing, beautifying, promoting attractiveness, or altering the appearance, and (2) articles intended for use as a component of any such articles; except that such term shall not include soap.

However, cosmetics are also regulated as drugs when they make any claim to alter a body function. Example: a deodorant is regulated as a cosmetic, because it in intended only to prevent odor; but an anti-perspirant is regulated as a drug because it is intended to actually reduce perspiration, which is a normal body function.

If a cosmetic is also considered a drug, the drug ingredients must be listed before all other ingredients and follow the term "active ingredients." You will find this, for instance, on dandruff shampoos, hormone creams, anti-perspirants, sun-screen products, and on all medicated cosmetics.

contain more than a hundred ingredients.

But the regulation was not developed merely to satisfy consumer curiosity. It was issued under authority of the Fair Packaging and Labeling Act, which was passed by Congress to help consumers make value comparisons and to prevent deception.

The regulation should be particularly helpful to consumers who are allergic to certain ingredients. After a doctor determines what is causing the allergy, the consumer will be able to avoid the irritating substance by reading the labels of cosmetics.

On some products, consumers will find the phrase, "and other ingredients" listed at the end of the statement. Use of the phrase as a means of protecting trade secrets, which is required by the Fair Packaging and Labeling Act. But to be able to use those words, manufacturers must petition the FDA for each separate product or ingredient to which he wishes it to apply. FDA will then review the reasons why some ingredients should be kept confidential and decide whether it will be allowed. But it cannot be used to disguise harmful or highly sensitizing ingredients or to withhold information the consumer should have; and beyond this, the petitioner must present clearly sound reasons for wishing to state "and other ingredients."

In explaining the legal basis for requiring cosmetic labels to list ingredients, FDA said: "The Commissioner concludes that cosmetic ingredients labeling is necessary to prevent the deception of consumers and to facilitate value comparisons.

"Ingredient labeling can be meaningful in preventing consumer deception by precluding product claims that are unreasonable in relation to the ingredients present and by providing consumers with additional information that can contribute to a knowledgeable judgment regarding the reasonableness of the price of the product.

"Furthermore, while ingredient identity may not be the sole determinant of a product's value to a consumer, it is one important cri-

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terion of a product's value in comparison with others. The presence of a substance to which a consumer is allergic or sensitive, for example, may render the product worthless to the consumer."

Making It Work

"What is sodium laureth sulfate and what's it doing in a cosmetic?" This is just one possible question consumers are going to ask after seeing cosmetic ingredients labeled.

A lot of unfamiliar chemical terms are going to be on cosmetic labels. Consumers won't know what some of them mean—let alone be able to pronounce them. It should provide a real field day for chemistry majors, but how will most consumers use the labeling,

First, people with allergies, if they see their doctor, will know which ingredients they should avoid. To them, certain words—no matter how long—will come to mean something quickly.

Other consumers may decide to ask the manufacturer or FDA what general purpose a certain ingredient serves. (By the way, sodium laureth sulfate is a cleansing and foaming agent for shampoos.)

But most persons will become familiar with what types of ingredients are common to certain product categories simply by repetition—routine shopping and comparisons. And because FDA has provided for standardizing a name for each ingredient, there is no possibility that one ingredient can be masquerading under different names from one product to another. (Lanolin oil, for instance, will always go by the name "Lanolin Oil," rather than by 15 other names that had been used among the trade for that ingredient.) All manufacturers will have to use the same names for ingredients.

FDA Asks Industry

The results of the new voluntary regulations will not be so readily apparent to consumers as ingredient labeling, but they will provide more information to the Agency for better regulation in the consumer's behalf. These measures are voluntary since, at this time, the Agency has no apparent authority to make them mandatory.

Under the first regulation, FDA asked that cosmetic manufacturers identify themselves to the Agency by filing name and address. FDA has has no such list of manufacturers before and thus has been handicapped in its knowledge of who makes cosmetic products.

Under the second regulation, FDA asked that product formulas be filed. This differs from ingredient listing in that formulas more closely resemble "recipes."

Why does FDA need this information? Because the *amounts* of ingredients present are sometimes a clue to adverse reactions by consumers. The formulas will be fed into a computer and compared with records of adverse reactions to determine levels and types of ingredients that may be causing problems.

Under the third regulation, FDA is seeking a better idea of the extent of problems consumers may be having with cosmetics. FDA has asked the cosmetics industry to file data periodically on adverse reactions reported by consumers. Such experiences are reported directly to FDA by consumers at the rate of about 500 to 600 a year, but many others are sent only to manufacturers.

Complaint information will be used to help determine any need for product reformulation or regulatory action and will help pinpoint products, product types, and ingredients causing adverse reactions or injuries. For example, information on adverse reactions can be compared with ingredients listed for products on which complaints are received and should, in some cases, help to pinpoint any highly sensitizing ingredients that may be causing problems for consumers.

However, consumers can help tremendously in this effort by sending complaints directly to: The Food and Drug Administration, Division of Cosmetics Technology, Bureau of Foods, 200 C Street, S.W., Washington, D.C. 20004.

Since reporting forms for industry use are not available yet for adverse reactions, there is no reliable estimate of what industry participation will be; but when the system does go into operation, complaint information is expected to date from July 1973. Participating firms will report twice a year, but more often in the case of unusual complaints.

Origin of the Voluntary Program

Realizing that consumer interest in all phases of industry was rapidly rising, the Cosmetic, Toiletry, and Fragrance Association petitioned FDA in the fall of 1971 to begin a system of voluntary compliance. It would serve either as a pattern for or a substitute for congressional legislation to require that certain types of information—such as is found in the voluntary program—be provided to the FDA.

From the FDA point of view, this information allows more efficient enforcement of the Federal Food, Drug, and Cosmetic Act, which provides FDA with authority to move against adulterated and misbranded cosmetics. And with this in mind, the Agency worked with CTFA for more than a year to develop efficient reporting systems.

Addressing the question of the feasibility of such a voluntary program, FDA General Counsel Peter Barton Hutt at the 16th Annual Educational Conference of the Food and Drug Law Institute said:

"A debate has raged for years whether any industry self-regulation program can work. I am convinced that it can work only where the same factors exist that make any other form of regulation work—the availability of some form of sanction for failure to comply. There are no direct sanctions under the law if the cosmetic industry does not succeed in its present efforts. The industry is well aware, however, that an equally effective indirect sanction—congressional legislation guaranteeing permanent

government control – is ultimately available if the industry cannot police itself."

A Little Bit About You

In the midst of these efforts, one wonders: If it's possible to get the majority of industry to participate freely in programs for consumer protection, is it possible to get consumers to do as much to protect themselves?

Today's cosmetics are among the safest products available to consumers. But they must be used wisely and for their intended purpose. No rules or regulations or precautions by government or industry can protect the person who doesn't follow the label directions and warnings.

There are some basic unwritten rules of good judgment that could keep your experiences with cosmetics off the "adverse reaction" list:

1. Read and follow all directions and warnings on the product. If patch testing (trying a portion of the product first on a very small area of your skin) is suggested for any product, don't neglect this measure to determine your sensitivity to the product. And remember that sensitivity can *change:* hair color, skin cream, or another type of product that should be patch tested may irritate you the next time you use it, even though it hasn't in the past. Your body chemistry is always changing.

2. Basic cleanliness – in other words, washing your hands before applying a cosmetic – is important not only to your skin and appearance, but also to maintaining a clean product. Another point to remember is to close containers after each use; dust and germs can easily settle into any product left uncovered.

3. Never borrow another persons' cosmetics. You may be swapping trouble. Bacteria may have contaminated the other person's cosmetics.

4. When water must be added to a cosmetic before it can be used—such as cake eyeliner—it's a dangerous practice to substitute saliva for water. You guessed it—some people actually spit into their cosmetics! This can result in bacteria being transferred from the mouth to the eye, causing an eye infection.

5. If you do develop an adverse reaction, don't try to "wait it out." See your doctor immediately. And to speed diagnosis, take with you the cosmetic you suspect is causing your problem.

Carelessness and intentional misuse and abuse of cosmetics account for a substantial number of the reported cosmetics injuries. This means a lot of problems can be solved only by the consumer—the consumer who follows label directions and warnings, who sees a doctor when he suspects he has an allergy and needs to learn what to avoid, and who reports problems not only to the manufacturer but also to FDA.

These actions are the consumer's own "voluntary program" for safety; they can be enforced only by the consumer at home.

NHF Legal Defense Fund

In Action —

Arizona Court Upholds Right To Show 'World Without Cancer'

By KIRKPATRICK DILLING

The battle for health freedoms is all too often a very difficult one, with heavy odds against those who are targets of various regulatory agencies. It is gratifying, however, to report that the matter of the State of Arizona v. George Parsons has now been concluded, and most successfully so in terms of the objectives sought to be achieved by The National Health Federation, which financed the legal matter through its Legal Defense Fund.

By way of background on this case, it should be mentioned that on October 7, 1973, at 1:45 in the morning, George Parsons, of El Paso, Texas, was served with a subpoena and subpoena duces tecum, shortly after he had appeared on a television show at Tucson, Arizona. The subpoenas were very broad, instituted by the office of the Attorney General of the State of Arizona, and commanding Mr. Parsons to produce "any and all photographs, movie films, filmstrips, and other audiovisual materials used by you or Southwest Arthritis Center which show or otherwise represent arthritis or cancer cures by and through Southwest Arthritis Center, including a filmstrip, or filmstrips, entitled *World Without Cancer,* and its accompanying audio recordings; any and all sales, training or professional manuals or other materials employed by Southwest Arthritis Center which indicate the existence of any actual or possible cures for arthritis or cancer as treated by Southwest Arthritis Center; a list showing the names and locations of any and all clinics owned, operated, managed, or conducted by Southwest Arthritis Center in the United States of America, or elsewhere, wherein either arthritis or cancer is diagnosed or treated; a list indicating all drugs used at those clinics, named in number 3 above, for the treatment of arthritis or cancer; a list of all Arizona residents or domiciliaries, identifying each by name, address and telephone number, who have been treated by Southwest Arthritis Center, or any of those clinics named in number 3 above, for any illness, disease, or other malady, including but not limited to cancer and arthritis, for the two years preceding the date of this Subpoena;

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a list showing the location, dates, and local sponsor, if any, identified by name, address and telephone number, of all meetings, seminars, clinics, or other engagements conducted in the State of Arizona for the two years preceding the date of this Subpoena wherein it was represented or alleged that Southwest Arthritis Center could cure or successfully treat arthritis or cancer; a list of medical doctors, doctors of osteopathy, doctors of chiropractic, or other physicians from Arizona, identified by name, address and telephone number of each, who have referred patients to Southwest Arthritis Center or any of the clinics referred to in number 3 above."

Although "buried" in the body of the subpoenas, the filmstrip, *World Without Cancer,* was a central target of this action by the Arizona Attorney General, the filmstrip simply being an advocacy of nontoxic cancer therapies, Laetrile in particular, and not having any textual relation to Mr. Parsons' activities at El Paso, Texas. Of course, the subpoenas were unbelievably broad, and multiplely infringed upon various rights of Parsons, or anyone else, in the opinion of NHF counsel.

Almost immediately, the Federation authorized the law firm of Dilling and Dilling to proceed in defense of the matter because of the probable constitutional issues involved and the attempted gross infringements upon the freedoms of choice and the freedom of expression of opinion. Accordingly, a communication was properly addressed to the Attorney General of Arizona citing that the subpoena was grossly and improperly broad, covering activities not even within the geographical jurisdiction of the State; the subpoena sought records which were not a proper subject of subpoena; that the subpoenas would violate the doctor - patient privilege and the rights of individual patients to privacy and confidentiality; that the effect of the action would restrain or lessen exercise of free expression and free opinion, particularly with reference to *World Without Cancer,* the communication citing various Federal Court decisions applicable to the situation. The communication concluded with the following:

"Lastly, while we do not question in this communication your good faith or zeal, or that of your colleagues, the admonition of the late Mr. Justice Brandeis does, in any event, seem appropriate:

> 'Experience should teach us to be most on our guard to protect liberty when the government's purposes are beneficent. Men born to freedom are naturally alert to repeal invasion of their liberty by evil minded rulers. The greatest dangers to liberty lurk in insidious encroachment by men of zeal, well-meaning but without understanding.'

Subsequently, the Arizona Attorney General instituted an action in the Pima County Superior Court, to compel compliance with the subpoena, despite the contentions of Parsons, as urged by counsel aforesaid. Despite such action, instituted October 26, 1973, Parsons refused to comply with the subpoena, a circumstance which resulted in a contempt of court action by Court Commissioner Gin, entered November 16, 1973. It was then and now the contention of NHF counsel that such a finding was premature, and could ultimately be overturned. Whatever the case, Tucson counsel, one Alfred C. Marquez, was retained to proceed with the defense of the matter, in cooperation with NHF counsel.

After a vigorous defense, following such retention, on May 29, 1974, the Pima County Superior Court dismissed the action, and dissolved the contempt citation, thus clearing Mr. Parsons of any charges whatsoever against him. Parsons agreed voluntarily with the office of the Attorney General that he would not solicit or advertise in Arizona on behalf of the Southwest Arthritis Center.

Thus, the rights sought initially to be vindicated through National Health Federation action were in fact so vindicated, and with particular reference to the filmstrip, *World Without Cancer,* the same may be shown anywhere in Arizona by Parsons or anyone else, without fear of interference by the State. It is the opinion of this counsel that the Parsons case represents a substantial victory for legal objectives sought to be achieved through the legal defense fund of NHF. In fact, the legal defense fund has, in other instances, provided that "margin" so needed by persons under attack to achieve vindication or rights as to other matters. In the Parsons case as in all others in which NHF has become involved, The National Health Federation has not entered the cases primarily to defend the persons under attack, but rather to defend and protect precious fundamental rights so that these rights may be enjoyed by all Americans.

Plan To Attend One Or Both Of These Great NHF Conventions

THE ANNUAL EAST COAST CONVENTION

New York City
Statler-Hilton Hotel

November 16-17

An outstanding program featuring
Carlton Fredericks, Ph.D.
Dr. William A. Ellis
Dr. Emory Thurston
and many other noted authorities

THE ANNUAL WEST COAST CONVENTION

Anaheim Convention Center
Anaheim, California

January 16-17-18-19, 1975

A four-day, jam-packed, educational program featuring more than a dozen authorities including:
Dr. Carlton Fredericks
Dr. Broda O. Barnes
Dr. William A. Ellis
plus exhibits, movies and banquets

Chiropractic Legalized In Louisiana

Ending a 50-year legislative battle, the Louisiana legislature recently passed, and the governor has signed, a bill to license chiropractors and making the practice of chiropractic in Louisiana fully legal. The other 49 states had previously passed similar legislation, most of them having enacted such legislation decades ago. A bill to legalize chiropractic in Louisiana has been introduced at almost every session of the state's legislature for at least the past 50 years but the strong opposition of the state's medical association, assisted by the AMA, was successful in defeating the proposed legislation until this year when the tide of popular support for the bill apparently overwhelmed the opposition. The legislators who supported the bill and Governor Edwin Edwards are to be commended for their recognition of the needs and the rights of those who desire chiropractic care.

The standards for licensure, as established by the new law, are similar to those utilized by other states including the requirement of two years of general college work and four years at an accredited chiropractic college. Lesser standards apply to those chiropractors who have been practicing in the state prior to passage of the bill although all must be graduates of an accredited chiropractic college.

So many organizations, groups and individuals contributed in one way or another to the success of this legislation, it would be difficult to assign credit to all. Through the years, hundreds, or perhaps thousands, of members of the chiropractic profession throughout the United States and friends of chiropractic contributed financially. The two major national chiropractic associations gave needed support. The National Health Federation was involved from time to time when the NHF Legal Counsel prepared briefs to support the legal recognition of chiropractic in the State of Louisiana in the interest of promoting a freedom of choice in health care by the citizens of Louisiana and ending a virtual medical monopoly in the health services of the state. Undoubtedly, many legislators were influenced by the work of Dr. Frederick Doughty Beck who, particularly during the past 18 months, maintained a continuous barrage of communications to the members of the legislature from a citizens group known as Concerned Citizens For Health. Naturally, the Louisiana chiropractors themselves are to be congratulated and commended for their untiring efforts through these many years. Lastly, but not the least important, are the few legislators who believed in the need for this type of legislation from the beginning and were willing to sponsor the bills and work diligently for added support from among their colleagues and for the ultimate passage of a bill.

Evidences Of Harm From Fluoridation

By LEE HARDY

No. 12 In A Series

In the preceding installment we have reviewed some conclusions from a study of fluorides occurring naturally in water at 8 parts per million, which is a considerably higher concentration than that advocated by fluoridationists. Now let us go into a laboratory and discover the effect on healthy animal cells of minute concentrations of the type of fluoride added to water through fluoridation.

The laboratory is that of the Time-Lapse Research Foundation in Illinois. The visible effects were recorded by means of time-lapse photography performed by John Ott, of the laboratory. The voice on the tape is that of Jonathan Forman, M.D., whom we quoted in the preceding installment. The account, in part, is as follows.

"During this process, enzyme reactions take place at the rate of one to two million a minute in an orderly, harmonious manner in perfect sequence. Then sodium fluoride in the concentration of 35/1000 of one part per million is added to the nutrient media. The picture of healthy, normal, harmonious activity is changed:

(1) First there is violent activity—a sort of 'panic' reaction of the cells to the poison.

(2) Then the activity begins to slow down below the level of normal functioning.

(3) Cells round up, or are irregular in shape, remain smaller in size and lose cohesion. Some cells burst, with extrusion of contents.

(4) Cell division takes place less frequently, and finally stops.

(5) Many of the cells die."[1]

Such scientific evidence must give us pause. Human cells are animal cells too, and may be equally vulnerable to the effects of fluorides. And the concentration of 1 ppm recommended by fluoridationists is more than 28 times the concentration used in the experiment. We may expect that harm will be existent eventually in the system of anyone who drinks fluoridated water regularly. Gustav M. Rapp, Ph.D., reminds us that a considerable accumulation can occur in the human system. "It is important to remember," he states, "that more fluoride will be retained if given in small multiple doses."[2]

It has been noted in a previous article that mottling of teeth is common in areas where there is a considerable amount of fluoride in the water, either naturally or through fluoridation. Medical authorities point out that mottling is evidence of general harm to the body. Leo Spira, M.D., a British physician, states: "Mottling of the teeth is not a localized lesion, but the first visi-

(Continued on next page)

ble sign of chronic fluoride poisoning produced via the general blood circulation."[3] F. B. Exner, M.D., writes that ". . . even questionable mottling, when real, is a sure sign that the child has been poisoned early in life . . ."[4] It is evident, of course, that even though mottling does not appear, still there is poisoning of body cells, and the longer an individual ingests water containing fluoride. the greater the opportunity for harm. Since mottling of teeth occurs only in their formative stage, the individual who begins the ingestion of fluoridated water in later life lacks this warning evidence of poisoning, even though it exists.

Because fluorides within the system can affect any tissue reached by the circulation, the symptoms are often viewed simply as derangements of the various organs, as of the kidneys, the intestinal tract or the nervous system, and the true cause is overlooked. Dr. Spira had encountered in the early 1920's among his patients various ailments which had not responded to any type of treatment. These included intestinal disorders, constipation, pyorrhea, skin conditions, neuralgia and muscle spasm. He eventually conquered the ailments by the elimination of all known sources of fluoride ingestion.[5] Dr. Spira, himself, had become a victim of fluoride poisoning, and from his own experience discovered the answer.

Mental as well as physical ailments have been traced to fluorides. Dr. Ionel Rapaport, of the Psychiatric Institute of the University of Wisconsin, in 1956 made a study which showed a correlation of the amount of fluorine in drinking water with the incidence of mongoloidism, a brain defect characterized by both physical and mental retardation.[6] After the U.S. Public Health Service raised objection to his research methods, Dr. Rapaport repeated his study, eliminating the reasons given for the objection, and confirmed his original results.[7]

Standards of safety set for fluoride in drinking water are for a "healthy adult population."[8] They include no apparent allowance for the elderly, the allergic, the diabetic, the sufferer from kidney or heart disease or for others whose condition would render them more susceptible to harm from fluorides. Harold Burkhart, D.D.S., reported in 1960, "Those affected first are individuals with lowered tolerance to drugs: the elderly, the ill, the malnourished. Stiffness of the back, called poker back, sores in the mouth, excessive thirst, digestive and urinary disturbances, failing eyesight, loss of control of arms and legs are symptoms in natural fluoride areas. Cases are now reported in the medical literature from artificially fluoridated water."[9]

George L. Waldbott, M.D., a Detroit, Michigan, allergist, by means of double-blind tests definitely proved damage to allergic patients from fluoridation.[10] In 1961 Dr. Waldbott stated, "In several papers I have reported allergic disorders and evidence of disturbance in calcium-phosphorus metabolism from fluoridated water. This disease is characterized by slow, insidious onset followed by gradual disability . . . Double-blindfold procedures and extensive laboratory tests uncontrovertibly established fluoride in drinking water as the cause."[11]

Since the effects of fluorides in the human system appear under the guise of other ailments it is not possible to know how many deaths should properly be ascribed to fluoridation. However, there have been cases in which the evidence is unmistakable. Among these are a 41-year-old nurse in a fluoridated city who was receiving hemodialysis for kidney disease.[12] There is also a record of a newborn baby of only a few hours which upon autopsy was found to have a concentration of 59.23 ppm of fluoride in the aorta, the main artery leading from the heart.[13]

Evidence of large-scale mortality from fluoridation will be presented in the next installment.

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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."

New Book Tells Fluoridation Story Like It Is

By JOHN YIAMOUYIANNIS, Ph.D.

At long last – a book has come out revealing not only the hazards of fluoridated water, but also the plot to force fluoridation upon unwilling and/or unknowing people.

Fluoridation and Truth Decay is two books in one.

After reading the first book, by Ms. Caldwell, I could not help but marvel at the amount of work that was done in its preparation and the care that was taken in sticking with the truth. Lest the title be misleading, it should be pointed out that 1/3 of the first book concerns airborne fluoride pollution, with the remainder dealing with water fluoridation and the tactics used to put fluoride in public water systems.

According to Ms. Caldwell, the initial pressure leading to fluoridation came from the fluoride polluting industries, the aluminum industry in particular, who were seeking a way in which to get rid of their fluoride waste products. She points out that "in 1944, Oscar Ewing was on the payroll of ALCOA" and "a few months later, Mr. Ewing was made Federal Security (now called HEW) administrator [where he] immediately started the ball rolling to sell [fluoride] by the ton." She reveals the strategy of fluoride pushers by taking a quote from Edward Bernays, whom she refers to as Mr. Ewing's propaganda expert: "The conscious and intelligent manipulation of the organized habits and opinions of the masses must be done by [public relations (PR)] experts . . . the subject matter of the propaganda need not necessarily be true."

To people acquainted with the profluoridation movement, this strikes home.

She goes on to reveal how profluoridationists have made an organized attack to degrade antifluoridationists by name - calling, how they use school children not only to experiment with (some schools are now giving children as much as 5 ppm fluoride, a toxic level by anybody's definition) but also as messengers of fluoride propaganda, and how they control the news media. She reveals how profluoridation "experts" give their dogmatic testimony from propaganda pamphlets. She reveals how the government and various societies such as the ADA muzzle doctors and scientists.

She also points to the exaggeration of the decay-preventive effects of fluoride and the total disregard and excuses given for the toxic effects of fluoride at levels found in the drinking water.

She reveals the final tactic of profluoridation "experts." When they know they are up against a formidable adversary, these "experts": (1) refuse to debate and

Fluoridation and Truth Decay by Gladys Caldwell and Philip E. Zanfagna, M.D.—300 plus pages, $3.50 (add 50c for postage and handling when ordering by mail). California residents add sales tax. Book available from: TOP-ECOL PRESS, 18416 Van Owen Street, Reseda, Calif. 91335 or P.O. Box 1375, Lawrence, Mass. 01842.

(2) when their adversary is not around, they crawl from under their rocks and degrade their adversary by name-calling.

She also deals extensively with fluoride pollution from other sources and points to: (1) the insanity of adding fluoride to the water of areas that are already polluted with fluoride and (2) the seriousness of the fluoride pollution problem and the economic difficulties of doing something about it.

In the 2nd book, by Dr. Zanfagna, a highly critical and analytical approach is taken to destroy the "four myths of fluoridation."

The first "myth" is that "fluoridation reduces tooth decay by 65%." Dr. Zanfagna criticizes both experimental design and analysis of results. He points out for example: (1) how in the Newburg-Kingston study, the fluoridated test town, Newburg, had water that contained 5 times as much calcium and magnesium, (both essential for bones and teeth) as did Kingston water, (2) how analysis of results did not correct for the delay effect fluoride has on tooth eruption, (3) that as the age of the subjects increases, the caries rate (in number of caries/year) of those in fluoridated areas increases and eventually surpasses those in unfluoridated areas (at age 15 in Grand Rapids, Michigan) and (4) that tooth decay is becoming an increasing problem whether an area is fluoridated or not.

The second "myth" is that "fluoridation is safe." Dr. Zanfagna points ou that (1) the safety factor for 1 ppm fluoride is zero, (2) while fluoride tablets have been restricted from usage by pregnant women, these women are still exposed to similar doses in their water systems, and (3) a number of adverse effects are observed at 1 ppm.

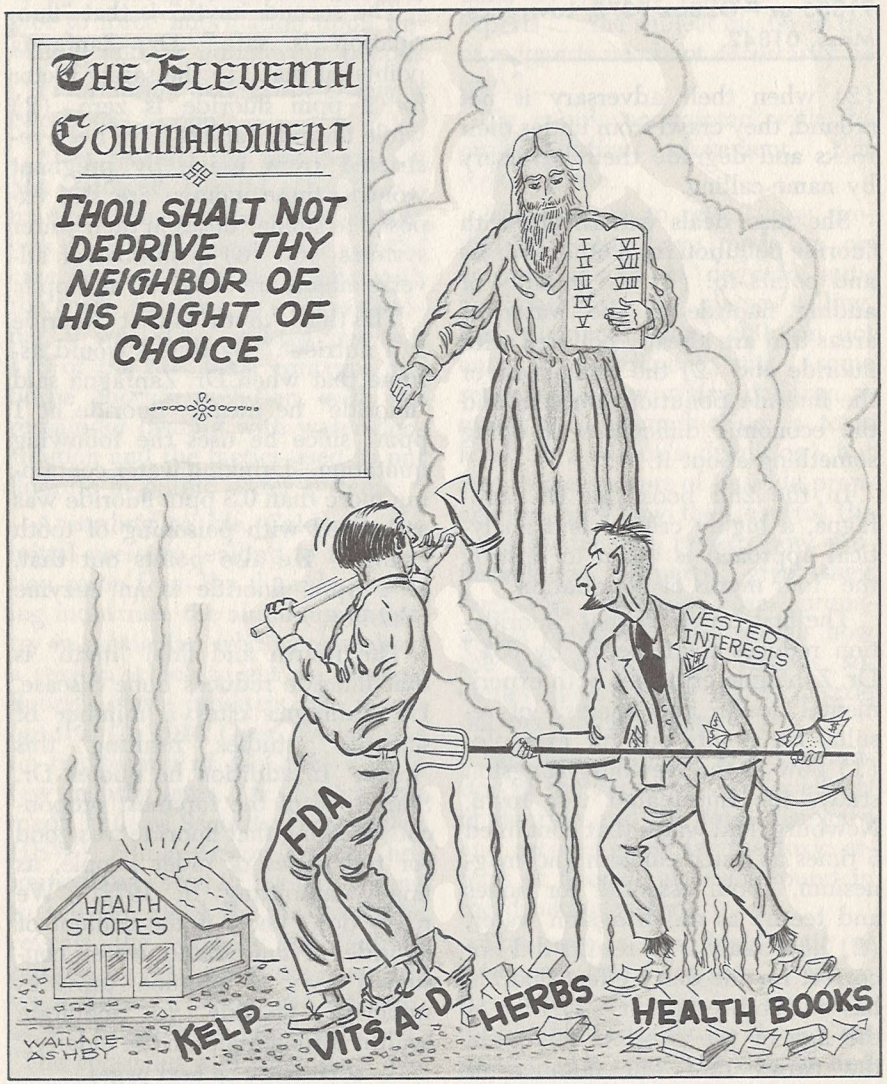
The third "myth" is that "fluoride is a nutrient." By this, I would assume that when Dr. Zanfagna said "fluoride" he meant "fluoride at 1 ppm" since he uses the following quotation, "Drinking water containing more than 0.3 ppm fluoride was associated with poisoning of tooth enamel." He also points out that, at 1 ppm, fluoride is an enzyme inhibitor.

The fourth and final "myth" is that fluoride reduces bone disease. Dr. Zanfagna cites a number of scientific studies refuting this "myth." In addition he quotes Dr. Stare, one of the foremost proponents claiming that fluoride was good for the bones of older people, as finally admitting in 1972: "We really don't know if the content of fluoride in fluoridated water consumed over a lifetime provides sufficient fluoride to maintain healthy strong bones in the elderly."

(Continued on next page)

Fluoride politics, endorsements pro and con, pollution, and the banning of water fluoridation in foreign countries are also considered. Dr. Zanfagna states "Freedom of speech, freedom of thought, human values, reputation, the integrity of science—all are being destroyed in the drive to fluoridate."

Whether this is the case or whether fluoridation is a symptom of our having given up our democratic rights and obligations is hard to determine. One thing is for sure —pro or con, this book is a must for every concerned citizen.



On 'Doing the World's Thing'

By MARILYN RAMSEY

Have you ever longed to move to the country, live close to the land, and be as self-sufficient as practical? If you have, this story is for you.

To quote Carla Emery, "I simply quit trying to 'do the world's thing' and instead, listened to my own deepest needs." To Carla and her husband, Mike, this meant moving to the country onto a farm of their own and living close to the earth. This type of move has been contemplated by untold numbers but I can't help but wonder how many of these are really prepared intellectually, emotionally and physically to undertake the demands and rigors of such a life. Too many, I fear, dream of taking up a simple (?) country type of life merely as an escape from a frustrating, demanding, fast-paced urban life.

Many people speak of education as the answer to all their own and the world's ills. And most of them believe it. However, a few people discover that although the discipline requisite for a good education is something they always find valuable, all the books they read and all the lectures they listened to somehow did not have *the* answer. And of these few people, there is a minuscule number who discover some mysterious thing about *the* answer and find as much contentment as seems allotted the human condition. The others unhappily plod along, "doing the world's thing," wondering why they are unhappy and where the "system" went wrong.

Carla Emery was raised on wheat and cattle ranches in Montana, but like all bright students who are runners up for National Merit Scholarships and Woodrow Wilson Fellowships, she fell into the groove and became a pre-med student at the University of Illinois for three years, then switched to political science and history at Roosevelt University in Chicago and studied Chinese language at the University of Chicago.

After she graduated, she worked for a year or so at the Taipei Language Institute in Taiwan doing intensive language study, and this was followed by study at the East Asian Institute at Columbia for further study of Chinese and related topics. So far, this sounds like the typical bright student—most of whom manage to avoid en-

(Continued on next page)

countering the real world and its problems by always finding another year for more graduate studies.

But this student had a difference. She had lived her pre-college years on a farm, and then while studying in New York City, she met the man who was to be her husband. He was studying for his doctorate in clinical psychology, and she married him and he finished his doctorate, doing his internship at Duke University Medical Center. But he, too, had been raised on a farm in Idaho, and they discovered they shared a dream of going back to the land. So, after he completed his internship, they headed back to Idaho to start their own farm and to raise their family.

Mrs. Emery, who seems to be ever the realist (something this writer doubts she learned on a college campus anywhere), says that one of the most important crops is a "cash crop," and to this end her husband worked in town while she managed their farm, and one day she decided she could supplement the "cash crop" by taking "two or three months" to write her *Old Fashioned Recipe Book*, one of the most interestingly written books I have read in a long time. Her usual down-to-earth realism proved a bit faulty in her "two or three months" projection—or maybe it was her intuition—for her idea of 1970 was not realized in its complete form until 1974. However, she persevered, decided to mimeograph the book and sell it herself, and all 560-plus sheets that I have in hand, probably a couple of pounds (the 3rd edition; the 5th is in print now), was printed on colored mimeograph paper on her own mimeograph machine, and is held together by three large rings – I suppose they do not make three-ring binders large enough for her book, unless she would want to go to a "Volume I - Volume II" arrangement.

Describing her remarkable book is almost impossible. Yes, it has recipes. And it tells you how to read "old fashioned recipes"—measurements are sometimes different (an old fashioned tablespoon was four teaspoons instead of today's three), and some terms are not particularly common today (loaf sugar and pie plant).

But probably more important and more interesting is that her book is really a recipe for a way of life. If someone genuinely wanted to live on a farm; grow his own vegetables; raise his own chickens, geese, cows, lambs, rabbits, goats; make butter from the milk along with cheese, cottage cheese, and yogurt; can the fruit or freeze it along with vegetables and meat; tan hides; make candles and soap from tallow; know how to get seeds from plants so there can be a next year's crop; tend bees for both honey and wax; fell trees for fence posts; slaughter animals and butcher them properly (the old med school training coming in here in the directions!); pinch pennies and buy at auctions ("don't bid against your spouse") . . . then this book is for him, for it is an incredible store of first-hand knowledge of just how to do all this plus more.

The *Old Fashioned Recipe Book* is also just fun reading and interesting reading for people curious about this way of life but who do not intend to live it. There are probably quite a few who, after reading this book, would be discouraged by the long days, seven days a week, and the physical energy, mental organization, and emotional commitment necessary. This is not the life for the faint-hearted or for dilettantes. Probably the only other people in the world who work this hard are corporation executives and politicians. A person simply will not make it unless there is a total commitment to the rhythms of nature—crops are planted when it is the proper season, gestation periods are about so long and are not sped up, crops are harvested when they are ripe and not later, etc. People living a city life may find not being able to do as they please to be an adjustment too great for them. One takes care of growing things around him according to Nature's cycle, not when he feels like it; but then, of course, these growing things take better care of him than what is purchased in the supermarket, too.

Recipes in the book are valuable to anyone who likes cooking, and it does not matter if he lives on a farm or a U.N. Plaza condominium or one of the canyon homes in Los Angeles. There are interesting recipes I have never seen before—popcorn cake, for instance, and when was the last time anyone saw recipes for bear meat? All the recipes are not Mrs. Emery's, but she gives credit where it is due, whether it be a neighbor, a correspondent, or a book. Occasionally she gives direction from a book, but she names the book. She also tells where to order the book and how much it costs, and also where to order equipment not likely to be found in the neighborhood supermarket or hardware store.

The amount of information in this book is truly astounding, and makes it unique, along with its being printed on mimeograph paper, complete with typos. Her sense of humor, which pervades the entire tome, is a relief from most books which if written on the same topic would be unbearably dull and academic. This book is anything but dry, and more valuable than any book that might be produced in a romantic ivory tower or on a government grant. Most beautiful of all, however, is the way in which Carla Emery unselfishly shares with her readers the wisdom, experiences and lessons, many hard-learned, gained from having lived the life and faced the problems inevitably to be found when one attempts to live off the land.

It must be evident by now that enthusiasm for this book is boundless. I heartily recommend it for pleasure, down-to-earth information, and to get acquainted with someone who did not have to "do the world's thing."

The *Old Fashioned Recipe Book* can be ordered from Carla Emery, Kendrick, Idaho 83537 for $9.95 plus 42c for postage.

New Insight On Heart Disease

A Report on Research Findings From USDA's Human Nutrition Laboratory

A puzzling array of medical opinions abounds on the causes of coronary heart disease, the leading cause of death in the United States. Now a new theory is emerging which may help reconcile some of the opinions.

Research at USDA's Human Nutrition Laboratory in Grand Forks, N.D., shows that, in laboratory rats, cholesterol levels in blood plasma rise as the animals are fed a diet high in zinc relative to the amount of copper.

Persons with high levels of cholesterol in their blood are more likely to have heart attacks than persons with low cholesterol levels, says Leslie M. Klevay, a medical officer of USDA's Agricultural Research Service. High cholesterol levels are associated with the disease, atherosclerosis, in which fat-like substances deposit on artery walls. These deposits gradually reduce the amount of blood that reaches the heart until injury results.

This condition is perhaps most widely attributed by medical authorities to the quality and quantity of fat a person consumes. However, some researchers have suggested other causes: consumption of soft water, high consumption of sucrose, low consumption of vegetable fiber, and lack of exercise.

Dr. Klevay says all of these hypotheses can be related to zinc and copper in a person's body. Several studies have shown that the incidence of coronary heart disease is lower in areas where drinking water is hard. The amount of copper in hard water is greater than in soft water. Also calcium, which is high in hard water, will reduce the buildup of cholesterol in blood, probably by moving zinc within the body out of the liver, decreasing the ratio of zinc to copper in that major site of cholesterol production.

Two other schools of thought on causes of coronary heart disease, high consumption of sucrose and low consumption of vegetable fiber, are related, Dr. Klevay says. Diets that contain large amounts of sucrose, or refined sugar, are likely to contain only small amounts of vegetable fiber (AGR. RES., June 1973, p. 4). Consumption of these diets is associated with increased risk of heart attacks.

He adds that many foods that contain unrefined carbohydrate — cereals, nuts, and legumes — are generally low in sucrose and contain fibers and phytic acid. Phytic acid forms chemical complexes with zinc, copper, and other trace metals. In alkaline environments, such as the small intestine, the copper complex is soluble while the zinc complex is not. Dr. Klevay says phytic acid may reduce the ratio of zinc to copper available for absorption.

Another observation on atherosclerosis is that persons who exercise regularly are less likely to have heart attacks. Dr. Klevay says the sweating associated with vigorous exercise may help correct metabolic imbalances of zinc and copper. Research has shown that human sweat contains about 16 times as much zinc as copper.

An ideal balance of dietary zinc and copper for humans has never been determined. First, researchers at the Human Nutrition Laboratory plan to increase their understanding of chemical and physiological mechanisms of zinc and copper in the body.

Dr. Klevay, in his experiments with rats, fed standardized cholesterol-free diets containing sucrose, egg white protein, corn oil, and distilled water with varying amounts of zinc and copper added. He cautions against interpreting the data he obtained for prescribing human diets. However, the ratios of zinc to copper concentrations in the rat diets were probably within the range of ratios in human diets.

NEW PERPETUAL AND LIFE MEMBERS

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Lalita A. Zoet
Isabella M. Rae

(Received mid-May through mid-July)

Book Reviews

THE AMERICAN MEDICAL MACHINE — Senator Abraham Ribicoff (New York: Harper & Row, 1972, 212 pp.) $1.25

This review reflects the pain and sorrow of America's sick and infirm. It speaks to the quiet heartbreak of the "victims" of the health care crisis. Armed with insight, compassion and common sense, Senator Abraham Ribicoff's *The American Medical Machine,* skillfully diagnoses the current doctor shortage, the burgeoning cost of health care, and the paucity of medical facilities. Inspired by the conviction that decent health care is a right, not a privilege, Ribicoff contends that the first step in medical care reform is the enactment of national health insurance. "It must be a program," argues Ribicoff, "which is open to everyone without exception and has no restrictions on the medical services that are covered or the length of time a person may receive treatment." An informative and engrossing work, this volume is ideal for the general reader who seeks a better understanding of the health care predicament.

— *Jeffrey M. Elliot*
Miami-Dade College
Miami, Florida

* * *

ARE YOU RADIOACTIVE? by Linda Clark, M.A. (The Devin-Adair Company, 1 Park Avenue, Old Greenwich, Conn. 06870; 112 pages; paperback $2.75, hard cover $4.95)

Linda Clark's latest book discusses where radioactivity, both natural and man-made, comes from, with the latter form being the real culprit; the symptoms which may arise from exposure to the various forms of radiation; and the foods which are protective as well as remedies said to work for those exposed to radiation.

The two most dangerous sources of radiation, according to Linda Clark, are bombs and nuclear power plants, but other sources of danger more "close to home" are medical and dental X-rays, luminous dials, food irradiation, microwave ovens, fluorescent lights, color TV, and microwave towers.

Aside from the immediate and dramatic effects of bombs, there is also to be considered the fall out which may sift back to earth for as long as 10 years after the bomb has been detonated. As to the nuclear power plants, they contaminate the water around them, but the real danger from nuclear power plants comes from the release of radioactive material in gases discharged through the stack capable of producing strong effects even 300 miles distant.

The dangers from the "closer to home" radiations can be somewhat avoided or mitigated by judicious and sparing use of X-ray, for example, or by keeping at least a good 6 feet from the front of a TV, especially if it is a color set. One can also eat foods which protect against radioactivity, such as kelp, certain fruits and seeds which provide pectin, leafy greens, smooth vegetables and fruits rather than the textured ones, etc. One may also supplement his diet with vitamins C, E and the B-complex especially, as well as calcium.

In the space of a short review, one can give only sparse details about the dangers of radiation and the preventive steps one may take against radiation. The book is short, yet amply illustrated and very much to the point. Anyone would be interested in this book written for the lay reader.

— *Marilyn Ramsey*

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THE PRINCIPLES OF NATURAL LIVING AND NATURAL HEALING by Dr. Charles H. Gesser (Gesser Publications, P.O. Box 2851, Tampa, Florida 33601; 216 pages; hard cover; $5.95)

"Man . . . usually spends most of his time building disease. Dr. Gesser shows how such a habit pattern can be reversed and the benefits of such a reversal will be reflected in better physical health, mental vigor and emotional stability."

So writes Eugene Underhill, M.D., in the foreword, adding, "It is an honor and a privilege to endorse Dr. Gesser's work. It is a real guidebook to health."

This tribute by a doctor of medicine to a nature-cure practitioner is only one of several expressions of approval by therapists — naturopathic, dental and medical. Attentive reading of the 24 chapters reveals how thoroughly these salutes have been earned.

"Only cleanliness heals," Dr. Gesser maintains. "Violation of nature's laws are the *basic* cause of disease . . . morbid matter is the *material* cause . . . presence of morbid matter and its steady increase follow closely upon these violations."

Direct quotations go far toward establishing the principles affirmed by the author: "Vital force is the life force with which the body is endowed during life." "Both disease and cure are expressions of the vital force." "So-called acute disease is potentially a cleansing process, hence beneficial in nature." "Disease is not an entity which may be seen or touched, but a constructive effort of nature to throw off poisons or wastes." "As soon as causes of disease are removed and the morbid matter has been expelled . . . the symptoms abate, finally to disappear entirely. This is cure."

Backed by 40 years' experience, Dr. Gesser gives positive directions for self-care and natural therapy. He tells how to use herb remedies, fasting, hypnotism and water. The chapter on hydrotherapy is likely to be appreciated by parents whose children seem to pick up ivy poisoning every time they go on a hike or picnic.

"Colds," Dr. Gesser writes, "are nothing more than a form of vicarious elimination. If the body is not encumbered with morbid matter, there can be no colds."

He gives a warning to those

(Continued on next page)

whose one treatment of fever is suppression. "To suppress fevers by drugs, serums, vaccines or by any other means is to have thwarted the most potent of cleansing processes and thereby to have permanently damaged the patient."

An unusual chapter discusses "Vulneraries." That word is now seldom heard. It refers to remedies that promote the healing of wounds. All the medications recommended here are purely natural —herbs, plants and the like.

Among specific conditions given extensive attention are appendicitis, constipation, halitosis, dropsy, liver abnormalities and other common ailments.

Dr. Gesser's instructions are less like cold textbook prose than like the controversial language spoken by a richly experienced teacher to a group of listeners. Perhaps this helps to account for the warm friendship the author has won among professional men, even from those belonging to other schools of healing.

Incidentally, the final chapter is a generous bonus for the reader: *three nutrient formulas!*

—Reprinted from LET'S LIVE

The manipulated workings of the "vitamin hearings" held in 1968-1970, out of which came the currently pending dietary supplement regulations, are set forth in a Brief submitted to the U.S. Court of Appeals by Karl B. Lutz, et al. Copies of this Brief are available from NHF Headquarters for $2.00 per copy, postpaid. California residents add 12c sales tax.

Your Invitation To Join THE NATIONAL HEALTH FEDERATION

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

THIS IS THE NATIONAL HEALTH FEDERATION

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

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

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

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

Will you join us in this worthy effort?

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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.
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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.

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San Bernardino — S. B. Conv. Center....**Oct. 12-13**
Salt Lake City — Salt Palace ..... **Oct. 25-26**
New York — Statler-Hilton Hotel ..... **Nov. 16-17**

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