

National Health Federation BULLETIN

MARCH, 1975

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ANNUAL CAPITOL REPORT
from Clinton Miller

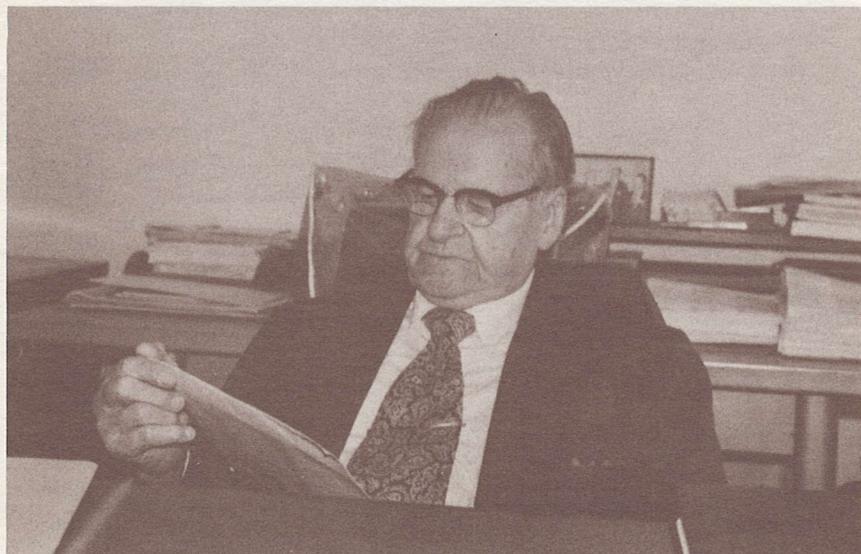
FLUORIDATION NUGGETS
from Dr. Yiamouyiannis

LEAD POISONING
and
CRIMINALITY

FIGHT ALCOHOLISM
Says Georgia Governor

BEAUTIFUL HYACINTH!
(Inside Cover for More)

NHF Founder Steps Down from Active Role as Chairman of the Board



The camera caught Retiring Board Chairman and Founder Fred J. Hart in a typical posture at his desk the day he tendered his resignation to the Executive Committee.

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 presentation 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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TO: EXECUTIVE COMMITTEE - THE NATIONAL HEALTH FEDERATION
FROM: FRED J. HART

I am sorry to have to announce that the doctors at Stanford Medical Center advise in no uncertain terms that I must, for the present at least, live a life that will be free from all tension whether economic, political or nutritional. This means, according to them, if I want to live, I must immediately resign from the Board of Governors of the Federation, and thus be free of that responsibility.

Fortunately in Charles Crecelius we have agreement to my transferring the Chairmanship of the Board of Governors to Kurt W. Donsbach, and he has agreed to accept that responsibility. So I am recommending that the Executive Committee authorize Kurt W. Donsbach to assume these duties and act as Chairman of the Board of Governors and the Executive Committee and with Charles' wholehearted cooperation, the position of Executive Assistant to the President, which will give him the needed authority to meet the problems facing the Federation as the depression deepens and inflation increases.

January 3, 1975


FRED J. HART

Health Forces Resignation of Fred J. Hart from NHF Board

As revealed on our cover and on Page 1, after two decades of devoted leadership to the organization he founded in 1955, Fred J. Hart has resigned from The National Health Federation's Board of Governors.

The resignation, presented to the Executive Committee Dec. 16, was precipitated by a stern warning from his physicians who said flatly that he must immediately free himself of "all tension whether economic, political or nutritional," and that if he did this, "I will be able to regain my health and be able if necessity arises to again become active."

At its January meeting the Executive Committee, "with deep regret and a profound sense of gratitude for his years of dedicated service to the National Health Federation," accepted the resignation. Upon Mr. Hart's recommendation, his responsibilities as Chairman of the Board of Governors and Executive Assistant to the President were transferred to Kurt W. Donsbach, active in a leadership role for several years. This leadership change was recommended also to the Board of Governors which approved it during its mid-January annual meeting. In a brief farewell appearance at the Executive Committee meeting, Mr. Hart said that in Dr. Donsbach and Mr. Crecellus, "we have strong, forceful leadership, desperately needed in these times of deepening depres-

sion and growing inflation."

Mr. Hart has asked that henceforth all communications relating to Federation affairs be sent to the Monrovia office rather than to him, since the doctor has advised an extended period of rest.

The Executive Committee elected Dorothy Hart Vice-President, and named Dr. Emory W. Thurston Treasurer to succeed Mrs. Hart, and these changes were later confirmed by the Board of Governors at the annual meeting January 15 in Anaheim, Calif.

In a statement to *The Bulletin*, the retiring leader, now in his 87th year, reminisced a bit, and recalled how the organization started growing rapidly after the decision was made to enroll Life Members and Perpetual Members. He had made the proposal to the Board of Governors, it was accepted, but he admits, "I was so unsure that anyone would take a Life Membership and pay cash for it that while addressing a meeting of the Los Angeles Organic Gardening Club in the Clark Hotel on Seventh Street, I decided not to mention it. But a Doctor Edwards who practiced in the Dakotas was there, asked if I weren't going to mention the plan for Life and Perpetual Memberships, and said he wanted to enroll his niece as the Federation's youngest member, and that he himself was paying cash for a Perpetual Membership, the funds from which

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Fred Hart — Achiever

(AN EDITORIAL)

By DON MATCHAN

As one who has worked with Fred Hart officially and unofficially since the late 1950s, it is not without a real sense of sadness that we have had to accept as necessary and part of the Lord's Plan that the Federation's affairs no longer will have the day-to-day participation of this man.

One of seven children, Mr. Hart was born August 20, 1888, in Tacoma, Wash. After graduating from McMinnville College in Oregon, he came to California in 1912 and engaged in a career in business, agriculture, radio broadcasting, and publishing (42 Farm Bureau newspapers). His public service activities include a leadership role in outlawing inequitable Commission House practices, unjust Savings & Loan practices, and city domination of state politics. He was one of the organizers in the early twenties of the American Farm Bureau, the Monterey County Farm Bureau, and the California Farm Bureau. He took part in formation of Growers' Cooperatives, organized a string of Farm Bureau elevators in 1923, the California Farm Bureau Exchange, the California Tariff League, was active in the Taxpayers' Association, and was dollar-a-year head of Electronic Medical Foundation until the corporation was dissolved in 1962 following years of harassment.

Possessed with an indomitable will, a keen sense of humor, a deep conviction as to right and wrong, and an abiding faith in the Almighty, Fred Hart belongs to that peculiar breed of Americans who fights the good fight regardless of where the chips might fall.

He was bruised in the early days — when he took on faith the word of officials of the American Medical Association and in federal government that if he would do tests on the electronic approach to medical diagnosis and treatment, it would open the door to further examination. Instead of friends, he discovered he was dealing with interests hostile to change. And he ultimately was forced to defend himself in courts of law — accused of quackery and illegal practices. That is a story in itself — let it be said, however, that he responded to adversity by giving birth to an organization which has acquired the political muscle to effectively challenge the holier-than-thou positions of some of our country's most powerful organizations and personalities.

would be placed in an endowment Chapter of NHF. At the same meeting, the endowment fund was enlarged, the other responses, riched by \$14,000, and the group and the upshot of that meeting was originated what eventually became a decision to become a Los Angeles

(Please turn the page)

known as the Dollar-a-Month Club — the net financial result being cash and pledges approximating \$24,000. "This," continued Mr. Hart, "enabled the Federation to publish a larger monthly bulletin to let the public know the position the Federation takes as regards nutrition, the medical and drug monopoly, and the freedom to choose what food to eat, and what drug or method of treatment to use."

In the early days of the Federation, there were months when income didn't meet the expenses of the then tiny staff, and Mr. Hart

lent it the money to continue. The Federation has come a long way since those days, but there are critical financial needs resulting from today's economic dislocations.

The esteem in which the NHF leader is held was demonstrated during the annual meeting in Anaheim when tributes to his leadership and foresight were expressed by several speakers including Dr. Donsbach, Mr. Crecelius, Mr. Miller, and Dr. Walter Hodson who has known him for many years. Plans are under way to establish an "Appreciation Memorial" for the retiring leader.

With the Editor . . .

This was written for the March issue of *The Bulletin* on the first day of the Year of Our Lord, nineteen hundred and seventy-five.

It is to say "Hi" to the vast family of NHFers around our country — a sort of get-acquainted piece you could call it.

Let it be said that with my wife, Geri, I am happy to be in Monrovia "where the action is." It was good to get acquainted with the conscientious staff, to meet the Executive Committee, and to sit in on the meeting of the Board of Governors in mid-January.

President Charles Crecelius has called *The Bulletin* the "lifeline of NHF." That's a good description. It is the vehicle by which members learn what's happening not only at the headquarters office, but in Washington, in state capitols, in areas with NHF Chapters, and in the cities and towns where our members live and work.

We want to make *The Bulletin* effective as an information service in a broad spectrum — NHF business, legislative front, and that big field we call "health."

As one who has been involved in NHF work since 1957 (serving on the Board of Governors several years in the late fifties and early sixties), and as one who worked closely with Chairman-Founder Fred J. Hart to try to modify the so-called anti-cancer quack law in California in the early part of the last decade, I have watched the Federation grow — fantastically, providentially, it would seem. I have known *The Bulletin*

from the days its first editor, Mr. Hart, labored over it in the San Francisco offices on Van Ness Avenue, later on Third and Mission (I even edited it for three months while the boss and his family were on a world cruise); and through the able editorship of Linda Clark, one of the top-flight nutrition authors in the country and contributing editor of *Let's Live*; and in the last few years, under the tutelage of Raymond Houser, who has done an outstanding job and would still be at it except for doctor's orders to slow down.

Each editor has made a valuable contribution to the growth of the organization. Mr. Hart pioneered *The Bulletin* in the early days, bringing messages of inspiration, fact and opinion to the membership. Linda Clark brought expertise in the field of nutrition, presenting pertinent information in a concise, readable form. And Ray Houser carried on the tradition, providing factual information, along with clearly-delineated opinion, and compiling it in a quickly assimilable form. Though he has modestly said writing is not his forte, he has earned a place of appreciation and endearment among the membership, as did his predecessors. Their successor will try to do as well!

This editor is aware that no publication is worth its salt if it doesn't give its readers information, sometimes provocative, something to "chew on" intellectually. He is also aware that without readers there can be no magazines or newspapers. And he also knows readers can help "make" a magazine. So I invite communication. Perhaps some of the letters, of general interest, can be published — we'll try. And if they're not, please know that we appreciate hearing from you — even if it's not possible to say so individually.

The National Health Federation has come a long way since 1955. Its most important battles to date, perhaps, occurred this past year when the U.S. Senate voted to prevent the Food and Drug Administration from going hog-wild in its effort to place vitamins and minerals in the drug category — a blatant bit of effrontery which has been slowed down only because of the concentrated outcry from millions of outraged citizens.

We look forward to more effective years, to a growing membership (how about using the \$5 membership as a birthday or anniversary gift?), and to unity among Americans who believe in maintaining their freedom from undue bureaucratic regulation.

—DCM

Convention Tapes Ready

Cassettes of lectures presented during the annual convention of *The Bulletin* will carry an order National Health Federation in Anaheim in January are available from NHF headquarters, Box 688, Mon-

MARCH, 1975

NATIONAL HEALTH FEDERATION BULLETIN

The National Health Federation's Legislative Advocate's Annual Report for 1974

*As prepared for the NHF Board of Governors
and all members of the National Health Federation*

BY CLINTON MILLER
Vice-President, Legislative Advocate

Under the skillful coaching and coordination of Admiral Malstrom, and the matchless support of Mr. and Mrs. Al Laurye and the entire NHF staff in Monrovia, and under the firm guidance and control of Fred and Dorothy Hart, Charles Crecelius, the Executive Committee, the Board of Governors, and the membership of NHF we carved another and perhaps our greatest page in the Health History of the United States of America during 1974.

What do you do for an encore after the victorious 92nd Congress (1971-72) where we played a key role, against seemingly overwhelming odds, in getting Chiropractic in Medicare? How can you top NHF's defeat of the National Fluoridation Bill, which was masquerading under the name of the Children's Dental Health Act? Or, how can you top NHF's defeat of the many dangerous bills to have Federal Certification of Organic Foods and Farms?

NHF decided to set and meet higher goals in 1974. In doing so, 1974 was a banner year in Washington, D.C. We had some great

victories and some provoking setbacks.

The magnificent Senators Proxmire and Schweiker led the Senate to an overwhelming 81-10 vote in favor of the Proxmire Vitamin Bill. This victory stunned the unbelievers and NHF's enemies and detractors could not explain this great triumph. It represented a high-water mark in NHF's long 12-year battle against the Food and Drug Administration's 1962 proposed Vitamin Regulations.

Friends became closer and better friends, and enemies were exposed as the unexpected (to all but NHFers) Senate victory forced pretended friends to unmask.

For eight years the National Health Federation has persistently built a gradually-increased number of Congressmen who openly supported the Proxmire-Hosmer vitamin bill in spite of the FDA's hostile opposition.

At the end of '74, Representative Craig Hosmer announced that he would no longer serve as a Congressman. The Bill which has carried his name through four (2-year) Congresses now will have to

fly under another label. We must choose a new chief sponsor in 1975.

The Vitamin Court Case was a tremendous victory for NHF. The Court demanded that FDA reopen their hearing because of the appeal by Dr. Robinson. Arguments by Mr. Dilling were used by the three-Judge Court to justify several major meaningful rulings for our side.

The National Nutritional Foods Association and the Federation of Homemakers worked with NHF as a team to get our Bill through the Senate and on its way through the House.

The jubilation over the Senate victory was matched by the bitter disappointment at the setback we suffered at the hands of Representative Paul Rogers who refused to mark-up and report the Hosmer Bill out of his Subcommittee. In its place, Rogers marked up and reported out an AMA-FDA type Bill which was diametrically in conflict with the Proxmire-Hosmer Bill. Ruth Desmond, (Federation of Homemakers) feels Rogers-FDA-Bill was drafted by FDA's legal counsel, Peter B. Hutt. The Rogers-FDA-Bill was strongly opposed by NHF as advised by Attorneys: Pratt, Dilling, Bass, Ullman, Meshbesher, and King.

We came within millimeters of having the Rogers-FDA-Bill enacted. It is far, far worse than FDA's original Regulations, and if enacted would have been a real disaster. We did all we could, and it was barely enough, to kill the Rogers FDA Bill (Kyro's Bill) in the short weeks between August 7, 1974, when Rep. Peter Kyros and

Rep. Rogers introduced it, and the close of the session in December.

Carlton Fredericks was most effective, working with NHF to get key Congressmen in Maine, Missouri, Kansas, New York, etc., to support the Proxmire-Hosmer Bills. Fredericks also may have contributed to the defeat of Rep. Peter Kyros by going to Augusta and Portland, Maine, to give NHF-sponsored Nutrition Lectures as they related to FDA's Vitamin Regulations and the Bills being supported by NHF in Congress.

The upset of Rep. Peter Kyros, a 4th-term Democrat seeking his 5th term in a Democratic landslide year, was the biggest upset of the '74 Congressional Election. Rep. Kyros had completely switched his position from strong support of the Proxmire Bill in February '74, to strong opposition in August '74. In October '74, just two weeks before the November election, Carlton Fredericks simply told the Maine voters of this switch (via two NHF meetings in Augusta and Portland, Me., and the news media—radio, TV, and newspapers) and noted that it followed a \$5,000 campaign contribution from the American Medical Association.

Rep. Kyros, favored by various polls to win by 15,000 to 30,000 votes, was defeated by 377 votes in the last official recount figures. At first Kyros did not attribute his loss to NHF. However, on Dec. 27, 1974, he filed a formal Notice of Contest to the House Administration Committee and falsely charged me and NHF with a criminal fraud

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for our involvement in the Maine campaign. This issue will be resolved early in 1975. Rep. Kyros has threatened that he has called in the FBI on the case.

A documentary is being prepared on NHF's Maine upset of Rep. Kyros, by Lee McCarthy of NBC. Mr. McCarthy taped an interview for over two hours in our Washington, D.C., offices (now located in Arlington, Va.) in December. Mr. McCarthy phoned me January 8 to notify me that the show was scheduled for Monday evening, January 13, on NBC in Washington, D.C. and possibly for the Today Show, Tuesday morning, January 14, 1975.

One goal in 1973 was to get the majority of the members of the House as cosponsors for the Hosmer Bill. To the surprise and consternation of our opposition we achieved this goal (218) and went beyond it in '74 (to 234).

Another goal, set early in 1974, was to concentrate our efforts on the Senate. As of March 20, 1974, we had 25 Senators who cosponsored the Proxmire Bill. By April 31, 1974, 37 Senators had cosponsored. 44 Senators had cosponsored by July 3, 1974; and by August 29, 1974, 46 had cosponsored. The 81 Senators who voted in favor of the Proxmire Bill, in September 1974, vindicated the wisdom of NHF's strategy and cofounded our enemies. All the efforts and sacrifices of our NHF members and friends have been partially rewarded by this success and the show of strength in the Senate.

Plans already have been made

to introduce legislation in the 94th Congress (1975-76), similar to the Proxmire-Hosmer Bills. We will need continuing help from our members and friends, and with the momentum we have from the 93rd Congress a greater victory should be ours at the close of the 94th Congress.

CANCER LEGISLATION: The Washington office of NHF has continued to work closely with Dr. Dean Burk and others to legalize the use of non-toxic cancer remedies. On March 1, 1974, I was invited to participate in filming a TV show entitled, "New Cancer Controls." This nationally televised program was the 198th in a series entitled "Issues," and was cooperatively produced by the National Presbyterian Center, The Council of Churches of Greater Washington, and the Community Affairs Department of WRC-TV (NBC Washington, D.C.). Dr. Cyril Schulman, vice-president of the American Cancer Society; and Dr. Lowell R. Ditzen, moderator, questioned Dr. Burk and me concerning the National Health Federation, Laetrile, and other cancer remedies. The half-hour show has had several reruns in our area, plus radio coverage. Several persons have written our office to tell us the NBC show has been viewed in their area.

CHIROPRACTIC: Dr. Warren P. Brown, D.C., president of the Council on Nutrition of the American Chiropractic Association, invited me to participate in the First Symposium on Nutrition sponsored by the ACA January 23-26 in Chi-

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A 'Mini-Convention' in Your Area? Contact President Crecelius

NHF President Charles I. Crecelius says he would like to hear from members who believe a successful meeting might be held in their community.

"I would like to hear from any member, whether or not a Chapter has been organized in the area, who would like to help arrange for a successful meeting which could

happen in your area. Plans are being made to give credit for this nutrition class. Dr. Carlton Fredericks was a faculty member.

CONVENTIONS: During 1973 I participated in 12 conventions, giving 40 speeches. I arranged and participated in 13 NHF Target Meetings with Dr. Carlton Fredericks, in the states of New York, Missouri, Kansas, Wyoming, North Carolina, Florida, and Maine. Purpose of these meetings was to get grass-root support for the Proxmire-Hosmer Bills in these states with key U.S. Congressmen on the Health Subcommittee.

The Washington office of NHF continues to monitor legislation dealing with cyclamates, medical device bills, labeling, food additives, fluoridation, and all aspects of health. In September we moved our offices to 4620 Lee Highway, Arlington, Virginia, just across the river from Washington.

A great loss was experienced in the Washington office with the death of Charles Orlando Pratt, in November, 1974. Mr. Pratt, and his

are anxious to bring the National Health Federation message into new areas — our story is important to every American and we are looking for ways to reach more citizens."

gracious wife, Louise, were never too busy to give counsel and help to the efforts of NHF. Even after Mr. Pratt's retirement he continued to give us the benefit of his years of experience in Food and Drug Law whenever we called upon him. I telephoned him often and do miss his wise, professional advice. He was a great man.

I wish to thank all the officers and members of the National Health Federation for the help and support they have given me during 1974. The flow of communication between individuals and their Congressmen has increased the effectiveness of my efforts. We have some great NHF letterwriters. All the employees in our business office in Monrovia, plus those helping me in Washington, have given complete cooperation to every project we have undertaken and I do appreciate them.

It is a privilege and pleasure to work for you and with you, and I hope to always be worthy of this great trust and responsibility.

Match and Lighter Implicated In Cancer Along With Cigaret

We've known for two decades of the link between lung cancer and cigaret-smoking, but Dr. Carl J. Marienfeld, director of the Environmental Health Surveillance Center, Chicago, has come up with evidence that the burning wick of a cigaret lighter, and wax-impregnated matches (including the book match) is implicated also in cancer.

The unburned carbon in wick or match stub is highly visible, and even more dramatically illustrated when the soot deposit is captured on a porcelain surface.

"The increase in death rates for respiratory cancer associated with cigaret-smoking in particular, may be due in part at least to lighting the cigaret and inhaling some of the combustibles rather than only to the tobacco," Dr. Marienfeld told a *Chicago Daily News* reporter.

The researcher's findings, published in a University of Chicago Press publication, "Perspectives in Biology and Medicine," reveal that chromium compounds are present in match heads, and benzo (a) pyrene, a chemical in tobacco, also is present in soot. The smoker inhales some of each.

The lower cancer death rate among pipe and cigar smokers may be related to the fact these are lit farther from the nose than is a cigaret. Marienfeld has observed that smokers frequently cup their

hands around a cigaret and tilt the head downward giving the match smoke a direct line to nostrils, while cigars and pipes often are lighted with a single hand, jaw tilted upward placing nostrils out of direct line of flow.

He notes that the higher incidence of lung cancer in smokers in Switzerland and Germany may be due to the popularity of "little cigars" that approximate the length of cigarets. Outdoors when the wind is blowing, a cigaret is lighted quickly with a single flare of the match while the combustible materials still are exploding into flame. Pipe and cigar smokers usually allow the match or lighter to burn steadily a few seconds before applying them.

See You in Phoenix?

The Southwest Regional Convention of National Health Federation is set for March 8-9 in Ramada Inn East, 3801 Van Buren, Phoenix. Although the roster of speakers still was tentative when *The Bulletin* went to press, Program Director John Yiamouyiannis said invitations had been extended to Emory W. Thurston, Ph.D., Sc.D., of the Institute of Nutritional Research, Los Angeles; Paavo O. Airola, N.D., Ph.D.; and Gena Larson, nutrition-oriented teacher-writer; Larry Jacobs, yoga specialist; Broda A. Barnes, M.D.; and Clinton Miller. Dr. Yiamouyiannis also will speak.

WHAT THEY HAVEN'T TOLD YOU ABOUT...

FLUORIDATION

KNOWN AND POTENTIAL HAZARDS REVEALED
IN THIS 1975 QUESTION AND ANSWER REPORT

BY JOHN YIAMOUIYIANNIS, PH.D.

What is fluoridation?

Fluoridation is the addition of fluoride to the public water systems, usually at the rate of about 1 part fluoride for every million parts of water (1ppm), by weight.

What is fluoride?

Most notably, *fluoride is a poison*. According to the National Academy of Sciences (1971), "... fluoride has been used as an insecticide for the control of cockroaches... lice, grasshoppers, cutworms, sil-verfish, and other chewing insects...".¹ Fluorides also have been used in pesticide preparations for the control of mice, rats, and other small pests. In human adults, eating about one tenth of an ounce of fluoride will lead to death.²

Fluoride is a pollutant. Industries throw over 100,000 tons of fluoride into our atmosphere yearly.³ This has led to the destruction of wildlife, crops, domestic animals, and human health. We have no idea how much fluoride is being dumped into our waters but by calculation, between 5000 and 50,000 tons are being added each year by public water fluoridation alone, and this is by no means the largest source.

Fluoride has also been used as a drug. In the presence of large doses of calcium and vitamin D, fluoride has been used to treat osteoporosis. While temporary benefits have been observed, *long term side-effects due to the toxicity of fluoride* have led to discontinuation of this method by many physicians. It has been topically applied to teeth by painting, rinsing, and brushing in an attempt to reduce tooth decay. The results are not convincing. According to N. C. Cons of the New York State Bureau of Dental Health, topical fluoride as applied by dentists is practically ineffective in reducing tooth decay.⁴

Some children, brushing or rinsing with high-fluoride gels and rinses have had to stop because of nausea and vomiting caused by the fluoride.^{5,6} Swedish scientists suggest that preschool children living in a fluoridated area and brushing their teeth with fluoridated toothpaste should only be allowed to brush their teeth once a day and then only with a pea-sized quantity of toothpaste under the supervision of an adult.⁷ And, of course, fluoride has been added to the water supply in an attempt to reduce tooth decay.

Is fluoride an essential nutrient?

Rats maintained on diets with virtually no fluoride (0.005 to 0.007 ppm fluoride) have lived through as many as 4 generations with no difference in general health, dental health or weight gain.⁸ "To date (1974) [fluoride has] . . . not been shown essential for man."⁹

Does fluoride reduce tooth decay?

No carefully designed scientifically-controlled experiments have ever been performed to indicate that fluoridated water appreciably reduces tooth decay. Some studies have shown reductions among 6-year-olds, but as these children grow older (12-18), their tooth decay rates do not differ appreciably. As an example, Baltimore, which has been fluoridated since 1952, has one of the highest tooth decay rates in the country.

What is mottling?

Mottling, or dental fluorosis, is one of the earlier signs of fluoride poisoning. In mild cases, it appears as a chalky-white area on the tooth. In more advanced cases, teeth become yellow, brown, or black and the tips break off.

Will drinking fluoridated water interfere with my ability to have children?

It has been reported that interference with reproduction by fluoride occurs before any other signs of ill health, including mottling.¹⁰

Will fluoride lead to birth defects?

The number of Mongoloid births in fluoridated areas has been reported to be more than twice the number of Mongoloid births in nonfluoridated areas.^{11,12} Laboratory experiments indicate that fluoride causes chromosomal (genetic) damage in barley,¹³ onion,¹⁴ tomato,^{15,16} fruit flies,^{17,18,19,20,21} rats,^{22,23} sheep,²⁴ and cows.²⁴

If I live in a fluoridated community are my chances of getting cancer greater?

Preliminary studies of cities with a population of 1,000,000 and over indicate that this may be so. Six of the cities (Baltimore, Philadelphia, New York, Cleveland, Detroit, and Chicago) are fluoridated and have a cancer death rate of from 18 to 34% above the national average, whereas the two nonfluoridated cities (Houston and Los Angeles) have cancer death rates 0-27% below the national average.^{25,26} Gastric cancer has been associated with fluoride intake²⁷ and the cancer-causing ability of fluoride has been supported by animal experiments.^{28,29}

Has total fluoride intake increased over the last 25 years?

Yes, markedly.

Is this due to fluoride pollution?

In part, but the fluoride content of food has also increased due to the increasing use of fluoridated water in crop irrigation and food processing.

What about baby formulas, are they fluoridated too?

Yes. All of the major infant formula manufacturers have 1 ppm fluoride in their formulas.

Will this harm my baby?

Because babies consume such a tremendous amount of liquid as compared to their weight, heart damage as well as other complications may occur.^{30,31,32,33,34,35} Moreover, pediatricians, virtually all of whom are unaware that formulas contain 1 ppm fluoride (ask yours), suggest adding 1 ppm fluoride to baby formulas. This leads to 2 ppm fluoride in baby formulas which will increase the chance of heart damage during development.

What is the fluoride concentration of mother's milk?

Mother's milk contains only 0.01 - 0.05 ppm fluoride.³⁶

Has total fluoride intake ever been adequately determined before fluoridating?

No.

Is there any danger from malfunctioning fluoridation equipment?

Yes. In a North Carolina school over 200 children were poisoned with fluoride in April of 1974 due to malfunctioning fluoridation equipment.³⁷

Is there a recommended daily allowance (RDA) of fluoride for adults?

No. No one really knows how much, if any, fluoride should be consumed a day for best overall health. We do know, however, that people on poor diets and in poor health are more susceptible to fluoride poisoning. Poorly nourished people consuming water with as little as 0.4 ppm fluoride have exhibited dental fluorosis.³⁸

Does this mean that the underprivileged and undernourished people will be hurt most by water fluoridation?

Yes.

And those in poor health?

Yes.

What diseases are most likely to be aggravated by fluoride?

Kidney disease, diabetes, hypoglycemia, and hypothyroidism. In addition, pregnant women should make an effort to stay away from fluoridated water.

What about people on kidney machines?

In fluoridated areas they are developing osteomalacia (a bone disease)³⁹ and being poisoned by fluoride in the water of kidney (dialysis) machines.

Is fluoride an enzyme poison?

Yes. At levels of 0.5 ppm and above, it inhibits a significant number of important enzymes.

Is fluoridation of the water mass medication?

Mass medication? Fluoridation of the water is chronic poisoning. It accumulates and can lead to complications in bones, teeth, kidneys, thyroid, reproductive organs, and liver.

Are dentists qualified to tell me that fluoride is safe?

No. Their training involves treatment of the teeth and only limited treatment of the mouth.

Are doctors qualified to tell me that fluoride is safe?

No. Their area of expertise lies primarily in the diagnosis of pathological conditions. While they use drugs; they are not, in general, involved in research to determine the toxicity and biochemical modes of action of various drugs. This is done by staff toxicologists and biochemists of drug manufacturers. Doctors depend on reports from the drug industry as to the potential hazards involved in the use of a particular drug.

If all this is true, why do the Public Health Service and American Dental Association continue to recommend fluoridation?

The reputations of the Public Health Service and the American Dental Association are at stake. Many in their ranks are incompetent and actually believe that fluoridation is safe and effective. Others who know better are afraid to say anything for fear of losing their jobs; the remainder knowingly make fraudulent statements concerning the safety and effectiveness of fluoride knowing that if the true facts were brought to light they would lose their jobs and suffer the burden of public indignation.

Can you cite any of these frauds?

Yes. One of the most glaring frauds is the Bartlett-Cameron study by Dr. N. C. Leone, et al.⁴⁰ In testimony before the Pennsylvania Environmental Hearing Board (Dec. 1974), the erroneous figures and manipulated tabulations were exposed. This fraudulent study has been the backbone of the fluoridation movement.

Then who can I turn to?

On any issue where experts are divided one should turn to common sense. It is not common sense to put a questionable substance like fluoride into life-sustaining water.

Not being an expert on fluoride, do I have the right to vote to put fluoride into the water of people who do not want it in their water?

No. Common decency should dictate that in a democracy no one has the right to impose their will to the extent that it infringes upon the rights of others. This is as true for the fluoridation issue as it is for religious or political beliefs.

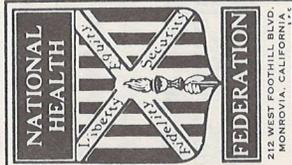
What about reduction of tooth decay?

Nothing good ever comes easy. By restricting sugar intake, by eating well-balanced meals containing more roughage, by treating teeth with the same consideration given to dishes (at least rinsing them after each use), and by proper dental care (brushing at least twice a day), you can treat yourself to a mouth virtually free of tooth decay.^{41,42,43,44,45,46,47,48}

Dr. Yiamouyiannis, a biochemist, is Science Director of the National Health Federation, Monrovia, California. He is a graduate of the University of Chicago and the University of Rhode Island. Before joining the National Health Federation staff, he was associate biochemical editor of Chemical Abstracts, Columbus, Ohio. He is co-editor of the scientific journal, *Fluoride* and a member of the International Society of Fluoride Research. His recent work has centered on the study of the biological effects of fluoride. He has been an expert witness at environmental hearings before many government bodies from coast to coast and has appeared on many television and radio programs.

- (1) Fluorides, National Academy of Sciences, p.25 (1971); (2) Merck Index, Merck & Co., p.856 (1968); (3) Fluorides, National Academy of Sciences, p.8,9 (1971); (4) J. Dent. Res., 50 (4):78-81 (1970); (5) Journal of Public Health Dentistry, 29:11-8 (1969); (6) J. Indiana State Dent. Assoc., 48:72-5 (1969); (7) Caries Research, 3 (3):290-9 (1969); (8) Fluorides, Nat. Acad. Sci., p.67 (1971); (9) Am. J. Clin. Nutr., 27(5):15-20 (1974); (10) Onderstepoort J. Vet Res., 38(1):185-94 (1966); (11) Bull. Natl. Acad. Med., (France) 140:329 (1966); (12) Bull. Natl. Acad. Med., 143:367-70 (1968); (13) Can. J. Genet. Cytol., 15 (1968); (14) J. Air Pollution Control Assoc., 17:119-20 (1968); (15) J. Dent. Res., 47:1974-8 (1971); (16) J. Air Pollution Control Assoc., 18:395-8 (1968); (17) Fluoride, 2(2):113-22 (1972); (18) Mutation Research, 6:217-25 (1968); (19) Environ., 5:117-22 (1971); (20) Proc. Dig., and Int. Clean Air Congr. Int. Union Air Pollut. Prevention Assoc., p.26 (1970); (21) Drosophila Inf. Serv., 45:1131 (1970); (22) Gig. Santit., (4) :14-16 (1973); (23) Genetics, 9(4):115-20 (1973); (24) Arch. Environ Health, 29 (4):230-5 (1973); (25) Fluoridation Census 1969, Division of Dental Health, (1970); (26) U. S. Cancer Monographs, 23:1-10 (1969); (27) J. Dent. Res., 50 (1):1-10 (1971); (28) J. Dent. Res., 50 (1):1-10 (1971); (29) Proc. Soc. Genet. 48:307-10 (1963); (30) The Toxicology of Fluorine Symposium, Bern, Oct. 1962, p.125-9 (1964); (31) ORCA Proc. 6th Congr. Eur. Org. Res. Fluorine Dent. Caries Prev., pp.121-7 (1959); (32) Nauchno-Izstedovatel'skogo Instituta Stomatologii, 13:1-9 (1969); (33) Jap J. Ind. Health, 1:683-90 (1959); (34) Acta Paediat. Scan., 59:424-6 (1970); (35) J. Dent. Res., 49:100-10 (1970); (36) Caries Res., 5(1):78-88 (1971); (37) J. Dent. Res., 50 (10):1470-82 (1972); (38) J. Dent. Res., 50 (10):1470-82 (1972); (39) U. S. Natl. Tech. Inf. Serv., PB Rep. 1973 225087/GA; (40) Pub. Health Rep., 69:925 (1954); (41) N.Y. State Dent. J., 24:63-8 (1958); (42) Tijdschrift voor Sociale Geneeskunde, 44 (12):458-62 (1966); (43) Proc. 3rd Int. Conf. Oral Biol., London, pp.703-13 (1966); (44) Brit. Dent. J., 123:144-48 (1967); (45) J. Dent. Res., 47:407-10 (1968); (46) So. Carolina Dent. J., 16:11 (1958); (47) Australian Dent. J., 2:277-82 (1957); (48) Med. Trop., 29(5):593-602 (1966).

Use common sense. Stop Fluoridation. Don't gamble with your health.



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NATIONAL HEALTH FEDERATION BULLETIN

Irvine Prof's New 'Scary' Film:

What Happens to Our Body When Alcohol Takes Over

Those who have seen the film say it's scary — and it makes you think about whether it's really smart to use alcohol as an escape mechanism or a social prop — or for whatever reason.

The work of Dr. Max A. Schneider, clinical instructor of medicine at University of California, Irvine, the film is based on a lecture he developed for persons convicted of alcohol-related crimes in Orange County.

The lessons he draws include the full range of things that happen because of alcohol, but he emphasizes that the truly serious complications such as fatal liver disease usually occur only after years of chronic heavy drinking.

Here are some of the highlights of what happens as alcohol works its way through the system:

Esophagus and stomach are the first stop. "It is easy to understand there's an irritant here because you can feel it burn as it goes down the food pipe," he explains.

The alcohol, whether straight gin or wine, stimulates production of hydrochloric acid. Enough alcohol and the acid overwhelms the stomach's protective lining of mucin. Ulcers may result. The effect is at its maximum 20 minutes after a shot of alcohol. Massive hemorrhage can result, "a medical surgical emergency" that can kill.

Fight Alcoholism Urges Gov. Carter

Speaking at a drug abuse congress in San Francisco in mid-December, Georgia's Governor Jimmy Carter called for greatly expanded federal efforts to fight alcoholism.

"Alcoholism is our greatest drug problem," he declared. "There are at least 9 million alcoholics in this country and another 3 million 'problem drinkers.' More than half of those arrested for criminal homicides had ingested large amounts of alcohol before killing another human being. Forty to 50 per cent of convicted felons have a history of alcoholism . . . but we have failed at the national level to give the priority and resources it deserves."

He urged studies to learn "why our young people are turning more and more to alcohol. Many seem to have eased up on drugs, but have started drinking."

The alcohol enters the bloodstream, and after about half an hour, 95% of it has been absorbed into the blood from the stomach. (Please turn the page)

October Seen As Earliest Date For New Vitamin Rules

Although a court order last August stayed implementation of the Food and Drug Administration vitamin regulations until June 30 this year, more time probably will elapse before the new regulations are drawn up and published, according to Attorney Kirkpatrick W.

"It goes quickly into every single cell and tissue in the body."

Beneath the stomach is the pancreas which manufactures digestive enzymes and insulin. Alcohol can cause the pancreatic tubes to swell and be blocked off, preventing enzymes from reaching the intestines. "These chemicals are extremely strong," he says. "With the tubes blocked, the chemicals begin to accumulate and digest the pancreas itself, and begin then to break out through the lining of the pancreas. This is an extremely painful disease and requires huge amounts of sedation."

The liver also absorbs a lot of alcohol. The liver's job is to help cleanse the body of poisons and it also manufactures vital substances. As with the pancreas, alcohol irritates its cells and blocks the liver. Alcohol also increases the rate at which liver cells die. Enough alcohol for a long enough time, and scar tissue forms, a condition called cirrhosis. Simple inflammation, often a result of the blockage of tubes within the liver, is hepatitis.

Among results of decreased liver

Dilling who represents the National Health Federation in the litigation.

Mr. Dilling says that "FDA is hoping to issue a Federal Register order by the end of October," but that disagreement exists within the agency as to the precise content of the order.

function are lowered resistance to infection, lowered clotting ability of the blood (particularly dangerous if accompanied by a bleeding ulcer, varicose veins and swollen feet, hands, arms, and legs), and jaundice caused by a buildup of dead blood in the circulatory system — blood normally filtered by the liver.

Sexual function, particularly in men, declines — alcohol swells the prostate gland. Prolonged use of alcohol is associated with shrinkage of the testicles and buildup of female hormones in men, sometimes resulting in feminine body characteristics.

Nerve and brain cells are sedated. As is well known, judgment and coordination are affected.

Not that Schneider discourages drinking — he drinks a little himself, socially. "But," he says, "I think people who drink ought to know what harm it can potentially do them."

— Charles Petit in
San Francisco Chronicle
December 14, 1974

NATIONAL HEALTH FEDERATION BULLETIN

Another Pleasant Bit of News: Plant Roots Absorb Plutonium

Two Washington chemists in a study reported in the *Journal of Agriculture and Food Chemistry* have learned that the roots of plants absorb and concentrate plutonium, the extremely toxic man-made nuclear fuel. Raymond Wildung and Thomas Garland of Battelle Pacific Northwest Laboratories, Richland, Wash., said plutonium, previously believed to be less of an environmental threat than more readily soluble radioactive materials, may be concentrated directly in the plant roots people eat. They said too that plants may convert plutonium into a more soluble form than it normally is. Whether hazard is appreciable, however, remains to be determined by further research, they said.

The Atomic Energy Commission's division of biomedical and environmental research says nearly all the plutonium dispersed into the environment has come from atmospheric testing of nuclear weapons, discontinued except by France and China, 10 years ago.

Better Than Gold!

A smile costs nothing, but gives much. It enriches those who receive, without making poorer those who give. It takes but a moment, but the memory of it sometimes lasts forever. None is so rich or mighty that he can get along without it, and none is so poor but that he can be made rich by it. A smile creates happiness in the home, fosters good will in business, and is the countersign of friendship. It brings rest to the weary, cheer to the discouraged, sunshine to the sad, and it is Nature's best antidote for trouble. Yet it cannot be bought, begged, borrowed, or stolen, for it is something that is of no value to anyone until it is given away. Some people are too tired to give you a smile. Give them one of yours, as none needs a smile so much as he who has no more to give.

— Author unknown, but widely disseminated by
First American Title Insurance Company

Is Fluoridation Necessary?

By LEE HARDY
(No. 18 in a Series)

For 30 years fluorides have been put into public water systems throughout the United States and elsewhere to prevent dental caries in children. Still, in communities with fluoridation and in those without, there yet are many children who suffer from dental ills. In spite of claims, fluoridation has made no improvement in general dental condition. In installment No. 7 of this series we observed the failure of fluoridation throughout a 10-year period to benefit the teeth of children in Newburgh, New York. Even though they had what benefits fluoridation might yield, in addition to water containing a much more favorable natural mineral content than that in the control city Kingston, a case can be made that fluoridation actually was a detriment to the teeth of Newburgh children.

Referring to Table 5, P. 319, of the *Journal of the American Dental Association*, Vol. 52, 1956, we note that, as would be expected from the water analyses in the two cities, the number of cavities in the first permanent molars of Kingston children at the beginning of fluoridation was double that of Newburgh children of the same age. However, after eight years of fluoridation in Newburgh, the condition of the teeth of Kingston children in that regard was actually

better than that in their Newburgh counterparts. (See Appendix C.) The report of Dr. John M. Forst, of the Public Health Service of the University of the State of New York, after more than nine years of the "study" shows the dental condition of all school children in Kingston to be approximately 50% better than that of the corresponding Newburgh children. (See No. 7 of this series, Appendix B.)

In the light of this information it is evident that fluoridation was a failure in the Newburgh-Kingston "study," in spite of the fact that the official report of that "study" has been used as a basis for claims of benefits from fluoridation. The evidence is that fluoridation has not been the answer to the dental caries problem, and is therefore unnecessary. All the costs of fluoridation may well be diverted to other means of bettering children's teeth.

There is ample evidence that the cause of tooth decay is identical with the cause of degeneration of other body tissues—maintenance failure. In other words, we must feed tooth tissues properly just as surely as we must feed other body tissues or they will just as inevitably degenerate.

Jonathan Forman, M.D., in 1961 stated: "Rampant tooth decay is a disease of English-speaking white people. When others adopt our

diet they get a whole series of diseases and malformations, of which tooth decay is one of the most conspicuous."¹ It is known to scientists that Eskimos and other people who had lived a more primitive existence, without highly-processed foods, formerly had excellent teeth and seldom needed the dental treatment which we require in our presumed higher civilization.

We have mentioned (No. 10 of this series) that as long as Hereford, Texas, residents ate the produce of their rich soil with little or no processing which would remove or destroy the natural nutritive values, they had little need of a dentist, but when consumption of processed foods increased they became subject to the same dental troubles as those in less favored communities.

Proper food can preserve dental health. This fact is recognized by prominent researchers in health, dental and otherwise. A researcher at the National Institutes of Health has found that tooth decay can be reduced from 91.3% to about 20% in laboratory animals by feeding them certain substances with their meals. These substances are phosphates, which are removed from whole grains when they are milled into white flour.²

Royal Lee, D.D.S., founder of the Lee Foundation for Nutritional Research, adds refined sugars to the list. "Children who eat raw sugar cane," he says, "are outstanding for their perfect teeth. Children who eat candy and soft drinks are celebrated for the opposite condi-

tion. One of the reasons has been found and discussed in *Science* of June 10, 1942, page 45. The fact is set forth that Vitamin K inhibits the breakdown of hexose phosphate in the mouth fluids, and inhibits tooth decay, for the bacteria causing decay are thereby deprived of the free sugar they need to live."³ Dr. Lee warns also against the use of products containing synthetic glucose, which is used in most commercial sweet goods.

Then, what is needed is not fluoridation, but information as to what foods we should eat and what we should not eat. When we avoid processed foods as completely as possible we have taken a large step toward proper nutrition. Detailed information can be obtained from Natural Food Associates, Box 210, Atlanta, Texas, 75551.

Above all, we must teach the younger generation how best to nourish themselves. Without this teaching we have made little advancement. Harold Burkhardt, D.D.S., after 36 years of dental practice and several years of research to discover the causes of physical and mental degeneration, writes: "When young mothers learn to eat only natural foods that will spoil readily, when they breast feed their babies, when they feed their children the same unprocessed foods at least half of which are raw, we will have solved the problem of tooth decay without

(Please turn the page)

poisoning our bodies with fluorine."⁴

2. Better Nutrition Journal, Nov. 1964.
3. Lee, R., "Sugar and Sugar Products—Their Use and Abuse," Jour. Amer. Acad. Applied Nutrition, 1950, Vol. 3, No. 1, P. 216.
4. Burkhardt, H., "The Effects of Fluorine on the Human Body," Natl. Health Fed. Bull., March 1963, P. 15.

1. Forman, J., "A Statement on Fluoridation," Natural Food and Farming, March 1961, P. 10.

APPENDIX C

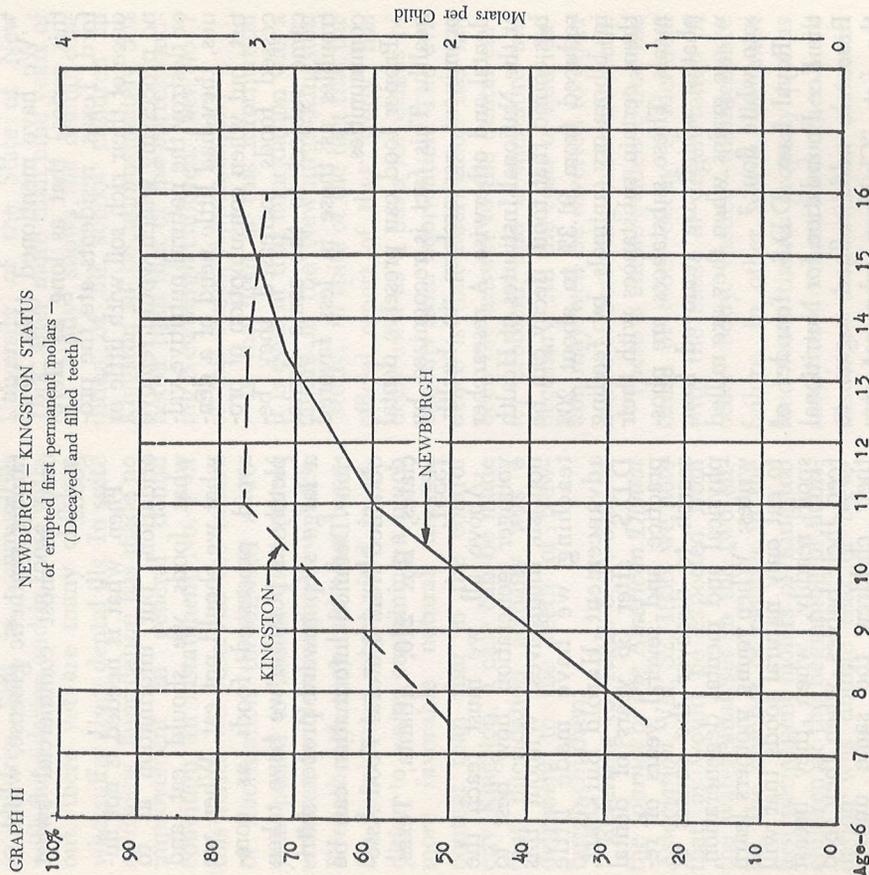


Table 5, P. 319, Journal of the American Dental Association, Vol. 52, 1956

British Study Finds Link Between Lead Poisoning and Criminality

LONDON — Vandalism, hooliganism and some more serious criminal behavior could be caused by lead poisoning.

This rather startling conclusion has been reached by two professors who traced the links between high levels of lead in the blood and hyperactivity in children and adults, and the further link between hyperactivity and criminal behavior.

Their findings, if accepted, come at a critical time. There has been mounting concern about the ill effects associated with lead poisoning, yet the government has ruled out tighter controls on lead additives in gasoline as part of the energy-saving package.

Birmingham has been worried for some time about the level of lead pollution, and MP Frank Hooley has called for studies of lead levels in London's busiest traffic spots.

Lead poisoning in the blood stream long has been known to affect such organs as brain, kidneys and liver. Further evidence of its effect on the brain and the possible connection with profound changes in behavior has been charted by Professor D. Bryce-Smith, lecturer in chemistry at Reading University, and Professor H. A. Waldron, lecturer in social medicine at Birmingham.

The brightest feature of their research, presented in a paper in the December *Ecologist*, is that some

types of hyperactive children can be completely cured by treatment to "de-lead" them.

On results of controlled experiments among prisoners, they show that many criminals have an above-normal lead metabolism, and suggest that at least some now in prison could be cured of criminal tendencies.

The authors recognize the widespread political, legal, and economic implications of their conclusions and add a note of caution, emphasizing that lead is by no means the only important factor in behavior disorders, and hyperactivity is not the only factor in criminality. Such common offenses as vandalism, assault, and rowdiness at sporting matches can be associated with hyperactivity, they said.

Apart from the chemical analysis of the effects of lead, the conclusions are supported by observation, starting with rats (who become irritable and fight among themselves), and goldfish (who change behavior with a concentration of lead in the water, less than half that of Glasgow tapwater).

Children with lead poisoning show an abnormally high incidence of educational and behavioral disturbances such as hyperactivity. Other research shows that workers in the lead industry generally are more prone to feelings of hostility and depression than those in other industries.

Hyacinth Gobbles Up Pollutants

Regarded as a "beautiful nuisance" in most southern states, the water hyacinth has been discovered to have a vital role on a polluted planet: It can suck pollutants from a city's drinking water and provide fuel to heat its homes.

Biochemist William Wolverton of the National Space Technology Laboratory reveals that, "We can recycle our own wastes with water hyacinths, they are biologically perfect, ideal for sucking pollutants from the water because they grow so fast and have a nice, big root system."

While in many places research has been underway to kill the water hyacinth because it can clog waterways and irritates fishermen, Wolverton looked into the water hyacinth's useful properties. And

In the restrained tones of a scientific paper, the authors of this latest batch of findings conclude: "Those industrialists and others who in the past have principally appreciated the seductive technical utility and economic value of lead and its compounds and have opposed introduction of stricter controls may need to reappraise their attitudes, and indeed their behavior."

In other words, we may be paying too high a price for better mileage.

—*The Manchester Guardian*

he found that 2½ acres of the vegetation is able to remove:

- Every day, about 300 grams of cadmium or nickel, each of which is cancer-inducing.
- Every three days, more than 500 pounds of phenol (carbolic acid), a toxic chemical derived from coal tar.
- And every year, the nitrogen and phosphate from the human waste of 800 to 1,000 persons.

Nitrogen and phosphates are a knotty problem for city sewage treatment systems, said Wolverton, "But the hyacinths just eat them right up and grow faster." There's a limit to the amount of metal each plant can absorb — after they've eaten their fill they are harvested and new hyacinths quickly grow up to take their place. The stumbling block was what to do with the harvested plants, and researchers found they could seal the hyacinth in fermentation chambers and let them produce "bio-gas," which burns like natural gas.

The Difference

I asked the doctor how much will the operation cost me. He said, "\$2,000 or \$4,000." I said, "What's the difference?" He said, "For \$4,000 I use both hands."

— Lucille' Gould's

"My Favorite Jokes," *Parade*

Another Thalidomide Tragedy Ahead?

St. Louis Medical Prof Critical of FDA Ruling on Synthetic Sweetener

By IDA HONOROF

Last July 26, the Food and Drug Administration approved the chemical Aspartame (a methyl ester of a synthetic dipeptide of 2 amino acids, L-aspartic acid and L-phenylalanine) as a sweetener and sugar substitute — for use in cold breakfast cereals, in dry bases for beverages, instant coffee and tea, gelatins, puddings and fillings, in chewing gum, and as a flavor enhancer for gum, as a dairy product analog topping, and as a free-flowing sugar substitute for table use. According to FDA Commissioner Alexander M. Schmidt's glowing and uncritical praise, Aspartame is "safe for these uses with a 100-fold safety factor."

FDA restricted the scientific data until the July 26 *Federal Register* Notice, when the manufacturer's supporting data was made public. Only 30 days were given for comments. The supporting data was so voluminous that "it took four large whiskeycase-like boxes to contain it . . . There is no way it could be analyzed or criticized thoroughly in such a short period of time," said Senator William Proxmire, who asked that the "FDA rescind and

withdraw approval of Aspartame until detailed hearings have been held and additional scientific tests made to guarantee it will not cause brain damage to children in combination with monosodium glutamate (MSG)."

A petition had been filed in the *Federal Register* of 3-5-73 by G. D. Searle & Co., Chicago, "proposing issuance of a food additive regulation to provide for the safe use of Aspartame in foods as a nutritive substance with intense sweetness and with flavor-enhancing properties." The petition was then amended proposing additionally the safe use of L-leucine, for technological purposes in tablets containing Aspartame.

Aspartame is 180 times as sweet as sugar, and according to Searle, "when consumed it is metabolized as a protein, unlike sugar which is metabolized as carbohydrate." It provides approximately 4 calories per gram. Because of its greater sweetness, "it will provide only about 1/180th of the calories that would be provided by use of a quantity of sugar yielding equiva-

(Please turn the page)

lent sweetness . . . Aspartame cannot be substituted for sugar without restriction . . . The order does not approve any use of Aspartame which would pose any prospect of appreciable breakdown to diketopiperazine . . . Prolonged cooking temperatures (i.e. frying and baking) can cause significant breakdown of Aspartame to diketopiperazine (5 benzyl-3, 6-dioxo-2-piperazineacetic acid) with a consequent loss of sweetness. Diketopiperazine is routinely present in the sweetener at levels up to about 1% of Aspartame which is safe when used in accordance with the regulation, up to a level of 2% . . . Long-term feeding studies of diketopiperazine are in progress . . . The amounts of L-aspartic acid and L-phenylalanine which would enter the diet from the uses permitted by this order are nutritionally insignificant and too small to pose any risk of amino acid imbalance."

The Commissioner recognized that "L-phenylalanine intake must be restricted by persons with phenylketonuria (PKU), an inborn error in metabolism . . . therefore (in the interest of safety) all finished foods containing Aspartame must include an appropriate warning to phenylketonurics that the food contains L-phenylalanine."

High levels of Aspartame, when fed to infant monkeys, have been reported by one investigator to be associated with toxic manifestations.

Last August 16, John W. Olney, M.D., Associate Professor at Washington University School of Medicine, St. Louis, wrote the FDA as-

serting that . . . the Commissioner had presented "a seriously misleading case for the safety of Aspartame." He charged that "the margin of safety for children who will eat Aspartame on cereals, in gums, beverages, puddings, toppings, etc., even if glutamate were not simultaneously being ingested, is nowhere near the 100-fold margin the Commissioner estimated for adults." Dr. Olney maintained that the Commissioner's calculations were "mathematically off-base by 1,000 times . . . The utmost caution and most searching scientific examination must be given Aspartame before it is finally put on the market, in view of the fact that acidic amino acids damage retinas and brains in newborn mice and monkeys. This is especially true since Aspartame and MSG will be widely eaten by children in combination, if Aspartame is approved. Unless the FDA acts decisively Aspartame could be another Thalidomide tragedy in the making.

"Glutamate and aspartate are toxic by an acute mechanism which leads to the irreversible necrosis of hypothalamic neurons from only a single exposure." Dr. Olney warned, "If packages of Aspartame are available for free-flowing use in the home, infants and children will have at their finger tips, an instant brain-damaging powder which tastes like candy . . . MSG, the additive, which combined with Aspartame can cause the latter to become highly toxic, is found commonly in soups, processed meats, potato chips, wieners, vegetable mixtures, fish-sticks, etc. Young

children who eat Aspartame-sweetened dry cereal, chew gum, drink Kool Aid, and then ingest MSG seasoned fishsticks, meat-balls or Colonel Sander's chicken can be in acute danger.

"Voluminous evidence compiled by G. D. Searle & Co. was specifically withheld from the public prior to July 26, 1974, then made available in the Clerk's office to be examined before August 26 . . . No conscientious scientist would attempt to analyze such a large volume of data in such a brief time, and if he did he would be left with insufficient time to draft an intelligent critique before the 30-day deadline. Adhering to an unrealistic deadline date, and thereby shutting out by a mere time technicality the voice of sincere scientists or consumer advocates who may have legitimate objections to Aspartame, will serve to the detriment not only of the consumer and the FDA, but to G. D. Searle & Co. as well . . ."

Dr. Olney reminded the Commissioner "that young children are intensely attracted to sweets. . . . The Commissioner owes it to the public to explain at a hearing on Aspartame why this product was approved for marketing under conditions which do not assure an adequate margin of safety for children. If an adequate margin of safety cannot be demonstrated, which it cannot, the order must be rescinded.

"If an infant or child gets into the Aspartame jar and gorges himself, the expected result, based on animal experimentation will be a

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silent lesion in the hypothalamus which could give rise to neuroendocrine abnormalities in later life, but would sound no signal of distress at the time of acute exposure," Dr. Olney continues. "It is the responsibility of the FDA Commissioner to assure that compounds with known delayed toxicity in animals will not be used in the human food supply unless an exceedingly wide margin of safety can be demonstrated. The conditions of approval set forth for Aspartame provide no such margin for the protection of children.

(Please turn the page)

**NEW LIFE
 AND PERPETUAL MEMBERS**

PERPETUAL

Mr. and Mrs. S. F. Patterson
 Mrs. Madalene K. Laue

LIFE

Hannah Bostwick
 Caroline Yiamouyiannis
 Ruth Ivener
 Marjorie G. Akrep
 Thomas N. Crowley
 Mrs. J. C. Simons
 Margaret Bernor
 Clarence J. Heimerl
 William L. Powers
 Fred Beavon
 Esther C. Poneck
 Jo Winkler
 Arthur Kingsley

Received mid-December through mid-January

"The Commissioner apparently is either unaware of the toxic synergism (homergism) of glutamate and aspartate, or does not comprehend the implications of toxic synergism . . . We demonstrated in 1970 that combined oral dose of glutamate plus aspartate, 0.5 mg/g of each, produces the same degree of brain damage as 1 mg/g dose of either amino acid separately . . . More recently we demonstrated that protein hydrolysates produce brain damage because of their high combined glutamate and aspartate content . . . Until baby food companies voluntarily quit adding glutamate to baby foods in 1969, these foods contained up to 0.6% glutamate . . . glutamate is still widely used as an additive in foods consumed by young children. A single 4½-ounce jar of MSG-seasoned baby food provided a human infant only a 4-fold margin of safety . . . in a 2-to-3 year old that slim margin doubles. By approving the addition of Aspartame, a potential synergist of glutamate, the Commissioner ignores the unnecessary and unreasonable risk to the health of human children. He is allowing millions of children to be exposed to a potential neurotoxin every day with only a slim margin of safety for their protection. By approving Aspartame the Commissioner now boldly slashes that slim margin of protection as if the health of the nation's children were of no concern to the Agency."

In 1970 representatives of G. D. Searle & Co. were notified by Dr. Olney of the synergistic toxicity of MSG and aspartate, and advised

then that studies should be undertaken to test glutamate and Aspartame in combination at various doses to demonstrate how they interact in the host—in particular to determine whether one augments the neurotoxicity of the other. To the best of his knowledge, "FDA approval for marketing Aspartame was received without such studies being conducted." It was only after word was received that FDA was ready to approve Aspartame that he requested and received a sample of Searle's Aspartame. The following findings were communicated—7-10 day old mice sustained hypothalamic lesions from tube-fed Aspartame starting at 2 mg/g. 15-to-20-day-old mice sustained hypothalamic lesions from tube-fed Aspartame starting at 2.5 mg/g. In the above experiments the animals had stomachs full of milk. When administered on an empty stomach Aspartame was effective at slightly lower doses and induced more severe brain damage at the same dose.

" . . . The Commissioner should recognize that there simply is no margin of safety for Aspartame intake by children. Obviously it is untenable to assume that human children will not be ingesting substantial quantities of both glutamate and Aspartame. It is also untenable to assume that the two compounds will not act synergistically in the hypothalamus to destroy neurons since the neurotoxic ingredient of Aspartame (aspartic acid) when taken with glutamate has been shown to augment its neurotoxicity. These considerations

together with the evidence submitted herewith for Aspartame-induced brain damage in mice makes it imperative that a hearing be scheduled for further deliberation on the toxicity of this artificial sweetener before it becomes a widely marketed item."

James L. Turner, a Washington, D.C. attorney also asked for public hearings on Aspartame's safety, "since a limited review of research literature allowed by the FDA raised serious questions about some of the research . . . In studies involving monkeys at the University of Wisconsin the primates developed grand mal seizures after eating 3.6 grams of Aspartame per kilogram of body weight." This was not forced-feeding, the animals desired to eat that much. Turner felt that "ingestion could exceed toxic levels . . . given the existence of the grand mal seizures, it is quite remarkable that the clinical studies done on Aspartame, in which human subjects ingested large doses of the sweetener, did not include routine examinations with an electroencephalograph."

In a press release last October 20, Senator Proxmire charged Commissioner Schmidt with "misfeasance in office by allowing a potentially brain-damaging sweetener to be manufactured and sold even before a hearing into its dangers is held. In view of the present skyrocketing price of sugar, the economic pressures on the FDA to approve it and the potential profits from its use are tremendous. While the general use of Aspartame can

bring a financial killing to the manufacturer, it may also kill the brain cells of countless children." Proxmire charged "misfeasance also for stacking the deck in favor of the manufacturer and against the public . . . The company had obviously spent tens of thousands of dollars preparing its submission to the FDA, but it is only fortuitous that some concerned public interest citizen like Dr. Olney could or would come forward to dispute the company's claim. There is no systematic procedure for public analysis and criticism. The procedure is loaded against the public in favor of the company. Thirty days is not long enough to catalog the documents, let alone evaluate the mass of data. The data should either be made available to the public when the FDA gets it, or the public should have equal time to assess it." The FDA must immediately stop distribution and set an early hearing. "Failing this, every box of breakfast food, bottle of soft drink, and basket of fried chicken which includes Aspartame or MSG should be labelled 'Danger, this product can cause brain damage.'" The FDA has agreed to hold Public Hearings, but thus far, no date has been set.

The foregoing, reproduced with permission, has been excerpted from "A Report to the Consumer," a highly-informative newsletter published bimonthly by Ida Honorof, P.O. Box 5449, Sherman Oaks, Cal. 91403. Subscriptions \$8 per year.

Suppression of Wiley Book Was Sorry Chapter in American History

THE HISTORY OF A CRIME AGAINST THE FOOD LAW, by Harvey W. Wiley, M.D.

What follows may explain why our Congressmen are not knowledgeable regarding the Food and Drug Administration:

Dr. Harvey W. Wiley, M.D., worked for 29 years to get the Pure Food Law passed by Congress. In 1906 Congress passed the law, and carefully put its enforcement in the hands of the Bureau of Chemistry which Dr. Wiley headed.

Immediately after its passage, big business began to devise ways and means of negating its effectiveness. In 1912 Dr. Wiley resigned and told the American people he thought he could do more for the law outside than inside the government.

He wrote a book, *The History of a Crime Against the Pure Food Law*, and gave it to the printers. No proof having been given him after two years, he demanded his manuscript back. It had been lost, stolen, or destroyed!

He then worked 10 more years keeping an active record of what was happening regarding his law, and in 1929 he published *The History of a Crime Against the Food Law*. This time he took the manuscript home with him each night. When the book hit the bookstores, it disappeared into thin air.

Practically none ever reached the public. Dr. Wiley, realizing by now what he was up against and fervently determined to get his message to the public, now placed a book in each of the libraries of the country. Here likewise they disappeared. (Please turn the page)

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 Health 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."

Exercise, Weight, Alcohol and Death, Extension Courses Upcoming UC Davis

NHF members in the Sacramento area will have access to several special extension courses at UC Davis in coming weeks. They include (1) a Basic Exercise program for adults; (2) a 10-week "Scaledown program"; (3) a special course titled "The Human Side of Death and Dying"; and (4) a course exploring the drinking patterns of women - alcoholism - the disease which touches so many families - not NHFers of course - but we may have friends and acquaintances who might be interested.

The exercise courses run from March 31 to June 9 in Hickey Gym at UC Davis, from noon to 1 p.m. Monday, Wednesday and Friday - 30 sessions at \$35. They'll cover calisthenics, rhythmic, gymnastics, swimming and selected team games as well as a review of the principles of exercise, weight control, and body mechanics.

The Scaledown program is a 10-week course dealing with skills necessary to bring weight problems "under lasting control." Students are taught to modify and control eating habits, manage food choices and portions, and increase physical activity in ways "safe and suitable for varying lifestyles." Enrollment is requested by April 4 for the 8 a.m. to 6 p.m. session at the Sacramento Inn April 12, or for the session Saturday May 3 at Lodi Senior Elementary School on Ham Lane, Lodi. Noncredit fee is \$20. More info may be had from the Scaledown Program, Department of Physical Education, UC Davis.

In the early '50s Dr. Lee Reprinted the entire book. Any Congressman sincerely interested in the health of his country, and his own health, should become familiar with this book.

For the convenience of busy people, we suggest that you can get a quick resume by reading the following pages: Pages 347 through 355; 376 through 382; 386 through 391; 398 through 400.

Page 390 describes the blackest day in the history of Western Civilization, namely, July 30, 1920, the day big business took over the FDA in defiance of a unanimous decision of the Supreme Court. Since then, the number of diseases from which we suffer has increased by leaps and bounds, and the health of our nation has continually declined.

- V. Earl Irons

(Ed. Note: This book is available for \$2.00 from The National Health Federation, P.O. Box 688, Monrovia, Calif., 91016).

sical Education, UC Davis (916) 752-0511.

Charles and Jon Garfield, Ph.D. and M.A., will conduct a workshop from 9 to 6 April 5 and 6 in the Redwood Room, Mini-center, UCDCampus—a course “designed to deepen our understanding of death-related feelings, fantasies, thoughts and actions.” Through group discussion, psychodrama, guided fantasy, cross-cultural themes and case histories students will “explore the meanings, attitudes, fears and deaths we bring to the issues of living and dying.” Also considered are the social relationships of dying persons and the kinds of human contact the dying experience in hospitals and other social settings. A \$35 non-credit fee has been set. The Garfields have had extensive experience in this field and have

lectured and written extensively about this once-taboo subject.

The “Women and Alcoholism” course led by Elisabeth Bower, M.S.N., clinical instructor in nursing, Department of Psychiatry, Sacramento Medical Center, explores the drinking patterns of women in the U.S. Ten sessions will be held Wednesday nights April 2-June 4.

SACCHARIN CREEPING IN

Food and Drug officials charge that some nationwide food processors are illegally adding saccharin to foods to cut the soaring costs of sugar. One batch of illegally-sweetened soft drinks was seized in Buffalo, N.Y. Carefully regulated by federal law, saccharin is a nonnutritive chemical under study as a possible health hazard.

Your Invitation To Join THE NATIONAL HEALTH FEDERATION

Name (Print) _____
Street _____
City _____ State _____ Zip _____

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.

New subscription. Renewal subscription.

I wish to become a SUSTAINING MEMBER and am enclosing \$_____ (minimum fee, \$25.00) as membership dues for the current year. \$1.50 of which is for a subscription to the BULLETIN.

I wish to become a LIFE MEMBER and will pay the sum of \$_____ each month until the sum of \$100.00 is reached.

I wish to become a PERPETUAL MEMBER (\$1,000.00 payable in cash or convenient terms).

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

Enclosed is a donation of \$_____ for the NHF Legal Defense Fund.

Enclosed is a donation of \$_____ to be used for _____

I wish to pledge \$_____ per month/ per quarter/ per year (check which applicable) in support of NHF.

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

Charles I. Crecelius — President and Executive Head of the Federation.
Address: P.O. Box 688, Monrovia, California 91016.

Betty Lee Morales — Secretary

Dorothy B. Hart — Vice-President

Kurt W. Donsbach — Chairman of the Board of Governors and Executive Assistant to the President.
Address: P.O. Box 688, Monrovia, California 91016

V. Earl Irons — Vice Chairman of the Board of Governors

PAID FEDERATION STAFF AND THEIR FIELDS OF ACTIVITY

Clinton R. Miller — Vice President in charge of the Washington Office, which includes Legislation and Regulations.
Address: 4620 Lee Highway
Arlington, Virginia 22207
Phone: (703) 525-3014

R. A. Laurye — Business Administrator
Address: P.O. Box 688, Monrovia, California 91016. Phone: (213) 358-1155

John Yiamouyiannis, Ph.D. — Science Director
Address: P.O. Box 688, Monrovia, California 91016
Phone: (213) 358-1155

Convention Bureau — Plans and coordinates all convention activities.
Address: P.O. Box 688, Monrovia, California 91016
Phone: (213) 358-1155

Don C. Matchan — Editor of
NHF Bulletin.

Opinions expressed in The Bulletin are those of the writers of the articles and are not necessarily the opinion of the National Health Federation.

NATIONAL HEALTH FEDERATION
P.O. Box 688
212 West Foothill Boulevard
MONROVIA, CALIFORNIA 91016

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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.

UPCOMING NHF CONVENTIONS

Southwest — March 8-9

Ramada Inn East — Phoenix

Pacific Islands — April 26-27

Kaimana Beach Hotel — Honolulu

Southern California — May 17-18

El Cortez Hotel — San Diego

HELP SAVE OUR HEALTH FREEDOMS