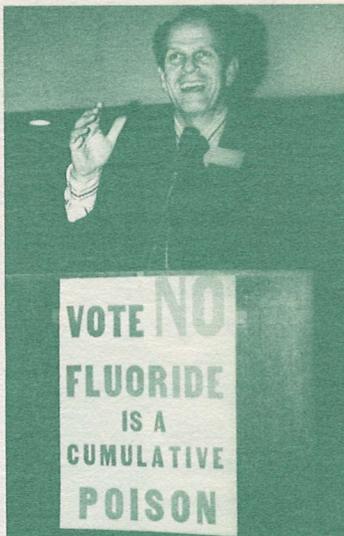


National Health Federation BULLETIN

MAY, 1975

35c



NHF Legislative Advocate Clinton R. Miller was in rare form as emcee of the rally in mid-March which opened the campaign to defeat fluoridation in Los Angeles. Story on page 14.

FDA DROPS EFFORT TO
CALL VITAMINS DRUGS

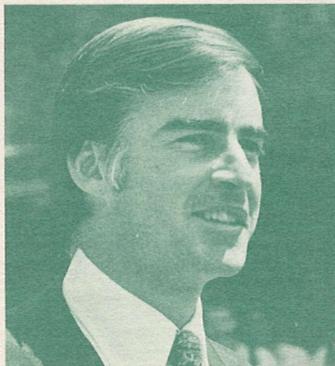


NHF BLAMED IN DEFEAT
OF MAINE CONGRESSMAN



MANDATORY FLUORIDE
BILL DIES IN KANSAS

Briefed on Fluoridation, Gov. Brown Unimpressed with Names, Wants 'Facts'



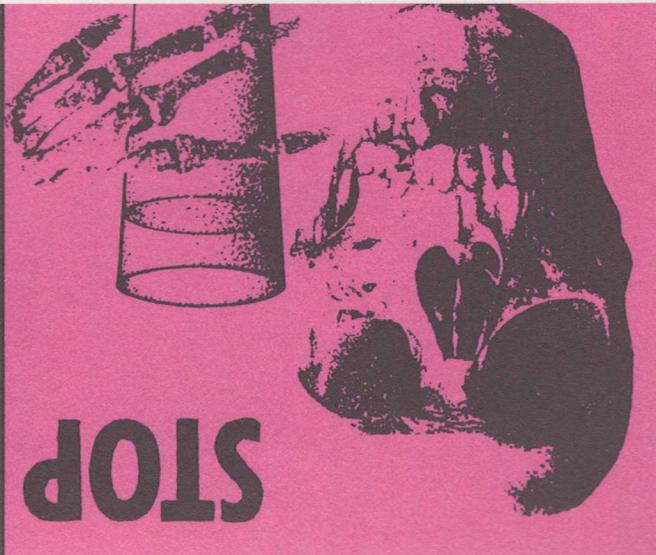
'I want facts,' Governor Edmund G. 'Jerry' Brown told participants in a Feb. 26 fluoridation session in Sacramento. Earlier the same day, following a breakfast hosted by the governor for Republican leaders, Senator H. L. Richardson said of Mr. Brown: 'You can't help but applaud him. Instead of just talking to the top one or two levels of bureaucrats in his office, he's going over to the agencies and poking around. He's really shaking them up, rattling some cages. He's running the bureaucracy rather than letting it run him ...'

Dedicated to the Protection of Health Freedoms

A PUBLIC SERVICE OF NATIONAL HEALTH FEDERATION 358-1155

FLUORIDATION
Vote
NO on F

STOP



NHF's all-out effort to keep fluoride out of Los Angeles drinking water involves use of billboards. This is artwork for one of the boards. If you think it's effective — and would like to help — why not fund one — alone or in a group — at \$300 each? The basic artwork will be available from NHF, Monrovia, at minimal cost, in future, for other communities faced with a fluoridation fight.

THE
NATIONAL HEALTH FEDERATION
BULLETIN

Protection of Health Freedoms

Published Monthly

Volume XXI — Number 5

May 1975

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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.

National Health Federation Bulletin, published monthly January through December, except July-August which are combined, at 212 West Foothill Boulevard, Monrovia, California 91016, by National Health Federation, a nonprofit corporation. Don C. Matchan, Editor. \$1.50 of the annual membership dues is paid as a yearly subscription to the National Health Federation Bulletin. Single copies, 35 cents. Second-class postage paid at Monrovia, California 91016.

Proxmire Bill Is Still NHF Goal

With the March 9 announcement that the U.S. Food and Drug Administration has "dropped" its effort to classify high-potency vitamins and minerals as drugs, will the National Health Federation suspend its efforts to enact legislation permanently preventing the agency from ever making another bid to regulate food supplements as drugs?

The answer is an unequivocal "no."

And the reasons for pursuing the campaign in Congress to settle the issue once and for all are outlined here by NHF Legislative Advocate Clinton R. Miller who, following consultation with NHF President Charles I. Creelius, declared, "The Proxmire bill is needed more today than ever."

Mr. Miller's evaluation of the FDA "turnaround" — revealed in a speech by Food and Drug Administration Attorney Jay Geller during the Stanford Day College on Nutrition and Health—and the reason it is imperative to write into law this restraint on the agency, follow:

"Millions of health-minded Americans rejoiced when the U.S. Food and Drug Administration on March 9 announced it was dropping its 12-year effort to classify most vitamin-mineral potencies and combinations as drugs.

"Cheer, of course, but don't

'Cheers May Be Premature' — Miller

FDA Drops Effort to Place Vitamins Under Drug Rules

cheer too loud or too long.

"FDA has made only one major change it was not required to make by the 2nd District Court: Single vitamins and minerals . . . will be allowed to remain available in any potency which does not pose a risk of toxicity."

"Thus, a dietary supplement of Vitamin C or B6 will be freely available in amounts many times the U.S. Recommended Daily Allowance. *FDA still intends to severely dictate and restrict the variety and potency of vitamins by:*

1. Setting unreasonable standards of identity.
2. Strictly enforcing a list of prohibited claims.
3. Making most multiple vitamin potencies illegal.
4. Outlawing most vitamin-mineral combinations.
5. Continuing its attempt to outlaw bioflavonoids and similar substances from multivitamins by calling them 'worthless' preparations, while allowing them to be sold singly.
6. By requiring certain vitamins and minerals mandatory in multivitamin products, even though not wanted by the consumer.

'SOFTEN AND CONFUSE'

"In short, there is reason to believe FDA hopes to soften and confuse consumer opposition to the major portions of its regulations

California Governor Asks For Facts on Fluoridation

Although it certainly is no sure bet that Senate Bill 211 calling for mandatory fluoridation of water supplies in California will make it through the legislature, if this should happen there is at least an even chance it will be vetoed by Governor Edmund G. "Jerry" Brown.

Governor Brown may be the first chief executive of any of the 50 states to sit down with specialists on each side of the issue to hear by appearing to give major concessions.

"The Proxmire bill is needed more today than ever. NHF members and friends will continue to push for its enactment.

"In the meantime, FDA will reopen the hearing as directed by the court to allow Dr. Miles Robinson to continue his cross-examination of the AMA witness he was improperly curtailed from questioning at the 1968 and 1970 hearings."

DR. ROBINSON IRED

Dr. Robinson was quoted by *Food Chemical News* (March 17) as having taken "sharp issue with newspaper coverage of the U.S. Supreme Court's refusal to grant certiorari on the vitamin-mineral case."

He wrote the *Washington Star-News* that "the FDA is up to its old tricks of deceiving the public in

arguments for and against fluoridation, to ask questions, to try to dig out facts.

This happened last February 26 in Sacramento. For two hours the governor and two top aides, Secretary of Health Mario Obledo and Interim Director Robert L. Gnaizda took part in a discussion which included Water Engineer Glen E. Browning, Assistant Chief of the Water Sanitation Section, a panel

(Please turn the page)

nutritional matters," and said its article "was well-calculated to discourage all opponents and convince the public the battle is over."

"FDA tries to win in the press and in rigged hearings what it fears it could not win in an honest scientific forum," Dr. Robinson's letter charged.

The Supreme Court action (refusing to consider the case and returning it to the Second Circuit Court) "leaves FDA just as thoroughly on the hook as before," Dr. Robinson wrote, adding that FDA must revise the regulations and reopen the hearing. "All this legal business . . . would be unnecessary if FDA were interested in conducting public hearings in a really scientific and judicial manner, untainted by the machinations of powerful parties in the fields of food, drug and medicine."

of five arguing for fluoridation, led by Gerald L. Vale, D.D.S., U.S.C. Medical Center, and six opposing fluoridation whose presentations were coordinated by NHF Science Director John Yiamouyiannis, Ph.D.

The result as viewed by Dr. Yiamouyiannis was "all to the good. Governor Brown is looking for facts, he is not impressed with flim-flam. He assured us he will welcome future relevant input. His office is not closed to us."

As reported by the *Sacramento Bee*, "The debate for which Brown served as moderator and chief questioner, was set up by the governor, he said, to teach him something about preventive dentistry."

Likewise, the *Sacramento Union* quoted the governor as noting that a fluoridation bill is pending in the Legislature, and "I would like to make a decision in due course if such is required. But first I want to be briefed by both sides."

"I want a program that's going to be real. I am trying to figure out a way in a short time-frame in which all human beings, starting right in California, can receive the kind of attention and assistance that the economy and the technology will permit . . . I guess my problem is I don't know whether fluoride helps protect dentists, helps protect children, or postpones the day of reckoning when we try and come to an understanding (of the problem)."

'EXPEDIENT?'

He suggested that fluoridation might be an "expedient" answer to dental problems that may keep

people "from confronting the hard issues — a semi-solution that prolongs the day of reckoning when society acknowledges that children are not getting proper dental care."

At one point he got several dentists to agree that advertisement of sugary snacks, including the leading soft drink, should be banned. He also said there is no sales tax on candy in California because it is classed as a food. Opponents of fluoridation had said tooth decay can best be cut by reducing the amount of sugar in the diet.

Fluoridation was described by Dr. Vale as "the cheapest, the best-studied and the safest" way to prevent tooth decay.

"Those are just words," the governor replied. "The bottom line is, there's a problem and there's an array of ways by which we can solve the problem. The question is money, technology, and values. You put them all on the table and then reflect on them and then you make a decision."

Dr. Vale said he had a list of organizations that recommend fluoridation, but the governor was not interested. "Those are like recommendations for appointments," he said. "To pyramid one pedigree and one associational aura on top of another doesn't add to the deposit of truth. It merely diffuses the issue somewhat."

LOOKING FOR FACTS

"Over and over," said the *Sacramento Bee's* Steve Duscha, "Governor Brown asked for facts, figures and reports. He took notes himself on a yellow tablet. And he wondered several times why flu-

oride could not be given to children through baby-food rather than drinking water which gives it to adults and teenagers who it was said get little benefit from additional fluoride. "There's an eight-year period during which for a limited group of people fluoride is very helpful," he said. "You can fluoridate all the water or maybe you can try something else like dietary supplements. It might be possible to have milk fluoridated or to put it in granola or salt or baby-food."

"At another point Mr. Brown offered his theory of how bureaucrats sometimes solve complicated problems like fluoridation: 'If you have a technical program involving experts studying and evaluating on one hand, and if you have an obvious problem on the other that has no painless solution, the attractiveness to the first (solution) is very high.'"

The governor spent that entire day, according to the *Bee*, in the Department of Health offices. "He said he wanted to find out how the department functions and what its thousands of employees do. He spent part of the day going through the director's mail and sifting through the department's budget and organization charts. He said he was tracing a memorandum sent by an employee at the bottom of the organization chart to the director to see what path it actually followed."

Dr. Vale, director of the Los Angeles County dental health programs, told the governor tests have shown "time and again during the past 30 years that tooth-decay can

be cut 60% if drinking water contains one part per million fluoride. I think the dental benefits are so well documented that they cannot be challenged."

'TESTS DISTORTED'

Dr. Yiamouyiannis told the governor that increasing fluoridation, now reaching 90 million to 100 million persons, "has not stopped the steady rise in tooth-decay in the nation." He said persons in non-fluoridated areas often receive the recommended amount of fluoride by consuming food and drink prepared in areas where water is fluoridated.

"Tests showing fluoridation effective," he said, "are distorted by differing ways of counting cavities and by fluoride's ability to delay the growth of teeth." He pointed out that studies have linked fluoride with gastrointestinal disorders, cancer, chromosome damage, allergies and kidney damage. He also said fluoride neutralizes Vitamin C, a vital substance the human body cannot produce by itself.

Representing the profluoridation position were Joel Boriskin, D.D.S., Oakland; Harold Olcott, Ph.D., El Macero, Ca.; Maxine Sehring, M.D., Walnut Creek; Zack Stadt, D.D.S., Lafayette; and Dr. Vale. Spokesmen for the anti-fluoridation position besides Dr. Yiamouyiannis were Dr. Edward Arana, D.D.S., Carmel; John Lee, M.D., Mill Valley; Q. Nickels, D.C., Davis; John Vann, D.D.S., Laguna Hills; and Wynn Westover, Sausalito. Granville Knight, M.D., Santa Barbara, presented material by telephone earlier.

With the Editor . . .

A Governor Who Listens . . .

Californians are learning — to their delight — that they have a governor who listens. And who doesn't hesitate to question and to challenge establishment positions. He isn't satisfied to be told a program or a position exists because someone issued a directive years ago that "this is the way we do it." He wants facts, not breezy talk or name-dropping.

Within six weeks after taking office, Governor Edmund G. "Jerry" Brown, Jr., was establishing a reputation as a fact-finder. He startled the University establishment when his budget failed to include all the dollars requested. He "shook up" law-enforcement officials when he told them the state would not be a party to release of federal monies for "crime prevention" simply because the dollars were available — he wants to know how the money can be used more effectively to make our streets safer.

And when Governor Brown called a meeting in Sacramento Feb. 26 to discuss fluoridation, he insisted on asking the same type of searching questions.

NHF Science Director John Yiamouyiannis was elated at the young executive's refusal to be influenced by the usual assurances "the best people are for fluoridation." When a pro-fluoridation spokesman started to list individuals and organizations favoring fluoridation, the governor cut him off, saying he wasn't interested in hearing that, "I want facts."

Some of the individuals on hand to offer facts about the hazards of fluoride had come long distances, and as specialists they presented facts. He listened, questioned. And after the session was over the Health Department was instructed to write thank-you letters to those people.

This is the first time a California governor has taken the time to sit down in a room with specialists on fluoridation and to give his undivided attention to the arguments, *pro and con*.

It took political courage for the governor to involve himself in a Departmental "sacred cow" such as fluoridation. It took "guts" to expose himself to the "fluoridation kooks" as we're dubbed. (But he did learn that if the "antifluoridationists" are "kooks," at least they state the case with precision, basing their position on scientific data, not name-calling.

It is premature to speculate as to what may happen to S.B. 211, a bill which would bring mandatory fluoridation to all the state's water systems. But the governor has demonstrated that this legislation, if it reaches his desk, will receive an exhaustive review. The February meeting revealed that Governor Brown has no intention of being cowed by "big names," nor will he be victim of a "snow job" by establishment personalities. He is assembling facts, he will sort out what appears relevant

and essential, and on that basis will come the decision — if the issue reaches him.

We suggest that if Senator Tony Beilenson, author of S.B. 211, had sat in on that meeting in February, he might conceivably have had his eyes opened — that he might even have concluded the bill doesn't look as good as it did when it was introduced — without benefit of the scientific data the governor received.

As a matter of fact — it's not too late, Senator Beilenson, to withdraw that bill, or at least to quietly pass the word you won't be disappointed if it doesn't get out of Committee. How about it?

'Dull Clods' Or Just Too Rigid?

"Food Fads Fool" was the theme of the American Dietetic Association's National Nutrition Week this year. A poster depicted a charlatan "medicine man" peddling "elixirs." Bumper stickers, placemats, table tents, fliers and booklets also were used to promote the idea that "adhering to food fads can be a foolish and dangerous practice," wrote Dietitian Marsha Bragg, of the Northeast Indiana Dietetic Association.

The Dietetic Association follows vitamin-intake guidelines established by the Food and Nutrition Board of the National Research Council — which recommends for example a daily quota of 45 milligrams of Vitamin C. Organically-grown food is poohpoohed.

Dr. Phillip White, secretary of the American Medical Association's Council on Foods and Nutrition, has said "the problem facing dietitians, nutritionists and physicians is that of educating the public . . . a lot of fat-diet promoters are highly-colorful people who make appealing talk-show guests. We scientific types, by contrast, are pretty dull clods.

Comment to Dr. White: Isn't the problem really one of rigidity, unwillingness to accept new evidence? Isn't the problem one of "professional jealousy, pride?"

Suggestion: Why waste time name-calling? Why downgrade the valuable work of other nutritionists such as the late Adelle Davis, Carlton Fredericks, Linda Clark, Catharyn Elwood, while defending the processed-food-industry-oriented Food and Nutrition Board of the National Research Council?

"Orthodox" dietitians appear to resent the challenge to their leadership. Ms. Bragg is not alone in beating the drums for nutritional status quo. The Extension Service has people who actually urge communities to add fluoride to water!

Much more constructive than denigrating the "new nutrition" concept, would be examination of some of the work of professionals like Dr. Roger Williams of Texas, in truth a scientist, searching for new evidence, willing to accept clinical data no matter how it might differ from the "pat" recommendations of stuffy professionals who find it more comfortable to hang onto the past than meet the challenges of more recent discoveries in nutrition.

Maine Congressman Blames NHFers for Election Defeat

In an affidavit, NHF Legislative Advocate Clinton R. Miller has responded to charges of "unfair and fraudulent campaign practices" leveled against him last December by Congressman Peter N. Kyros of Maine, defeated in a bid for reelection in a contest which gave his opponent, David F. Emery, a 370-vote lead. Emery was seated in January.

Kyros had been in Congress 10 years and was expected to win the 1974 election by a large margin. His defeat was an "upset," preceded by these events: In February 1974 Kyros, a member of the House Public Health Subcommittee, threw his support behind legislation which would prevent the Food and Drug Administration from finalizing regulations classifying safe vitamin and mineral supplements as drugs rather than food. At that time he said he viewed the issue as "freedom of choice," and filed a bill similar to the Hosmer bill "after it became evident it was not going to be reported" from the subcommittee after a week of hearings late in 1973.

Then in August 1974 Mr. Kyros withdrew his support from his February bill and introduced what he termed a compromise bill, terming it "a reasonable balance between the consumer's right to purchase safe food supplements in any po-

tency and combination, with the government's responsibility to ensure that these products are properly promoted."

The National Health Federation, National Nutritional Foods Association and Federated Homemakers maintain the new bill was written in conjunction with FDA's Peter B. Hutt and would give FDA new power to harass and close down segments of the health and food industry.

Toward the end of October last year Mr. Miller invited Congressman Kyros and Candidate Emery to discuss and debate the issues, which included according to Mr. Miller, not only the changed position of Mr. Kyros on the legislation, but a \$5,000 contribution from medical sources including the American Medical Association, and use (or misuse) of the franking privilege to mail letters to 4,000 Maine voters explaining the switch in position.

Mr. Miller and Dr. Carlton Fredericks went to Maine to explain their position to voters, "not," says Mr. Miller, "to defeat Mr. Kyros, but to tell people what was happening."

Perhaps the story can best be told in the affidavits filed by the two men - Congressman Kyros' with the House Committee on Elections, and Mr. Miller's "for

whatever use may be appropriate as to the contest between Mr. Emery and Mr. Kyros."

KYROS AFFIDAVIT

The Kyros affidavit accuses Mr. Miller of "conspiring" with the contestee (Mr. Emery), and his campaign manager, George Smith, in early October 1974, and alleges that he agreed to go to the First Congressional District in Maine (represented then by Mr. Kyros), to attack the congressman in the campaign. And, he charges, Mr. Miller "publicly stated his intention to go to Maine to defeat the contestee (Mr. Kyros)."

"Using National Health Federation monies in violation of the criminal provisions of the Federal Election Campaign Act of 1971, said Miller did travel to Portland, Maine, and did pay \$1,500 or more to Carlton Fredericks, an alleged nutritionist, in consideration for Fredericks' political campaign activities against contestant."

The affidavit alleges that Mr. Emery's campaign prior to October 25 "consisted largely of spurious charges that the contestant had accepted 'special-interest contributions' and had abused the franking privilege."

PRESS CONFERENCE

Then on October 25 Mr. Miller "appeared with Carlton Fredericks" at the Emery headquarters in Portland where a press conference had been arranged "by contestee and his campaign manager, George Smith."

Continuing, the affidavit charges: "Miller and Fredericks in the presence of Smith then stated the

following to the press:

"(a) That contestant (Kyros) had accepted a \$5,000 campaign contribution from the American Medical Association and then switched his vote as a result thereof on a certain vitamin bill to the position supported by the American Medical Association.

"(b) That contestant would be presented with an 'anti-consumer award' consisting of a plaque as more fully-described in the attached exhibits.

"(c) That contestant accepted 'special-interest contributions' while contestee had steadfastly refused such contributions.

"(d) That contestee (Emery) would have favored the legislation sponsored by the National Health Federation lobbyists."

These allegations, said the affidavit, "received wide newspaper coverage" in the district, including two television interviews containing libelous and damaging allegations." The evening of October 25, continues the Kyros affidavit, Mr. Emery and Mr. Smith "appeared at meetings with Mr. Miller and Dr. Fredericks where they met voters and attacked the contestant in the same vein.

"Except for the involvement of the contestee and his campaign manager, it is doubtful that Miller and Fredericks would have made their trips to Maine, and if they did, they would not have been able to receive the wide media coverage, and the damaging effect of their allegations and innuendos would not have occurred."

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SAYS EMERY KNEW

Mr. Emery was aware, the affidavit charges, that "statements made by Miller and Fredericks were false and misleading, and he participated in the conspiracy to publish these false and misleading statements in reckless disregard of the truth, for purposes of misleading voters and obtaining votes which contestee otherwise would not have been able to obtain.

"By receiving the assistance of these paid lobbyists, contestee was receiving a contribution in kind. The widespread media coverage in the district of these false and misleading statements issued by Miller and Fredericks . . . had a considerable effect on many voters, resulting in contestee receiving many votes he otherwise would not have obtained except for this fraudulent conduct. The resulting change of votes by many voters had a substantial and significant effect on the outcome of the election which the contestant otherwise would have won by a clear margin. After the election, Miller, in fact, boasted publicly that he had 'defeated Kyros.' . . .

"Wherefore," the affidavit concludes, "contestant respectfully prays that the United States House of Representatives review the disputed ballots and review the charge of unfair and fraudulent campaign practices and declare the contestant winner in the election, or grant such other relief as is fair and just."

MILLER AFFIDAVIT

After identifying himself as Legislative Advocate and Vice Presi-

dent in charge of the Washington office of National Health Federation - a post he has held since 1962 - Mr. Miller's affidavit explains that NHF "is a national non-profit organization with a membership of thousands of individuals organized to fight for freedom of choice in matters of health where the exercise of that freedom does not endanger the health or safety of others."

His duties are described as "(a) to analyze and report to members on health legislation and federal agency activities in the health area; (b) to lobby for and against health bills in Congress, and regulations in which the Federation is interested, and (c) to give the widest possible media coverage to the voting records of Members of Congress on health legislation."

NHF ROLE IN VITAMIN BATTLE

Since 1962, the affidavit continues, "a top priority of the Federation has been opposition to proposed vitamin regulations by the Food and Drug Administration (FDA). For eight years we have supported legislation which would prohibit FDA from regulating food supplements, including vitamins and minerals, as dangerous prescription-only drugs as proposed by FDA at the urging of the American Medical Association (A.M.A.). In September 1974 the Senate passed the Proxmire bill (S. 2801) by a vote of 81-10. It was strongly supported by the Federation. The bill would prevent FDA from classifying, then regulating safe vitamins as dangerous drugs. In the House a similar bill (H.R. 13016) was in-

troduced by Peter Kyros Feb. 12, 1974.

"On August 7, 1974, Mr. Kyros introduced a new bill (H.R. 16317) which had been drafted with the assistance of FDA itself and which was diametrically in conflict with his original bill. On behalf of the Federation and in consultation with counsel, I prepared to send to Members of the House a form-letter opposing H.R. 16317. I began to inform all members of the Federation and the public at large, including but not limited to our members and the public in Maine, of the drastic switch in Mr. Kyros' position from H.R. 13016 to H.R. 16317. I contacted key Federation members in Augusta and Portland to arrange public meetings hosted by our membership in Maine. I then invited Mr. Kyros and his opponent, Mr. Emery, to appear at the meetings to debate and discuss the merits of the opposing bills. My invitation to Mr. Kyros was by letter, and to Mr. Emery by a phone call to his campaign manager, George Smith. Both candidates accepted the invitation. Mr. Kyros sent a representative to the meetings and Mr. Emery appeared in person.

"After arriving in Augusta on October 24, I had dinner with Mr. Smith to acquaint him with my plans for the meetings and a press conference. Dr. Carlton Fredericks, internationally-known nutritionist, and author and faculty member at Fairleigh-Dickinson University, arrived later that evening by prior arrangement with me. He is under contract with the Fed-

eration to deliver a series of lectures on nutrition as it relates to FDA regulations and health legislation, including the Proxmire bill and the Kyros bills. Dr. Fredericks received nothing by way of special compensation in connection with the trip."

DR. FREDERICKS' CREDENTIALS

Mr. Miller's affidavit takes issue with Mr. Kyros' description of Dr. Fredericks as "an alleged nutritionist," asserting, "Dr. Fredericks has taught basic or advanced nutrition at five colleges, two universities, and for a number of medical and dental societies. He has long been committed to support of the Proxmire-Hosmer bills. Considering these bills essential to protection of the public against abuse by the FDA of its considerable powers, he considered the second Kyros bill (H.R. 16317) to be a subversion of the expressed desires of American consumers. For this reason, he accepted a retainer from the National Health Federation, signing a contract committing himself to delivery of a series of public lectures, accompanied by appearances in the mass media on the subject of the Proxmire-Hosmer bills, and later the Kyros versions. Among some 40 such public appearances Dr. Fredericks has made under his contract in 1974, several occurred in Maine. The timing was without reference to the election - in fact, Dr. Fredericks did not know the identity of Mr. Kyros' opponent until he arrived in Maine. Moreover, he specifically disclaimed, in a TV appearance in Maine, any in-

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terest in local politics or in the outcome of the election, clearly indicating he was there to educate Maine consumers in the differences between the Proxmire-Hosmer bills and the Kyros distortion of them. The large majority of lectures given by Dr. Fredericks did not coincide with local elections. That in Maine they happened to, was a coincidence with no advertent significance.

"At my request, Mr. Smith agreed to furnish a room in Mr. Emery's Portland campaign offices for our press conference the morning of October 25, with the understanding the Federation was not endorsing Mr. Emery, that Mr. Emery was not sponsoring the conference, and that all campaign signs, banners, etc., identifying the location would be removed for the TV cameras, which they were. At the press conference, Dr. Fredericks announced that the Federation would present our first 'anti-consumer award' to Mr. Kyros for his 'switch' from cosponsoring the Proxmire-type bill to the later conflicting bill. Dr. Fredericks truthfully noted that Mr. Kyros had reported receiving a campaign contribution of \$5,000 from A.M.A. subsequent to his introduction of the original consumer bill.

'ANTI-CONSUMER AWARD'

"At the public meetings in Augusta on October 25 and Portland on October 26, Mr. Kyros sent an aide to represent him. Mr. Emery appeared with his campaign manager, Mr. Smith. At the meetings, hosted by the Federation, there were about 60 to 80 persons includ-

ing Federation members, in Augusta, and about 12 persons, including members, in Portland. Speakers were myself, Dr. Fredericks, Mr. Emery, and aides of Mr. Kyros. The anti-consumer award was displayed by me with the opinion being expressed that Mr. Kyros deserved it more than any other man in America. Dr. Fredericks spoke against FDA's bureaucratic policies, expressing the opinion FDA is biased against the health and natural food movement and favors giant monopolistic food-processing interests and the A.M.A. Mr. Emery indicated his basic support of the Proxmire bill. Mr. Kyros' aides read a lengthy prepared statement claiming the Federation had distorted his position and explaining he had changed his mind as a result of mark-up sessions on the bill which revealed what he alleged were 'defects' that he had not been aware of when he initially introduced the Proxmire-type bill. At both meetings Mr. Kyros' aides took far more time reading Mr. Kyros' statement and answering questions than did Mr. Emery.

'MISUSE' OF FRANK CHARGED

"At the Augusta meeting, the misuse of Mr. Kyros' Congressional frank to mail Maine voters his explanation of his switch in positions was brought up, and his aide admitted it was a violation. He claimed it was inadvertent and declared the required postage had been repaid by Mr. Kyros. I was informed this letter was mailed to approximately 4,000 health-minded constituents in Mr. Kyros' district. I believe he somehow secured and

Kennedy Asks Study of 'Irrational, Needless Use' of Prescription Drugs

"The needless and irrational use of prescription drugs" should be examined by academic medical centers as part of health policy research, Senator Edward M. Kennedy told an audience at Yale University Medical Center.

As reported by the *Newsletter* of the American Pharmaceutical Association (Dec. 21, 1974), the senator from Massachusetts was critical of academic medical centers that encourage specialization at the expense of primary care, and suggested "the only realistic way to overcome physician maldistribution" is to require a period of public service for young physicians. "National service," he said, "should

used the *Prevention Magazine* mailing list for the majority of this mailing. Many unanswered questions still exist about Peter Kyros' misuse of the frank in this instance, as he never has made a full and complete detailed public accounting of his reimbursement.

Following the October 25 press conference, Dr. Fredericks and I visited the Portland offices of local newspapers and national wire services, accompanied by George Smith who was present to perform introductions at my request. After the meeting in Portland October 26, Dr. Fredericks and I left Maine and did not return."

'EQUAL TIME'

The affidavit concludes: "In the activities in Maine, Dr. Fredericks

NFA CONVENTION CHANGE
"Unsettled financial conditions" and "the energy crisis" are responsible for changing the site of the 1975 annual convention of Natural Food Associates from Anaheim, Calif., to Shreveport, La., according to Executive Secretary Tom Lavin. It will be held in the convention hall in Shreveport June 18-21.

not be a penalty for having to borrow money to finance a medical education. Medical schools should not be forced to decide who must serve."

Kennedy asked for studies of why hospital beds are overused; of unnecessary use of diagnostic tests; and what he called "the needless and irrational use of prescription drugs."

and I were exercising our First Amendment right of free speech concerning matters of interest to the Federation membership and the public generally. Every effort was made to accord equal opportunity for the concerned parties to make known their conflicting views and opinions, although in exercising such rights of freedom of speech, it would not have been necessary to do so. This affidavit is furnished for whatever use may be appropriate as to the pending contest between Mr. Emery and Mr. Kyros."

(*Ed note: Six days before Mr. Miller was to give a second deposition, Mr. Kyros withdrew the charges against NHF and Mr. Miller. So the "case is closed."*)

Los Angeles Voters Implored to Say 'No!' to Fluoridation Try

To the rallying cry of "Your health depends on this victory — this victory depends upon your help!", approximately 200 Los Angeles "freedom fighters" assembled in an Ambassador Hotel auditorium in mid-March to get the final word on how to win a decisive "once-and-for-all" victory in the political battle to keep fluoride out of the City of Angels' drinking water.

The issue — Proposition F on the ballot — will be decided during an election May 27.

As described by National Health Federation's Science Director John A. Yiamouyiannis, Ph.D., the audience was "large, warm, enthusiastic." This spells "receptive" — and was demonstrated time after time throughout the evening as the hand-clapping audience rose to welcome speakers, and to say "thanks" at the close.

Sponsored by the National Health Federation and receiving the active participation of groups such as the Los Angeles Antifluoridation Coalition and People's Lobby, planning was executed by NHF Legislative Advocate Clinton R. Miller who came from Washington for the week, Dr. Yiamouyiannis, and NHF President Charles I. Crecelius.

In his role as master of ceremonies, Mr. Miller summed up the

reason for NHF concern in these words: "This is a national issue, it goes far beyond the borders of Los Angeles. The country is watching what happens here on May 27."

This theme was repeated by several speakers, including Consumer Advocate Ida Honorof who led off the program with a lively attack on Former-Councilman, now Supervisor Edmund D. Edelman and Councilman David Cunningham for their roles in introducing legislation to fluoridate the water supply. She paid tribute in the next breath to Councilman Gilbert W. Lindsay, honored later in the evening in a tumultuous welcome by the audience, and recipient of a "Statesmanship Award" presented by Mr. Crecelius — an honor which also went to three other councilmen, one posthumously: Arthur K. Snyder, John Ferraro, and the late Robert J. Stevenson whose chief legislative aide, Dan C. Woolridge, accepted it. The award is "in grateful recognition for a sincere dedication to the democratic process and basic principles of freedom." It is presented to those whom the Federation considers "a true servant of the people."

Purpose of the rally was twofold: to get the antifluoridation campaign officially under way by providing workers with information and tools (knowledge and lit-

erature) to effectively wage the battle, and to solicit financial help from individuals interested enough to "dig down." Funds will be used for billboards, Mr. Crecelius announced. And that evening four persons wrote \$300 checks for four billboards: John C. Vann, D.D.S., Laguna Hills, who practiced many years in the San Fernando Valley and has been an outspoken foe of the practice of adding fluoride to drinking water; M. M. Lambert, and Gladys and Walter Lindberg of Los Angeles; and the Los Angeles Antifluoridation Coalition.

TELEGRAM TO FORD

The rally was the occasion also to reveal contents of a telegram sent March 12 to President Gerald Ford urging "swift action to discontinue fluoridation until a complete investigation clears up the fluoridation-cancer relationship." The telegram (copies of which are available in a form-letter from NHF, Monrovia) follows: "The National Health Federation has just released a study which indicates a possible relationship between fluoridation of public water supplies and cancer death-rate. A copy is being mailed. The evidence seems to indicate we have promoted fluoridation in the United States without knowing all the facts. We urge swift action on your part to discontinue all fluoridation until a complete investigation clears up the fluoridation-cancer relationship. Existing alternatives will allow citizens who wish to continue their fluoride consumption, but allow freedom to and

protect those already aware of the fluoridation-cancer relationship."

DATA CORRECTION NOTED

(Ed. Note: The report referred to here, compiled by Dr. Yiamouyiannis titled "Cancer Death Rate Highest in Fluoridated Cities," has been revised to correct an error in which it was reported that the city of Houston had a cancer death rate 27% below the national average. The revised data reports that the cancer death rate for Houston is 8% higher than the national average. Said Dr. Yiamouyiannis: "The confusion arose when data for Houston county (with a cancer death rate of 27% below the national average) was reported as the cancer death rate for the city of Houston. Houston is in Harris county. The National Health Federation would like to thank officials of the National Cancer Institute of HEW for pointing out this error. Thanks also go to Dr. Gerry Vale of the Los Angeles County USC Medical Center for pointing out that there is some natural fluoridation in Houston." The revised table, reprints of which are available from the NHF Monrovia office, appears on next page.)

AGAINST BEILENSEN BILL

The meeting also launched a drive to squelch Senate Bill 211, introduced in Sacramento by Senator Anthony Beilenson — a measure calling for mandatory fluoridation of drinking water throughout California.

Individuals are asked to "write your state senator opposing this dictatorial bill. Also send a note excusing" (Please turn the page)

pressing opposition to the Beilenson bill to the following members of the Senate Health Committee: Senators Arlen Gregorio, James Whetmore, Ralph Dills, Alex Garcia, Nate Holden, Milton Marks,

George Moscone, Jack Schrade, and Senator Beilenson. Correspondence may be addressed to the senators, State Capitol, Sacramento 95814. Your letters could make the difference."

REVISED TABLE OF PRELIMINARY STUDY

CITY	WATER ¹	CANCER DEATH RATE ²
1. Baltimore	FLUORIDATED	34% HIGHER*
2. Philadelphia	FLUORIDATED	27% HIGHER
3. New York	FLUORIDATED	24% HIGHER
4. Cleveland	FLUORIDATED	22% HIGHER
5. Detroit	FLUORIDATED	20% HIGHER
6. Chicago	FLUORIDATED	18% HIGHER
7. Houston	NONFLUORIDATED	8% HIGHER
8. Los Angeles	NONFLUORIDATED	0% AVERAGE

*Cancer death-rate of white males as compared with national average

¹from "Fluoridation Census, 1969", U.S. Government Printing Office 1970 0-380-791, Division of Dental Health, Bethesda, Md., 1970.

²from "U.S. Cancer Mortality by County: 1950-1969", DHEW Publication No. (NIH) 74-615. National Cancer Institute, Bethesda, Md., 1974. Dates cities were fluoridated are 1952, 1954, 1965, 1956, 1967 and 1956, respectively. 1960 census figures used.

One of the speakers at the rally, Ed Koupal, executive director of People's Lobby which led the fight for the successful political reform initiative in November 1974, said he believes Senator Beilenson can be persuaded to "drop this bill. If we speak in a loud enough voice (in the polling booth), Tony Beilenson will get the message, and drop his bill. An overwhelming "no" vote on Proposition F on May 27 will mean that he is confronted with the biggest threat to his political life."

'PEOPLE CAN WIN'

Describing the People's Lobby's victory in the 1974 campaign, Mr. Koupal said, "We won against

legal, it's called piggy-backing. And we need your help in organizing car-pools to take people into precincts to be canvassed. People's Lobby will work with NHF in areas where we're weak. We can go house to house, but we need people to help. That is why NHF has provided forms which you now have in your hands listing ways you can help - with money, with time, with information about clubs and groups where speakers can be sent to explain why we're opposed to fluoridating Los Angeles.

"We have a chance to show that the F in fluoride is going to be one letter that won't be in fluoride any more! This is America. Votes do count. The majority prevails. It is up to us to get people out and to get those friendly to our point of view to vote on May 27!"

Mr. Koupal suggested that rather than becoming involved in arguments over technology and chemistry, "we talk freedom-of-choice. When people ask me why I'm against adding fluoride to water I tell them it's a matter of freedom of choice - I should have the right to determine what goes into my body. I simply say that I'm for pure water, and if adding anything more than chlorine, I want the choice."

LOS ANGELES 'PIVOTAL'

The point that the Los Angeles vote is "pivotal, and national in scope, because of total implications," was expressed also by Ida Honorof: "This is the last bastion. We in Los Angeles cannot allow any more protoplasmic poison to be put into our water. The fate of

the city's drinking water rests on our shoulders - it is up to us to get out and contact organizations and individuals, providing them with material telling why fluoride should not be added to our water, and to insure a massive 'no' vote on Proposition F."

NATURE OF OPPOSITION

An opponent of fluoridation for 27 years, Sheridan B. Manasen, San Marino, described "the nature of the opposition you'll meet: the official line of the Dental Society as outlined in a letter from the Association is that 'this is not a debatable issue, that it is scientifically proved as undeniably safe, totally efficacious. There is no scientific question of the wisdom of fluoridation.' Of course they cannot afford to debate the issue, nor to acknowledge that there is in fact much disagreement in scientific circles about efficacy as well as safety."

Dr. Manasen suggested that rather than becoming involved in trying to argue the biochemical aspects of fluoridation, people opposing it "demonstrate to your friends that there is definite scientific question as to its efficacy. Tell your friends that not all doctors agree on this issue, and since this is the case, 'doesn't it seem wisest to not go for something that doctors themselves can't agree on?'" He added that one toothbrush manufacturer is offering "a deal to dentists - with the purchase of \$15 worth of brushes, the company will turn over \$5 to the profluoridation campaign."

(Please turn the page)

YIAMOUIYANNIS PRAISED

Introduced by Mr. Miller as "a truly great young man who already has qualified himself for a Nobel prize—the preliminary study showing a relationship between fluoride and cancer, an issue that will be debated world-wide and that will I believe reverse the trend" — Dr. Yiamouyiannis told of his dismissal as an editor of *Chemical Abstracts* because he refused to remain silent on the fluoridation issue. He said his employer "was contacted by HEW," and that he then was advised that "if you ever speak or write on fluoridation again, you're fired." He did, and he was — a circumstance for which *Chemical Abstracts* received the plaudits of Mr. Crecelius who said "if it hadn't happened, Dr. Y. wouldn't be with us now."

Dr. Yiamouyiannis cited figures showing that despite the fact its population drinks fluoridated water, "Baltimore has one of the highest tooth-decay rates in the country, and one of the highest cancer death-rates. Why?" He said "a 'no' vote on Proposition F means you're voting for freedom of choice, and for safer water."

Representing the Libertarian Party, Michael Morrison told the audience his organization "wholeheartedly supports this campaign. Every individual has the right to make decisions affecting his own life, and those who want to add fluoride to water are saying, in effect, that we are too stupid to decide for ourselves what should be done with our own bodies."

GLADYS CALDWELL TALKS

Gladys Caldwell, whose book, "Fluoridation and Truth Decay" was sold at the rally, described incidents uncovered during "30,000 hours of research in the area of fluoride." The national fluoridation program is "a result of a sweetheart contract between government and industry," she charged. She accused profluoridationists of "rigging hearings" before the Long Beach City Council, and asserted that "over 20 years ago, Rockefeller and Ford kept fluoridation alive when it had a chance of being stopped. Mr. Ford killed the bill which would have stopped it for good."

COUNCILMAN LINDSAY

Councilman Lindsay, after the ovation accorded him for his position against fluoridation dating back to the early 1960s, said that three times, resolutions or ordinances were introduced to fluoridate the Los Angeles water supply, and each time, as chairman of the Council's Water and Power Committee, he was able to defeat the proposals. In the latest go-around, he said that after the Council had approved an ordinance to fluoridate, he launched "a three-prong attack: One motion would put the issue on the ballot for the people to decide; another would delay Council action for six months to provide time for you to circulate petitions for a referendum; and the last one, a resolution which did not require the signature of the mayor (Thomas Bradley, a fluoridation advocate). We finally squeezed

through a motion to put it on the ballot."

Mr. Lindsay predicts "victory — if we do our job well."

"Or we can sit around, and lose if we stay home, fail to educate people and give them the facts, and if we fail to vote." He said he would "like to lick them 3-1."

He is confident that "if you get the facts to people, we will win big. An attempt by a legislative body to defeat the heart and guts of the Constitution — which is what fluoridation is because it ignores the rights of the individual — will fail every time. We have awakened on this one, we can prove that money doesn't always control the people's will. Make our voices heard, talk good common sense — and we'll win!"

He expressed thanks to the group including Dr. Yiamouyiannis, Ida Honorof, Mr. Crecelius, Thomas Ashton and others for supplying data needed to support his position against fluoridation.

Also receiving approbation from Mr. Crecelius were the Los Angeles *Herald-Examiner* "for two outstanding editorials and for its public-opinion survey of attitudes about fluoridation, and Channels 4 and 7 for filming parts of the rally."

DR. VANN SPEAKS

Dr. Vann spoke briefly, told of experiences with colleagues because of his position against use of fluoride, and said that one time he offered to pay a midwest university \$1,000 for the right to lecture on campus about fluoride. The offer was rejected. He told of

having been invited to speak to a PTA group, the date later cancelled "because we were told you are not an accredited speaker." He said that when talking to patients who ask why he opposes fluoridation, he asks if they "would like strychnine or arsenic in your water. When they protest, 'Of course not,' I point out that fluoride is more poisonous."

AND BETTY LEE MORALES

Final speaker was NHF Board of Governors' Secretary, and popular speaker on many radio and TV programs, Betty Lee Morales. She opened by saying she is "convinced that any substance which inhibits enzyme function contributes to degenerative disease." (And fluoride has been demonstrated to inhibit enzyme function.)

"You have been told fluoride is a necessary mineral in diet. It never has been declared a nutrient by any responsible source. It is not considered a mineral nutrient, it is a toxic substance. And there is more scientific evidence that fluoride causes cancer than there is that it has prevented one single tooth decay."

She told of visiting Hunzaland where "in 900 years, there has never been a case of cancer." An American fertilizer sales team visited the country, tried to introduce the fluoride-laden product into the country, "but failed, thank goodness."

The Los Angeles fluoridation campaign, she said, "is being observed by the whole nation. It is a pivotal election — we can win, we

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Statewide Fluoridation in Kansas Dies in Committee

When a mandatory fluoridation bill is introduced in a state legislature—as is happening in various parts of the country—the place to stop the proposed legislation, if possible, is in Committee, before it reaches the floor.

This is where the death-knell was sounded for such a bill in Kansas in mid-March. A bill calling for statewide fluoridation of water supplies but providing for local option had passed the House 66-57. When up for consideration by the Senate Health and Welfare Committee, however, it died on a voice vote on a motion to kill offered by Senator James Francisco of Mulvane, whose brother in the House also opposed it.

Included in testimony opposing the fluoridation bill was a 6-page statement signed by 10 Lawrence, Kans. scientists: Doctors Albert W.

Burgstahler, chemistry; Edward J. Zeller, geology and physics; Ernest E. Angino, geology; H. Lewis McKinney, history of science; J. Eugene Fox, biochemistry and botany; James D. McChesney, medicinal chemistry; Walter Kollmorgan, geography; Robert Haralick, electrical engineering; Peter M. Hierl, chemistry; and Robert E. Nunley, geography.

The statement, which concluded that the proposed legislation "is neither necessary nor desirable," was introduced with this quote by Dr. Barry Commoner of Washington University, St. Louis, in *Chemical & Engineering News* (Apr. 22, 1974): "The duty of scientists to society is the same as their duty to science—we have the duty to seek and disclose the truth, but more important, to relentlessly pursue the truth."

Phosphate Ban Upheld By Court of Appeals

A federal appeals court has upheld a Chicago ordinance banning will win—if we do our job well."

COALITION NEWSLINE

The Los Angeles Antifluoridation Coalition, 4163 Monroe Street, Los Angeles 90029, has a "Fluoridation Newsline," telephone 213-466-8947, on which recorded messages convey tips on why a "no" vote on F is urged, and how citizens can become involved in the campaign. The Coalition's Chairman Tempore, David Seidman, and Medical Contact Secretary Thomas R. Ashton were introduced.

Those Frayed and Tattered Charges

'Badge of Honor' To Be Tarred By A.M.A. Brush, Says Crecelius

Basing his material on handouts from the American Medical Association, Science Editor Ronald Kotulak used half a page in the Sunday (Jan. 19) edition of the *Chicago Tribune* to repeat the lingo of the A.M.A. on "quackery, worthless diet fads, worthless food supplements, worthless spinal treatments," etc. etc. etc.

The timing was on target—the National Health Federation was holding its annual meeting in Anaheim and there was a chance the four-day program, with its roster of informed speakers which included M.D.s and Ph.D.s just might get some coverage.

The headline read, "Health fads, fraud, cost Americans \$2 billion a year, A.M.A. warns." Ever heard that before? From once to several times a year you hear it—either from the press offices of the hal- lowed American Medical Association or from its handmaidens, the U.S. Food and Drug Administration, or one of the state agencies taking their cues from the federal bureaucracy.

And of course the charges contain the usual diatribe against Laetrile, Krebiozen, the Hoxsey treatment, Koch treatment, with a warning issued against "acupuncture clinics operated by unqualified people to treat all types of ailments." Chiropractic, too, came in for the usual derogatory remarks. And the National Health

Federation is credited with being "the main promoter of health foods, vitamins and minerals for self-diagnosers and self-treaters." The Federation, Mr. Kotulak adds, "is engaged in an intensive campaign to prevent the Food and Drug Administration from regulating health foods, vitamins and minerals."

"To that charge, we plead guilty," smiled NHF President Charles I. Crecelius, who added, "We are proud of our role in the effort to prevent food supplements from being classified as drugs. We intend to continue our mission of retaining the freedom to choose the approach we want to take toward achieving and maintaining health. We know degenerative disease has increased beyond all reason in recent decades, and we know also that as individuals we have the right to choose our own form of therapy. When that right is threatened—and indeed, proscribed as it has been by government regulations tailored to meet the dictates of monopoly medicine—we say it is not only right, but an obligation to stand up and fight, through an ongoing educational program, and politically. As a matter of fact, so dreary are the A.M.A. charges, so filled with inflammatory verbiage and careless denunciation, that we consider it a badge of honor to be thus singled out."

In NHF Statement by Dilling

FTC Ad Rules Proposal Termed 'Gross Violation of Rights'

A 16-page statement filed with the Federal Trade Commission by Attorney Kirkpatrick W. Dilling in behalf of the National Health Federation asks that the proposed rules to regulate advertising of nutritious foods "be abrogated and not adopted."

The statement says the regulations "would establish a discriminatory scheme which virtually would ban truly informative advertising of nutritious foods, while advertising of other and nonnutritious foods would be unaffected. This would constitute a gross violation of the rights of freedom of communication afforded advertisers and consumers under provisions of the First Amendment . . .

"The regulations treat the science of nutrition as fully developed and established as to ultimate

facts, whereas this science is not fully developed and is the subject of extensive, constant, and ever-changing new developments."

'DISCRIMINATORY'

Exemption of special-formula foods for infants is "discriminatory," continues the NHF statement, "as is the proposal to discriminate against literally thousands of drugless members of the healing art by favoring the medical profession by exempting advertising of products for use by medical doctors."

The statement attacks the FTC staff proposal to "adopt as an 'immutable' standard the U.S. Recommended Daily Allowances as set forth in 21 Code of Federal Regulations. No RDAs ever have been established by anyone for the ma-

Vermont Conference on Child Nutrition

To open "an exchange which will allow mothers, teachers and others working with children to understand the relationship between what children eat and how they function," a conference has been set for June 20-21-22 at Green Mountain Junior College, Poultney, Vt. According to Anne Jones Haas, coordinator, the National Nutrition Education Act introduced by Senator George McGovern will be explained by counsel for the Senate Select Committee on Nutrition and

Human Needs.

The work of Dr. Benjamin Feingold, San Francisco, on the relationship between hyperkinesis and food colorings and additives, will be explored. "For too long, says Ms. Haas, "behavioral and instructional objectives have been put forth as the way to have a child attain a certain level of ability. Food not only lays the foundation for a child's mental ability, but also his willingness to work either physically or mentally."

majority of nutrients known to man and included in everyday diets, including histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan, valine, manganese, selenium, choline, chromium, linoleic acid, arachidonic acid, among others . . . For the FTC to establish what is 'nutritionally significant' is not a subject for resolution by government decree, but a matter of individual nutrition," the NHF statement maintains.

In stipulating that nutrients for which a U.S. RDA has been established are the only ones of nutritional importance, the regulations "ignore the fact there is extreme variability in nutrient content of foods, even of the same type," continues the statement. "Thus, the Vitamin E content of meats may vary by 10-fold, and oranges may contain a 50-1 variability in Vitamin C content."

'ILLEGAL, IMPROPER'

In censoring advertising of foods as being "nourishing," "wholesome," or "nutritious" unless they contain protein plus four nutrients for which RDAs have been established, the Federation notes, "there are hundreds, perhaps thousands of foods which would fail to meet the arbitrary and discriminatory criteria for the proposed section, and yet which would be 'nourishing,' 'wholesome,' 'nutritious' as well. For example, lecithin could not possibly meet the artificial criteria, and yet would be 'nourishing,' 'wholesome,' and 'nutritious,' since it contains approximately 70% essential unsaturated fatty acids

together with large quantities of the vitamin choline, as well as phosphorous (for which an RDA has been established, incidentally). Lecithin, a powerful emulsifier, is desired by thousands. To ban advertising this food . . . would be illegal, improper, and violate rights of advertiser and consumer alike.

"The assimilability of nutrition is equally as important as the nutrient content of a food. For example, unless Vitamin D is present in the diet, calcium is not properly assimilated. Likewise, Vitamins A and E work best together in terms of the nutrition necessary for the body. The proposed regulations in no manner take into account these factors."

OPINIONS DIFFER

The statement further contends that "because there is disagreement on the meaning of such terms as 'natural,' 'organic,' and 'naturally-grown,' or 'organically-grown,' is not a reason to impose censorship. Matters of nutrition are subject to differing opinions."

Another regulation would tie "energy" to the calorie content of food, "whereas many other variable factors affect energy and food energy," contends NHF. "For example, protein is a significant source of food energy and varies considerably in calorie count from 'empty calorie' foods such as soft drinks, candy, white flour, white sugar, which also contain calories, perhaps in greater amounts. But to decree that any statements in an advertisement referring to food energy must be related to the food

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calorie content would establish censorship based upon unsound scientific and unfactual premises.

"Likewise, proposals relating to enhancement of vigor, alertness, energy, strength or endurance also are related to food calorie content and thus equally unscientific and improper. For example, it has been established that wheat-germ oil, employed by athletes, materially enhanced vigor, strength and endurance — a result not based upon the calorie content of wheat germ."

UP TO INDIVIDUAL

Another proposed rule would require that the physician, not the consumer, make the judgment as to the amounts of fat, fatty acid and cholesterol which should be eaten.

"The average medical doctor is not nutritionally informed," says the NHF statement, "and thus in all probability such a doctor may be totally unable to note what items of diet would contain the most desirable fat, fatty acid or cholesterol levels. Furthermore, freedom of choice of every consumer to choose his or her own diet is a vital and cherished right rendered American citizens, and should not be the subject of bureaucratic fiat from Washington or elsewhere."

As to prohibiting use of the term "health food," the NHF statement makes this comment: "The term 'health food' is well understood by the consumer, particularly in comparison with the millions of dollars of 'empty calorie' and nutrition-deficient processed foods sold to the consumer and which in turn are responsible for the malnutrition

noted by the commission itself in material accompanying the proposals.

"Even if there is disagreement among scientists and nutritionists as to the precise definition of a 'health food,' once again it is noted that disagreement in matters of nutrition is not a criterion to be applied for censoring use of the term 'health food.'"

"We submit that the term should not be prohibited in advertising, and that to do so would be a gross violation of freedom of communication guaranteed to advertiser and consumer alike."

TRUE? SO WHAT!

The statement points up the fact, additionally, that the FTC staff makes no provision for permitting truthful, nonmisleading statements. For example, "The distributor of a niacin-containing product might indicate with entire truth that this essential nutrient is known as the 'pellagra-preventive.' He would then be violating the section by stating that niacin is 'adequate or effective for . . . prevention' of the deficiency-disease pellagra. The same holds with an iron-deficiency disease such as anemia — it would be illegal to say a proper intake of iron would remedy the condition."

Finally, the NHF statement expressed agreement with the FTC staff statement that "gross malnutrition exists, in all categories of our society, due to improper choices of foods." But says NHF, "the FTC staff does not say consumption of these 'empty calorie' and nutrition-deficient processed foods is in large measure responsible

Our Readers Write

'Only One Way' To Rid Ecosystem of Cadmium, Nickel: Stop Mining!

Editor:

In your March *Bulletin* you mentioned how hyacinths "gobble up cadmium and nickel," ridding us of these pollutants. Indeed, no matter what is done with the resulting hyacinths, the cadmium and nickel that they have "gobbled up" are not destroyed. You mentioned the possibility of fermentation of hyacinths, however cadmium and nickel are left in the sludge which must be disposed of. In the end, the cadmium and nickel of the hyacinths are dumped back into the ecosystem. The only way to stop the cadmium and nickel problem is to stop mining and start recycling these metals, or return the metals to the earth's crust in an insoluble form.

JOHN YIAMOUIYANNIS, Ph.D.
NHF Science Director

* * *

Editor:

Your work Mr. Houser, is the best ever. I've been going to write for months. Your December *Bulle-*

ble for the situation . . . The Federation submits that 'deception by silence' is the key to the sale of billions of dollars of so-called 'junk foods' each year, and therefore there should be full and fair disclosure by all food advertisers of the lack of nutrition, if such there be, in food offered the public."

MAY, 1975

tin finally prompted me — the Progress Report, articles, and finally the Book Review. I must get those two. Will write Eden Ranch . . . A check for you is enclosed, I've promised it for months . . . If you care to send more extra *Bulletins* (three now) I'll mail them out in packages. I read your article on Arthritis, page 10, December *Bulletin*, with much interest. Enclosed is my own sheet on the same subject, reports covering a period of more than 25 years, continuously, and these only a small fraction of the total of reports received, all pointing up the same factor as your article did — nutrition. Alfalfa is indicated to be the key nutrient, but in later years others are obviously involved. Use my name, or not, as you will, for I do not want this to be considered "advertising."

E. SYMONS

Rocanville Nutritional Research
Rocanville, Saskatchewan

(Ed. NOTE: Mr. Symons made up two rubber stamps, used on his outgoing mail. One — "Do you belong to The National Health Federation? May I send you a Bulletin? They are doing great work." The other — "And Natural Food Associates, Atlanta, Texas 75551. Both worthy of our fullest support. No better work being done anywhere.")

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The Moral Aspect of Fluoridation

By LEE HARDY

(Last in a Series)

(ED. NOTE: The Bulletin is indeed grateful to Lee Hardy for the time and effort which have gone into the series on fluoridation—of which this is the final installment. A "serious student of nutrition" since 1952, Mr. Hardy, who'll be 76 June 14, runs a mile every morning, plays tennis once or twice a week as time permits, and lives a busy life following a long career in music, and administration. A veteran of World Wars I and II, he wound up his "paid" career in New Mexico.

His interest in nutrition triggered examination of "the ideas of all, great or small, known or unknown, to determine the truth and to separate it from the fallacies advanced by some of our nationally-known 'authorities.' If an idea makes sense it deserves consideration, regardless of who proposed it." He has helped friends back to health "after being pronounced hopeless."

He started writing for Natural Food and Farming in 1959, later became a regular contributor to Herald of Health, and what with articles published in The Bulletin, has authored 100 published pieces on nutrition and health. His files on fluoridation are voluminous—the result of a compulsion to "pry into the nature of chemicals to determine whether they have a place within the human system," and he has "warned against ingestion of those which do not." He says he hopes to "continue making known the truth about fluoridation until the preposterous hoax has been relegated universally and irretrievably into the past." To which we can only add, "Amen, Bro. Hardy!"

There is neither sense nor justice in the contention by fluoridationists that those in a fluoridated community who do not wish to drink fluoridated water should buy and

has stated: "Of all the ways to administer fluorine, putting it in the public water supply is the worst. It is the least safe. It is the most wasteful. And it is utterly and completely immoral."¹

It is truthfully contended that fluoridation is completely foreign to the American concept of government—that it is a totalitarian practice which forces people to be treated by a known deadly poison against their wills. The late Jonathan Forman, M.D., said: "Under our Judeo-Christian concepts of ethics no one has the right to experiment upon the body of another . . . German doctors were executed for this crime. Yet we are told by authorities that one of the purposes of adding fluorine at one part per million to the water supply of Newburgh, N. Y., was to determine its safety."² (The fact of harm from fluoridation in Newburgh was pointed out in No. 13 of this series).

Dr. Forman pointed out further that the House of Delegates of the American Medical Association admitted that ". . . fluoridation will do harm to some, but the good will outweigh the bad."² If this is true, proponents cannot possibly have as an objective the good of all persons, since those who wish to use fluoride may do so without forcing it on others.

Apparently there is another reason. F. B. Exner, M.D., Seattle, wrote in 1962, "When fluoridation was defeated in Seattle 10 years ago, we who had opposed it suggested that everyone pitch in and fight tooth decay by legitimate,

voluntary methods—by education as to proper diet, dental hygiene, avoidance of between-meal sweets and voluntary use of fluoride by those who believed in it . . . The fluoridators were not in the least interested in fighting tooth decay. They merely wanted to put fluoride in water."³

What, then, is the reason? Apparently it is the reason suggested in the first articles of this series—finding a way to solve the problem of certain industries of disposing of fluoride waste.

Fluoridation has set a dangerous precedent. If it is possible to force every person in a community to take a drug as dangerous as sodium fluoride by putting it in drinking water to affect dental health, where shall we stop? The door is opened for mass medication of every kind. Political possibilities are unlimited. A Swedish scientist is mentioned by Holgar Hyden of the University of Goteborg, as having discovered a drug which will alter sharply the emotion-controlling substance of an animal's brain, and thus might be used to treat mental illness in human beings. It might be equally an instrument for mass control of minds. "Dr. Hyden asserted that a police-state government with a desire to condition its population might simply add the substance to tap water in an approach much cheaper than other types of brainwashing."⁴

During a series of lectures in Hollywood, Calif., in the late 1950s, Major George Racey Jordan, who had been in charge of the air-

(Please turn the page)

Author Confident We Can Add Half Century to Life-Span

SLOWING DOWN THE AGING PROCESS, by Hans J. Kugler, Ph.D., original paperback, 1973, Pyramid Communications, Inc., 919 Third Avenue, New York 10022, 236 pages. Price \$1.50. Also available in health food stores.

Dr. Kugler prefaces his research with the observation that "despite all the research in human aging, we have merely scratched the surface." However, he continues, it is possible to evaluate some of these results and draw some important conclusions, even if they are not yet 100 percent proven.

Dr. Kugler discusses what happens in the aging process and outlines some important aging factors. He makes special note of four theories which have received strong support from new research. He also looks at other frequently-debated theories. "Estimates by several researchers in the aging field predict that it will soon be

possible to increase our efficiency tremendously and lengthen our average life span by 40 to 50 healthy years."

Basic to any program to increase life expectancy, says Dr. Kugler, are five essential requirements: superior nutrition, a moderate exercise program, no smoking, eliminating major stress factors, and clean air.

Along with the author's own conclusions, the views of six experts in the field of health and aging are also included. And to bring the whole question right down to the reader, there is a four-page, searching questionnaire to help you estimate how high your own risk of premature aging is and your chances of slowing down the aging process.

This is a well-documented, scholarly book — a little heavy reading in places, but for the most part worth the effort.

Popular Nutrition Exhibit

For the fifth consecutive year, the large scientific exhibit of the Price-Pottenger Nutrition Foundation, 2901 Wilshire Blvd., Suite 345, Santa Monica, Ca. 90403, was shown before the annual meeting of the California Dental Association at the Anaheim Convention Center. Manning the display were Fellows and supporters of the Foundation, including Dr. Joseph Connolly, Jr., and Valerie Scudder, Board members; and Maureen Curtis, Carita Connor and Jeanne and Tom Perkins. The exhibit was shown last year, in addition to the CDA, to the Society for Clinical Ecology, Fort Lauderdale, Fla.; American Society of Ophthalmologic and Otolaryngologic Allergy, Dallas; American Nutrition Society, Pasadena; the Eighth Advanced Seminar in Clinical Ecology, Denver; American Academy of Metabology, Miami.

MAY, 1975

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POTTENGER MOVIE UPDATED

The famous catmovie produced by the late Francis Pottenger, M.D., has been updated, thanks to a gift from Valerie Scudder. Robert Pottenger, Jr., M.D., located "talented producers" and helped put the materials together to make, according to the Price-Pottenger Nutrition Foundation, "A film of excellent professional quality."

If we are serious about preserving our society with individual freedoms, citizens must act, and act promptly. Dr. Nichols, quoted previously, sums up the situation: "We must remain a free nation, free in the sense that our forefathers framed in the Constitution and the Bill of Rights. If we lose our freedom, either to a fascist government or to a communist government, all freedom is lost. You will have to eat what the government tells you to eat. Dictatorship, by whatever name it is called, will destroy your chance for survival... It does not matter who the benevolent dictator may be — you, the individual American, cannot decide what you shall eat or drink."

1. Nichols, J. D., "Human Ecology," Natural Food and Farming, Apr. 1961, p. 33.
2. Forman, J., "A Statement on Fluoridation," Natural Food and Farming, Mar. 1961, p. 43.
3. Exner, F. B., "Behind Fluoridation—the Real Issue," Natural Food and Farming, Sept. 1962, p. 8.
4. Wall Street Journal, Jan. 30, 1961, p. 10.
5. Campbell, J. A., "Fluoridation, the Crime of the Century," p. 20.

lift to Russia from Great Falls, Mont., during World War II mentioned that he had noticed considerable amounts of sodium fluoride being shipped. When he inquired of the receiving Russian officer what they used the fluoride for he was told frankly, he said, that they "put it into the drinking water in prisoner-of-war camps, to take away their will to resist." J. A. Campbell, research development engineer, has stated: "This same sodium fluoride that they want to put into drinking water is the stuff they put into the drinking water of lions and tigers that perform at the crack of the whip of the trainer. It dulls their brains and makes them docile."⁵

Fluoridation evidently is not intended for such a purpose. However, we cannot be sure it will not bring about such results. Also it has set a precedent for compulsions upon the individual. The philosophy of fluoridation must be summed up as follows: "Big Brother has decided fluoride is good for young children's teeth. Therefore, you the citizens of this community, whether parents of children or not, are going to pay the cost of giving this drug to all the children. And not only that! Not only will you pay for this drug, but you are going to take it too, regardless of your desires or religious beliefs, and regardless of its effect on your health. Furthermore, you are going to take this drug the rest of your life unless you move to another community which doesn't have fluoridation — yet."

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NATIONAL HEALTH FEDERATION BULLETIN

HOW NHF WORK CAN BE PERPETUATED

By R. A. LAURIE

In response to our article on wills, bequests, and inter-vivos trusts ("living trusts") in the February *Bulletin*, there have been many calls and letters requesting further information. We are always pleased to hear from members and friends and to help in every way possible, thereby helping the Federation continue its activities and programs toward complete health freedom for everyone.

One of the questions frequently asked is, "How can I continue to support NHF and still be able to share my estate with my family as well as other organizations?" This can be done in two ways. The annual membership fee, of course, is only \$5, barely covering the cost of *The Bulletin* mailed each month. Making it easy for members and friends to increase their support of NHF is the Life Membership plan. If unable to pay the entire \$100 Life Membership fee at one time, we suggest you start by sending \$10 (or more) each month toward the goal of a Life Membership. This helps the Federation and makes it easy for members. Later, if you wish, a Life Membership may be converted to a Perpetual Membership.

The second method by which support of the Federation can continue after your death is through the inter-vivos, or "living trust." It is established during your lifetime and permits you to control and use your assets and income (estate) during your lifetime. And you may change or even cancel an inter-vivos trust at any time, in which case, the assets are returned to your name. The benefit of establishing an inter-vivos trust is that it avoids probate of the estate, with all the attendant delays and expenses involved. Should you wish to share your assets (real property, stocks and bonds, insurance, cash, savings accounts, etc.) with the Federation and family members and/or other organizations, this also can be arranged as easily through an inter-vivos trust as when an entire estate is given to the Federation.

If we can help you in any way, please call or write and we shall be happy to explain details involved in either plan, and, I repeat — "It has been my experience in setting up this type of plan for other NHF members that it is the best way to insure continuation of the Federation's program."

(Ed. note: We regret to report that since this was written, Mr. Laurie found it necessary to resign as Business Administrator. The mechanics of establishing a trust for the Federation or arranging for a bequest remain the same, however, and a call to the office, or letter, will bring a quick response from a Federation officer.)

THE WELCOME MAT'S OUT TO THESE NEW LIFE AND PERPETUAL MEMBERS

Perpetual

T. DALE TORGERSON
New York, N.Y.

NATURES WAY PRODUCTS, INC.
Provo, Utah

Life

JOSEPH W. HELLER
Bethlehem, Pa.

BYRON HARTENSTINE
Colmar, Pa.

PHILLIP M. HERD
Mt. Pleasant, Pa.

RALPH A. DOWN, D.C.
Torrance, Ca.

DR. A. E. MOTT, D.C.
Grass Valley, Ca.

META MARIA SHUMWAY
SAN DIEGO, Ca.

G. B. SINGER, R.N.
West Palm Beach, Fla.

RUTH A. DOYLE
Jacksonville, Ill.

DONALD R. and MAXINE DOURCE
South El Monte, Ca.

JEANNE Y. GIGNAC
Yountville, Ca.

MR. and MRS. LESLIE C. JOHNSON
Cupertino, Ca.

Alexander Heads IACVF

Arthur D. Alexander III, former assistant to the Scientific Director of Sloan-Kettering Memorial Cancer Center, has been appointed chairman of the board of directors of the International Association of Cancer Victims and Friends, P. O. Box 707, Solano Beach, Ca.

With degrees in chemical engineering and engineering admin- istration, Dr. Alexander did graduate work in biochemistry at Sloan-Kettering Institute, where he was responsible for pre-clinical chemotherapy testing and evaluation of natural and synthetic potential anticancer chemicals. He was with Polaroid Corp. from 1962-1969, and since then has been a research scientist for the Systems Studies Division of NASA.

'Nonsense,' Says Huberman of Claim Natural Food Buyers Waste Money

In his monthly column in *Health Foods Business*, Max Huberman, president of National Nutritional Foods Association, has some caustic words for those who repeat the "tiresome nonsense about the 'fabulous' sums of money the public 'wastes' on health food products, organic foods and natural supplements or vitamins."

"It is significant," says Mr. Huberman, "that the spearheads of the propaganda against our industry and products stem from the columns of newspapers that derive revenue from the advertising of giant drug firms and the hucksters of the processed food industry. . . . Though our industry and the natural-organic food movement have made significant advances in recent years and continue to grow rapidly in consumer acceptance, we still are a minute fraction in dollars compared with the special interests served by the AMA-FDA alliance. (Health food industry sales are estimated at \$500 million a year compared with gross sales of \$130 billion for the commercial food industry). Why, then, are we so feared? We remain a visible threat . . . because we are the only alternative to their foodless, chemicalized foods that leading lawmakers and scientists warn are making us a nation of nutritional cripples . . ."

"It was a true champion of our industry and movement, my close friend and fellow Ohioan, the world-famous allergist Dr. Jonathan B. Forman who stated in his

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 industry, 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. Crececius — 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
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Phone: (703) 525-3014

John Yiamouyiannis, Ph.D. — Science Director
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Convention Bureau — Plans and coordinates all convention activities.
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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

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100 for \$14.00

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If the last numbers under name in the address above are 6-75, it means your membership renewal is due June 1. Sending your check now will save NHF the expense of billing you.

PLACE
10c STAMP
HERE

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

Southern California — May 17-18
El Cortez Hotel — San Diego

Rocky Mountain — May 31-June 1
Downtown Holiday Inn — Denver

Northern California — June 7-8
Jack Tar Hotel — San Francisco

HELP SAVE OUR HEALTH FREEDOMS