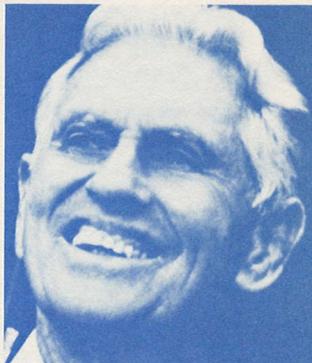


National Health Federation

BULLETIN

**CANCER
FLUORIDATION
LINK ENDS
FURTHER
'DOCTORING'
OF WATER
IN BRITAIN**

**Paul Bragg's Death
in Florida at 95
Believed Due to
July Incident
When Caught
In Huge Wave**



PAUL BRAGG

Talented Arizona Osteopath —
Loved by Thousands, Crucified
By Establishment — Is Dead

●
NHF Doubts HEW Sincerity
In Bid for Public Input

●
Life Ends for Dr. Exner,
Longtime Fluoridation Foe

Dedicated to the Protection of Health Freedoms

THE NATIONAL HEALTH FEDERATION BULLETIN

Protection of Health Freedoms

Published Monthly

Volume XXIII — Number 3

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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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Yiamouyiannis-Burk Findings Did It

British Water Authority Thumbs Down on Further Fluoridation

Thanks to the damning information on cancer deaths resulting from fluoridation of public drinking water, further fluoridation has been effectively and probably permanently ended in two countries abroad, and its demise in the United States is confidently predicted as "only a matter of time."

Dr. Dean Burk, former chief of the cytology section at the National Cancer Institute, has received word from England that the Water Authority has advised each Area Water Authority that the water supply may not be fluoridated without specific legislation by Parliament — a mandate Dr. Burk believes "will never be given."

The decision to halt further fluoridation there was precipitated, says Dr. Burk, by information contained in the Yiamouyiannis-Burk report showing that between 25,000 and 30,000 cancer deaths per year in the United States are attribut-

able to fluoridation of drinking water.

The same information, televised in a seven-minute program in Holland Feb. 8, 1976, and viewed by hundreds of thousands of citizens as well as government officials, was responsible for the Parliamentary vote to defer fluoridation there for 10 years. In that case, the Minister of Health, as well as the nation's dentists, had fully expected Parliament to order nationwide fluoridation — inevitable until the nation became aware of the cancer-fluoridation correlation.

While he does not predict the length of time fluoridation will be continued in the United States, Dr. Burk is certain its end will come — perhaps much sooner than many foresee. "All that is needed is the key," he told *The Bulletin*, "and the key is the graph in the Yiamouyiannis-Burk findings. It is like walking into a house — if you put the right key in the lock, there's no problem."

WE GRATEFULLY ACKNOWLEDGE . . .

By HELENA A. YOUNG

We gratefully acknowledge receipt of a check of \$871.02 as final payment of funds from the estate of Dr. Cecil Elmer Walker (Dr. Raymond Parker, Trustee).

This brings to \$2,795.35 the total received from this estate. Dr. Walker, a long-time member and supporter of NHF, practiced in Sacramento, Calif.

And They Crucified Him . . .

Talented, Compassionate Doctor Aided Thousands

Occasionally a person "passes this way," endowed with gifts possessed by no other human being. These "special people" do however share certain characteristics—qualities such as dedication, and commitment.

Such a person was the late Dr. William J. Huls, 80-year-old doctor of osteopathy—hounded and persecuted by the establishment in his late years—loved and revered by patients numbering in the thousands.

Dr. Huls died last Nov. 22, stricken on his "day off." The Saturday before he became ill he saw 56 patients, the following Monday, he took care of 17 new patients.

He was the sort of human being people respond to—because he responded to them. His knowledge was vast, he never stopped learning, and only death could end his role of healer.

Dr. Huls developed a technique for correcting pressure on the brain caused by birth injury. Some of his work involved application of pressure in the roof of the mouth to correct misalignment of bone structure in the skull.

His "crime," according to the Arizona State Board of Osteopathy in revoking his license, was that his method of administering anesthesia, when required, was considered obsolete, and he refused to return to school in his late seven-

tics to take courses the Board demanded. At that stage of his life he decided to not try to recover his license, but to continue his work—as a masseur. It is reported that at least two young osteopathic doctors were trained in his technique, and that it thus has not been lost to crippled children of the future.

The Fountain Hills Health Center, Suite 3, 17019 Enterprise Plaza, Fountain Hills, Ariz., was formed with funds provided when he sold several of his adjustment tables, instructing the purchasers in how to normalize the skeletal structure.

After his death, one admirer, Mrs. Betty Dooley, wrote a moving tribute, published in the area newspaper, *Sun Valley Spur-Stopper*, Dec. 9, 1976. An editor's note stated that ". . . Dr. Huls, before his death, encountered difficulties with state authorities because he apparently sometimes adopted his own rules of procedure in treating the sick and the crippled. Some years ago I wrote a column about Dr. Huls, who had gained widespread attention because of the number of patients he was said to have helped when others failed. Many swore by him and believed he could do no wrong, and they remained steadfast to the very end. My attention was called to him by a number of persons resid-

ing on this side of the Valley who told me of the great good he had done for so many. Mrs. Dooley is one of those . . .

TRIBUTE

Here is Mrs. Dooley's tribute to Dr. Huls:

"On Nov. 22 the world lost a very great man, Dr. William J. Huls. This wonderful man gave of himself until the day he was stricken, at the age of 80. He was in his office at 6 a.m. every morning to help those who came from all over the world for his help. It amazed me how people in Japan and other countries knew of him, yet people right here in Arizona knew very little . . .

"We have five children, all very dear to us. Our first-born is a very special child. When he was 18 months old, the doctors told us he would never learn to communicate with us, and that it would be best for his baby brother and any other children we might have if we placed him in an institution.

"From the beginning, we had planned to have a large family, and no one was going to take this baby from us. We loved him, and were determined to find someone, somewhere, who could help. Thus began our long search.

"My husband worked overtime and opened a 24-hour business to pay the ever-mounting doctor bills. We took him to the finest doctors Arizona has to offer. The clinics and hospitals ran innumerable tests. All the doctors shook their heads and said, 'Russ has hydrocephalus. And may not even live to see his seventh birthday.'"

NHF President Charles I. Crelius has known about the work of Dr. Huls several years, and recommended the doctor to two Monrovia families whose children in each case have responded. In one case, a young woman's hearing is being restored, and an abnormal muscular condition in an arm is being corrected. In the other case, a boy is on the road to recovery from a birth injury resulting in indentation of the skull.

WALKED ON TOES

"It was very difficult for him to walk. He walked on his toes, his head was large and misshapen.

"When Russ was five we enrolled him in MARC School. Only a family with a special child can understand the joys and frustrations that took place in our lives. The joy in that beautiful smile that said 'Thank you' for the simple things—the things most people take for granted.

"We learned so much about life from this precious gift. He loved and trusted everyone and everything. He saved little pieces of bread from his plate to share with the birds that flew into our yard and ate right out of his hand. He could go to his grandmother's piano and play songs he had learned at Sunday School.

"When Russ was seven, the doctors sat down with his dad and me and said, 'Look, we don't know

(Please turn the page)

why, but the hydrocephalus has arrested itself. The brain is damaged and never can be repaired. Russ will never go beyond the level of a seven-year-old.

"I asked them why he couldn't walk. They explained that the large size of his head threw his frail body off balance. That made sense, and we accepted it. We took him home, and loved him, and began to make available to him the best education we could, to reach his limits.

"He learned to ride a bicycle and to swim—the only physical things he could do without help—and he loved them. At Washington School for the Handicapped, Russ received an award for swimming. His brother and sisters were so proud of him. They were always there to praise and encourage him.

"In these few short years they learned more about people than most learn in a lifetime—watching someone struggle and never give up on simple little things that come without effort to most of us."

TURNING POINT

"The joys and heartache came and went. Nearly five years ago, Russ' grandmother went with a friend whose daughter is in a wheelchair, to a doctor in Scottsdale. She sat in the waiting room and saw people from all walks of life who had come from everywhere to see the very special doctor. She talked with people who flew in just for treatment. There were people in wheelchairs who now could walk, blind people who now could see, and those hoping

they too could be helped.

"On the wall was a clipping from the Sun Valley Shopper of a story you wrote about the very great doctor. *Why had we never heard of him before?*"

"Russ' grandmother told the doctor of her special grandson, and asked if he could help him. Dr. Huls smiled and said, 'Bring him to me and we shall see.' (He didn't make any promises.)"

"She called me after she got home and said she was not trying to interfere, 'but I made an appointment for Russell with the most amazing doctor who might be able to help him.'"

"Russ was 11 then, so gentle and kind, so trusting—I felt as if God had opened a door, and if I didn't go through it, I had failed. The door opened, and in walked the kindest, most gentle man I have ever met. I knew at that instant our prayers had been answered.

"The doctor smiled, said nothing. He gently put his hand on Russ' head and reached for the information card I had filled out about Russ. Under 'reason for coming,' I had put 'brain damage.' The doctor looked at me, and asked why I said he is brain-damaged.

"I replied that seven doctors had told us he was—a result of hydrocephalus. Dr. Huls smiled and said, 'This child is no more brain-damaged than you or me, and he's never had hydrocephalus. Some time between birth and eight months, he had an injury that may not even have been noticed at the time, but it knocked his hips out of place and forced his backbone

up into the base of the brain, causing pressure on the brain and forcing the skull out of shape.

"We are going to put the hips back in place and work the rest of his body back the way God intended it to be. The little fellow's body has been growing crooked for almost 11 years, so we can't expect it to straighten out in a few weeks. It will take time, but by the time he is 18, you will never know anything was ever wrong."

"He then reached for a handmade strap and placed it across Russ' hips. Russ never said a word. Then he smiled."

'SHOW MOM!'

"Dr Huls said, 'Russ, get up and show Mom how to walk.' Russ got up and walked flat on his feet for the first time in his life. Then the doctor said, 'Okay. Now, Russ, run around the table.' And run he did. All this time Russ kept saying, 'Mom! Look at me—I can run! Everyone in the room was crying. I thanked God for this unbelievable man."

"The next day the school called to say Russell had kicked a football for the first time in his life. The teachers and students shared our love. This began our uphill climb.

"I began to look forward to Russ' visits to Dr. Huls. I saw miracles take place in that office. People came from everywhere. Had I not seen it for myself, I could not have believed the stories people told of how this great man touched so many lives and made so many bodies whole."

"On July 2, 1972, our fifth child was born—a beautiful baby girl. Russ wanted to take her so Dr. Huls could see her. Tammie was less than a week old when Dr. Huls checked her and said she was 'perfect.' Tammie never missed going with Russ to see Dr. Huls—even at 7 a.m. she would climb into the car to go see her 'boy-friend.' She loved him dearly, and her love was returned."

'ON HIS WAY, NOW'

"About a year ago, after Dr. Huls had given Russ a treatment, he looked up at me and said, 'Well, Mom, there's no stopping him now. He's on his way. I've done all I can. It's up to him now.'"

"He then had a long man-to-man talk with Russ. He told him to set his goals in life, and to never stop until he got there. 'Don't ever let anyone tell you you can't. You can do anything you set your mind to.'"

"Dr. Huls was very proud of Russ. He helped him cope with growing 12 inches in 12 months. Today Russ is 15 years old. He's 6 feet 6 inches tall, a sophomore at Marcos De Niza High in Tempe. He's a member of Junior Achievement, takes classes like aviation and piano. There's no stopping him now."

"We paid our last respects to Dr. Huls Nov. 24. All five children stood beside him as he lay there. No one said a word."

"We lost a very special person. It was as if God had sent him to us. Now his work was done, and

(Please turn the page)

Legendary Paul Bragg Stricken in Florida

A giant in the natural health field—the man who counseled with Hollywood celebrities and politicians about the better life through nutrition and exercise — Nonagenarian Paul C. Bragg — died unexpectedly on a Miami beach Dec. 7, 1976. Final memorial services were held in Hawaii. Five hundred persons attended final memorial services Dec. 18 under the palms at Fort de Russey, Waikiki Beach, Hawaii. Speaking at that service were Mrs. Duke Kahanamoku, the Rev. Robert Turnbull, and General Ben Sternberg.

According to his longtime associate and daughter-in-law Patricia Bragg, it is believed his body was irreparably damaged last July when he nearly drowned after being struck by a huge wave while swimming. His lungs were pumped, and she believes there was heart damage, because after his apparent recovery three days later, his breathing pattern had "changed noticeably."

"Dr. Harold Harper had examined him," she continued, "and found the arterial system and heart he was taking his long-earned rest in peace.
"We loved him, and we shall miss him. He gave us so much.
"It's up to Russ now."

stores, some of them becoming chain operators, still among the "biggs" today.

The father of five, grandfather of 12, and great-grandfather of 14, he authored more than 30 books, three of which sold more than a million copies, and many more articles.

For 55 years he spent 10 months of the year on the lecture trail, the last 25 accompanied by Patricia who told the *The Bulletin* that "he loved every minute of it." He conducted 90-minute classes six days a week while in Hawaii, dividing his time between there and his home in Desert Hot Springs, Calif.

He firmly believed his body was "ageless," and a comparatively recent story in the *Honolulu Advertiser* said that "By all appearances, blue-eyed buoyant Bragg almost achieved his goal. He faithfully exercises for nearly two hours every morning. He lives on a salt-free diet, and although not a vegetarian, eats little meat, loads of vegetables, and fresh fish when he can get it.

"Physical fitness is not health," he says. "Athletes die young. If you don't have the nutrition, you're wasting your time exercising." His refrigerator is full of tomatoes, strawberries, artichokes, and asparagus. Kitchen counters are crowded with bottles of herbs, papayas, bananas and acidophilus, a yogurt-like substance he makes from raw milk which he eats religiously every day. He finds papaya one of the most interesting fruits and 'one of the great mystery foods' because it is so full of en-

zymes . . . The trouble with the American is that he eats with his eyes. Cooked, frozen vegetables are like the Joe in the coffin who has been painted to look alive."

Mr. Bragg jogged about a mile a day, swam regularly, played tournament tennis, competed in track meets, danced, surfed, and mastered the Matterhorn when he was in his seventies.

At the turn of the century, he teamed with Bernarr McFadden to introduce America and the world to the benefits of physical culture. He was an early editor of *Physical Culture* magazine. He worked with Luther Burbank to produce healthful, organically-grown fruits and vegetables.

Among the notables he counseled during his long career were Muhammad Ali; Mahatma Gandhi; J. C. Penney; Teddy Roosevelt; Conrad Hilton, who at 87 said, "Without Paul Bragg, I wouldn't be alive"; Clint Eastwood; Sir Francis Chichester, octogenarian English yachtsman who sailed solo around the world; and Jack Lanne, who at 14, "sickly, with pimples and headaches, started following his teachings. He changed and saved my life." Hollywood stars who listened to his nutrition-exercise philosophy included such greats as Doug Fairbanks, Sr., Gloria Swanson, Tom Mix, Rudolph Valentino, Ethel Barrymore, Ruth Roland, Lon Chaney, Edmund Lowe, and Francis X. Bushman.

Interviewed in 1975 by *People*,
(Please turn the page)

Dr. Exner, Fluoridation and Nuclear Foe, Is Dead at 76

Another great warrior in the anti-fluoridation battle has departed the scene with the death Dec. 16 in Seattle of Frederick B. Exner, M.D.

Born in Wilton Junction, Iowa, he was a graduate of Carleton College, Northfield, Minn., where his father was a distinguished professor of chemistry for many years, and of University of Minnesota, where he was a teaching fellow from 1930 to 1933.

A radiologist by speciality, he practiced first in White Sulphur Springs, Mont., later in Bellingham and Seattle, Wash., retiring in 1972. Dr. Exner was an outspoken foe of usurpation of power by government bureaus, and was active in the struggle to contain the spread of nuclear energy plants without adequate safeguards.

He wrote and lectured extensively on the dangers of fluoridation, and with Professor George L. Waldbott, coauthored *The American Fluoridation Experiment*.

As a member of the National

Mr. Bragg said he was "upset" by the physical condition of "young and old alike. They may look good and healthy, but if they're properly examined, they're damn wrecks." He did say, however, that he has "a lot of hope" for today's youngsters. "They don't want to look or act like their overweight, unhealthy parents."

Health Federation Board of Governors, he was held in high esteem by officers and members, and his contribution was acknowledged by Executive Vice-President Clinton R. Miller in a letter to Mrs. Exner: "I have a special love for Dr. Exner," he said, "because he was the first doctor who came to our aid against fluoridation in Utah. As a result, Utah still is the least fluoridated state in the United States. We shall always try to keep this living tribute to his greatness as an example to the other states, and until the world realizes how great and right your husband was . . . The Federation has lost a champion, but his dauntless courage and veracity will live forever."

Surviving besides the widow are a daughter, Mrs. Barbara J. Vogel-sang, Portland; a son, Bill Exner of Seattle; two brothers, Bill Exner of Los Angeles, and Frank of Sun City, Ariz.; and two sisters, Mrs. Emily Chi of Chapel Hills, N.C., and Mrs. Beatrice Liu, Becker, Minn.

NEW NHF CHAPTER

A new National Health Federation chapter has been formed in Mountville, Pa., according to Carole J. Smith, chapter director. Persons interested in joining, or desiring more information, may contact James C. Strickler, president, 299 Stony Battery Road, Mountville, Pa. 17554, telephone 717-285-4700.

Old-Timers Fading Away, Hodson Recalls

The thinning ranks of the nation's pioneer natural health crusaders gave pause to another of the veterans — Dr. Walter Hodson — who recalled in a letter to *The Bulletin*:

"We are a 'dying breed' — the 'old-time religion' health lecturers. I've been thinking — since Paul Bragg's gone — on the 'public lecturers' I've known and worked with in the last 40 years — those who went to the public in meetings.

"So many are gone — Dr. John H. Kellogg, Bernarr McFadden, Dr. Jackson of Canada, Howard Inches, Luella McCollum and son Edward, Stanley Leif in England, Dr. Empringham (England and U.S.), Richard Harrison, Adelle Davis, to name some.

That leaves the living ones: Florence McCollum (retired), Dr. Bernard Jensen, Gaylord Hauser, Carlton Fredericks, and Walter Hodson. Plus a few new names, and/or names in related fields such as Bob Hoffman, Paavo Aerola, Beatrice Trum Hunter, Betty Lee Morales — and others . . .

Can we achieve a "continuity of teaching" to keep the health message going?"

MARY MANWARING, NHF SUPPORTER, DIES AT 92

In death, as in life, Mary Manwaring chose to further the goals of the National Health Federation by bequeathing her estate to its work, thus perpetuating, in effect, her conviction of its value.

The 92-year-old former Los Angeles resident died December 11, 1976, in a rest home in Ojai, Calif. This dedicated supporter and member was a front-row attendant at NHF conventions during all the

years she was able.

Shortly before her health started failing 2½ years ago, she was feted by NHF officials and staff at a "Mary Manwaring Day" at the headquarters where she was given a tour and refreshments. NHF President Charles I. Crecelius, whom she named executor of her estate, spent many hours assisting her, and easing the transition to life in a rest home.

Ernest Anderson, Antifluoridationist, Dies

Another staunch defender of unpolluted water was lost to the ranks of the faithful in the death December 4 of Ernest R. Anderson, Oceanside, Long Island. Active in several organizations for protection of the environment, Mr. Anderson was a veteran leader in the anti-fluoridation movement, heading the Greater New York Committee Against Fluoridation for many years.

'Talk-Talk, Time-Wasting, Diversionary'

Does HEW Really Want Public Input? NHF Is Skeptical

A Department of Health, Education and Welfare proposal to "open the department to greater citizen-participation in the decision-making process" is viewed by the National Health Federation leadership as "talk-talk, time-wasting, and diversionary."

Last November, Secretary David Mathews through press releases and direct communication with citizen groups throughout the nation asked for feedback on a re-

port by an HEW Task Force on Citizen Participation which had been charged by Mr. Mathews to "identify additional ways to open the Department to a greater degree of effective public interaction and citizen involvement."

In its report to Mr. Mathews, the Task Force suggested that HEW become "more sensitive and responsive to citizens, actively providing broad opportunities for citizen participation, and carefully

considering the public's views." It urged adoption of "open procedures to encourage public participation wherever major policy decisions are being developed or reviewed," and proposed these "Opportunities for Reform":

"HEW should systematically conduct meetings and seminars with a wide variety of citizens prior to final decisions on all major policy matters.

"HEW staff should actively solicit views of citizens on budget, legislative, and policy priorities.

"The Secretary should have opportunity to conduct public forums on decisions about to be made, attempting personally to obtain any divergent or additional views.

"Policy documents such as issues papers, Agency implementation plans, evaluation studies, and audit reports should be disseminated to the public, with adequate time for the Department to receive a variety of public views and comments.

"HEW should prepare a comprehensive annual report summarizing programs, its successes and failures, and identifying the Department's future goals.

"Notices of HEW actions should be available in Post Offices, Social Security District Offices, and city/town halls."

Also recommended are "timely town meetings and hearings conducted by the 10 HEW Regional Directors to assemble relevant information and views from a wide variety of citizens for developing the Department's forward plan."

In responding to the Task

Force's request for comments, NHF President Charles I. Crece-lius wrote Chairperson Nancy Porter as follows:

"One of our staff members, after reviewing your request for comments and possible participation in HEW's efforts to achieve more citizen participation in the decision-making process, passed it along to me with the comment: 'I see this as a phony, time-wasting diversion, not intended to bring about true citizen participation in the decision-making process of government.'"

"The comment might sound severe, yet I tend to agree with his view. We were undoubtedly thinking of the long and difficult food supplement battle waged discriminatorily against the health food industry, and which would have virtually destroyed the industry. The agency turned a completely deaf ear to the health professionals who gave expert testimony at hearings, and the over one million Americans who had to make their direct appeal to the Congress. Finally, after a long educational process, both House and Senate cast a unanimous vote in passing legislation reversing FDA's regulations. The President signed the corrective legislation April 22, 1976.

"A series of skirmishes both before and since have verified in our minds and in the minds of those who seek freedom of choice in health matters—many of them wishing to follow a more natural

MORRIS FISHBEIN'S LONG CAREER ENDS

Dr. Morris Fishbein, a name which for half a century was anathema to veteran members of the "natural foods movement" because of his advocacy of so-called anti-quackery laws and his dominant position of power within the American Medical Association for many years, has gone to his reward.

He died in his sleep last Sept. 27 at the age of 87. His career spanned many decades in the early and midyears of this century, first as editor of the *Journal of*

the American Medical Association, later as the editorial force behind *Medical World News*. He was a leading organizer of *Family Health*, and during his last seven years of life wrote its most popular feature, "Ask the Doctor."

He was chief consulting editor of *The Merck Manual*, physicians' handbook of diagnosis and therapy, and editor-in-chief of *The New Illustrated Medical and Health Encyclopedia*, widely-read guidebook for laypersons. Just before his death he had completed

editing a new international encyclopedia which when published this year "will play an equally significant role in the dissemination of medical knowledge," said Maxwell M. Geffen, chairman of the board of *Family Health*.

approach to maintaining a high level of health efficiency—that HEW, particularly the FDA, is not interested in comments that in any way expose or contradict its entrenched philosophy.

"Next came the swine flu promotion. In this case, not only did FDA not want public comment, but it fired one of its own top researchers for cautioning the agency against proceeding with the massive swine flu immunization program. It is our feeling at this point that what you do thunders so loudly we cannot hear what you say.

"If you are sincere in suggesting that you seek citizen participation and truly desire to listen to its counsel, it would represent in our minds a complete reversal of agency policy. We doubt if those vested interests that determine policy will listen to citizen comments to any greater degree in the future than they have in the past. If you have evidence to the contrary, we would appreciate receiving it. In the meantime, we would certainly not be interested in participating in this type of charade.

"We have found that the Congress listens, and we will continue to pursue that avenue for relief from unnecessary and discriminatory government regulations.

"At the annual convention of Association of Food and Drug Officials of the U.S., held in San Francisco June 17, 1970, Commissioner Charles C. Edwards stated: 'In our judgment the American people merit a strong, independent, scientifically-sound, well-managed,

well-supported FDA in order that some of its most vital interests can be protected. FDA shall be a balanced institution based on scientific competence and fair administration of regulatory law. In addition, FDA will be responsive to human concern and the needs of the public health through appropriate dissemination of scientific information to the public health profession, educational institutions, and other arms of government.'

"The only adjectives in his remarks currently in effect by the FDA are 'strong' and 'well supported.' We would welcome the day when his remarks are viewed as the policy in effect by top FDA officials.

"We appreciate your communication and pray that HEW will at some point realize the agency must represent the people, not the vested interests now in control."

CANCER CONVENTION SET FOR MAY 8-9

The Foundation for Alternative Cancer Therapies will hold its annual cancer-nutrition convention May 7-8 in the Statler Hilton Hotel, 7th Ave. and 33rd St., New York, according to Convention Secretary Corinne Loreto.

Sessions will be from 9 a.m. to 9 p.m., with "many interesting and well-known speakers from various parts of the world presenting lectures in new and old nontoxic biological therapies and how to maintain body chemistry integrity," said Ms. Loreto.

House Rejected Remedial Legislation

Interest Conflict Widespread in Bureaucracy's Top Echelons

By BILL ANDRONICOS

Widespread conflicts of interest among employees in numerous federal agencies, particularly in regulatory agencies, have been uncovered by Common Cause, a self-styled citizens' lobby.

Describing its study as the most comprehensive review ever undertaken of conflicts of interest in regulatory agencies—independent as well as Executive Branch—the organization expressed concern that its findings show a possibility that serious pro-industry bias encompasses the top echelons of the entire federal bureaucracy.

In making its review public, Common Cause contended that "the prevailing government philosophy appears to be: 'Do everything possible to give the special interests extraordinary access and influence.'"

In releasing the study, Common Cause President David Cohen said: "The data demonstrate the need for tough conflict of interest requirements for public officials."

"Existing regulations are weak—and enforcement procedures too often are ignored," the study said. "The result is widespread conflict of interest combined with a pattern of refusing to enforce existing rules."

Cohen added that the study—which provides examples of actual

and potential conflicts of interest throughout the executive bureaucracy—points out the need for "a thorough overhauling of existing regulations."

He said new measures are necessary to foster a climate of independence and impartiality by public officials.

"The Executive Branch and Congress have sanctioned conditions that breed distrust," he said. "The White House has taken no steps to implement comprehensive conflict of interest reforms, and the House of Representatives has killed public financial disclosure which would have covered both members of Congress and the Executive Branch."

The data in the study largely was obtained by Common Cause during 1976 through requests to Executive Branch agencies and departments under the Freedom of Information Act.

The material also was supplemented by materials compiled by the House Subcommittee on Oversight and Investigations of the Interstate and Foreign Commerce Committee, as well as from material obtained from the Council on Economic Principles, and the Center for Science in the Public Interest.

Basically, the Common Cause

(Please turn the Page)

study identifies three major problem areas:

- Lax or non-existent financial reporting and enforcement within Executive Branch agencies.

- Potential conflicts of interest among hundreds of top government officials as a result of their previous employment or personal holdings.

- Interchange of personnel between regulatory agencies and regulated entities.

Among other things, the study contends the integrity and objectivity of decisions made by 15 federal agencies reviewed by Common Cause have been seriously undermined by either the actual or potential conflicts of interests of hundreds of officials and consultants working for these agencies.

To guard against such conflicts of interest, Common Cause proposes the drafting of new regulations to encompass such items as:

- Public financial disclosure: Executive Branch officials and top employees should be required to file and make public annual financial statements listing sources of income, companies or organizations in which they have a financial interest, gifts, honorariums, other assets and liabilities.

- Divestiture: Top officials should be required to divest themselves of all financial interests in any company or organization affected by a proceeding in which they participate, unless granted a special exemption with full public disclosure of the circumstances.

- Post-government employment restrictions: For a two-year period

after leaving an agency, former officials and high-level employees should be prohibited from working for any company or organization which was affected by proceedings in which they participated, prohibited from representing any party before their former agency, and required to report current occupation and place of employment.

- Review and enforcement: To assure strict enforcement and also allow for flexibility in individual cases, the Executive Branch agencies and departments should establish time deadlines for review of financial statements.

Cohen emphasizes that such new regulations are needed to protect the public against biased policy making.

"When thousands of government employees are not required to file personal financial disclosure, although by regulations they should be, when nearly three-fourths of the senior policymakers of an energy agency come from private energy enterprises, when almost half the regulatory commissioners who have left office recently have gone to work for regulated industries or their law firms, there can be no doubt of the need for reform," Cohen said.

Entitled "Serving Two Masters," the 75-page Common Cause study was the result of more than a year's work by researcher Andrew Kneier and two associates, Helen Gittings and Jack Conway.

Among other things, they learned that 11 agencies reviewed by the General Accounting Office — the

investigative arm of Congress—had 518 employees with financial interests that "conflicted, or appeared to conflict, with their official duties," and 619 employees who did not comply with regulations requiring them to file financial statements.

In addition, the study noted that 3,855 employees were not required by their agency to file financial statements, although in view of official responsibilities, they should have been required to do so . . .

Regarding the interchange of personnel between regulatory agencies and regulated industries, Common Cause cited statistics designed to provide evidence of the influence of regulated industries on the agencies.

These follow:

- Some 52% — or 22 — of the regulatory commissioners appointed during fiscal years 1971-1975 came from industries regulated by their agency or their law firm.

- Some 48% — or 17 — of the 36 commissioners who left government service during this five-year period went to work for regulated industries or their law firms.

- Some 51% — or 19 — of the 37 senior officials at the Federal Communications Commission who have been hired over the five-year period came from private enterprises regulated by the FCC.

- Five of the six commissioners appointed to the Federal Trade Commission during the five-year period came from firms regulated by FTC or their law firms — and all five who left during this period have taken jobs with such firms or

their law firms.

- Three of the four administrators who have left the Food and Drug Administration over the last 10 years have gone to work for companies regulated by the FDA.

Regarding potential conflict of interest as a result of previous employment, Common Cause found:

- At the Department of the Interior, 35% — or 23 — of the 66 top Interior officials have been employed by private enterprises involved in energy activities. Also, 52% — or 12 — of these 23 employees came from private enterprises which have leases from Interior or have received contracts from the department.

- At the Nuclear Regulatory Commission, 72% — or 307 — of the 429 NRC senior personnel were previously employed by private enterprises active in the energy field. Also, 90% — or 279 — of these 307 employees came from private industries holding licenses, permits or contracts from NRC. In addition, 192 of these employees came from firms that also had contracts with ERDA — and 65% of NRC's 162 consultants were concurrently working for both NRC and private enterprises receiving NRC licenses or contracts.

- At the Energy Research and Development Administration, 52% — or 73 — of the 139 top ERDA employees came from private enterprises involved in energy activities. Also, 75% — or 55 — of these employees came from private enterprises that were recipients of ERDA contracts.

(Please turn the Page)

From a Loyal NHF Booster in Michigan:

Within the space of two weeks, Mrs. Pearl E. Farrand, 4287 So. Mission Rd., R-6, Mount Pleasant, Mich., had given a National Health Federation life membership at \$100 each to two nieces and a nephew, and Christmas gift memberships to 51 others.

This loyal NHF booster, in a letter to Staff Secretary Jane Course, said: "The list (of 51) includes persons in all walks of life, but most are leaders in their communities. I hope they will help continue your good work. Thank you also for including along with the membership and Bulletin, another health-oriented magazine. I choose *Bestways*. Enclosed is a check of \$408 to cover the cost of the memberships. Thanks again to every person who helps make The National Health Federation so helpful, and a success . . ."

• At the Federal Energy Administration, 25% — or 51 — of the 202 top FEA employees have been employed by private firms involved in energy functions. Also, 55% — or 28 — of these 51 employees came from private industries that are recipients of FEA contracts or are substantially affected by FEA's allocation and price regulations, such as major oil companies and the like.

Common Cause examination of policy-making positions in government held by former employees of regulated industries shows that such individuals typically occupy important positions in the agencies.

For example:

- Some 26 Federal Power Commission employees who hold GS-15 or higher positions came from regulated companies.
- Fifty-one Environmental Protection Agency senior employees in GS-15 or higher positions formerly worked for firms regulated by the agency.
- Nine of the 13 executive sched-

ule positions at Energy Research and Development Administration are held by persons coming from private firms that deal with federal energy agencies.

To cite instances of public officials taking jobs with firms which they regulated, contracted with or had dealings with while in government service, Common Cause offered the following examples:

- Some 1,406 Department of Defense officers and employees left DoD between 1969 and 1973 to take jobs with defense contractors. Of these 1,406 — some 379 — went to work for contractors they had dealt with while in public office — or who were under their official jurisdiction.

- Of the 12 attorneys who have left the Food and Drug Administration's law office to enter the private sector over the last five years, all but one have gone to work for regulated firms, and four now work for law firms with regulated clients.

— FEDERAL TIMES

(11/15/76)

Editorial

Can He Stop the 'Revolving Door'?

In an effort to terminate the "revolving door" practices of top-level government officials — a practice which has redounded to the financial benefit of corporate interests at the expense of the public interest — President Jimmy Carter has laid down policy guidelines on conflict of interest, and financial disclosures and restrictions following government service. He has promised also to "work with interested citizen groups and Congress to develop (remedial) legislation."

Before assuming the Presidency, Mr. Carter announced that he, Vice-President Mondale, "and all those appointed to Cabinet and White House posts," shortly after the inauguration, would voluntarily make full public disclosure of sources of income, and statements of assets and liability. This was done.

"There appears to be a need for more uniform policies and more thorough screening of assets and liabilities of policy-making officials in posts not requiring Senate confirmation," said the President-elect's transition group — a condition which consumer groups including NHF have been criticizing for years.

Before he appointed Cabinet members, Mr. Carter extracted from each a signed letter which included this pledge: ". . . If nominated, confirmed, and if I take office, I agree to file within 30 days of taking office . . . a current net-worth statement itemizing all assets and liabilities of myself, my spouse, my minor children and other members of my immediate household; . . . while in office, I will refrain from participating in any matter in which any party had a direct and substantial interest; any party meaning any entity with which I am associated for financial gain within the year prior to taking office . . . (and) I will not for two years following such termination engage in any activity from which Section 207 of 18 U.S.C. will bar me during the first year after such termination. Also, for two years following termination of government service I will not for compensation or financial gain on behalf of any party other than the United States, make any formal or informal appearance before or contact with any officer or employee of the executive branch with respect to any particular matter which was within my official responsibility during the 12 months preceding termination of my government service . . ."

Is it possible that at long last the shoddy practices made possible by the "revolving door" will end? We wish the new President Godspeed in his endeavors to achieve that goal!

— D. C. M.

Miller Summarizes Salient Events of the Past Year

By CLINTON R. MILLER
*Executive Vice-President
National Health Federation*

April 22, 1976, is one of the most important dates in NHF's victory-studded history. On that date President Gerald Ford signed the Proxmiere vitamin bill into federal law. Insiders know the National Health Federation was the key engineer of the Proxmiere Bill.

The Proxmiere Bill retained intact the essence of the Hosmer bill: inclusion in the Pure Food and Drug Act of a definition of a food for special dietary use to prevent such foods from being regulated as drugs.

It is true, and we gratefully acknowledge, we had powerful loyal friends and allies in the National Nutritional Foods Association, Federation of Homemakers, and others, but they are quick to insist that NHF provided the clout with Congress — and momentum — that kept our bill from being ignored or emasculated. We were able to speak quietly because we held a very big stick.

The defeat of U.S. Representative Peter Kyros following an NHF-Carlton Fredericks exposure of his double-cross of the health-minded consumers of his state (Maine) was the biggest upset in the 1974 elections. It gave the message to our pretended friends in

abandoned shortly after I publicly opposed it. I advocated development of the revolutionary new Yen wind generators to harness the unlimited wind which blows almost continuously over some of the largest natural towers (mountains) in the U.S. My clean-energy platform was rejected by my party in coal- and oil-rich Utah, and I was defeated in convention. I argued that coal and oil are too precious to burn. It is of interest to note that my early poll ratings with the general voters placed me ahead of Orrin Hatch who finally won the seat from four-term incumbent Frank Moss.

Midway in the campaign my energies were divided, as I was forced to help win a statewide anti-fluoridation referendum which helped label me a single-issue candidate. We defeated fluoridation, and Kaiparowitz, but not our worthy opponents. I appreciated the opportunity to run, and sincerely thank those who supported me financially and morally.

NEW ASSIGNMENT

Following the attempt at the Senate, I was asked to move to our NHF headquarters in Monrovia, Calif., and work as executive vice-president, while expanding my legislative activities to include work with several state legislatures as well as continuing to work with Congress.

DISCOVER DR. MORRIS

Shortly before leaving Washington, D.C., to campaign for the Senate, I met Dr. J. Anthony Mor-

ris through the good offices of Attorney James S. Turner. I felt NHF's attention soon would be turned to matters of immunization, but didn't realize it would be so soon.

When the swine flu promotion started, I recommended we rally around Dr. Morris who in the meantime had been fired, following his opposition to the swine flu program. I urged we raise money for his legal battle for reinstatement. We raised more than \$500 in each of three conventions and forwarded it to this great scientist.

SWINE FLU SYMPOSIUM

I helped organize the Swine Flu Symposium (Oct. 30, 1976, Glendale, Calif) which NHF President Charles I. Crecelius said was our most successful single event. This opposition meeting received nationwide coverage from the *Los Angeles Times* to Washington, D.C.'s *Evening Star*.

CONVENTIONS

As executive vice-president, I suggested and was authorized to try an expanded multichoice convention in New York and at the NHF annual convention in Pasadena. We have tried several new formats which worked with mixed success in New York. This report was prepared just prior to the annual convention. We had a near-sellout of exhibit space. Advance publicity was excellent, and we anticipated the largest attendance in NHF convention history, with super-stars, super-speakers, and super-special events. We hope you were there!

LIFETIME MEMBERSHIPS OF \$100 REINSTATED

By popular request, the Executive Committee of the National Health Federation has reinstated the Federation's \$100 lifetime membership category.

In announcing the decision, President Charles I. Creelius explained that letters from members indicate a desire for continuance of the program for at least another year.

"It is important," he said, "that members fully understand that NHF will need additional funds to finance an expanded program in coming years if we hold the line on the \$100 membership."

He pointed out that more members are listing the organization as a beneficiary in their wills, adding that if inflation continues, it may be necessary later to increase the cost of a lifetime membership to \$200.

Executive Vice-President Clinton R. Miller made these comments in connection with the Executive Committee's action: "The Hundred Club will be discontinued, but the membership category of those who have joined the club will be changed to lifetime memberships. Wills and bequests will be encouraged as a source of revenue to place the organization on a financial footing to insure its continuing existence. An analysis has revealed that lifetime members do indeed continue to contribute through the years, long after their pledge has been paid in full, and this was a factor in the Committee's decision, also."

'Self-Care' Symposium, U.C. San Francisco

A weekend symposium on "Self-Care—New Directions in Personal Health Care"—will be held March 19-20 at the University of California, San Francisco.

Speakers and their topics: David S. Sobel, UC, San Francisco, "Determinants of Health"; Irving K. Zola, Brandeis University, "The Medicalizing of America"; Lowell Levin, Ed.D., M.P.H., Yale University, "Dimensions of Self-Care"; Sheryl Ruzek, University of California, Davis, "The Women's Health Movement"; David Werner, Project PIAXTLA, "Where There is No Doctor"; James F.

Fries, M.D., Stanford University, "A Consumers Guide to Medical Care"; Carl E. Thorensen, Ph.D., Stanford University, "Self-Control: Power to the Person—Self-Help Groups."

The fee will be \$60 (\$35 for full-time students). Continuing education credit is offered for nurses, physicians, pharmacists, as well as general extension credit. Additional information may be obtained by contacting Continuing Education in Health Sciences, at UC San Francisco, 1308 Third Avenue, 94143.

They Can't Say It's Dangerous

Amygdalin on FDA's GRAS List, Dean Burk Reveals

Although government officials have referred to Laetrile (amygdalin, B-17) as toxic, the substance is on the FDA GRAS (Generally Recognized as Safe) list, it has been revealed by Dr. Dean Burk, Washington, D.C., who has researched Laetrile for many years.

In a "fact sheet" issued by Dr. Burk in late December, the famous biochemistry researcher said: "Page 320 of the 1976 edition of the FDA Code Regulations, Title 21, CFR 121.101 (e) (2), and earlier editions, place amygdalin (Laetrile) on the GRAS list, under the heading of natural extractive from bitter almond, apricot, or peach kernels (syn. seeds, nuts), with the only specified proviso that it be 'free from prussic acid.'"

NO PRUSSIC ACID

"Amygdalin itself contains no ordinarily measurable quantity of prussic acid (syn. hydrocyanic acid, hydrogen cyanide, HCN), and indeed no quantity of acid greater than 1 part in 10 million when amygdalin is dissolved in neutral water (pH 7), as has been established by many chemists. Opinions of a limited number of affiants testifying in recent court cases that amygdalin is not generally recognized as safe are rendered moot and inexpert by the FDA GRAS listing with respect to

this prussic acid-free extractive, as well as by many more informed sources going back over 100 years."

NOT FOOD ADDITIVE

"Being on the GRAS list prevents amygdalin from being classified as a *food additive*, and also provides a strong deterrent to classification as a 'new drug,' in addition to its being in any event simply a food universally acknowledged as such, even by the FDA, as well as by federal statute definition. The FDA regulations for marketing a food additive or a new drug, of course are far more stringent than for marketing a food."

Last October 12, 1976, the federal 10th Circuit Court of Appeals remanded the question of whether amygdalin is a new drug back to the FDA for preparation of a necessary "administrative record" supporting such status—something the FDA thus far has not done. "Even if FDA were able to establish some sort of new-drug status for amygdalin," continued Dr. Burk, "nevertheless amygdalin, without IND/NDA procedure intervention, still could be marketed in interstate commerce legally as a 'drug' ('old drug') under either of two 'grandfather clauses' in the Food, Drug and Cosmetic Act of 1938 as further amended in 1962.

(Please turn the page)

'Yes, We Are Thankful,' Say Members!

The November letter of "Thankfulness" from NHF President Charles I. Crecelius to members continues to bring in responses, including three \$300 checks.

From Richard C. Schneider, 18614 Winston Ave., Detroit, Mich., came two checks of \$300 each, and from Mr. and Mrs. Bruce Dunstan, 8712 Broad Street Rd., Richmond, Va., came a check of \$300.

Gil Brenner, president of the Tampa, Fla., NHF chapter, revealed that at the chapter's December meeting, three persons became new members after the letter was read. As Mr. Brenner observed, the letter "is by far one of the most effective communications composed by your staff from the standpoint of reinforcement of current members and recruitment of new members . . . I suggest it be reprinted and distributed to all chapters for further recruitment, since it provides a fairly comprehensive update of NHF achievements."

... Even FDA publications concede that amygdalin was sold for treatment of cancer prior to 1962 (cf. DHEW Publication No. (FDA) 76-3007)."

IT'S A VITAMIN

"Amygdalin has further been shown to be a vitamin (B-17), as summarized in the well-known monograph, "A Brief on Foods and Vitamins," by Dean Burk, and published by the McNaughton Foundation in June 1975. Recent contrary opinion advanced by David Greenberg (*Western Jour. Medicine*, 122, 345-348, April 1975) and by Thomas H. Jukes (*JAMA*, 236, Sept. 13, 1976) can be defaulted scientifically as *not* addressing the specific lines of positive evidence adduced in this monograph. As a vitamin, amygdalin cannot be classed as a new drug in view of the new congressional law 94-728 (Proxmire Amendment) signed by the President April 22, 1976, and

also in view of the August 1974 decision of the 2nd Circuit Court of Appeals upheld by the U.S. Supreme Court (by virtue of denial of certiorari).

"Amygdalin thus will almost certainly remain a food chosen for such purposes by the user, of whom there are now some 50,000 Americans consuming more than 1,000 kilograms a month, obtained from a wide variety of sources, foreign and domestic."

MISSING PAGES?

If your *Bulletin* is incomplete — missing blank, or duplicated pages — please return to the *Bulletin* editor in Monrovia and a complete copy will be returned. "There have been a few complaints of incomplete copies," said Editor Don Matchan, "and we are endeavoring to achieve tighter quality control. Member cooperation will be appreciated."

Senate Nutrition Committee Work Imperiled in Reshuffle

By the time this appears, the Senate Select Committee on Nutrition and Human Needs may have been dismantled. In a reorganization effort, that committee was one of the many which lost its identity.

The only committee in Congress with food and nutrition policy its sole and overriding responsibility, the Committee's work was to be transferred to the Senate Agriculture Committee headed by Senator Herman Talmadge.

Expressing concern over the move, NHF President Charles I. Crecelius wrote Senator George McGovern (with copies to Senators Cranston and Hayakawa) for information as to the outcome, and noted: "This comes at a time when much of the food advertising is implying great nutritional value in junk foods. Continuation of the Nutrition Committee, with strong emphasis on defining good nutrition and making essential facts available to the public, is of utmost importance."

The Food Research and Action Center, 2011 I St. Northwest, Washington, D.C., pointed out that the Nutrition Committee "has served a unique and invaluable role in monitoring and influencing the direction of governmental action on food and nutrition policy. It has provided a Congressional forum for those who, without it, would have had no voice: schoolchildren, the elderly, new mothers

and infants, and the hungry. It has successfully worked to develop a coherent approach to food policy, especially as it relates to health concerns. Its elimination would be a tragic loss . . . for those who seek to monitor governmental action and forge a meaningful and responsive food policy in this country.

"There is no chance that the Agriculture Committee would assign more than one or two staff persons to cover the nine programs the Select Committee has monitored, and there is a substantial chance that most of the work handled by its 10 staff members will be discontinued . . . Hunger and malnutrition are still with us, and they simply will not be tackled in a comprehensive way unless the Committee is there to do it."

CORRECTION

Abstract of the paper, "Fluoridation of Public Water Systems and Cancer Death Rates (CDRs) in Humans" presented at the 65th annual meeting of the American Society of Biological Chemistry June 10, 1976, by Drs. John A. Yiamouyiannis and Dean Burk, was published in the *Federation Proceedings*, Vol. 35, No. 7 (May 15, 1976), *Biochemical Pharmacological Section IV*, p. 1707, Abs. No. 1768. The publication title as carried in the December *Bulletin* was incomplete.

Congressional Probe of Swine Flu Program Sought

One week after he had asked a Center for Disease Control (CDC) advisory committee to consider reinstating the swine flu inoculation program (Dec. 29), Dr. Theodore Cooper who directed the program as No. 2 official in the Department of Health, Education and Welfare, resigned, effective Jan. 20.

Dr. Cooper has been under fire by some members of the Fourth Estate (press) for several months, and the October issue of the *NHF Bulletin* carried a scathing denunciation of his role by *Federal Times* reporter Inderjit Badhwar, who dubbed him a "doctor-politician . . . stuck with using science to make blatantly political decisions. (He) is still running around Mickey Mouse fashion defunding HEW's great Swine Flu caper even though some of the best, independent, scientific minds have condemned the program as lacking scientific foundation, and as a political boondoggle."

Dr. Cooper resisted demands of a scientific panel investigating the Food and Drug Administration recommending an independent inquiry of corrupt practices among high-level officials of that agency.

In the wake of the "great swine flu fiasco," it has been learned that in 1966 a study of 1,100 cases of Guillain-Barre Syndrome (paralysis) revealed that one case of

paralysis developed following an influenza inoculation, and more than 40 others followed injections of such vaccines for measles, polio, whooping cough and tetanus.

Early in January, Congressman Andrew Maguire of New Jersey called for an official investigation of the swine flu program "to see where it went wrong." He was joined in the request by Congressman Henry Waxman of Los Angeles. Congress rubberstamped President Ford's request for \$135 million for the vaccine and its administration, and later underwrote insurance to cover damage claims, leading many citizens wondering why the investigations were not conducted before the program was launched. (Mr. Waxman opposed the insurance bill).

BROTHERS FINED IN LAETRILE CASE

Convicted of "drug mislabeling," Robert and Elmer Lindblad were fined \$2,000 each and placed on probation for a year by U.S. District Court Judge James Churchill. Their company, Lindblad's Inc., of Detroit, Mich., was accused of distributing Laetrile for Spectro Foods of New Jersey. FDA agents allegedly seized \$1,900 worth of the product and "thousands of pamphlets on cancer treatment" from company offices and warehouses.

Bohanon Ruling Termed 'Outlandish'

'A Disaster for FDA' If It Stands, Attorneys Believe

The Bohanon decision permitting use of Laetrile, if allowed to stand, is seen as a "threat" to the authority of the Food and Drug Administration by HEW's deputy general counsel Allan Gottlieb.

Quoted in the Nov. 8, 1976, issue of *American Medical News*, Attorney Gottlieb said the appeals court ruling upholding the trial judge's decision "could have a tremendous impact, but because it is so wrong, I don't think it will be likely to."

Attorney Jack L. Bierig, described by the publication as "a Chicago expert on FDA law," agreed, terming it "an outlandish decision, which if upheld "would place a tremendous burden on the FDA to continue its role of keeping unsafe or ineffective drugs out of the marketplace."

The government faced two choices: Returning to the original trial court for new hearings, or appealing the appeals court ruling to the U.S. Supreme Court. And, said *Medical News*, "the danger in appealing lies in the possibility that the court might refuse to hear the case or reiterate the earlier ruling — which would give the decision in the Rutherford case an even greater legal impact."

The *Medical News* story, titled "Court Ruling on Laetrile Seen As Threat to FDA," quoted "some legal experts" as believing that if

not overturned, the ruling "could have a disastrous impact on the entire operations of the Food and Drug Administration."

Attorney Bierig said the appeals court ruling could mean FDA would be required to prove that any drug whose distribution was at issue is a "new drug," and therefore subject to FDA's regulations requiring "new drug applications" and extensive testing. "It seems to be putting the burden on FDA to say whether a drug is a new drug, and that it's not generally considered safe, before there can be an action against it," he said. "Generally, the other side has to prove a new drug safe and effective." The attorney contended however that the ruling "in a sense, was a victory for FDA in that the court threw out some of the more outlandish opinions of the district court." One such opinion, he said, was Judge Bohanon's ruling that the "new drug application" process violates the Fifth Amendment because the cost of proving a new drug's effectiveness has to be paid by the applicant, not FDA.

**YOUR CONTRIBUTIONS
TO N.H.F.
GET THE JOB DONE**

Book Review

Nutrition for Tots and Teens By Dr. Thurston — 'Right On'

If the counsel and information assembled under the title *Nutrition for Tots to Teens* (And All other Ages) could somehow be put into the hands of all young mothers-to-be, the population of U.S.A. eventually would be healthier and longer-lived.

This is the assessment one must make of the new book by Emory W. Thurston, Ph.D., Sc.D., described correctly in the foreword by Harvey M. Ross, M.D., as "a 90-year-old living example of what good nutrition is all about." Available from NHF, Monrovia at \$3.97, or through the Institute of Nutritional Research, P.O. Box 2776, Calabasas, Calif., *Nutrition for Tots to Teens* is a well-organized, easily-understood guide for the mother who wants to give her child a better heritage of health than most modern infants are getting.

Dr. Thurston, it is noted by Benjamin H. Ershoff, Ph.D., research professor of biochemistry at Loma Linda University School of Medicine, "was among the first to recognize the deleterious effects of a high-sucrose, refined carbohydrate diet, and to campaign actively to bring this knowledge to the attention of health professionals and the general public. His insistence on the importance of trace elements in human nutrition and the

fact refined foods deprive the body of a normal intake of such nutrients, preceded by more than a generation the present recognition of such findings."

The book, properly, suggests that mothers who want to give their offspring a better start in life, equip their own bodies for the motherhood task. Breast-feeding he considers of prime importance, and he explains why it is preferable to the formula route. A chapter explains the physiology and chemistry of the infant digestive system (Dr. Thurston asks no one to take anything for granted), and makes clear why Nature's way (before there were baby formulas) is the healthiest way — the intelligent way.

The differences between human and cows' milk is convincingly examined in another early chapter — carbohydrates, protein, fat, vitamin, and mineral differences. (If this doesn't make a "believer" out of you — it's questionable if anything will!)

The chapter on "Requirements for Good Breast Milk" contains dietary information for a pregnancy diet — and his observation that "the public has not been well served by the recommendation that everyone increase intake of polyunsaturates and reduce saturated fats." He puts eggs back on the

list, tells why they should not be discontinued, "or even worse, substituted with the recently-marketed 'chemical egg.'"

Nothing is left to the imagination in his recommendations for a healthful mother's diet during pregnancy — food supplements are listed, with suggested quantities, after first showing the National Academy of Sciences Food and Nutrition Board recommendations for vitamins/minerals.

Dr. Thurston doesn't denigrate the importance of "thought, faith, and belief," but he knows that relatively few of us possess the "spiritual awareness to be able to use the power within the body to keep healthy with 'no thought for the morrow.'"

In the chapter on "Formula Feeding" he offers a broth recipe and a homemade-milk recipe, and for those who insist on using cow's milk, is a suggestion on fortifying it with essential nutrients. Baby's diet, after four months, is covered in a chapter on "Supplements for Baby," while water, fiber, and sunlight get attention in a chapter by that title.

After infancy has merged into the "toddler era," the food pattern changes, and he offers dietary counsel. "Forbidden Foods" are described in a chapter by that title — again with reasons for avoidance. "When Not to Feed" — because of light fever or diarrhea — is covered in a few pages, along with tips on how to handle those maladies.

The hyperkinetic child is dealt

BOOKS WANTED BY DOCTOR-AUTHOR

Pauline Beregoff-Gillow, M.D., director of the Institute of Scientific Investigations, Arthur S. Gillow, Bogota, Colombia, S.A., and author of *A Doctor Dares to Tell!*, is anxious to repurchase copies of her book, now out of print. Anyone wishing to sell the book is asked to contact Don C. Matchan, National Health Federation, Box 688, Monrovia, Ca. 91016.

with in another chapter which includes specific recommendations for food supplements, and a few comments on the need for parental love. "Nothing is more important than loving, caring adults," he avers, adding however, that while patience and understanding must be part of the program, "the child should not be overprotected."

Also covered are tips for "The Teenager," with suggestions for healthy eating and liquid intake. Acne, bane of the teenager's existence, also gets attention in Dr. Thurston's book. "Milk-Drinking in Later Life," "Allergy," "A Lifetime Pattern," and "Summary" conclude the 160-page book. If you're wondering about a gift for that bride-to-be, or the young mother, or mother-to-be, *Nutrition for Tots and Teens* offers sound nutritional guidance, and can change lives — for the better — if the words of wisdom are absorbed and used.

— D. C. M.

Government Wins: Moenckmeiers Close Out Amygdalin Business

Reversing an earlier decision to fight the Food and Drug Administration's attempt to close down their amygdalin distributing business, Ernst and Jeanene Moenckmeier, 715 Park Ave., East Orange, N.J., in mid-December signed a consent decree in which they agreed to discontinue selling amygdalin-containing products now or in the future.

The Moenckmeiers had operated Spectro Foods Corporation, servicing accounts across the country with amygdalin manufactured in Germany. Following initiation of the civil action against them by the government, they brought suit against their two former attorneys, a bank, FDA, the U.S. Attorney General, and the U.S. Attorney in New Jersey.

The National Health Federation had agreed to enter the case with its general counsel, Kirkpatrick W. Drilling, authorized to file an ami-

cus curiae brief.

Mrs. Moenckmeier told Mr. Dilling in a letter Dec. 21 that had the case been tried, the Moenckmeiers would have "ended up with no witnesses except Dr. Burk—our key witness. We had the worst time getting witnesses. The government had an enormous amount of witnesses in comparison. As the time for trial drew near, it became apparent that we would lose on the drug issue, but we had a chance with the additive issue . . . The government was reluctant to give us any consent decree which we could live with, until the judge told them they had better do so. There are no findings of fact, no admissions, and no costs . . . We have decided to get out of the food business completely because the FDA promised to start on bromelain and the orotates next . . ." She said she expects to study law "in the near future."

'Super-rich Diet Sending Us to Early Graves'

" . . . In seeking a cure-all to the nation's health crisis, too many of us overlook the underlying weakness of a medical system that is oriented toward death prevention rather than toward health promotion and maintenance . . . experts have found enough incriminating evidence to conclude that our super-rich, fat-loaded, additive- and sugar-filled American diet is sending many of us to early graves unnecessarily. More and more health authorities now agree that spending money for medical care may have no more positive effect on good health than making simple changes in the way we eat and live."

—SEN. CHARLES H. PERCY

Senate hearing Select Committee on Human Needs (7-27-28-76)

Fund Plea Made to Fight Ruling Against Chelation

An "urgent appeal" has been made by the National Educational Society for Natural Healing, P.O. Box 15758, New Orleans, La. 70175, for funds to help finance a class action suit brought against the Department of Health, Education and Welfare, and the Food and Drug Administration.

According to an officer of the organization, Dr. Frederick J. Doughty-Beck, the suit "was made necessary because of a decision by U.S. District Court Judge Jack Gordon, virtually outlawing the use of EDTA or any chelating agent except as labeled by the manufacturer."

"If the ruling is not reversed," said an organization statement, "it will have far-reaching effects, not only on use of EDTA but on other chelated drugs, vitamins, etc. It also would give FDA control of specific application—authority not intended for that bureaucracy."

"The EDTA label specifically warns against its use for treating degenerative diseases, yet hundreds of our members and thousands of others have been successfully treated with it. Relief or cures have been reported from nearly all those receiving the drug."

"To outlaw it would deprive all of us of these basic rights: Choice of treatment, chelation therapy, the ethical rights of the doctor-patient relationship, and the choice of qualified licensed medical doctors to choose the drug or treat-

ment believed best for the patient. "To finance this litigation and start the ball rolling, NESNH officers have personally committed themselves to the extent of \$10,000.00. We urgently seek financial assistance as well as members. Members are asked to donate \$1 monthly, or \$10 annually, January-December. We do not seek to 'take over' the membership of any other organization, but ask only for members' support. We can and must join forces."

"We believe NESNH has the leadership to win this fight. Several of its officers were involved in an organization that fought the Louisiana Medical Board and the FDA, and for 18 months helped prevent closing of Meadowbrook Hospital, the only one in the country devoted to endrate chelation and nutritional therapy. Some of these same officers lead the battle to license chiropractors in Louisiana. No officer is paid for time or personal expenses. One hundred per cent of the money contributed is used for legal fees or communications expenses. NESNH recommends that you, your organization, and your attorneys become involved. You may contact our attorney, Joseph N. Marcal, 2176 Esplanade Ave., New Orleans, 70119. He will be glad to discuss legal strategy."

"This litigation is to fight against violation of the rights of citizens'

(Please turn the page)

Dr. Richardson Sues Board For Return of His License

Dr. John A. Richardson of Albany, Calif., whose medical license was revoked last Nov. 29 by the California Board of Medical Examiners on charges of administering Laetrile, has brought suit against members of the Examiners' board to recover his license.

Meantime, the office is open and patients are being treated by other doctors. Dr. Richardson, Robert Bradford, Ralph Bowman and Frank Salaman (the latter three, officials of the Committee for Free-

dom of Choice in Cancer Therapy, Inc.), went on trial in federal court, San Diego, Jan. 18 charged with conspiracy in connection with importation of Laetrile. They chose to represent themselves.

Dr. Richardson's license was revoked following seven days of hearings in August before Administrative Law Judge Stewart A. Judson in San Francisco. He did not appear in defense of the charges.

Health Stressed at Festival in England

Billed as a "major event in the celebration of Queen Elizabeth II's Silver Jubilee Year," an International Festival of Mind & Body will be held in Olympia, England, April 19-24, according to Elizabeth Chesley Baity, Ph.D., 1503 Mason Farm Rd., Chapel Hill, No. Car., liaison person between the London organizers and interested American organizations.

In charge of arrangements is privacy. Bringing witnesses and obtaining depositions will be very costly. We need your help. Winning the battle can save the lives of your loved ones, as well as your own. Please become involved."

Additional information may be obtained from Dr. Doughty-Beck, 943 Jackson Ave., New Orleans, 70130, or by writing NESNH.

Graham Wilson, Festival of Mind & Body, Ltd., 159 George St., London W1, a marketing consultant who is "not a health crank or fitness freak, but a bachelor who realizes that exercise and dieting are required in this fast-moving, stressful age, and mental relaxation has become necessary as physical 'release.'"

Besides a country-style health food store, the Festival will focus on education and travel, development groups and communities, sport and fitness ecology, eastern and western groups and religions, science, and the arts. Supporting lectures, demonstrations, films, and participatory events will be featured with sessions on healthy eating and controlled dieting. Among those on the Festival advisory council are Lady Muriel Dowd-

Natural Death Act Approved By California's Gov. Brown

As he signed the controversial Natural Death Act permitting the terminally-ill to avoid artificial life-sustaining efforts, California's Governor Edmund G. Brown, Jr., observed that the legislation ends "making humans slaves to a machine."

Authored by Assembly Health Committee Chairman Barry Keene, the so-called right-to-die bill, as of January 1977, permits a doctor to disconnect life-support equipment from a dying patient who has authorized it in advance. The doctor cannot be sued or prosecuted for implementing a "living will."

Governor Brown, a one-time Jesuit seminarian, told reporters: "There is no moral principle that requires extraordinary means or artificial devices to prolong life beyond its natural end. In this country we have often been afraid and unwilling to face death. This bill recognizes birth and death, and not making humans slaves to a machine."

The new law, first of its kind in the nation, provides that the living will must be renewed every five years to remain valid. It can be acted on only after two doctors certify a patient hopelessly ill, with death imminent no matter what

ing, founder of Beauty Without Cruelty, and Wendy Rose-Neil, a psychologist and cofounder of the Tyringham Naturopathic Clinic.

'NOW GIVE US THE RIGHT TO LIVE'

The day after it was announced that Governor Brown had approved right-to-die legislation, he received this telegram from Gilbert B. Mirus of Mountain View, Calif.: "You have signed the bill to give people the right to die, now give them the right to live. I urge you to sponsor and support legislation to legalize Laetrile so they may have freedom of choice in cancer therapy, and an equal right to live."

treatment is used.

Among those who supported the legislation were some 2,000 elderly residents of Leisure World who signed a petition urging its enactment, and Dr. Kash Ros, president of the California Medical Association.

A patient is guaranteed the right to change the mind at any time, verbally or in writing, as is the patient's guardian or authorized spokesman.

TENNECO BOWS OUT

Tenneco, Inc. disclosed in Houston that it has pulled out of a joint venture with Westinghouse Electric Corp. to build and position floating nuclear-power stations off the New Jersey coast.

**THE WELCOME MAT'S OUT TO THESE
NEW NHF MEMBERS**

PERPETUAL

MRS. EVELYN M. JURECKY
Crown Point, Ind.
GUIDO ORLANDI, President
FOODSCIENCE LABORATORIES, INC.
So. Burlington, Vt.

ESTHER STAUCH
St. Petersburg, Fla.
EUGENE JUDGE, D.C.
Princeton, Ill.

JANE E. PRESTON
Butler, Pa.

VICTORY

MARIE RAGUCKAS
Garden City, Minn.

LIFE

MR. and MRS. RONALD BIGGERS

St. Louis, Mo.
ROBERT E. SNYDER
Harfield, Pa.
LILLIAN TOMPKINS
Waldorf, Md.
JULIA D. COOPER
Sacramento, Calif.
THEODORE NOELKE
Washington, Mo.

NATURES FINEST NATURAL FOOD

Gardena, Calif.
MS. MARIAN KIGER
Los Angeles, Calif.
PAUL LESTER
Garden Grove, Calif.

FLORENCE S. PATTON FOUNDATION

Baton Rouge, La.
L. J. DE WEESE
Dayton, Ohio

NON-SMOKERS OF OREGON

Salem, Ore.
MRS. LELIA M. GRANT
Riverside, Calif.

LESTER and ROLENE BARNARD

Redding, Calif.
CLARA PAPE, D.C.
Manitowoc, Wis.

ROMAN and THELMA L. GUENTHER

Philomath, Ore.
PETE A. DAHLHAUSER
Whittmore, Iowa
BERNARD F. ROACHE
Springfield, Mass.
MRS. GRACE Y. DeMOSS
Oklahoma City, Okla.
MRS. R. F. WOODHULL
Richmond, Va.

LEONA VAN BRAMER
Sturgeon Bay, Wis.

LOUISE LOUDEN
Appleton, Wis.

DONNA M. MYERS
Sacramento, Calif.

LEONARD B. MARR
Sebastopol, Calif.

DR. and MRS. I. M. RHODES
Culver City, Calif.

E. J. HONSKA
Pasadena, Calif.

DR. ARDA PENIX
Burbank, Calif.

MRS. JACQUELINE JEAN HALLER
Hasbrouck Heights, N.J.

W. H. BUTTRAM
Sun City, Calif.

MISS K. VIRGINIA KRICK
Altoona, Pa.

JOHN BRETZ
Portland, Ore.

**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**

Unless otherwise indicated, address all officers and staff members: P.O. Box 688, Monrovia, Calif. 91016.
Telephone (213) 358-1155
Charles I. Crecelius — President and Executive Head of the Federation

Betty Lee Morales — Secretary

Dorothy B. Hart — Vice-President

Kurt W. Donsbach — Chairman of the Board of Governors

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

**PAID FEDERATION STAFF AND
THEIR FIELDS OF ACTIVITY**

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Helena Young — Assistant to the President, in charge of Wills, Estates, Gifts, Properties

Convention Bureau
Chapter Department

Carole J. Smith, Coordinator
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.

The expiration date of your membership is shown below your address. If it expires next month, please renew now, so that you will not miss a single issue of *The Bulletin*. This also saves NHF the expense of billing you. PLEASE NOTE: Renewing your membership under the same given and surname as the previous year, avoids duplication and error.
Thank you for your cooperation!

PLACE
13c 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 14-15
Royal Inn at Wharf — San Diego

Northern California — June 25-26
Airport Marina Hotel — Burlingame

HELP SAVE OUR HEALTH FREEDOMS