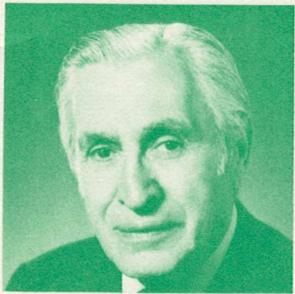


**National
Health
Federation**
BULLETIN

APRIL 1978 • 50¢

●
**Read the
Truth About
NHF-Sponsored
Fluoride Study,
Often Used to
Discredit the
Federation**

THE FEINGOLD CONTRIBUTION



DR. FEINGOLD

A New Life Is Opening to
Thousands of Hyperactive
Youngsters, Able to Start
Realizing Their Potential
After Parents Get Them
Off Drugs and Junk Food
And on Additive-Free Diet

**NHF Board Lists '78 Priorities
Dr. Y's Session With NCI's Upton
Is Chelation Harassment Cooling?
NHF Supports Antismoking Drive**

**DR. JOHN NESTOR FINALLY
WINS BACK POSITION
FROM WHICH HE WAS
REMOVED BY FDA
FOR BEING HONEST**

**ADM. MALSTROM,
LONG-TIME
NHF FRIEND,
COUNSELOR,
IS DEAD**



AL MALSTROM

THE NATIONAL HEALTH FEDERATION BULLETIN

Protection of Health Freedoms

Published Monthly

Volume XXIV — Number 4

April 1978

CONTENTS

Admiral Alvin Malstrom Loses Fight Against Cancer	1
Laetrile, Fluoridation, Forced Vaccination, and Mental Health Still Federation's Top Priorities	2
NHF President Charles Crecelius Sees Hope for Future	3
Membership Has Grown, Executive V.P. Miller Reports	5
Dr. Yiamouyiannis Tells Board Cancer/Fluoridation Study Has Reached 'Successful' Conclusion	7
NCI's Machinations on Cancer/Fluoridation Link Ticked Off to Director Upton by NHF Science Director	9
It May Not Tell Anything, But NCI Says It Will Fund Cancer-Fluoride Test	10
Betty Franklin's Interview with Dr. Feingold	12
Better Business Bureau Puts the Screws on Borden for Using Those Unmentionable Words	17
Thousands of Dollars and Five Years Later, John Nestor Gets His Old Job Back at FDA	18
There's a Bill in Congress to Protect Whistleblowers	20
California Board Backs Away from Chelation Case	23
Update on the Campaign to Protect Nonsmokers	24-25
Tips from Our Librarian on How to Preserve Your Books	29
A Review of Essential Findings of NHF-Funded Fluo Study	30

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.

Permission to reprint articles, with credit, is granted.

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. \$7.50 of the \$10.00 annual membership is paid as a yearly subscription to the National Health Federation Bulletin. Single copies, 50 cents. Second-class postage paid at Monrovia, California 91016.

Adm. Malstrom, Longtime NHF Friend and Advisor, Is Dead

With the death February 3 of Alvin Ingersoll Malstrom (Fear Adm. Ret.), the National Health Federation has lost another member of its Board of Governors and a longtime, ardent champion of NHF goals.

Admiral Malstrom died in his winter home in Phoenix, Ariz., after an 18-month struggle with cancer. He was spared severe pain, but according to Mrs. Malstrom, was "very tired." The end would have come much sooner, she believes, had he not followed a nutritional program for many years.

Born March 3, 1900, in Tacoma, Wash., he chose a military career and in 1922 was graduated from the U.S. Naval Academy in Annapolis, Md. He was an air officer on the U.S.S. Enterprise during World War II in the Battle of Midway. His service tours included the Pacific and Atlantic theaters on the Enterprise, Lexington, Sangamon and Torawa. He also served as naval attaché for air with the U.S. Embassy in London in 1942, and from 1948-1950 commanded the Naval Air Station in Jacksonville, Fla. He was deputy chief of staff for air at the Pentagon at the time of his retirement in 1952.

Following his retirement he was active in public service organizations including the National Health Federation, serving many years on the Board of Governors, and for several years coordinated activities in the Washington office, working with Legislative Advocate Clinton R. Miller.

Mr. Miller held the admiral in high esteem, as a friend and counselor, and expressed sorrow upon learning of his passing.

"Al Malstrom took over the helm as Washington coordinator in the heat of the vitamin regulations war in the mid-sixties," Mr. Miller recalled. "It was his wisdom to know when to stand fast, and when to compromise. He was an admiral, a wise diplomat, and one of the kindest men I ever knew. It was he who insisted that we keep all NHF lobbying activities apolitical. His intimate friendship with Senators "Scoop" Jackson and Claude Pepper and other influential congressmen prevented many anti-NHF rumors instigated by the FDA and AMA from taking root in the Senate and House. He was a true officer and a gentleman, who knew and taught that the history of civilizations is determined more by the quality of their food and the fertility of their soil than the brilliance and power of their armies and navies."

During its meeting Feb. 23, the NHF Executive Committee expressed sorrow over the death of Adm. Malstrom, and extended to Mrs. Malstrom and family its condolences, and gratitude for his "great contribution to the goals of the Federation."

The Malstroms lived in Bethesda, Md., and for the last four years spent winters in Phoenix.

Survivors include the widow, Carol Lowry-Moore Malstrom; three daughters, Mrs. James W. Matchette of Phoenix, Mrs. E.A. Robbins of Anandale, Va., and Mrs. C.E. Gurney of Burke, Va.; also 11 grandchildren and three great-grandchildren.

Burial with full military honors will be in Arlington National Cemetery, Washington, early in April.

NHF Board of Governors Retains Top Priorities

Seating of the newly-elected members of the Board of Governors, discussion of 1977 activities, acceptance of annual reports from officers and staff, and a decision to continue to press for legalization of Laetrile, halt fluoridation, oppose compulsory vaccination, and work on mental health legislation as top priorities marked the annual meeting of the board at the Monrovia office January 26.

New members of the board, chosen by the membership, are G. Edward Griffin of American Media, Westlake, Calif., and Andrew R. L. McNaughton, president of The McNaughton Foundation, San Ysidro, Calif. Terry Lemerond was elected to serve the unexpired term of the late Gena Larson. Reelected for three-year terms were Kirkpatrick W. Dilling, Betty Lee Morales, Dorothy B. Hart, Kurt W. Donsbach, Dr. William Ellis, Mary Lou Martin, and Bruce Helvie.

By acclamation, officers of the Executive Committee were retained for another year: Dr. Donsbach, chairman; V. Earl Irons, vice-chairman; Charles I. Crecelius, president; Dorothy B. Hart, vice-president; Betty Lee Morales, secretary, and Paul J. Virgin, treasurer. Ray Houser, former editor of *The Bulletin*, is a member of the Committee also.

Chairman Donsbach called for a moment of silence in memory of Gena Larson. On recommendation of President Crecelius, three minor changes in the bylaws were approved.

Convention Manager Allen Goldman reported the convention schedule for 1978, in these cities: San Diego, Honolulu, Columbus, Ohio, Portland, San

Francisco, Houston, Chicago, and New York. The 24th Annual has been set for Jan. 12-15, 1979.

The board heard about a poster conceived by *Public Scrutiny* Editor Mark Lockman, to which Dr. Dean Burk contributed his expertise — a poster designed to counteract the FDA poster condemning the use of Laetrile.

Board Member Ida Honorof reported on status of the case brought against Los Angeles County by a group of anti-fluoridationists. Depositions were taken earlier that week, and the case set for trial. The suit involves use of taxpayer funds by the county health department to promote fluoridation in the 1975 election.

Chairman Donsbach called on board members to assist at the annual convention as monitors, or where needed. Trudy Engel, representing Board Member Bob Hoffman, volunteered to assist the first day.

W.E. "Slim" Taylor reported on a bill in Arizona designed to provide more latitude in the practice of homeopathic medicine.

Betty Lee Morales reported on a meeting with Senator William Campbell who has said he will introduce a bill modeled after the Symms bill in Congress to remove from the Food and Drug Administration the authority to consider efficacy in drug regulations. He also has said he will introduce a measure giving health food store personnel the right to discuss nutrition with customers.

The board voted to authorize Dr. John Yiamouyiannis to continue with efforts to obtain a federal grant — provided there are "no strings" — to employ a nurse. (Please turn the page)

Crecelius Reviews Past, Optimistic About Future

BY CHARLES CRECELIUS
President
National Health Federation

To the National Health Federation Board of Governors and National Health Federation members:

With grateful appreciation to God for his blessings this past year, I am happy to bring to the National Health Federation Board of Governors this report of growth and progress achieved during 1977.

In last year's report it was pointed out that NHF activity for the first time was reported in the *National Inquirer* and the *Los Angeles Times* newspapers. This year brought our first appearance on national television — a fluoridation debate on the telecast "Good Morning America," which followed Dr. Y's fluoridation/cancer death rate presentation before the Fountain Committee of Congress. The two days of fluoridation hearings before Congress represented a great victory and provided an opportunity

to work with central Ohio schools in a program to remove junk foods from schools. He explained that the choice of nutritionists would be his, and that if the program did not conform to the guidelines established at the start, he could terminate it.

Their annual reports (appearing elsewhere in this issue of *The Bulletin*) were presented by Executive Vice-President Clinton R. Miller and Science Director John A. Yiamouyiannis, Ph.D. The board gave unanimous approval to motions of commendation for their work the past year.

tunity for NHF to confront the National Cancer Institute. It was our truth against their errors and distortions.

The start of the year found us continuing our efforts to expose the Swine Flu fiasco. We engaged in this project not because we were afraid NHF members might fall victims to the false propaganda campaign that had everyone supporting it from local health departments to the president of the United States, but because it was a trial balloon that if successful, would have triggered more of the same, and eventually become a compulsory program required of all Americans.

Early in 1977 following Alaska's lead, other state legislatures began considering legislation to legalize Laetrile. This continued throughout the year until 14 states had passed this important legislation.

An announcement early in September by Dr. Harold Manner, head of Loyola University's Department of Biology, which reported great success in treating breast cancer in mice with Laetrile, Vitamin A, and enzymes, gave the Laetrile effort great impetus and will have continuing far-reaching effects. The efforts of Dr. Dean Burk, Dr. Ernst Krebs, and dedicated medical doctors continue to be felt.

As our educational effort expands and legislators face mounting pressure to legalize Laetrile, the cause will continue to advance. As a part of our Laetrile health freedom action, we have given strong support to the Symms bill. This measure would remove the efficacy requirement from the FDA new-drug approval. (Please turn the page)

plication procedure.

Since momentum is the name of the game, it is important that we dedicate ourselves to finish the work so nobly begun. The Laetrile effort must include a watch-dog aspect to insure the orderly development of Laetrile in each state, as well as attaining its legalization.

Federal Judge Luther Bohanon has assisted sick cancer patients in securing needed Laetrile. He also has forced the FDA and NCI to present evidence supporting their Laetrile position and justifying their attack on Laetrile, or cease their opposition. We continue to maintain Laetrile and fluoridation as our number one and number two priority issues.

SMALLER PROJECTS

Many smaller projects were undertaken. Help was given to an Iowa farmer who would have spent time in jail for selling raw milk had it not been for NHF intervention.

We suggested that nutritionists and megavitamin experts be appointed to the Federal Committee on Mental Health. And we took a stand opposed to recombinant DNA research.

We continue to work for elimination of junk foods in schools. We played a minor role in the saccharin furor, and expressed concern over efforts to weaken the Delaney cancer amendment. NHF helped expose Sloan Kettering's Laetrile test cover-up. These and other projects were reported in the National Health Federation *Bulletin* as Don Matchan, editor, continued to do a superb job reporting NHF activities.

We have broadened our concerns by studying and reporting on solar and other energy-saving approaches and alternatives.

We have reexamined the perils of smoking and we support efforts to provide smoke-free air in public places. We have maintained the faith, and followed the direction laid out by our founding fathers.

A review of *NHF Bulletins* published in the late 50s reveals articles on cancer

Annual Report of Executive Vice-President

NHF Membership Up by 6,386 in '77, Clinton Miller Reports

BY CLINTON R. MILLER
Executive Vice-President
National Health Federation

After 14 years as the National Health Federation's legislative advocate in Washington, D.C., I was transferred from Washington to Monrovia, Calif., just a little over one year ago and given additional responsibilities as executive vice-president in charge of our home office.

In making this new assignment, NHF's Executive Committee and Board of Governors made it clear that I was not relieved of my responsibilities to continue lobbying on the federal level for health freedom. In addition to that continuing assignment, I was to expand NHF's legislative influence to include issues in more and more state legislatures.

On the federal level in 1977 I worked with Dr. Dean Burk and Dr. John

Yiamouyannis, NHF's science director, to engineer, then have presented at the right time in the right way to the appropriate House Subcommittees, the NHF's discovery that there is a link between increased cancer death rate and artificial fluoridation of water resulting in more than 10,000 deaths annually. Representative Fountain's extensive hearings on NHF's discovery is the most substantial action taken by the U. S. Congress in more than three decades of federal promotion of this tragic mass poisoning by the government of its citizens.

Although I have had to travel more frequently to and from Washington in 1977, NHF's tremendous political clout and momentum at the federal level, developed during the 14-year successful vitamin battle, has not lessened in 1977.

A classic example of NHF's continuing

(Please turn the page)

U.S. Senate that afternoon (mission accomplished). Both Clinton Miller and Dr. John Yiamouyannis give many hours of their time beyond what might be expected to get the job done. They are but examples of the faithful effort put forth by dedicated employees of our Monrovia, Calif., and Delaware, Ohio, offices.

I am proud to be a part of this great effort, and it is an honor to be associated with each of you as a fellow worker. I am tremendously optimistic about the future. The interesting question now is how long will the FDA and the National Cancer Institute be able to get by making such statements as "We find no evidence" in the face of growing evidence which proves they are wrong on Laetrile,

fluoridation, and other issues? There is increasing resentment in America over the arrogance of such bureaucratic agencies.

The need for maintaining separation of church and state was recognized early in our nation's history. There must now be a national awakening which demands separation of medicine and state, of psychiatry and state, and of all vested interests and the state, and for the same reasons.

Our ranks will grow as more and more Americans learn of our effort on their behalf. I urge everyone to rededicate themselves to this great cause. We are on the winning side.

Thank you.

'WE GROW BECAUSE . . .'

There are many reasons for our continued growth and effectiveness. I would like to mention a few: First, the dedication of our members and their determination to remain in the fight until victory is won on all fronts; a Board of Governors whose members understand the nature of our struggle and offer their wholehearted support; members of the Executive Committee who without charge devote many hours of their time to help guide our developing program; Clinton Miller who is at the very heart of our program. He recently called the home of a Congressman at 3 a.m. to prevent the favorable consideration of bad legislation scheduled to pass the

'Successful Completion' Fluoro/Cancer Link Study

BY JOHN YIAMOUIYIANNIS, Ph.D.
Science Director
National Health Federation

This year saw the successful completion of the fluoridation-cancer link study. The study was immediately accepted for publication and published in the July 1977 issue of the scientific journal, *Fluoride* (Vol. 10, p. 102-123). I urge every board member to read the report, written in an easy-to-read style.

The data on pages 108 and 109 are only a miniscule part of the tremendous amount of work that went into preparation of this report. In short — each of the figures appearing on pages 108 and 109 required about 50-100 pieces of data, or

about 100,000 pieces of data to generate the 1,440 pieces of final data reported on pages 108 and 109. All these calculations had to be double-checked. Still more painstaking was trying to locate the data, departments claiming it was unavailable, necessitating my having to go to various health departments around the U.S. to gather it. The data often was in most difficult-to-use form — for example, in Kansas City, I, along with two health department employees hired after hours, had to go through 60,000 death certificates to determine the number of cancer deaths in Kansas City for a number of years.

Following completion of data collection and computation, manuscript preparation was begun, including a "review of the literature," last-minute calculations and tabulations, etc.

Julie Weiser did most of the calculations under my close supervision. I rechecked her work. She also was trained on the computer and became virtually flawless in her data handling. She did all the typing, tables, and graphs for the manuscript which required 7 or 8 drafts.

During preparation, the manuscript was reviewed by statisticians, chemists, M.D.s . . . The results, discussion, conclusion, and bibliography sections comprise the most comprehensive treatise on fluoridation and cancer ever published. This publication put to rest all the arguments raised to our previous studies. (See my letter published in *Lancet*, 8/6/77.)

POLITICAL IMPACT

This fluoridation-cancer study along with my others, culminated in a two-day (Please turn the page)

bership has been on a 15-25,000 plateau. Each year the number of new memberships just about equaled the number of expirations. Under our present program we are consistently gaining more new members than expire.

MENTAL HEALTH

Starting in 1977, as instructed by the Executive Committee, NHF has again made mental health legislation one of our top three legislation priorities.

Immediately upon receiving this new directive from the Executive Committee, I placed NHF in opposition to S. 1437, which will allow a person alleged to be mentally ill, to be imprisoned for life and treated with mind-altering drugs without ever being tried and convicted of so much as a misdemeanor.

I have just started targeting NHF's powerful guns to expose and oppose this bad bill. Already we have started "networking" our friends who are in opposition to the bill, and have joined forces with the powerful Citizens Committee on Human Rights.

LAETRILE COALITION

Early in 1977 it was suggested by some members of the NHF Board of Governors that NHF needed to help form a coalition (network) of the proponents of favorable Laetrile legislation. Keeping our usual low profile, NHF has played a significant role in helping legalize Laetrile in 12 states in 1977.

Following our well-publicized first "Anti-Humanitarian" award to Illinois Governor James Thompson for veto of the Illinois Laetrile bill, the legislature overrode the veto to join Indiana as the second state to override a governor's veto.

As the first project of the Laetrile coalition, we helped get a new tabloid publication underway entitled *Public Scrutiny*. Its first issue is ready for distribution at the 23rd Annual Pasadena Convention.

At my recommendation, the NHF Memorial Library Board of Directors voted a \$15,030 grant to Dr. Harold

ing and growing prestige and influence in Washington — even though I am working that office from Monrovia — can be measured by our successful blocking of the National Cancer Institute's attempt to conduct a biased retrospective study of Laetrile without using the proper criteria.

This battle is ongoing in 1978, but the power centers of the entire nation know that NHF has advocated a boycott of NCI's study of Laetrile patients and doctors until and unless NHF is invited to place our representatives on the NCI review and protocol panels, and until proper criteria for evaluating Laetrile's safety and efficacy are used by NCI which has been approved by NHF.

The American Medical Association's publication, *American Medical News*, of December 5, 1977, gave great prominence to an in-depth article reporting that "The National Health Federation, one of the main groups promoting Laetrile (sic) for cancer therapy, has urged patients and physicians to boycott a planned study of the controversial substance by the National Cancer Institute."

This 600-word AMA article didn't contain a single word of ridicule or name-calling or scorn, or mockery or disrespect of NHF. It is a far cry from the AMA articles of 15 years ago when I first went to Washington, when the entire thrust of any AMA article reporting NHF anti-health monopoly activities, was a personal attack against our officers, and belittlement and vilification of our members and goals.

UNPRECEDENTED GROWTH

As directed by the Executive Committee, I have concentrated in 1977 on increasing NHF membership.

As a result of a single new enlistment program we gained 6,386 new members in 1977. This was on top of the new members we ordinarily get at conventions and via our other membership activities. This is the largest increase in membership NHF has had in a single year. For a decade or more our mem-

Dr. Upton Gets An Earful On His Agency's Dereliction

with the cancer/fluoridation link, and asked Dr. Bourne's help in getting through to Dr. Upton so he could discuss in person the Institute's failure to address itself to pertinent questions dealing with the fluoridation/cancer link.

The conference took place January 13 in Dr. Upton's office. The two were alone for 30 minutes, then joined by NCI's Dr. Marvin Schneiderman and Emanuel Roth, chairman of the Coalition for Pure Water, Allentown, Pa.

'IRRELEVANT' REFERENCES

Point No. 1 which was brought to Dr. Upton's attention by Dr. Yiamouyiannis was the fact the 13 references cited by NCI as allegedly showing that fluoride does not cause cancer, had "nothing to do with fluoridation."

That the references bear no relevancy to fluoridation/cancer may be seen by scanning the titles (although Dr. Yiamouyiannis read each paper carefully): "Observations on Induced Dental Caries in Rats — II. The Effect of Subcutaneous Injection of Fluoride"; "The Effects of Chronic Fluorine Intoxication on the Kidneys" and "Direct Titrimetric Determination of Fluorine in Drinking Waters"; "Effect of Certain Concentrations of Fluoride on Enamel and Dentin as Formed in Transplants of Tooth Germs and Related Studies"; "Influence of Chronic Fluorosis on the Bone Growth, Particularly on the Epiphyseal Cartilage"; "The Metabolism of Fluorine in the Bones of the Fluoride-Poisoned Rat"; "The Effect of Chronic Fluorine Intoxication Upon the Healing of Experimental Fractures in Rats."

"Histologic Findings in the Kidney, (Please turn the page)

After a frustrating three years of attempting to persuade the National Cancer Institute to objectively consider the fluoridation/cancer link, NCI Science Director Dr. John A. Yiamouyiannis finally has obtained the ear of NCI's Director Dr. Arthur C. Upton.

Whether the face-to-face meeting will result in changes in NCI attitudes remains to be seen, but the head of the agency now is familiar with the machinations of NCI officials who have persistently defended the American Dental Association position on fluoridation and refused to look at the information uncovered by Dr. Yiamouyiannis and Dr. Dean Burk that "10,000 excess cancer deaths occur each year in the United States because of fluoridation."

Direct contact with Dr. Upton came, coincidentally or otherwise, a week after Dr. Yiamouyiannis followed his letter to White House Health Advisor Dr. Peter Bourne with a phone call. He outlined the history of NCI conduct in connection

Y Attacks NCI's Guidelines for Laetrile Research; Dr. Y Appears on National Television in Debate Against National Cancer Institute Concerning Fluoridation-Cancer Issue — Dr. Burk Terms Debate a "Success"; Dr. Y Starts One-Hour Radio Program Series on WCVO — Columbus Ohio House Passes Laetrile Bill.

Preliminary Studies Indicate Possible Link Between Stillbirths and Fluoridation — No Link Between Infant Mortality and Fluoridation; Active NHF Chapters in Ohio Triple from 3 to 9 — State Chapter Formed — Ohioans for Health Rights Raises \$2,500.

admitted to additional "apparent errors." He was asked to supply his comments in writing before this Board of Governors meeting was convened, but failed to do so.

We now are on top in our fight with NCI. I plan to meet President Carter's special assistant on health in February or March. Shortly, a beautiful report of the Congressional Hearings will be made public.

I have been asked to meet privately with the Milwaukee, Wis., and Windsor, Ont., city councils as a result of publicity on the fluoridation-cancer link.

The following list of events in headline form summarizes these and other of my activities during 1977 — events due in part at least to my efforts:

ACTIVITIES SUMMARY

NHF Takes Position on Recombinant DNA; Dr. Y Presents Fluoridation-Cancer Paper at Annual Meeting of American Association for the Advancement of Science; Fluoridation-Cancer Link Covered by *National Enquirer*; Cancer Maps Prepared for *National Enquirer* by Delaware Office Nets NHF \$500; Fluoridation Defeated in Cadillac, Mich.; Brainerd Wins Two-Year Release from Fluoridation after 10-Year Struggle.

Minnesota Governor Sets up Panel to Study Adverse Effects of Fluoridation; First Columbus NHF Convention a Success; Eugene, Ore., Throws out Fluoridation; Dr. Y and Dean Burk Publish Fluoridation-Cancer Paper in *Fluoride*; *Lancet* Publishes Dr. Y's Letter; Dr. Y Testifies in Laetrile Court Case; Dr. Y Delays Fluoridation of Shreveport's Water; Lutz Library Transferred to Monrovia and Delaware Offices; Dr. Kosei Takahashi of Japan Visits Delaware Office; Health Rights Amendment in South Dakota Nearly Qualified; Health Rights Amendment in Ohio Off to Slow Start. Congressional Subcommittee Hearings on Fluoridation-Cancer Link a Smashing Success; Wichita, Kan., Stops Council's Action to Fluoridate; Dr.

Congressional Hearing before the Foundational Subcommittee on Intergovernmental Relations in which we exposed NCI's coverup. It also led to a reanalysis of NCI methods showing that in fact when correctly applied, NCI's method confirmed ours showing a fluoridation increase in cancer death rate of 4%-5%, agreeing with our data. NCI had to admit tabulation and arithmetic errors, but continued to cover up methodological errors. The hearings stimulated a debate on this issue over national television between Dr. Marvin Schneiderman of the NCI and myself on the fluoridation-cancer issue, and according to Dean Burk we won a decisive victory during this confrontation.

Since then we've been getting support for our work and criticisms of NCI's work from statisticians at universities around the country. Rep. Fountain, chairman of the House committee considering the fluoridation-cancer question, termed the fluoridation-cancer issue "an open question." NCI was cited for its arrogance in not supplying NHF with the data we requested, and was directed to cooperate. NCI has continued to play games.

This time Congress is on our side. I was told by congressional staff members, however, to go to the White House to seek an administrative remedy before asking Congress to take direct action.

Shortly after complaining by mail to Peter G. Bourne, M.D., special assistant to the President on health, Dr. Upton's office called and set up an appointment for me to meet with him. We met January 13, at which time I pointed out errors and misrepresentations perpetuated by the NCI. I was also given some of the material I had requested, and promised the remainder. Dr. Upton revealed that NCI has appropriated \$500,000 for a fluoridation-cancer study on animals, a study they admit will probably be inconclusive.

During our conference, Dr. Upton

NCI Says It Will Fund Cancer/Fluo Study

NCI Director Arthur Upton told Dr. Yiamouyiannis during the conference that the agency will conduct a \$500,000 fluoride-animal carcinogenicity study. He was invited by the agency to review and assist in working out a protocol, was told by Dr. Richard A. Griesemer who is organizing the protocol that he is "certainly one of the leading experts in the field, and we'd like to take advantage of your knowledge."

Dr. Yiamouyiannis suggested that if NCI and NHF agree on a suitable protocol, NHF be issued an equivalent sum to fund the same, or a different study, by "an independent laboratory." He was asked to submit an application for himself, or for another, for such independent animal studies.

Dr. Yiamouyiannis and Drs. Upton and Marvin Schneiderman agreed however that negative results from such studies "would not exonerate fluoride as a carcinogenic agent." Purpose of the study would be to find a positive effect. Since the Yiamouyiannis-Burk research revealed 10,000 excess cancer deaths in a population of 100 million persons, or an excess of 1 per 10,000, the number of animals necessary to confirm such findings would be prohibitive in cost. Dr. Yiamouyiannis further pointed out that "horse doses" of fluoride would kill the experimental animals, and the three were in agreement that while positive tests would be indicative of a link, negative tests would be "meaningless."

Liver, Pancreas, Adrenal, and Thyroid Glands of the Rat Following Sodium Fluoride Administrations"; "The Incidence of Dental Caries in Hamsters Receiving Two Different Water-Soluble Fluorides at Low Concentrations"; "Effect of Fluorine on the Composition of Bones..."; "Histochemical Studies on the Changes of Calcium and Alkaline Phosphatase in Experimental Dental Studies on Fluorosis of Rats"; "Recent Studies on the Strength of Bone in Chronic Fluorosis."

After reviewing a few of those references with Dr. Yiamouyiannis, Dr. Upton was forced to conclude, according to Dr. Yiamouyiannis, "that the studies did not appear to be concerned with fluoridation and cancer."

These were the references used by NCI to support (1) its claim that animal research already had been done to show no link between fluoridation and cancer, and (2), NCI's excuse for not

having conducted animal studies.

"Dr. Upton agreed to look into the matter further and respond to me as to his findings," said Dr. Yiamouyiannis.

WHY THE SILENCE?

Issue No. 2 directed to Dr. Upton by Dr. Yiamouyiannis: Why has the National Cancer Institute not been more responsive to criticism (of its position on fluoridation/cancer), and requests for information?

The Institute as of that date in January had not responded to the NHF criticism of its "study" published in the Dec. 16, 1975 *Congressional Record* a year after the original NHF findings were announced.

As early as November 1975, and as late as October 1977, Congressman James J. Delaney and Dr. Yiamouyiannis separately requested "the complete data and step-by-step procedure used in deriving all the values reported in NCI's paper originally released Nov. 14, 1975 (and published in 1976 in the *National Cancer Journal* of the

Institute). As of Nov. 30, 1977, Dr. Schneiderman still had refused to provide the information sought by Dr. Yiamouyiannis.

And he had failed to provide the NHF science director with "(a) any cancer-incidence data for buccal cavity, stomach, large intestine, rectum, kidney, bladder, thyroid, vagina, and brain and nervous system; (b) the Second National Cancer Survey or photocopies of pertinent sections; and (c) the original cancer-incidence data for the Denver Standardized Metropolitan Statistical Area for 1969-71."

Nor did he receive from NCI the "age-adjusted cancer death rate for white males and white females for the pentads 1950-54, 1955-59, 1960-64, and 1965-69 in the following cities or counties: Chicago, Philadelphia, Baltimore, Cleveland, Washington, D.C., St. Louis, San Francisco, Milwaukee, Pittsburgh, Buffalo, Los Angeles, Boston, New Orleans, Seattle, Cincinnati, Atlanta, Kansas City, Mo.; Columbus, Ohio, Newark, N.J., and Portland, Ore.

The information sought in (a), (b), and (c) above, was provided him during the January conference, along with the age-adjusted cancer death rates of the cities, with exception of Fulton County (Atlanta), and Jackson County (Kansas City).

'DATA SNOOPING'

Issue No. 3 posed by Dr.

DID YOU KNOW?

Any kind of gift to the NHF Memorial Library is TAX EXEMPT

Books, Real Estate, Automobile, Art — Anything that can be converted to cash — can be used as a TAX WRITEOFF

Contact Memorial Library

212 W. Foothill Blvd., Monrovia, CA 91016

Telephone 213-358-2312

Yiamouyiannis to Dr. Upton: "The history of mathematical and methodological errors made by NCI concerning the fluoridation/cancer link . . . and the 'British connection' — publication of NCI data in a British journal without crediting NCI as to authorship — data shown by Dr. Yiamouyiannis to be in error.

The NHF science director told Dr. Upton that "when statistically-acceptable procedures are used, NCI's Standard Mortality Rate (SMR) method confirms results arrived at by Dr. Dean Burk, former chief chemist at NCI, and myself. These results show 10,000 excess cancer deaths per year from fluoridation — a 4% to 5% increase in cancer death rate in fluoridated areas over non-fluoridated areas."

Statisticians in various parts of the country, he said, "now agree that NCI's attempt to discredit the fluoridation/cancer link by its 2-point SMR method constitutes 'data snooping,' and such procedures are frowned upon by professional statisticians."

Drs. Upton and Schneiderman agreed to "consider" addressing themselves to criticisms of their study appearing in the Dec. 16, 1975, *Congressional Record*. Dr. Yiamouyiannis suggested they also include consideration of further criticisms of the same study appearing in the printed hearings of the Fountain Committee.

The Amazing Success of Feingold Diet Movement

As they pass through this life, some individuals make "big waves," their discoveries affecting the health and welfare of millions. Such a person is Ben F. Feingold, M.D., internationally-known allergist, chief emeritus of the allergy department at Kaiser-Permanente Medical Center in San Francisco, and author of two books, with a third due soon.

Dr. Feingold's contribution to society is the discovery, and clinical proof, that artificial coloring substances, flavors, and preservatives in processed foods — and even in some natural foods — wreak havoc with the nervous systems of persons allergic to the compounds. The illness is known as hyperkinesis, manifests in children in all sorts of behavioral aberrations — overactivity, abusiveness, aggressiveness — and deprives the child of learning ability.

In 1973 his first book, *An Introduction to Clinical Allergy*, describing the amazing behavioral changes in children on the Feingold diet, was published by Charles C. Thomas. Two years later Random House published *Why Your Child Is Hyperactive*.

The first nutrition-minded writer to interview Dr. Feingold was Betty Franklin of Fairfax, Calif., long identified with the movement to end fluoridation. In 1974 she wrote the story for *Let's LIVE*

This story is condensed from a comprehensive interview conducted by Betty Franklin for Let's LIVE magazine (August 1977). The complete article is worthwhile obtaining in its original form. Reproduced with permission of Let's LIVE, 444 No. Larchmont Blvd., Los Angeles 90004, copyright 1977 by Oxford Industries, Inc.

prunes, raspberries, strawberries, tea, tomatoes, cider and cider vinegars, and wine and wine vinegars.

Despite criticism from those biased in favor of the food-processing industry, Dr. Feingold's program is "succeeding." It will take "years to fully understand the mechanism involved in why the diet works," he says, but "until we do understand, we're able to cure children without risk or drugs. Our parents think this is what success is all about."

MOVEMENT'S SPREADING

And parents are rallying to this concept by the thousands. As Betty Franklin put it, "the movement has spread like a prairie fire," across the United States, to Canada, and Australia. The Feingold Association of the United States has been formed under the leadership of Mr. and Mrs. Michael Morrison, with headquarters at 659 National Press Building, Washington, D.C. 20045.

A 1,200-family group functions in Long Island, and Houston boasts a group of 1,000 families. Throughout the country there are some 80 organizations. A symbol of a shaft of wheat surrounded by a hexagon (representing the benzene ring, basic nucleus of coal-tar dyes) is being used to identify products unadulterated by artificial flavors and colors.

HE HAS THE EVIDENCE

In his earlier research, Dr. Feingold uncovered the fact that over a 10-year period the increase in dollar-value of the output of artificial flavors and soft drinks has paralleled the increase in hyperactivity and learning difficulties among the nation's schoolchildren. In his words, "... while the dollars pour in, children's problems rise dramatically. As of 1975, at least seven million children have been diagnosed as having serious learning problems, and about five million are considered hyperactive. But now I believe we'll be seeing important changes in this structure because awareness is

growing about what's causing the problems and how easily offending substances can be eliminated — in individual households at least, as well as in schools. And the problems certainly aren't being resolved by drugs — which only mask hyperactivity and may cause serious troubles in themselves — but by eliminating the offending chemicals in diets."

The San Francisco pediatrician says a major reason for the growing acceptance of the diet/hyperkinesis relationship is that it has provided "emotional release." Parents have seen for themselves what happens when their ailing children get off sugary snacks and onto the natural-food diet:

"The response is so dramatic that nothing can stop it. An emotional release is being generated, for parents and the kids too. Take the parents of a child who's had trouble since early infancy. Some of these babies are sleepless and carry on all night. They're restless, fidgety, and nothing has been able to help them. Then they're put on the diet and the change is remarkable, even with nursing babies. The most important factors to eliminate for these little ones are colors and flavors incorporated into the synthetic vitamin drops in common use today. And later on, the chewable vitamins prescribed often cause troubles. As soon as you stop these, the baby usually will be well within 24 to 36 hours.

"And take an older child who's been disruptive at home — aggressive, abusive, destroying everything in sight — attacking everyone, and when in school, upsetting the entire class. These children can't learn, can't sit still. They've been on medication such as ritalin. But that doesn't help, and often makes things worse. The family is desperate — some are even on the verge of breaking up. Then these children are put on the diet, and very soon — sometimes within 10 days to two weeks — they go through a complete transformation, and they and

(Please turn the page)

their families have a serene, happy life at last. So you can see what an emotional release this provides."

In his original study, Dr. Feingold reported correction of behavioral problems in 30% - 50% of the cases reaching him. Now the figure has been upped to 60% - 70%.

A MOTHER REPORTS

He tells of "thousands of case histories," and includes a typical letter from a New York mother whose child could not read, then was placed on the diet:

"Dear Doctor Feingold: Michael has just skipped a whole year in reading! He kept telling his teacher he'd already read his reader and knew all the words. I guess she got tired of listening to him complain about the baby work he was doing, sent him to a seat with the reader and workbook, and told him when he finished the workbook he would go to the higher reading room. So he did just that, and with not one mistake. . . . The teacher got so excited she was jumping up and down. And Michael told her to go on the diet herself because she was hyperkinetic. (That was the laugh of the school year). He's now on the upper level, excelling in many of his subjects, and still reversing total words when there is an infraction (when he goes off the diet). The school principal put his dog on the diet and the animal is also improved. By the way — we have a veterinarian here who says his patients are doing well, too, on the Feingold diet."

'CARBOHYDRATE CULTURE'

Although in the beginning the doctor did not believe sugar was a villain, he acknowledged he is impressed with "new evidence, and I've learned something. New works coming out of Massachusetts Institute of Technology convince me that sugar and all carbohydrates may be very serious trouble-causing factors. We're living in a carbohydrate culture. Look at the breakfast foods, softdrinks, pastries, candies,

cake, cookies we consume, and look at the softdrink industry alone. We'll have to change our whole food culture, which of course will take a long time. If it could be done within one generation, that would be achieving almost a miracle. At least I'm hoping our efforts are laying down a foundation that will generate understanding on the public's and everyone's part, including the manufacturers. But we get lots of resistance. . . .

"However, let me say that it isn't right to incriminate only industry and the FDA. Parents have a very important responsibility too. Unless the public educates itself and lets industry and the government know what consumers want and what they will purchase, we can't expect a change. . . ."

TEMPTATION WITHSTOOD

Asked how children "withstand the lure of TV and all the advertising gimmickry and even the tempting goodies they see schoolmates and friends eating," Dr. Feingold replied:

"When they're under control, the TV doesn't really bother them, we find. Once you get a child's behavior straightened out, he or she can withstand the normal impact of things. Life is that way, isn't it? We have all kinds of challenges to face, but can take them in stride if we're healthy.

"We do have two classes of children: Those who respond well and everything clears up and there's no longer a problem. This includes some very young ones — two, three, four, five years of age. They feel so much better, they actually police themselves. The other class is the children so addicted to the trouble-foods — they're like alcoholics and can't control themselves when there's the slightest deviation from the diet. We have to — so to speak — dry them out until they get control again. If you just tell them to stop, they literally can't. It's impossible. These cases require very special attention."

THE CHIEF OFFENDERS

Dr. Feingold lists as the top additive offenders, coloring agents, and the antioxidant, BHT. Many children do not respond to the diet until BHT has been omitted — and it's found in breakfast foods, cooking fats and oils, even butter and oleomargarine. He says that "if such a risk factor predominates on the benefit-versus-risk scale, BHT will have to be phased out, eventually banned. As for its ability to increase shelf-life of foods — what has to be done is to devise a new distribution system for keeping a product on the shelf for shorter periods — say five months instead of five years."

He is aware of the economics involved, says "the only way is for all of us to work together to find ways and means of resolving this vast challenge. . . ."

REACHING THE SCHOOLS

Getting the message of diet to the nation's schools is another challenge — to Dr. Feingold, "the most important part of the picture." Unless we can control nutrition there, it's futile trying to correct diets at home.

He described results of action by the Long Island Feingold Association, working with the food-service director in the Smithtown, N.Y., School District. Following screening of the food items being served, manufacturers were given written approval or disapproval of their products. The result: "Throughout the district now, natural foods are available, with no preservatives whatsoever — no colors, flavorings, or salicylates. And the director has managed to persuade manufacturers to make natural bread, and provide meat with no fillers, among other improvements."

One association working with school officials wrote him: "We didn't set out to antagonize the schools, but rather to offer them the friendship of the association. And it worked. We point out we're within our legal rights to request this program."

Some school officials respond more

positively to the requests to eliminate junk foods from school dining rooms than did the dollar-oriented Los Angeles Board of Education. He recalled that in 1976 he participated in a symposium at Children's Hospital, Los Angeles. "One of the educators," he said, "boasted that the district had earned \$2 million in 1975 from school vending machines. The revenue was used to support athletic and other such programs. Later, in a panel discussion, the same gentleman boasted about the two-million-dollar revenue. I took my microphone and pointed out, 'Doctor, why don't you try purveying marijuana and hard drugs? They're even more profitable.' The audience laughed and applauded.

"A short time later a report was issued by the superintendent's office and the Board of Education, asking that a committee 'study the beliefs of some individuals that hyperactivity is caused by eating candy and certain food additives . . . recent publicity implicating sugar and food additives as a cause of hyperactivity is causing acute anxiety for many parents. And because many are searching for a cure for their overactive child, many children are on diets that may not meet their nutritional needs.'

"It is presumptive on the part of the school board to take the position that the study is 'a belief of some individuals.' It's not a belief or an implication at all. Reports on brain biochemistry now appearing in the scientific literature indicate that carbohydrates — not only sugar, but carbohydrates generally — influence the biochemistry of the brain. And changes in nerve cells, generated by food dyes, are being increasingly observed by scientific researchers. So the claim this is a belief or implication is not valid. . . . Is a diet of soft drinks, candy, and other junk foods full of potentially toxic substances — carcinogenic, mutagenic, and every other type of adverse reactions — more nutritional, I ask you!"

(Please turn the page)

McCall's Story Lauded by Readers

Ed. note: *McCall's* carried a story (May 1977) by Joseph Bell on treatment of hyperkinesia, and the August issue reproduced two letters, one from Robert L. Sprague, Ph.D., director of the Institute for Child Behavior and Development, Champaign, Ill., who said:

"I want to compliment you for selecting Joseph Bell to write 'The Family That Fought Back.' It is one of the best coverages of the complex and emotional issues surrounding the treatment of hyperactive children that I have seen. I am not writing this because I was quoted in the article, but because Mr. Bell did an excellent job of summarizing the issues. His summary is particularly good at the point where he discusses the possibility that the real issues in Taft City may be muddled while the lawyers maneuver, and that there are three separate, interrelated but clearly-distinct issues: (1) the efficacy and usefulness of Ritalin; (2) the role of the public school in the treatment of exceptional children; and (3) the role of parents in the education and treatment of their children."

The other letter, from Carole Schorr, executive vice-president of Feingold Association of Southern California, Chatsworth, Calif., follows:

"I also have a hyperactive son who has been exposed to these potentially-harmful drugs for a period of five years. After observing our son undergo a total personality change due to the continued use of Ritalin, Cylert, and Dexedrine, my husband and I finally recognized their destructiveness. Then we learned about an alternative treatment of hyperactivity: a food program developed by Dr. Benjamin Feingold in San Francisco that eliminates artificial coloring and flavors, most preservatives, and a few foods containing salicylates."

Our son has been on the program for more than a year, and has gone from having a record of academic failure to functioning well above his grade level. And for the first time, he is accepted by his peers.

"As a result of the tremendous success of this program, more than 100 parent groups have been formed nationwide, with positive support from professional groups. For those seeking help in this regard, please contact: Feingold Association United States, 56 Winston Dr., Smithtown, N.Y. 11787. Your letter will be referred to a parent group in your area."

Dr. Feingold's position on water fluoridation is consistent with his dictum that "any compound, whether natural or synthetic, has the capacity to induce an adverse reaction in the individual predisposed to react to it adversely. Undoubtedly there are some who cannot tolerate fluorides. And if water supplies are universally fluoridated, then these particular individuals have no escape. So I say, let those who want to use it, do so on an individual basis until we find out precisely what deleterious effects it might have. Meantime, I wouldn't be surprised if there are many persons

having obscure complaints their doctors can't diagnose, and never think or know how to trace to fluoride in water."

COFFEE, MILK SALES DOWN, POP, BOOZE UP

Advertising Age says coffee and milk consumption have declined in the United States, but soft drinks and alcoholic beverages are up. Since 1965, coffee sales have dropped 13%, and milk consumption is down 7%. Wine sales have jumped 70%, soft drinks 56%, distilled spirits, 33%, and beer, 32%.

Isn't It Great That 'Someone Out There' Is Protecting Us Against Natural Foods?

BY SUSAN PERRY

A new worry has begun to furrow the brow of government officials and food processors. They are afraid that all this talk about natural foods is making people suspicious of non-natural foods.

They didn't care as long as only long-haired hippies were talking 'natural,' but when companies like Breyer and Quaker began picking up the lingo and using it in advertisements — well — it just had to stop.

"It seems likely that this trend of stressing 'only natural ingredients' could further undermine the public's confidence in food products that contain safe food additives," Dr. Robert Schaffner, associate director for technology with the Food and Drug Administration, said in a speech last August before the American Chemical Society Workshop in San Francisco: "If the top management of these companies (the ones running the 'natural' ads) looked at this trend very seriously, they might wonder if it is really 'good business'... How would the convenience foods fare, for example, if they had to exclude ingredients that extend shelf life and it became necessary to manufacture and distribute foods on an everyday or everyweek basis?"

Borden went one step further than other companies in its TV ad for Cracker Jack. The ad sent the following message to parents: "Kids haven't changed. But what's in some of the things they're nibbling, that's changed. Stabilizers and preservatives, like BHA, BHT. This is Cracker Jack... all natural ingredients... 100% natural... nothing artificial..."

Borden's audacity in mentioning a couple of synthetic preservatives — but not saying they were dangerous — brought criticism from the National Advertising Division of the Better Business Bureau. The Division said the advertisement might imply to consumers that all stabilizers and preservatives are undesirable.

Although Borden did not agree with NAD's interpretation of their commercial, they did agree (in what NAD called "a spirit of cooperation") to discontinue the ad.

It's good to know that someone out there is protecting the public from natural foods.

Susan Perry is editor of Nutrition Action, published by Center for Science in the Public Interest, Washington, D.C., where this first appeared.

Dr. Nestor Reinstated After 5-Year Struggle

After battling the bureaucracy for five years (Oct. 1977 *Bulletin*), Dr. John Nestor finally was reinstated in November by FDA Commissioner Donald Kennedy to the job in the Cardio-Renal-Pulmonary division of the Bureau of Drugs from which he was removed in 1972.

Commenting on the reinstatement, Reporter Indejit Badwar of *Federal Times*, the newspaper which has carried more information than any other on the injustices of that case, commented in part:



DR. NESTOR

"... Like most political appointees of the Carter Administration, Dr. Kennedy seems to be bear-hugged in the arms of his agency's entrenched senior bureaucracy. But the man seems to have the right instincts. He made a difficult but sound decision on saccharin. And his desire to outlaw massive doses of antibiotics in animal feed deserves to be applauded.

"Kennedy did what was right. What was just. What was necessary. An act of decency. And yet as I write this, I am overwhelmed by the thought that I'm heaping praise upon a man who only did what the law said ought to have been done. It's like thanking your utility company for billing you accurately.

"I mean, here's Kennedy, part of an administration which promised to clean up the bureaucracy and protect government whistleblowers. Here's a guy who's had access to an official investiga-

tion recommending that Dr. Nestor be recompensed because he had been railroaded through official lies and perjury. So here's a guy who does something in keeping with Carter's promise of 'decency' as well as following the investigator's recommendations, and I'm saying, 'Yeal, and right on!'

"Well, it's a sign of the times. One even learns to thank vicious prison wardens for small acts of charity. For all its promises, the Carter administration, in dealing with whistleblowers and egregiously-wronged federal employees, has shown none of the compassion which floated like a halo over the head of Carter the candidate. Human relations within the federal bureaucracy continue to be an abysmal state of affairs. . . .

"Dr. Nestor was one among numerous consumer-oriented scientists who fell victim to the reign of terror conducted against them by FDA brass during the Nixon heyday. Russia is not the only country where they persecute dissenting scientists. In FDA, the campaign was known as 'neutralization.' The agency's top cadre of bureaucrats singled out as 'adversarial' those scientists who refused to whisper sweet, polite nothings into the ears of their bosses when they saw the bending of laws in order to get questionable drugs on the market. No, politeness and civility serve no purpose when a drug is about to enter the market which could cripple or maim unsuspecting patients.

"So these scientists roared. Nestor was one of them. He'd seen his bosses put drugs on the market which later had to be recalled, with no one at FDA taking

the rap. Over the years he'd seen FDA's refusal to take action against laboratories found repeatedly providing fraudulent test data in support of their products. He'd been involved in keeping thalidomide off the market. He'd been responsible for helping prosecute the makers of an alleged cholesterol-lowering drug which was approved by FDA and then had to be recalled because it blinded Americans who used it.

"As an insider, Dr. Nestor had seen his bosses manipulate advisory committees, huddle privately with sponsors for drug companies, reject medical reviews without explanation, punish medical officers whose judgments were critical of drug companies' pet projects. Do you, then, blame him for forming the opinion that FDA brass and drug companies were bedmates?

"The answer that Dr. Nestor finally received to his scientific challenges was not a merit-based scientific argument, but one that was essentially political. He was exiled in 1972 out of Cardio-Renal to the Bureau of Compliance — until Kennedy's act of restitution — to a do-nothing job. And his transfer, the official investigation shows, was carried out through deceit and calumny. His appeal against the transfer never was sustained because FDA's brass tainted even the grievance proceedings by perjury under oath.

"For five years he languished in exile. But he kept fighting with any and all means at his disposal. And he told anybody who would listen that he was being paid \$40,000 a year to do nothing. What a deal for the taxpayer to ensure one scientist's silence!

"Kennedy's letter returning Nestor to his old job was a little patronizing. You know — well — I'm not sure this is the best thing, and be a good boy John, we'll be keeping a close eye on your performance, etc. One wonders why the commissioner felt constrained to taint an otherwise sound action.

"Dr. Kennedy is doing Dr. Nestor no

ANOTHER WRONG THAT SHOULD BE RIGHTED

NHF President Charles I. Crecelius asks why, "if Dr. Kennedy can reinstate Dr. Nestor, can't he also return Dr. J. Anthony Morris to his job in the Food and Drug Administration?"

Dr. Morris was fired for alleged "insubordination and inefficiency" in July 1976 after he opposed the government swine flu vaccination program — a venture in mass medication which resulted in many deaths and lawsuits against the government expected to top a billion dollars.

"The National Health Federation," said Mr. Crecelius, "is pleased that justice finally has been done in the Nestor case. We urge Commissioner Kennedy to personally investigate the Morris case and take similar action to restore him to his important position as a virologist and vaccine specialist."

favor by returning him to a job for which he is qualified and from which he was illegally booted out. Instead of making Dr. Nestor sound like a bad boy who was overkilled because of bad manners, the Kennedy letter should have sounded a stern warning to all FDA high officials that he will not condone any official illegality, that there's a new ballgame in town.

"Even though the HEW official investigation called for apologies to Nestor et al, as well as reprimands for FDA officials who lied and perjured themselves, Kennedy has so far done nothing to accomplish this. They're still around, making decisions, interviewing people for jobs.

(Please turn the page)

Senate Bill Would Protect Government Whistleblowers

A bill (S. 2232) to create an office to protect government whistleblowers against recrimination from their superiors, and requiring investigation of the charges, has been introduced by Senator Patrick J. Leahy whose staff has released a 493-page report detailing the need for such legislation.

Senator Leahy says federal employees who expose government waste and corruption risk harassment, firing, and crippling legal bills. "The bureaucracy..." he said, "cannot handle allegations of wrongdoing."

The staff report highlights 15 cases in which government workers claimed they suffered reprisals for revealing agency abuses. Among examples cited as "typical" of whistleblowers' experiences are these:

- John Coplin, a Department of Agriculture meat-grading supervisor who

"As for Dr. Nestor, I hope he will not be gratified into silence. There are still bad drugs coming on the market. Animal toxicity studies are imperfect. There is inadequate protection of human guinea pigs during drug testing. These are some of the things Dr. Nestor complained about before he was silenced. And I do hope he will continue to lead the voices of conscience from within the Bureau of Drugs..."

"And Dr. Kennedy would be well-advised to establish some mechanism through which such voices can be heard. An ombudsman, perhaps. Or perhaps even a peer review group to assess scientific differences between medical officers and their supervisors."

"But for now, even though a little grudgingly, score one for Kennedy."

brought about the resignation or removal on charges of corruption of more than 70% of the meat graders in Chicago. Although 26 years ago he became the youngest employee ever to head a main grading station, he has not received a promotion since that time.

- Demetrios L. Basdekas, a reactor engineer in the Nuclear Regulatory Commission, transferred after he raised questions about reactor safety in testimony before the Senate Government Operations Committee. He described hazards that he said could lead to "releases of... large amounts of radioactivity," accidents "at any time," and "extensive plant shutdowns."

- Sandra Kramer and Valerie Koster, nurses at the Indian Health Service hospital in Shiprock, N.M., fired after they complained about unsanitary conditions and lack of patient care. "The focus here is on filling out forms, doing the least work with the least effort, and just getting by," they wrote then President Ford and six members of Congress. An independent report by a University of New Mexico medical team supported Nurses Koster and Kramer.

- Dr. Alice Campbell, a Food and Drug Administration medical officer, transferred after she issued several negative recommendations on new drugs, criticizing one for "clinical toxicity." A Department of Health, Education, and Welfare panel later termed FDA's treatment of Dr. Campbell "deceitful," of "questionable legality," and "unfortunate in human terms."

- Robert Sullivan, a criminal investigator for General Services Administration, fired for embarrassing the agency after he gave the press a series of audits and reports showing contract irregularities. The documents later were released to the public under the Free-

dom of Information Act.

- Arthur Palman, a regional personnel officer for General Services Administration, accused of racism by then GSA Administrator Arthur Sampson after he asked the Civil Service Commission to investigate whether the Nixon administration was using that agency as a political patronage ring. In October 1974, former Congressman David N. Henderson, then chairman of the House Post Office and Civil Service Committee, called the bigotry charge "potentially libelous."

- Ralph Applegate, a Defense Construction Supply Center engineer, fired after he accused his agency of procuring items at inflated prices from small, local contractors. Since May 1976, DCSC officials have refused to supply him with copies of the performance review board hearing transcript he says he needs to defend himself and support allegations of perjury by agency officials.

Senator Leahy said he expects the Senate Governmental Affairs Committee to hold hearings on the measure, (S.2232.) cosponsored by Congressmen Morris K. Udall and Paul Simon. "Everyone" he has talked to in the Senate has been "very supportive," he

ANOTHER OPTION

A late development in the effort to protect whistleblowers is White House approval of a proposal to split the Civil Service Commission into two departments: the Office of Personnel Management to oversee hiring, promotions and demotions, and a Merit Protection Board to hear appeals.

CSC now has responsibility both for managing the federal personnel system, and for protecting the rights of two million employees. Dividing those responsibilities between two agencies would prevent the commission from having to sit in judgment on its own actions, said CSC Vice-Chairman Jule Sugarman.

said.

Although the Civil Service Commission is responsible for making certain that agencies do not retaliate against in-house critics, the Leahy report calls CSC grievance procedure "a frustrating and biased exercise."

FDA Scientist Told by Agency to Alter Findings on Suspect Drug

In a letter to FDA Commissioner Donald Kennedy, Senator Richard S. Schweiker has asked for an explanation of why one of its scientists was asked to alter a research finding merely because FDA believed that to initiate an action against the manufacturer would be "an inconvenient drain on the bureau's resources."

Senator Schweiker wrote Dr. Kennedy he had learned that an employee was told by his superiors to change his scientific finding that a particular drug (not identified by the senator) posed a serious potential carcinogenic risk, and

accordingly modify his recommendation that use of the compound be prohibited in food-producing animals until its safety could be established."

The reviewer was ordered to change his findings, "not because there was doubt about the validity of his findings, but simply because FDA did not feel administratively able to initiate action at this time," Senator Schweiker told the press.

Arrogance is a coverup for ignorance.

DR. F. A. BAKER
Mankato, Minn.

San Diego to Host NHF Convention

More than 50 speakers are scheduled for lectures, workshops and classes, discussing "a wide range of holistic health and natural preventive medicine philosophies," at the National Health Federation's Southern California Regional convention April 22-23 in the El Cortez Hotel, 7th and Ash St., San Diego, according to Convention Manager Allen Goldman.

"This promises to be the most informative, exciting regional event to date," said Mr. Goldman. "There will be six programs in progress simultaneously, including a stimulating health-educational film festival. This format

was utilized with great success at the recent national event culminating in the most dynamic and successful show ever in our 23-year history.

"In addition, well over 100 organizations will demonstrate and exhibit healthful products, services geared toward self-improvement, and optimum well-being. Between the lectures, workshops and exhibits, we can promise all who attend enormous sums of information, literature, prizes, and samples. Housing is available at the El Cortez at a special convention rate. Make your reservation early."

Dr. Manner NHF Speaker in Honolulu

For the first time in several years, the NHF health convention caravan will journey to what many consider one of the most ideal health environments on the planet — Honolulu, Hawaii.

Convention Manager Allen Goldman has announced May 5-7 as dates of the NHF Pacific Regional convention scheduled at the luxurious Hilton Hawaiian Village, with 20 "lush tropical acres on Waikiki Beach."

Mr. Goldman said the selection was made because of "the clean air, pure water, bright sunshine, natural foods, and the extraordinary meeting facilities at the Hilton."

The show will offer more than 40 speakers, including Dr. Harold W. Manner, whose research of amygdalin (Laetrile)/Wobe Mucos enzyme/Vitamin A therapy has propelled him to national prominence.

Mr. Goldman said the convention speaker's roster will also include medical and chiropractic doctors, health specialists, nutritionists, and fitness experts doing lectures, workshops, and classes "embracing the total approach to holistic health care — all in conjunc-

tion with dozens of businesses with supportive healthful products and services. Be part of the sweeping health movement NHF is creating," he urged. "Join us in an "aloha" from Hawaii!"

Special travel programs to include housing are in the process of being arranged, he added.

BACON WITHOUT NITRITE? NO!

Question: Recently, I have heard of bacon that does not contain any nitrite. Could you please tell me where this could be purchased?

Answer: We have not been able to locate any bacon without nitrite. All bacon manufacturers stressed the need for using the chemical additive because it retards the growth of bacteria besides acting as a color fixative. They said that until researchers can find a substitute for sodium nitrite, they will continue to use it to prevent bacon spoilage . . .

— MINNIE BERNARDINO
Food Section
Los Angeles Times

Hearings on Medaris Chelation Case Postponed 'Indefinitely' By Board

After three weeks of hearings in which patients described their experiences with and desire for a right to receive chelation therapy, the California Board of Medical Quality Assurance postponed "indefinitely" further hearings in the case of Dr. Don Medaris, Arcadia M.D.

The Board conducted hearings after a patient (who had not paid his bill and was unable to collect from an insurance company) complained.

The Board's decision to postpone further hearings was commended by Collie Greene, executive director of the Association for Chelation Therapy (ACT), P.O. Box 832, San Gabriel, Calif., who attended the hearings and provided information about chelation therapy to board members.

Mrs. Greene said she was impressed by the willingness of a majority of Board members to hear patients' testimony, and she believes that "with the exception of a couple of doctors," members "are really for the consumer. We believe that by attending their meetings and opening the line of communication, our efforts with letters and face-to-face

communication were fruitful."

She said also that in her opinion, the February 1977 BMQA letter urging physicians not to administer chelation therapy was instigated by the former acting director, and that "the majority of members were not actually aware of its implications. When they had a chance to hear people's experience with chelation, they learned a lot, and I credit them with being willing to listen, and truly interested in the consumer."

ACT is now engaged in an effort to persuade Medicare officials to pay for chelation therapy as it pays for other types of medical care.

Those who have received chelation therapy are urged to write a letter headed "To Whom It May Concern," stating the health condition before the therapy, and its impact on health after the treatments. Mrs. Greene suggests the letter be notarized, if possible, and mailed to Medicare in Washington, D.C., with a copy to ACT for use with such companies as Blue Cross who have been refusing to pay for these treatments.

Medical Experimentation Rights Bill

Public support for a bill spelling out the rights of persons submitting to medical experimentation is urged by the Institute for the Study of Medical Ethics, Box 17307, Los Angeles 90017.

The Institute is seeking contact with persons who have participated in medical experiments, and asks that they call 213-480-0836.

"We are trying to get some badly-needed legislation in the area of human experimentation," said the Institute's

Tom Lane, "and we need to document current abuses in California to show legislators the need for a bill."

AB-1752, authored by Assemblyman Herschel Rosenthal, passed the Assembly Committee on Health in mid-January. It would require that individuals be fully informed of the potential side effects of experimental drugs, the testing history when used on animals, and establish the right to withdraw from the experiment "without duress."

HEW in All-Out Drive to Reduce Smoking

Under direction of a man who quit smoking two years ago after his son told him it was "the best present a father could give a child," the Department of Health, Education and Welfare has launched a drive to reduce cigarette smoking in this country.

HEW Secretary Joseph A. Califano has announced creation of an Office of Smoking and Health, with a budget of \$23 million — twice the level of past spending on government antismoking programs.

While asserting much has been accomplished to reduce smoking in this country in the 14 years since the Surgeon General's Report linked cigarette-smoking to lung cancer (10 years after the American Medical Association publicly noted it), Mr. Califano said U.S. smokers still are among the world's heaviest tobacco users, consuming 626 billion cigarettes in 1976.

The secretary quoted estimates indicating that smoking adds \$5 billion to \$7 billion to health-care costs annually. The cost of lost productivity, wages and absenteeism caused by smoking is \$12 to \$18 billion a year, he said.

While praising the Califano program, White House health adviser Dr. Peter Bourne warned that the campaign will fail if "it tries to make outcasts of smokers. The ultimate effort of government should be to provide individual citizens with knowledge in order for them to make informed decisions," he said. "It should not make outcasts of smokers."

Here is the ambitious program outlined by Secretary Califano:

- Research motives that lead children and teenagers to smoke.
- Revision by the Food and Drug Administration of labeling requirements so

women taking birth-control pills will be warned: "Women who use birth-control pills should not smoke."

- Obtaining Federal Communications Commission agreement to allow more antismoking spots spaced throughout the broadcast day on television and radio.

- Investigation into the interaction of smoking and therapeutic drugs.

- Banning smoking in HEW conference rooms, classrooms, auditoriums, elevators and shuttle vehicles, and separating smokers and nonsmokers in work areas, with nonsmokers having veto power in shared work spaces.

- Recommendation of these guidelines to the country's 500 largest private corporations.

- Coordination with the General Services Administration on forming a working group to strengthen antismoking guidelines for 10,000 government buildings.

- Formation with the Treasury Department of a government task force to examine the possibility of raising cigarette taxes, and perhaps imposing special taxes to penalize brands high in tar, nicotine and carbon monoxide.

- Expanded research into smoking and its effect on health.

States will be urged to adopt anti-smoking laws, and a campaign will be launched to try to curb smoking by younger persons. Already HEW is trying to mobilize public school officials in the 50 states in this effort.

The program has been assailed by tobacco-lobbying groups and congressmen from tobacco states. A statement from the Tobacco Institute said "there is little that's remarkable in Secretary Califano's antitobacco plan. It's

Califano's Initiative Praised by Crecelius

In a letter to HEW Secretary Joseph A. Califano, NHF President Charles I. Crecelius expressed approval of the cabinet officer's campaign to protect nonsmokers.

"It was with much satisfaction," he said, "that we learned of your decision to utilize the resources of HEW to focus public attention on the hazards of cigarette smoking, and to support regulations and legislation to protect nonsmokers in the workplace, as well as in public areas.

"We particularly appreciate your attempt to reach young people through the schools, showing them what they may be in for if they start sucking 'the nasty weed.'"

"The National Health Federation believes in the preventive approach to health maintenance, and your position on this issue is refreshing and deserving of support.

"We regret that the government continues to spend tax dollars to subsidize the production and sale of tobacco. It is difficult to view these as compatible positions.

"Thank you, again, for your leadership on this important issue."

DoD PROTECTS NONSMOKERS

The U.S. Department of Defense has responded to requests of nonsmoker employees by prohibiting smoking in DoD auditoriums, elevators, shuttle ve-

hicles, and conference and classrooms. No-smoking sections are being established in eating facilities "wherever practicable."

The Instruction, issued by Assistant Secretary of Defense John P. White, asserts: "DoD recognizes the right of individuals working or visiting in DoD-occupied buildings to an environment reasonably free of contaminants. DoD also recognizes the right of individuals to smoke in such buildings, provided such action does not endanger life or property, cause discomfort or unreasonable annoyance to nonsmokers, or infringe upon their rights."

In medical-care facilities, smoking is restricted to staff lounges, private offices, and specially-designated areas. It is permitted in visitor waiting areas only where space and ventilation capacities permit division into smoking and non-smoking sections.

In work spaces shared by smokers and nonsmokers, smoking is permitted "only if ventilation is adequate to remove smoke . . . and provide an environment that is healthful."

more of the same we've heard so many times over and over in the past 14 years . . ."

Senator Walter D. Huddleston of Kentucky called the campaign "premature," and proposed a "comprehensive review of research on all possible effects of smoking."

Senator Jesse Helms of North Carolina called for the resignation of Secretary Califano.

The secretary did not mention the government tobacco price-support program which accounted for loans to growers in fiscal 1977 of \$285.1 million. Later President Carter said he does not believe the drive to discourage smoking is "necessarily incompatible" with tobacco subsidies. "To stabilize the production of an agricultural product like tobacco, which is accepted, and which is legal, is a responsibility, and one that I approve," he said.

Sun Day to Be Observed Nationwide May 3

Believers in solar energy will mobilize May 3 in this country and abroad to focus public attention on "the inexhaustible, predictable, egalitarian, nonpolluting, safe, and free energy source — our sun."

Sun Day is being promoted in cities throughout the United States and in other countries for the purpose of "informing people of the tremendous benefits available in the sun."

Conceived by Earth Day organizer Dennis Hayes, the event is planned as an international rally for and celebration of solar energy's potential in meeting the nation's energy needs and solving energy-related problems. It is patterned

after the highly-successful Earth Day of a decade ago, a nationwide event which helped create public awareness of environmental problems.

Alan A. Tratner, Reseda, Calif., has been named coordinator of Los Angeles Sun Day by the board of directors of the Southern California Solar Energy Association. Headquarters are in the California State Museum of Science and Industry, 700 State Dr., Exposition Park, Los Angeles. Volunteers, and donations, are welcome. Contributions may be directed to LA/Sun Day, Northrop University, 1155 West Arbor Vitae St., Inglewood, Calif.

Chinese Health, Fitness Conference

The "Second U.S. Conference on Chinese Total Health and Fitness," will be held April 29-30 in the Marriott Hotel, Los Angeles Airport.

Eighteen speakers will present "a comprehensive program on the practices and development of Chinese means of achieving total health and fitness," said Executive Director Pedro Chan, Ph.D., C.A. Topics include acupuncture, acupressure, herbs (ginger, etc.), Eastern mind healing, pulse diagnosis, longevity, cooking, food therapy, and martial arts. Special

interest topics include cosmetic acupuncture and a natural Chinese way to slimness.

"The conference is for all interested in a logical, positive approach to health care, and natural ways of healing for better health and fitness in body and mind," said Dr. Chan. "We are attempting to combine the best of Chinese and Western healing methods for optimal health care and patient benefit."

Registration information is available at the center, 230 So. Garfield Ave., Monterey Park, Calif. (213-573-4141).

John Clark, Helena Biava Fill Vacancies on Library Board

Two new members were elected to the board of directors of the National Health Federation Memorial Library in December, and at its annual meeting in January officers were chosen to guide the institution this year.

Following the resignations of Charles I. Crecelius and Kurt W. Donsbach from the board, John T. Clark and Helena

Young Biava were named successors.

Mr. Clark was elected chairman of the board by unanimous ballot. Also chosen by acclamation to serve as officers were Paul J. Virgin, president; Betty Lee Morales, vice-president; Mrs. Biava, secretary; and Dorothy B. Hart, treasurer. Other members of the board are Raymond H. Houser and V. Earl Irons.

Crusade to Increase Health 'Public Awareness'

Portland NHFer Financing Subscriptions to Libraries

Convinced that education is needed to win greater popular support for critical health issues such as eliminating fluoridation, NHF Member Milo Thomson, 1509 S.E. Holly, Portland, Ore., is financing gift subscriptions to school and public libraries.

Last fall he gave to libraries subscriptions to *Prevention*, *Bestways*, *Let's Live*, and *Organic Gardening and Farming*. He has suggested that the *NHF Bulletin* rate to libraries be reduced for a limited period so gift subscriptions may be provided at lower cost to donors.

After canvassing libraries in his area, he reports "favorable response" from high school and public libraries. "Some were questioned about the *Bulletin*," he said, "and some replied they would like a gift subscription. But libraries do not want to join any organization to receive

its publications."

The idea for "getting the word" into libraries occurred to him during the 1976 drive last year to prohibit fluoridation in Oregon, followed by an attempt last year to impose mandatory fluoridation.

"This showed me the need for a basic, broadly-based program to increase public awareness of health matters in general," he said. "It seemed to me the best way to achieve that goal would be to get magazines into as many public, college, and high school libraries as possible."

Another NHF member who would like to see establishment of a special library rate for the *Bulletin* is Myron Hostetter of the Mountville, Pa., NHF chapter.

NHF Executive Vice-President Clinton R. Miller believes it is "an excellent idea," and is recommending action by the Executive Committee.

Not 'Prejudging' Laetrile, Says NCIer

Although, according to the National Cancer Institute, doctors reporting on their use of Laetrile for an NCI-sponsored study will not be prosecuted by FDA, they will not be immune from prosecution on information gathered by Customs agents or others.

This was the word from Dr. Guy Newell, NCI deputy director, who has announced NCI is searching for 200 to 300 persons using Laetrile cancer therapy. The NCI official said the agency was making the search for medical records, prior to a decision on whether to clinically test the substance, and that NCI is maintaining "an open mind, we have not prejudged the outcome." Earlier, government officials have let it be known unequivocally that they believe Laetrile is worthless in treating cancer.

Dr. Newell told the press he regrets that FDA has circularized a million doctors and health professionals with the poster condemning Laetrile. The FDA action may cast "some bias on what we're going to do," he said. "It might make both patients and doctors reluctant to cooperate with us."

(Ed. note: Could they be blamed?)

Mr. Houser presided at the final meeting of the 1977 board, in the absence of Mr. Virgin who was present at the meeting of the new board.

The directors voted to continue funding research by Dr. John Yiamouyianis, as consultant, in the amount of \$1,200 in 1978.

Readers Write

He Opposes NHF Nutrition Grant Request

Editor:

I strenuously object to NHF's application for federal funding of a project involving nutritional lunches and education in rural central Ohio Schools (*NHF Bulletin* Dec. 1977, p. 27).

The claimed "name of the game" of the NHF is *freedom of choice* in health matters. In its credo, published monthly on the inside back cover of *The Bulletin*, NHF states: "The NHF opposes monopoly and compulsion in things related to health where the safety and welfare of others are not concerned."

Taxation is compulsion. Taxation is the source for all government "funding," local as well as federal. This is a negation of the NHF credo. Nobody has a choice in the matter.

It is just as immoral to force people to pay for other people's nutrition and education and health care and et cetera as it

is to prevent people from spending their own money for health foods, Laetrile, or chelation therapy.

I demand, as a member of NHF (Chicago West Suburban Chapter) that the directors rescind the application for monopoly compulsive funding for the above project. If you meet my demand and, instead, begin a *voluntary* program for nutritional education, I pledge a \$10 donation for the same cause. If you *do not* rescind, I shall cancel my membership and continue to abide by the credo you have discarded; I shall continue to be a libertarian.

BERNARD I. SOMMER
612 Clearview Drive
Glenview, Ill. 60025

P.S. I don't wish to see the NHF degenerate into another American Medical Association.

Conventions in New England, Kansas City

IACVF MEETING

The Chicago chapter of the International Association of Cancer Victims and Friends has scheduled a seminar April 29-30 at the O'Hare Howard Johnson, President Joe Kosarek, 8118 West 27th St., North Riverside, Ill., announced.

Designating the National Health Federation the beneficiary of a paid-up life insurance policy helps sustain NHF's ongoing program.

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

Two mini-conventions, one in Connecticut, the other in Kansas City, Mo., will be held this month. Set for April 15-16 is the New England convention to be held at the Hartford Hilton Hotel in Hartford, Conn., according to Jim Maschia, president of the local NHF chapter and of the New England Natural Food Associates. Speakers will include Dr. Carlton Fredericks, Dr. Harold W. Maner, Beatrice Trum Hunter, Ralph Moss, Dr. Michael Schacter, and Dr. John A. Viamouyiannis.

The Hilton Plaza in Kansas City will be the scene of a convention April 30. NHF Chapter president Beulah Scheilz reports the session will open at 9 a.m., conclude at 5. Among the speakers will be Neva Jensen, lecturing on herbs and vitamins, and Dr. Mark Crooks.

NHF Memorial Library News



Books and You

BY
STEPHANIE SHANE

Dusty attics, dark closets, hidden basements, and cold garages often have one thing in common: within their storage space may be a few boxes set aside for some future use. Inside these containers an assortment of books are concealed. Frequently the pages are in such bad condition no amount of repair will restore them to their original state.

These tips can help keep these hardbacks, and paperbacks of nonfiction and fiction from being destroyed: the cardboard containers should be of medium size, as clean and sturdy as possible, with handles on each side to facilitate carrying. Do not wrap anything in plastic, since moisture accumulates. Whenever possible, keep the temperature at 65° so the books will not be too warm, or freeze.

When you can take a moment from your busy schedule — once a day, or sometime during the week — visit that particular place where the treasures are kept, and see that they are comfortable. Don't let drafts from open windows get to the books, and keep them away from crevices where rain may seep in and warp the pages. Once in awhile dust those friendly spiders away, or they may eventually bore their way through the delicious paper.

Later you may find a reward in having protected your books from natural disasters: instead of 10¢ a copy at the nearby swap-meet, or even a quarter each,

when the time comes for some of these items to be sold you can ask higher prices, and if you just want to return the books to the shelves in the house you won't be disappointed to find yellowed pages, dog-eared corners, and smelly old material that will have to be discarded.

When you decide to take your books out of storage, and bring them into your home, unwrap the packages carefully, and arrange the volumes on the shelf so they'll have adequate breathing space. If the books are too close together, the backs and fronts will be torn off after removal from the shelf several times.

Cases should be lightweight, since the books are cumbersome. Keep little editions away from oversized ones, and give each a separate section. Small books get lost, and larger ones will look awkward, and put too much weight on the shelf.

The smaller collections do not need an elaborate system of classification, but it will help to have some method available to the person using your library, so he or she can find a title quickly and easily.

Living with books, and taking care of them, can be enjoyable, and profitable. Even if you never read one of your novels in your whole life, at least grab one from the shelf, and fan the pages.

The best season for books is anytime, and right now is even better!

What Did NHF-Funded Report on Fluoridation Really Say?

BY STAFF WRITER
NHF Memorial Library

In 1971 the National Health Federation issued a \$16,000 grant to the Center for Science in the Public Interest for preparation of a report entitled "Fluoride and Human Health." This report was completed in 1972, and several copies supplied to NHF.

Since its completion, the report has been misquoted by profluoridation proponents who claimed "the study came out favorable to fluoridation."² Since the NHF Memorial Library is a recipient of the original manuscript, and since this manuscript has been reviewed by Library staff, a correction of this interpretation is in order.

After a cursory discussion of fluoride in relation to morbidity and mentality, bones, teeth, allergies, mongolism, cardiovascular and kidney disease, and enzymes, the author, Dr. Michael J. Prival, made the following points:

STUDIES FEW, INADEQUATE

"The literature on the toxic effects of fluorides is, by any standards, extensive. The major objection to be levied against these studies is that comparatively few of them have been performed on humans. While it is standard procedure for toxic chemicals to be tested on animals, fluoride provides an almost unique opportunity for human studies. There are large numbers of people who are exposed to unusually high doses of fluoride in their daily lives — both through occupational exposure and the use of naturally-excessively-fluoridated water. Millions of others have relatively low fluoride intakes. The conditions are

nearly perfect for careful, controlled epidemiological surveys to compare the health of high and low-fluoride groups.

"But those who claim fluorides have no significant adverse effects on health can point to only two such studies relating to nonfatal, nonskeletal conditions. One, the Bartlett-Cameron (Texas) study, was so inadequate in terms of the number of people investigated as to be useless in determining the effects fluoride might have on a small fraction of the population. The other, the Newburgh-Kingston (New York) study, examined only children and was terminated after only 10 years of artificial fluoridation of Newburgh's water. Many diseases develop over periods of 20 or 30 years or longer. The Newburgh-Kingston study is thus of no value in assessing the effects of long-term use of fluoridated water or effects on adults...."

FROM THE 'EXPERTS'

"In response to continuing criticism of fluoridation, some highly "reputable" figures involved in the controversy have made statements whose only effect has been to further polarize discussion and obscure the real issues. Dr. Robert A. Kehoe, Director of the Kettering Laboratory at the University of Cincinnati, which is the world's primary distributor of information on fluoride research, has said that: "the question of public safety of fluoridation is nonexistent from the viewpoint of medical science" (Dublin, 1967). A pamphlet put out by the Division of Dental Health of the U.S. Public Health Service states categorically: "Community water fluoridation is safe and beneficial — no doubt

about it" (U.S. Public Health Service, 1970). The former Chief of Medical Investigation for the National Institute of Dental Research of the U.S. Public Health Service flatly asserts: "We know without question or doubt, that one part per million fluoride in a water supply is absolutely safe, is beneficial, and is not productive of any undesirable systemic effect in man" (Dublin, 1967). Neither fluoridation nor any other public health measure could ever fulfill these categorical claims of absolute safety. Doubt always exists where safety is concerned...."

PUSHERS, NOT SCIENTISTS

"Once the Public Health Service had taken a profluoridation stand, the American Dental Association, the American Medical Association, and most other representatives of the dental and medical professions followed suit. In doing so, the bulk of the health establishment in the United States put itself in the position of defending fluoridation, rather than continually weighing the risks and the benefits. It is virtually impossible to imagine how, at this point, the Public Health Service, the American Dental Association, the American Medical Association, and the dozens of other similar groups supporting fluoridation could suddenly reverse their positions on this matter if new evidence demanded such a reversal...."

"In actively promoting fluoridation, the Public Health Service has continually assured us of its safety, and made safety research a low-priority item. When questions are raised concerning, for example, allergy or even mongolism, the Public Health Service can only respond with impressive-sounding "endorsements" from medical groups and inadequate studies performed 15 years ago. While this does not mean that fluoride causes mongolism or allergies, it does leave the question open in the minds of the public...."

ONLY SMIDGEN REVIEWED

The copyright for this publication is held by the Center for Science in the Public Interest in Washington, D.C., and copies of the report may be obtained from that source. The report also has been published in the journal, *Environment*, available at local university libraries.

In an exclusive interview, Dr. Prival, when asked how many of the 18,000 studies on fluoride he had reviewed for preparation of the report, acknowledged that he had read only "about 80 to 100," or about 1/2 of 1% of the literature available.

According to Dr. John Yiamouyiannis, "While this review was incomplete, and even though many important papers* were unknown to the author at the time of publication, the author's conclusions, (1) that studies attempting to show fluoridation is safe are inadequate, (2) that the categorical claims of absolute safety are untenable, (3) that the ADA, AMA, and USPHS have postured themselves so rigidly on fluoridation that it has become impossible for them to reverse their position even if new evidence demands such a reversal, and (4) that important questions concerning the safety of water fluoridation have not been answered by responsible scientific research, but rather by impressive-sounding 'endorsements', are on target."

Other studies by Dr. Prival include "Fluorides in the Air" and "Total Fluoride Intake," also available from CSPI and at the NHF Memorial Library. These reports have also been published in *Environment*,⁵ available at local university libraries.

*Bibliography available for \$1 from NHFML, 6439 Taggart Rd., Delaware, Ohio 43015.

REFERENCES:

1. Prival, M.J., "Fluorides and Human Health" (monograph) CSPI, 1972 (Please turn the page)

He'll Provide Doctors With Protocol

Manner Urges Testing of Laetrile/ Vitamin/Enzyme Therapy on Humans

Satisfied through earlier animal tests that Laetrile/vitamin/enzyme therapy is effective in treating breast cancer, Harold W. Manner, Ph.D., chairman of the Department of Biology at Loyola University, Chicago, believes the time has come for clinical (human) application.

Speaking on "The Total Regression of Cancer" at the National Health Federation convention in Pasadena Center, Dr. Manner described results of laboratory work at Loyola in which administration of Laetrile, Vitamin A, and Wobegon enzymes achieved complete regression of spontaneous mammary (breast) tumors in 89.3% of the test animals.

"The malignancy of these tumors was documented," he said, "by the pathology laboratories of the American International Hospital in Zion, Ill.

"Through funding by the National Health Federation Memorial Library of Monrovia, Calif., Biotics Laboratories of Houston, Texas, DaVinci Laboratories of Burlington, Vt., and hundreds of individuals, we have been able to continue our work unhindered. At this annual meeting of the Federation, slides depicting this almost-miraculous regression of

tumors in a new series of mice are being shown.

"Our work in animal studies will continue. We now believe, however, that our previous result, as well as those from other laboratories, indicates the next step should be clinical application — use of the treatment by human beings."

Dr. Manner says it would be "very easy" to make available to foreign clinics details of his research and findings of mammary tumor regression. "I am, however an American scientist and would like to see it used in our country," he asserted. "It is my conviction that physicians and their patients have the right, if they so desire, to test this treatment clinically. To this end, I will immediately make available to any U.S. physician requesting it, a complete protocol of the treatment plan."

The 52-year-old researcher is author of two textbooks published in 1962 and 1963 by Macmillan Company, and W.B. Saunders Company, and has coauthored three others. He has written many papers for professional journals during his 25 years of university teaching and researching.

Appearing with Dr. Manner at a press conference in Los Angeles was NHF Executive Vice-President Clinton R. Miller who recommended to the Library Board that the grant for research be made to Loyola University. Mr. Miller invites "anyone with breast cancer who would like to try the therapy described by Dr. Manner," to get in touch with the Memorial Library in Monrovia, (213) 358-2312.

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, consumers 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 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.

Phone (213) 357-2181 or 359-8334
Charles I. Crecellius — President and Executive Head of the Federation

Dorothy B. Hart — Vice-President

Betty Lee Morales — Secretary

Paul J. Virgin — Treasurer

Kurt W. Donsbach — Chairman of the Board of Governors

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

STAFF AND ASSIGNMENTS

Clinton R. Miller — Executive Vice-President, in charge of Legislation and Regulations
John Yiamouyiannis, Ph.D. — Science Director

Address: 6439 Taggart Road,
Delaware, Ohio 43015

Phone (614) 548-4067

Kirkpatrick W. Dilling — NHF General Counsel

Address: 188 W. Randolph St.

Chicago, Ill. 60601

Phone: (312) 236-8417

James S. Turner — Washington Representative

Address: 1625 I St. N.W.

Washington, D.C. 20006

Phone: (202) 872-8660

Claire M. Diemer — Assistant to the President, in charge of Wills, Estates, Gifts, Properties

Convention Bureau

Allen T. Goldman, Manager

Chapter Department

Jane Course, Coordinator

NHF Bulletin

Don C. Matchan, Editor

NHF MEMORIAL LIBRARY

Stephanie Shane, Librarian

Telephone: (213) 358-2312

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

NATIONAL HEALTH FEDERATION

P.O. Box 688

212 West Foothill Boulevard
MONROVIA, CALIFORNIA 91016
Telephone (213) 357-2181

Entered as Second-class Matter

\$10.00 Membership (includes **Bulletin** subscription)
PRICE FOR ADDITIONAL COPIES OF THIS
ISSUE

50¢ each—4 for \$1.00—25 for \$5.00—40 for \$7.50—
100 for \$17.00

(Plus Delivery Charges)

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
13¢ 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

So. Calif. Regional - Apr. 21-23
El Cortez Hotel — San Diego

Pacific Regional — May 5-7
Hilton Hawaiian Village — Honolulu

Great Lakes Regional — May 26-28
Carrousel Inn — Columbus, Ohio

HELP SAVE OUR HEALTH FREEDOMS