

National Health Federation BULLETIN

JANUARY 1979 • 50¢

PITTSBURGH COURT RULES FLUORIDATION CAUSES CANCER!

**LANDMARK DECISION MEANS IT'LL
EVENTUALLY BE OUT EVERYWHERE**



JUDGE KIRKPATRICK

**Home Birth Parents'
Right, Holds Another
Judge in Dismissing
Murder Charge; Urges
Training of Midwives**



MARIANNE DOSHI

**STAR-STUDED SPEAKERS' ROSTER AT
NHF'S 24TH ANNUAL CONVENTION!
Over 50 Speakers Slated – 300 Exhibitors**



TOM HAYDEN



DR. MENDELSON



DR. MANNER

Dedicated to the Protection of Health Freedoms

THE
NATIONAL HEALTH FEDERATION
BULLETIN

Protection of Health Freedoms

Published Monthly

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

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Landmark Decision Means Eventual End of Fluoridation

PENNSYLVANIA JUDGE RULES FLUORIDE IS CARCINOGENIC

In a decision that rocked the establishment, and is expected to signal the end to fluoridation of public drinking water worldwide, Judge John P. Flaherty, Jr., last Nov. 16 ordered the West View Water Authority to stop adding fluoride to the system serving the western boroughs of Pittsburgh, Pa., because he found it causes cancer — a conclusion reached in 1975-76 by Dr. John A. Yiamouyiannis, science director of the National Health Federation, and Dr. Dean Burk, longtime scientist in the National Cancer Institute, whose study has been disputed by all the federal public health agencies.

Judge Flaherty could have based his injunctive order on testimony that fluoride poisoning has caused human deaths, or that it is mutagenic. But he chose instead to zero in on "the eye of the storm"— the Burk-Yiamouyiannis study, and the failure of the world's top scientists to successfully refute its conclusion that fluoride is carcinogenic.

Here are excerpts from his 10-page order:

"The sole issue before this court is whether or not fluoride may be a carcinogen. The issue of whether fluoride protects children's teeth is not before the court. No testimony was taken on that . . .

"The case does not involve the government decision on labeling cigarettes as a cause of cancer and heart attacks. No one has to smoke a cigarette, it is a matter of individual choice. Likewise, it is a matter of choice when a person eats bacon with possible carcinogenic nitrates, or consumes products containing saccharin or cyclamates. But there is no choice when the water that comes

out of water faucets, which is used to drink, cook with, brush teeth with, and bathe in, contains a possible carcinogen . . ."

'A DUTY TO ACT'

"Whenever the public health may be threatened, a court of equity has a duty to act. Therefore, a preliminary injunction prohibiting the addition of fluoride to the water supply at the Neville Island facility of the West View Water Authority shall issue . . .

"... The chancellor in a court of equity has an important role to play. He is the ancient 'Keeper of the Conscience of the Sovereign,' i.e., the people. The conscience of the sovereign provides remedies where the complex apparatus of our statutory system breaks down, and provides no remedy for a wrong being imposed on citizens of the country . . ."

AT ISSUE — THE B-Y STUDY

"Over the course of five months, the court held periodic hearings which consisted of extensive expert testimony as far away as England. At issue was the most recent time-trend study of Dr. Burk and Dr. Yiamouyiannis, which compared the cancer mortality in 10 cities which fluoridated their water systems with 10 cities which did not fluoridate, over a period of 18 years, from 1950 to 1968. The study concluded that there was a significant increase in cancer mortality in the fluoridated cities.

"The essence of the defendants' case was expert testimony attacking the methodology and conclusions of the Burk-Yiamouyiannis study (hereinafter referred to as the B-Y study). Dr. David J. Newell who has a Ph.D. in medical statistics, and is head of the Depart-

ment of Medical Statistics at the University of Newcastle, England, testified that the B-Y study did not take into account age, race, and sex variables. For example, Dr. Newell stated that cities' populations were changed drastically between the years 1950 to 1970 due to the large influx of black people. Statistically, black people have a higher incidence of cancer than white people."

NO DIFFERENCE

"Responding specifically to this criticism, Dr. Yiamouyiannis testified that the growth of cancer death rates for nonwhites coincides with their influx from rural to urban centers, and that there is no racial difference in susceptibility to cancer. Thus, he argued, the different racial mixtures of the subject cities are of no consequence. Furthermore, Dr. Yiamouyiannis stated that many cities stopped keeping records based on race, in the late 1950s and the early 1960s, and that by the 1970 census the available figures were no longer reliable at all, since people were asked how they wished to be identified rather than on a firmly-defined basis.

"In response to the criticism of the B-Y study that age groups were too large, and therefore distorted the results, Dr. Yiamouyiannis explained that he had broken the groups down into smaller ones to see which population groups were increasing in number, but had found that the smaller groups had essentially the same increases in number as the larger ones, so the larger group could be properly used. As for the criticism of the sex variable not being taken into account, Dr. Yiamouyiannis responded that the proportion of males to females actually went down in the fluoridated cities, as opposed to the nonfluoridated cities. Therefore, since males have a higher rate of cancer than females, if he had adjusted for sex in the manner suggested by

his critics, there would have been an even larger cancer mortality than the B-Y study revealed.

"Much of the defendants' criticism of the B-Y study was based on the fact the researchers used the indirect rather than the direct method for sex and race variables. Dr. Yiamouyiannis responded to this charge of unorthodox methods by citing the expert, Bradford Hill, whose book is one of the standards of orthodoxy, on the proposition that the direct method is appropriate only if age, race, and sex proportions are known in every subgroup. This is not the case, for reasons explained above, and thus the only possibility was the indirect method."

IRRELEVANT

"Another British expert for the defendants, Leo J. Kinlen, M.D., an epidemiologist specializing in cancer, did a study on the relationship between fluoride and cancer in Great Britain. His findings were that there was no relationship. On cross-examination, it was revealed that Dr. Kinlen's study was not a time trend like the B-Y study, that there is a certain amount of natural fluoride in the water in Great Britain, thereby preventing a nonfluoridated versus fluoridated comparison, and that the statistics were on cancer incidence, not cancer mortality. As plaintiffs pushed Dr. Kinlen to admit, sometimes people do not know they have cancer. Thus, even though records are kept of reported cases, there is a considerable, possible margin for error. Plaintiffs then argued that cancer mortality is a better measure than incidence, thereby calling Dr. Kinlen's findings into question.

"One major criticism defendants made of the B-Y study was the extremely short time between fluoridating the water supply, and the rise in the incidence of cancer. However, defendants' expert, Dr. Kinlen, testified that some substances can induce or accelerate

A Four-Part Team Gets Credit for Victory

There were four components of the team involved in forging the case which convinced Judge John P. Flaherty, Jr., to rule against fluoridation, according to Dr. Yiamouyiannis.

Credit belongs to (1) Attorney Frank Walther of Philadelphia "who prepared the complaint so convincingly that the court decided to hear the evidence" instead of dismissing the case as sought by the defendants.

(2) Paul W. Aitkenhead, retired engineering company owner, who financed it to the tune of approximately \$50,000; (3) Attorney John Remington Graham, Brainerd, Minn., lawyer and former law professor at Hamline University, St. Paul, who with Mr. Walther served as legal counsel and through whom scientific information was furnished to the court; and (4) NHF Science Director Dr. John Yiamouyiannis, who acted as science adviser.

cancer anywhere from two weeks to two years. Therefore, a marked increase in cancer mortality rate within two years of the beginning of fluoridation is not at all improbable.

"Point by point, every criticism defendants made of the B-Y study was met and explained by the plaintiffs. Often the point was turned around against the defendants — in short — this court was compellingly convinced of the evidence in favor of plaintiffs."

THE TAVES TESTIMONY

"It was significant that Dr. Donald Taves (University of Rochester, N.Y.) a witness called on behalf of the defendants, acknowledged certain unresolved doubts concerning the safety of fluoridation, and was then asked, 'Shifting your role from scientist to doctor of medicine, following the Hippocratic Oath, would you as a doctor of medicine recommend that fluoride be dumped into the public water supply?'

"Dr. Taves answered: ('As a public health officer) . . . I would feel a burden of proof was on me to satisfy if the study had been adequate in my mind.' Dr. Taves went on to say: 'In that situation, as a health officer, where the fluoride was not in the water — yes, I would have difficulty, and say that I would want more information because I was given this particular data, if I were a health officer making a decision. I

would say no, I want to wait until the situation was clarified.'

"The climax was, question: 'Is your testimony that you would recommend fluoridation of public water supplies?'

"Answer: 'I don't want to state on that.'"

EXPERTS WERE THERE

Judge Flaherty's order followed an extended trial starting last spring in the Allegheny Court of Common Pleas, terminating late in September when attorneys for the plaintiffs, Paul W. Aitkenhead, retired engineering company owner, and West View residents, and the Borough of West View, Pa., presented final oral arguments.

Although the case received little publicity during trial, it was considered highly significant by the federal health establishment which brought in specialists from the National Cancer Institute, the Public Health Service, and the Bureau of Dental Health, as well as two scientists from England. These witnesses endeavored to prove that fluoridation is "safe."

Opposing that position was a group of scientists who testified that fluoride poisoning has caused death, that fluoridation produces cancer, causes mutagenic changes, and is responsible for other physical disorders to persons with fluoride allergies.

Key witnesses in the action to halt

fluoridation were John A. Yiamouyiannis, Ph.D., science director of the National Health Federation; Dean Burk, Ph.D., for 35 years chief of the Cytochemistry Section of the National Cancer Institute; George Waldbott, M.D., Warren, Mich., world-famous allergist who reported the first deaths from penicillin, and is a cofounder of the International Society for Fluoride Research and editor of the organization's journal, *Fluoride*; and Aly Mohamed, Ph.D., acting chairman of the biology department at University of Missouri, Kansas City.

The Yiamouyiannis-Burk epidemiological study covering the cancer-fluoridation experience of 18 million Americans over 30 years, and revealing that at least 10,000 persons die each year of fluoridation-induced cancer, was a pivotal part of the testimony.

Dr. Waldbott, who has seen 400-500 fluoride-sensitive patients in his practice over the years, testified on toxicity of fluoride and revealed that it has led to eventual death in a significant number of cases. The government made no attempt to refute Dr. Waldbott's testimony.

Dr. Mohamed presented testimony that genetic (chromosomal) damage occurs when fluoride is ingested at levels as low as 1 part per million.

NHF PLEASED

On behalf of the National Health Federation, President Charles I. Crecelius and Board Chairman Dr. Kurt W. Donsbach expressed "deep satisfaction" with the court's findings.

"We commend Judge Flaherty," said Mr. Crecelius, "for thoroughly examining the evidence — which has been in existence for some time but which the federal bureaucracy has refused to consider objectively — in fact has made every effort to conceal the potential health hazards of fluoridation.

"With more than 100 million Americans drinking fluoridated water, the

effect of Judge Flaherty's decision will have repercussions not only throughout the United States, but in many parts of the world — even Australia where 10 million persons are drinking fluoridated water.

"For years we were like a voice in the wilderness on the issue of fluoridation," he said. "But with this ruling, based on hard evidence, we can expect to see the practice ended — either voluntarily by cities and states, or through more court actions."

Commented Dr. Donsbach:

"The Pennsylvania court decision is without doubt the most important development in the protracted campaign by the National Health Federation, many professionals in the sciences and medicine, and antifluoridation groups to eliminate fluoride from public drinking water.

"It goes without saying that our organization welcomes Judge Flaherty's decision, not only because it vindicates our position, but because it will ultimately end the practice of fluoridating water — and thus save lives.

"We hope that on the basis of this ruling, government agencies, which for years have been adamant in their refusal to even look at the safety factors in fluoridation, will accept the court's judgment, as based on solid evidence, and voluntarily call a halt to fluoridation without forcing the public to do it by a long expensive series of court actions."

DR. 'Y' 'GRATIFIED'

Dr. Yiamouyiannis expressed gratification with the decision, noting that "after serious consideration of both sides of the question, Judge Flaherty has concluded that fluoridation of the public water supply is indeed a health hazard." He had kind words for Judge Flaherty, and predicted, along with Attorney John Remington Graham, that the Pennsylvania decision presages eventual end to fluoridation. Earlier, Mr. Graham viewed the case as "the

But the Pro's Won the Biggest Plum — Portland

Antifluoridationists Score Victory in Wichita Election

In six elections around the country involving fluoride in water or air, pro-fluoridationists emerged victors in five cities.

It was neck-and-neck in Portland, Ore., where fluoridation was approved 50.8% to 49.1%. Favoring the ordinance were 70,534, against it, 68,182.

In Wichita, Kan., the story was different, with 45,301 electors voting to prevent the city commission from implementing a fluoridation ordinance without an election on the issue, while 38,733 "no" votes were cast. The issue there was freedom of choice, proposed many months earlier by NHF President Charles I. Crecelius who with NHF Science Director John A. Yiamouyiannis met with NHF chapter members headed by Mrs. Edna Johnson to map strategy for the campaign. Dr. Yiamouyiannis paid tribute to the Wichita group, said "they worked their hearts out, and we won."

An initiative proposal to remove Armageddon of the fluoridation fight."

Dr. Yiamouyiannis also expressed pleasure in the fact the ruling validates his nearly-four-year contention that the National Cancer Institute has been involved in a coverup of the relationship between fluoridation and cancer. He is further pleased that it vindicates his scientific expertise — challenged in two articles in the July and August issues of *Consumer Reports* — because of which he has filed an \$8-million libel suit against Consumers Union.

Thirty-six-year-old Dr. Yiamouyiannis has been science director of the National Health Federation since 1974. With a Ph.D. in biochemistry, he was an

fluoride from the water system of Florence, Ore., lost by only 29 votes — "really a heart-breaker" for John Rands, retired engineer who spearheaded the campaign to defluoridate after 25 years of it. The "no" vote was 714, "yes," 685. Mr. Rands said that in the city of 3,200, with 1,800 registered voters, it was the largest election turnout in the city's history. Against him in his effort to convince the population fluoridation is a health hazard were "all the doctors, the dentists, our one chiropractor, and city hall, including the city attorney." He says Dr. Yiamouyiannis "really helped me."

Another heart-breaker was the vote in Marin County, Calif., where a proposition to defluoridate the municipal water supply was defeated 33,303 to 30,021. According to Betty Franklin, "we had everything going for us, seemingly — except not enough money for advertising. Working against us was coverage in the local daily of the *Con-*

associate editor of *Chemical Abstracts*, Columbus, Ohio, the world's largest chemical information center, until forced out because of his fluoridation position.

Dr. Burk is one of the world's leading biochemists. His classic paper coauthored with Dr. Lineweaver on Lineweaver-Burk enzyme kinetics, is cited more extensively than any other paper ever published in the history of biochemistry. The Yiamouyiannis-Burk study showing a link between fluoridation and cancer triggered full-scale hearings last year before Congressman L. H. Fountain's Subcommittee of the Committee on Government Operations.

Convention Theme: 'Holistic Health Revolution' Is Here

To be held Friday through Sunday, Jan. 19-21, in the Pacific Terrace Convention Center, 300 East Ocean Blvd., Long Beach — the only facility on the West Coast to be located on Pacific Ocean beaches — the National Health Federation's 24th annual convention promises to be "the most exciting consumer health event of the year," says Convention Manager Allen T. Goldman.

Among the reasons for the decision to move the convention from Pasadena to Long Beach was the "severe parking problem attenders encountered," said Mr. Goldman. "Parking will not be a problem this year, since the space in Long Beach will accommodate more than 3,000 vehicles."

The day before the convention opens, hundreds of exhibitors will move into the exhibit hall to prepare for the thousands expected to register the next three days. Registration will start at 8 a.m. Jan. 19 in the Convention Hall lobby. The price of daily admission is \$5, or the three days for \$10.

sumer Reports stories on the fluoridation issue, and the fact the fluoridation issue on the ballot was preceded by two propositions related to our water shortage, requiring 'yes' votes. People may have simply decided to vote yes on all water measures."

In Urbana, Ill., a clean air standards initiative was defeated 2-1 — with 2,031 opposing it, 1,000 favoring an ordinance requiring ChiVit, a porcelain manufacturer, to limit fluoride emissions to 5 pounds per day. According to Dr. Yiamouyiannis, who worked with local citizens to generate a "yes" vote, 50 to 100 persons in Urbana have been diagnosed as fluoride poisoning

National Health Federation members will be admitted for half-price. Regular yearly membership in NHF is \$10, and lifetime membership is \$100. "Those who are not already members may join at the registration desk and will qualify for the 50% discount, not only to the national convention but to all regional conventions throughout the coming year," the convention manager revealed.

"Many months of planning involving multitudes of details are represented in developing this year's show which we proudly call 'The Holistic Health Revolution Has Arrived,' he told *The Bulletin*. "There is a large and ever-growing movement happening in the United States, with people getting into natural foods, physical fitness, beauty, and healing alternatives. Millions of Americans are waking up to the enormous potential they possess physically, mentally, and spiritually, and are attuning lifestyles in response to this great awakening."

cases, and at least one is "well on the way to becoming a fluoride fatality." The company said it could not afford the cost of equipment to rid the air of fluoride. The threat of job losses — real or imaginary — appeared to be a determining factor in the outcome.

Voters in Gloucester, Mass., approved a proposal to fluoridate the water by a vote of 5,445 to 4,732.

Although victory in each city would have delighted him, Dr. Yiamouyiannis viewed the defeats philosophically, saying, "The Pittsburgh decision will stop fluoridation in all these areas before it starts."

OVER 50 SPEAKERS

"The convention is designed to provide attenders the information essential in choosing the proper health systems, and preventive medicine's philosophy for vastly improving the quality of life. The show is multifold in accomplishing these objectives. First off is the lecture format, and secondly, exhibitor participation.

"There will be more than 50 internationally-known experts in the field presenting vitally-important messages. The great health and medical pioneers will include (not in order of appearance): Dr. Bernard Jensen, pioneer iridologist, whose topic will be 'Nature Has a Remedy.' John Christopher, America's favorite herbalist, will discuss 'The Miraculous Healing Power of Herbs.' NHF Secretary Betty Lee Morales will present the 'ABCs of Food Supplementation and How It Contributes to a High State of Energy.' Dr. Kurt Donsbach, dean of Union University Nutrition Department and chairman of the NHF Board of Governors, will speak Sunday afternoon on 'The Value of Super Nutrition.'

"Dr. Paavo Airola, author of more than a dozen health and nutrition books and considered by many to be one of the great nutritionists of our time, will provide an evening of the latest breakthroughs in 'Optimum Nutrition, the Foundation for Holistic Health.'

"A fascinating slide presentation depicting his laboratory work with enzymes, Vitamin A, and Laetrile in obtaining regression of mammary tumors in mice will be given by Harold W. Manner, Ph.D., of Loyola University's Department of Biology.

"Stan Malstrom, a massage therapist in Utah, will speak Friday morning on developing your own personalized self-healing program. Dr. Jack Alpan, Los Angeles preventive dentist, will tell how to prevent gum disease and cavi-



THIS SCENE at the Northeastern Regional NHF Convention in Asbury Park, N.J., will be repeated before a larger audience during the 24th Annual Convention in the Long Beach Convention Center Jan. 19-21. With arm raised, Executive Vice-President Clinton R. Miller flashes that contagious Miller smile, while talented Convention Manager Allen T. Goldman gives crowd a more restrained, but highly-pleased smile.

ties by balancing body chemistry. TV personality and author, Dale Alexander, also known as the 'Cod-father' will lecture on 'How to Slow the Aging Process.' Cholesterol and its lethal effects will be the subject of a lecture by Julian Whitaker, M.D.

"The value of a super-nutritional program in relation to athletics will be presented in a talk by Peter Burwash, internationally-known tennis player, and a vegetarian. A Friday speaker will be Harold Harper, M.D., Los Angeles, author of *You Can Beat the Killer Disease*. Also scheduled on the Friday program is Corwin West, Arizona naturopathic physician who has uncovered startling evidence linking trapped protein to pain, degenerative disease, and fatigue.

"Garry F. Gordon, M.D., Sacramento, considered among the pioneers in chelation therapy, will release his

findings on its efficacy in arteriosclerosis cases. William Ellis, D.O., Arlington, Texas, member of the NHF Board of Governors and lecturer at professional meetings around the world, will serve as an emcee, and will speak on the value of a home detoxification program and the importance of protein metabolism."

METABOLIC PANEL

"Friday night, in addition to the appearance of Dr. Airola, a panel of some of the nation's top specialists will discuss metabolic therapy. The group will include Ernst T. Krebs, Jr., Dr. Manner, and John Richardson, M.D., among others. Steven Halpern, popular new-age musician, will provide a musical demonstration in achieving inner harmony, peace, and serenity.

"Natural approaches to preventing arthritis will be covered by Marshall Fram, M.D., director of the Long Beach Arthritis Center. Saturday morning Broda Barnes, M.D., Ft. Collins, Colo., clinician, author, and one of the world's best-informed thyroid specialists, will lecture on material covered in his book, *Hypothyroidism — Solved, the Riddle of Heart Attacks*.

"Latest developments on the anti-fluoridation front will be presented by John A. Yiamouyiannis, Ph.D., NHF science director who was a key figure in the Pittsburgh fluoridation trial, and who in October brought suit against Consumers Union for allegedly libelous material in magazine articles. Dr. Yiamouyiannis and Dr. Dean Burk are responsible for research indicating a link between fluoridation and cancer."

SOLAR PROTAGONIST

"From the East Coast will come Victoros Kulvinskis, famed health and nutrition author, who will offer thought-provoking ideas on how to survive, with health, in the 21st century. Tom Hayden, appointed by Governor

Brown to serve on Solar Cal, a cabinet-level commission mandated to develop a solar energy plan for California, and the governor's representative on the five-state Western Sun Conference to design a solar-energy project, will speak on the dawn of the Solar Age, and the hazards of nuclear fallout.

"Gypsy Boots, 67-year-old ageless athlete, will rap about good-health programs and how to apply them in day-to-day living. To be featured Friday and Saturday nights will be a special 'Health Carrot-Juice Disco.' Larry and Elsa Jacobs will lead morning yoga, stretching and breathing classes for the early-birds.

"David Barton, recently-named editor of *Let's Live*, will moderate a special panel on preventive health-care, featuring medical doctors including Harvey Ross, Richard Humor, and W. D. Currier.

"Known as Mr. Universe, Mr. World, and winning champion of every major strength and body-building contest, Franco Columbu will give a dramatic demonstration on super-strength, followed by a discussion on building such a physique.

"'The Horrible Hazards of Immunization' will be the subject of a lecture by Robert Mendelsohn, M.D., Evanston, Ill., author of the nationally-syndicated column, 'People's Choice,' administrator of Zion-Benton Hospital, Zion, Ill., and chairman of the Illinois State Medical Licensing Board.

"Health-freedom activist and humorist Max Huberman, director of Consumer Affairs for the National Nutritional Foods Association, will cap off the convention Sunday evening with a Health-Freedom Fund Auction, featuring bargains galore.

"There will be many other speakers and highlighted features, and more surprises, including a 'Celebrity Roast.' Convention programs listing time and place of events are available

from NHF headquarters in Monrovia upon request."

FILM FESTIVAL

"A Health Film Festival is included in the registration fee, and viewers may see such films as: *Action for Survival*, produced for NHF and covering such topics as pollution, natural foods, and the historic fight to win passage of the vitamin-mineral law. Such personalities as Ralph Nader, the late Adelle Davis, and Eddie Albert are highlighted. *Acupuncture Anesthesia* demonstrates use of that modality in Peking hospitals.

"*World Without Cancer*, is a devastating film presentation on the politics of the cancer industry. *Earthbread* is a history of bread, with step-by-step instructions for baking a nutritious, tasty loaf. Other films to be shown are *The Silent Spring of Rachel Carson*, dwelling on the increasing use of pesticides; *The American Way of Cancer*; and *Food — Green Grow the Profits — Agribusiness, Among Others*.

"All in all," concluded Convention Manager Goldman, "this promises to be the major trend-setting health event of the year. Everyone — from tots to grandparents, professionals, para-professionals, healers — anyone interested in extending the quality and number of their life-years — will not want to miss NHF's 24th Annual Health Convention for the most unforgettable weekend of education, fun, bargains, and love. It could be the most important weekend you've ever spent!"

EXHIBITORS

Here is a partial list of exhibitors — those who had reserved space at press time. From California: Neo Life, and Alta Health Products, Pasadena; Dr. Alpan — Preventive Dentistry, Radiant Life, Casco Distributors, *Let's Live* Magazine, Fortune Enterprises, Columbu Chiropractic Office, Weiss Way, Hunza Formula, Protein Galore,

SPECIAL RATES FOR ATTENDERS

Long Beach hotels offering rates include the Queen Mary Hyatt, P.O. Box 20396, single \$33, double \$36; Queensway Hilton, 700 Queen's Way Dr., single \$36, double \$42; Downtown Travelodge, 80 Atlantic Ave., single \$22, double \$29; Imperial "400" Downtown, 150 Alamitos Ave., single \$19, double \$23; City Center Motel, 255 Atlantic Ave., single \$21, double \$23; Vagabond Motor-Hotel, 185 Atlantic Ave., single \$25, double \$28, twin \$31; Golden Sails Inn, 6285 E. Pacific Coast Highway, single \$25, double \$29; Long Beach Hyatt House, 6400 E. Pacific Coast Highway, single \$30, double \$38.

and Mini-Bidet, all of Los Angeles.

Sundancer, Neo Life, L & L Enterprises, and Energy Masters, Costa Mesa; Dr. Gary Couture, Newport Beach; Dr. Brenner, Ontario; Mickey LaVine, Santa Monica; Yogia Body Purification, Neo Life, and Adam & Eve's Health Foods, North Hollywood; Malibu Crystal, Malibu; Norwalk Manufacturing, Thousand Oaks; Barbara Paine, Studio City; Alta-Dena Dairy, El Molino Mills, and Dairy Distributors, City of Industry; Gerson Therapy, Imperial Beach; Covalda, Inc., Coachella.

Alacer Corporation, Buena Park; Brenners Stainless Steel, Hollywood; Omnivax Arthritis Clinic, and Star & Crescent Herbs, Sacramento; Paradise Marketing, Anaheim; Nature's Sunshine, Bakersfield; Arthritis Clinic of Guaymas, Beverly Hills; Union University, Nutri-Save, and Niagara Enterprises, Huntington Beach; Eden Ranch, Pico Rivera; Health Products, Culver City; Richardson's Clinic,

CONVENTION THEATER WILL BE IONIZED TO RESTORE BALANCE

If you've enjoyed the invigorating air at Yosemite National Park, you may or may not know its exhilarating quality is caused by the ratio of negative ions to positive ions in the air — a result of the action of the water falls.

And when you visit the 24th Annual Convention of the National Health Federation, you may get something of the same feeling in the Center Theater — one of the rooms being reserved for the affair at the Long Beach Convention Center.

Although the effect may not be as dramatic as that in Yosemite, ionization specialists say you "will feel the difference" between the air in that

room and elsewhere. It's the first such demonstration at an NHF convention — thanks to an exhibitor engaged in selling ionization equipment for large commercial/industrial use, as well as home use.

Every time you take a deep breath you take in tens of thousands of electrically-charged air molecules called ions. In Nature, there's an average of 2,500 ions per cubic centimeter of air — almost equally divided between positive and negative charges in a ratio of 5:4.

But modern living has brought pollution, upsetting the natural electrical balance in the air by combining

Albany; Consumer Awareness, Lynwood.

Graham Bell Industries, Santa Ana; Nutri-Homo, Los Alamitos; M.K. Health Foods, Garden Grove; Acme Juicer, Sierra Madre; De Silva Health Products, Glendale; *Public Scrutiny*, Ferraro's Juice Factory, and El Gee, Monrovia; Health Evaluations, Hayward; Sunburst Farms, Goleta; Neuro Optic Analysis, Cypress; ISS, Orange; Dr. Bronner, Escondido.

Anami Institute of Eubiotics, San Jose; Libin & Associates, Burbank; Enchanted Kernel, Lakewood; Diana Diemel, Glendora; Gides-Nu Life, Long Beach; Foods by Natasha, Duarte; Health Valley Foods, Montebello; A & H Enterprises, Vernon; Swami Kriyananda, Nevada City; Barker Distributing, Redondo Beach; The Springer, Los Altos; Pure Water Society, LaMirada; Bio/Environmental Systems, Danville.

Exhibitors from other states include: Mermac Mink Oil, Salem, Ore.; Trim

Way Corporation, Seattle; Kyolic, Honolulu; L & H Pharmacy, New York City; Sunasu, West Linn, Ore.; Aloe Products, Kerrville, Texas; Chicago Imports, and Simply Natural Corner, Chicago; Rhondell Labs, Clearfield, Utah; Reflexology, St. Petersburg, Fla.; Christophers Publications, Provo, Utah; Natures Labs, Pleasant Grove, Utah; Frank Angelo Enterprises, Akron, Pa.; Texas Metabolics, Graham, Texas; Naturalife, Salt Lake City; Kroeger Herb Products, Boulder, Colo.

Fresh Mountain Air Publishing, Orem, Utah; Sam Sun Labs, Princeton, N.J.; Twin Labs, Deer Park, N.Y.; National Center of Homeopathy, Falls Church, Va.; Jheri Redding Products, Inc., Edison, N.J.; Dehohoba, Tempe, Ariz; Health and Nutrition News, Las Vegas; Life and Light, Silverton, Ore.; Survival Foundation, Wethersfield, Conn.; York Barbell, York, Pa.; Viva Vera Enterprises, Garland, Texas; Vita Mix, Cleveland, Ohio; Colonics Diversified, Scottsdale, Ariz.

with the air ions, rendering them biologically inert, and reducing the overall ion count drastically. And pollution isn't the only offender — imbalance occurs in air-conditioned and centrally-heated space. Winds — like the Santa Ana in Southern California, the foehn in Germany and Switzerland, the mistral in France, the sirocco in Italy, the zonda in Argentina, the sharav in Israel — have the same effect, knocking out the "good" negative ions.

In fact, two specialists — Albert P. Krueger, M.D., emeritus professor of biometeorology at U.C. Berkeley, and Sheelah Sigel, Ph.D., researcher and consultant on air ions — point out in a comprehensive article in *Human Nature* (July 1978) that at the end of a working day, "a typical office may contain as few as 20 negative and 34 positive ions per cubic centimeter of space, compared with about 4,000 small ions found in the same volume of fresh unpolluted air on a mountain-top.

... people who travel to work in polluted air, spend eight hours a day in air-conditioned offices or factories, and live in urban homes, are forced to breathe ion-depleted air for substantial parts of their lives. Although the effects of ion depletion on people cannot compare with the dramatic respiratory distress caused by toxic air pollutants, chronic ion deprivation may cause discomfort, lassitude, and loss of mental and physical efficiency.

"As we learn more about how ions exert their influence, we may eventually be able to set air-ion standards just as we now have limits for temperature, relative humidity, and air pollution. We may be able to use ion generators to replenish ion-depleted air, and we may find increasing use for ions in the treatment of pain and respiratory illnesses."

There has been considerable work

done over the years since 1901 when P. Czermak proposed a correlation of the adverse effects of the "bad" winds and an excess of positive ions in the air, and 62 years later when N. Robinson and F.S. Dirnfeld of the Israel Institute of Technology studied the sharav, and found that the winds resulted in a change in the ratio of positive to negative ions, the shift coinciding with the onset of nervousness and physical symptoms in individuals who considered themselves weather-sensitive, and usually suffered during the period.

SEROTONIN INVOLVED

The most recent studies on the effects of small air ions on people suggest that "ions exert their influence through serotonin," said the *Human Nature* article. "Levels of this chemical found in the brains of mammals appear to fluctuate with changes in ion concentration.

Serotonin, a neurohormone implicated in changes in metabolism, circulation and endocrine function, produces powerful biochemical effects, and scientists have learned in animal experiments that positive ions cause the release of serotonin from brain and body tissues, causing diarrhea and muscle spasms in test animals, while negative ions increase the oxidation of serotonin and speed its removal from the blood. Thus it was concluded that changes in blood serotonin levels induced by air ions account for significant changes in the functioning of the endocrine glands and central nervous system, which in turn alter basic physiological processes.

Jean-Michel Olivereau, University of Paris, found that negative ions lessened anxiety in rats and mice when the animals were exposed to stressful situations. Experiments by A. H. Frey of Pennsylvania State University confirmed this.

And learning ability also appears to be influenced by air ions, R. A. Duffee and R. H. Koontz of the Battelle Memorial Institute in Columbus, Ohio, showed. Rats made fewer errors while learning to run through a maze if the air was enriched with both positive and negative ions, although negative ions improved performance more than positive ones.

TRACHEA AFFECTED

In earlier experiments, Dr. Krueger had found that ions work directly on the trachea lining. Negative ions improved the protective filtering function of tracheal tissue, while positive ions impaired it. Air ions influence an animal's response to respiratory disease, even affecting its survival.

For 48 to 72 hours, several hundred mice were kept in controlled environments with varying concentrations of small air ions: a high concentration of negative ions, a high concentration of positive ions, and normal air. By means of drops placed in their noses, the mice were infected with doses of a fungus, a bacterium, or an influenza virus, then returned to the controlled environments.

About 35% of the mice in "normal" air died of infection, compared with 19% of those in the negative-ion atmosphere. The highest percentage of deaths (56%) occurred in mice exposed to positive ions.

Investigators showed that the effect of ions was limited to the trachea. When the mice were infected with an aerosol enabling the influenza virus to pass the trachea without remaining there, increasing the concentration of ions in the air had no effect on the death rate.

'ILL WIND'

In Israel, tests on a group of volunteers with severe reactions from effects of the sharav winds, — symptoms of sleeplessness, irritability, stomach upset, and breathing difficulties —

were made by F. G. Sulman at Hebrew University, Jerusalem.

He reasoned that if the sharav's effects were caused by an excess of positive ions working on serotonin levels, then treatments with negative ions or with drugs that counteracted serotonin production should reverse the symptoms. And he found he could reduce effects of the sharav with negative ions and serotonin antagonists.

AIR-CONDITIONING

In this country, the impetus for the study of air ions has come from businesses concerned with the effects of ions on employees. As complaints of "dead air" or "stiffness" became common in closed, air-conditioned buildings, it became apparent that heating and ventilating systems had to be improved.

"The critical element in the complaints," said the *Human Nature* article by Drs. Krueger and Sigel, "appeared to be ions. Measurements showed that most of the ventilating equipment deprived the inside atmosphere of small air ions, while keeping temperature and humidity at satisfactory levels."

Studies in Japan and the Soviet Union found that with reduction of ion levels (a consequence of air-conditioning), people felt discomfort. Investigators in Germany and the United States found that people complained of discomfort in conditions that produced an excess of positive ions, or altogether eliminated ions.

RESEARCH SHOWED

"Ironically," continued the Krueger-Sigel article, "the same interest that sparked a boom in air ion research was also responsible for discrediting it. During the 1950s, air-ion generators were sold to the public through high-powered advertising campaigns that extolled their effectiveness in treating diseases ranging from constipation to cancer — claims for which there was

SCHOOL NUTRITION BILL PRAISED BY CRECELIUS

In personal letters, NHF President Charles I. Crecelius expressed appreciation to Assemblyman Art Torres of Los Angeles for sponsoring A.B.3406 — a bill providing that at least 50% of the food served in California public schools be nutritious — and to Governor Jerry Brown for signing the legislation.

"You have proved to be a champion for fair play and freedom of choice," Mr. Crecelius told Assemblyman Torres. "With passage of A.B. 3406 — and Governor Brown's signature — at long last citizens of California — particularly parents and children — will become more and more aware of the hidden dangers in the foods and drinks that have been offered students, and that have been known to cause many health problems. We are proud of, and commend you for the work you have done in this instance."

After expressing similar sentiments in his letter to Governor Brown, Mr. Crecelius said: "... The introduction and use of more nutritious food and

drink in our schools is assuredly a major step in the right approach to solving many dental, mental, health problems. We appreciate and thank you for your interest and action in this instance."

'SAFE,' 'UNSAFE' ON ADDITIVES CHART

The Center for Science in the Public Interest has published a brightly-colored chart listing about 50 food additives considered by the Center's director, Michael Jacobson, Ph.D., as "safe" (printed in green) and "unsafe" (in blue). Each additive is defined according to how, why, and in what product it is used. The 18-by-24-inch poster, suitable for taping to a refrigerator, is intended as "a simple overview of food additives to be used as a guide to buying food," said Dr. Jacobson. It is available for \$1.75 from CSPI, Box 3099, Washington, D.C. 20010.

no clinical support . . . The Food and Drug Administration banned the advertising and distribution of the machines. But the effect of government action discouraged legitimate scientific interest in air ions. As a result, the reports on clinical uses of air ions since 1960 have been scattered, but nonetheless encouraging.

"In a Swiss bank, for example, 300 employees exposed to negatively-ionized air for a test period of 30 weeks reported a significant reduction in the incidence of respiratory illness. Working time lost, compared with a control group working in a normal atmosphere in a similar office, was decreased by 94%. Absences were reduced in schools when negative ions were restored to the atmosphere.

There was a 17% decrease in absenteeism in one Oregon school, and a 27% decrease in a neighboring school system.

"It is possible to explain a decrease in respiratory disease and absenteeism by returning to laboratory results. Reduced susceptibility to infection is one explanation, and it could have resulted from the two effects attributed to air ions: the destruction of bacteria and influenza viruses, and the improvement of tracheal function. Another explanation is strictly mechanical: Ions in the air pass their charges onto the particles in a cough or sneeze and cause the infectious droplets to drop harmlessly out of the air sooner than if they were not charged." . . .

Murder Charge in Home-Birth Case Dismissed in California

Another judicial blow for freedom of choice in health care was struck when a judge in San Luis Obispo, Calif., dismissed all charges against a young woman charged with murder (Dec. 1978 *Bulletin*) following the death several days after birth of an infant girl whose parents chose home delivery.

Superior Court Judge Richard C. Kirkpatrick — described by the *Los Angeles Times* as a law-and-order judge, a Reagan appointee — told *The Bulletin* it would have been “a terrible, terrible case to force that poor lady to trial.” He also asked the district attorney not to appeal the case, that “it would be a terrible thing to do to the parents.”

Mrs. Marianne Doshi, 31-year-old mid-wife, had contended from the beginning that her arrest was aimed not solely at her, but was “an attempt to intimidate parents who choose home delivery.”

After the dismissal of charges, Mrs. Doshi told the press she felt “great,” and that she would continue to work with groups advocating alternatives to hospital deliveries.

Her attorney, Anne Flower Cummings, said she was “thrilled,” and that she thought it was “a judgment made from clear thinking — a great victory — a blow for freedom of choice.”

Robert Gannage, father of the infant, greeted news of the dismissal with the words, “Praise the Lord! In my heart I knew the truth all along. It's exciting, good news, and I thank God. I was going to the hearing but just didn't want to put myself through it. I knew there would be a lot of reporters and photographers there.”

Mr. and Mrs. Gannage had refused to press charges against Mrs. Doshi, and had pleaded with county and state authorities to not pursue the case. He said “in no way” was Mrs. Doshi guilty of the charge.

The judge said he did not believe there was “enough evidence to hold her to answer to it. I am convinced, from reading the grand jury transcript, that the child would have died if she had been born in a hospital, delivered by a doctor. The umbilical cord was knotted. And had the child died in the hospital, I think we would have had a thousand doctors lined up between here and Los Angeles willing to testify that the doctor provided medical treatment according to the standard of care. It was a very unfortunate circumstance, but I think from reading the medical testimony, it could not have been prevented.”

Grand jury testimony failed to show, said Judge Kirkpatrick, that Mrs. Doshi had acted as a midwife at the birth. The testimony showed that Mr. Gannage delivered the baby, he said, and he believes she was “giving them comfort. She was not there practicing midwifery.”

In court, the judge urged the district attorney's office to try to bring together the medical community, the educational community, and midwives and parents who want alternative childbirths, for communication and training. He directed the Victim Assistance Unit of the district attorney's office to work with doctors and lay midwives to start a midwife training program at Cuesta College.

“The medical profession wants to

He Urges Mid-Wife Training Program

Superior Court Judge Kirkpatrick not only felt so strongly about the Marianne Doshi case that he set aside the indictment of murder lodged against her by a San Francisco grand jury, but he also has launched his own campaign to initiate state legislation to establish a mid-wife training program, and protect from malpractice suits, doctors attending home births.

In letters to Assemblywoman Carol Hallett and Senator Robert P. Nimmo, both of San Luis Obispo County, the jurist noted that his views on this had elicited support from many constituents.

He suggests that a survey be made of existing laws and practices. “My information is that several counties have birthing centers in or adjacent to their hospitals,” he wrote. “This seems to be a good practice for most people, and probably could be done in a cost-effective manner.”

“Secondly, a program for training would have to be set up. I have suggested that community colleges might be the appropriate place for such training. It seems to me that two years' education with actual on-the-job training might be a good approach. Many junior colleges now have excellent programs for dental training.

“Third, I think the medical profession and the insurance industry are going to have to work out some agreements for supervising home birthing. A large segment of our population wants home births. Doctors always bring up the malpractice aspects, but I don't know of one case where a doctor has been sued over a home birth. Perhaps we could get some ‘good Samaritan’ type law that would provide protection for the doctors.

“I have only scratched the surface of what I feel is a major problem that needs careful consideration and legislation. I am sending a copy of this letter to Dr. Richard Krejsa of the Board of Supervisors, since a committee has been set up to deal with the problem. I would appreciate any help you can give on this, and if you need any further information, please let me know. Thank you in advance for your consideration . . .”

run the show, period, and completely refuses to allow parents to make the choice of having a baby at home,” he told the press. “I really think it's time — because we have so many young people who want to have children at home — that we should have some alternative means. I think people should have freedom of choice in the matter. I don't think the medical profession should dictate how it should be done.”

He said he hoped the medical community would be “mature enough” to accept the fact prospective parents have the right to choose alternatives to hospital deliveries. “I really . . . hope they will work with state representatives, and with the people who want to

exercise this alternative for themselves — to be closer to their children and have their children at home.”

He told *The Bulletin* that he had expected an “adverse reaction from the doctors” following his decision to free Mrs. Doshi, but that it had not happened.

Judge Kirkpatrick was deeply moved by parts of the testimony presented to the grand jury in San Francisco where the indictment on the murder charge was voted.

“To read the comments of the mother and father — it's really tragic,” he told *The Bulletin*. “The mother testified that she delivered the placenta in the ambulance, that it was not fully delivered until she reached the

NNFA Sues Sheriff for Circulating 'Defamatory' Anti-Quack Booklet

The San Diego sheriff who says he's had a "favorable" response from hospitals, medical associations, and doctors to his distribution of a pamphlet titled *Beware of Health Quackery*, now is faced with a lawsuit demanding an apology, recall of the material distributed, and cessation of further distribution.

Incensed over the tract (Dec. 1978 *Bulletin*), Dave Ajay, president of National Nutritional Foods Association, with approval of his Executive Council, brought the action on behalf of NNFA, which seeks no money damages from Sheriff John F. Duffey, but:

- Asks recall of the pamphlets already distributed, a halt to further distribution, and "a general, public retraction of the defamatory representations made in the pamphlet."

Joining the suit as a plaintiff is Frances Good, El Cajon, Calif., one of the more-than-50 health-food-store owners in San Diego County.

The complaint, filed Oct. 27, charges

hospital, and that then she was at first refused admittance.

"She testified also that this was the first time in childbirth that anyone had been understanding, and listened to them, discussed things with them and given full understanding. The doctors don't do that. Really, it was a shocker.

"And then to see how the doctor, the coroner in San Francisco, put it to the grand jury -- making the pitch that the baby has rights, and how those rights are being violated . . ."

As to Judge Kirkpatrick's decision to free Marianne Doshi? He says he

the material consists of "reckless, derogatory, false and misleading statements about the health and nutritional foods industry," and that continued distribution "may lead to the destruction of the health-food industry in the county.

"The health-food industry has consistently stood in the forefront in protecting the American consumer from harmful food products, and in alerting the public to the dangers of harmful colors and other food additives, pesticides, and chemicals which pervade our food supply. The industry has steadfastly fought for the right of the consumer to exercise freedom of choice in the selection of uncontaminated nutritional foods and food supplements.

"The representations as to the health-food industry contained in the pamphlet distributed by the defendant sheriff . . . are designed to, and necessarily have the effect of discouraging the public from patronizing legitimate retail businesses.

"felt justice was done. We'll have to wait and see."

The doctor in San Luis Obispo who interviewed Mrs. Gannage at the hospital and later reported the case to authorities — John Mahnke, M.D. — told the press he was "disappointed" with Judge Kirkpatrick's ruling. "I think a crime was committed and I think it should have gone to a trial to evaluate it." Dr. Mahnke is chairman of the Obstetrics and Gynecology Department at San Luis Obispo General Hospital.

Such representations irreparably harm the ability of plaintiff Good and of plaintiff NNFA's members to conduct their businesses in the San Diego area . . ."

REQUEST REFUSED

In a letter last August 7, Mr. Ajay sought the voluntary cooperation of Sheriff Duffy in halting further circulation of the pamphlet which he described as a "broad and unqualified defamatory attack on the health-food industry." Two weeks later the sheriff replied to the request by advising that if NNFA didn't like the language, "we respectfully suggest you contact the Channing Bete Company (publisher, Greenfield, Mass.) to lodge objections to this language."

He told Mr. Ajay his department uses the booklet "in crime prevention education programs. Since a major portion of our service population is senior citizens, particular care was given to the choice of booklets outlining problems of health quackery, a crime directed at this group.

"Our experience thus far has been favorable. Requests from hospitals, medical associations, and doctors have surpassed our ability to fulfill them. Response from senior citizens' groups continues to be positive. As we're sure your organization is aware, health quackery is a serious problem. Serious enough for the State of California to pass numerous laws included in the Health and Safety Codes and the Business and Professions Codes, protecting citizens from fraudulent claims, cures, practitioners, and devices. Statistics indicate quackery, in some cases, causes death.

"We can appreciate your organization's objections to some of the language in this booklet, but by the same token, no attempt is made by this department to specifically deter or dissuade the public from any sanctioned retailer, distributor, manufacturer,

or product of the health food industry . . ."

HIS 'BLOOD BOILED'

In a letter to the NNFA membership in California, Mr. Ajay said that upon reading the sheriff's letter, his "blood boiled," because:

"We were seemingly being accused of quackery and possible crimes against senior citizens. He took it upon himself to state that 'quackery in some cases causes death.' And he further indicated that his experience 'thus far has been favorable . . .'"

Feeling it was time to "do something about Sheriff Duffy," and with concurrence of his Executive Council, Mr. Ajay launched "Operation Counter-Attack" by instructing NNFA's legal counsel, Bass, Ullman and Lustigman, to draw up a complaint charging the sheriff with disseminating "false and misleading statements against the health-food industry," and demanding a halt to distribution of the pamphlet. This is "Phase 1 of Operation Counter-Attack," and he said he will keep the membership informed "as we move in the same manner against other detractors of our industry who have been calling us 'rip-offs,' etc. etc.

"I promised that if elected I would fight back against our enemies," Mr. Ajay continued. "I am continuing and will continue to fulfill that promise. Perhaps Sheriff Duffy visualized himself as a knight in shining armor riding a white horse and rushing to the rescue of senior citizens and the general public against the onslaught of those 'dangerous health food stores.'

"Well, I have a different view of Sheriff Duffy. He reminds me of a Don Quixote riding in on a jackass, shooting wildly from the hip at windmills. We say to you, Sheriff Duffy:

- "Don't waste the taxpayers' money with such nonsense. (Remember Prop. 13?)

- "Don't try to make yourself an

Manner Report on Amygdalin Research Published in Professional Journal

A 76% increase of tumor regression of mammary adenocarcinoma was obtained when research animals were administered amygdalin (Laetrile), enzymes, and Vitamin A, Harold W. Manner, Ph.D., chairman of the Biology Department at Loyola University, Chicago, reported in a paper published in the December issue of the *Journal of Manipulative and Physiological Therapeutics*, Chicago. (The information has been previously published via press conference, but this is the first professional journal in which it has appeared. Ed.)

The research was funded by the National Health Federation Memorial Library of Monrovia, Calif.; The Biotics Laboratories, Inc., Houston, Texas; The DaVinci Laboratories, Burlington, Vt.; and the Manner Cancer Research Fund of Loyola University of Chicago.

Titled "Amygdalin, Vitamin A, and Enzyme-Induced Regression of Murine Mammary Adenocarcinomas,"

expert in a field you know not.

- "Don't take over the function of the State Bureau of Food & Drugs, with whom we are closely working, for the ultimate benefit of consumer, industry, and agency alike.

- "If you really are sincerely concerned about the 'rip-offs' of the elderly, and the general health of the public, then . . . join us in our continuing campaign against cancer-causing substances in our food supply!

- "In other words, Sheriff Duffy, quit serving the special interests that condone use of those substances, and instead devote your time to properly serving those who pay your salary."

it was written by Dr. Manner and his assistants: Steven J. DiSanti, Michael I. Maggio, Thomas L. Michalsen, and Victoria Rowe.

The paper follows:

INTRODUCTION

Amygdalin is not new to the scientific world. It was synthesized as early as 1924 by Hudson. In the body, amygdalin is acted upon by beta-glucosidase to produce glucose and laevomandelonitrile. This mandelonitrile is then converted into benzaldehyde and hydrocyanic acid. The benzaldehyde is oxidized to form benzoic acid and is secreted in the urine as hippuric acid. The hydrocyanic acid, under the influence of rhodanese, is converted in the presence of sodium thiosulfate, to sodium thiocyanate which also is excreted in the urine.

The above reactions have been extensively reviewed by Viehoever and Mack (1935). The presence of the cyanide radical has elicited concern about the safety of amygdalin in cancer therapy. A recent study (Manner, *et al.*, 1977) demonstrated the nontoxicity of amygdalin even when administered to laboratory mice in dosages as high as 2,000 mgm/kgm/day. The distribution of beta-glucosidase and rhodanese in laboratory mice has also been determined (Manner and Poletti, 1977, Manner *et al.*, 1978). The current study was an attempt to determine the efficacy of amygdalin when used alone and in various combinations with Vitamin A and enzyme complexes, on the regression of the primary tumor mass in murine adenocarcinomas.

Vitamin A has long been known as an antitumor vitamin. Its hypothesized

action is that of enhancing the immune system. Rettura *et al.* (1975) fed mice a laboratory chow into which was incorporated Vitamin A palmitate (150,000 I.U./kgm chow). These mice (C3H/HeJ) had been inoculated with 1×10^6 C3HBA tumor cells. The Vitamin A chow was started the day of the inoculation. Vitamin A did not affect tumor incidence, but it did decrease the tumor growth rate for the first 15 days. The treated mice survived significantly longer than controls. Numerous other investigators (Bollag, 1970; Bollag, 1971; Chu and Malmgren, 1965; Cohen and Carbone, 1969) have demonstrated the effectiveness of Vitamin A in cancer therapy.

Enzymes have been used effectively in cancer therapy. Tischer *et al.* (1973) worked with 119 cases of exudative pleural carcinomas. The effusion completely disappeared in 47% of those treated with enzymes. Hoefer-Janker (1971) demonstrated that in 40% of all tumors injected with enzyme preparations, a positive regression occurs.

Cyanide as a therapeutic cancer agent is not new. It had its beginning in 1927, but was abandoned because of its toxicity, and also because of the rapidly-improving results from radiation therapy. Brown *et al.* (1960) presented evidence that differential tumor toxicity is obtained, and is manifested by a prolongation of survival time in experimental animals and by cellular changes in clinical tumors. Zweig *et al.* (1977) using a cyanide-containing compound, justified their research on the basis of the inactivation of intracellular enzymes.

MATERIALS AND METHODS

Female C3H/HeJ mice were acquired from the Jackson Laboratories, Bar Harbor, Maine. The mice were retired breeders, and when received were approximately 8 months of age. The peak age at which spontaneous mammary tumors appear in approximately 80% of the mice is from 12 to 15 months.

The mice had an average weight of 30.0 gms. All mice received a diet of Purina Mouse Chow and water *ad libitum*. The mice were caged separately.

The amygdalin used was produced by the Sigma Chemical Company, St. Louis, Mo., in lot No. 97C-7410. The product was 99.52% pure as determined by optical rotation and ultraviolet extinction coefficient. The emulsified Vitamin A (A-Malsin) was produced by the Mucos Pharmaceutical Corporation in Munich, Germany. The enzyme complex used for these tests was Wobe-Mugos parenteral, prepared for intratumoral injection. This enzyme complex contained 4 mgm *Pisum sativum*, 4 mgm *Lens esculenta*, 8 mgm pancreatin, 4 mgm calf thymus, 2 mgm papain and mannitol to bring the total to 100 mgm.

The animals were palpated each day until a tumor was felt. These tumors were allowed to grow to a volume size of 29.8 ± 2.70 cu. mm. before the animal was moved to the experimental laboratory. Tumor size was calculated using the formula $T = .04 (ab^2)$, where a is the largest and b the smallest diameter of the tumor.

Five hundred and fifty animals were separated into 11 groups of 50. These individual groups received the treatments listed in Table 1. The amygdalin was prepared daily by dissolving it in distilled, deionized water, in a concentration of 0.5 gm/10 ml. The animals receiving amygdalin alone, or in combination with other modalities, were given daily intramuscular injections of 0.3 ml of the amygdalin solution. This contained 500 mgm of amygdalin per kgm of body weight. The emulsified Vitamin A was administered daily by gavage. Each animal received 333,333 I.U. of Vitamin A per kgm of body weight per day. Those mice receiving the enzyme complex were injected on alternate days directly into

and around the tumor mass. Ten mgm of the enzyme complex dissolved in 0.1 ml of distilled, deionized water was administered.

Preliminary studies indicated the necessity of extremely slow administration of the enzyme to prevent systemic shock. A size 26½ needle and slow perfusion technique was used. The control animals were separated into 4 groups of 50 (see Table 1). The first group, the room controls, received no injections. The second group received a daily intramuscular injection of 0.3 ml physiological saline solution in the leg musculature. The third group received alternate day injections of 0.1 ml physiological saline solution into and around the tumor mass. The final control group received daily intramuscular injections (0.3 ml) and alternate day intratumoral (0.1 ml) injections of physiological saline.

A depilatory was used in the tumor area before treatment to provide easy access to the tumor and to facilitate observations and measurements. All measurements were made twice weekly using a Vernier caliper. To provide uniformity, all experimental and control groups were terminated after 30 days and the number of total regressions calculated for each group.

EXPERIMENTAL RESULTS

As the initial size of the tumor is important, the volume of each tumor was determined at the beginning of the experiment. Observations were made daily. In those animals which received the enzyme complex, either alone or in conjunction with Vitamin A and/or amygdalin, an ulceration appeared at the tumor site. Within the ulceration was viscous fluid. A patho-

²All pathological examinations were made by the pathology laboratories of the American International Hospital, Zion, Ill.

logical examination² of this fluid revealed necrotic malignant cells. This fluid was removed daily if necessary, and always before each subsequent enzyme injection. The percentages of animals in each group exhibiting total regression are presented in Table 2. No attempt was made in this study to determine increase in life span or the existence of metastases. All observations were at the primary tumor site.

DISCUSSION

With the exception of the four regressions in the control tumor and control tumor and leg groups, the only animals that showed regressions were those receiving the enzyme complex, either alone or in combination with Vitamin A and/or amygdalin. Neither Vitamin A nor amygdalin, administered alone or in combination with one another, evidenced any observable decrease in tumor size. When amygdalin or Vitamin A were used in conjunction with the enzyme complex, no significant difference in tumor regression was seen from that observed in the animals treated with enzyme alone. However, those animals receiving all three components, amygdalin, Vitamin A and the enzyme complex, exhibited a significant increase in tumor regression compared to any of the other groups.

The current study differs from most previous work in that it combines three modalities. It concurs with those studies indicating that amygdalin, used alone, is not effective in tumor regression. It does indicate, however, that when amygdalin, Vitamin A and the enzyme complex are used together, 76% of the tumors do completely regress. This figure is slightly lower than the 89.3% previously observed in our laboratory. This difference is readily attributable to the much larger size of the tumors used in the current study.

TABLE 1

Group	Treatment	Total Number Tested
1	Amygdalin Vitamin A Enzyme Complex	50
2	Amygdalin Enzyme Complex	50
3	Vitamin A Enzyme Complex	50
4	Enzyme Complex	50
5	Amygdalin Vitamin A	50
6	Amygdalin	50
7	Vitamin A	50
8	Control Tumor & Leg	50
9	Control Tumor	50
10	Control Leg	50
11	Room Control	50

Amygdalin: Administered at 500 mg/kg
in .3 cc double distilled water
Vitamin A: Gavaged at 10,000 I.U.
in .05 cc double distilled water
Enzyme Complex: Injected at 10 mg
in .1 cc double distilled water

SUMMARY

Five hundred fifty C3H/HeJ mice were separated into 11 groups of 50 animals. Each group received amygdalin, Vitamin A, and enzymes in all possible combinations. The only animals which exhibited total regression of the mammary adenocarcinoma were those receiving enzymes, alone or in combination with Vitamin A and/or amygdalin. Neither Vitamin A

TABLE 2:

Treatment	Totally Regressed	Percent Totally Regressed
GROUP 1 Amygdalin Vitamin A Enzymes	38/50	76
GROUP 2 Amygdalin Enzymes	27/50	54
GROUP 3 Vitamin A Enzymes	26/50	52
GROUP 4 Enzymes	26/50	52
GROUP 5 Amygdalin Vitamin A	0/50	0
GROUP 6 Amygdalin	0/50	0
GROUP 7 Vitamin A	0/50	0
GROUP 8 Control Tumor & Leg	2/50	4
GROUP 9 Control Tumor	2/50	4
GROUP 10 Control Leg	0/50	0
GROUP 11 Room Control	0/50	0

nor amygdalin administered alone or in combination with one another evidenced any observable decrease in tumor size. When amygdalin or Vitamin A were used in conjunction with the enzyme complex, no significant

difference in tumor regression was seen from that observed in the animals treated with enzyme alone. However, those animals receiving all three components — amygdalin, Vitamin A, and the enzyme complex — exhibited a significant increase in tumor regression compared to any of the other groups.

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EVIDENCE IGNORED

Water utilities are ignoring evidence that he says shows that some chemicals in drinking water cause cancer, Ralph Nader charges.

"Water works professionals... favor continued exposure of the public to cancer-causing chemicals," by objecting to a government proposal designed to reduce organic chemicals in drinking water," he said. The proposals by the Environmental Protection Agency would require municipalities with more than 75,000 persons (Apr. 1978 *Bulletin*) to filter water through charcoal to remove such organic chemicals as chloroform.

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In Earlier Test He Didn't, But Nevertheless

Nevada Scientist Seeks to Duplicate Manner Study

After a communication snafu, resolved when NHF Executive Vice-President Clinton R. Miller got into the act, Leonard W. Storm, Ph.D., has renewed efforts to duplicate in his biology laboratory at the University of Nevada, Las Vegas, the Laetrile efficacy research in which Dr. Harold W. Manner found that a combination of enzymes, Vitamin A, and Laetrile produced a 76% regression of mammary cancer in mice.

During a "public gaze" press conference at the university in late October, Professor Storm said he "would like to duplicate Dr. Manner's work," and that if he does, it will be reported through conventional scientific channels, with publication in a recognized medical journal rather than going the news-release route which Dr. Manner chose in the interest of time.

Dr. Storm told the press that in his opinion, Dr. Manner's reason for releasing the cancer breakthrough news via a press conference was "credible," and that he agrees "with his reason for doing it that way, since he felt it was such an important breakthrough and he felt the need to circumvent established scientific procedure, because of the 18-month to 3-year lag-time in publication, by issuing a press release."

Dr. Storm said, however, that before the scientific community will look at a new finding, a report on the work must appear in a "legitimate journal, whatever that is." He believes this is why no one else has agreed to try to duplicate the Manner work.

He, it developed at the press conference attended by reporters from two daily newspapers, three Las Vegas television stations, and *Public Scru-*

tiny and the *NHF Bulletin*, was willing to accept the Manner report via press release, and called him October 20, 1977, asking for information. He hoped then to duplicate the work, and publish in a medical journal, because "until this is done, the Laetrile opponents can say, as they do, that 'there is no evidence it is effective in cancer treatment.'"

In early December he wrote for the protocol and any other data in Dr. Manner's file pertaining to the experiments. He received the protocol in mid-December, and in January conferred with him in Caesar's Hotel where Dr. Manner was a speaker at the Pan American Cancer Cytology Congress. In the weeks and months which followed, he says he was unable to make contact with Dr. Manner, and in April, with mice dying, the experiment was halted, and a toxicity study on Vitamin A and Laetrile was instituted. "We found out that Laetrile is a non-toxic substance when injected intramuscularly," he said.

PREVENTION STUDY

Last August he launched another study bearing on the possible preventive qualities of Laetrile. "If Laetrile is a function in the tumor breakdown," he said, "we should be able to take retired breeding animals (animals with the genetic ability to produce tumors), and pretreat them with Laetrile and Vitamin A. And theoretically, if Laetrile is active, we should see in our control checks — our checks — the tumors popping out, and in the noncontrol — the Laetrile group — we should see some prevention."

While as of October 19, tumors had developed in "one or two animals" in

the control group, with none in the Laetrile group, Dr. Storm was adamant in stating he did not have "enough data" to draw conclusions.

This position was challenged by Mr. Miller, who blamed that policy in the scientific community for the lag-time of up to three years. "I don't want to wait three years, and people with cancer shouldn't have to wait three years," he asserted. "You've got results, and I think the press is mature enough to be able to accept the results as you report them."

When Dr. Storm said "come back in two or three weeks when I have a little more data — I'm not going to say something now that I'm going to have to refute later" — Mr. Miller countered: "But you can't change the truth as it is now. You've got some animals that have already produced cancer."

"We're talking about one or two animals," Dr. Storm repeated, "and that doesn't mean anything."

"That's all you need to tell the press," persisted the NHF executive. "It means an awful lot. It means that one or two animals have got cancer that were expected to get cancer, and in the group that got Laetrile there have been no animals, and it means an awful lot... I think this stuff should be reported day by day, instant by instant, because people are dying every day."

WHY IT WAS HELD

The press conference, lasting nearly an hour and a half, was a "no-holds-barred" affair, with Mr. Miller fielding questions from probing reporters, one of whom, the *Las Vegas Sun* representative, appeared hostile. He couldn't understand how "an ex-baker" (Mr. Miller) could be in a position to question and challenge such institutions as the Food and Drug Administration, the National Cancer Institute, and the American Cancer Society.

Asked by Reporter Tricia White of

the *Review-Journal* (whose Sept. 26 article precipitated the press conference), what he hoped to accomplish in the session with Dr. Storm and the press, he replied: "We are dealing with cancer, and we're deeply concerned if there has been lack of cooperation between the researchers. A year ago, the National Health Federation Memorial Library gave a \$15,000 grant to Dr. Manner after learning he had been able to get about a 75% regression in breast tumors by using three nontoxic agents. We figured that if it could be done under controlled conditions, we could take this evidence to the federal government, whose officials under oath have said they have *never* had any evidence of efficacy of Laetrile from any animal.

"Once efficacy has been proved, this whole battle is over. The Food and Drug Administration will be guilty of perjury because they had this evidence in front of them. The National Cancer Institute will be guilty of perjury. Sloan-Kettering will be guilty of perjury, because all these groups have testified under oath before the Senate that this evidence was not available to them. And they *had* this material available to them."

Public Scrutiny Editor Mark Lockman interposed that "Dr. Manner sent all his scientific data to the deputy director of the National Cancer Institute, and for three or four months, he refused to look at it."

NO, SIREE!

Asked by Sara Edwards of Channel 11 if the Federation has received any "federal funding," Mr. Miller responded: "Oh, no! In fact, we wouldn't take it if offered to us on a gold-lined platter. We wouldn't take a million-dollar grant from the Food and Drug Administration, and I hope Dr. Storm never receives any."

Thanks to Clinton Miller, Communication Established

When NHF Executive Vice-President Clinton R. Miller read a Sept. 26 dispatch from Las Vegas quoting Dr. Storm as saying he had been "frustrated" in trying to get data from Dr. Harold Manner for his Laetrile experiment, he started opening lines of communication between the Loyola and U. of Nevada researchers, and by the time the press conference was called, the problems of communication had been settled by telephone.

"Dr. Manner is a nice guy," said Dr. Storm. "I just don't know what the problem was, whether he was getting messages—but now we are talking, and I know that whenever I call him, I'll get him. There are things, critical to the research, which don't appear in the protocol. He told me about some of them on the phone—we were administering Vitamin A through drinking water, and Loyola uses the gavage (tube), making it more accurately measured. We learned from him also that animals must be in single cages, because when the tumor starts breaking down, the animals cannibalize if there is more than one in a cage. And extreme care must be used when injecting the animals.

"By sending two of our students to Loyola, we will be able to learn the fine points of Dr. Manner's procedure. And if necessary later, someone from there will come out to our lab. We want to duplicate the work, not only with materials, but the nuts-and-bolts procedures."

'IGNORANCE, AVARICE'

Scientific reports have been suppressed in the past, he charged, through refusal of journals to publish the material. This occurs, he believes, for these reasons: "No. 1, I think it's ignorance. They do not know there's anything other than cutting, burning, and poisoning to treat cancer. In this position of ignorance, anything that challenges it is rejected out of hand.

"No. 2 is avarice. I think it can be explained only by the fact there are surgeons in this city making over \$1,000 a day. In some cases, it goes to \$3,000 a day, cutting off women's breasts, cutting off men's testicles when they could be treated with something nontoxic. It has even been said by one establishment person that every woman should have a breast cut off as a prophylactic measure."

THE CANCER ESTABLISHMENT

Mr. Miller described the "American cancer establishment" as the Food and Drug Administration, the National Cancer Institute, and the American Cancer Society. Asked by Ms. Ed-

wards to define the ACS role, he replied: "The American Cancer Society is the most despicable of the group because they go to the public and say they're 'looking for a cure.' Whereas, it is *the* major force in America to stop *any* attempt to find out whether there's a cure. And we can add to the list, Sloan-Kettering, whose own laboratories did work showing efficacy on mice. And they lied under oath before Congress, saying Laetrile has no efficacy.

"The American Cancer Society, as pointed out here by Louis Popp, a director of the Committee for Freedom of Choice in Cancer Therapy, has a 20% proprietary interest in 5FU, the toxic agent that kills people faster than it would if they hadn't taken it."

"You've come out with some pretty heavy statements," said Ms. Edwards. "How does your background back up these statements?"

"It isn't a matter of background," Mr. Miller replied. "I happen to be literate. A man doesn't have to have a *degree* to read a book. I read the books, and I

can read Dr. Manner's work, and I've been in his laboratory and seen him pick up these mice with breast tumors so big the little animals can't even put their feet on the ground."

"You're more or less indicting the entire medical society," observed the *Sun* reporter.

To which Mr. Miller replied: "I have, with one great big brush, from top to bottom. And I think the orthodox cancer establishment has put its edifice in the history books already, as a more horrendous crime than has been created by any tyrant in history. I don't know of any tyrant in history that cut off 30,000 breasts a year, and an equivalent number of men's testicles."

ACS 'SMEAR SHEET'

Asked by Ms. White if the American Cancer Society "has ever responded, or recognized the National Health Federation in any way, much less respond to the charges you've made," Mr. Miller answered: "I'll say they have. In fact, if you were to ask the American Cancer Society about the National Health Federation, you would receive a long list, their smear sheet against the Federation. It lists the officers of NHF who have been in prison, who have been indicted by the FDA, calls it a quack organization, defender of unproven remedies all the way from fluoridation to Laetrile.

"The American Cancer Society, with the millions upon millions of dollars it collects every year, is protecting the vested, commercial interests that make toxic chemotherapeutic agents, every one of which are immunosuppressive. That means there's not one of the agents that the ACS supports — not one — with all the hundreds of millions of dollars they've taken — that doesn't suppress the natural immune system of the body. If Dr. Storm, for example, were to take 5FU and give it at the same time he gives Laetrile to one group of mice, and a control

NHF FUNDS STUDENT TRIP TO LOYOLA

The National Health Federation Memorial Library financed a trip to Loyola University in Chicago by University of Nevada students John "Jay" Rando, and Dawn Austin, who for one week in November observed procedures in Dr. Harold Manner's biology laboratory where research on Laetrile-enzyme-Vitamin A and Vitamin C therapy continues.

The Library may fund Laetrile research by Dr. Storm, who said he will start anew with an efficacy study, while continuing a study — done nowhere else — to determine the preventive qualities of Laetrile-Vitamin A therapy.

group, those receiving 5FU will die more quickly than either of the other two groups."

"Sir," commented the *Sun* reporter, "you're making statements that are very libelous. I presume you can back them up, however."

"I don't make libelous statements," he replied. "I've been in the field too long. I don't have to back up the charge I've made, I just make it. It's true. If it were libelous, do you think the ACS wouldn't have a lawyer waiting for me as I walk out this door? I've made this charge from platforms, I've made it before Congress."

Mr. Lockman interposed this comment: "The American Cancer Society last year admitted that they spent most of their budget on two projects: One was fighting the legalization of Laetrile, the other smoking. And you've seen how successful they were."

LAETRILE POLITICS

Mr. Popp, whose wife has been taking Laetrile 3½ years, discussed Nevada Laetrile politics, displaying two letters, one of which, signed by

Robert L. Brown, M.D., was on Nevada State Medical Association stationery. He read this paragraph: "You will recall that the Nevada State Medical Association opposed the passage of legislation which legalized the substance, and our position remains unchanged. We believe, as does the FDA, that not only is Laetrile totally ineffective in the treatment of cancer, but that it is potentially harmful, and even fatal."

Shortly after Laetrile was legalized in Nevada, he said, the continuing opposition to Laetrile was expressed in letters to all state officials and legislators, from the state medical society, and the Washoe County Medical Society.

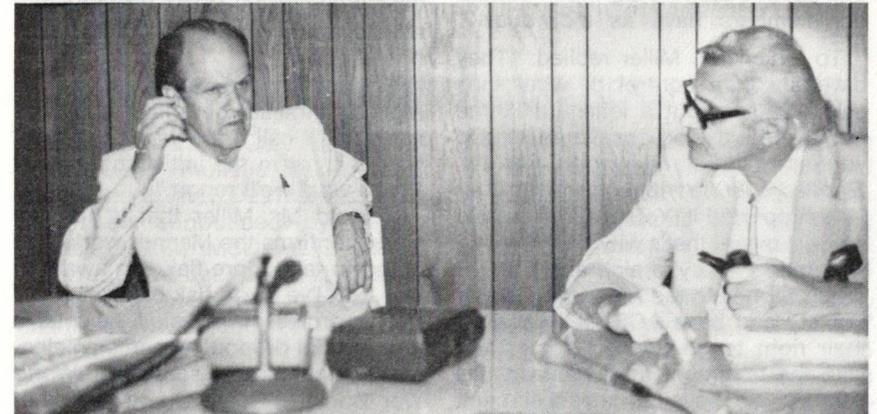
"Here is a United Press International article in the *Review-Journal*," said Mr. Popp: "Contracts were given to hire three doctors to help develop orderly regulations for the manufacture and administration of Laetrile."

"On that board — which is the key to this whole thing — were three doctors who oppose Laetrile — Dr. Merricourt, Dr. Willis Russell, and Dr. Roberts. Why did the state select three anti-Laetrilists to control or govern the

manufacture and administration of Laetrile? Why did Governor O'Callahan and the attorney general and Bill Swackhammer make such a selection? Only Bill Swackhammer had the guts to state he was against selecting these three doctors. And that's the reason we don't have a Laetrile manufacturing facility in Nevada. During the legislative session a year and a half ago, the legislature established a ridiculous \$30,000 annual license fee for those who want to manufacture Laetrile. In at least half a dozen states, you can manufacture Laetrile with only the cost of one dollar to get the license. And we have a \$30,000 fee here, which I am going to make an attempt next spring to reduce to \$1."

'NO STOCK IN IT'

Asked by Ms. Edwards why he is "so pro-Laetrile, do you have a personal involvement with it — have you invested money in it?", Mr. Miller replied: "I believe the evidence is in, and it has been in. For 25 years we have known Laetrile works on animals. And to answer your other question — no, I have absolutely no stock in Laetrile, I have never sold one ounce of Laetrile, and the National Health Federation



NHF EXECUTIVE VICE-PRESIDENT Clinton R. Miller (left) listens to a point being made by U. of Nevada Biology Professor Leonard W. Storm, during press conference at the university at which it was learned Dr. Storm wanted to do additional research on Laetrile in an effort to duplicate the work of Dr. Harold Manner at Loyola University.

has no stock in Laetrile."

To the question from Tricia White, "Are there any competing groups, nonprofit, in this field?", Mr. Miller responded: "I don't find any *competing* groups. There is the Committee for Freedom of Choice in which Mr. Popp is active — we fight the same cause in different ways. The Committee was very instrumental in legalizing Laetrile in Nevada, and in the 16 other states that did. That group has been very active and successful at the state level.

"There is a group known as the Cancer Control Society headquartered in Los Angeles, another group, the International Association of Cancer Victims and Friends headquartered in California, one known as the Foundation for Alternate Cancer Therapies based in New York. There must be at least half a dozen national groups that in their own ways are trying to solve this problem, and we work in cooperation with them."

Ms. Edwards asked if NHF "ever had a block of members speak out against what the money is spent for — has anyone ever said, 'Okay, enough of this Laetrile stuff?' How much control do members have as individuals?"

To which Mr. Miller replied: "They have absolute control of what they give. We sent out a letter just three months ago asking our members, 'Do you approve of our work with Dr. Manner? Our fluoridation work?' Over 90% supported it. You bet. Our people are — I mean, that's why they *join* the Federation. They're sick and tired of giving money to the American Cancer Society and have ACS lobby against their right to go to their doctor and take the treatment they want. In this country we have an establishment, and an antiestablishment establishment. The National Health Federation is the network of the antiestablishment establishment."



LOUIS POPP of Las Vegas, member of the National Health Federation and a director of the Committee for Freedom of Choice in Cancer Therapy, presents a copy of Dr. Harold Manner's new book, *The Death of Cancer* (\$9.95, Advanced Century Publishing Co., Chicago) to Laetrile Researcher Leonard W. Storm, professor of biology, University of Nevada. "Harold wanted me to give this book to you," he said. "It is autographed. And from now on you know there will be no lack of communication between you and one Harold Manner."

"LIKE IT IS"

As the conference neared its end, Dr. Storm was asked by the *Sun* reporter how he would report results of his study, "if it confirms Dr. Manner's work." (His initial study, while finding efficacy in enzymes, did not find Laetrile effective. Ed.)

"If I confirm the Manner study," he replied, "I will say our initial study was in error. I'll call it the way I get it. If I was in error in the initial study, *fine!* That's what we'll report."

He told Mr. Miller that if his new study confirms the Manner work, "I'm going to take more flak, I'm aware of that. But I've taken flak before."

The professor revealed he was a high school dropout, became an electronics technician, served in World War 2 in the Coast Guard (later becoming a Quaker), and after taking a GED test, "decided to go to college." He went first to El Camino Community College in Los Angeles, then earned

MILLER ASKS PROSECUTION OF FDA CHIEF ON PERJURY COUNT

In nearly-identical mailgrams to President Carter and Senator Edward M. Kennedy, NHF Executive Vice-President Clinton R. Miller in late October called for prosecution of FDA Commissioner Donald Kennedy on a charge of perjury.

"The National Health Federation," Mr. Miller asserted, "has evidence that the Commissioner of the U.S. Food and Drug Administration, Donald Kennedy, M.D., perjured himself when he testified concerning Laetrile before the Senate Subcommittee on Health and Scientific Research on July 12, 1977.

"I respectfully urge you to have your staff immediately contact our general counsel, Kirkpatrick Dilling, 188 West Randolph St., Chicago, and set up an appointment so he may present this evidence to you at the earliest possible moment so prosecution may begin at once. His phone number is 312-236-8417.

"Others who committed perjury before the subcommittee at that time were Donald Frederickson, M.D., Director, National Institutes of Health; Guy Newell, M.D., Director, National Cancer Institute; Lewis Thomas, M.D., Director, Memorial Sloan-Kettering Cancer Center; and Joseph Ross, M.D., Professor of Medicine, UCLA."

RADIOLOGISTS' POT TO FIGHT ANTITRUST SUIT

In an indication of the importance of the antitrust suit against the AMA and other defendants, including the American College of Radiology (ACR), the College has assessed its 10,000 members \$200 each for a total of \$2 million for the purpose of fighting ongoing litigation, including the chiropractic case.

A spokesperson for the ACR was quoted as saying, "Our defense must be based on our own probity, and upon convincing documentation that our refusal to associate professionally with chiropractors is in the public interest."

— ICA Newsletter

DES MOINES GETS WHOLISTIC HEALTH CENTER

Establishment of Centers for Preventive and Wholistic Health Care, 2008 Bennett Ave., Des Moines, Iowa, has been announced by Robert Burns, D.D.S., MSD., L.E. Urban, D.O., and Wardel Diggs, B.A., M.A.

The range of services in preventive health care includes a wellness/longevity program for children and adults, and prenatal and dental health

programs. Special service (including referral) for persons with chronic and degenerative disorders is available.

Among the facets covered in the wholistic approach are biological medicine, health education and assessment, nutritional guidance, physical management, behavioral/stress management, weight and smoking control, alcohol and drug management, physical fitness, lifestyle orientation and education, wholistic health orientation, group therapy, and human relations training. A live-in program is planned also.

a bachelor's degree at U.C. Berkeley, and his master's and doctorate at the University of Arizona.



Dr. Flatto's Book Added to Library's Sex Collection

BY STEPHANIE SHANE
Librarian

Dr. Edwin Flatto is a very personable man with a sense of humor; he is also an osteopath, lecturer, and a well-known author. At the Total Life convention in Los Angeles last September, he gave four lectures on health, exercise and sex.

The doctor says being physically fit can prevent, as well as correct, a variety of illnesses. He shows the audience positions for the relief of constipation and backache, and demonstrates the correct way to breathe.

"I wanted to wish you all good health," he said, "but then I thought how can I wish you all good health when you are all healthy? Well, I could wish you were all beautiful, but then I can't wish that either because you *are* all beautiful. So I thought I'd wish you were all rich, but I thought about that, and I can't wish you rich either, because maybe you're not rich in money, but you're certainly rich in other things that are important."

Dr. Flatto has donated his book, *Warning: Sex May Be Hazardous to Your Health*, to the National Health Federation Memorial Library. This gift has added to our collection of specialized material. We are accumulating an excellent selection of literature on sex and related subjects by doctors

and other specialists in the field:

1. Airola, Paavo O. — Sex and Nutrition
2. Bush, David V. — Psychology of Sex; How to Make Love and Marry
3. Ernst, Morris — American Sexual Behaviour and the Kinsey Report
4. Ferenczi, S. — Sex in Psycho-Analysis
5. Flatto, Edwin — Warning: Sex May Be Hazardous to Your Health
6. Forel, August — The Sexual Question
7. Guyon, Rene' — The Ethics of Sexual Acts
8. Podolsky, Edward — Sex Today in Wedded Life
9. Jung, C. G. — Psychology of the Unconscious; a Study of the Transformation and Symbolism of the Libido
10. Long, H. W. — Sane Sex Life and Sane Sex Living
11. Masters, William H. and Virginia E. Johnson — Human Sexual Response
12. Montagu, Ashley — Sex, Man, and Society
13. Seward, Georgene H. — Sex and the Social Order
14. Wood, Curtis H. — Sex Without Babies

Dr. Flatto's book *Warning: Sex May Be Hazardous to Your Health* Will Be Available by the new title of *Look*

Saccharin Dangerous, Scientific Panel Finds

Not only because it is a weak cancer-causing agent itself, but because it promotes the cancer-producing activity of other substances, saccharin "must be viewed as a potential cause of cancer in humans," a panel of the National Academy of Sciences has concluded.

The scientific body which reviewed the sweetener at the request of Congress, concluded that further laboratory studies to establish saccharin's carcinogenicity are "not needed under existing law."

Another significant finding was that one-third of all American children under 10 consume saccharin (in soft drinks), and the panel warned that these kids may be subjected ultimately to the greatest risk.

After examining risks and benefits of the sugar substitute, the committee said it could find "no studies that permit objective assessment of the asserted health benefits of saccharin use." While conceding that 50-70 million persons use saccharin, and that "a significant proportion" of private physicians believes saccharin is "useful for their diabetic patients and patients being treated for weight problems . . .," the panel said such belief does not constitute scientific evidence, and "no study that meets the current criteria for an adequate clinical trial has been conducted explicitly to examine the effectiveness of saccharin in the control of weight or blood-sugar levels."

The Calorie Control Council, a group financed by the diet soft drink industry, condemned the report, stating "it seems incredible that the conclusions would go so strongly against the extensive and growing body of scientific evidence supporting saccharin's safety. We expect common sense and the best interest of Americans will prevail when the evidence is fully examined."

Before the May 23 expiration of the congressional moratorium on the Food and Drug Administration ban on saccharin, another NAS panel will submit a report evaluating the government's food-safety policies. The document will make recommendations as to the future of saccharin.

Younger, Think Clearer, Live Longer.
He contends that sex is for procreation, not recreation, and that over-indulgence leads to physical and mental deficiencies. "Self-reverence, self-knowledge, self-control, these three alone lead to sovereign power."
Alfred Lord Tennyson

Dr. Flatto also has contributed his other titles:

Look Younger, Think Clearer, Live Longer (original title: *Restoration of Health*)

1st printing of *Exercise Your Way to Health and Beauty*, and the revised edition, *Pictorial Encyclopedia of Exercises and Health and Therapy*

Revitalize Your Body With Nature's Secrets

A life member of N.H.F., and president of the Miami Beach Chapter in Florida, Dr. Flatto is a sincere, health-conscious person who also has been a vegetarian for many years. He believes the greatest gift is that of health, and he would like to help people get well. He thinks, however, that health care is the choice and responsibility of each individual.

The books mentioned here are available in the Memorial Library. Donations from others are encouraged. We accept any gifts, and are happy to receive them.

California Clean Air Initiative Axed After Costly Media Blitz

Despite the tens of thousands of hours donated by volunteers to give Californians a law requiring separation of smokers from nonsmokers in most public buildings, the tobacco industry with a kitty exceeding \$5½ million, was able to convince voters that Proposition 5 was bad legislation. The vote: 194,281 for the measure, 201,031 against — a 2% majority.

Preelection polls by the *Los Angeles Times* forecast defeat of the measure after the last survey a week before the election showed that while smokers opposed the measure 4-1, nonsmokers were divided, with 49% favoring the initiative, 44% opposing it. Smokers make up one-third of the registered voters in the state.

As had been predicted as soon as the initiative qualified for the ballot, the tobacco industry pulled all the stops to defeat it. A group called Californians for Common Sense, financed by the industry, as of Nov. 4 had funneled \$5,600,000 into a media blitz to turn voters against the initiative. This was 10 times as much as proponents had spent. Most of the contributions to promote a yes vote were small amounts, whereas five cigarette companies put up 97% of the total spent to defeat it. The one big contributor favoring Proposition 5 was Schick Labs and its parent company, Frawley Corp., which lent initiative backers \$100,000 — nearly 20% of the total contributions.

The issue that appeared to turn voters away from the initiative was "Big Brotherism" — establishment of "another government bureau," and the alleged cost to government and busi-

nesses to meet requirements of the law.

The American Cancer Society poohpooed the industry claim that it would cost business and government \$20 million for signs. The Society donated 119,000 non-smoking signs at a cost of \$8,000, and said this would cover most of the need. But Californians for Common Sense denounced the Society as engaging in "political grandstanding," and claimed the initiative would cost business and taxpayers \$300 million.

So, if the polls were correct — Proposition 5 went down because too few nonsmokers voted for it, perhaps influenced by the lavish advertising campaign by the tobacco industry. The campaign, in fact, was the most expensive in the history of California initiative elections, surpassing the previous record expenditure of \$5,290,000 in 1976 when an effort to insure safe development of nuclear power was defeated.

PROPELLANTS BAN ORDERED BY FDA

The Food and Drug Administration has banned the manufacture of chlorofluorocarbon propellants for nonessential uses. Scientists believe the chemical, used as propellant in cans for hair spray, deodorants, and household cleaners, depletes the ozone protecting earth from excessive ultraviolet radiation from the sun. Interstate shipment of nonessential products containing the propellant gases will be halted as of April 15.

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.

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

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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
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

24th Annual — Jan. 19-21

Pacific Terrace Convention Center
300 E. Ocean Blvd. — Long Beach

Southwest Regional — Feb. 24-25
The Adams Hotel — Phoenix, Ariz.

North Central Regional — Mar. 24-25
Wm. Penn Hotel — Pittsburgh, Pa.

HELP SAVE OUR HEALTH FREEDOMS