

National Health Federation

BULLETIN



SUE SCHMIDT

AEROBIC DANCING GAVE HER NEW LEASE
ON LIFE — PHYSICALLY, EMOTIONALLY!

**Health-Food Industry Fights Back:
Stare, Whelan Hit With \$1.3-Million
Suit for 'False, Defamatory Remarks'**

**The Unholy Alliance of Private and
Federal Bigwigs to Suppress Natural
Healing Methods Unmasked! Chief
Villains: AMA, FDA, FTC, ACS, CBBB,
Drugmakers, and U.S. Post Office**

**RIGHTS ACTIVISTS BATTLE CALIFANO
OKAY OF PSYCHOSURGERY 'RESEARCH';
SUPREME COURT TO RULE ON FORCED
CONFINEMENT IN MENTAL HOSPITALS**

\$750,000 Court Award in Child's Fluoride Death

THE
NATIONAL HEALTH FEDERATION
BULLETIN

Protection of Health Freedoms

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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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His First — and Last — Trip to a Dentist

\$750,000 Damages for Fluoride Death of Three-Year-Old New York Youngster

It won't bring back three-year-old William Kennerly, but his parents have been awarded three-quarters of a million dollars in damages for the fluoride poisoning of the child, who died five hours after his first trip to a dentist.

The four-day trial ended late in January when liability was conceded by the defendants: New York City, its Health and Hospitals Corporation, one of its clinics, the Brownsville Dental Health Center, Dentist Bradford George, Technician Roslyn Cohen, and Pediatrician Bathia.

Testimony revealed that after being given a lethal dose of fluoride, William was ignored for nearly five hours in the waiting rooms of a pediatric clinic and Brookdale Hospital while his mother pleaded for help.

Mrs. Clay Kennerly took her son to the Brownsville Dental Health Center on May 24, 1974, where Dr. George examined his teeth, found no caries, and turned him over to Miss Cohen, a dental hygienist.

After cleaning William's teeth, Miss Cohen swabbed stannous fluoride jell over the teeth as a decay-preventive. She handed the child a cup of water but failed to instruct him to wash his mouth out and spit out the solution. Instead, he drank the water, ingesting 45 cubic centimeters of 2% stannous fluoride solution — triple an amount sufficient to kill.

William started vomiting, sweating, and complaining of headache and dizziness. The dentist told Mrs. Kennerly the child had been given only "routine treatment." But on her insistence, she was sent with her son to the Brookdale Ambulatory Pediatric Unit in the same building. There she waited 2½ hours,

appealing for help as William became progressively sicker, and lapsed into a coma. A doctor finally injected adrenalin into the boy's heart to revive him, and an ambulance took him to Brookdale Hospital, a five-minute drive.

There, the child and his mother waited more than an hour. By then he had lapsed back into a coma, and as doctors attempted to pump his stomach he went into cardiac arrest and died at 2:10 p.m.

Testimony indicated that the child's life could have been saved by pumping his stomach, or by having him drink milk or lime water to change the toxic fluoride compound into a nontoxic calcium fluoride.

The jury awarded the parents \$600,000 for wrongful death, and \$150,000 for the pain and suffering the child endured. Attorneys for the defendants moved to have the award set aside as "excessive," but the motion was denied by Justice John A. Monteleone who said he would consider written motions for a reduction.

MORE INFORMATION ON AGRIBUSINESS

An informative collection of recent articles on agribusiness has been put together by the watchdog Interfaith Center on Corporate Responsibility. The *Agribusiness Manual* emphasizes food production (particularly in Third World nations), commodity trading, infant-formula use overseas, and vertically-integrated agribusiness corporations in the U.S. The set of readings is available for \$5 from ICCR, Room 566, 475 Riverside Dr., New York, N.Y. 10027.

WANT TO START LIVING? AEROBIC DANCE TEACHER OFFERS POINTERS

BY SUE CONNORS SCHMIDT

If your last, long walk was a three-block trot to the candy store for cigarettes, or while digging into your winter clothing you discovered the only pants that fit are riding jodhpurs — then aerobic dancing may be for you!

What's aerobic dancing? It's 60 minutes of simple, nonstop, vigorous exercises to music choreographed with the nondancer in mind.

Aerobic dancing is designed primarily to improve and maintain the cardiovascular system, but muscle-toning and figure-improvement are the added pluses.

Your weight may not change that much, but stay with it. Add a third day of another form of aerobic exercises during the week, and you'll drop a dress size. We encourage those taking aerobic dance two or three times a week to include another hour of running, lap-swimming, or rope-skipping. (500 skips nonstop, 5 minutes a day, 5 days a week, and you'll be a Mitzi Gaynor forever).

You've just landed on my second favorite aerobic exercise: rope-skip-

Sue (Mrs. John) Schmidt has lived in York, Pa., since her marriage in 1956. A North Dakotan by birth, she lived with her family in Boise, Idaho, before moving to California in the early 1950s. She attended the University of Hawaii, later became a model for I. Magnin in San Francisco. Her husband is a banker, with roots in York. In addition to an active family-civic-social life, she was kept busy with a public-service television program for three years until she took on the aerobic dance commitment.

ping involves overall muscle action. Like jogging, it firms up the waistline. You can skip rope any time of day, and whenever you're housebound by weather, children, or repairmen. It's also a great activity when traveling forces you to exercise in hotel rooms. Stop eating triscuits and try skipping rope while watching television.

I'm neither a physical education teacher nor a professional dancer, but rather a married 46-year-old mother of three, an admitted health-nut junk-food addict who enjoys both yogurt and heavenly hash ice cream. I've come through 23 years of Boy Scout Blue and Gold dinners, 18 4-H turkey and mashed-potato gatherings, 375 pounds of Girl Scout cookies, United Way luncheons, and 21 YWCA annual dessert meetings with flying colors and nine additional pounds. My children *did* grow, they *did* go to college, and I *did* suffer the empty-nest whatchacallit.

'SAVED MY LIFE'

I also discovered aerobic dancing! It beats eating, drinking, meetings, organized anything, and getting fat. In June I will have completed two years. I teach twice a day, four days a week, from 7:30 a.m. classes to 5:30 p.m. classes, and most of the time the world looks pretty O.K. because *I feel better*. I'm convinced it has saved my life at a time when I could have succumbed to the thorn-birds — too much tennis, varicose veins, and a lot of female lunches.

I've experienced 14 clubs, oil painting classes, 19 board positions, needle-point seminars, volunteer everything, cooking classes, belly dancing, two previous part-time paid jobs, and finally decided I was taking care of everyone but myself.

All of us need some form of recreation. Some women attack it differently from others, giving themselves the time and dedication they need to perfect a sport. If you are to succeed with aerobic dancing or any sport, you must establish your own female priorities. Keep one hour a day inviolate. A full 60 minutes in which you retire from God, country, car pools, what someone else thinks *you should do*, and children. You need it to save yourself!

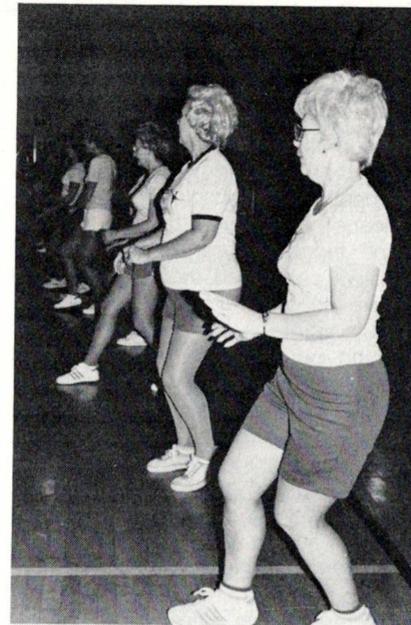
Aerobic dancing was originated by Jacki Sorensen, a professional dancer, choreographer and clinician for the President's Council on Physical Fitness and Sports, as a fun means to cardiovascular fitness. Jacki catches the mood of the music — which might be cha-cha, rock, folk or charleston. Using combinations of walking, jogging, bending, and stretching, the dances are simple enough for the nondancer, but challenging enough for all to enjoy.

THE ROUTINE

Each dance starts with a 5-minute warmup dance to prepare participants for the more vigorous dances to follow, and ends with a cooldown dance to bring the heart rate back within normal range. Between dances, the classes walk, take heart rates, and learn new steps.

My participants range in age from 19 to 62. Where else can you not compete, feel like Cyd Charisse, dance at your own level, and laugh? It's time to stop thinking of exercise as hard work and a bore — as something we do just because it's good for us. It's time to make it fun!

Every 12 weeks a complete program of new dances is introduced, with new music, new choreography, and new steps. New students enter the program at their own level, and for continuing students, motivation, fun and challenge begin all over again. Aerobic dancing courses are not progressive as in beginner, intermediate and advanced. Each student performs the



THEIR AGES RANGE FROM 19 TO 62, the gals in Sue Schmidt's aerobic dance class in York, Pa. "Skill and technique aren't important — fun is," says Mrs. Schmidt.

dances at her own level, with her own interpretation. Skill and technique aren't important. Having fun is!

The benefits:

- Increased energy.
- Figure-toning, and
- Burned calories.

Another plus for me — the original cookie monster — is that aerobic dancing regulates hunger (as distinguished from appetite, which is psychological). Vigorous aerobic exercise tends to decrease hunger physiologically, since it requires blood to be "borrowed" from less-active body systems — such as the stomach — to be delivered to the more active skeletal muscle system. Until the blood supply is returned to your stomach, you'll not have much desire for food. If you're a disbeliever, go out and run 2 miles — then try to eat. Other extras are increased agility, balance, the

coordination, flexibility, and body control.

GREAT FOR LEGS

Improved circulation is a benefit which contributes to a healthier-looking complexion. Your legs will look better than ever from aerobic dancing too, because leg muscles become longer, leaner, and more attractive.

The biggest extra for me was my legs. I'm convinced that the best preventive measure for varicose-vein problems is vigorous exercise like aerobic dancing performed at your individual level. When you use your legs in any aerobic exercise, you're keeping the veins elastic through the massaging action of surrounding muscles. This helps the blood get back to the heart more efficiently, and prevents pooling of blood in the legs — which occurs when veins are weak.

After my third child and my second leg-stripping, five different doctors expressed five different thoughts on how I should lead the rest of my physical life. Decisions ranged from "Don't ever run or play tennis again," to "Swim every day or you'll be in a wheelchair by the time you're 55," to "Get off your feet for

two hours every noon." I did some of each for a few years, then found aerobic dance, have pounded my legs unmercifully ever since, and have never felt better.

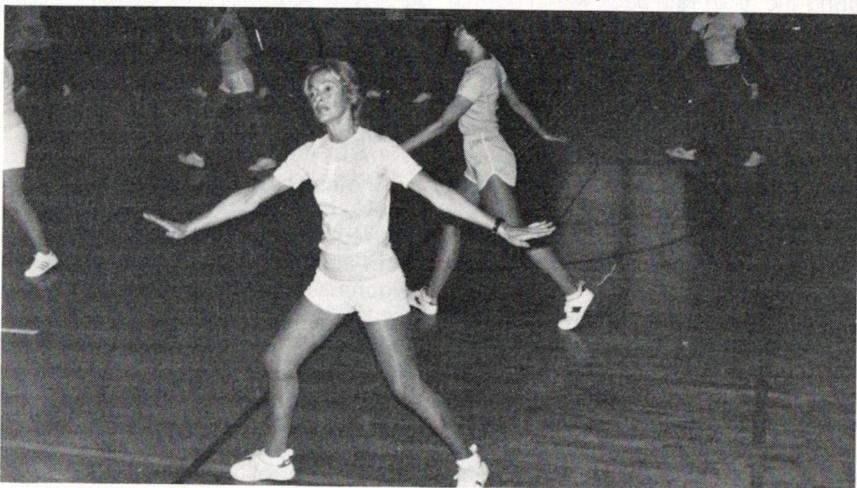
'IN' CLOTHES OUT

Your aerobic dance clothes need not be "in" — what a relief to be over 40 and be comfortable in clothes that are "out" — anything comfortable, from leotards to shorts, good supportive tennis shoes, and I strongly urge my classes to wear support hose. Instructors are required to wear them, and anyway they make your legs feel better, look leaner, and tan.

Statistics show that women who exercise regularly can expect to live 7 years longer (and be better looking). Even a perfect size-8 needs exercise. Thin doesn't necessarily mean being in good shape. Aerobic dancing will strengthen your heart and increase your circulation.

Make 1979 your year. Recondition your thinking to aerobic dancing, and decondition your body to junk foods. Overweight is a disease that can:

- Shorten your life.



AEROBIC DANCING is designed primarily to improve cardiovascular system, "but muscle-toning and figure-improvement are added plusses." Center front is instructor Sue Schmidt, engrossed in the art.

If You Really Want to Take Off Pounds

Exercise Is the Only Way, Says Doctor-Author — and Tells Why

Exercise is the most effective weight-reducer, says Gabe Mirkin, M.D., co-author with Marshall Hoffman of *The Sportsmedicine Book* (Little, Brown and Company, Inc.)

In a signed article in *CNI Weekly Report*, 1146 19th St. N.W., Washington, D.C., Dr. Mirkin said: "Many persons are discouraged from exercising when they find out that in order to lose a single pound they must run four hours, ice skate nine hours, play volleyball 10 hours, or walk 17 hours. But you don't need to do all that exercise at one time. If you spread these hours over a week

or two, you will have lost a substantial amount of weight at the end of the year.

"To have an effective weight-reduction program, you *must* exercise. Dieting without exercise is doomed to failure because:

- You will lose muscle as well as fat. In 1915, Dr. F. G. Benedict of the Massachusetts General Hospital demonstrated that 25% of weight reduction through dietary restriction is due to loss of muscle tissue. Thus, after you lose weight, you will have less muscle. If and when you start to take in more calories than you burn, your

- Contribute to degenerative illness such as heart disease and arthritis, and
- Decrease your attractiveness, energy, high spirits, and good humor.

Someone once said we should attend to the little things: "Be aware of your nutrition, watch diet, be careful about where you live and the air you breathe. Have some form of recreation you truly enjoy, and make your life a matter of play."

If you are to succeed in taking care of yourself, you must establish priorities. A healthy, well-functioning body implies a bit of selfish dedication, particularly on the part of a woman. Desire, hard work, and discipline are equally important.

If you're missing your husband or children at 5:30 p.m. and find yourself overindulging in anything (aerobic dancers know why there are 2 cupcakes in a package — one for each hip), join an aerobic dance class. Most women have two things in common — fatigue, and lack of a Ph.D. in math. We can help you overcome the fatigue. Aerobic dancing increases daily ener-

gy, and decreases chronic fatigue. It may seem paradoxical, but huffing and puffing build up the body's endurance capacity.

Last year I was trekking for a month in Nepal with Outward Bound. We went up to 16,500 feet, and although I yearned for a peanut-butter-and-jelly-sandwich, my heart, lungs, and legs, never gave me a moment of stress.

Like any other muscle, the heart becomes stronger through work. As it becomes stronger and more efficient, daily routines require less effort — which means you have more energy for the enjoyable things in life. Instead of a "too-tired-to-do-anything" feeling, you develop a "joy of living" feeling. Headaches disappear, and energy returns.

If your plunge into tennis or organized calisthenics was (a) uncomfortable, (b) time-consuming, (c) boring, I suggest you give aerobic dancing a whirl. Whether you are fit, unfit, fifteen or fifty, you'll gain enjoyment and endurance from this fitness sport! It may well be the answer to the crucial question: "How do I want to live the rest of my life?"

weight-gain will be entirely fat. The results: You will have more fat on your body than originally, and proportionately more fat and less muscle. With less muscle to carry your added weight, you will become even more inactive, and gain even more weight.

- You are not likely to keep the weight off. Becoming and remaining thin requires great dedication. People who are unwilling to exercise are not making a full commitment, and usually are not willing to change their lifestyle. As a result, they are more likely to go back to old eating habits.

"You become hungry when the blood-sugar level drops precipitously. When you exercise regularly, your blood-sugar level doesn't fluctuate much. Here's the reason: During exercise, your body mobilizes fat into the bloodstream. Your muscles use proportionately more fat, and don't take as much sugar out of the bloodstream.

"When you exercise, food passes through your intestinal tract quickly. In medical terms, peristalsis increases. Marathon runners find that a meal can pass through their systems in as little as four to six hours. The transit time for most people is usually 12 to 24 hours.

"Scientists are unable to explain increased motility in the intestinal tract. But it happens. That's why athletes have massive and frequent bowel movements. One theory is that exercise causes the body to release increased amounts of magnesium into the intestinal tract. Magnesium is commonly known as the cathartic Epsom salts.

"For several hours after you stop exercising, your body continues to burn calories. Dr. Herber de Vries has shown that the increased metabolic rate occurring *after exercise* in an average exerciser can result in a five-pound weight in one year.

"Exercise may promote weight loss in obese people by another mechanism. Captain Robert Simon of the U.S.

Air Force reports in the *Journal of the American Medical Association* that many obese people eat to ward off depression. Because exercise improves mood, it can be used as an effective therapy to treat both the cause — depression — and the result — obesity.

"For the first three weeks or more of an exercise program, you may not lose a single pound. Don't become discouraged. Several studies have shown that when you start to break down fat, you retain water. However, after a few weeks, you'll urinate out the extra fluid and lose weight quickly, sometimes as much as three to five pounds in a day.

"How quickly you lose weight depends on the difference between the amount of food your body absorbs, and the amount you burn. To lose one pound of fat, you must have a negative calorie balance of 3,500 calories. If you are an average male, you take in 3,000 calories a day. If you run 30 minutes a day, you will burn 450 calories. If you don't increase your food intake, you will lose a pound of fat in about a week.

"The most effective exercises are those that are vigorous and sustained. That's why running, cycling, swimming, and aerobic dancing are best. Bowling, golf, and walking, on the other hand, are less effective.

"When you exercise, you turn fat into energy, and build muscle. Muscle is much heavier than fat. That's why you will lose inches long before you lose pounds. You will be delighted to learn that the areas you will reduce are those in which you store fat: the abdomen, thighs, buttocks, and hips. The loss of body fat should interest women especially, because 25% of the average woman's weight is fat, compared with 15% for the average man. As a woman ages, the percentage of body fat increases. By exercising, she will become more compact and attractive, and lose those unsightly bulges.

"Have you seen a vibrating machine

SOUTHERN CALIFORNIA CONVENTION JUNE 8-10

June 8-10 are the dates of the National Health Federation's Southern California convention scheduled in what Convention Manager Allen T. Goldman describes as "the spectacular Convention and Performing Arts Center," 202 C Street, San Diego. The Center is owned and operated by the City of San Diego.

"This show," said Mr. Goldman, "has grown almost to national proportions, and is expected to attract thousands of persons, in conjunction with more than 175 exhibitors who'll be displaying a multitude of healthful products and services.

"The exhibit area in Plaza Hall, at street level, has 41,000 square feet of

space. Golden Hall, scene of the lectures, accommodates 4,000.

"Among the dynamic specialists and authorities who will be speaking on a wide range of topics are Dr. Kurt W. Donsbach, chairman of the NHF Board of Governors; Betty Lee Morales, secretary; Herbalist John Christopher; Dr. John Yiamouyiannis, NHF science director; Dr. Harold W. Manner, Dr. John Richardson, Paavo Airola, and NHF Executive Vice-President Clinton R. Miller, to name a few.

"There are ample parking facilities within the complex. The Executive Hotel, U.S. Grant, and the Westgate have been designated as official hotels for housing attendees. Watch for more details in the June *Bulletin*."

NUTRITION EDUCATION PROGRAM UNDERWAY

The California Department of Education has been awarded a \$2½-million grant from the U.S. Department of

with a belt placed around the buttocks? It's supposed to reduce hips by shaking them, and is based on an erroneous principle called spot reduction. All it does is shake up the bladder and give you a headache. It doesn't make any difference what part of the body you exercise. The only way to rid yourself of fat is to burn more calories than you take in. Then the fat will disappear from the places it is stored.

"It amazes me that so many women are worried that exercise will build large, ugly muscles. It doesn't happen. Ice Skater Dorothy Hamill and gymnast Olga Korbut have sleek, well-formed muscles. To develop large, bulky muscles, you have to do resistance exercises such as weight lifting. Rhythmic exercises such as aerobic dancing, running, swimming, and bicycling form long muscles, and a firm, attractive figure."

Agriculture for operation of a new program designed to teach "good nutrition" to the state's school children.

According to Mavis Buchholz, newly-appointed western regional coordinator of the Department's Nutrition Education and Training Program, "Students will learn about the nutritive value of foods, teachers will be instructed in nutrition principles, and food-service workers will be trained in food-service management, nutrition, menu-planning, food procurement, and food preparation."

In California, a nutrition education program will be implemented in classes preschool through Grade 12.

THE DENTAL BILL

An estimated 112 million Americans spent about 10 billion 200 million dollars on dental care in 1977, according to Arthur D. Little, Inc., of Cambridge, Mass. Some 35 million were covered by dental insurance, as compared with 18 million in 1972.

FREDERICK STARE, ELIZABETH WHELAN DEFENDANTS IN SUIT BROUGHT BY NNFA

Frederick J. Stare, M.D., the Harvard nutritionist professor who has fronted for the processed foods industry for years, finally has become a defendant in a lawsuit, along with Elizabeth Whelan, coauthor with Dr. Stare of *Panic in the Pantry*.

Damages of \$1,300,000 are sought by the National Nutritional Foods Association, David T. Ajay, Sid Cammy, and Max Huberman, who charge the pair, "in concert with each other, with members of the American Counsel on Science and Health, Columnist Ann Landers and . . . others" . . . with "recklessly, maliciously, and knowingly disseminating false and defamatory remarks (about) the health food industry."

The law firm of Bass, Ullman, and Lustigman of New York, general counsel for NNFA, represents the plaintiffs.

Early in January, Mr. Ajay, president of NNFA, reported the suit to members in a bulletin titled "Operation Counterattack."

Mr. Ajay recalled that early in 1978 he asked the NNFA Executive Council to permit NNFA's legal counsel "to pursue a course of action against Stare and Whelan that would put an end to their 'bad-mouthing' our industry. It was Milton Bass' opinion, and mine, that it was high time we pursue the obvious nationwide conspiracy to malign our industry and discourage patronage in health-food stores. This request was granted, and our legal complaint has become a reality . . .

"For some years, as public interest in nutrition and natural foods has increased, the industry has been under constant attack by long-time detractors in the ranks of the FDA, AMA, and many establishment-approved 'scientists and nutritionists' such as Fred Stare and Elizabeth Whelan.

"As the public responded more and more to our philosophy of nutrition and health, the attacks became stronger, bolder, and more pronounced, particularly with Dr. Stare and Ms. Whelan seeming to take great delight in writing books, newspaper columns, and magazine articles in which we were called quacks and rip-offs . . .

"Each time a new attack appeared, our industry commiserated. And we vowed to do something about it . . . Former President Max Huberman was the first to do something about it. He wrote an expose' of Fred Stare and his vested ties to the refined food, sugar, and chemical industries entitled 'What Makes Freddy Run?'

"NNFA Director of Public Information Dr. Arnold Pike appeared a year ago on ABC's "Good Morning America" program in a faceoff against the AMA's Dr. Philip White. I followed shortly thereafter on Feb. 10, 1978, in another faceoff against Elizabeth Whelan because she had called us rip-offs on a previous 'Good Morning' program . . ."

"So it is a great pleasure to tell you (that we have gone to) a court of law for redress to our industry. Let us pray that our efforts be crowned with success . . ."

New Group Trying to Induce Public to Believe 'Most Additives Are Helpful'

Four prominent scientists . . . have banded together as The American Clearing House on Science and Health to get the message across that most food additives are helpful instead of harmful, and to "separate fact from fiction about additives that cause cancer."

They will start, said cofounder Dr. Elizabeth Whelan, with saccharin, cancer in New Jersey, carcinogens occurring naturally in food, and the relationship between diet and heart disease.

Then they will move on to fluoridation, nitrates and nitrites, vinyl chloride, and the performance of the Occupational Safety and Health Administration (OSHA).

Dr. Whelan said the group will take no money from the food or chemical industries for their work. "When nearly everything is reported as dangerous, we are forced to behave as if nothing is dangerous," she said. "The government has gone off the deep end.

"As one result, a beneficial additive called propionate has been taken out of

most bread. Propionate is a food substance that stops the growth of molds. There is evidence that some molds make cancer-causing substance, so let's put the propionate back.

"There is a hullabaloo about nitrites used in curing meats, but scientists recently have shown we make lots of nitrites in our own digestive tracts. Obviously, a complete assessment of sources and effects is needed before rushing to ban nitrites.

"Some cancer-causing agents are a million times as powerful as others. Such information is essential in setting priorities for bans and restrictions."

"The scientists say they represent the large majority of doctors and researchers who think Americans have overreacted to cancer scares.

"Only rarely, Dr. Whelan asserted, "are the voices of rational scientists heard in discussions related to chemicals in health. Scientists who believe we've gone overboard on banning chemicals are in the overwhelming majority."

—THE STAR (8/29/78)

M.I.T. STUDY: 'NITRITE CAUSES CANCER'

The statement by Ms. Whelan was issued 11 days after the Department of Agriculture's 50-page document showing that "nitrite has been found to induce cancer" was leaked to the press.

The document, not available except for the copy obtained by UPI, quoted findings of new studies by the Massachusetts Institute of Technology revealing for the first time that nitrite, "in and of itself," can cause a leukemia-like cancer in laboratory animals.

The findings were challenged by Representatives William Wampler of Virginia and James Martin of North Carolina who introduced two bills to delay any nitrite ban until after a study of another suspected cancer-causer, saccharin, is completed.

The Department of Agriculture's Food Quality and Safety Service bureau which handles testing said "release of the data could be misleading and result in erroneous conclusions" about bacon and the formation of nitrosamines.

Sara A. Templin, the agency's deputy coordinator for freedom of information, told the Associated Press, in response to a Freedom of Information demand, that "We do not believe release of the records at this time would be in the best interests of the public."

The American Meat Institute — which represents meat processors and others in the trade — had asked the department to deny public access to the test results.

THE ESTABLISHMENT ON NITRITE AND MEAT

From the "horses' mouths" came these quotes on nutrition and vegetarianism during a seminar for State Beef Council Home Economists in Chicago:

Dr. Philip L. White, director of the American Medical Association's Department of Foods and Nutrition: "Our food supply has never been better, never been safer . . . The hazards of nitrite in processed meats have been blown totally out of proportion." . . .

INDUSTRY SPENDS TO FIGHT NITRITE RULES

As meat processors complain of the costs of complying with the U.S. Department of Agriculture's new bacon-monitoring guidelines, an ad hoc group of 40 trade associations calling itself the Nitrite Safety Council (NSC) is dunning companies for contributions of \$1,000 or more to coordinate "the industry's nitrite-nitrosamine defense."

NSC said last fall it had conducted more than 300 nitrosamine tests, distributed "public service" tapes to radio stations in more than 100 U.S. markets, and sent editorials to more than 2,000 newspapers.

Directory of Nutritional Doctors Published

Alacer Corporation, Box 6448, Buena Park, Calif., has published a 38-page directory of nutrition-oriented doctors in 42 states, the District of Columbia, and six provinces in Canada. In lots of 10-49, it is available at 35¢ each, with discounts for larger quantities.

In the foreword, Alacer President Jay Patrick notes that although, according to American Medical Association figures there are about 300,000 M.D.s in the United States, 98,000 dentists, and 48,000 chiropractors, "those who are consistently talking to patients about the importance of nutrition seem to total less than 1%. And the number

Dr. Gaylord Whitlock, Department of Nutrition, University of California: ". . . I'd rather have a lot of nitrite than a little bit of botulism. Humans have been eating meat for at least 10,000 years, and if it were wrong, we wouldn't be here today. Meat is a real superfood which provides more protein, Vitamin A, niacin, iron, Vitamins B₆ and B₁₂ than any other of the 13 food groups. The kids who are going on vegetarian diets obviously are in a lot of trouble."

"All this cost dollars — big dollars," the NSC declared in its fund-raising letter. "Prior to when the nitrite issue arose in August (1978), we anticipated \$150,000 would solve the nitrosamine problem. Now we aren't sure a million dollars will be enough.

"It's a small price to pay to save your business," NSC observed, adding that contributions are tax-deductible. The organization operates out of the headquarters of the National Independent Meat Packers Association in Washington, D.C.

—CNI Weekly Report

uncovered by Alacer who will permit their names to be listed is only about 1/10 of 1% . . .

". . . it is impossible for Alacer to fully evaluate the doctors listed. Many are very good, we are sure. A few may not be very effective. But it is not feasible for Alacer Corp. to recommend doctors. We are listing only those who maintain that they are nutrition-minded. We invite you to send us your comments about any of these doctors you may visit — favorable or unfavorable. We also shall appreciate your forwarding to us the names of any other nutrition-minded doctors you may encounter."

AMA, Drug Combine, Government Agencies Together in

The Great Conspiracy to Stamp Out 'Quackery'

A conspiracy to eliminate chiropractors in America and suppress the use of vitamins and healthfoods was recently uncovered and exposed by American Citizens for Honesty in Government (ACHG), a group dedicated to weeding out corruption in government.

For more than a decade, a secret clique of representatives from the nation's most powerful medical special-interest groups and government regulatory agencies met twice a year to share information and discuss attacks on groups, individuals and ideas they considered "unproven" or "quack" health-care practices.

Few Americans realized that a clandestine war was being waged to harass and discredit groups and individuals practicing or advocating alternative approaches to meet the needs of the public in its desire to achieve above-average health.

Among the groups making up the secret alliance were the American Medical Association (AMA), National

Health Council (NHC), Food and Drug Administration (FDA), American Pharmaceutical Association (AphA), Federal Trade Commission (FTC), American Cancer Society (ACS), Arthritis Foundation, Council of Better Business Bureau (CBBB), and the U.S. Post Office.

Operating under the name "Coordinating Conference on Health Information" (CCHI), the group did not deal in "health information" per se, but rather acted as a forum where government representatives could keep abreast of individuals or organizations who had attracted the ire of the special-interest groups, and in turn could keep those special-interest groups informed of government enforcement actions.

The groups and ideas attacked at the meetings were numerous: the field of chiropractic, National Health Federation, Laetrile and other "unproven" methods of cancer management, health-food lecturers and vitamin advocates.

A review of the minutes of these meetings (obtained through the Freedom of Information Act) indicates that CCHI had met semiannually since 1964, each time being hosted by a different organization. The meetings were described as "informal" and "confidential," and were considered so highly sensitive that little was recorded in minutes in the early days. By 1974 the group ceased to keep any written minutes.

PRIME MOVER

Throughout its life, the prime mover of the gathering was H. Doyle Taylor, head of the AMA's Department of Investigation, sometimes characterized as the intelligence arm of that organization. Mr Taylor also was overseeing the work of the AMA's Committee on

This article is condensed from a two-part series by Mark Shaeffer, based on information exposed by American Citizens for Honesty in Government (ACHG), and published in the October and November 1978 issues of Freedom. ACHG offers a cash reward of up to \$10,000 to persons providing information leading to conviction on corruption charges of anyone in government at the federal, state, or local level. Elaborate arrangements are made to assure anonymity if required. Anyone knowing of abuses or corruption in government is urged to contact Citizens for Honesty in Government, 6362 Hollywood Blvd., Hollywood, Calif. (213-467-6506).

Quackery in its covert war for the "containment" and "elimination" of chiropractic, a licensed health-care profession.

At a meeting held November 20, 1964, in New York, representatives of both the FTC and FDA expressed concern that they could not be part of a "Committee" without gaining "very specific direct authorization" from their respective agencies. The CCHI quickly resolved this technicality by calling it a "Coordinating Conference" when it was learned government personnel could attend a "conference" on their own.

The FTC was responsible for administration of the nation's antitrust laws, and it was FDA's responsibility to monitor the pharmaceutical industry. The Post Office was responsible for ensuring that these groups were not misusing their nonprofit mailing privileges.

Yet, representatives of these regulatory bodies sat down with organizations whose members they were bound by law to regulate, in order to discuss attacks on other segments of the health-care field.

A primary function of the sessions was to act as an exchange center for distribution of derogatory information on the groups and individuals being attacked.

One group the tactic was used against was the National Health Federation, the nation's leading consumer organization speaking on behalf of vitamin and health-food advocates.

NHF TARGETED

At a CCHI meeting in 1966 it was suggested that NHF be the topic of the next CCHI meeting, and that each agency review its files for information to share at the upcoming session. Copies of a highly-derogatory "Data Sheet on NHF" prepared by the American Medical Association's Department of Investigation also were distributed to the membership. At the next meeting of CCHI, members agreed that the "Fact

Sheet" should be used whenever necessary to answer questions about the organization.

In practice, this meant that whether an individual, media person, or member of Congress turned to the FDA, AMA, CBBB, or one of the other CCHI members for information, they would be answered with essentially-the-same party line. If it chose, an agency like the FDA could avoid responsibility for the derogatory material it distributed by saying, "Well, we don't know, but the AMA says . . ."

When some of the private agencies expressed fear they might be sued, they were assured they did not have to stand alone — the government agencies would be glad to testify for them.

One of the difficulties faced by the government agencies was that often the groups they labeled "quack" actually had the "most knowledgeable" physicians and scientists doing research for them, or willing to testify on their behalf.

To meet this situation, the AMA announced it would make information in its files on the nation's physicians available to the government so background checks could be made on those so bold as to testify against the government position.

ANTIQUACK CONGRESSES

Another means used by CCHI members to spread their message was a series of "Anti-Quackery" Congresses. While not publicly known to be CCHI connected, CCHI meetings were used to plan the congresses and work out details of sponsorship and participation by CCHI members.

In addition to the congresses, CCHI produced a booklet, *Facts on Quacks*, to be massively distributed by CCHI membership. While it was brought out under AMA sponsorship, it was largely the product of CCHI. Each CCHI member was responsible for preparing a chapter in a specific area of "quackery."

Ironically, while the CCHI worked on

"Antiquackery" Congresses, and publications, it appears they had little respect for the rights of others protected under the First Amendment.

Though their stores could be raided, equipment seized, meetings infiltrated, and reputations destroyed by circulation of defamatory information, it apparently was felt that as long as the "quacks" were free to publish books, their practices could not be stopped.

THE POST OFFICE ROLE

While the Post Office is rarely thought of as a regulatory agency, nor believed to have a legitimate interest or expertise in health matters, during the years it participated in CCHI it became a powerful tool in the arsenal of compliance. As George Griffenhagen, a former CCHI member with the American Pharmaceutical Association put it, because of their power to control the mail, "the Post Office had more teeth in taking actions than either the FDA or FTC."

In 1968, the Post Office began censoring nonmedical health literature by submitting it to "medical advisors" for evaluation. If the material did not come back with an official stamp of approval, it could be barred from the mails.

In one celebrated case, the Post Office moved against a small book distribution firm specializing in out-of-print, hard-to-locate health books. In 1968, the Post Office ordered the company to discontinue and abandon the sale of three of its titles, *The Miracle of Fasting*, *The Secret of Facial Rejuvenation*, and *Removing Facial Wrinkles*. Threatened with further proceedings, the company was forced to sign an agreement not only to discontinue sale of the books, but to agree it would not furnish information to any person advising where, how or from whom the books could be obtained.

If this technique didn't work, the Post Office had another. It would simply take the mail addressed to a group, stamp it "Fraudulent," and return it to the sender.

In another Post Office case discuss-

ed in a CCHI meeting, a weight-reduction clinic was revealed to have committed itself to \$50,000 in advertising. When the Postal Inspection Service acted quickly, it was reported, the promoter not only failed to obtain any financial return but also was faced with payment of the advertising obligation.

CHIROPRACTIC ATTACKED

According to one memorandum about chiropractic, FDA was to take the posture that "Chiropractic is a state problem, since chiropractic schools are not recognized by the Office of Education." It was felt "This would, hopefully, remove some of the congressional pressure from the government agencies."

The report continues: "I also suggested the FDA should step up its seizure of illegal gadgets used by chiropractors. The FDA representative seemed enthusiastic in accepting our suggestions."

On Dec. 15, 1966, Doyl Taylor met with FDA's Dr. Goddard. According to a memorandum dated the following Dec. 20, the meeting discussed the CCHI, and FDA's seizure actions against chiropractors.

In one CCHI meeting, the FDA representative spelled out how their actions against chiropractic equipment were to be carried out. He said FDA not only intended to "take the products off the market, but it would initiate criminal actions involving advertising agencies as well as promoters, and also the people doing the research."

SCIENTOLOGISTS HIT

While the majority of CCHI's concern was with groups and individuals advocating physical well-being, it also slipped over into the area of religion.

Throughout the years CCHI met, the Church of Scientology became a regular topic of conversation, and many CCHI members attacked it.

Mr. Taylor periodically gave "presentations" on Scientology at CCHI meetings, and distributed copies of a highly-

inflammatory article the AMA had commissioned and published in its magazine, *Today's Health*, while announcing it was available in bulk to CCHI members. The article later was found in court to be "libelous on its face."

UNDERGROUND

While being able to establish the membership of CCHI and much of what went on in the meetings through mid-1975, the history and activities of the group after that time grew increasingly clouded.

Bernard Loftus of the FDA said that agency hasn't been active in the "quackery" area since at least prior to 1970, (reports show the FDA had continued to participate in CCHI until 1975). "By 'active,' I mean heavily active," he explained. The Post Office, however, he said, is still actively involved in quackery work.

The AMA library, according to FDA's Wallace Jannsen, had custody of the files of the Department of Investigation, and could still make them available to government in answer to inquiries, "as a sort of Better Business Bureau sort of thing." He said FTC and FDA have formalized liaison arrangements by agreement, and FDA and the Post Office collaborate. The Post Office pays the salary of a medical officer in the Food and Drug Administration who "helps them with their fraud cases." He further said that some of the private CCHI organizations still maintained their "anti-quackery" committees, that another former CCHI member at FDA was a member of one of them, and that liaison between the former CCHI members did occur "when the need arose."

Frank Chappel of the AMA's public relations office said the AMA still did not agree with chiropractic, acupuncture, and a number of other things, but that they were no longer much concerned with quackery.

One of Mr. Chappel's associates said the AMA no longer maintains a quackery committee but that functions of the

Committee on Quackery and the Department of Investigation had been transferred to other departments within the AMA.

People from government agencies and the AMA still "compare notes back and forth, people from the proper government bureaus" attend AMA meetings, and "government doctors" are on "certain AMA committees." When asked whether there was still liaison with the old CCHI members such as FDA and the Post Office, Mr. Chappell replied, "Certainly, we're in constant contact with them." And when asked if the AMA still provides the government with "anti-quackery" material on groups from its files, he said, "Yes, as much as we have."

Much of the CCHI membership was still active in the pursuit of "quackery," even though apparently keeping a much-lower profile. The liaison channels still were intact when needed, and many of the groups that had been CCHI targets were still subjected to much the same kind of attacks.

... AND THEN 1975

The "last" meeting of CCHI, according to Freedom of Information documents, was in May, 1975, the time of the "May Day Massacre" when some 70 high-ranking AMA officials, including Doyl Taylor and the entire staff of the Department of Investigation, were fired in what was billed as an economy move.

At about the same time, a mysterious figure known as "Sore Throat" began leaking reams of confidential AMA documents to the media and congressional committees. The documents revealed that the AMA allegedly had attempted to stack government health posts with politically-compatible doctors, joined with pharmaceutical industry lobbyists to defeat health legislation, and had a "friend" in the Post Office who allowed irregularities to be committed in the mailing of AMA magazines

(Please turn to page 19)

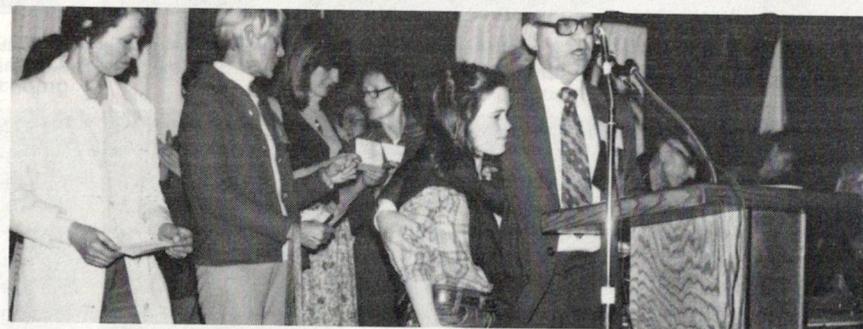
A Piece of the Action at 24th Annual!



SENATOR WILLIAM CAMPBELL (left) received the NHF Statesmanship Award during ceremony at 24th annual convention in Long Beach. Participating in the presentation were Maureen Salaman, NHF lobbyist and prominent in the Committee for Freedom of Choice in Cancer Therapy; NHF Board Chairman Kurt W. Donsbach, and President Charles I. Crecelius. Senator Campbell was author of S.B. 1790, a bill permitting nutritional counseling in California.

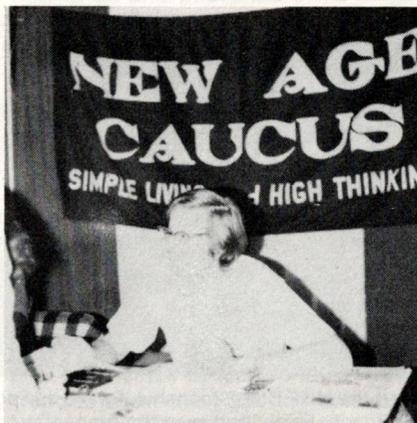


THE NHF HUMANITARIAN AWARD OF 1979 went to H. Ray Evers, M.D., RA-MAR Clinic, Montgomery, Ala., in recognition of "his dedication to and perseverance in the preventive-health-care movement." His protracted court battles with establishment medicine finally won him the right to practice chelation therapy. Dr. Donsbach and Mr. Crecelius did the honors.



DR. DONSBACH INTRODUCES Teppie Lemerond, 11-year-old daughter of Mr. and Mrs. Terry Lemerond of Green Bay, Wis., during an exhilarating few minutes at which convention attendees flocked to the stage to sign up as life members. Terry's mission was to notify NHF that a perpetual membership (\$1,000) was to be recorded in the name of her and her brother, Brad, 16. Terry's dad is a member of the Board of Governors.

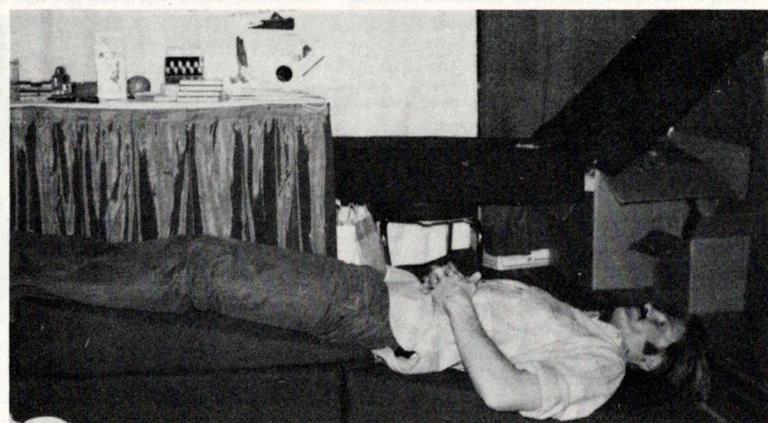
More Than 300 Exhibits Show What's New in Natural Health Field!



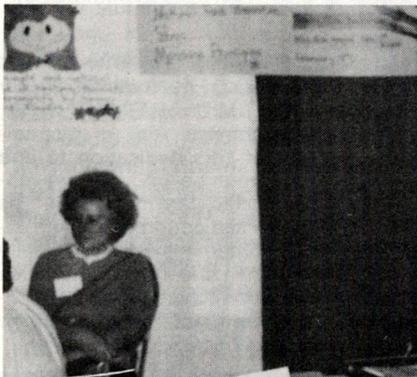
EXPLAINING NEW AGE CAUCUS to convention attendee.



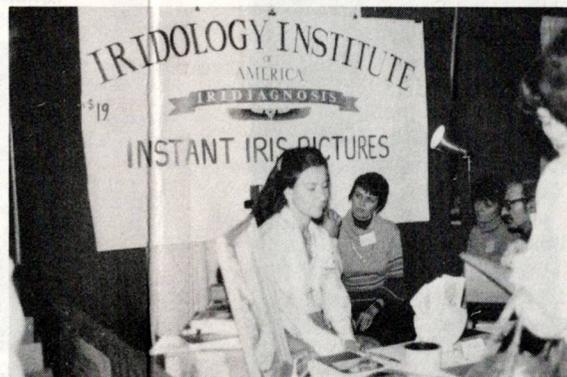
IT WAS MOSTLY all work and no play for these young ladies, who manned one of several food booths.



HE SEEMED TO BE ENJOYING the stretch-out on this sophisticated slant-board equipment. No question — it's good for what ails us!



'PERFECT!', SHE'S THINKING, as attendant gently rubs in an herbal compound during demonstration therapeutic massage session.



THERE'S A LOT of interest in iridology. This was one of several booths where people could have their iris photographed.



THE SAN FERNANDO VALLEY Chiropractic Health Center in Tarzana, Calif., got lots of exposure during the 24th annual convention.



DR. ERNESTO CONTRERAS of Laetrile fame was on a panel at the convention, and also sponsored a booth. An aide provides information.

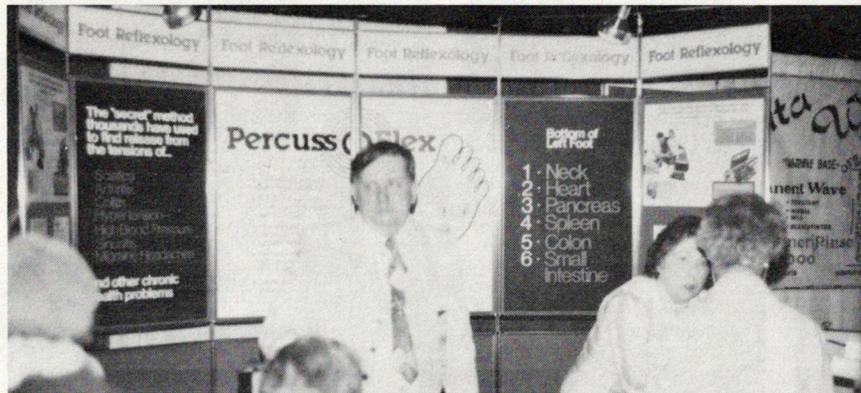


ANOTHER POPULAR BOOTH was this one where hypnosis was explored through cassette tapes.



WASHING IS HEALTHY, clean — wiping is not, says Festidia Ltd., whose president, Milton N. Shprintzen, mans booth.

A Few More Shots at Random



LOTS OF INTEREST in foot reflexology, as the somewhat fatigued expression on exhibitor's face indicates. He's not bored, just tired.



DR. AND MRS. JOSEPH V. WACHTER, Burlingame, Calif., are interested in the work of NHF Memorial Library, recently contributed real estate.

IT WAS JUST TOO NOISY at times for this tot, who waited patiently for Mom and Dad.



MORE AND MORE health-oriented people are getting their own food dehydrating equipment — an ideal way to preserve without losing nutrients.

(Continued from page 14)

— with a saving to the AMA of more than \$1,000,000 in postage.

The Post Office and Federal Trade Commission, along with IRS and other government agencies, suddenly found themselves having to investigate the organization which had been the driving force behind CCHI.

With the attention of the national media, Congressional investigators and an unidentified internal source focused on alleged improper activities between the AMA and the government. It was no time to get caught holding hands with the AMA.

THE BARRETT BOOK

Even after all this, the AMA still continued its covert attack on health alternatives. Wallace Janssen of the FDA wrote a chapter for *The Health Robbers*, produced by the Lehigh Valley Committee Against Health Fraud. The book's author, Dr. Stephen Barrett of that committee, and a former member of the AMA, said the greatest problem in the area of health quackery is "people who are wasting money on vitamins."

Several chapters were authored by persons belonging to CCHI.

On May 13, 1971, Dr. Barrett was sent a letter from the American Medical Association stating: "After talking with you on Tuesday, I had opportunity to talk to Doyl Taylor and Bill Monaghan of our Department of Investigation. You and your Committee are to be congratulated on the magnitude and impact of your program against health fraud, and particularly chiropractic, in Lehigh County."

In 1975, Dr. Barrett told the *AMA News*: "We decided to incorporate, to become completely independent of the medical society and other organizations that gave us support. This meant we could become a fast-moving group."

He went on to describe some of his group's methods.

"By working 'undercover,' using as-

sumed names and box number, we've gotten all sorts of information and publications that other groups, like the medical societies, haven't been able to lay their hands on," he reported. "Really, we're a bunch of guerrillas."

The group acts as a clearinghouse for information, offers assistance to government officials and agencies, monitors "pseudoscientific" publications and health-food stores, reports "misbranded" products to government agencies, and supports political candidates sympathetic to its views.

What subjects interested the group? The "organic food fad, megavitamins, arthritis and cancer 'quackery,' chiropractic, naturopathy, acupuncture, and the antifluoridation movement." For those familiar with CCHI, it is a familiar list.

Apparently the Lehigh Valley Committee is not the only such group. A cursory search turned up the names of other committees "Against Health Fraud" in Quebec and Northern California, and there are indications others are starting up elsewhere.

While medical forces continue to focus public attention on alleged "quackery" in areas outside organized medicine, there are problems within organized medicine which also deserve attention.

AND HOW ABOUT THIS?

In 1974 it was estimated that 2.4 million unnecessary surgeries were being performed each year at a cost of 3.9 billion dollars, and that some 11,900 persons died as a result of complications following such surgery.

Each year, hundreds of thousands of persons in the United States enter hospitals as the result of adverse drug reactions, making it one of the 10 leading causes of hospitalization. The nation's press has frequently reported incidents of abuse of drugs, electroshock treatment and psychosurgery, and sexual abuse of patients by members of the psychiatric profession. And although

Reasonable Doubt Issue in Mental Cases Gets Supreme Court Review

BY JIM MANN

Frank O'Neal Addington's electroshock treatments are over for now. The voltage — shot through his skull at least 22 times in 1976 — appears to have left his mind as tranquil, his voice as flat, and his eyes as vacant as a lunar landscape.

Still, like other inmates at the state mental hospital in Austin, Texas, where I spent half an hour interviewing him, Mr. Addington, 31, is kept on regular doses of drugs to make sure he remains calm and manageable.

"They give me my nerve pills," he explains in a dull, emotionless monotone. He is sitting in a visiting room at the end of an old yellow-brick building kept carefully locked.

"I get a little round pill and a big pill," he continues. "I take them only at night."

This young man's situation is not unlike that of thousands of other patients in large state mental hospitals across the nation — with one big exception: he is the first inmate who has ever persuaded the U.S. Supreme Court to examine the way in which he was committed to a mental institution against his will.

The appeal of his civil commitment was filed by Attorney Martha L. Boston with the Supreme Court under special

the Federation of State Medical Boards estimates that 16,000 doctors (about 5% of the nation's total) are unfit to practice medicine, an average of only 66 licenses a year are revoked, nationwide.

Those who cry quack rarely take action to alert the public to the dangers of these problems.

procedures reserved for indigent persons. It is one of only 10 so-called "pauper" cases the justices agreed to hear last year. When the court announced its decision to hear the case (Addington vs. Texas, 77-5992), a reform group known as the Mental Health Law Project began assisting Ms. Boston.

The Texas Supreme Court has ruled that in civil commitment cases, the state must show merely "by a preponderance of the evidence" that an individual should be sent to a mental institution. Ms. Boston said she believed "it could have made the difference" between commitment and release if the jury had been told at the trial that the state must prove its case "beyond a reasonable doubt."

In December 1975, after an argument with his mother, Mr. Addington was arrested and jailed in Galveston County, Texas, on a charge of "assault by threat" — a criminal charge with a maximum penalty of a \$200 fine but no imprisonment.

He was never prosecuted. Instead, the state dropped the criminal charges and moved to have the young man committed indefinitely to a mental hospital.

After a five-day trial in early 1976, a jury found that he needed to be hospitalized "for his own welfare and protection or the protection of others." He was sent to Austin State Hospital, and is still there.

'REASONABLE DOUBT'

The Supreme Court agreed to hear the appeal from his civil commitment to decide a significant legal question:

Jim Mann is a staff writer for the Los Angeles Times, where this excerpted story first appeared.

whether, before an individual is sent to a mental hospital against his will, the state must establish "beyond a reasonable doubt" that he ought to be committed.

In this country, juries are instructed in criminal cases that they must not convict unless the government has proved its case *beyond a reasonable doubt*.

The rationale has been that if a person faces confinement in jail and the stigma of a criminal conviction, he should at least have the benefit of any doubts about the government's case against him . . .

Eight years ago the Supreme Court ruled that the state also must prove its case beyond a reasonable doubt before a youth can be found delinquent at a juvenile court proceeding. Now the justices are considering whether to extend this standard to the tens of thousands of civil commitments in the United States each year.

This dispute over legal standards of proof has considerable symbolic importance in the mental health field. It reflects a deeper philosophical debate over whether an involuntary commitment to a mental institution should be viewed as a form of incarceration or as a form of treatment.

Mr. Addington's lawyers argue that the "reasonable-doubt" standard should apply to civil commitment proceedings because, they contend, a person sent to a mental institution is deprived of his liberty in much the way a prisoner is.

"In many jurisdictions, confined mental patients are exposed to brutal, overcrowded, unsanitary and understaffed facilities providing little more than custodial services while posing danger to life and limb," Mr. Addington told the court through his lawyers. "Daily life in a mental hospital is not dissimilar from life in a prison."

PSYCHIATRISTS DISAGREE

That view has been supported in a

friend-of-court brief by several mental health groups including the National Association of Social Workers and the American Psychological Association. On the other hand, the American Psychiatric Association, representing 24,000 of the nation's 30,000 psychiatrists, supports Texas prosecutors in their claim that commitment to a mental institution should be viewed primarily as medical assistance.

The psychiatrists argue further that the consequences of being mistakenly committed are not nearly so severe as the consequences of a crime.

"The 'open ward' of today's psychiatric facilities is making an anachronism of the 'locked door' of the past," the organization said. "If erroneously committed, a person at least has the chance to receive potentially-helpful treatment." (The brief did not point out that Mr. Addington himself is in a locked ward).

In an earlier test of the rights of the mentally ill, the Supreme Court held in 1975 that an individual must be released from a mental hospital if he is not dangerous to himself or anyone else. That ruling resulted from an inmate's civil rights suit for money damages, rather than an appeal of a civil commitment, as in Mr. Addington's case.

A requirement that the state prove its case beyond a reasonable doubt would have meant quite a bit to Mr. Addington . . .

AFTER VIETNAM

Born in 1946 in Dickinson, Texas, a small town outside Galveston where his father worked in a shipyard, Frank Addington was one of a set of triplets. He first began to appear emotionally disturbed a few months after his honorable discharge from the Army following service in Vietnam.

"He would go into emotional fits," his mother told the court later. "He would knock the arms off tables, bang out windows, tear things up, tear the furni-

ture, kick things."

For the next five years his life fell into a pattern. His parents would call law enforcement officials to quiet him. Galveston County sheriff's deputies would take him away to be examined by a county psychiatrist. And the young man would be sent to a mental hospital. Between 1969 and 1975 he was committed to mental hospitals nine times, being released in a few days or weeks. He would return to the family and eventually would again throw what his parents called a "fit," and be taken away again . . .

In the 1976 trial, two psychiatrists testified that Frank Addington was mentally ill and needed hospitalization. "He's showing signs and symptoms of . . . a schizophrenic mental disorder of a psychotic and paranoid type," Dr. J. R. Markette of the University of Texas Medical School in Galveston said.

The state established that Mr. Addington had quit several jobs, had once been unable to live in an apartment outside the family home, had once struck his father, and once tried to set fire to a piece of paper while his mother was in the house.

But his lawyers won the concession that he had never actually injured his parents or anyone else, and that his problems had been confined primarily to the home.

A clinical psychologist and two social workers who had worked with him and his family testified they did not believe he was dangerous, and did not believe he should be committed, but should instead be placed in a "semi-independent" living situation outside the home, under supervision of mental health workers.

22 SHOCK TREATMENTS

Instead, he was sent to Austin State Hospital. Soon after he entered, the shock treatments began. Shock treatment consists of giving a patient enough electric current to cause a convulsive seizure. The patient usually is anesthe-

tized beforehand so he feels no pain. He may suffer some loss of memory immediately afterward. Many psychiatrists say shock treatment should be used with extreme caution, and primarily in cases of severe depression.

The hospital confirmed that Mr. Addington had been given shock treatment seven times by July, 1976, and another 15 times before the end of that year. The spokesman said shock treatment now is used more sparingly on Mr. Addington's ward than it was two years ago, and only for cases of "life-threatening depression."

The patient also is being given 30 milligrams a day of a tranquilizing drug called Navane. For several months early in 1978 he was given 80 mg. daily. The 1978 version of *Physicians' Desk Reference*, says the "usual optimal dose" of Navane is 20 to 30 milligrams a day, up to 60 when necessary. "Exceeding a total daily dose of 60 milligrams rarely increases the beneficial response," the book says.

During our interview, Frank Addington at times seemed to believe he is serving a sentence for a criminal conviction. "I'm here on a 3-30," he explained, using prison argot for a 3- to 30-year term. "I think it was reduced to 3-10. But this place is better than jail. In jail, if it's crowded, you got to sleep on the floor."

He appeared lucid throughout the interview, carefully giving a reporter specific names and dates whenever possible. His manner was docile, he showed little emotion except for an occasional grin.

While waiting for the courts to decide his case, he has tried by other means to return to the outside world. Last February he escaped.

"I went to the barber shop to get a haircut, and I walked out of the hospital and kept going," he said. "I hitch-hiked back toward Galveston. Got home about 2:30 a.m. My mother came to the door. She said, 'You should go back, Frank.' But then my brother James told

CCHR, Black Caucus, Fighting HEW Psychosurgery 'Research'

A human rights group has launched a national campaign to obtain legislation to halt federal funding of psychosurgery and establish federal controls on its use.

The announcement by the Citizens Commission on Human Rights (CCHR), a national organization headquartered in Washington, D.C., came in response to a decision by HEW Secretary Joseph Califano to allow Medicare and Medicaid financing of experimental psychosurgical procedures.

Psychosurgery is the irreversible surgical destruction of healthy brain tissue performed to modify behavior. The procedure has been denounced by human rights groups across the country for years, and described as "outdated brain mutilation."

CCHR has called Secretary Califano's decision as being "in the best interest of the mental health lobby who would like no restrictions on experimentation, no matter how bizarre." The group said it will seek to reverse the decision through legislation now before Congress.

"Such a decision would pave the way for expanded use of psychosurgery on the poor and the elderly," said Kathleen Wiltsey, Washington director of the Citizens Commission on Human Rights. "There is no justification for allowing federal support for an operation that has caused irreversible brain damage and ruined so many lives. Fed-

her, 'Oh, you go back to bed.'

"I went to the refrigerator and got me some Wheaties and grapefruit juice and a cigar with a filter tip. Then, after a while, the detectives came and took me off to the county jail."

Not long afterward, Frank O'Neal Addington was taken back to Austin State Hospital and locked up again.

eral funds should be made available only to those programs that show positive benefit to the individual. Psychosurgery, a dangerous mind-altering procedure, is not one of those programs."

CCHR also criticized Mr. Califano for failure to impose tighter controls on psychosurgery performed in the private sector with nonfederal funds.

"HEW has decided that the medical profession should form a committee to regulate psychosurgery on a voluntary basis. It is foolhardy to believe the private sector is capable of policing itself. There are numerous psychosurgery abuse cases now in the courts which demonstrate the medical profession's inability to maintain ethical standards of their own accord. They cannot be trusted with the regulation of psychosurgery based on their failure to do so in the past," said Ms. Wiltsey.

One such case involves a former Polaroid engineer, Leonard Kille, who according to the lawsuit filed on his behalf, "was permanently injured and incapacitated, has suffered and will continue to suffer great pain of body and mind . . . and has been permanently deprived of his earning capacity and his ability to work."

"We will ask Congress to legislate strict guidelines for the administration of psychosurgery," said Ms. Wiltsey. "These regulations should include stringent informed-consent procedures, and prohibit any psychosurgery for which the patient refuses or is not capable of consenting."

The psychosurgery issue became heated 18 months ago when the National Commission for the Protection of Human Subjects submitted its report to HEW, concluding that hundreds of psychosurgery operations are performed each year, and urging federal support

'The Shrinks Will Line Their Pockets'

Califano Decision Hits the Weak, the Poor, Says Columnist Badhwar

BY INDERJIT BADHWAR

Well, he's gone and done it. Emperor Califano has bowed to the weirdos of the mental health lobby and paved the way for a development that could have disastrous consequences for the weaker and less affluent members of our society.

Califano has given his okay to psychosurgery, and in doing so he has opened the door for scalpel-happy shrinks to line their pockets with Medicaid and Medicare money at the expense of the poor and the dispossessed.

To me, the concept of psychosurgery — the deliberate destruction of healthy brain tissue through surgery in order to achieve behavior modification — is a revolting one. But for the high priest of HEW to glibly throw tax dollars to sup-

port this butcherly exercise — which so far has failed to pass any test for therapeutic benefit — is a scandalous abuse of the public trust.

As far as I have been able to determine, psychosurgery is no more than a cult amongst its practitioners. And even the National Commission for the Protection of Human Subjects, which produced a controversial report for Califano, recommended that — at the very most — psychosurgery ought to be encouraged on a limited, experimental basis.

The national commission's report, guarded as it was, came under blistering attack from the Congressional Black Caucus as well as public interest groups such as the Citizens Commission on Human Rights. These groups argued that even if the national commission's limited recommendation were accepted by Califano, psychosurgery would rapidly develop from the "experimental" stage into a full-scale venture.

The human rights commission submitted its own critique of the data compiled by the HEW advisory group for justifying its recommendation for experimental psychosurgery. This critique prepared by numerous professionals in the health field, said the advisory group's data were biased, that most of the findings were based on the self-serving information provided by psychosurgeons themselves, and that there were no "adequate" controls included in these studies.

The critique notes, for instance, that one case of "successful" psychosurgery cited in support of the therapeutic value of this mind-mangling exercise was that the patient, after being operated on, successfully carried out a sui-

cide plan. And the critique was replete with examples of human beings who had been turned into vegetables and in some cases into psychotics bereft of all creative power as a result of psychosurgery.

And contrary to popular belief that psychosurgery has been used on an experimental basis to change the behavior of pathological rapists and murderers, the surgery has actually been performed on people considered to be depressed or schizoid and on older people, prisoners and even on children branded hyperactive.

As it is, the intrusion of psychiatrists and psychologists and other so-called mental health "professionals" into the education of children in our schools has had the effect of turning many of our classrooms into experimental laboratories. As I discussed in a previous column, our children are often forced to become guinea-pigs in HEW-funded experimental programs designed to achieve behavior modification, and to discredit the importance of the family unit in proportion to the growing influence of these professionals.

These psychiatric social workers merrily recommend pushing psychotropic drugs on our children in order to control "hyperkinesis" — which is defined as anything from congeniality to rebellion.

And I can see the day approaching when these professionals — now that HEW has given them its blessing — will be able to come into our schools and recommend Medicaid-funded psychosurgery for children they define as being in need of it.

And I can also see how HEW-funded institutions and programs for the elderly will start pressuring some of these older folks to undergo Medicare-funded psychosurgery.

It's a dreadful prospect.

And make no mistake about it: Once HEW opens its door even a crack to let loose funding for one or another type of program, the lobbies which benefit from such funding pry the door open to its fullest to make sure that "open-ended" grants keep flowing into their hands for eternity. Great public relations programs designed to sell the benefits of such funding mushroom. And the lobbies make sure their plants are in key positions within the HEW hierarchy when budgets and congressional requests for appropriations are being designed.

Perhaps one of the best checks against psychosurgery is a malpractice suit. There are many such suits against psychosurgeons in the courts now, including one from a Polaroid engineer who underwent the operation and, according to the national commission, became permanently incapacitated.

An additional safeguard would be legislation to ban the hideous practice. And there is every reason to believe the Congressional Black Caucus will push for such a bill. The Caucus had pressed Califano hard to impose strict controls on psychosurgery and to ban federal funds for its use.

But Califano seems more concerned about the shrink lobby at the National Institute of Mental Health than about social and political and cultural concerns of members of Congress.

Computer Will Track Down Unimmunized Kids

If a parent thinks it'll be possible to avoid vaccination of children (except in the few states where it's exempt for reasons of belief) they're in for a surprise. At the national immunization conference in Washington last December, HEW Secretary Joseph A. Califano Jr. revealed plans to track down unimmunized children via computer "to insure that all are immunized." He outlined a long-range plan to initiate computerized birth records to make this possible.

NEW YORKERS DON'T AGREE WITH GOVERNOR ON LAETRILE — 2/3 WANT LEGALIZATION

BY BETSY BUECHNER

Two-thirds of all New Yorkers think the state law banning Laetrile should be changed to allow cancer patients to use the controversial drug, according to the New York State Poll.

The opinion goes against that of Governor Hugh Carey, who for two straight years has vetoed legislation to permit doctors to prescribe the drug.

But sentiment in the Legislature to legalize the drug appears to be as strong as ever, and proponents say they will try to push through a bill again this year.

Governor Carey, whose wife Helen died of cancer in 1974, says Laetrile has no proven medical or scientific value, and that legalizing it would only encourage cancer victims to ignore medically-accepted treatment. The drug is made of ground-up apricot pits.

Only 14% of those questioned agreed with the governor, and 20% were unsure. Some of those who favor legalizing the substance agree with the governor that Laetrile's benefits are questionable, but still think it should be made available to cancer victims.

"I don't approve of Laetrile, but I think the patient should have a choice," a Brooklyn resident said. A Chemung County man reached the same conclusion: "Everyone has a right to choose, when their own body is concerned."

Another Brooklyn resident said: "There are plenty of other drugs on the market that haven't been successful in curing anything. Why not Laetrile?" A

The New York Poll was conducted last December by the National Center for Telephone Research of New York for Gannett News Service through a telephone survey of 1,000 registered voters. The report here was written for the Albany Gannett News Service Bureau.

registered nurse from The Bronx who opposes legalization said. "It has never been proved to be physically successful."

Support for legalizing Laetrile is widespread, the poll showed. The question asked was: "Do you favor or oppose changing New York State law to allow cancer patients to use Laetrile?" Here are the results:

Region	Favor	Oppose	Not Sure
Total	66	14	20
Upstate	68	12	20
Western N.Y.	64	11	25
Northern suburbs	67	16	17
New York City	58	20	22

Support for lifting the ban was stronger among younger people than the elderly. In the 35-and-under age category, 74% favored Laetrile use, while only 58% of those in the 50-and-over age bracket felt that way. Support in the 35-49 age group ran 68%.

Those with higher incomes and more education were more inclined to support legalization. For example, 72% of those earning \$20,000 or more a year favored Laetrile use, while only 60% in the lower-income brackets — \$10,000 and below — support legalization.

Among college graduates, support ran 74%, compared with only 51% among those who had not finished high school. Women were more enthusiastic about legalizing Laetrile than men — 68% versus 64%. Only 56% of the blacks questioned favored legalizing it, while 74% of Jewish people supported it.

Political outlook didn't seem to make much difference in views. Those supporting a change in the law to permit its use included 62% of the Democrats, 68% of the Republicans, 71% of the independents, 66% of the conservatives, and 67% of the liberals.

Book Review

Want to Feel Young Again? Linda Clark Tells How in 'Rejuvenation'

Prolific Linda Clark, America's leading health and nutrition reporter (she's earned that title with 15 books), has "done it again!" Devin-Adair has just published her *Rejuvenation*, a 210-page volume of 19 chapters plus index, suggested reading list, and products list. And this reviewer has to agree with the publisher, "It is not too much to say this is 'the best Linda Clark ever.'" (\$10, plus postage/handling 75¢, National Health Federation, Box 688, Monrovia, Calif.)

As the title implies, *Rejuvenation* centers on how to get that too-soon-old body functioning more as it did in younger days. The author calls herself a "Senior," and starts right out by affirming that "Aging Can Be Pleasant" (Chapter 1). "Instead of becoming glued to TV or rocking chair," she says, "we should . . . get off our fannies and do something commendable. One good start is to be of service to others — any service . . ." Another way of using leisure time is to enroll in an adult education course, she suggests.

Central to the theme of *Rejuvenation* is the fact we have been given free will, we can make our own life — in fact, no one else can do it for us! And we can "build a life you will like! . . . it is never too late to begin to attain improvement — the sooner you start, the earlier the results."

If one were to sum up the book in one sentence, it would be this quote from the chapter, "Wake Up Your Glands": "A program to get you started (on a new way of life) will show you first what to eat, later how to exercise pleasantly and easily, and still later, how to think your way to rejuvenation." That's what she takes 190 pages to talk about — convincingly, it might be stated.

Since the body is a collection of 60 trillion cells, she says, the emphasis in much of the book is on how to reverse the process of aging in which more cells die than are created. "There is no quick panacea, no magic wand, no single secret (except determination and work) to produce a miracle," writes Ms. Clark. "Results come from an ap-

NORTH DAKOTA 18TH TO OKAY LAETRILE

With the March 5 signature of Governor Arthur A. Link on H. B. 1214, North Dakota became the 18th state to legalize the use of Laetrile. Introduced by Rep. Arvid E. Hedstrom and Charles Fleming, the bill was approved by a 59-40 vote in the House, and 36-14 in the Senate. Mr. Hedstrom's wife, a cancer patient, is getting Laetrile.

The bill provides that "no hospital or health facility may interfere with the physician-patient relationship by restricting or forbidding the use of amygdalin (Laetrile) when prescribed or administered by a licensed physician and requested by a patient unless the substance . . . is found to be harmful by the State Board of Medical Examiners following a public hearing."

Laetrile legislation is moving on other fronts also. In late February, the Michigan Senate voted 75-22 to legalize amygdalin, and in Montana a Laetrile bill passed the Senate 46-2. It previously had been approved by an 8-4 vote of the House Health Committee.

plied program of combined approaches, both mental and physical."

And she gets down to cases: clogged arteries and how to unclog them is the subject of several pages in a chapter on "Degenerative Diseases."

There are many suggestions, gleaned from the work of doctors and researchers who have written about their experiences.

The role of enzymes in health is discussed at length. And there's a chapter on "Foods for Rejuvenation." Of equal importance is the chapter on exercise — she tells how she does it, how you can do it, "pleasantly, easily."

Another chapter deals with breathing, its therapeutic value as an oxygen-provider, as well as a tension-reliever. An important chapter, "Changing Your Life Through Thought," could be helpful to many — in fact, most — of us!

While the book was written for "Seniors" — with a chapter on "Helps for Special Senior Problems" — you don't have to be a senior to learn from it. Young readers will profit by the many pieces of information Linda Clark has incorporated into *Rejuvenation*. If younger people adopted the "natural way to health" advocated here, they

shouldn't need, in later years, the tips on how to rejuvenate. They'd be there!

The final chapter — and only a few have been described here — is based on a booklet the author received in 1975 from a chemical engineer. She calls it "the most exciting method of rejuvenation." It is a technique — five exercises or "rites" — used in Tibet for centuries and based on the concept the body possesses seven "magnetic centers" — vortexes — which revolve at great speed in a healthy body, but slow down with aging. The exercises start the magnetic centers "spinning" again. As she says, "Some rites are harder for some, others harder for others. Rites No. 4 and 5 are more difficult for most people. But do the ones you can, and try the others until you become proficient in all. Sooner or later, muscles will regain strength, and you will be able to do them all, with ease."

This — as other parts of the total rejuvenation program — requires a measure of self-discipline, or as Ms. Clark notes in the beginning — determination. But if there's a genuine desire to develop control of one's thoughts and body functions, it can be done!

— D.C.M.

'Let's Have More Nuclear Information'

Editor:

Enclosed is a check of \$25 to cover my membership renewal, and a small contribution to NHF.

I enjoy reading the informative articles in *The Bulletin*. Certainly NHF has been active in many issues that require attention.

I have been delighted with Dr. Y's success in exposing the truth about fluoridation and cancer, and with NHF's exposure of blind or greedy or power-hungry refusal to admit that natural and nutritious living may prevent or even cure cancer.

I attended public schools in Detroit in the 50s and 60s, where no vending

machines existed. Therefore I was very surprised that many school districts feed their kids junk food.

Articles in the November 1975 issue and a few other issues of *The Bulletin* exposed the degree of intrigue, waste, and danger in the nuclear power industry. But I think NHF has become lax in keeping its members informed on this issue. I would like to stay well informed on the issue, and continue to strive for protection of our environment from radioactivity.

DARYL R. MEYER
HHC, 97th Sig. Bn. (ELM)
APO New York 09028

NHF Memorial Library News



AN S.O.S. FOR A FEW SPECIFIC TITLES!

BY STEPHANIE SHANE
Librarian

Like pieces to a puzzle, books and other material difficult to find make the National Health Federation Memorial Library picture incomplete. In the past year, these items could not be located or purchased:

- *The 1978 Ayer's Directory Of Publications.*
- *American Chamber Of Horrors*, by Ruth deForest Atkinson, published by Farrar and Rinehart — 1936.
- Vol. 4 of Bernarr MacFadden's *Encyclopedia Of Health.*
- *DMSO, The Persecuted Drug*, by Pat McGrady — out of print.
- *The Green Book*; a Hand Directory of Important People in Politics.
- *Slaughter of The Innocent.*

If anyone has any of these books, or knows where they can be obtained and wishes to donate them, please write The National Health Federation Memorial Library, or call (213) 358-2312. The library will be more than happy to accept the contribution.

Last November and December gifts came from three persons. Valentine Birds, M.D., Western Regional Director of American Holistic Medical Association, sent the library *The Physician's Desk Reference*, a valuable technical source on drugs. George Orme presented several issues of *Prevention Magazine* to the library.

Frank M. Duncan has generously donated 51 books, and these 12 are about environmental protection:

How To Live In Our Polluted World — May Bethel.

The House Of Life, (Rachel Carson at Work) — Paul Brooks.

Our World In Peril: An Environment Reviewed — Sheldon Novick and Dorothy Cotrell.

Disaster By Default — Frank Graham, Jr.

Since Silent Spring — Frank Graham, Jr.

Terracide — (America's Destruction of Her Living Environment) — Ron M. Linton.

Our Plundered Planet — Fairfield Osborn.

Moment In the Sun — Robert and Leona Train Rienow.

What's Left (Reports On a Diminishing America) — Berton Roueche'.

Ecotactics: The Sierra Club Handbook for Environment Activists — Editors John G. Mitchell and Constance L. Stallings.

The Pesticide Jungle — Laura Tallian.

(What Are Our Herbicides Doing to Us?) — Defoliation — Thomas Whiteside.

All of these new additions certainly add to the library's growing collection. Any reference books are welcomed and needed, and special materials with subjects such as environmental protection enable us to build sections in specific areas of the library.

The exceeding beauty of earth, in her splendor of life, yields a new thought

Library Board Awards \$2,000 Grant to Dr. Mohamed for Genetic Research

A \$2,000 grant has been awarded by the National Health Federation Memorial Library to Aly H. Mohamed, Ph.D., University of Missouri biochemist, for research on the genetic damage caused by ingestion of fluoride. At the annual meeting of the library board, Secretary Helena Biava was asked to prepare an agreement with Dr. Mohamed to finalize the negotiations.

The board voted to write a letter of commendation to Librarian Stephanie Shane "for her excellent work in cataloging and placing acquisitions, her excellent reports in the *NHF Bulletin*, and for her . . . much-needed achievement in indexing articles in *The Bulletin* published from 1955 through 1978."

Miss Shane thanked the board for its support of her work, commenting that she enjoys it, "and the sense of accomplishment and progress made."

Dr. John A. Yiamouyiannis, consultant, was asked to continue the study of the Effects of Fluoridation on Infants — Stillborn, and Deformed.

Dr. Yiamouyiannis submitted the following documents and publications for placement in the library.:

One copy of the Official Transcript of Proceedings at Hearing between the Board of Commissioners of Stowe Township, et al, Plaintiffs, vs. The Borough of West View, et al, Defendants, in the Court of Common Pleas of Allegheny County, Pennsylvania, be-

with every petal. The hours when the mind is absorbed by beauty are the only hours when we really live. All else is illusion, or mere endurance.

— Richard Jefferies
British naturalist

fore Judge John P. Flaherty, Jr.; a copy of *Fluoridation: The Great Dilemma*, by George L. Waldbott, M.D., in collaboration with Albert W. Burgstahler, Ph.D., and H. Lewis McKinney, Ph.D., with foreword by Alton Ochsner, M.D.

An update of the Library's proposed calf-feeding study was presented by Board President Paul J. Virgin. An acceptable protocol had been received from Dr. Yiamouyiannis, he reported. He told of contacting officials in the Division of Animal Science at University of California, Davis, and said he would be in touch with personnel at Pearce College and Mount San Antonio College with a view toward having the research performed at one of those institutions. The project would involve feeding two groups of calves pasteurized milk and raw milk.

The board voted to thank Dr. Bernard Jensen for recent gifts to the Library, in the form of copies of his written work, and teaching materials and charts dealing with nutrition and the science of iridology.

Reports were reviewed of gifts to the Library during 1978 — including books, stock, memorial funds, and contributions to special funds. The most recent acquisition was the library of the late Attorney Charles Orlando Pratt.

Offers of \$125 each for two framed Rockwell prints were accepted.

The meeting closed with reelection of officers, as follows: John T. Clark, chairman; Mr. Virgin, president; Dorothy B. Hart, vice-president; Mrs. Biava, secretary; Betty Lee Morales, treasurer; and Raymond H. Houser and V. Earl Irons, members of the board of directors.

ENJOY NHF'S 24TH ANNUAL ON TAPES!

If you missed the 24th annual NHF convention in Long Beach and would like to hear what some or all the speakers had to say — tapes are available from Ray H. Womack (address below). Here they are, by number:

1. Stan Malstrom, N.D. — Self Massage Healing Therapy.
2. Fred Bell — Negative Ionization for Lasting Health.
3. Jack Alpan, D.D.S. — Preventing Tooth Decay and Gum Disease Naturally.
4. Ray Yancey — Iridology — A Non-Toxic Diagnostic Tool.
5. Harold Harper, M.D. — You can Beat the Killer Disease.
6. Swami Kriyananda — Yoga — The Art of Balanced Living.
7. Clinton R. Miller — How to Get High on the Big C.
8. Betty Lee Morales — How to Take Food Supplements for Sustained Energy.
9. Dale Alexander — How to Slow the Aging Process.
10. Corwin West, N.D. — Trapped Protein — Cause of Pain, Fatigue and Degenerative Disease.
11. John Christopher, N.D. — The Miraculous Healing Power of Herbs.
12. Peter Burwash — Becoming a Super Athlete Through Vegetarianism.
13. Gary Gordon, M.D. and Bruce Halstead, M.D. — Chelation Therapy.
14. Steven Halpern — Lecture and Demonstration — The Effect of Sound on our Physical and Emotional Well-Being.
15. Laetrile 1979, The Non-Toxic Cancer Therapy — Betty Lee Morales, moderator: Ernst T. Krebs, Ph.D., Ernesto Contreras, M.D., Harold Manner, Ph.D., David Rubin, M.D., Bruce Halstead, M.D.
16. Panel — Apricot Kernels by Prescription? — Clinton R. Miller — moderator: Kirkpatrick Dilling, NHF Legal Counsel — Al Nunez, Busted for Selling Apricot Kernels Without Prescription.
17. Osmon Rohm, D.C. — The Royal Road to Health through Chiropractic.
18. Ida Honorof — Vaccination, The Silent Killer.
19. Marshall Fram, M.D. — A New Treatment for Arthritis.
20. Broda Barnes, M.D. — Hypothyroidism, the Unsuspected Illness.
21. Bernard Jensen, D.C. — Nature has a Remedy.
22. Julian Whitaker, M.D. — Beware, What You Don't Know about Cholesterol Can Kill You.
23. Clinton R. Miller — Beware When All Men Speak Well of You. Harold Manner, Ph.D. — The Death of Cancer.
24. Ed Griffin — Patients' and Doctors' Constitutional Rights.
25. Victoras Kulvinskis — Secrets to Survival into the 21st Century Through Marcia Acciardo — Yoga and Nutrition.
26. John Yiamouyiannis, Ph.D. — Lawsuit Waged against Consumers Union for \$8 Million on 4 Counts of Libel.
27. Betty Kamen — Total Health — The Choice is Yours.
28. Tom Hayden — Dawn of a New Solar Age — Down with Nuclear Energy.
29. Joan Holmes — The Ending of Hunger and Starvation on this Planet — An Idea Whose Time Has Come.
30. Hans Kugler, Ph.D. — The Seven Keys to a Longer Life.
31. Celebrity Roast — Roasting Betty Lee Morales.
32. Jim Moon, B.S. — Synthetic Vitamin D-2, the Unsuspected Cause of Heart Diseases.
33. Willem H. Khoe, M.D. — Oriental Herbolology and Functional Hypoglycemia.
34. Charlotte Gerson Straus — Healing Incurable Diseases.
35. A Panel of Let's Live Experts on Nutrition and Preventive Medicine — Moderator, Bill Koester, managing editor of *Let's Live*: W. D. Currier, M.D. — Harvey Ross, M.D. — Richard Huemer, M.D.
36. Franco Columbo, D.C. — Mr. Universe — Building Super Strength.
37. Robert Mendelsohn, M.D. — The Hazards of Immunizations.
38. Alan Nittler, M.D. — Your Nutritional Stature.
39. Kurt Donsbach, Ph.D. — A New Look at Vegetarianism.
40. George King, Ph.D. — You Too Can Heal.
41. Kirkpatrick Dilling, NHF Legal Counsel — Discrediting Cancer Experts at Joey Hofbauer Trial.
42. Victor Coleman, Ph.D. — Algae, the Modern Manna.
43. Dick Gregory — If I Were President.
44. William Ellis, D. O. — Protein Metabolism and Detoxification.
45. Paavo Airola — How to Get Well.

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Readers Write

High Praise for Therese Pfrimmer's Work

Editor:

The feature story in the March *Bulletin* on Therese Pfrimmer is the most amazing thing I've read since the *Cancer Blackout*, *Vitamin 'E' and the Heart*, *Dr. Max Gerson's Cancer Therapy*, *Laetrile Case Histories*, by Dr. John Richardson, and now this. Every once in awhile some wonderful person comes along like Sister Elizabeth Kenny from Australia many decades ago. It seems that the right people never learn, or don't want to learn, let's

put it that way.

I know from my own experience about "Swedish Body Massage" from the masseurs in Brooklyn YMCA where I was a member for 35 years until New York State took it over for a narcotic center. That was a sad day for its members. So I know the benefits I received after a massage. So kindly send me two books.

NICK B. SIGNORELLO
1522 New York Ave.
Brooklyn, N.Y.

'Fighting Knee and Back Surgery 4 Years'

Editor:

Thank you for the article about Therese Pfrimmer.

I have been fighting back and knee surgery for four years. I've been using nutrition and treatments from Steven Oliver, D.C., who is a director at Western State Chiropractic College in Portland. He is also in private practice.

He works differently than most chiropractors. More on muscles. I am getting so much better, am free of pain, but still have to use crutches most of the time.

I must go to Mrs. Pfrimmer!

LILLIAN MOSS

7085 Battle Creek
Salem, Oregon

SHE APPROVES OF 'POSITIVE MOOD'

Editor:

Please send one copy of Therese Pfrimmer's *Muscles — Your Invisible Bonds* . . . It is good to have a *Bulletin* with some uplift and a positive mood.

BEULAH Y. BRUBAKER
202 Wilson Ave.
Placentia, Calif.

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?

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Unless otherwise indicated, address all officers and staff members: P.O. Box 688, Monrovia, Calif. 91016.
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STAFF AND ASSIGNMENTS

Clinton R. Miller — Executive Vice-President, in charge of Legislation and Regulations

John Yiamouyiannis, Ph.D. — Science Director
Address: 6439 Taggart Road,
Delaware, Ohio 43015
Phone (614) 548-4067

Kirkpatrick W. Dilling — NHF General Counsel
Address: 188 W. Randolph St.
Chicago, Ill. 60601
Phone: (312) 236-8417

James S. Turner — Washington Representative
Address: 1625 I St. N.W.
Washington, D.C. 20006
Phone: (202) 872-8660

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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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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. Support ecological research and practices which have beneficial effect and impact on the health of the people.
6. Support the restriction, and elimination of chemical contaminants, additives, and colorings to foods—used for extending shelf-life and extension of profits—regardless of so-called "safety factor."
7. Seek the repeal of unfair food and drug laws, labeling, and regulations, as are exemplified, approved, and implemented by FDA or the Federal Trade Commission.
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

New England Regional — May 5-6
Hartford Hilton — Hartford, Conn.

Great Lakes Regional — June 2-3
Neil House Hotel — Columbus, Ohio

Southern California — June 8-10
Convention Center — San Diego

Northwest Regional — July 14-15
Convention Center — Seattle

HELP SAVE OUR HEALTH FREEDOMS